



VIRUDDHA AHARA- THE UNIQUE CONCEPT OF AYURVEDA

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ABSTRACT

Intake of food is one of the most essential activities for growth of the body and maintaining good health. Ancient *Ayurveda* texts explain a very unique concept of diet plans in the chapter known as *Ahara vidhi – vidhan*. Contradictory food is the sub-topic of this chapter. *Ayurveda* explains that, combination of certain incompatible food items in terms of taste, potencies, time, state of health, place, condition of *Doshas*, digestive fire, cooking methods, processing quantities, order of intake rules, is unsafe and that is called contradictory food (*Viruddha ahara*), that leads to obstruction of channels and produces acute and chronic diseases.

Our ancient *Ayurveda* classics clearly defined this important concept and its types, and illustrated some examples and solutions. In today's modern era, due to lack of knowledge about correct eating habits, we blindly follow the wrong dietary habits and suffer from immunologic, skin allergic disorder and unknown etiology. By means of this article we can understand the disorders and hazardous effects of consumption of incompatible diets.

Before consumption, one must consider whether the food combination is safe and is according to the rules and conditions for intake of food. However, it may be noted that for young and healthy person having good digestive capacity and regular exercising habits, consumption of contradictory diets in small quantities, may not pose serious risks. There is a serious need for research and deep study for analysis by expert dieticians and nutrition on contradictory diets for disseminating the facts and findings to the people for betterment of the society.

KEYWORDS: *Ayurveda*, Contradictory diet, incompatible, *Viruddha ahara*.

INTRODUCTION

Ayurveda is a science of healthy & peaceful life. The purpose or aim of *Ayurvedic* Medical Science is not only to prevent the diseases and cure it from the root but also to keep the person healthy throughout the lifetime.^[1] *Ayurveda* texts in its separate chapters have clearly described the day, night and seasonal regimens which are essential for our healthiness through our lifestyle. *Ahara* i.e. diet is the first and the most important pillar of our healthy life. The pathophysiology of diseases begins with our improper food & living habits.

We all must be aware of the causatives of pathophysiology of diseases and get familiarize with incompatible diets for prevention of diseases. Western foods and food habits have created a great impact on us. We not only consume food items at non said timings i.e. *Kal- viruddha* but also have a bad combination of different foods which disturb our normal metabolism process. Metabolic disorders lead to many systemic disorders or diseases. Food combinations, its actions & interactions are briefly described here in this article. Everywhere diet is explained as a very essential issue but there is not much alert on the concept of *Viruddha ahara* (contradictory diet). Most of the combinations and food time in general practice are harmful, and therefore it is very necessary to know about them.

In this article, contradictory or incompatible diet combinations discussed by our *Ayurvedic* texts (*Samhitakaras*) are represented and reviewed.

Definition of *Viruddha Ahara*

The food, drink and medicine which does aggravation and dislodgement of *Dosha* from its site i.e. *Doshoklesha* but does not eliminate or expel it from the body, is known as *Viruddha ahar*.^[2]

According to *Charakacharya*, the foods (diet) and drugs (medicines) which dislodge the *Doshas* from its normal seat, but do not expel it out from the body are defined as *Viruddha* or incompatible diet.^[3]

According to *Sushrutacharya*, the diets and drugs which dislodge the *Doshas* from their original site, but do not expel them out of the body and vitiate the *Rasadi dhatus*, also do not help in nourishment of *Dhatus*. However, because of vitiation of *Dhatus* & *Doshas*, they produce many disorders or diseases, which are considered as *Viruddha* (opposite) *ahara*.^[4]

What is Contradictory diet?

Regular consumption of contradictory foods put load on digestive fire i.e. *Jatharagni*, produces *Ama* or toxins and metabolic disorders. This naturally can lead to any disease in the body. So it is very essential to know how certain food combination or opposite diet reactions are leading to create a disease.

