

CONCEPT OF VIRUDDHA AAHARA IN ACCORDANCE WITH TODAY'S SCENARIO – A REVIEW

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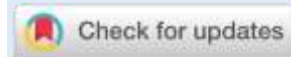
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ABSTRACT

Viruddha Ahara, an ancient concept in Ayurveda, elucidates the adverse effects of incompatible food combinations on health. While rooted in traditional wisdom, its relevance persists in contemporary dietary practices. This abstract explores the concept of Viruddha Ahara in today's scenario, shedding light on its significance amidst evolving dietary trends and lifestyles. In the modern era, the accessibility to diverse cuisines and the fusion of culinary traditions have led to the adoption of novel nutritional habits. However, amidst this culinary diversity, the principles of food compatibility outlined in Viruddha Ahara remain pertinent. The ingestion of incompatible food combinations can disrupt the digestive process, leading to various health complications such as indigestion, bloating, and nutrient malabsorption.

Furthermore, the prevalence of processed foods and fast-paced lifestyles has accentuated the consumption of convenience foods, often comprising ingredients that may clash in terms of their properties and effects on the body. Moreover, the rise of dietary fats and restrictive eating patterns has spurred the popularity of unconventional food combinations in pursuit of purported health benefits. However, the indiscriminate amalgamation of foods without considering their compatibility can undermine nutritional balance and compromise overall well-being.

Integrating the principles of food compatibility into contemporary nutrition education and dietary guidelines can empower individuals to make informed choices that support optimal digestion and health. Embracing a holistic approach to nutrition that honours traditional wisdom and scientific insights can foster a balanced relationship with food, promoting vitality and resilience in today's fast-paced world.

Key words: *Viruddha ahara*, Incompatible diet, fast food, food interactions

INTRODUCTION

Ayurveda is the Traditional Hindu System of medicine that mainly emphasises an appropriate combination of a wholesome diet, herbal treatment modalities, and yogic breathing practices for treating various ailments. *Ahara*, *Nidra* and *Brahmacharya* are the *Upastambha triad* of a healthy lifestyle. [1]

Viruddha Ahara, when consumed, causes aggravation of *Doshas*, which are not expelled out of the body and bring about abnormalities in *Dhatus* (tissues of the body). In Ayurvedic classics, various types of *Viruddha Ahara* are described. *Viruddha ahara* is an incompatible diet with properties opposite to the *Dhatus*, which causes inhibition and interruption in forming bodily tissues. [2]

The concept of *Viruddha Ahara* has been mentioned in Ayurvedic treatises like 'Charak Samhita', 'Sushrut Samhita', 'Ashtanga Hridaya', and 'Ashtanga Samgraha'. *Acharya Charak* has described in detail the 18 types of *Viruddha* in *Charak Samhita, Sutrasthana*, Chapter no. 26. Detailed knowledge of *Viruddha Ahara* is essential for understanding the basic pathophysiology of *Viruddha Ahara*. *Ahara* has been attached with prime importance since it maintains normal bodily functions and health. A wholesome/compatible diet leads to healthy living, and an unwholesome/ incompatible diet leads to various diseases, acute or chronic. [3]

Various disease manifestations are found in the human body due to the consumption of multiple types of *Viruddha*, which occurs mainly due to *Dhatu Dushti*, resulting in death in a prolonged unmanaged diet. *Shandhya* (impotence), *Andhya* (Blindness), *Visarpa* (Erysipelas), *Jalodara* (Ascitis), *Visphota* (Pustules), *Unmada* (Insanity), *Bhagandara* (Fistula in ano), *Murcha* (Coma/fainting), *Mada* (Narcosis), *Aadhmana* (Abdominal distention), *Galagraha* (Obstruction in

throat), *Pandu roga* (Anemia), *Ama* (Endogenous toxin), *Kilasa* (Leucoderma), *Kushta* (Various skin disorders), *Grahani* (Sprue), *Shotha* (Swelling or oedema), *Amlapitta* (Acidity), *Jwara* (Fever), *Pinasa* (Allergic Rhinitis), *Santana Dosha* (Infertility problem), *Mrutyu* (Death) are some of the manifestations resulting due to consumption of incompatible and unwholesome diet on regular basis. [4]

