

VIRUDDHA AHARA: A OF VYADHI IN AYURVEDA**¹Dr. Harshita Singh, ²Dr. Rishabh Jain, ³Dr. Pragya Sharma**¹P.G. Scholar, Department of Ayurveda Samhita Evam Siddhant, Quadra Institute of Ayurveda.²Professor, Department of Ayurveda Samhita Evam Siddhant, Quadra Institute of Ayurveda.³Associate Professor, Department of Ayurveda Samhita Evam Siddhant, Quadra Institute of Ayurveda.***Corresponding Author: Dr. Harshita Singh**

P.G. Scholar, Department of Ayurveda Samhita Evam Siddhant, Quadra Institute of Ayurveda.

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ABSTRACT

Viruddha Ahara is an important dietary concept described in *Ayurveda*, which refers to incompatible food combinations, improper food processing, wrong food timing, unsuitable quantity, and diet taken against individual constitution or season. *Ayurveda* considers food as the main support of life, health, strength, and immunity, but the same food may become harmful when consumed in an incompatible manner. Regular intake of *Viruddha Ahara* disturbs *Agni*, vitiates *Dosha*, affects *Dhatu Poshana*, and produces *Ama*, which gradually becomes a major cause of various *Vyadhi*. Classical texts have mentioned different types of *Viruddha Ahara* such as *Desha Viruddha*, *Kala Viruddha*, *Agni Viruddha*, *Matra Viruddha*, *Satmya Viruddha*, *Samskara Viruddha*, and *Samyoga Viruddha*. In the present lifestyle, common examples like milk with sour fruits, curd at night, repeated reheated food, fast food, irregular meal timing, and excessive processed food can be understood under this concept. These habits may contribute to digestive disorders, skin diseases, metabolic imbalance, allergic conditions, inflammatory disorders, and lifestyle-related diseases. Therefore, understanding and avoiding *Viruddha Ahara* is essential for prevention of disease and maintenance of health. The concept also highlights the preventive and promotive approach of *Ayurveda*, where proper food selection, correct combination, suitable timing, and individual-based diet planning are considered important for healthy living.

KEYWORDS: *Viruddha Ahara, Vyadhi, Agni, Ama, Dosha, Ayurveda.***INTRODUCTION**

Ayurveda gives great importance to *Ahara* because it is one of the main supports of life, health, strength, complexion, immunity, and proper growth of the body. A properly selected and properly consumed diet maintains the balance of *Dosha*, supports normal function of *Agni*, nourishes *Dhatu*, and helps in the prevention of *Vyadhi*. Therefore, *Ahara* is not only considered a source of nutrition, but also an important factor for maintaining physical, mental, and social wellbeing.^[1]

The concept of *Viruddha Ahara* is a unique dietary principle explained in *Ayurveda*. It refers to food substances or food habits that are incompatible with each other or unsuitable for the body due to wrong combination, wrong processing, wrong dose, wrong time, wrong season, wrong place, or wrong individual constitution.^[2] Even wholesome food may become harmful when it is taken in an improper way. Examples such as milk with sour fruits, fish with milk, curd at

night, reheated food, irregular meal timing, and excessive intake of junk or processed food can be understood under the broad concept of *Viruddha Ahara*.^[3]

Continuous use of *Viruddha Ahara* leads to disturbance of *Agni*, formation of *Ama*, vitiation of *Dosha*, and improper nourishment of *Dhatu*. These changes gradually disturb normal body functions and may become the root cause of many *Vyadhi*, especially digestive disorders, skin diseases, allergic conditions, metabolic disorders, inflammatory conditions, and lifestyle-related diseases. Hence, the study of *Viruddha Ahara* is highly relevant in the present era, where faulty food habits and incompatible dietary patterns are commonly observed in daily life.^[4]

AIM AND OBJECTIVES

AIM

- To study the role of *Viruddha Ahara* as a major causative factor of *Vyadhi* in *Ayurveda*.