Mismatched or incompatible, contradictory are the dictionary meaning of *Viruddha*. It explains that the contradictory food combinations have opposite self properties (tastes, potencies), mismatched reactions for

body system like digestive, blood, muscular etc. Food which is consumed at wrong times results in metabolic disorder. Different combinations of food and certain proportion of food items may result into unwanted or undesirable effects. Food processed in a particular (unprescribed) way or form, may result into some contrary or unwanted effects on the body.

Classification of *Viruddha ahara* (Incompatible food)

According to *Ayurveda* literature, following 18 types are described to be contradictory foods. [5]

1. *Desh viruddha* (Places)

According to *Ayurvedic* texts, there are three types of land. *Jangala* is dry land with less water. So humans, animals and plants in this land or in this arid zone or deserts are of *Vata dosha* predominant in nature. They should avoid dry and sharp food substances and medicines (e.g. red chilli, clove, ragi) because it leads to aggravation of *Vata dosha*.

In the same way, marshy place where excess water and unctuousness, is called as *Anupa* land. In this area people are of *Kapha* predominance, so afflicted with *kapha* disorders. If they consume more of unctuous, oily, cold food & medicine, it leads to *Kaphaj vyadhis*.

The type of food which is beneficial in a cold region may not prove to be beneficial in a hot region.

2. *Kala viruddha* (Time)

Excessive consumption of dry and cold food in winter and excessive intake of hot & pungent food during summer are quoted as *Kala viruddha*. As the weather changes, we require the food of opposite qualities, stick to warm food in winter and cold food in summer.

According to *Ayurveda*, *Kala* is differentiated in our lifespan and nature, day and night.

Age: One should consume food according to his / her age. *Kapha dosha* is predominant in young children, so less amount of nourishing food should be consumed. On the contrary *Vaat dosha* is predominant in old age, so moderate amount of strength promoting and *Vata* alleviating food should be consumed.

Day: Food should be consumed two times a day, one in the morning and second in the evening. In the evening, dinner should be taken in less quantity. At nights, curd and *Sattu* should be avoided. It will be *Kal viruddha* food.

Disease conditions and conducive food: Food which is conducive to a particular disease, should be consumed, i.e. excessive liquids in diarrhea.

3. *Agni viruddha* (Digestive Fire)

Every individual has their own specific digestive power which converts food into body tissues. In *Samagni* food gets digested within time, so *Samagni* people should eat food in moderate quantity to maintain healthiness. In *Tikshnagni* (strong appetite), food gets digested very easily within time, whereas in *Mandagni* food is slowly digested & takes long time.

Light or less food in *Tikshnagni* – when *Agni* is strong, is contradictory while heavy and too oily food in *Mandagni* person (having low appetite) is incompatible diet.

4. *Matra viruddha* (Quantity)

Certain food combinations in certain proportion are not good for the body. Taking ghee and honey in equal proportion, honey & water in equal quantity acts as *Matra viruddha* and becomes poison to the body. So foods contradictory by quantity, should be avoided.

5. *Satmya viruddha* (Conduciveness)

In simple words it is explained as food habitat when diet is advised to a person then his habitual tolerance to food must be taken under consideration.

Taking sweet and cold food by a person who is accustomed by always taking pungent and hot food is contradictory in conduciveness.

6. *Dosha viruddha*

Consumption of food, drugs and behavior which are having similar qualities to aggravated *Dosha*, should be restricted or avoided.

Vata aggravating substances like dry, cold, light foods should not be given to the person occupied in heavy manual work or excessive exercise.

7. *Sanskara Viruddha* (processing)

Under certain conditions and procedures, edible substances can become poisonous. Some of the drugs and diets when prepared in particular way produce toxic effects. For examples:

- Cooking peacock's meat attached to castor sticks – fire.
- Meat of peacock roasted or fried in castor oil.
- Boiling of butter milk.
- The pigeon's meat fried in mustard oil is also *Viruddha*.
- Honey that has been boiled or cooked at high temperature becomes toxic to body system.