Viruddha Ahara Sevan is also one of the leading causative factors for some lifestyle disorders such as Hypertension, Diabetes, Hypo, and hyperthyroidism. Various survey studies and research have indicated that fast food intake was relatively high per week (88.8%) and per day (50.1%) in populations suffering from lifestyle disorders. [5]

Research has shown a statistical correlation between fast food consumption and an increased risk of obesity and type 2 diabetes. Fast food is frequently high in Glycemic index (GI), which means it causes rapid spikes in blood sugar levels after eating. Over time, repeated blood sugar spikes can strain the body's response to insulin, leading to insulin resistance, a critical factor in type 2 diabetes development. Fast food products can be low in essential nutrients, like fibre, vitamins, and minerals, needed to maintain and regulate the body's metabolic health, ultimately increasing the risk of type 2 diabetes. [6]

In this era of modernisation, a sedentary lifestyle has become a part and parcel of Human Civilization. Most of the population is bent towards unhealthy dietary habits such as fast food, junk Snacks and carbonated drinks. According to Ayurved, fast food is a form of *Viruddha Ahara*. [7]

Over time, each product is adulterated to maintain freshness, resulting in adverse health effects. Many

vegetables in the market contain pesticides and, if not washed thoroughly, may act as a chronic poison. [8]

Ahara is also considered the Pratham Aushadh. One can achieve a healthy lifestyle by having Ahara by our prakriti, desha, kala, Satmya, etc. Ahara can also act

as poison if taken in an incompatible form, i.e. against the criteria mentioned above, which may lead to food poisoning and local or systemic diseases (Dushivisha, Garavisha). [9]

Types of Viruddha ahara

In Ayurveda texts, certain types of Viruddha Ahara have been told. As in Charaka Samhita, 18 kinds of Viruddha are explained briefly:

18 Types of Viruddha Ahara. [4-7, 9-15]

1.	Desha (place) Viruddha	2.	Kala Viruddha
3.	Agni Viruddha	4.	Matra (quantity) Viruddha
5.	Satmya (wholesome) Viruddha	6.	Dosha Viruddha
7.	Sanskar (mode of preparation) Viruddha	8.	Veerya (potency) Viruddha
9.	Koshtha Viruddha	10.	Avastha (state of health) Viruddha
11.	Krama (sequence) Viruddha	12.	Parihar Viruddha
13.	Upachar (treatment) Viruddha	14.	Paak (cooking) Viruddha
15.	Samyoga (combination) Viruddha	16.	Hriday Viruddha
17.	Sampad (richness of quality) Viruddha	18.	Vidhi (rules for eating) Viruddha

Comparative examples from the present perspective [9, 10]

S. No.	Viruddha ahara	Examples from Ayurveda texts	Examples from the present era
1.	Desha viruddha	I am consuming rooksha and teekshna dravyas in jangala desha and snigdha and sheeta guna dravyas in anoopa desha.	Eating spicy food in a hot city
2.	Kaala viruddha	Consuming sheeta kaala and katu- ushna ahara in ushna kaala (greeshma ritu)	Ice cream in the winter season
3.	Agni viruddha	We are consuming food that is not made with these varieties of jatharagni.	<ul style="list-style-type: none"> • Large Heavy meals at night in Tikshnagni are easily digested, whereas, in Mandagni, food is slowly digested and takes a long time. • Sizzling Browne ice cream with Hot Chocolate • Cold water or Soft Drinks before Hot tea • Instant noodles
4.	Matra viruddha	Consuming an equal quantity of madhu and ghrita (ghee).	Popcorn with Watching Movie
5.	Satmya viruddha	For a person who is habituated to katu and ushna ahara, swadu and sheeta veerya ahara.	<ul style="list-style-type: none"> • Vegetarian person eating cake containing eggs. • Instant noodles • Frozen food/ packed food
6.	Dosha viruddha	Consumption of ahara and aushada, like the qualities of vatadi dosha but adverse to the person's practice constitutes.	<ul style="list-style-type: none"> • Kapha prakriti person eating ice cream. • Vata prakriti person eating light, dry foods Excessive exercise
7.	Samskara viruddha	The meat of a peacock bird roasted on a castor stick.	<ul style="list-style-type: none"> • Potato chips • Marinating Chicken with dahi. • Iced tea. • Cold coffee • Cold coffee with ice cream