OBJECTIVES

- To review the concept of *Viruddha Ahara* described in *Ayurveda*.
- To understand different types and examples of *Viruddha Ahara*.
- To study the effect of *Viruddha Ahara* on *Agni*, *Dosha*, *Dhatu*, and *Ama* formation.
- To evaluate the role of *Viruddha Ahara* in the development of various *Vyadhi*.
- To highlight the importance of avoiding incompatible diet for disease prevention.

MATERIAL AND METHODS

The present study was designed as a literary review study. Classical *Ayurvedic* texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and other relevant *Ayurvedic* literature were reviewed to collect references related to *Viruddha Ahara*, *Ahara Vidhi*, *Agni*, *Ama*, *Dosha*, *Dhatu*, and *Vyadhi*. Modern books, research articles, review papers, and online scientific databases were also referred to understand the possible correlation of incompatible food habits with digestive, metabolic, allergic, inflammatory, and lifestyle-related disorders. The collected material was analyzed and arranged systematically to explain the role of *Viruddha Ahara* as an important causative factor of *Vyadhi* in *Ayurveda*.

Conceptual Study

Viruddha Ahara

Viruddha Ahara is one of the important concepts of *Ayurveda* related to dietary incompatibility. The word *Viruddha* means opposite, incompatible, contradictory, or harmful, while *Ahara* means food or diet. Therefore, *Viruddha Ahara* means such food items, food combinations, food processing methods, or food habits which are not suitable for the body and may disturb normal physiological functions. *Viruddha Ahara*⁵ is a diet which appears nutritious individually, but becomes harmful when taken in wrong combination, wrong quantity, wrong season, wrong time, wrong processing, or against the nature of the individual. *Ayurveda*

explains that regular intake of such incompatible food gradually disturbs *Agni*, produces *Ama*, vitiates *Dosha*, affects *Dhatu Poshana*, and finally leads to the formation of different types of *Vyadhi*.^[6]

According to *Ayurveda*, food which disturbs the balance of *Dosha*, does not get properly digested, obstructs the normal channels of the body, and produces harmful effects is known as *Viruddha Ahara*. It may not show immediate harmful effects in every person, but repeated consumption can slowly weaken digestion and immunity. In classical understanding, *Viruddha Ahara* may produce adverse effects similar to poison when it is consumed regularly for a long period. It may lead to skin disorders, digestive problems, metabolic diseases, inflammatory conditions, allergies, and other chronic disorders.

Importance of *Ahara* in *Ayurveda*

Ayurveda considers *Ahara*⁷ as one of the three main supports of life, known as *Trayopastambha*. These include *Ahara*, *Nidra*, and *Brahmacharya*. Among these, *Ahara* has a very important role because proper food supports life, strength, complexion, immunity, happiness, and longevity. Proper *Ahara* maintains the balance of *Dosha*, nourishes *Dhatu*, supports proper formation of *Mala*, and keeps *Agni* in a healthy state. On the other hand, improper *Ahara* becomes the cause of disease. Therefore, *Ayurveda* gives equal importance to what is eaten, how it is eaten, when it is eaten, and in which combination it is eaten.

Basic Concept^[8]

The concept of *Viruddha Ahara* is based on the idea that food should be suitable to the body, digestive power, season, place, age, constitution, disease condition, and method of preparation. A food item may be beneficial for one person but harmful for another person depending on these factors.

For example, curd may be nourishing in some conditions, but curd taken at night, curd taken daily, or curd taken with fish may become harmful. Similarly, milk is considered nourishing, but milk taken with sour fruits, fish, or salty substances may act as incompatible food. This shows that compatibility is not only related to the food item itself, but also to its combination, timing, processing, and individual suitability.

Table No. 1: Types of *Viruddha Ahara*.

