



Exploring the Concept and Implications of Viruddha Ahara in Ayurveda and current scenario and their management

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ABSTRACT :

Viruddha Ahara, an essential concept in Ayurveda, refers to incompatible food combinations that may disrupt bodily functions and lead to various health issues. This essay examines Viruddha Ahara critically in terms of relationships between food and processing. Ayurveda clearly defines certain diets and combinations that interrupt tissue metabolism, inhibit tissue formation, and possess properties opposite to those of the tissues as Viruddha Anna or incompatible diet. Food that is wrongly combined, improperly processed, consumed in incorrect doses, at the wrong time of day, or in the wrong season can lead to Viruddha Ahara. The article narrates the modern perspective on Samskar Viruddha (incompatible processing), Veerya Viruddha (incompatible potency), Samyoga Viruddha (incompatible combination), and more. It also lists various incompatible dietary articles consumed in today's day-to-day life and their hazardous effects on health.

Keywords: *Ayurveda*, food–food interactions, incompatible diet, processing, *Viruddha Ahara*.

Introduction :

*Viruddha Ahara*¹, or incompatible diet, is a significant concept discussed by ancient *Ayurvedic Acharyas*, highlighting its role in causing numerous systemic disorders. While modern scientists are still exploring this aspect, it was already detailed in ancient *Ayurvedic* texts centuries ago. Understanding the mechanisms by which *Viruddha Ahara* leads to various metabolic disorders is crucial. Certain food combinations can interact with each other, leading to systemic disorders.

When food materials are combined inappropriately, consumed in incorrect dosages, consumed at improper times of the day, or in unsuitable climates, they can result in *Viruddha Ahara*. Modern advancements in technology and biochemistry make it easier to explain the effects of *Viruddha Ahara*. Food interactions are a serious issue that requires much attention to prevent potential chronic harmful effects and protect the body's organs from defects. Although many of these food-food interactions may seem harmless immediately, it is always better to understand their long-term effects.

AIM AND OBJECTIVES:

1. To provide a detailed explanation of how *Viruddha Ahara* causes the sickness.
2. To highlight the necessity of preventing the consumption of *Viruddha Ahara* in the modern day

MATERIALS AND METHODS:

*Acharya Charaka*² defined *Viruddha Ahara* as certain diets and their combinations that disrupt the metabolism of tissues, inhibit the process of tissue formation, and possess properties opposite to those of the tissues. Foods that are wrongly combined, improperly processed, consumed in incorrect dosages, or eaten at the wrong time of day or in the wrong season can lead to *Viruddha Ahara*. All the food or *bheshaja* intake which irritates the *doshas* in a special way and does not remove them from the body i.e. allows them to remain in the body in an irritated state, is harmful that called *viruddha ahara*.

Modern advancements in technology and biochemistry make it easier to explain the effects and mechanisms of *Viruddha Ahara*. The term "*Viruddha Ahara*" fundamentally means "opposite," indicating that certain food combinations may have:

- Opposite effects on tissues
- Opposite properties

- Unwanted effects on the body when processed in a particular way
- Unwanted effects if consumed at the wrong time

Understanding these factors helps prevent potential chronic harmful effects and protects the body's organs from damage. Several forms of *Viruddha Ahara* have been recorded in *Ayurvedic* literature, and they can be summed up as follows³:

1. *Desha Viruddha* (location)
2. *Kala Viruddha*
3. *Agni Viruddha*
4. *Matra Viruddha* (quantity)
5. *Satmya Viruddha* (wholesome)
6. *Dosha Viruddha*
7. *Sanskar* (preparation method) *Viruddha*
8. *Veerya Viruddha* (potency)
9. *Koshtha Viruddha*
10. *Avastha Viruddha* (health status)
11. *Kram Viruddha*
12. *Parihar Viruddha*
13. *Upachar Viruddha* (therapy)
14. *Paak Viruddha* (cooking)
15. *Samyoga* (mixture) *Viruddha*
16. *Hriday Viruddha*
17. *Sampad Viruddha* (richness of quality)
18. *Vidhi Viruddha* (eating regulations)

Examples of Incompatibility/Antagonistic (*Viruddha Ahara*⁴):

