

**A CRITICAL REVIEW OF INCOMPATIBLE FOOD AND ITS AYURVEDIC ASPECT****Bhupendra Yadav¹, Ritu Kapoor², Manoj Adlakha³**¹PG Scholar, PG Department of Agada Tantra Evam Vyavahar Ayurveda, PGIA, Jodhpur, Rajasthan, India²Associate Professor & HOD, PG Department of Agada Tantra Evam Vyavahar Ayurveda, PGIA, Jodhpur, Rajasthan, India³Associate Professor, PG Department of Dravyaguna, PGIA, Jodhpur, Rajasthan, India**Corresponding Author:** bhupendrarock96@gmail.com<https://doi.org/10.46607/iamj2211062023>**(Published Online: June 2023)****Open Access**

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The traditional Indian medical system *Ayurveda* discussed several ideas about health management. Regarding this, *Ayurveda* identified *Ahara* as one of the *Upasthambas* among the three *Sthambas* that support maintaining the body's normal state of health. If not taken in properly, the food not only has numerous positive benefits but also many negative ones. Unhealthy *Ahara*, also known as *Viruddha Ahara*, is one of the aspects of *Ayurveda* that takes into consideration the negative effects of incompatible foods. According to *Ayurveda*, *Viruddha Ahara*, an unsuitable diet, is one of the main reasons for many health issues. For a healthy existence and to prevent lifestyle problems, *Ayurveda* offers a simple dietary and lifestyle regimen. *Acharya Charak* has mentioned incompatible food under the heading *Viruddha Ahara*. Food, which is wrong in combination, which has undergone the wrong processing, which is consumed in incorrect dose, which is consumed at the incorrect time of day and in the wrong season can lead to *Viruddha Ahara*.

Keywords: *Ayurveda*, *Ahara*, *Viruddha Ahara*, incompatible diet.

INTRODUCTION

Viruddha Anna or incompatible diet is a very important issue discussed by ancient *Ayurveda* workers. According to the literature on *Ayurveda*, it is thought to be the root of numerous systemic illnesses. *Viruddha Ahara* users are more likely to develop a variety of diseases. Awareness of the relationship between *Viruddha Ahara* and the various metabolic problems it causes is extremely important. It is also crucial to understand how specific food combinations combine to cause sickness.

The following are some general health risks due to *Viruddha Ahara*¹:

- *Viruddha Ahara* interferes with body homeostasis elements.
- Affects nutritional supply, which may turn a person under or overweight.
- *Viruddha Ahara* interferes with the digestive and metabolic processes.
- *Viruddha Ahara* can trigger allergic reactions and alter the body's balance.
- can start the pathogenesis of diseases, such as stomach disturbances.

Depending on the context, location, dosages, preparation technique, potency, and kind of combination, among other factors, several forms of food or dietary combinations can be regarded as *Viruddha Ahara*. *Viruddha Ahara*² is classified into 18 groups in *Ayurveda* on the basis of various factors.

There are 18 food incompatibilities.

1. *Desha Viruddha* (Place incompatibility)
2. *Kala Viruddha* (Time incompatibility)
3. *Agni Viruddha* (Gastric fire incompatibility)
4. *Matra Viruddha* (Quantity incompatibility)
5. *Satmya Viruddha* (Homologation incompatibility)
6. *Dosha Viruddha* (Body senses of humor incompatibility)
7. *Samskar Viruddha* (Processing incompatibility)
8. *Veerya Viruddha* (Potency incompatibility)

9. *Koshtha Viruddha* (Bowel tendency incompatibility)
10. *Avastha Viruddha* (State of health incompatibility)
11. *Kram Viruddha* (Sequence incompatibility)
12. *Parihar Viruddha* (Contraindication incompatibility)
13. *Upachar Viruddha* (Treatment incompatibility)
14. *Paak Viruddha* (Cooking incompatibility)
15. *Samyoga Viruddha* (Combination incompatibility)
16. *Hriday Viruddha* (Palatability incompatibility)
17. *Sampad Viruddha* (Richness of quality incompatibility)

18. *Vidhi Viruddha* (Rules for eating incompatibility)

Some Examples of hostile or incompatible (*Viruddha-Ahara*)