8.	<i>Veerya viruddha</i>	Consumption of <i>ahara</i> and <i>aushada</i> , which are cold potency, along with those which are hot in potency.	<ul style="list-style-type: none"> • Eating Ice cream with Hot fudge • Milkshakes, Fruit salads. • Iced tea
9.	<i>Koshtha viruddha</i>	Administration of medicines having <i>manda veerya</i> and mild purgatives to a person having. <i>Krura koshta</i> and, on the contrary, administering medications that are a guru in nature and strong purgatives to a person with <i>mrudu koshta</i> is considered as <i>koshta</i> .	<ul style="list-style-type: none"> • Milk is given in <i>crura koshta</i> person. • Spicy Punjabi food with cold drinks • Cold water or Soft Drinks before Hot tea
10.	<i>Avastha viruddha</i>	The use of foods that cause aggravation of <i>vata dosha</i> by the persons indulging in exertion, copulation and physical exercise and the use of food that cause aggravation of <i>kapha dosha</i> by the persons who sleep more and are lazy constitute.	<ul style="list-style-type: none"> • <i>Vata</i> vitiating foods and drinks like dry, cold food by the person with heavy manual work, etc. • Spicy Punjabi food with cold drinks
11.	<i>Krama viruddha</i>	Consumption of food by a person without elimination of urine and faeces, or when he is not hungry or very hungry, etc.	Consume food before the earliest food is digested or without proper appetite.
12.	<i>Parihara viruddha</i>	Consuming <i>ushna veerya ahara</i> after consumption of meat of <i>varaha</i> etc.	Cold water after hot tea
13.	<i>Upachara viruddha</i>	Consumes <i>sheetala jala</i> after <i>ghrita pana</i> .	<ul style="list-style-type: none"> • Drinking cold water after taking ghee • Juice, Alcohol, Alcohol after Hot spicy food
14.	<i>Paka viruddha</i>	Consumption of food cooked using fuels of forbidden trees like <i>dishtadaru</i> , <i>durdaru</i> , etc. and consumption of food that is inadequately cooked, overcooked, or burnt.	Half-cooked, Burnt food
15.	<i>Samyoga viruddha</i>	<i>Amla rasa</i> with milk	<ul style="list-style-type: none"> • Fruit Salad, Cheese, fruit, milk, along with banana • Sizzling Browne ice cream with Hot Chocolate
16.	<i>Hridi viruddha</i>	Consumption of food which is not liked by one's <i>manas</i> .	Eating food not liked by the person
17.	<i>Sampat viruddha</i>	Consumption of diets and drugs that have not yet acquired their natural taste, which have lost their natural taste, or which have an unnatural or bad taste.	Over ripen mangoes, Banana
18.	<i>Vidhi viruddha</i>	Eating in an open place.	<ul style="list-style-type: none"> • Eating food while watching T.V. or talking • Popcorn Along with a Cold drink

Acharya Sushruta explained the concept of *Viruddha Ahara* in Chapter 20. [12]

1. *Sanyoga Viruddha*: Certain food articles and other food substances become similar to *visha*. For example, the meat of animals living in villages, marshy lands, and water should not be consumed combined with freshly harvested grains, sprouted

grains, muscles, fat, honey, milk, jaggery, and black gram.

2. *Karma Viruddha*: When kept together, certain food articles act as *visha* after a certain period has passed.

For example, the *ghrita* kept in a bronze pot for ten days should not be eaten.

3. *Mana Viruddha*: Some food articles should not be combined in specific quantities as they may act as *visha*.

For example, Honey and water, as well as honey and *ghrita*, should not be eaten in equal quantities.

4. *Rasa – Virya – Vipaka Viruddha*: Groups of two tastes that are incompatible from the points of taste, potency and final taste after digestion of food.

For example, *Madhura* and *Amla*, *Madhura* and *Lavana* are *Rasa* and *Virya Viruddha*.

