

**SCIENTIFIC EXPLANATION OF VIRUDDHA AHARA
(INCOMPATIBLE DIET) -A CRITICAL REVIEW****Dr. Preeti*¹ and Dr. Devendra Khurana²**¹Phd Scholar, Dept of Kriya Sharir, Shri Krishna Ayush University, Kurukshetra.²Prof and H.O.D., Dept of Kriya Sharir, Shri Krishna Ayush University, Kurukshetra.Article Received on
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Ayurveda has given prime importance to *Ahara* (diet) amongst three sub- pillars of life. Its importance has increased more into today's era due to tremendous change in food and life style. Use of food preservatives, adulteration, food processing, use of artificial food substances and new combinations of food has spoiled our generation and made our body system weak and hollow. There is no other way out, so world is looking towards age old science Ayurveda which can help us to save ourselves. Ayurveda experts have given detailed description about *Viruddha Aahar* and described its 18 types with examples in *samhitas*. There is need to go through it and understands its basic importance and its utility in today's era to prevent our self from unwanted autoimmune, chronic untreatable diseases.

KEYWORDS: *Ahara, Viruddha Aahar.***INTRODUCTION**

Diet is the primary and vital factor required for the continuation of life. It should be ingested in a definite manner to build the body and maintain a healthy state and should be wholesome as well as in accordance with *Desh, Kala, Prakriti*, and *Vayah*. Right diet and regimen are essential components of our right lifestyle But in the case of *Viruddha Ahara*, instead of preserving life, it becomes harmful to the body. Food is considered as the fuel for the maintenance of *Agni*. If used in right manner it helps to increase *Bala, Varna & Oja* of an individual. If not used properly according to Ayurveda principles my lead to short term and long term poisonous effects.^[1]

Viruddh Aahar can be understood as antagonist food, incompatible food or incorrect combination of food. Broadly saying this *Viruddha Aahar* may interfere in the digestion process in the body and produce indigestion or cause *Agnimandya* which is responsible for many health ailments like metabolic syndrome. According to *Charaka Samhita*, the most critical factor in the build-up of *Ama* is *Agni* and all the disease occurs due to imbalance in *Agni*.^[2] The impaired *Agni* leads to impaired tissue formation up to the *Shukra dhatu*, which in turn vitiates the *Ojas*, which is considered the essence of all dhatu.

Description on *Viruddha Ahara*.^[3] is a unique contribution from Ayurveda. *Acharyas* have explained in detail that person who consumes *Viruddha Ahara* is prone to dis-balance of *dosha* leading to many disorders.^[4] It is amply clear that certain diet and its combinations interrupts the metabolism of tissue, which inhibits the process of formation of tissue and have the opposite property to the tissue, due to that action of such food, it is called *Viruddha Anna* or antagonistic diet. *Charakacharya*, *Chakrapani* and *Gangadhara* have explained this unique concept of *Viruddha* in detail. They have described total 18 types with proper examples of food products and food to food interactions, which should be used by layman in day to day life.^[5] The food materials opposite in combination can lead to inappropriate processing, consumed in wrong dosage, and/or consumed at improper time of the day and in inappropriate climatic conditions can lead to *Viruddha Ahara*. With advancement of modern technology and biochemistry, it becomes easy to elaborate the effect of *Viruddha Ahara*. Food–food interaction is a serious issue, requiring much attention to prevent the health, from its possible chronic harmful effects on our body organs. Despite of the fact that many of these food–food interactions are harmless at the spot, but it is always better to know about its long term adverse effects. In present scenario, the increasing complexity of modern industrial society and the wide ranging nature of the International food trade, has increased the risk of contamination of food by chemical and biological agents. These agents' changes *Veerya*, *Guna*, *Rasa* and *Swabhava* of that food item which in turn leads to incompatibility i.e (*Viruddha Aahara*). Therefore there is need to explore the concept of *Viruddha Aahara* with proper understanding of their types, their role in disease pathogenesis and line of treatment in present era. This concept of *Viruddha Aahara* is similar to the concept of Agonist-Antagonist. The substance that acts like another substance and therefore stimulates an action is called as Agonist. So the use of the Antagonist to can be implemented as treatment, after thorough research, studying food interactions and incompatible diet.

MATERIALS AND METHODS

The whole article is based on literary review collected from available Ayurvedic classics, as well as Modern medicines books, various publications, research papers, websites, journals and proceedings of seminars.

