

INCOMPATIBILITY/ANTAGONISTIC (VIRUDDHA-AAHARA)

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ABSTRACT

Viruddha Ahara is a unique concept described in Ayurveda. The present article deals with the critical review of *Viruddha Ahara* referred in terms of food-food interactions, food processing interactions. Ayurveda clearly defines that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *Viruddha Anna* or incompatible diet. The food which is wrong in combination, which has undergone wrong processing, which is consumed in incorrect dose, which is consumed in incorrect time of day and in wrong season can lead to *Viruddha Ahara*. The article narrates the modern perspective of *Samskar Viruddha*,

Veerya Viruddha, *Samyoga Viruddha*, and so on. It also enlists a variety of incompatible dietary articles consumed in today's day-to-day life and its hazardous effects on health.

KEYWORDS: Ayurveda, Food, Food-interactions, Incompatible-diet, processing, *Viruddha Ahara*.

INTRODUCTION

Ayurveda gives prime importance to the prevention of diseases by elaborating the appropriate terms of Dinacharya and Rutucharya. This is meant for strengthening the immune system of the body. Right diet and regimen are essential components of this right lifestyle. In Ayurveda food is considered as the fuel for the maintenance of Agni. If used in directed manner it helps

to increase Bala, Varna Oja of an individual. The contrary conduct would lead to unwholesome results.

Viruddha Anna or incompatible diet is very important issue discussed by ancient Ayurveda workers. It is said to be the cause of many systemic disorders as per Ayurveda literature. Persons who consume *Viruddha Ahara* are prone to many disorders. It is very important to correlate the mechanism as to how *Viruddha Ahara* is a cause of many metabolic disorders. It is also essential to know how certain food combinations interact with each other and create a disease. *Viruddha Ahara* is defined by Charaka.^[1]

He clearly says that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *Viruddha Anna* or incompatible diet. The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose, and/or consumed in incorrect time of the day and in wrong season can lead to *Viruddha Ahara*.

With the help of modern technology and biochemistry aspects, it becomes easy to elaborate the effect of *Viruddha Ahara*. Food–food interaction is a serious issue but not much alerted one. Most of these food–food interactions are harmless but it is always better to know about some of them

The literal meaning of word *Viruddha* is opposite. It sounds that the food combination of certain type of food may have -

- Opposite properties
- Opposite activities on the tissues
- May exert some unwanted effect on the body when processed in a particular form
- May exert undesirable effects, when combined in certain proportion
- May have unwanted effect if consumed at wrong time.

MATERIALS AND METHODS

Materials

Ayurvedic grantha

A) 1. Charaka samhita

2. Sushruta samhita

3. Ashtanga hridaya samhita

B) Internet -Wikipedia

C) Modern Medical Literature

Method – All the references of Viruddha Aahara from Ayurvedic Samhita are considered and compared to evaluate and enlighten the concept of Viruddha Aahara with modern medical literature. Concept of Viruddha Aahara – Viruddha literary means contrast or opposition in particular.

Types of viruddha aahara – Charakacharya has explained total 18 types of Viruddha Aahara with examples and mode of action, Chakrapani and Gangadhara have elaborated some of them in their own commentaries. Though they have explained number of examples of food incompatibility in their own Samhita but some of those food combinations are not used in today's era. It is essential to identify new food incompatibilities, which are used in day to day life with Ayurvedic perspective. These food incompatibilities can be categorized in different types of Viruddha Aahara⁴ as follows-

- 1. Desha viruddha:-** The food items having similar properties to that of Desha is called as Desha Viruddha. It is stated that one should take food having properties opposite to corresponding Desha. Charakacharya considered only Bhumi Desha as Desha Viruddha whereas Gangadhara has explained Desha Viruddha as Bhumi Desha as well as Sharira Desha Viruddha e.g:- Ruksha, Tikshna ahara in Maru bhumi - consumption of alcohol in desert land.
- 2. Kaal viruddha:-** Consuming food items having similar properties to that of Kaal i.e. Season. e.g.:- Sheet ahara in Hemant Rutu - consumption of Ice-creams in winter. Katu and Ushna ahar in Grishma Rutu –spicy pavbhaji and missal-pav in summer.
- 3. Agni viruddha:-** - Food taken without knowledge of individual's Agni which may be either of 4 types Mrudu, Madhyama, Tikshna and Vishama. e.g.:- Laghu and Alpa Matra Aahara for Tikshna Agni -consuming Churmura (popcorn etc.) in excessive hungry condition. Guru and Adhika Matra.
- 4. Matra viruddha:-** There are some food items which act as Viruddha Aahara when mixed in equal proportion. e.g.:- Cow's Ghee + Honey in equal proportion.
- 5. Saatmya viruddha:-** Consuming such food items for which that individual is not used to. e.g.:- Chinese food by Indians. Madhura and Sheeta aahar by a person who is used to Katu and Ushna.