8. *Veerya viruddha* (Potency)

Mixing of cold and hot substances should be avoided. Consuming food substances having hot and cold properties together, is an example of contradictory potency. e.g.

- Drinking cold fruit juice together with hot milk or coffee.
- Eating ice-creams with hot chocolate fudge – both have sweet taste, sweet *Vipaka* but have contradictory potency.
- Cilacima variety of fish with milk.
- Fried Flesh of dove in mustard oil with honey and milk is also *Viruddha ahara*.

9. *Koshtha viruddha* (Bowel)

Administration of mild purgative in a small dose in a hard bowel (*Krura koshtha*) person and administration of strong purgative in a large dose in soft bowel (*Mridu koshtha*) person are *Koshtha viruddha*, e.g. giving dry figs or 5 raisins or mild laxatives like *Haritaki* to the person having (hard bowel). *Echabhediras* given in soft bowel person is contradictory medicines according to bowel

10. *Avastha viruddha* (Condition of health)

Taking *Vata* vitiating foods and drinks like dry, cold food by the person who is occupied in heavy manual

work, exercise, excessive exerted or done sexual act. Intake of *Kapha* vitiating food by a person whose *Kapha* is aggravated due to excess of sleep and laziness is opposite according to situation or condition of health.

11. *Krama viruddha* (Sequence)

Taking food before the urge of elimination of feces or urine, is also *Viruddha ahar*. Even if we consume food before the earlier food is digested or in absence of proper appetite and even late meals after deep hunger, are incompatible to rules.

12. *Parihar viruddha* (Practice)

Intake of hot things after taking pork meat and intake of cold things after taking ghee is *Parihar viruddha* and hence should be avoided.

13. *Upachara viruddha* (Treatment)

Intake of cold things after taking ghee. Taking cold water or food after taking ghee are *Upachar viruddha*.

14. *Paak viruddha* (Preparation)

Preparation of food with bad or rotten odor, rotten fuel, undercooking, burning or overcooking, during the process of cooking is known as incompatible because of cooking process. For cooking, source of heat is used such as wood fire, gas, electricity, microwave etc. It is very essential to understand its effects on the body. It may increase or decrease the total effects on the tissues and *Doshas*.

15. *Samayoga viruddha* (Combination)

Sour substances with milk will be contradictory in combination. This combination works as causative factor for *Kushtha* (psoriasis).

16. *Hriday viruddha* (Contradictory to Mind)

Any substance which is not pleasant in taste or unpalatable, or contradictory to mind, is harmful. It will not produce proper effects and create disgust or nausea.

17. *Sampat viruddha* (Quality)

Intake of substances such as food, fruits or vegetables, when immature, over matured or putrefied are lack of quality. So, that kind of food is not healthy and does not get digested properly. Due to absence of qualities it is contradictory and better to avoid it.

18. *Vidhi viruddha* (Codes)

Foods which are consumed against the rules of diet as mentioned in *Ayurveda* are called *Vidhi viruddha*, e.g. taking meals in public, not eaten in privacy.

Some examples of incompatible food (*Viruddha ahara*)

- *Sanskar* (processing) *viruddha* - Adding honey to hot water is antagonistic.
- *Veerya* (potency) *viruddha* - Fish with milk.
- *Krama* (order) *viruddha* - Hot water after taking honey.
- *Matra* (quantity) *viruddha* - Honey mixed with cow ghee in equal proportion
- Drinking cold water or cold drink just before meals, particularly dinner. It can diminish the gastric fire & cause digestive problems
- Milk is incompatible with meat, fish, sour fruits, banana, curd so fruity milk shakes, fruit creams, smoothies & fruit salads should be avoided.

