

## INCOMPATIBLE FOOD (VIRUDHAAHAR): DESTROY THE HEALTH

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### ABSTRACT

Ayurveda emphasizes on consuming right kind of diet which is healthy and nutritious. *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. 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. This has turned out to be a burning problem

for Ayurveda and modern science as well as for individual who consume Viruddhahara frequently. With above point in mind, the present study was selected.

**KEYWORDS-** Virudhaahar, mode of action of virudhaahar.

### INTRODUCTION

In Ayurveda food is considered as the fuel for the maintenance of the agni. It invigorates the mind. If used in directed manner it promotes the proper distribution of body elements, vitality, complexion and the acuity of the sense organs. The contrary conduct would lead to

unwholesome results. Nutritional industry has reached a remarkable height in the world business and in the developing countries like India where the lack of knowledge about the Food and hygiene apart from attraction towards junk and fast foods due to busy and competitive nature of life are resulting in the further deterioration of the healthy state of the individuals.

A person who does not live according to the rules of nature brings calamity upon him-self in the form of various upsets in his system. The human body is designed in such a way that it is perfectly in tune with the events occurring in the environment. Ayurveda gives prime importance to the prevention of diseases by elaborating the right lifestyle for a healthy to-day and healthier tomorrow. This is meant for strengthening the immune system of the body. Right diet and regimen are essential components of this right lifestyle. Many kinds of wrong methods of food in-take can thus lead to different types of diseases. A most important faulty food intake is incompatible diet (*Viruddhahara*), which plays a major role in the causation of diseases. Incompatibility among food items can result from the antagonism in properties like taste (*rasa*), properties (*guna*) and potency (*veerya*) inherent in them. In some cases two compatible substances may become incompatible due to the processing techniques they are subjected to. The food articles are supposed to maintain the humours (*doshas*), tissues (*dhatu*s) and excreta (*malas*) in their equilibrium state.

### Significance of incompatible food

At present scenario the increasing complexity of our modern industrial society and the wide-ranging nature of the international food trade have increased the risk of contamination of food by chemical and biological agents which in turn leads to incompatibility. In our broadening search for new sources of food as well as man-made toxicity occasioned by harmful chemicals in foods eaten as they are grown, or by chemicals entering foods as accidental contaminants or as a result of food processing also leads to incompatibility- What does this study add: Many research articles published regarding the food incompatibility but there are need to explore the role of *viruddhahar* in disease pathogenesis because in today fast life of people doesn't have awareness about food (Fast food).

### AIMS AND OBJECTIVES

1. To enlighten the concepts of *Virudha Aahara*.
2. Role of *Virudha Aahara* in disease pathogenesis.

**MATERIALS AND METHODS-** *Ayurvedic* text, internet and modern medical literature would be used and compared to evaluate the concept and enlighten the role of *viruddhahar* in disease pathogenesis.

### CONCEPT OF VIRUDHAAHAR

Every creature wants diet for survival in this world. Specific diet is suitable for specific creature and everyone has to follow the nature's rule. But sometimes it is taken for granted only for taste which is injurious to health. In ancient era it has been described in Ayurveda that, there are some dietary combinations which are really injurious to health. So with the help of study of Virudha Aahar, the first aim of Ayurveda that is prevention can be achieved. The knowledge of Virudha Aahara may prevent certain diseases. In Ayurved, Acharya Charak also stated that the diet is the life of an individual's Diet and Nutrition is not synonymous. Diet is the total of the various substances consumed while nutrition includes only those substances that serve to nourish the individual, that is, to promote growth, reproduction, maintenance and repair. Toxic foods and non-nutritive substances are usually excluded from nutrition considerations even though they often interact with nutrients and exert enormous effects on the health of the individual.

