

REVIEW OF INCOMPATIBLE FOOD COMBINATION (VIRUDDHAHARA): A KRIYASHARIR PERSPECTIVE

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ABSTRACT

Ayurveda the ancient Science of life emphasizes a holistic approach to health. Ayurveda is built upon three Sub-pillars. Ahar has been described prime among the thrayopasthamha the three pillars of life Ahar, Nidra, Brahmacharya. A fundamental concept in Ayurveda is Viruddha Ahara "incompatible food combinations," which describes eating foods that are incompatible in terms of their characteristics, methods of preparation, quantity, timing of consumption, or combinations. Kriya Sharir the branch of ayurveda explains how incompatible food combinations affect the body's physiological functions. Regular eating of such incompatible foods imbalances the body's dosha balance (Vata, Pitta, and Kapha), affects digestion, and causes toxins (Ama) to build up, according to Ayurvedic principles. Exposure to various forms of Viruddha Ahara has grown in the modern era due to increasing urbanization, shifting dietary habits, increased use of processed foods, fast food, and irregular eating patterns. common examples followed by modern era are ice cream after meal, milk with sour fruit, Milkshake, heated honey, consumption of curd at night, eating food while taking or watching tv. according to ayurveda regular consumption of incompatible food combinations can cause chronic health issue. A preventive strategy for preserving health and encouraging general wellbeing is to recognize and avoiding incompatible food combinations. In order to lower the risk of diet-related illnesses and enhance quality of life.

KEYWORDS: Ahar, Viruddhahar, Incompatible Food.

INTRODUCTION

Ahara is considered to be one of the most basic need for life and health. According to Ayurveda, ahar is the main source of development, strength, energy and sustenance. Together with Nidra and Brahmacharya, it is one of the three pillars of life (Trayopastambha) that sustain the body and mind. Eating food correctly strengthens immunity (Ojas), balances the Doshas (Vata, Pitta, and Kapha), nourishes the body's tissues (Dhatu), and enhances general wellbeing.

A branch of Ayurveda termed Kriya Sharir focuses on the body's physiological processes and provides information regarding Viruddha Ahara effects. It describes how homeostasis is maintained through healthy digestion, tissue metabolism, and the balanced functioning of

dosas. The way Viruddha Ahara affects the body has been shown by disturbances caused on by incompatible eating habits, which result in poor digestion and changed metabolism.

Food is the vital breath (prana) of all living beings, and the entire world runs after it. (varna) Complexion, clarity of voice(svara), long life(jivan), happiness (sukha), strength(bala), and intelligence (Medha) are all established in food.^[1] In charak samhita Acharya charak describe 18 types of viruddhahar.

तमुवाच भगवानात्रेयः - देहधातुप्रत्यनीकभूतानि द्रव्याणि देहधातुभिर्विरोधमापद्यन्ते; पर-स्परगुणविरुद्धानि कानिचित्,

कानिचित् संयोगात्, संस्कारादपराणि, देशकालमात्रादिभिश्चापराणि, तथा स्वभावादपराणि ।।

(च. सु. 26/81)

Lord Atreya addressed the substances which are contrary to dehadhatus behave with virodha (antagonism) to them.

This antagonism may be in terms of properties, combination, processing, place, time, dose etc. or natural composition.^[2]

तत्र यान्याहारमधिकृत्य भूयिष्ठमुपयुज्यन्ते तेषामेकदेशं वैरोधिकमधिकृत्योपदेक्ष्यामः - न मत्स्यान् पयसा सहाभ्यवहरेत्, उभयं ह्येतन्मधुरं मधुरविपाकं महाभिष्यन्दि शीतोष्णत्वाद्विरुद्धवीर्यं विरुद्धवीर्यत्वाच्छोणितप्रदूषणाय महाभिष्यन्दि त्वान्मार्गोपरोधाय च ।।

(च.सु. 26/82)

Amongst them, Acharya charak mention the antagonistics as part of food which is mostly used-such as, one should not take fish with milk. Combination of both of them is madhura (rasa); madhura vipaka, mahabhisyadi (obstructor for the channels), because of shita (milk) and ushna (fish) is viruddhavīrya (antagonistic in terms of virya), due to conflicting viryas, it vitiates blood and due to being mahabhisyadi, creates obstruction in channels.^[3]

According to Kriya Sharir Viruddha Ahara (incompatible food combinations) describes foods that interfere with the body's regular physiological processes due to their combination, processing, quantity, timing, or mode of consumption.