S. No.	Type of <i>Viruddha Ahara</i>	Meaning	Example
1	<i>Desha Viruddha</i>	Food unsuitable to place or climate	Excess cold food in cold region
2	<i>Kala Viruddha</i>	Food unsuitable to season or time	Heavy, cold food in rainy season
3	<i>Agni Viruddha</i>	Food unsuitable to digestive power	Heavy food in weak digestion
4	<i>Matra Viruddha</i>	Food taken in improper quantity	Excess honey and ghee in equal quantity
5	<i>Satmya Viruddha</i>	Food unsuitable to habitual adaptation	Sudden intake of non-habitual food
6	<i>Dosha Viruddha</i>	Food increasing already aggravated <i>Dosha</i>	Cold food in <i>Kapha</i> dominance
7	<i>Samskara Viruddha</i>	Food becoming harmful due to wrong processing	Reheated oil or repeatedly heated food

8	<i>Virya Viruddha</i>	Food having opposite potency	Milk with fish
9	<i>Koshtha Viruddha</i>	Food unsuitable to bowel nature	Dry food in hard bowel
10	<i>Avastha Viruddha</i>	Food unsuitable to body state	Heavy food immediately after exercise
11	<i>Krama Viruddha</i>	Wrong sequence of food intake	Eating before previous meal digestion
12	<i>Parihara Viruddha</i>	Wrong post-food regimen	Drinking cold water after oily food
13	<i>Upachara Viruddha</i>	Wrong regimen during treatment	Cold food during <i>Swedana</i> therapy
14	<i>Paka Viruddha</i>	Improperly cooked food	Half-cooked or overcooked food
15	<i>Samyoga Viruddha</i>	Incompatible combination	Milk with sour fruits
16	<i>Hridya Viruddha</i>	Food unpleasant to mind	Food taken with dislike or stress
17	<i>Sampad Viruddha</i>	Food of poor quality	Rotten, stale, contaminated food
18	<i>Vidhi Viruddha</i>	Food taken against dietary rules	Eating too fast, too slow, or while distracted

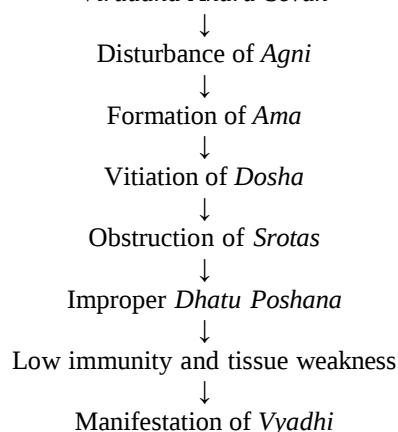
Common Examples of *Viruddha Ahara*

- Milk with fish.
- Milk with sour fruits.
- Milk with salt.
- Curd at night.
- Honey and ghee in equal quantity.
- Reheated food again and again.
- Reheated oil or fried food cooked in reused oil.
- Fruit with milk in improper combinations.
- Cold drinks immediately after hot food.
- Heavy meal before previous meal is digested.
- Eating food during emotional stress, anger, fear, or grief.
- Excess junk food, packaged food, and preserved food.
- Taking incompatible food according to season, such as excessive cold food in winter or excessive spicy food in summer.

Samprapti^[9] (Pathogenesis)

The regular intake of *Viruddha Ahara* affects the body in a gradual manner. It first disturbs the normal function of *Agni*. When *Agni* becomes weak or irregular, food is not properly digested. This leads to the formation of *Ama*. *Ama* is considered an undigested, toxic, sticky, and harmful substance that blocks the channels of the body. After this, *Ama* mixes with aggravated *Dosha* and circulates through different *Srotas*. It obstructs normal *Dhatu Poshana* and affects tissue metabolism. As a result, the body becomes vulnerable to different diseases. This process may not happen suddenly, but continuous consumption of incompatible food becomes a silent cause of chronic illness.

Viruddha Ahara Sevan



Flow Chart No. 1 of Disease Formation Due to *Viruddha Ahara*.