REVIEW OF LITERATURE

CONCEPT OF *VIRUDDHA AHARA*

Acharya Charaka has explained that whatever article of food that has dislodged the *doshas* but is not eliminated from the body is considered *Viruddha Ahara*.^[6]

There are 18 types of *Viruddha Ahaar* mentioned by *Acharya Charaka*.

1. *Desh Viruddh*: *Dhanwan / Jangal / Maru Bhoomi* → *Ruksha & Tikshna Dravya*

Anoop Desha → *Snigdha & Sheetala Dravya*

2. *Kaala Viruddh*: *Sheeta Kaala* → intake of *Sheetala & Ruksha Aahar/ Aushadh*

Ushna Kaala → intake of *Katu & Ushna Aahar/ Aushadh*

3. *Agni Viruddh*: Intake of *Aahar* opposite to functioning of four types of *Agni*. If the digestion capacity is medium and the person eats heavy food, it is called a diet against *Agni*.

4. *Matra Viruddha*: Inappropriate combination for e.g. Ghee and Honey are harmful if taken in equal quantities

5. *Satmaya Viruddha*: Person who has adapted to *Katu Rasa & Ushna Virya Aahar*, intake of *Madhura Rasa & Sheetala Virya*. A person who has a tendency to eat salty food has to eat sweet juicy foods

6. *Dosha Viruddha*: Intake of *Aahar/ Aushadh* similar to *Dosha*

Using medicines, food that is going to increase the fault of the person and against his nature.

7. *Sanskara Viruddha*: Many types of food, cooked improperly, become heterogeneous and harmful. If curd or honey is heated, they become deadly toxic instead of benefits.

8. *Kostha Viruddha*: A person who has constipation if given a light, small and low fibrous food, or on the contrary, giving a person with a loose anus more hot and more fibrous food.

9. *Virya Viruddha*: Take things that are hot with cold natured items.

10. *Awastha Viruddha*: Eating vata aggravating food after exercise & fatigue.

11. *Krama Viruddha*: If a person consumes food before passing stools or when he is not hungry or when he is starving due to excessive hunger.

12. *Parihar Virrudha*: Eat things that a person should not eat according to the physician, such as people who cannot digest milk, consume milk-made substances.

13. Upchar Viruddha: Intake of contraindicated food (nonedible) in a specific treatment method. For example, eating cold things after eating ghee (after *snehan*).

14. Paka Viruddha: If the cooking is not appropriate. The food is left undercooked or burnt from somewhere.

15. Sanyaoga Viruddha: Consumption of acidic substances with milk.

16. Hrudya Viruddha: Eat food that does not look interesting and tasty.

17. Sampad Viruddha: If more processed food is eaten. This type of food leads to extinction of nutrition. Nutritional properties are also removed in the process of purification or refining (refined or matured foods)

18. Vidhi Viruddha: Against Ayurveda Principles sit in a public place and eat food.

Apart from all adverse effects of *Viruddha Aahara* as mentioned above, a food which is not liked by the person; also acts like *Viruddha Aahara*. This may lead to continue indigestion too

Acharya Sushruta has explained various types of *Viruddha Ahara* like *Karma viruddha* (Functionally incompatible), *Maana viruddha* (Quantitative incompatible), *Samyoga viruddha* (Unsalutary combinations) and *Rasa viruddha* (Incompatibilities amongst two tastes).^[7]

Acharya Vagbhata has described that *Viruddha Ahara* means a substance which when consumed, cause aggravation of dosas but do not expel them out of the body and brings about abnormalities in *dhatu*s.^[8]

Common wrong food combinations according to ministry of AYUSH^[9]

1. Milk is not compatible with fruits, melons, sour fruits, and bananas. It should not be consumed with salty items such as samosa/paratha/khichadi. Don't boil it with tea.
2. Grains should not be consumed with Tapioca and Fruits.
3. One should not consume fruits and milk with vegetables
4. Beans are the wrong combination with eggs, milk, fish, fruits, yogurt, and meat
5. Yogurt is to be avoided with cheese, hot drinks, sour fruits, milk, mangoes, nightshades, beans, eggs, and fish
6. Fat and proteins are mismatched foods as they need different digestive juices.
7. Cheese cannot be paired with eggs, fruits, hot drinks, milk, beans, and yogurt.
8. Proteins are not compatible with starches and their collective consumption may result in delayed digestion.

