

AYURVEDA REVIEW ON INCOMPATIBLE AHARA W.S.R. TO CONCEPT OF
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ABSTRACT

The classic Indian system of medicine Ayurveda described several concepts related to the health management. In this regards Ayurveda mentioned *Ahara* as one of the *Upasthambas* amongst three *Sthambas* which helps to maintain normal health status of body. *Ahara* resembles quality and quantity of consumed meal which provides basic nutrients and maintain physiological balances of body. The food not only imparts beneficial effects but it also causes many harmful effects if not consumed in proper manner. Unwholesome *Ahara* (*Viruddha Ahara*) is one such aspect of Ayurveda which considered harmful effect of incompatible food. The incompatibility of food are several types, considering this in present article various perspectives of *Viruddha Ahara* are elaborated with special reference to *Satmya* (wholesome) *Viruddha*.

KEYWORDS: Ayurveda, Ahara, Viruddha Ahara, Satmya Viruddha.

INTRODUCTION

Ayurveda considered *Ahara* as prime factor of healthy living, moreover Ayurveda emphasizes concept of wholesome *Ahara* and unwholesome *Ahara*. The consideration of concept of *Viruddha Ahara* helps to prevent health adversity related to the consumption of

incompatibility food. As per classical texts of Ayurveda diet or dietary combinations which disturb metabolism, inhibits tissue formation and possess undesired & harmful effects can be considered as *Viruddha Anna* due to its opposite properties. The various considerations related to the *Viruddha Ahara* are depicted in **Figure 1**.

**Figure 1: Various considerations related to the *Viruddha Ahara*.**

The general health adversity of Viruddha Ahara is as follows:

- *Viruddha Ahara* may disturb balances of body elements
- Affects nutritional supply thus imparts effects of malnutrition or overeating
- *Viruddha Ahara* can disturb metabolic & digestive process.
- *Viruddha Ahara* affects homeostasis of body
- *Viruddha Ahara* can cause allergic reactions

- Can initiate pathogenesis of diseases including gastric disturbances

The various types of diet or dietary combination can be considered as *Viruddha Ahara* depending upon time, place, dosages, method of preparation, potency and types of combination, etc. As per Ayurveda the various types of *Viruddha Ahara* are depicted in **Table 1**.

Table 1: *Viruddha Ahara* as per Ayurveda.

S. No.	Types of incompatibility	Examples
1	<i>Desha Viruddha</i>	Consumption of unctuous food in muddy regions
2	<i>Kaala Viruddha</i>	Pungent food in summers
3	<i>Agni Viruddha</i>	Heavy or oily food when digestive fire is weak
4	<i>Maatra Viruddha</i>	Honey and ghee in equal quantity
5	<i>Satmya Viruddha</i>	Consumption of light food by a person having muscular or heavy body who usually consume heavy foods.
6	<i>Dosha Viruddha</i>	Cold stuffs when <i>Kapha</i> is predominant
7	<i>Sanskar Viruddha</i>	Heated honey/improperly cooked food
8	<i>Veerya Viruddha</i>	Consumption of fish and milk together
9	<i>Koshtha Viruddha</i>	Heavy/oily food in <i>Mridu Koshtha</i>
10	<i>Avastha Viruddha</i>	Consumption of heavy & cold foods in elderly age when <i>Kapha</i> may get aggravated
11	<i>Krama Viruddha</i>	Curd at night
12	<i>Parihar Viruddha</i>	Cold food stuffs after taking hot materials/tea/coffee
13	<i>Upachaar Viruddha</i>	Cold items after <i>ghee</i> /sour, pungent or oily stuffs in chronic illness.
14	<i>Paaka Viruddha</i>	Undercooked or overcooked food
15	<i>Samyog Viruddha</i>	Sour food with milk
16	<i>Hriday Viruddha</i>	Unpleasant food
17	<i>Sampad Viruddha</i>	Putrefied food
18	<i>Vidhi Viruddha</i>	Eating too slow or too fast/ talking & laughing during meal

Satmya viruddha (Conduciveness)

The *Satmya viruddha* resembles taking of food materials not as per the natural habitat of person. The habitual tolerance regarding meal consumption must be taken in consideration so that any adversity can be prevented.

Examples of *Satmya viruddha*

- Person usually takes or advised to take *Madhur Ahara* if consume *Katu* substances in excess then consequences of *Satmya viruddha* can be observed.
- Taking *Ushna* food is contradicted in conduciveness by a person who is habitant to consume *Sheeta* substances.
- Person usually consumes light food if takes heavy stuffs then it can also considered as *Satmya viruddha*.
- Vegetarian person if consume heavy meat in excess.

Biological consequences of *Satmya viruddha*

Satmya viruddha vitiates *Rasadi dhatus*, deteriorate process of nutritional supply, deprived *Dhatus* nourishment and can causes pathological events. The unwholesome dietary habits can cause *Mandagni* followed by *Aamotpatti* which further causes *Margavarodha* and deprived tissue nutrition. Avoidance of concept of *Satmya viruddha* can also cause *Tridoshadushti* especially *Pitta & Kapha Dushti*.

Pathological consequence of *Satmya viruddha*

Satmya viruddha Ahara leads accumulation of toxins, aggravation of *Doshas*, vitiation of *Dhatus* and vitiation of *Mala* thus causes many pathological conditions as follows:

- The *Satmya viruddha Ahara* does not possess good quality of ingested food materials thus it can cause diseases related to malnutrition such as; anemia and fatigue.
- *Satmya viruddha Ahara* can cause sterility and sexual dysfunction due to the *Shukra Dhatu Dushti*.
- *Visarpa* and *Kilasa* may occur due to the production of toxins and lockage of vessels.
- *Satmya viruddha* affects gastric tolerance which further causes dyspepsia and gastric trouble.
- Unwholesome diets can cause poisonous or allergic reactions.
- *Viruddha Ahara* can affect immune system thus induces pathogenesis of common infections.
- Circulatory systems and hormonal system get affected due to the altered biological responses.
- *Agnimandya*, *Jalodara*, *Aadhmana*, *Grahani* and *Amlapitta*, etc. are common side effects related to the *Satmya viruddha Ahara*.

CONCLUSION

The Ayurveda described concepts of *Viruddha Ahara* which can be correlates with incompatible food as per modern science. *Viruddha Ahara* can cause many harmful effects therefore it is very important to consider concept of *Viruddha Ahara* while taking meal. The incompatibility of food are several types depending upon types of combination, time of meal, place of meal, physiological condition of person and potency of meal, etc. *Satmya viruddha* (conduciveness) is type of *Viruddha Ahara* which relates with food consumption opposite to natural habitat. The concept of *Satmya viruddha* helps to consume meal as per the habitual tolerance so that any health adversity can be prevented

which may arise due to the consumption of *Satmya viruddha Ahara*. *Satmya viruddha* vitiates *Dhatu*, deprived nutritional supply, affects tissue nourishment, can cause *Mandagni & Aamotpatti*, *Margavarodha* and *Tridoshadushti* which may lead to disease conditions. Article suggested that consideration of concept of *Satmya viruddha* helps to avoid health problems related to the unwholesome *Ahara*.

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