1. Fish and milk have a potency mismatch known as *Veerya Viruddha*.
2. Heated honey is a case of *Samskar Viruddha* (processing incompatibility).
3. Equal parts of honey and cow's ghee are *Matra Viruddha* (dose incompatibility).
4. Hot water after ingesting honey is known as *Krama Viruddha*.
5. A spicy substance in the summer and a chilly substance in the winter is *Kala Viruddha* (time incompatibility).
6. Consuming curd after dark is known as *Krama Viruddha* (order incompatibility). Having *Madhura Rasa* food or *Dravya* at mealtimes' ends and *Tikta* and *Katu Rasa Dravyas* at mealtimes' beginnings.
7. Fruit salad or milk + banana — *Samyoga Viruddha* (combination incompatibility)
8. Consuming cold water immediately after having hot tea or coffee — *Parihar Viruddha* (contraindication incompatibility)

Etiopathogenesis of *Viruddha Aahar*

Repeated consumption of Incompatible diet

↓
Doshas get vitiated.

↓
Present with different symptoms.

Mode of action of *Viruddha Ahara*

Regular consumption of *Viruddha Ahara* may cause inflammation at the molecular level by disrupting the eicosanoid pathway, which will lead to more arachidonic acid and a rise in prostaglandin-2 and thromboxane. These are all the fundamental diseases that result in *Agni Mandya*, *Ama*, and a number of metabolic problems; therefore, the inflammatory effect is a significant consequence³.

Multiple heating of food and oil increases oxidation, which, if consumed, can increase oxidative stress and lead to the production of more free radicals. Oxidative rancidity happens when fatty acids are exposed to oxygen in the presence of heat or light, leading to the formation of hydroperoxide compounds, and aldehyde molecules are created by these hydroperoxides. Oxygenated aldehydes are harmful substances that put the body's cells under oxidative stress, which raises the risk of degenerative diseases like atherosclerosis. The fat-soluble vitamins A and E may potentially suffer harm from hydroperoxide fatty acids. Fat that has been thermally oxidised produces harmful by-products of lipid peroxidation that would cause oxidative stress in mammals.⁴ The degree of oil saturation plays a key role in defining the cooking oil quality. Unsaturated fatty acids are a strong source of free radicals because they are more prone to lipid oxidation than saturated fatty acids.⁵

A recent study discovered that when oils like corn, soybean, and sunflower oils are heated again, a toxin known as 4-hydroxy-trans-2-nonenal (HNE) develops. Consuming meals containing HNE from cooking

oils has been linked to higher risks for heart disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, and a number of liver illnesses.⁶ HNE is one of the most hazardous aldehydes produced during lipid peroxidation because it is a strong electrophile. With a variety of cytotoxic and genotoxic properties, it spontaneously interacts with glutathione as well as cysteine, histidine, and lysine residues in proteins.⁷

DISCUSSION

Consistent use of incompatible foods acts as a poison and aggravates all the *Doshas* (morbid humours) and affects the body at its molecular level. According to *ayurvedic* classics, *viruddha ahara* can be considered as one of the causes of indigestion and thereby leads to *aama* condition and causes *agni mandya*, continuous intake of *viruddha ahara* that increase *agni mandya* that will lead to all the metabolic disorders as well as gastrointestinal issues, skin related diseases, etc, this *ama* can be considered as the presence of free radicles in a modern version. In order to carry out whole-body functions, the body needs nutrients like proteins, lipids, carbs, vitamins, minerals, and specific active ingredients. Poor digestion badly affects the micro and macro nutrients and *viruddha ahara* is one of the major causes of poor digestion. Healthy and compatible food is necessary for the *sama agni* (good digestive power) which results in proper digestion and absorption of the micro and macro nutrients and nourishment of bodily tissues

(*dhatu*s). This shows the importance of a healthy diet in the present era.

CONCLUSION

The *Ayurveda* described concepts of *Viruddha Ahara*, which modern science has correlated with incompatible foods. *Viruddha Ahara* is a key component of today's unhealthy eating practises. This may cause a number of dangerous conditions that the patients are unaware of. The etiological and therapeutic characteristics of wholesome and unwholesome (*Hita & Ahita*) foods and medications are clearly provided in the classic texts of *Ayurveda*. Incompatible dietary elements that cause disease must be identified, and patients must be taught to avoid them. Thus, we can conclude that the avoidance of *viruddha ahara* can be considered as one of the solutions to the diseases that is prevailed in the current situation since prevention is better than cure and that must be taught not only to the patients but also to the whole society.

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