

International Research Journal of Ayurveda & Yoga

Vol. 5 (3),137-141, March, 2022

ISSN: 2581-785X;<https://irjay.com/>

DOI: <https://doi.org/10.47223/IRJAY.2022.5320>



A Conceptual Study of *Viruddhahar* (food incompatibilities) with special reference to Current Food Articles & Dietary Habits

Sanjeev Khuje,¹  Archana Singh²

1. Asso. Prof. and Head, Dept. of Rog Nidan Evam Vikriti Vigyan, Govt. Ayurvedic College Rewa (M.P.)

2. Asst. Prof. Dept. of Rog Nidan Evam Vikriti Vigyan, Govt. Ayurvedic College Rewa (M.P.)

Article Info

Article history:

Received on: 11-02-2022

Accepted on: 24-03-2022

Available online: 31-03-2022

Corresponding author-

Sanjeev Khuje, Asso. Prof. and Head,
Dept. of Rog Nidan Evam Vikriti
Vigyan, Govt. Ayurvedic College Rewa
(M.P.)

[Email:archi04singh@gmail.com](mailto:archi04singh@gmail.com),

ABSTRACT:

Viruddhahar i.e. Incompatible or antagonistic food is one of the important concepts of *Ayurvedik* science and it is believed that consumption of incompatible foods (foods holding opposite properties) may lead various pathological manifestations. Variety of food incompatibilities are mentioned in *Ayurvedic* literature, which are not in practice now a days. But there are various new food incompatibilities, which are practiced currently in day-to-day life and produces harmful effects such as deterioration of immune system, cellular metabolism, growth hormone etc. Understanding of these food incompatibilities and their harmful effects is need of hour now. In this paper we are reviewing the concept of *Viruddhahar* and effort has been made to understand the incompatibility of current food articles and dietary habits with special reference to *Viruddhahar*.

Key words: Viruddhahar, Incompatible food, Dietary habits, Food interactions.

INTRODUCTION

Food is the basic requirement and an essential part of all living beings, considered as one of the three sub pillars in Ayurveda.¹ The healthy body as well as the diseases depends on food we consume.² According to *Acharya Kashyapa*, proper intake of food holds the most important position out of all the factors for maintenance of good health, because food is accepted as the basic medicament other than any substance.³ Though, proper intake of food provides health, in current scenario, many standards regarding food and

diet regimen have been compromised and showing the overall declining status of health of individuals. According to analysis of global dietary patterns, in last two decades there is an increase in consumption of unhealthy items,⁴ food incompatibilities may be a big reason for that. Therefore it becomes essential to understand various types of food incompatibilities to reduce erroneous intake of food items in order to reduce burden of deteriorating health due to unhealthy food & diet. *Viruddhahara* (incompatible food) is one of the unique concepts given by the science of **Ayurveda**. It includes various incompatibilities regarding food and diet regimen, which hampers the



equilibrium of the *Dosha* and remain threatening to the *Dhatus* (bodily tissues).

AIM

To re-evaluate, discuss, and elaborate the concept of *Viruddhahar* and its various types with special reference to current food articles and dietary habit.

MATERIAL AND METHODS

This article is based on a review of *Ayurvedic* texts. Material related to *Viruddhahar* and other relevant topics have been collected. The main *Ayurvedic* texts used in this study are *Charak Samhita*, *Sushruta-Samhita*, *Ashtang Sangraha*, *Ashtang Hridaya*, *Bhava Prakash* and *Sharangdhar Samhita* and available commentaries on these. We have also searched various website to collect relevant information on the topic.

