

ROLE OF INCOMPATIBLE FOOD OR VIRUDHHAHARA IN TODAY'S PROSPECTIVE

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ABSTRACT

Topography is the new branch of science related to combination of food. According to *Acharya charaka*, all kinds of foods which aggravate the *doshas* but do not expel them out of the body are called *virudhha ahara*. *Adhyayas* related to *virudhha ahara* were searched from classical texts. Online articles with keywords like *virudhha ahara*, incompatible food was searched on platforms like pubmed & google scholars. Offline articles in journals available in our college library were searched for articles related to *virudhha ahara* & incompatible diet. There are 18 types of *virudhha ahara* mentined in *charak samhitas*. At present, these 18 *virudhha ahara* which are more specifically the 18 factors which can cause disturbances in the body. *Viruddha Ahara* can lead to disorders up to impotency and infertility, thus it has an impact up to *Shukra Dhatu Dushti*. This unknowingly

can lead to several hazardous diseases. *Viruddha ahara* taken regularly could induce inflammation at molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin -2 and thromboxane. This is important pathology to create *agni mandya*, *ama*, and number of metabolic diseases. Incompatible

dietary factors and advise the patients to avoid such etiological factors (*Nidana Parivarjana*) especially, the children who nowadays consume a lot of flavoured food items and fried chips. By chance if any disease occurs *Shodhana* and *Shamana* type of *chikitsa* can be given to eradicate that disease.

KEYWORDS: *Virudhha ahara*, Incompatible diet, *Agnimandya*, *Ama*.

INTRODUCTION

Ahara stated as a responsible for both *Arogya* (health) and *Vyadhi*, *Hita ahara* if consumed according to the rules, they provides fuel to the fire of digestion. Incompatible food contains large number of calories from sugar or fat with little dietary fibre, protein, vitamins or minerals.

Ayurveda clearly defines that certain diet and its combination, which interrupts the metabolism of tissue, which inhibit the process of formation of tissue and which have the opposite property to the tissue are called as *viruddha ahara* or incompatible diet.^[1] According to *Acharya charaka*, all kinds of foods which aggravate the *doshas* but do not expel them out of the body are called *virudhha ahara*.

All food is ultimately molecules and several food-drug interactions are well known. Foods containing Tyramine are contraindicated along with monoamine oxidase inhibitors and grapefruit should not be taken along with statin. It is thus only imperative to assume that some particular foods may interact with other specific food and *Ayurveda* has listed out several such food combinations with great authority, also describes the certain codes of dietetics, which are directly responsible for a state of health or disease in a person.^[2] Topography is the new branch of science related to combination of food.

AIMS AND OBJECTIVES

1. To aware people about Ayurveda dietary regimes.
2. To develop awareness regarding junk food to prevent various health problems.
3. To enlist the causative incompatible dietary factors.

MATERIALS

Adhyayas related to *virudhha ahara* were searched from classical textbooks. Online articles with keywords like *virudhha ahara*, incompatible food were searched on platforms like

pubmed & google scholar. Offline articles in journals available in our college library were searched for articles related to *viruddha ahara* & incompatible diet.

METHODOLOGY

The word *viruddha ahara* derived as, it is originated from the root “*Rudhir Avarni*” by applying the prefix “*VI*”, this leads to two factors i.e combining two or three things.^[3]

Ayurvedic literature has described various types of *Viruddha Ahara*,^[4] which can be summarized as follows