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7. **Dosha viruddha**:- Food items having similar properties to that of Doshas, which causes Dosha dushti are called as Dosha Viruddha. Gangadhara has elaborated this term in 3 types - 1. Dosha Viruddha according to Rasa - Kashaya Rasa for Vata. 2. Vyadhi Viruddha-Curd mixed with rice for Kushtha. 3. Dravya Swabhava- Poison (Dhatu pradushana dravys.)
8. **Sanskara viruddha**:- Food prepared by wrong method is Sanskara Viruddha. e.g.:- Reheating Food items - French Fries, Reheating oil which is used once, Heated Honey (mixing with hot water, cooking biscuits).
9. **Veerya viruddha**:- Consuming food items having opposite Veerya at the same time termed as Veerya Viruddha. e.g.:- Fish of Ushna Veerya consumed with Sheeta Veerya Milk.
10. **Krama viruddha**:- Food Consumed by wrong sequence is considered as Krama Viruddha. e.g.:- Sweet Dishes after meal.
11. **Koshtha viruddha**:- Here Chakrapani and Gangadhara said that any drug or food item taken without proper knowledge of individuals Koshtha termed as Koshtha Viruddha. e.g.:- Strong Laxatives by Mrudu Koshtha person, Barbeque food and baked food consumed by person who is habitual to Constipation i.e. Krura Koshtha person.
12. **Awastha viruddha**:- Consuming food without exact knowledge of own health and bodily conditions. e.g.:- Alcohol consumption by Laborers.
13. **Parihara viruddha**:- Consuming cold food items after hot and spicy food is Parihara Viruddha e.g.:- Cold drinks after Samosa.
14. **Paak viruddha**:- Food which is not properly cooked i.e. uncooked, partly cooked , partly burned etc. Half baked food is Paak Viruddha. e.g.:- Half fried egg.
15. **Upachaara viruddha**:- Consuming food items which are not supposed to consume after specific treatment or act is Upachaara Viruddha. e.g.:- Drinking cold water after snehapana, after steam bath.
16. **Samyoga viruddha**:- Consuming food items which are not supposed to combine with each other is Samyoga Viruddha. Especially Amla rasa fruits with milk. e.g :- Amla Rasa with Madhura Rasa - Strawberry milkshake, Banana milkshake. Only the combination of Mango fruit with milk is ad vised in Ayurveda.

Hrut viruddha:- Consuming food items which are not pleasant to consumer is Hrut Viruddha . e.g.:- Bitter melon, Decoctions for Children.

17. Sampat viruddha:- Food items prepared by using unhealthy ingredients is Sampat Viruddha e.g :- Sheera prepared in vegetable Oil., Food substance /fruits which haven't fulfilled their original taste or damaged taste or over ripped

18. Vidhi viruddha:- In Ayurveda there is detail explanation of rules for food consumption under Aahara Vidhividhana concept. Consuming food without considering those rules is Vidhi Viruddha.

Diseases due to *viruddha ahara*

From the above list it can be understood that any procedure, combinations, dose, amount of food, opposite properties of food if consumed in a regular fashion can lead to number of disorders. Charaka has mentioned that such types of wrong combinations can lead to even death.

If above-said rules for the diet are not followed then the diseases occurring due to *Viruddha Ahara* can occur, which are mentioned below.

- Visarpa (Erysipelas)
- Jalodara (Ascitis)
- Unmada (Insanity)
- Bhagandara (Fistula in ano)
- Murcha (Coma/fainting)
- Aadhmaana (Abdominal distention)
- Galgraha (Obstruction in throat)
- Pandu roga (Anemia)
- Ama (Endogenous toxin)
- Kilasa (Leucoderma)
- Kushtha (Various skin disorders)
- Shotha (Swelling or oedema)
- Amlapitta (Acidity)
- Jwara (Fever)

Food combinations must be avoided - Many food combinations are given in the texts as incompatible with proper explanation for e.g.

