

## A REVIEW ON "VIRUDDHA AAHAR: CLASSICAL CONCEPTS TO CONTEMPORARY RELEVANCE

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**ABSTRACT**

The most significant aspect of existence is aahar. Aahar is one of the trayo - Upstanabha (Aahar, Nidra, Bramcharya). Health as well as the diseases are dependent on aahar. When taken according to ayurvedic texts, aahar can promote improved health and if taken with wrong combination, wrong time or in wrong dose can cause severe diseases. Exploring Virudha aahar unveils not only the intricacies of food combinations but also shed light on the broader philosophy of Ayurveda which emphasizes the holistic connection between mind, body and spirit. By incorporating this understanding into our dietary practices, we can cultivate a deeper awareness of how the foods we consume impact our overall health and vitality. In this fast paced life, there is a negative change which includes decreased consumption of compatible food and increase consumption of incompatible food which is causing disturbance and imbalance in vataadi doshas and rasaadi dhatus. In this paper we are going to infer the loss of health due to consumption of virudha aahara.

**KEYWORDS:** Viruddha aahar, incompatible diet, unbalanced diet.**INTRODUCTION**

There has been a significant change in dietary patterns in the contemporary period of globalization. A poor diet is a contributing factor to disease, while a healthy diet is one that promotes health.

“Unhealthy diet is one key cause of the growing global burden of non- infectious diseases.”

It is quite evident from Acharya Charaka that a particular diet and its combination, which interrupts the functioning of doshas dhatus and mala which inhibits the functioning of the body and which leads to these situations is known as Viruddha ahara in our daily life. Because of its non-mortal effects and gradual toxic action, its consequences are not disclosed in bright light.<sup>[1]</sup> Ahara which disturbs the doshas but doesn't let them out, come under viruddha ahara. Aachar Charaka details about 18 types of viruddha ahara:-

- 1) Desha Viruddha
- 2) Kala Viruddha
- 3) Agni Viruddha
- 4) Matra Viruddha
- 5) Satmaya Viruddha
- 6) Dosha Viruddha
- 7) Sanskar Viruddha

- 8) Veerya Viruddha
- 9) Kosta Viruddha
- 10) Avastha Viruddha
- 11) Karma Viruddha
- 12) Parihar Viruddha
- 13) Upchar Viruddha
- 14) Paak Viruddha
- 15) Samyoga Viruddha
- 16) Hridya Viruddha
- 17) Sampad Viruddha
- 18) Vidhi Viruddha<sup>[2]</sup>

☐ Desha Viruddha: - Using substances that are prohibited or not beneficial in a certain area or place or region.<sup>[3]</sup>

~ Intake of ruksha and tikshna substances in maru desha (arid region).

~ Intake of snigdha and sheeta substances in anoopa desha (marshy land).

☐ Kala Viruddha: - Use of substances that are inappropriate for the occasion or season.<sup>[4]</sup>

☐ Agni Viruddha: - Consuming food and beverages which may trouble in digestion.<sup>[5]</sup>

~Intake of heavy digestive stuff (ahara) with low

digestive power.

~Intake of light food when power of digestion is high.

☐ **Matra Viruddha :-** Use of substances that are contraindicated in large amounts.<sup>[6]</sup>

~ Intake of honey and water in equal amount.

☐ **Satmaya Viruddha :-** Consumption of rasa which are contradictory to rasa accustomed.<sup>[7]</sup>

☐ **Dosha Viruddha :-** Regular utilization of drugs, diet and regimen having similar qualities with predominant dosha of body leads to disease related to particular dosha.<sup>[8]</sup>

☐ **Sanskar Viruddha :-** use of drugs that are unsuitable with the preparation method.<sup>[9]</sup> Medications and meals that when used in a specific manner, had toxic consequences.

~ heating of honey.

~ roasting of peacock and sparrow meat in castor oil.