9. Nightshades (tomato, potato etc) are not compatible with fruits like cucumber, melon, and dairy products.
10. Milk, yogurt, tomatoes, and cucumber are incompatible with lemons.

Probabal mode of action of *viruddha Ahara*^[10]

Viruddha Ahara Incompatible foods vitiate three *Doshas*, *Dhatu* and *Mala*, these vitiated *Doshas* accumulate continuously and this imbalance produces *Ama-Visha* which possesses slow poisoning effect. The further consequence of *Viruddha-Ahara* creates impairment in *Rasa* and *Rakta*. Contradictory foods if consumed repeatedly it exerted load on digestive system thus accumulation of toxins take places. These toxins affect *Doshas* as well as *Rasa Dhatu*, later on other *Dhatu* also get affected and vitiated *Dosha* and *Dhatu* travels from *Koshtha* to *Shakha*. While travelling throughout the body these toxins initiate pathogenesis of disease in various body organs.

Modern Concept of Incompatible food

We have many new fusion of food. It has become a trend for the people to have fusion food; it's the nature of man to search for new. He looks for new taste by fusing varieties of food. These food incongruences can likewise be arranged into *Krama Viruddha*, *Veerya Viruddha*, etc. *Viruddha ahara* gets aggravated in the micro molecular level. Many food blends can demonstrate destructive fuction, which might be giving its untoward impacts on the resistant framework, cell digestion, development hormone, and Dehydro-epiandrosterone-sulfate (DHEAS).

As the importance given in ayurveda to *Virudhha ahara* there is no such description in modern dietics. However in Modern Medicine; role of diet induced changes in the drug activity and exacerbation of certain disease conditions after consumption of particular type of food is well known. *Viruddha: Viroddha Vishishtha* (ref-Sabda kalpadrum) 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

Mode of action of *Viruddha Ahara* according to Modern

Viruddha Ahara taken regularly can induce inflammation at a molecular level, disturbing the eicosanoid pathway and thereby creating more arachidonic acid leading to increased prostaglandin-2 and thromboxane. This inflammatory effect is essential as these are all the primary pathologies that make *Agni Mandya*, *Ama*, and several other metabolic disorders.

Starting with most common example of *Samyoga Viruddha* a cup of tea which is a day starter in every household. Tea contains flavonoids called catechins, which have many beneficial effects on the heart. When milk is added to tea, then a group of proteins in milk, called caseins, interact with the tea to reduce the concentration of catechins. So, tea and milk together should be avoided.

It has been clearly mentioned in Ayurveda text that oil and food must not be reheated. Reheating of oil creates more oxidation and if consumed may create more oxidative stress creating more free radicals. A recent study found that a toxin called 4- hydroxy-trans-2-nonenal (HNE) forms when such oils as corn, soyabean, and sunflower oils are reheated. Consumption of foods containing HNE from cooking oils has been associated with increased risks of cardiovascular disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders, and cancer. Certain researches pointed out that the quantity of HNE is higher in deep fried foods, such as snacks that fried in cooking oils such as corn, soya bean, and sunflower oils. Scientific explanation about the formation of HNE is when fruits or vegetable pieces are boiled inside oil to get fried, then oil molecules that penetrated into the fried food gets converted into similar molecules like that of HNE. While getting cooled to room temperature, this molecule will convert into toxin HNE, which will ultimately lead to risks of cardiovascular disease, stroke, Parkinson's disease.

Trophology^[11] (a science of food combining) is rising, which tells proteins not to be taken in combination with starch and sugar, because of the absorption process of both. More clearly, for digestion and absorption starch requires an amylase present in saliva called ptyalin. This helps starch to break down into maltose and further breaks it into glucose, fructose, and galactose and stores it in liver, however having fat or protein with starch/sugar delays this process. When we consume incompatible food on continuous basis, the side effect of this will not be contained in the stomach, it starts influencing the body slowly. Many immunologic issues are also occurring due to such effects

Now a days, the present generation is more likely to consume *Viruddha Ahara* like ice creams, curd, added salads with chicken, etc. This leads to the manifestation of many health ailments.

Diseases due to *Viruddha Aahara*

From the above information it can be understood that regular consumption of any type of *Viruddha Ahara* can lead to number of disorders. Acharya Charaka has enlisted them in his *Samhita*.