- Fish (Specially Chilmil fish) should not take along with milk because both substances are Madhura (sweet) in taste and sweet after digestion. This combination is Abhishyandi (produce more moisture in the tissue and causes obstruction of various channels). Second reason is that both have opposite (incompatible) in potency. Fish being hot in potency and milk is of cold potency. This opposite potencies causes great vitiations of three doshas i.e. Vata, Pitta and Kapha doshas.
- Dadhi (Curd) should not be consumed in the night. Because curd is acidic in nature. It aggravates Pitta and Kapha doshas which later on produces a lot of heat in the stomach. A curd is heavy, slow to digest and produces constipation. It can be best digested at lunch time when the digestive abilities are the strongest.
- Warm honey should not be consumed by the person suffering from heat exhaustion or sun stroke.
- Avoid consuming cold water immediately during or after a meal hot tea or coffee. Because it diminishes the Agni and causes various digestive problems.
- Avoid eating bananas with milk. Because it can diminish Agni, change the intestinal flora producing excess toxins in the body. The combination may also cause cold, cough and even produce allergies.
- After consuming green leafy vegetables, drinking of milk should be avoided.
- After eating Muli (radish), Lasuna (garlic), Tulsi (basil) one should not be consumed milk because of the risk of skin disorders (Leprosy).
- All Sour substances are incompatible with milk.
- Ghee (Clarified butter) kept for more than ten consecutive days in a bronze vessel should be avoided as unwholesome.
- Avoid eating melons and grains together. Melons digest quickly whereas grains take more time. This combination will upset the stomach. Melons should be eaten alone or left alone.
- Milk and melons both should not be consumed at a same time. Because both are Sheet (cold) in nature, but milk is Sarak (laxative) and melon is Mutral (diuretic). Milk takes longer time to digest. Moreover the action of hydrochloric acid in the stomach causes the milk to curdle. For this reason Ayurveda advises against taking milk with sour fruits.
- Pippali (Piper longum) processed with fish fat is fried should be rejected.

- Meat of balaka bird along with varuni (supernatant fluid of wine) takes away life. Avoid eating raw and cooked foods together. One can have the salad first and then proceed for dinner after a short gap.
- Likewise honey and ghee in equal quantity, hot water after taking honey are antagonistic.
- Combination of fruit salad with milk and banana should be avoided.
- Upodika should not be cooked with paste of Til (Sesamum). Because it causes diarrhea.

Treatment of diseases aggravated by viruddha ahara - Acharya Charaka mentioned that diseases caused by intake of Viruddha Aahar (incompatible foods and drugs) can be cured by following therapies-

- Vaman Karma (Medicated Emesis)
- Virechana (Purgation)
- Administration of antidotes (Administration of substances which are of converse qualities)
- Taking prophylactic measures

DISCUSSION AND RESULT

Ayurveda provides a complete and systemic understanding about the effect of food on our physical and mental functioning. Food taken in proper manner helps in the proper growth of the body on contrary if taken in improper manner leads to various diseases. Thus Ahara play a significant role in causation and curing of the disease. Balanced diet provides natural disease prevention, weight control and proper sleep. A balanced diet is also important because it enables you to meet your daily nutritional needs and enjoy a higher overall quality of life. A balanced diet also enables you to live longer. Regarding the importance of food, Ayurveda quotes various references in each and every step. Acharya Charaka mentioned food is the root cause of both body as well as disease. Ahara is not only meant for maintenance of health but is also very important in the curative aspect while treating various diseases. The need of the day is to increase awareness and consciousness among the general public about hazards of Incompatible Food. From above discussion we can say that incompatible foods should be considers Similar to poison and artificial poisoning.

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- Aadhmana (Abdominal distention)
- Galgraha (Obstruction in throat)
- Pandu roga (Anemia)

- Ama (Endogenous toxin)
- Kilasa (Leucoderma)
- Kushtha (Various skin disorders)
- Grahani (Sprue)
- Shotha (Swelling or oedema)
- Amlapitta (Acidity)
- Jwara (Fever)
- Pinas (Allergic Rhinitis)
- Santana Dosha (Infertility pr

Klaibya (Impotency)

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- Pinas (Allergic Rhinitis)
- Santana Dosha (Infertility problem)
- Mrutyu (Death)

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