Incompatible food or Virudhaharam / viruddha ahara	
Edibles	Incompatible with
Milk	Fish, egg, <i>Khitchari</i> , melons, and sour fruits
Radish	Milk, banana, & raisins
Mango	Yogurt, cheese, & cucumber
Lemon	Yogurt, milk, & tomato
Corn	Raisin, dates, & banana

1. ***Veerya Viruddha* (Potency Incompatibility):** Fish + milk.
2. ***Sanskar Viruddha* (Processing Incompatibility):** Heated honey.
3. ***Matra Viruddha* (Dose Incompatibility):** Honey + cow's ghee mixed in equal proportion.
4. ***Krama Viruddha*:** Hot water after taking honey.
5. ***Kala Viruddha* (Time Incompatibility):** Warm materials in the summer and freezing materials in the winter.
6. ***Krama Viruddha* (Order Incompatibility):** Consuming curd at night. Taking *Madhura Rasa* food or *Dravya* at the end of meals and *Tikta* and *Katu Rasa Dravyas* (food substances) at the start of meals.
7. ***Samyoga Viruddha* (Combination Incompatibility):** Fruit salad or milk + banana.
8. ***Parihar Viruddha* (Contraindication Incompatibility):** consuming cold water right away after a cup of hot coffee or tea.



Diseases due to Viruddha Ahara⁵:

According to *Charaka*, these kinds of inappropriate combinations can even result in death.

The disorders listed below are those caused by *Viruddha Ahara* that can arise if the nutrition guidelines indicated above are not followed.

षाण्ड्यान्धवीसर्पदकोदराणां विस्फोटकोन्मादभगन्दराणाम्
मूर्च्छामदाधानगलग्रहाणां पाण्ड्वामयस्यामविषस्य चैव॥१०२॥
किलासकुष्ठग्रहणीगदानां शोथाम्लपित्तज्वरपीनसानाम् ।
सन्तानदोषस्य तथैव मृत्योर्विरुद्धमन्त्रं प्रवदन्ति हेतुम्॥१०३॥

Impotence, blindness, *Visarpa* (erysipelas), ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, belly distention, stiff neck, indigestions, different skin conditions (anemia), intestinal disorders, *kilasa ,kushtha* (skin disease), swelling, gastritis, fever, rhinitis, and infertility or *santandosha (mritavatsa)* are among the conditions that can occur.

From the preceding list, it is evident that *Viruddha Ahara* affects *Shukra Dhatu Dushti* and can cause diseases ranging from impotence to infertility. The immune system, endocrine system, digestive system, and other bodily systems can be categorized according to the disorders listed above.

उत्पेषादत्यभिष्यन्दादभिघातात् प्रपीडनात्
मज्जवाहीनि दुष्यन्ति विरुद्धानां च सेवनात्॥१८॥

Due to *viruddha ahara* , *majjavaha srotasa* gets affected due to which there is swelling in the joints, confusion, unconsciousness, *tamah darshana*, thickening of the roots of joints and ulcers^{6,7}.

Food Incompatibilities in Today's Perspective

Viruddha Ahara, or incompatible foods, can cause inflammation at a molecular level. Ancient *Ayurvedic* texts such as the *Charaka, Sushruta Samhitas⁸ ,ashtanga hrudaya⁹* mention numerous food incompatibilities. However, many of these combinations are not commonly used today. It is essential to identify new food incompatibilities relevant to modern diets from an *Ayurvedic* perspective. These can be categorized into types such as *Karma Viruddha, Krama Viruddha, Veerya Viruddha*, and others.

Such food combinations can be harmful, potentially affecting the immune system, cellular metabolism, growth hormone, and Dehydroepiandrosterone sulfate (DHEAS).