Effect of *Viruddha Ahara* on *Agni*^[10]

Agni is responsible for digestion, absorption, metabolism, and transformation of food into useful nutrients. When a person consumes incompatible food, *Agni* becomes disturbed. It may become weak, irregular, or excessive depending on the type of food and body constitution. When *Agni* is disturbed, even good quality food cannot be properly digested. This causes heaviness, bloating, indigestion, acidity, constipation, loose motion, tiredness, and loss of appetite. Long-term disturbance of *Agni* becomes the foundation for many systemic diseases.

Effect of *Viruddha Ahara* on *Dosha*^[11]

Viruddha Ahara directly affects the balance of *Vata*, *Pitta*, and *Kapha*. Different incompatible foods disturb different *Dosha*.

Table no. 2 type of effect.

Type of Effect	Possible <i>Dosha</i> Involvement	Clinical Presentation
Dry, irregular, stale food	<i>Vata</i> aggravation	Gas, constipation, pain, dryness, anxiety
Sour, salty, spicy incompatible food	<i>Pitta</i> aggravation	Burning, acidity, inflammation, skin rashes
Heavy, oily, sweet, cold incompatible food	<i>Kapha</i> aggravation	Heaviness, lethargy, obesity, mucus formation
Mixed incompatible diet	<i>Tridosha</i> disturbance	Chronic and complex diseases

Effect of Viruddha Ahara on Dhatu^[12]

The proper nourishment of *Dhatu* depends on healthy *Agni* and proper digestion. When *Viruddha Ahara*

produces *Ama*, the nutrition of *Dhatu* becomes disturbed. This may affect all seven *Dhatu*.

Table No.3 Effect Of Viruddha Ahara.

Dhatu	Effect of Viruddha Ahara
Rasa Dhatu	Fatigue, poor nourishment, heaviness
Rakta Dhatu	Skin diseases, allergy, inflammation
Mamsa Dhatu	Weakness, poor muscle tone
Meda Dhatu	Obesity, metabolic disturbance
Asthi Dhatu	Weak bones, body pain
Majja Dhatu	Nervous weakness, heaviness, dullness
Shukra Dhatu	Reduced vitality and reproductive weakness

Effect of Viruddha Ahara on Srotas^[13]

Srotas are the channels of circulation and transportation in the body. *Viruddha Ahara* produces *Ama* and aggravated *Dosha*, which may block these channels. This condition is known as *Srotorodha*. Due to *Srotorodha*, proper movement of nutrients, waste products, and biological substances is disturbed. For example, obstruction in *Annavaha Srotas* may cause indigestion, loss of appetite, and heaviness. Obstruction in *Rasavaha Srotas* may cause fatigue and poor nutrition. Obstruction

in *Raktavaha Srotas* may cause skin diseases and inflammatory changes. Thus, *Viruddha Ahara* can affect different body systems through *Srotas Dushti*.

Diseases Caused by Viruddha Ahara

According to *Ayurveda*, regular intake of *Viruddha Ahara* may cause many diseases. These diseases may be acute or chronic depending on the strength of the person, quantity of incompatible food, duration of intake, and condition of *Agni*.

Table No. 4 Possible Relation with Viruddha Ahara.

S. No.	Disease Condition	Possible Relation with Viruddha Ahara
1	<i>Kushtha</i>	Skin disorders due to <i>Rakta</i> and <i>Pitta Dushti</i>
2	<i>Amlapitta</i>	Acidity and hyperacidity due to disturbed <i>Agni</i>
3	<i>Grahani</i>	Digestive weakness and irregular bowel habit
4	<i>Atisara</i>	Diarrhea due to improper digestion
5	<i>Udara Roga</i>	Abdominal disorders and bloating
6	<i>Prameha</i>	Metabolic disturbance
7	<i>Sthaulya</i>	Obesity due to <i>Kapha</i> and <i>Meda Dushti</i>
8	<i>Shotha</i>	Swelling and inflammatory changes
9	<i>Visarpa</i>	Skin and inflammatory disorders
10	<i>Jwara</i>	Fever due to <i>Ama</i> and <i>Dosha Dushti</i>
11	<i>Arsha</i>	Digestive and bowel-related disturbance
12	<i>Pandu</i>	Nutritional and metabolic impairment

Table No. 5: Causative Factors of Viruddha Ahara with Related Vyadhi.