1. ***Desha viruddha*** - Consumption of those substances which are against place or land region. e.g. *Ruksha* (Dry) and *Tikshna* (Acute) substances in arid region (*Marudesha*), *Snigdha* (Unctuous) and *Sheet* (Cold) substances in Marshy land or *Anoopadesha*.
2. ***Kala viruddha*** - Consumption of those substances which are against time or season. e.g. Intake of *Katu* (Pungent) and *Ushna* (hot) substances in *Ushna kala* (*Grishma, Sharada Ritus*)
3. ***Agni viruddha*** - Consumption of those substances which are against digestive power. e.g. Intake of *Guru* food (Foods which are heavy to digest) when there is *Mandagni* (low digestion power), Intake of *Laghu* (light) food when the power of digestion is *Tikshnagni* (sharp).
4. ***Matra viruddha*** – Consumption of those substances which are against quantity. e.g. Intake of *Madhu* (Honey) and *Ghrita* (Ghee) in equal quantity.
5. ***Satmya viruddha*** – Intake of food substances which is not accustomed to an individual e.g. intake of *Madhur* (Sweet) and *Sheet* (Cold) substance by person accustomed to *Katu* (Pungent) and *Ushna* (hot) substance.
6. ***Dosha viruddha*** - Utilization of drugs, diets and regimen having similar qualities with *Dosha*, but at variance with the habit of the individual.
7. ***Sanskar viruddha*** - Consumption of those substances which are against mode of preparation. Drugs and diets which, when prepared in a particular way produced poisonous effects. e.g. Heated *Madhu* (Honey), heated *dadhi* (Curd).
8. ***Veerya viruddha*** - Consumption of those substances which are against Potency Substances having *Ushna* (hot) potency in combination with those of *Sheet* (cold) potency substances. e.g. Fish + Milk
9. ***Koshtha viruddha*** – Consumption of those substances which are against nature of bowels e.g. Administration of less quantity with mild potency purgative drug to a person of

Krura koshta (Constipated bowel), Administration of more quantity heavy purgative drug to a person having soft bowel.

10. **Avastha viruddha** - Consumption of those substances which are against States or Condition e.g. Intake of *Vata* aggravating food by a person after exertion, sexual act or physical exertion.
11. **Kram viruddha** - Consumption of those substances which are against sequence. e.g. curd at night.
12. **Parihar viruddha** - Consumption of those substances which are against things which relieve the symptoms. e.g. Consuming cold water immediately after having hot tea or Coffee.
13. **Upachar viruddha** - Consumption of those substances which are against treatment. e.g. Intake of cold things after taking *ghee*.
14. **Paaka viruddha** - Consumption of those substances which are against cooking. Preparation of food with bad or rotten fuel and under cooking, over cooking or burning during the process of preparation.
15. **Samyoga viruddha** - Consumption of those substances which are against combination or intake of two such substances which on combination have poisonous effects. e.g. Intake of sour substances with milk, Fruit Salad / Milk + Banana
16. **Hriday viruddha** – Consumption of those substances which are not liked by the person. In short intake of unpleasant food.
17. **Sampad viruddha** – Consumption of those substances which are not having their proper qualities. e.g. Intake of substance those are not mature, over matured or putrefied.
18. **Vidhi viruddha** – This type includes the diet which is not according with the rules of eating e.g. Eating food in public place or open place.

In today's perspective this kind of food combination can hardly found. We need to explore and distinguish new food incompatibilities according to *Ayurveda* point of view, which can be utilized today. We have many new fusion of food.

- Following are ten incompatible food combinations that compromise the digestive system according to modern science.^[5]
- 1. **Proteins and Starches** - Many American favourites such as hamburgers with a bun, spaghetti and meatballs, food such as protein, and starch. The chemicals neutralize each other so that meat will begin to decay within the stomach.

2. **Fruits and Starchy vegetables** - Fruits are mechanically digested in the stomach, but chemically digested in the small intestine. Vegetables begin breaking down in the mouth and take longer to digest than the fruit. By the time the stomach does release the food, the fruit has fermented.
3. **Liquids and Eating meals** - Liquids in the stomach dilute digestive enzymes inhibiting the digestion process.
4. **Multiple proteins together** - Proteins necessitate different courses of action to digest. When meat is eaten, there is an intense enzymatic response in the first hour. Milk and eggs require longer time to be digested.
5. **Pure fats and high starches** - Starches, including cereal, bread, pasta, potatoes, and rice require alkaline digestion which occurs mainly in the small intestine. Fats, such as butter, bacon, or cream need bile salts from the gall bladder and liver to digest. Fat, emulsified by the bile, releases fatty acids, which neutralizes the alkaline secretions in the small intestine. The undigested starches, then ferment, producing gas.
6. **Melons with any other food** - Eaten alone, melons pass quickly through the stomach and are digested in the small intestine. When combined with other foods, the passage through the stomach is delayed, and the soft fruit quickly ferments.
7. **Orange juice with cereal** - Orange juice is an acid fruit. These fruits contain acid that breaks down enzymes that work to digest starch.
8. **Tomato spaghetti sauce** - Tomatoes contain acid and destroy the enzyme that is responsible for digestion of starches.
9. **Protein and Sugar** - This restricts the stomach's ability to digest protein, which produces more gastric juices that the sugar then combines with. The sugar, delayed from passing through to the small intestine, ferments.
10. **Starch and Sugar** - Sugar stops the secretion of the alkaline enzyme responsible for starch digestion. Starch digestion begins in the mouth, and without the proper enzyme, remains undigested. Sugar passes through to the small intestine and ferments before the release of the meal.