Physiological impacts of incompatible food combination

- 1) Reduced metabolism
- 2) Reduced digesting
- 3) Altered assimilation and absorption
- 4) Malnutrition of tissues
- 5) Metabolic toxin formation (Ama)
- 6) Diminished immunity
- 7) heightened vulnerability to long-term illnesses
- 8) Imbalance of doshas (Vata – Pitaa – Kapha)

The following is a summary of the several forms of Viruddha Ahara that have been discussed in Ayurvedic literature.^[4]

TYPES OF VIRUDDHAHAR

1. Desh virudha
2. kaala viruddha
3. Agni virudha
4. matra virudh
5. satmya viruddh
6. dosha virudha
7. sanskar virudhha
8. virya viruddh

9. krama viruddh
10. koshta viruddh
11. Awastha Viruddha
12. Parihara Viruddha
13. upchar viruddha
14. Paak virudhha
15. Samyoga Viruddha
16. Hrut Viruddha
17. Sampat Viruddha
18. Vidhi Viruddha

➤ Desha Viruddha

If in arid zone rough and sharp substances, and in marshy region unctuous and cold ones are used, it is known as antagonistic in respect of place example, In Maru Bhumi, Ruksha and Tikshna Ahara are similar to drinking wine in a desert. In Anupa Bhumi, Snigdha and Sheetta Ahara like milkshakes.

➤ Kaala Viruddha

If one takes rough and cold in the winter and pungent, hot in the summer, it is antagonistic in terms of time. example, In Hemant Rutu, sheet ahara is similar to using ice cream during the winter. In Grishma Rutu, Katu and Ushna Ahara like spicy missal pav during the summer.

➤ Agni virudha

similar is the antagonism of food and drink in four types of agni example For Tikshna Agni, Laghu and Alpa Matra Aahara In Manda Agni, Guru and Adhika Matra Aahara.

➤ matra virudh

certain foods can function as Viruddha Aahara when combine in similar proportion example honey and ghee taken in similar quantity is antagonist in dose.

➤ satmya viruddh

eating foods that are unfamiliar to that person. Example Chinese food by Indians.

➤ dosha virudha

Food items having similar properties to that of Doshas, which causes Dosha dushti are called as Dosha Viruddha.

➤ sanskar virudhha

food prepared by incorrect method

Example Reheating oil that is only used once. Honey that has been heated (by combining it with hot water)

➤ virya viruddh

is the term for eating foods that have opposite Veerya at the same time. For instance, eating Ushna Veerya fish with Sheetta Veerya milk.

➤ krama viruddh

Consuming food in the incorrect order is regarded as Krama Viruddha.

Example After meals, sweet dishes.

➤ **koshta viruddh**

refers to any food consumed without the individual's knowledge. Example

Mrudu Koshta's- Strong Laxatives

➤ **Awastha Viruddha**

Eating without being fully aware of one's own health and physical problems.

Example workers who drink alcohol.

➤ **Parihara Viruddha**

is the practice of eating cool foods after hot and spicy ones.

➤ **upchar viruddha**

Is Consumption of food that should not be consume following a particular treatment

Example consuming cold water following a steam bath and snehapana

➤ **Paak virudhha**

Food which is not properly cooked i.e., rice which is uncooked, over cooked, partly cooked.

➤ **Samyoga Viruddha**

is the consumption of foods that shouldn't be combined. Example Amla rasa fruits with milk.

➤ **Hrut Viruddha**

is the consumption of unpleasant foods Example Karela

➤ **Sampat Viruddha**

Foods made with unhealthy ingredients are considered Sampat Viruddha. Example fruits that are overripped, damaged

➤ **Vidhi Viruddha**

Under the Aahara Vidhividhana idea, Ayurveda (kriya sharir) provides a detailed explanation of food consumption regulations. Vidhi Viruddha means eating without considering these rules.

common ailments cause by incompatible food combinations^[5]

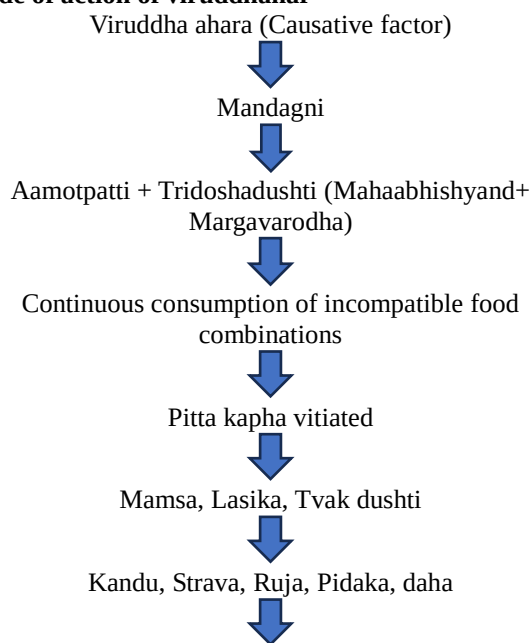
Antagonistic food is the cause of impotency, blindness, ascites, pus-tules, fistula-in-ano, fainting, narcosis, tympanitis, spasm in throat, anaemia, amavisha, leucoderma, leprosy, grahani roga, oedema, acid gastritis, fever, rhinitis, genetic disorders and even death.