☐ **Veerya Viruddha:-** ushna (hot) potency chemicals combined with sheeta (cold) potency drugs, or the consumption of substances that are against potency.<sup>[10]</sup>

~ Intake of milk with fish.

☐ **Kostha Viruddha :-** Consumption of substances that are contrary to intestinal nature.<sup>[11]</sup>

~ Intake of less amount of food with a mild potency to a person with krura kostha (constricted bowel).

☐ **Awastha Viruddha:-** Consumption of substances which are against conditions or states.<sup>[12]</sup>

☐ **Karama Viruddha :-** consumption of those substances which are against sequences.<sup>[13]</sup>

~hot water after honey.

☐ **Parihar Viruddha:-** After particular diet certain things are to be avoided in order to avoid incompatibility. If that is not avoided it leads to incapability.<sup>[14]</sup>

~ Intake of hot water after consuming pork.

☐ **Upachar Viruddha: -** After a particular diet certain things are advised to be consumed in order to avoid incompatibility. If that is not followed it may lead to incompatibility.<sup>[15]</sup>

~ hot water with ghee, no cold water.

☐ **Paka Viruddha: -** Certain wrong procedure in cooking may lead to incompatibility.

~ under cooked rice or over roasted rice.<sup>[16]</sup>

☐ **Samyoga Viruddha: -** Such food combinations may result in Incompatibility.

~ intake of milk with sour substances.<sup>[17]</sup>

☐ **Hriday Viruddha: -** Intake of unpleasant food have impact on patients psychological state which indirectly results in weak digestive power. So, it should be avoided.<sup>[18]</sup>

☐ **Sampad Viruddha: -** We eat extremely low-quality food as a result of the extensive use of chemical fertilisers, which has numerous negative impacts on our bodies.<sup>[19]</sup>

~using non-organic fruits and vegetables, we should also refrain from consuming immature or overmature substances.

☐ **Vidhi Viruddha: -** Taking meal in public place, eating while walking is not good for health. So, it should be avoided.<sup>[20]</sup>

~Eating food in public or open places.

### ● Examples

1. **Desh Viruddha :-** (i) substances like millets and with high spices in region like rajasthan.

(ii) sheeta substances like lassi in region like himachal Pradesh.

2. **Kala Viruddha AND Karma Viruddha**

(i) dhai being guru in nature shouldn't be taken at night.

(ii) Maggie (made of Maida, which takes almost 2-4 hrs. for digestion) should be avoided.

(iii) Khichadi in the morning will not be enough for workful day. To eat at night, it would be beneficial as it digests early.

(iv) ushan kala (grishma, sharad)- sheeta, ruksh sheets kala (Hemant, shishir, vasant)\_ katu, ushna

3. \*Intake of rasa contradicting their kala will be more beneficial.

(v) dhai being ushna and abhishandi should be taken in shishir and Hemant ritu.

(vi) soups and kadhas being katu and ushna should be beneficial in sheeta ritu.

(vii) bananas being ruksh, should be taken in summers.

(viii) peas, potatoes, cauliflower, rajma at night causes acidity.

(ix) water intake just after food intake.

(x) ice creams in winter season.

(xi) consumption of food without any appetite.

4. **Agni Viruddha :-** (i) person with kapha prakarti (mandha agni) should not consume guru ahara like sweets, chole bhature

5. **Matra Viruddha :-** (i) honey and ghee in equal amount.

6. **Satmaya Viruddha**

(i) intake of wine, when not taken in daily routine.

(ii) intake of cold substances, but accustomed by hot substances.

## 7. Dosha Viruddha

- (i) intake of kali mirch (tikshan ahara) by a pitta prakarti person.
- (ii) intake of honey in more amount by a kapha person.

## 8. Sanskara Viruddha and Paaka Viruddha

- (i) tea and garlic
- (ii) tea and milk
- (iii) fruits with dairy products.
- (iv) deep frying of potatoes.