RESULT

Mode of action of *viruddha ahara* – *Viruddha ahara* taken regularly could induce inflammation at molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin -2 and thromboxane. This are important pathologies to create *agni mandya*, *ama*, and number of metabolic diseases.^[6]

Various diseases due to *viruddha ahara* or food incompatibility

Digestive system effects

- Impaired metabolic process, Abdominal distention, Diseases of intestines, Digestive issues, Ascites, Bullous, Indigestions, Gastritis, Circulatory system, Different types anemia, Bleeding, clotting of blood, Musculoskeletal System, Stiffness in neck, Shoulder stiffness and pain, Immune system, autoimmune disorders, dermatological disorders^[7] such as psoriasis or eczema.

Others common problems

- Impotency and Infertility, Erysipelas, Blindness, Various skin diseases, Anal Fistula, Syncope, Coma or fainting, Maltissue formation, Intoxication, Edema, Fever, Rhinitis.

Chikitsa-siddhant of viruddha ahara^[8]

Shodhana therapies including *vamana*, *virechana*, *basti* helps to eliminate toxins accumulated after consumption of *viruddha ahara*. **Shamana** therapy helps to prevent the unbalancing of *doshas*. Good conduction of *ahara vidhi*, obeying the rules of *dincharya* and *rutucharya* along with disciplinary life pattern helps to reduces consequences of *viruddha ahara*.

DISCUSSION

There are 18 types of *virudhha ahara* mentined in *charak samhitas*. At present, these 18 *virudhha ahara* which are more specifically the 18 factors which can cause disturbances in the body. The unwanted side effects can emerge inside the body when two or more types of foods are consumed together. Such relations can be less important but on long term, it can be fatal upon precipitating serious side effects. Fats impede the secretion of digestive juices, and reduce the amount of pepsin and hydrochloric acid. Food combinations can prove harmful, which may be imparting its untoward effects on immune system, cellular metabolism, growth hormone, and dehydroepiandrosterone sulphate (DHEAS).

Viruddha ahara can cause inflammation on molecular level. Number of food incompatibilities are mentioned in old *Ayurveda* literature, such as *charaka*, *sushruta* as mentioned above. This type of food combinations is not use in today's era. We have to identify new food combinations which are used in today in day-to-day life as per *ayurvedic* perspective. The unwanted side effects can emerge inside the body when two or more types of food are consumed together. But if its long term, it can be fatal upon precipitating serious

side effects. In modern science, consuming proteins and starches together will result in absorption of one being delayed by the other.

CONCLUSION

From the above discussion, it is clear that *Viruddha Ahara* is an important aspect of today's improper dietary habits. *Viruddha Ahara* can lead to disorders up to impotency and infertility, thus it has an impact up to *Shukra Dhatu Dushti*. This unknowingly can lead to several hazardous diseases even death in the patients. Therefore, it is important to enlist the causative incompatible dietary factors and advise the patients to avoid such etiological factors (*Nidana Parivarjana*) especially, the children who nowadays consume a lot of flavoured food items and fried chips. By chance if any disease occurs *Shodhana* and *Shamana* type of *chikitsa* can be given to eradicate that disease. Similarly, patients of food poisoning and adverse effects of preservatives may be treated with same line of treatment. The article also opens a new research window in the field of *Ayurvedic* dietetics to research upon a variety of incompatible factors to observe their effects. Therefore, in *Ayurvedic* system, the dietary guidance and restrictions have been elaborately described by all the *Ayurvedacharyas*. Moreover, *Charaka* 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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