- Banana with curd, milk or buttermilk not recommended because Banana with butter milk is taste contradictory. It can diminish the gastric fire & cause toxins production. It may leads to cold, cough & allergies.
- Starches are incompatible with egg, milk, banana and dates.
- Lemon is incompatible with yogurt, milk, cucumber and tomatoes.
- Yogurt is incompatible with sour fruits, hot drinks, fish, meat, mangoes and cheese.
- *Parihar viruddha* (contraindication) - Drinking cold water immediately after hot tea or coffee.
- Consuming *Tikta* and *Katu rasa* (pungent & bitter taste) food items at the starting of meals, while *Madhur rasa* (sweets) at the end of meals is *Krama viruddha* i.e., sequence incompatibility. Most of the People take sweet dish after finishing the meals, specifically at night.
- Intake of honey by a person suffering from complication of heat i.e., *Desha Viruddha* (place incompatibility), may produce *Pitta prakopaj* disease or even death of the person.
- Radish is incompatible with fish.
- Milk & Eggs combination is incompatible.
- Milk is mismatched with the bread containing yeast.
- Tea including milk or milk is incompatible with combination of salt containing chapatti, *Khara paratha* or *Khakara*.
- Potato, tomato, chillies are contradictory with yogurt, milk, melons and cucumber.^[6]
- Reheated cow's milk is contradictory diet.
- Ghee stored in bronze vessel for ten days and nights should not be taken. It is *Sanskar viruddha* (processing incompatibility).
- Cucumber with lemon is antagonistic for body and tissues.
- Radish (*Muli*) with raisins is *rasa & Veerya viruddha*. One has pungent and other has sweet taste (raisin) and cold potency, while radish has hot potency. It may start digestive disorders.^[7]
- Buffalo meat, goose, pork, swan meat, crab, fish, tortoise meat should not be taken along with black gram / honey / milk and germinated grains.
- Horse gram with milk is opposite combination of food.
- After consumption of green leafy vegetables and radish, drinking milk should be avoided as it is potency contradictory.
- Chicken and spotted deer with curd is contradictory in terms of qualities. chicken, fish not taken with milk, sesame or sprouted grains as it may leads to digestive problems.
- Black pepper along with fish or during digestion of fish is contradictory.
- Consumption of *Pippali* - long pepper processed in the oil, already used for frying fish, is contradictory.^[8]

According to *Ayurveda*, the (diet) *Ahara* which nourishes both physical and mental build is called as a balanced diet. Consumption of one should be in measure and measure of food is determined by strength of one's

Jatharagni (gastric fire).^[9] Our good daily dietary habits not only help to maintain the present well-being but serve as prophylactic against causing diseases.

Diseases produced by intake of *Viruddha ahara* (contradictory diet)

From the above description, it can be understood that any wrong processing, combination, quantity, according to health, *Dosha*, mind and season, time, bowel and digestive capacity, opposite properties of food, if consumed frequently then leads to many diseases. Such a contradictory diet may give rise to various types of gastrointestinal disorders and ultimately lead to death.^[10]

Diseases caused by regular consumption of *Viruddha ahara*, according to *Charakacharya*, are mentioned below:

Impotency (sterility), blindness, *Visarpa* (erysipelas – a type of skin disease) ascites, eruptions, insanity, fistula-in-ano, unconsciousness or fainting, intoxication, abdominal distension i.e., flatulence, obstruction of throat, anemia, poisoning due to *Ama*, indigestions, vitiligo, various skin diseases, gastritis, oedema, hyperacidity, fever, rhinitis, foetal diseases, infertility and even death may be produced due to intake of unwholesome food.