## 9. Veerya Viruddha

- (i) Shakes (sheeta veerya) with ice creams (ushna veerya).
- (ii) Ice cream with hot fudge.
- (iii) Milk with yoghurt.

## 10. Kostha Viruddha

- (i) Intake of bread and biscuits by a krur (hard) kostha person.
- (ii) Intake of heavy digestive foods by a mridu kostha (soft) person.

## 11. Awastha Viruddha

- (i) intake of water after heavy workout or exertion.
- (ii) intake of sweets during kapha dominance.
- (iii) patients shouldn't be served with heavy food.
- (iv) cold drinks along with spicy food.

## 12. Parihar Viruddha AND Upchar Viruddha AND Samyoba Viruddha

- (i) Lemon after milk (acidic over alkaline causes vomiting).
- (ii) Onions after milk.
- (iii) Water after muskmelon or watermelon
- (iv) Water after hot tea.
- (v) Cold drink after ghee.

## 13. Hridaya Viruddha :- (i) drugs vomits out when not having ruchikar rasa.

## 14. Sampad Viruddha

- (i) intake of road side food.
- (ii) intake of fruits direct plucking from tree.
- (iii) consumption of over ripen mangoes or bananas.

## 15. Vidhi Viruddha

- (i) Eating with clean hands and willing heart.
- (ii) Consuming food in public crowded places where food is open to dust and small mosquitoes.
- (iii) Laghu ahara at night and guru ahara in the morning.
- (iv) eating food while watching T.V.
- (v) popcorn along with cood drink.

## DISCUSSION

Incompatible food combinations or dietary habits that are believed to be harmful to the body. According to Ayurveda, certain combinations of foods or habits can disturb the body's natural balance, leading to digestive issues, toxicity, and other health problems over time.

Here are some their potential effects of incompatible food on the body:

1. **Milk and sour fruits:** Consuming milk with sour fruits like citrus fruits is believed to cause digestive issues and may lead to conditions such as bloating, gas, and indigestion.
2. **Milk and fish:** According to Ayurveda, the combination of milk and fish can lead to toxicity in the body and may result in skin issues, allergies, or other health problems.
3. **Honey and ghee (clarified butter):** Mixing honey with ghee is thought to create a toxic substance in the body, which can lead to digestive disturbances and imbalances in the body's natural processes.
4. **Fruits with grains:** Eating fruits immediately after consuming grains or starchy foods is considered incompatible and may cause fermentation in the stomach, leading to digestive discomfort.
5. **Radish and milk:** Consuming radish and milk together is believed to produce toxins in the body and may lead to digestive issues or skin problems.
6. **Bananas and milk:** Mixing bananas with milk is thought to create heaviness in the stomach and may lead to sluggish digestion, bloating, or gas.
7. **Yogurt and fruits:** Eating yogurt with fruits, especially sour fruits, is considered incompatible and may cause digestive issues such as bloating, gas, or diarrhea.
8. **Cold water after a meal:** Drinking cold water right after a meal is believed to interfere with digestion and can weaken digestive fire, leading to various health issues.
9. **Tomatoes with cucumber:** Ayurveda suggests that combining these two vegetables can lead to digestive issues and bloating.
10. **Lemon with yogurt:** Consuming lemon and yogurt together is believed to cause digestive issues such as stomachache, acidity leading to ulcers.
11. **Radishes with jaggery (unrefined sugar):** Eating radishes along with jaggery is considered incompatible and can lead to digestive disturbances.
12. **Beans with cheese:** Combining beans, which are considered heavy to digest, with cheese can lead to indigestion and gas.
13. **Beans with cheese:** Combining beans, which are considered heavy to digest, with cheese can lead to indigestion and gas.
14. **Radishes with sesame seeds:** Eating radishes along with sesame seeds is believed to create an imbalance in the body's energies and may lead to digestive discomfort.
15. **Eggs with milk:** Ayurveda advises against combining eggs with milk as it can lead to indigestion and the formation of toxins.
16. **Milk after radish or garlic or basil** - Increase the risk of skin disorders like leprosy.<sup>[3]</sup>

## Mode of Action of Viruddha Ahara

The mode of action of viruddha ahara, or incompatible food combinations, according to Ayurveda, is based on

the principles of digestion, metabolism, and the balance of doshas (biological energies) in the body. Ayurveda views digestion as a key factor in overall health, and the choices we make regarding food combinations can either support or hinder the digestive process.