S. No.	Causative Factor / Type of Viruddha Ahara	Example	Possible Related Vyadhi
1	<i>Samyoga Viruddha</i>	Milk with fish, milk with sour fruits	<i>Kushtha</i> , allergy, skin rashes, itching
2	<i>Virya Viruddha</i>	Hot potency and cold potency food together	<i>Amlapitta</i> , indigestion, skin diseases
3	<i>Matra Viruddha</i>	Honey and ghee in equal quantity	<i>Ama</i> , digestive disturbance, metabolic imbalance
4	<i>Kala Viruddha</i>	Curd at night, heavy food late night	<i>Ajirna</i> , <i>Amlapitta</i> , <i>Kapha Vriddhi</i> , obesity
5	<i>Agni Viruddha</i>	Heavy food in weak digestion	<i>Ajirna</i> , <i>Grahani</i> , bloating, loss of appetite
6	<i>Krama Viruddha</i>	Eating before previous meal digestion	<i>Agnimandya</i> , <i>Ama</i> , <i>Udara Roga</i>
7	<i>Samskara Viruddha</i>	Reheated food, reused oil, over-fried food	<i>Ama</i> , acidity, inflammatory disorders
8	<i>Desha Viruddha</i>	Cold and heavy food in cold region	<i>Kapha Vyadhi</i> , cough, heaviness, indigestion

9	<i>Ritu Viruddha</i>	Excess cold food in winter, spicy food in summer	<i>Pitta Vikara, Kapha Vikara, seasonal disorders</i>
10	<i>Satmya Viruddha</i>	Sudden intake of non-habitual food	Diarrhea, allergy, intolerance, digestive upset
11	<i>Dosha Viruddha</i>	<i>Kapha</i> increasing food in <i>Kapha</i> dominant person	<i>Sthaulya</i> , lethargy, cough, mucus formation
12	<i>Koshtha Viruddha</i>	Dry food in <i>Krura Koshtha</i>	Constipation, abdominal pain, <i>Vata Vikara</i>
13	<i>Avastha Viruddha</i>	Heavy food after exercise or during fatigue	Indigestion, body ache, heaviness
14	<i>Paka Viruddha</i>	Half-cooked, overcooked, burnt food	<i>Ajirna, Amlapitta</i> , abdominal discomfort
15	<i>Sampad Viruddha</i>	Stale, contaminated, rotten food	Food poisoning, <i>Atisara</i> , vomiting
16	<i>Vidhi Viruddha</i>	Eating too fast, too slow, while watching mobile	Poor digestion, overeating, <i>Agnimandya</i>
17	<i>Hridya Viruddha</i>	Food taken with dislike, stress, anger	Loss of appetite, indigestion, mental stress
18	Excess junk and processed food	Pizza, burger, cold drink, packaged food	<i>Sthaulya, Prameha</i> , metabolic syndrome
19	Irregular meal timing	Skipping meals, late-night eating	<i>Agnimandya</i> , acidity, constipation
20	Excess oily and fried food	Fried snacks, reused oil food	<i>Meda Dushti</i> , obesity, hyperlipidemia

Modern Correlation

The concept of *Viruddha Ahara* can be correlated with modern dietary incompatibility, food intolerance, food allergy, poor food hygiene, unhealthy food processing, and faulty dietary habits. Today, many people consume fast food, preserved food, stale food, reheated food, excessive fried items, carbonated drinks, and irregular

meals. These habits may disturb digestion and metabolism. Modern science also accepts that improper dietary patterns may contribute to acidity, obesity, diabetes, hypertension, inflammatory disorders, skin problems, allergic conditions, gut dysbiosis, and metabolic syndrome. In this way, the classical concept of *Viruddha Ahara* is highly relevant in the present era.