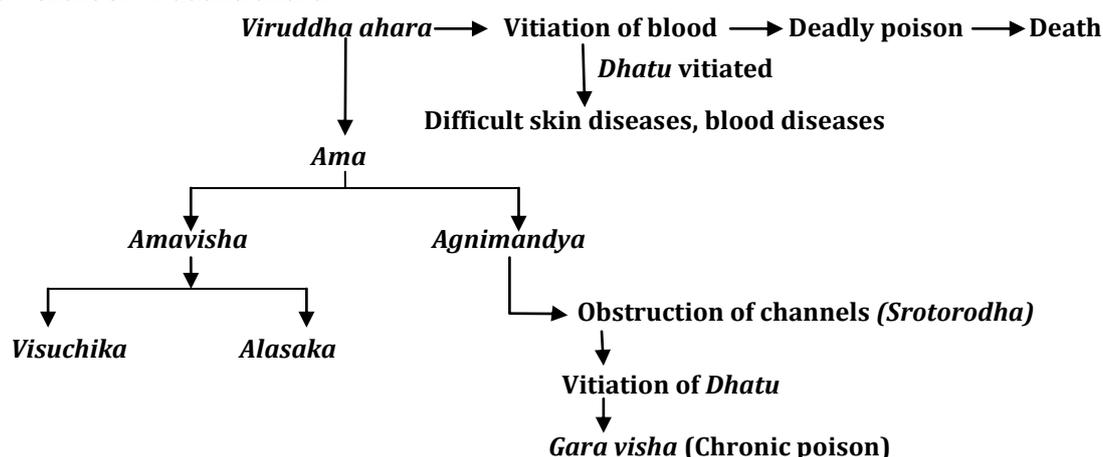
From the above list it is clear that continuous consumption of *Viruddha ahara* has an impact up to *Shukra dhatu dushti*, immunity, circulation and also on digestive, endocrine and nervous system. Thus consumption of *Viruddha ahara* produces diseases, weakness of sense organs and even hazardous effects like death.^[11]

Treatment of diseases produced by *Viruddha ahara*

Diseases produced by unwholesome food, can be treated with the help of purification therapy like *Panchakarma*, especially emesis and *Virechana* (purgation), also by shaman or palliative therapy and wholesome diet.^[12,13] One who consumes contradictory food regularly in small quantities will lead to *Okasatmya*.

Viruddha ahara generally do not have any effect on those who are young, whose *Agni* (digestive fire) is strong, doing oleation & person practicing exercise regularly. One who does exercise regularly and consumes *Viruddha ahara*, it gets digested properly without any difficulty or trouble.

Flow chart of *Viruddha ahara* ^[14]



Mode of Action of *Viruddha ahara*

In the definition above mentioned by *Sushruta*, it is clear that *Viruddha ahara* is the food item which vitiates the *Rasadi dhatus* (induced deteriorating action on body tissues) and does not help in the nourishment of *Dhatus* of body but produces diseases.

Viruddha ahara (Causative factor)



Regular consumption of *Viruddha ahara* can induce inflammation at a molecular level. It disturbs the pathway which creates more arachidonic acid. *Agni mandya*, *Ama* and metabolic disorders are created by this inflammatory action or pathology. Free radicals which are produced by the oxidative stress due to oxidation are because of reheating of oily substances. Therefore according to *Ayurveda* texts, oil and oily food must not be reheated. This oxidative stress can increase the risk of degenerative illness and atherosclerotic disease.

In *Sanskar viruddha*, as described in above point, high temperature cooking involved foods, meats, which are cooked at high temperature, in microwave increase risk and exacerbation of chronic diseases due to inflammatory pathology. The side effect of regular consumption of opposite combinations of food is on the gastrointestinal tract and also affects the major systems of the body. Sometimes it can be fatal.

Examples**1. Milk & banana**

Milk contains lactogen and certain fruits like bananas contain common allergen that may aggravate an asthmatic attack. Although banana and milk both have sweet taste and cooling energy, bananas are sour while milk is sweet. This post-digestive effect results in toxins and allergies. So milk & bananas and milk & melons should not be taken together. Frequent intake of such combinations may have bad impact on immune system.

2. Fish & milk

Combination of fish and milk is contradictory diet. Fish is hot & milk is cold in potency so they vitiate the blood & *Abhishyanda* produces obstruction of channels, constipation and blood diseases etc.