1. When proteins and carbohydrates are consumed together, their absorption will be delayed¹⁰.
2. Consuming sugars and acidic fruits inhibits the function of pepsin and ptyalin, which lowers salivary production and delays digestion.
3. When two or more different types of meals are ingested simultaneously, the body may experience unfavorable side effects.
4. Milk and either green tea or black tea¹¹.
5. Yogurt and milk combination
6. Tea or milk and garlic¹².
7. Grapefruit juice and pomegranate juice¹³.
8. Potatoes that have been deep-fried may produce harmful compounds including acrylamide, which may cause cancer

Mode of action of Viruddha Ahara:

Regular use of *Viruddha Ahara* may cause molecular inflammation by upsetting the eicosanoid system, which raises arachidonic acid levels and increases prostaglandin-2 and thromboxane. Given that these are all the fundamental diseases that give rise to *Agni Mandya, Ama*, and several metabolic illnesses, the inflammatory effect is significant.

An *Ayurvedic* book explains that *Sanskar Viruddha* is heated honey. Agmark honey is sold in the market and is heated to a high temperature before to packaging. Determining the significance of the reasons we shouldn't heat honey is crucial.

Treatment of viruddha aharajanya disease^{14,15}:

The following are the methods of treatment of diseases arising from the consumption of such contradictory food and drink or other contradictory reasons. Such as *vamana, virechana*, using the substances opposing the said diseases for their relief, purifying the body by the continuous use of substances opposing the diseases arising from contradictory food or purifying the body with *rasayan aushadha*.

Diseases caused by contradictory food are cured by *virechana, vamana, samshamana* action or by taking diet and medicines for prevention of impending disease.

Same as concept says *acharya sushruta* and *vagbhatta* about *viruddha ahara*.

Discussion :

Shandhatva was addressed by *Charaka* when discussing the effects of *Viruddha Ahara*. Congenital *shandhatva* can result from specific genetic manifestations in the fetus if the parents regularly ingested *Viruddha Ahara*.

Eating sugars and acidic fruits can hinder the action of ptyalin and pepsin, reduce saliva production, and delay digestion. If there is insufficient amylase in the mouth, starch will not be digested in the stomach and will only start breaking down when it reaches the small intestine. Fats can inhibit the secretion of digestive juices, reducing the production of pepsin and hydrochloric acid. Therefore, fats should be avoided or used sparingly with protein-rich foods. Incorrect food combinations can affect not just the gastrointestinal tract but also other major systems of the body.

Milk and either green tea or black tea. Catechins are a class of flavonoids found in tea that are very good for the heart. A class of milk proteins known as caseins interact with the tea to lower the amount of catechins when milk is added. Thus, stay away from drinking milk and tea together¹⁶. As you are aware, eating both milk with yoghurt at once might cause the stomach to produce milk, which can irritate and cause vomiting. Thus, don't combine milk with yoghurt. Coumarins are anticoagulant substances found in tea. They may increase bleeding risk when coupled with garlic, which also has anticlotting qualities. Thus, it's best to avoid combining tea and garlic.

Many dietary components influence the expression of genes involved in the pathophysiology and/or protective mechanisms of epidemiologically significant diseases (such as cancer and cardiovascular disorders) in order to improve human health. In this regard, it is becoming increasingly clear that the phenotypic response to food consumption and to specific nutrients is influenced by the downstream consequences of posttranslational modifications of histone proteins and other DNA-interacting proteins¹⁷.

Diseases caused by contradictory food are cured by *virechana*, *vamana*, *samshamana* action or by taking diet and medicines for prevention of impending disease. Such contradictory food does not cause much harm to a healthy person, whose *agni* is strong, a young person, who has become balanced or is in small quantity or to a person who has become strong due to love and exercise^{18, 19, 20}. If you are consuming contradictory food which you have learnt through practice, then you should give it up gradually. If you suddenly give up contradictory food, then serious illness may occur²¹.

Conclusion:

It is evident from the discussion above that one major contributing factor to the unhealthy eating patterns of today is *Viruddha Ahara*. Patients may unknowingly develop a number of dangerous diseases as a result of this. So do not consume cold drinks, ice cream and hot food material (pizza, burger etc.) and do not go out of the A.C. into the sun and do not drink refrigerated (cold) water after coming from the sun. All this is *kala viruddha*. Thus, it's critical to identify the dietary components that are causing the incompatibility and educate patients on how to steer clear of these etiologic factors. The paper also creates a new avenue for study in the field of *Ayurvedic* dietetics by allowing researchers to examine a range of incompatible variables and track their effects.

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