Mode of action

According to Ayurveda, the pathology from intake of Viruddha Ahara leads to agni mandya, leading to ama utapatti, which later causes many metabolic and systemic diseases. [11, 13]

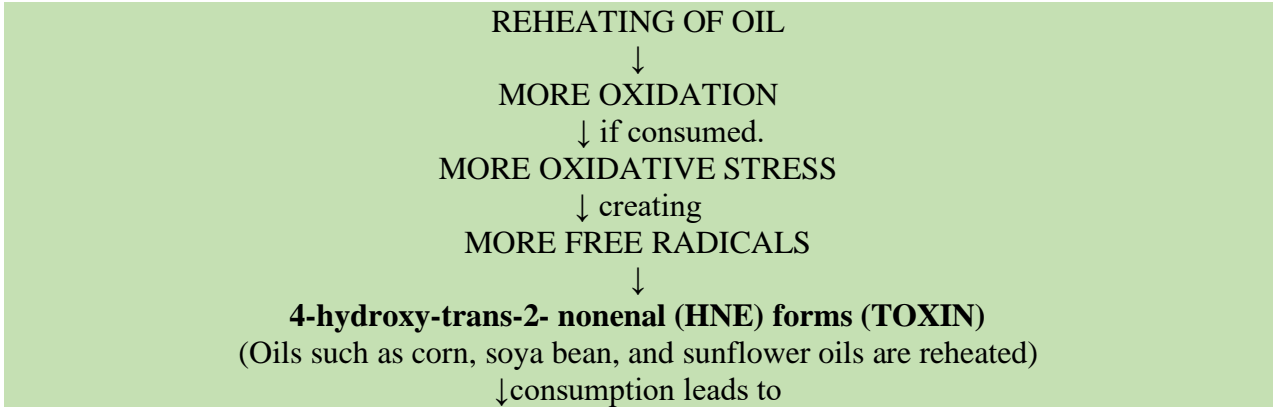
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ACCORDING TO MODERN [14-17]

The pathology from an incompatible diet is as follows:

1. Concept of HNE
Oil and food must not be reheated.



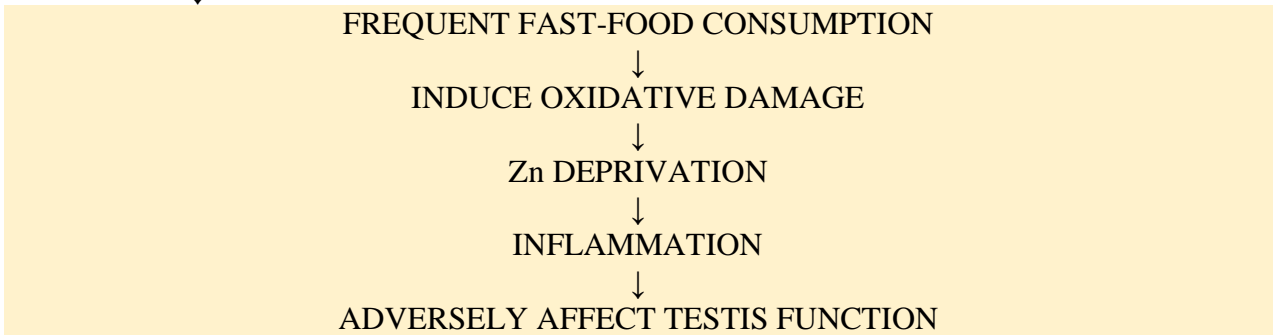
INCREASED RISKS OF CARDIOVASCULAR DISEASE, STROKE, PARKINSON'S DISEASE, ALZHEIMER'S DISEASE, HUNTINGTON'S DISEASE, VARIOUS LIVER DISORDERS AND CANCER.

- Quantity of HNE is higher in deep-fried foods, such as snacks that are fried in cooking oils such as corn, soya bean, and sunflower oils.
- E.g., French fries, fried items, Manchuria, etc.

2. Concept of AGEs
High-temperature cooking

PROTEINS ARE COOKED WITH SUGARS (IN THE ABSENCE OF WATER)

↓forms



AGES (ADVANCED GLYCOSYLATED END PRODUCTS)

- Water prevents these sugars from binding to the protein molecules.
 - Cooking proteins with sugar in the absence of water is *viruddha*.
3. Concept of Zn and Antioxidant properties
 - Antioxidant processes are dependent upon **ZINC (Zn)**.
 - Fast food is high in energy density but low in essential micro-density molecules, especially Zinc, leading to obesity in many children and adults.

4. Concept of effect on Genes
GENE EXPRESSION: The process of creating new proteins in cells is called gene expression.

Errors in gene expression have the potential to lead to illness.