3. Milk with yogurt combination

Consuming milk and yogurt together can precipitate milk inside stomach and it causes irritation, nausea and vomiting. Curd is mainly useful in the digestion of the food which are rich in starch and proteins, whereas as per *Ayurveda* milk is rich and heavy food. Undigested milk vitiates *Kapha dosha* and because of this *Ama* i.e., undigested form of food may form, that would induce disease formation. Therefore milk and yogurt together as a combination should be avoided.

4. Tulsi & milk

Tulsi capsules/tablets/juices with milk is contradictory. At least 40 minutes gap should be maintained between the consumption of these two.

5. Black tea /Green tea with milk

Tea contains flavonoids which are called catechins. It has many favorable effects on heart. But when milk is added to tea and gets heated or boiled then caseins (a group of proteins in milk) react with the tea to decrease the concentration of catechins. This type also decreases the production of hemoglobin & leads to anemia. So a boiling or heating tea and milk together should be avoided.

6. Garlic and tea

Tea contains anticoagulant compounds called coumarins and garlic has anti-clotting properties. When tea and garlic is mixed then it may induce bleeding risk. So tea and garlic together as a combination should be avoided.

7. Intake of market honey

Heating honey is the example prescribed in *Sanskara viruddha*. Agmark honey, which is easily available, is strongly heated before packing. So it is essential to find the relevance about why heating honey should be avoided.

8. Heating honey, heating curd and reheated cow's milk

Since the process of heating honey, heating of curd and reheated cow's milk leads to alteration or destruction of original qualities of the substance, it is not recommended for consumption, by *Ayurveda*.

9. Alcohol and Green tomatoes or potatoes

The green (unripe) tomatoes contain large amount of solanine (i.e. sedative properties). When one

consumes alcohol with more green tomatoes, solanine reacts with alcohol and feels more sedative.

10. Potato chips or fried potatoes

Deep fried potatoes can develop toxic substances like acrylamide which is proved to produce carcinogenic effect. So eating potato chips regularly is an example of *Sanskara viruddha*, and it should be avoided.

11. Milk & Nightshades

When consuming nightshades vegetables (potatoes, tomatoes, eggplants) with milk products, though it is not only *Ama* or toxins but *Amavisha*, can result, since they are *Virrudha veerya* and they carry contradictory potencies, which result in *Amavisha* virulent highly acidic toxins. Consuming spices in this case may help but not often.

12. Sweets at wrong time

Taking more sugar with saturated fats or too much sweet at night leads to many immunological and metabolic disorders. Night is *Vata dosha* predominant. Since *Vata* is active in this period, excess sweets and curds at night vitiate *Vata* and *Kapha dosha*, mal-digestion and *Ama* formation in the body. Hence it is time contradictory, should be avoided.

13. Mixed juice of grapes and pomegranate

It blocks the cytochrome P450 3A4 enzyme systems in the intestines. Drinking the mixed juice of grapes and pomegranate may synergize the above intestinal action and if person is under medication then intake of medication may have to be increased.^[15]

14. Curds at night

By *Ayurveda* medical science curd is not recommended at night. It is contradictory & heavy to digest & acidic in nature. It can be digested easily when taken at lunch time when digestive capacity is strong. People with weak digestion should avoid its consumption because curd aggravates *Kapha* & *Pitta*, produces a lots of heat in stomach and may cause constipation.^[16]