Table No.6: Examples of Present-Day *Viruddha Ahara*.

Modern Food Habit	Ayurvedic Understanding	Possible Effect
Pizza, burger, cold drink together	Heavy, oily, cold, and incompatible food	Indigestion, heaviness, obesity
Reheated packed food	<i>Samskara Viruddha</i>	Poor digestion, toxin formation
Milkshake with sour fruits	<i>Samyoga Viruddha</i>	Allergy, skin problems, indigestion
Eating late night heavy meals	<i>Kala Viruddha</i> and <i>Krama Viruddha</i>	Acidity, obesity, poor sleep
Eating while watching mobile	<i>Vidhi Viruddha</i>	Poor digestion, overeating
Cold drinks after hot food	<i>Virya Viruddha</i>	Digestive disturbance
Frequent junk food	<i>Sampad Viruddha</i> and <i>Matra Viruddha</i>	Metabolic disorder
Daily fried and oily food	<i>Kapha</i> and <i>Meda Dushti</i>	Weight gain, lethargy

Role of *Viruddha Ahara* in Lifestyle Disorders

In the present era, lifestyle disorders are increasing due to faulty diet, lack of exercise, stress, irregular sleep, and unhealthy food habits. *Viruddha Ahara* plays an important role in these disorders because it disturbs digestion and metabolism at the basic level. Regular intake of incompatible food may cause *Agnimandya*, *Ama* formation, *Kapha* aggravation, and *Meda Dushti*. These changes can contribute to obesity, diabetes, fatty liver, hyperlipidemia, hypertension, and digestive disorders. Therefore, correction of food habits is very important in the prevention and management of lifestyle

diseases.^[14]

Role of *Viruddha Ahara* in Skin Diseases

Ayurveda strongly relates *Viruddha Ahara* with skin diseases. Incompatible foods such as milk with fish, milk with sour substances, excessive curd, excessive salty and sour food, and stale food may vitiate *Rakta*, *Pitta*, and *Kapha*. This may lead to itching, rashes, discoloration, inflammation, acne, eczema-like conditions, and other skin disorders. From a practical point of view, many skin problems worsen due to wrong diet, food allergies, poor digestion, and excessive processed food. So, avoiding

Viruddha Ahara is an important part of skin disease management.^[15]

Role of *Viruddha Ahara* in Digestive Disorders

The first and most direct effect of *Viruddha Ahara* is seen on the digestive system. Since *Agni* is mainly located in the gastrointestinal tract, incompatible food immediately affects digestion. It may cause heaviness, bloating, belching, abdominal pain, acidity, constipation, loose stools, nausea, and loss of appetite. If this condition continues for a long time, it may lead to chronic digestive disorders such as *Amlapitta*, *Grahani*, *Ajirna*, *Atisara*, and *Udara Roga*. Hence, proper food combination and proper dietary discipline are essential for maintaining digestive health.^[16]

Role of *Viruddha Ahara* in Immunity

Healthy immunity depends on proper digestion, proper tissue nourishment, and healthy *Ojas*. When *Viruddha Ahara* disturbs *Agni* and produces *Ama*, the formation of healthy *Dhatu* and *Ojas* is affected. As a result, immunity becomes weak. A person may become more prone to repeated infections, allergies, fatigue, skin problems, and chronic inflammation. This shows that incompatible food does not only affect digestion, but also reduces the defensive capacity of the body.^[17]

Preventive Aspect of *Viruddha Ahara*

The concept of *Viruddha Ahara* is mainly preventive in nature. *Ayurveda* teaches that many diseases can be prevented by following proper dietary rules. Avoiding incompatible food combinations, eating according to hunger, taking fresh and warm food, following seasonal diet, and eating with a calm mind are simple but powerful methods of disease prevention. In the present time, this concept is very useful because many diseases are related to wrong food habits. By correcting diet, we can reduce the risk of digestive, metabolic, allergic, and lifestyle disorders.