Diseases caused due to viruddha ahara.

Acharyas have not only discussed the *viruddha ahara* types and examples but also have mentioned the various disease manifestations in the human body due to the consumption of multiple types of *viruddha*, which occurs mainly due to *dhatu dushti* resulting in death in the prolonged unmanaged diet. [6, 7, 10, 15, 18]

• Shandhya (impotence)	• Andhya (Blindness)
• Visarpa (Erysipelas)	• Jalodara (Ascitis)
• Visphota (Pustules)	• Unmada (Insanity)
• Bhagandara (Fistula in ano)	• Murcha (Coma/fainting)
• Mada (Narcosis)	• Aadhmana (Abdominal distention)
• Galagraha (Obstruction in throat)	• Pandu roga (Anemia)
• Ama (Endogenous toxin)	• Kilasa (Leucoderma)
• Kushta (Various skin disorders)	• Grahani (Sprue)
• Shotha (Swelling or oedema)	• Amlapitta (Acidity)
• Jwara (Fever)	• Pinasa (Allergic Rhinitis)
• Santana Dosha (Infertility problem)	• Mrutyu (Death)

DISCUSSION

During the early centuries, people led a healthy lifestyle, which included a healthy, wholesome diet and a healthy way of living. Life used to be simple, with easily digestible and nutritious home-cooked food. This diet had ample nutritional value compared to junk food today. The eating habits were far more scientific, including proper asana and posture during mealtimes; the meals were specific to one's *prakruti* and about other factors such as *desha*, *kala*, *satmya*, etc., which encouraged healthy and long life with minimal disease manifestation.^[10]

With increasing modernisation, food plays a very vital role in health. More packaged food, instant food, packed beverages, etc., are preferred to basic well-cooked food. Due to the feasibility and affordability of fast food, people like them more as their meal, neglecting their health. A sedentary lifestyle also plays a significant role; when combined with *viruddha ahara*, it leads to health issues, commonly lifestyle disorders such as DM, obesity, and hypertension, which are the silent killers.^[13]

Today, people are more attracted to the junk they eat than the healthy meal cooked at home. The reason behind this is the involvement of celebrities who stand as role models for today's generation in advertising these products. Another factor behind the increased popularity of junk food is working couples/parents who find it easier to buy food from various drive-throughs rather than preparing it at home. Since the presentation and taste of the food are felt better

than the one prepared at home, children are more attracted to it and insist on eating out.^[16]

People compromise their health, lifestyle, morality, and culture just to earn an extra few bucks and maintain a standard life in society but never give a thought to how they invite various silent killers into their own and their loved one's bodies, which slowly deteriorate their health and leads to painful ageing years.^[7]

Life is all about change from a few years ago to now. The work patterns and dietary habits have changed. This unhealthy food pattern and lifestyle patterns must be modified for the healthy betterment of the upcoming generations. This can be improved again by taking a few extra steps that can radically change our lives. Having a nutritious meal leads to a healthy psychology and physical strength, which helps improve our work efficiency and a much better quality of life.^[5]

More emphasis should be laid on replacing soft drinks and junk food (*viruddha ahara*) with natural, healthy food and drinks like fresh juices and buttermilk. People should be made aware of the health benefits of this natural food and beverages and, at the same time, also about the hazardous effects of soft drinks and junk food (*viruddha ahara*).^[6]

There is very little public awareness regarding the hazardous effects of these food items. Through this review, the public can be made aware of the ill-effects of soft drinks and junk food (*viruddha ahara*); also, we can have a general idea regarding the factors associated with soft drinks and junk food (*viruddha ahara*) consumption and the strategies to reduce the

soft drink and junk food (*viruddha ahara*) consumption.^[14]

CONCLUSION

Soft drink and junk food (*viruddha ahara*) consumption is a portfolio behaviour that should be targeted to prevent significant health hazards. Research and evaluation of the population approach to decreasing soft drink and junk food (*viruddha ahara*) consumption and its hazardous effects is needed.

Regular monitoring of dietary behaviour, including soft drinks and junk food (*viruddha ahara*), is necessary at the state and national levels. Additional high-quality innovation and applied research are needed to improve current interventions to reduce the consumption of soft drinks and junk food (*viruddha ahara*).

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