15. Refrigerated foods

Garlic, ginger, chillies etc other items when kept in refrigerator for long period (more than 48 hrs) then the *Agni Mahabhut* principle which is beneficial for gastric fire is diminished and it will lose its own properties & potencies, leads into undigestion or maldigestion, and systemic disorders. Generally people consume the perishable cooked food items after refrigerated, scientifically such food items should not be stored more than 24 hours for the consumption purpose. According to *Ayurveda* this stale food called as *Paryushit anna* & regular consumption leads in vitiation of *Ras* & *Rakta dhatus* & may cause allergic, skin & gynecological problems. Any item kept in refrigerator should be left at room temperature for at least 30 to 40 minutes before consumption or heating before consumption. Cold & hot suddenly changes are known as *Viruddha upakaram*, opposite actions & should avoid. According to modern science, food molecular composition suddenly disturbs & there will be loss in nutritional values of cooked food items. Processed foods are high in sodium & when it is refrigerated then that excessive sodium leads to

hypertension & further heart diseases or stroke. Frozen meals are rich in fats & calories also load on metabolism process and cause obesity.^[17]

16. Restrictions in illness

In the patients of rheumatoid arthritis, curd at night and sour food at night is strictly restricted but if patients consume it then observation says that there are more complaints of morning stiffness & pain. These are the type of *Kala viruddha ahara*, it accelerates antigen and antibody reactions and white blood cells get affected.

For example, in today's era, young generation is more addicted for western food – fast food, which is high in energy density and low in necessary micro nutrient density, e.g: Zinc (Zn) and other minerals. It is tested that regular intake of fast food causes micronutrient deficiency specifically zinc (Zinc is the factor for the enzymes in metabolism), induces oxidative stress with inflammation in testicular tissue leading into testis underdevelopment, decreased hormone levels of testosterone.

Shandhatva and *Santandosha* impotency and sterility are the diseases mentioned by Charaka caused by the regular consumption of *Viruddha ahara*. Some genetic problems are seen in fetus as a result of contradictory diets by parents.

Modern Correlation

Allergy & Intolerance can be correlated with *Viruddha*

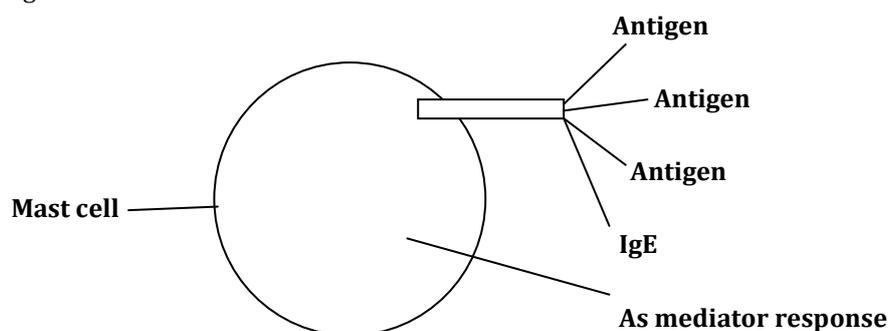
Symptoms of food intolerance

Table 1 : Showing general symptoms of food intolerance

Headache	Constipation	Joint pain, rheumatoid arthritis
Migraine	Wind bloating	In children recurrent mouth ulcers
Fatigue	Aching muscles	Irritable bowel syndrome
Depression	Diarrhoea	Duodenal ulcers
Anxiety	Hyperacidity	Crohn's disease
Vomiting	Stomach	Edema
Ulcers		

Mechanism

B cells (lymphocytes) produce IgE, these attach to mast cells in the body tissue. Chemical histamine is produced as a response to this smooth muscles contract. Antigens are the molecules, which provoke body to reproduce antibodies. Heptanes are the small molecules of antigen, which combine with proteins in the body & produce eosinophils. Eosinophils are predominant in allergic conditions.^[18]



Marked food allergy

Adaptation is failure of organism to adapt to the environment. Allergy is appropriate & harmful response of immune system to normally harmless substance.

Allergy

Allergy is altered reactivity or changed reaction. It includes development of immunity to infection on one hand and marked reaction to certain food stuffs, pollen, insect stings on the other hand. Principally immune system is concerned. Environment, i.e. all external things that effect body, food, water, air & things that come in contact with skin can cause allergy.