### Here's a general overview of how viruddha ahara affects the body according to Ayurveda

1. **Aggravation of doshas:** In Ayurveda, it's believed that all foods have inherent qualities (guna), tastes (rasa), and post-digestive effects (vipaka) that can influence the doshas (Vata, Pitta, and Kapha). When incompatible foods are consumed together, they can create an imbalance in these doshas, leading to various health issues. For example, combining foods with conflicting qualities (such as hot and cold) can disrupt the equilibrium of the doshas.
2. **Impaired digestion:** Certain food combinations are believed to be difficult to digest. When incompatible foods are consumed together, they may interfere with the digestive process, leading to the formation of toxins (ama) in the body. This can result in symptoms such as bloating, gas, indigestion, and sluggishness.
3. **Formation of harmful substances:** According to Ayurveda, the improper combination of foods can lead to the formation of harmful substances in the body, known as ama. Ama is considered to be a sticky, toxic residue that accumulates in the digestive tract when digestion is incomplete or impaired. This can impair the functioning of bodily systems and lead to the development of diseases.
4. **Interference with the body's natural intelligence:** Ayurveda emphasizes the importance of respecting the body's natural intelligence and digestive fire (agni). Consuming incompatible food combinations is thought to disrupt this intelligence and weaken agni, leading to poor digestion and metabolism.
5. **Overall imbalance:** Over time, the consumption of incompatible food combinations can contribute to an overall imbalance in the body, affecting not only digestion but also other physiological processes. This imbalance can manifest as various health issues, ranging from digestive disorders to chronic diseases.

It's important to note that while Ayurveda provides guidelines on food combinations to support optimal health, individual responses to food may vary. Additionally, not all modern scientific research supports the concept of viruddha ahara, and dietary recommendations should be tailored to individual needs and preferences.<sup>[21]</sup>

### TREATMENT

Acharya Charaka have mentioned about methods or remedies to recover and cure the body from the effects happened to the human body due to intake of viruddha ahara (incompatible food). Here are some:-

- Gradual shift from unwholesome diet to wholesome diet.
- Vamana
- Virechana
- Shamana therapy.<sup>[22]</sup>

### CONCLUSION

In conclusion, the concept of viruddha ahara, or incompatible food combinations, is an integral aspect of Ayurveda, the ancient system of medicine from India. According to Ayurveda, consuming foods in improper combinations can disrupt digestion, lead to the formation of toxins (ama), and contribute to imbalances in the doshas (Vata, Pitta, and Kapha), ultimately leading to various health issues.

To address diseases aggravated by viruddha ahara, Ayurveda offers a holistic approach that focuses on identifying the root cause of the imbalance and restoring harmony to the body and mind. Treatment typically involves dietary modifications, digestive support, detoxification therapies, herbal remedies, lifestyle modifications, and mind-body therapies.

A balanced diet promotes healthy weight management, sound sleep, and natural disease prevention. In addition, having a balanced diet helps you achieve your daily nutritional requirements and live a better quality of life overall. Living longer is also made possible by a well-balanced diet. Every step of the Ayurvedic process includes allusions to the significance of food. Food, according to Acharya Charaka, is the primary source of both physical ailments and disease. Ahara is crucial for the curative component of treating a variety of ailments in addition to its intended use for maintaining health.

In summary, understanding and adhering to the principles of viruddha ahara can play a significant role in maintaining health and preventing disease according to the principles of Ayurveda.

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