The increasing complexity of our modern industrial society and the wide-ranging nature of the international food trade have increased the risk of contamination of food by chemical and biological agents (**Samskara / Paka Viruddha**). However, nature has exceeded man in the introduction of toxic substances in to foods. In our broadening search for new sources of food as well as the identification of additional uses for old sources of food, we must be alert to the potential for natural and man-made toxicity occasioned by harmful chemicals in foods eaten as they are grown, or by chemicals entering foods as accidental contaminants or as a result of food processing (Samskaraviruddha / Paka Viruddha).

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

Opposite properties

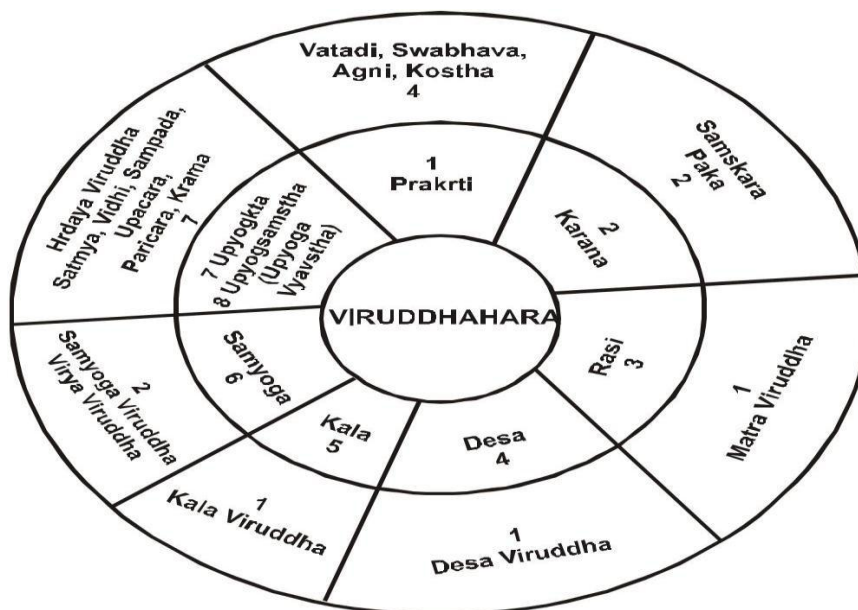
Opposite activities on the tissues

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.

Ayurveda literature has described various types of *Viruddha Ahara*, which can be summarized as follows: One can correlate these 18 types of Viruddhahara with Astaaharavidhi Viseshayatana.



### Examples of incompatibility (*Viruddha-Aahara*)

*Veerya Viruddha* (potency incompatibility) — fish + milk.

*Sanskara Viruddha* (processing incompatibility) — heated honey.

*Matra Viruddha* (dose incompatibility) — honey + cow's ghee mixed in equal proportion.

*Krama Viruddha* — hot water after taking honey.

*Kala Viruddha* — (time incompatibility) pungent substance in summer and cold substances in winter.

*Krama Viruddha* (order incompatibility) — consuming curd at night. Taking *Madhura Rasa* food or *Dravya* at the end of meals and *Tikta* and *Katu Rasa Dravyas* (food substances) at the starting of meals.

*Samyoga Viruddha* (combination incompatibility) — fruit salad or milk + banana.

*Parihar Viruddha* (contraindication incompatibility) — consuming cold water immediately after having hot tea or coffee.

### Here's a short list of incompatible foods

- Milk with meat
- Salt and milk
- Cheese and fruit
- Fruit with milk

- *Stale food (including leftovers)*
- *Fish with yogurt or milk*
- *Milk and yogurt in excess*
- *Excessive intake of wet, green, leafy veggies (like spinach) or salads*
- *Excessive amounts of pickled or fermented foods*
- *Ice cream at night*

Incompatible foods are everywhere: in restaurants, on cooking shows and even cookbooks are rife with these unhealthy combos.

Foods may be incompatible because they create a negative reaction in the body, generate additional water in the body (called kleda) that can lead to skin conditions, block the body's channels, contribute to heart disease or simply lead to indigestion.