General Rules to Avoid *Viruddha Ahara*

- Eat food only after the previous meal is properly digested.
- Avoid incompatible combinations like milk with sour fruits, fish, or salt.
- Avoid curd at night.
- Avoid stale, rotten, contaminated, and repeatedly reheated food.
- Avoid reheated oil and over-fried food.
- Do not eat very hot and very cold food together.
- Do not eat heavy meals late at night.
- Avoid overeating and irregular meal timing.
- Eat according to season, place, age, and digestive power.
- Avoid eating while angry, stressed, walking, talking excessively, or watching mobile.
- Prefer freshly prepared, warm, light, and suitable food.
- Follow *Pathya Ahara* according to body constitution and disease condition.

Management of Effects of *Viruddha Ahara*

The first step in management is *Nidana Parivarjana*, which means avoiding the causative factor. Therefore, incompatible food should be stopped immediately. After this, *Agni Deepana*, *Ama Pachana*, *Dosha Shamana*, and *Shodhana* may be advised according to the condition of the patient. In mild conditions, correction of diet, light food, warm water, fasting according to strength, and digestive medicines may help. In chronic conditions, proper *Ayurvedic* management under medical supervision is required. *Vamana*, *Virechana*, or other *Panchakarma* procedures may be useful when *Dosha* aggravation is severe.

DISCUSSION

Viruddha Ahara is one of the important concepts of *Ayurveda* which explains that food may become harmful when it is taken in an improper combination, wrong quantity, wrong time, wrong season, or against the nature of the individual. In this study, it was observed that *Viruddha Ahara* acts as a major causative factor of *Vyadhi* because it directly affects the basic process of digestion and metabolism.^[18] Even a nutritious food article may produce harmful effects when it is taken in an incompatible manner, such as milk with fish, milk with sour fruits, curd at night, stale food, reheated food, or food taken before the previous meal is digested.

The main pathological effect of *Viruddha Ahara* begins with disturbance of *Agni*. When *Agni* becomes weak or irregular, food is not properly digested and *Ama* is formed. This *Ama* further vitiates *Dosha*, obstructs *Srotas*, and disturbs proper nourishment of *Dhatu*. Due to this, the normal strength, immunity, and tissue functions of the body are affected. Thus, the repeated intake of incompatible food gradually creates a suitable condition for the development of different *Vyadhi*, especially *Ajirna*, *Amlapitta*, *Grahani*, *Kushtha*, *Atisara*, *Prameha*, *Sthaulya*, and other lifestyle-related disorders.^[19]

In the present era, the concept of *Viruddha Ahara* is highly relevant because faulty dietary habits are very common. Fast food, cold drinks with heavy meals, late-night eating, overeating, packed food, reused oil, irregular meal timing, and eating while watching mobile or under stress are commonly seen in daily life. These habits disturb digestion and may contribute to digestive, metabolic, allergic, inflammatory, and skin-related problems. Therefore, avoidance of *Viruddha Ahara* and adoption of proper *Ahara Vidhi* can play an important role in prevention of diseases and promotion of health.^[20]

CONCLUSION

Viruddha Ahara is an important causative factor of *Vyadhi* described in *Ayurveda*. The regular intake of incompatible food combinations, improper food processing, wrong quantity, unsuitable timing, wrong seasonal diet, and diet against individual constitution

disturbs *Agni* and leads to the formation of *Ama*. This further vitiates *Dosha*, obstructs *Srotas*, affects proper *Dhatu Poshana*, and gradually weakens *Ojas*. As a result, different diseases such as *Ajirna*, *Amlapitta*, *Grahani*, *Kushtha*, *Atisara*, *Prameha*, *Sthaulya*, and other lifestyle-related disorders may develop. Hence, avoidance of *Viruddha Ahara* and proper following of *Ahara Vidhi* are essential for maintaining health, preventing disease, and promoting a balanced lifestyle.

Conflict of Interest –nil Source of Support –None References

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