treatment for the disease cause by incompatible food combination^[6]

These are the measures, which are used to counteract the above and other disorders caused by antagonists such as

emesis, purgation, use of antidotes for pacification and prior conditioning of the body with similar substance.

mode of action of viruddhahar^[7]



Vicharchika, Kushtha Sheetpitta & various skin diseases.

DISCUSSION

Agnimandya (lower digestive strength), Ama formation, Dosha imbalance, Srotorodha (channel obstruction), and Dhātu dysfunction are all part of the long-term chronic process that results from frequent Viruddha Ahara (incompatible food combinations). The development of chronic illnesses has a theoretical foundation due to these mechanisms. The rising incidence of these lifestyle problems in modern communities implies that unhealthy eating habits and inappropriate dietary combinations continue to be significant factors in the burden of disease.

According to Kriya Sharir, one of the main things that interferes with the body's regular physiological processes is incompatible food combinations. Agni, Doshas, Dhatus, Malas, and Srotas must all be in balance for good health. Consuming incompatible meals affects Jatharagni, which leads to incomplete digestion and the production of Ama, which starts the pathophysiology of numerous diseases. Reduced Ojas and weakened immunity result from the accumulated Ama's vitiation of the Doshas, obstruction of the Srotas, and interference with the Dhatus's normal feeding and metabolism. Therefore, Kriya Sharir highlights that food compatibility is just as crucial as its nutritional content since appropriate dietary combinations promote physiological equilibrium, whereas incompatible combinations interfere with regular body processes and lead to diseases.

some common examples of modern dietary incompatibilities^[8]

1. Milk and banana

This combo is most popular among foodies and fitness enthusiasts in the present era. However, this is referred to as Samyoga Viruddhahara in Ayurveda.

2. over ripen fruits and vegetables

Fruits, vegetables, and grains that are overripe may fall under Sampat-viruddha.

3. Cold drink with hot food stuff- after samosa

These can be considered under Parihar viruddha.

4. Oil Reheating (Roadside Bread Pakora and Samosa)

This falls under Paakaviruddha.

5. Dahi taken at night

may cause digestive problems by raising Kapha dosha. is kaal virudha.

6. Milk combination with sour fruits

Digestion may be disrupted by opposing characteristics.

7. Ice cream following a heavy meal

increases the production of Ama.

8. Equal quantity of ghee and honey

is matra virudhh.

9. honey that has been heated by combine with hot water

Is the most common example among fitness enthusiasts in modern era is a sanskar virudhha.

Thus, by focusing food compatibility, appropriate processing, meal timing, and personalized dietary choices, the idea of Viruddha Ahara (incompatible food combinations) provides a useful preventive framework for modern nutrition. Combining modern nutritional research with Ayurvedic dietary knowledge may offer a more all-encompassing strategy for maintaining health and preventing chronic illnesses.

CONCLUSION

One important Ayurvedic principle that is still very relevant nowadays is Viruddha Ahara, or incompatible food combinations. Diet is essential for both preventing and treating illnesses. Appropriate dietary changes aid in the healing process, enhance Agni, lower Ama and restore the balance of Doshas. Because unhealthy eating behaviors can delay recovery and promote health problems, dietary care is often regarded as being just as important as medication therapy. Thus, avoiding Viruddha Ahara and maintaining a healthy, balanced diet

enhance general wellbeing. incompatible combinations of foods from Kriya Sharir's point of view emphasises how incorrect dietary combinations can interfere with regular bodily processes, hamper digestion, and promote the onset of illness. Integrating the Ayurvedic idea of Viruddha Ahara with a knowledge of Kriya Sharir emphasises the need of appropriate food choices for sustaining maximum health and physiological balance.

Due to shifting eating patterns and an increase in the use of processed and unhealthy foods, Viruddha Ahara is still very important concern in modern times. By recognizing and avoiding incompatible food combinations, individuals can improve overall quality of life by promoting digestive health, preventing the development of Ama, and helping to prevent a number of chronic diseases.

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