All those can be classified as follows

1. **Indriyopghatakara:** Disease which hampers functions of Indriya. e.g. - *Andhya, Shandhya, Bhagandara, Jwara, Pinasa,*
2. **Dhatu Parinamkar:** Diseases which hamper Rasadi Sapta Dhatus. e.g. - *Dakodara, Visarpa, Pandu, Aamvisha, Kushtha, Santandosh, Visphota, Moorchcha, Aadhmana, Galagraha, Kilasa, Grahani, Shotha, Amlapitta, Mrityu.*
3. **Manasa Vyadhi:** Diseases which hampers Psychological condition of person. e.g.:- *Unmada, Mada.*

Viruddha Aahara leads to disorders affecting all the dhatus and may lead to impotency and infertility thus it has an impact up to *Shukra Dhatu Dushti*, moreover it can causes *Mrityu* (death) which means it has impact on *Oja* also. In aspects of modern science *Viruddha Ahara* (incompatible foods) affects our Immune system, Endocrine system, Digestive system, Nervous system and Circulatory system. It has also been observed that many people who consume *Viruddha Anna* remain unaffected by it. *Charaka* has explained this condition too. He described that a person who is young in age and performs regular exercise, who is habitual to *Viruddha Ahara*, whose digestive power (*Agni*) is high and has consumed *Viruddha Aahara* in less quantity remains unaffected of it.^[12]

DISCUSSION

▪ **Effects of *Viruddha Ahara* can be compared with *Dushi Vish* *Susruta* and *Vagbhata*** described *Dushi Visha* as any kind of poison originating from inanimate or animate sources or any artificial poison (*Kritrima Visha*) retained in the body after partial expulsion or which has provisionally undergone detoxification, by the anti-poisonous drugs, forest fire, the wind or the sun is termed latent poison (*Dushi Visha*)^[13] Polluted land (*Dooshita desha*), deranged seasons (*Kala*), toxic food (*Anna*) and daytime sleep (*Diwa swapna*) are factors that

aggravate latent poison (*Dushi Visha*). Existing latent poison (*Dushi Visha*) can aggravate in the presence of these factors. When *Dushi Visha* is retained in stomach (*Amashaya*), it produces the diseases due to derangement of *doshas*, *Kapha* and *Vata* leading to several disease conditions i.e. unconsciousness, vomiting, diarrhea, tympanitis, burning sensation, tremors, altered sensorium etc. When located in intestines (*Pakwashaya*), it produces diseases of deranged *Vata* and *Pitta doshas*, such as burning sensation all over the body, fainting, diarrhea, tympanitis and anemia^[14]

Viruddha Ahara as causes for Sroto Dusti

Viruddha Ahar is one of the *dushti karan* of *Majjavaha srotas*. So effects of *Viruddha Ahara* can also be explained in terms of *Majjavaha Srotas dusti lakshanas* also, as explained by *Charka* in *Sutra Sthana*. According to *Charaka*, *Majjavaha Dushti Lakshana* are *Parvaruk* (pain in small joints), *Bhrama* (giddiness), *Murcha* (Unconsciousness), *Tamadarshana* (darkness or occasional blackouts), *Arumsha* in *Sandhi Mula* (Deep seated wounds in the joints) *Susrutha* also have the same opinion on *Majja Dhatu dushti* and he says *Majjadushti* will exhibit with *Tamadarshana*, *Murcha*, *Bhrama*, *Parvaruja* and *Sthulamula ruja* (Pain in smaller and bigger joints), *Netraabhishyanda* (Oozing from the eyes)^[15]

Incompatible Food or *Viruddhahara* in Today's prospective

Following are ten incompatible food combinations that compromise the digestive system according to modern science.

- 1. Proteins and Starches-** Many American favorites such as hamburgers with a bun, spaghetti and meatballs, and so on, are antagonistic. Dr. Herbert Shelton, the champion of the original Natural Hygiene ideas, states that when mixed together, an acid food such as protein, and starch, an alkaline food, don't digest. 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 frames 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 starches.
8. **Tomato Spaghetti Sauce** -Tomatoes contain acid and destroy the enzyme that is responsible for digestion of starches.
9. **Protein and Sugar-** A study at the Mayo Clinic revealed that sugars both restrain the release of hydrochloric acid in the stomach and also combine with the stomach acid. 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.

CONCLUSION

From the above discussion, it is clear that *Viruddha Ahara* is an important aspect of today's improper dietary habits. *Viruddha Anna* 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 flavored food items and fried chips. 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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