And certain foods may be incompatible because they are simply not right for a particular season. When it comes to a seasonal diet, balancing the doshas that tend to increase or get aggravated during that time of year is key. So eating chillies in the summer is not recommended as the added heat will lead to pitta disturbances like rashes, cold sores, acne, and heartburn.

Allergies can stem from eating ice cream, iced drinks, pickled/fermented foods, and incompatible food combinations, especially in the spring when kapha dosha is highest. Although food allergy can arise to any food, the allergens responsible for more than 85% of food allergy are: milk, egg, peanut, tree nuts, shellfish, fish, wheat, sesame seed and soy. These are also the —priority‖ allergens defined by Health Canada. It is the protein component, not the fat or carbohydrate component, of these foods that leads to sensitization and allergy. The allergenic segments or —epitopes‖ of these proteins tend to be small (10 to 70 kd in size), water-soluble glycoproteins that are generally resistant to denaturation by heat or acid and, therefore, can remain intact even after processing, storage, cooking and digestion. Examples of these glycoproteins include caseins in milk, vicillins in peanut and ovomucoid in egg. In general, allergies to additives and preservatives are uncommon.

#### **Diseases due to Viruddha Ahara**

Impotency, *Visarpa* (erysipelas), blindness, ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, abdominal distension, stiffness in neck, varieties of anaemia,

indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, rhinitis, and infertility.

It can be observed from the above list that *Viruddha Anna* can lead to disorders up to impotency and infertility, thus it has an impact up to *Shukra Dhatu Dushti*. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of *Viruddha Ahara*.

### MODE OF ACTION OF VIRUDHAAHAR

*Viruddha Ahara* taken regularly could induce inflammation at a molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin-2 and thromboxane. This inflammatory effect is an important effect as these are all the basic pathologies that create *Agni Mandya*, *Ama* and a number of metabolic disorders.

Certain type of food combinations and the unwanted substance released by certain incompatible food *in vivo* may have a bad impact on immune system. Milk which contains lactogen and certain fruits, such as bananas, which also contain common allergen, may aggravate an asthmatic attack. Milk with eggs, reheated cow's milk, consuming too much sugar along with saturated fats, can lead to number of immunologic disorders.

A new branch called topography (a science related to combination of food) is emerging, which tells about the combination of basic categories of the food. As per this science proteins must not get combined with starch and carbohydrates and may be consumed differently. Consuming proteins and starches together will result in absorption of one being delayed by the other. Similarly, eating sugars and acid fruits hinder the action of ptyalin and pepsin, reducing the secretion of saliva, and delaying digestion. If insufficient amylase is present in the mouth, starch will not be digested at all in the stomach, instead clogging up the works until amylase in the small intestine can get to work on it. Fats impede the secretion of digestive juices and reduce the amount of pepsin and hydrochloric acid, so they should be avoided or used sparingly with protein-rich foods. The unwanted effect of wrong combinations of food is not limited up to gastrointestinal tract only but may hamper the major systems of the body.

The unwanted side effects can emerge inside the body when two or more types of foods are consumed together. Such reactions can be less important but on long term, it can be fatal upon.

Ancient Ayurvedic text explains incompatible foods (*virudh aahar*) as two or more food ingredients when combined are not good for your health. Foods may be incompatible because they create a negative reaction in the body, generate additional water in the body (*kleda*) that can lead to skin conditions, block the body's channels, contribute to heart disease or lead to indigestion.

## CONCLUSION

From the above discussion, it is clear that *Viruddha Ahara* is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases unknowingly to the patients. Therefore, it is important to enlist the causative incompatible dietary factors and train the patients to avoid such etiologic factors. The article also opens a new research window in the field of Ayurvedic dietetics to research upon a variety of incompatible factors to observe the effect. Thus in Ayurveda system, the dietary guidance and restrictions have been elaborately described by all the three Acaryas. Moreover, Caraka emphasizes that —if a man controls his mind and senses and consumes good and restricted diet, he can live up to the very ripe age of one hundred years without any diseases.

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