

UNDERSTANDING THE DANGERS OF INCOMPATIBLE FOOD (VIRUDHA AAHAR)

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ABSTRACT

Virudha Aahar is a unique concept outlined in Ayurveda. This article provides a critical review of Virudha Aahar, focusing on food-food interactions, food-time of consumption interactions, and food-environment interactions. Ayurveda defines Virudha aahar, as certain dietary combinations that disrupt tissue metabolism, hinder essential life-sustaining processes, and possess properties contrary to the body tissues. Consuming food in incorrect doses, at inappropriate times of the day, or during incompatible seasons can lead to Virudha Aahar. The article also discusses modern perspectives on samskarvirudha, matravirudha, and other forms of incompatibility. It highlights various incompatible dietary practices prevalent in contemporary daily life that can adversely impact an individual's health. These food incompatibilities are documented in Ayurvedic literature under the term GARA VISHA, referring to substances with delayed toxic effects.

The article underscores the importance of avoiding improper food consumption practices that accelerate catabolism in the body.

KEYWORDS: Consuming food in incorrect doses, at inappropriate times of the day, or during incompatible seasons can lead to Virudha Aahar.

INTRODUCTION

Virudha aahar, or incompatible food, is a contentious topic that even our ancient Ayurvedic acharyas have debated in ayurvedic literature. According to Acharya Charaka^[1], it

encompasses substances that are in opposition to deha, dhatus, and act as toxins against an individual's body. According to the literature on Ayurveda, it is said to be the cause of numerous systematic disorders. Consumers of virudha aahar, are prone to numerous metabolic disorders. Therefore, if virudha, Aahar is compared to its contemporary counterpart, it can be associated with metabolic disorders. According to Acharya, Charaka, certain diets and their combinations are referred to as Virudha Aahar or incompatible food, because they disrupt the metabolism of tissues, prevent cell formation, and have the opposite property of cells. With the assistance of current innovation and biochemistry, it had become simple to expound the effect of Virudha aahar on our day today's life. Time with food, food, etc., interactions are a serious problem for our nation and the entire world. However, due to its non-lethal and slow poisoning action, its effects are overlooked.

The word "Virudha" literally means the opposite. It would appear that the combination of certain types of food could have the following effects.

- Opposite properties
- Opposite activities to the cell/tissues
- May exert some undesirable effects on the body when processed in a specific form
- May exert undesirable effects when combined in a certain proportions.
- May have undesirable effects if consumed at the wrong time and a great deal more remains to be investigated.

The following is a summary of the various Virudha aahar described in Ayurveda literature.^[2]

1. Desha Virudha /location: Utilisation, of cold medicines in anupdesha.
2. Kala Virudha /time - Pungent substance in the summer and chilly air in the winter.
3. Agni Virudha / Digestive fire : When food is consumed in opposition to the four types of Agni.
4. Matra Virudha /Quantity :Mixture of honey and ghee in equal amounts.
5. Satmya Virudha /Whole," The use of sweet, cold, etc. by someone who is used to hot, spicy, etc. is unsuitable.
6. Desha Virudha : Utilisation of diet drug, and behaviour similar to dosas in properties yet unfriendly to-the person
7. Sanskar Virudha /Mode of Preparation: When a food becomes poisonous through specific processing, such as when peacock meat is attached to a castor stick.

8. Virya Virudha /Strength: Antagonism in-potency occurs when ushna virya, and Sita virya, substances are taken together.
9. Kostha Virudha: Enmity in entail is that when excessively tad of gentle strength and non-breaking drug is controlled in hard bowel.
10. Avastha Virudha; When vata, vitiating substance is given to the individual revealed in overwork, sex and exercise-and kapha vitiating one in that revealed in oversleep and laziness.
11. Karm Virudh /Sequence : When a person consumes food without passing faces or urine, without feeling hungry, or with an excessive hunger.
12. Parihar Virudha, is a warning: If hot items are consumed after pork, etc.
13. Upachar Virudha /treatment: Use of cold-water following consumption of ghee, etc
14. Paak Virudha: Cooking on damaged or poor fuel, as well as if the grains are uncooked, overcooked, or burned, are all examples of cooking antagonists.
15. Samyogavirudha: Milk is taken with sour foods.
16. Hridaya Virudha: The taking of unlocked things is antagonistic to palatability.
17. Sampad Virudha /Quality: Antagonism in-richness occurs when a substance contains damaged, immature, or over mature, rasa.
18. Vidhi Virudha: Rules conflict if the food is consumed in public.

Symptoms of Virudha aahar

The entire concept which exaggerates the dosa but does not play any role in its elimination from the body becomes harmful. The list provided indicates that consuming certain procedures, combinations, doses, amounts of food, or foods with opposite properties regularly can result in various harmful disorders at different stages of life. Charaka has warned that such incorrect combinations could even be fatal.^[3] Failure to adhere to the dietary guidelines outlined above may lead to diseases associated with improper food combinations, such as impotency and blindness, erysipelas, ascites, pustules, insanity, fistula-in-ano, fainting, narcosis, tympanitis, spasm in the throat, anaemia, ama visha, leukoderma, leprosy, grahaniroga, oedema, acid gastritis, fever, rhinitis, genetic disorders, and potentially even death. as documented in our literature.

Treatment

As per Acharya Charak, the treatment for these diseases involves purgation, emesis, and pacification of previously consumed wholesome substances that contributed to the onset of

disorders due to incompatible food combinations. The antagonistic effects are neutralised through factors such as suitability, small quantity, strong digestive power, youth, individuals with uncton, physical exercise, and strength.^[4]

Food Incompatibilities in Contemporary Context: In today's perspective, Virudh Aahar, can trigger inflammation at a molecular level. Numerous instances of food incompatibilities are documented in ancient Ayurvedic texts like Charak and Sushrut Samhita's. The task at hand is to identify novel food incompatibilities relevant to the current scenario, as per Ayurvedic principles, while leveraging modern diagnostic techniques. A new field known as topography, which focuses on food combinations, is gaining prominence and sheds light on the interplay between different food categories.^[5]

The interaction between milk and yogurt can lead to the precipitation of milk in the stomach, potentially causing irritation and inducing vomiting. Similarly, combining tea with garlic can increase the risk of bleeding due to the anticoagulant compounds called coumarins present in tea.^[6]

Unripe tomatoes contain a significant amount of solanine, which can interact with alcohol, potentially leading to increased sedation.^[7]

The process of deep frying potatoes can result in the formation of toxic substances, such as acrylamide, which have the potential to be carcinogenic. Additionally, foods cooked at high temperatures like meats, may increase the risk and severity of chronic diseases associated with inflammation.

CONCLUSION

This review article highlights the numerous diseases that can arise from the misuse of food categorised as Virudha, Aahar. The primary treatment approach for these diseases should involve Nidana Parivariana to prevent any harmful effects. This article aims to assist in preventing diseases that could affect even a healthy individual. It is evident from the discussion that various combinations of incompatible food (can have severe consequences, including fatal effects. Therefore, the purpose of this topic is to educate and guide individuals on what is beneficial and detrimental to their well-being, emphasising the importance of avoiding certain food combinations. By increasing awareness about diet and dietary practices, this article sheds light on the causative dietary factors behind many diseases.

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