Chemical allergy reactions

Anaphylactic shock, swelling of lips, mucous membrane, tongue, urticaria, vomiting and in severe cases collapse occurs due to allergic reaction.

Allergic disorders

Hay fever, asthma, non-seasonal or permanent rhinitis, urticaria, eczema etc are caused by allergic disorder.

The IgE antibody is the main factor in classical allergic conditions. Special immune cells, mast cells act on them. IgE is found bound with their specific antigen and stimulate the mast cell to release several chemical messengers.

Tests for food allergy

Positive skin prick test - Later (Radio allegro adsorbent test) RAST.

Food intolerance - Skin prick test & other tests are negative.

Food intolerance

Table 2 : Showing systemic symptoms of food intolerance

System	Immediate	Late	Immune complex delayed hypersensitivity
GIT	Nausea	Stomach ulcer	Enterocolitis
	Vomiting	Duodenal ulcer	
	Diarrhea	Crohn's disease	Gluten sensitivity
	Wind bloating	IBS	Enteropathy
	Hyperacidity		
	Constipation		
Respiratory	Rhinitis	Eosinophilia	
	Laryngeal oedema		
	Asthma		
Cutaneous	Urticaria		Eczema
	Dermatitis		
	Angio oedema		
Neurological	Migraine		
	Anxiety		
	Depression		
	Headache		

Ayurveda emphasizes on the prohibition of incompatible food intake for the protection of health. If we analyze the *Viruddhas* mentioned in our classics, it appears that these combinations are difficult to digest, or in other words decrease the *Agni* and lead to formation of *Ama*, which in turn lead to obstruction of channels. Thus they produce various acute or chronic diseases depending on the nature of the combination, person's body constitution and quantity and duration of consumption of incompatible substance.

Scientific explanation

1. The enzyme ptyalin helps in the digestion of carbohydrates & starches, but in presence of sour materials and acidic medium, this action is hampered and results in fermentation. So only carbohydrates should not be consumed in combination with sour fruits which have citric, malic & oxalic acids.
2. Rich animal and vegetable proteins should not be consumed together. This again is very heavy and difficult for digestion
3. High protein foods processed in concentrated fat substances should be avoided, because the fats decrease the secretion of gastric juices and hamper the digestion process. Researchers have proved that heavy fat diet may reduce digestive rate by 50%
4. Intake of milk with heavy meals and non vegetarian diet is contra indicated, as milk is a gastric insulator and hampers the digestion process.

DISCUSSION

From the mechanism of action *Viruddha ahara* i.e., *Hetu*, is the main etiological factor in genesis & Aggravation of all skin diseases. Prevention of the cause plays a major role in deciding the line of treatment of these skin diseases.^[19] Cardio-vascular disease, cancer, obesity, diabetes mellitus (DM) and hormonal imbalance patients, sterility, percentage is increased year by year. Contradictory diet should be avoided and people should be

aware of this also understand the benefits, so that best dietary recommendations will reduce the risk of disease and stop the pathogenesis and improve protective mechanisms, immune system; ultimately health.

However *Charakacharya* and *Sushrutacharya* cleared that one who does exercise very regularly and doing oleation, who are young & strong, whose *Agni* (appetite & gastric fire) is powerful, habituated to *Viruddha ahara* & consume contradictory diet in small quantities will not be afflicted by *Viruddha* and they will be able to digest it properly.^[20, 21]

CONCLUSION

To cure the disease by its root cause and promote healthiness, diet plays a very important role in the line of treatment. From the above article, it is clear that *Viruddha ahar* is a very essential aspect for today's improper dietary items and food habits. This may lead into various immunological metabolic, digestive systemic disorders and even some hazardous diseases, unknowingly. Hence it is essential to highlight the causative contradictory diet substance and educate the patients to avoid these etiological factors.

Although this article explains it in short, but research and deep study for analysis on contradictory dietary must be done by expert dieticians and nutrition, and the details must be explained to people.

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