Definition of *Viruddhahar* (Food incompatibilities):

According to *Charaka Samhita* any food or medicine which when consumed displaces the *Dosha* from its place but do not expel them out of the body, is named as *Viruddha*. *Acharya Sushruta* on the other hand opined that for the formation of diseases due to *Viruddha*, not only dislodging of *Dosha* but also the lodging of *Dosha* in *Rasadi Dhātu* is important one. “The literal meaning of word *Viruddha* is opposite. So, food combinations that may have opposite or contrast properties such as fish and milk; or opposite activities on the tissues such as fruit and milk; or when processed in a specific form such as heated honey; or when combined in certain quantity such as equal amount of pure honey & ghee; or if consumed at erroneous time such as eating curd at night may exert some undesirable effect on the body and manifest as diseases. Such improper food combinations are known as *Viruddha Ahara*.”^{5,6,7}

Types of *Viruddhahar* (Food incompatibilities):

Acharya Charak has described 18 types of *Viruddha Ahara*, which Shown in Table 1

Examples of *Viruddha-Aahara* according to *Samhitas* (incompatible /antagonistic food):

Veerya *Viruddha*- fish + milk.

Sanskar *Viruddha* - heated honey.

Matra *Viruddha*-honey + cow's ghee mixed in equal proportion.

Krama *Viruddha*-hot water after taking honey.

Kala *Viruddha* - pungent substance in summer and cold substances in winter.

Krama *Viruddha*- consuming curd at night. taking **Madhura Rasa** food or **Dravya** at the end of meals taking **Tikta and Katu Rasa Dravyas** (food substances) at the starting of meals.

Samyoga *Viruddha*- fruit salad or milk + banana.

Parihar *Viruddha*- consuming cold water immediately after having hot tea or coffee.

Disorders due to *Viruddha Ahara*:

According to *Acharya Charaka* incompatible food if consumed in a regular fashion for long duration can lead to number of disorders, even death also.⁸ If rules for the diet are not followed then the diseases occurring due to *Viruddha Ahara* can occur, which are mentioned below:

Impotency, **Visarpa** (erysipelas), blindness, ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, abdominal distention, stiffness in neck, varieties of anemia, indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, rhinitis, and infertility.⁹

Food incompatibilities in Present Scenario:

Number of food incompatibilities are mentioned in *Ayurvedic* literature,¹⁰ which provides us a base to understand incompatibilities of food combinations of present scenario. For example:

1. Consumption of alcohol (possess *Ruksha & Tikshna Guna*) in arid land or having cool milkshakes juices and ice-creams (possess *Snigdha, Sheeta Guna*) in marshy lands can be considered as *Desha Viruddha Ahara*, whereas consumption of cold drinks, ice-creams, shakes in winters and excessive spicy food such as curries & gravies in summers or having food in odd times or without appetite are example of *Kaal Viruddha Ahara*.¹¹
2. Food items which are heavy to digest such as chole bhature, samosa, sweets, dahi bade should not be consumed by a person with *Mandagni*, same as spicy and low calorie food such as corn flex is *Agni Viruddha* for a *Teekshanagni* person.
3. Consuming yoghurt at night, having hot water after taking honey, having food without clearance of bowel and urination, having food without appetite, dieting for weight loss are much commonly seen in recent time, and these can be categorised as *Karma Viruddha*.
4. Milk and yoghurt should not be used together, as yoghurt can precipitate milk inside the stomach that may irritate and induce vomiting. It is an example of *Samyoga Viruddha* ¹²

5. Intake of *Kadaliphala* (banana) and cow milk is an example of *Samyoga Viruddha*, which is commonly consumed by people as shake. So it should be avoided.¹³
6. Tea and milk should be avoided together, as tea contains flavonoids called catechins, which have many beneficial effects on the heart. When milk is added to tea, then a group of proteins in milk, called caseins, interact with tea to reduce the concentration of catechins, and reduces the benefits. It can be categorised as *Parihar Virrudha*¹⁴
7. Betel quid, which is a combination of areca nut, betel leaf, slaked lime and tobacco is a perfect example of *Samyoga Viruddha*.^{15,16}
8. Gutkha, a mixture of areca nut, slaked lime, paraffin and catechu along with tobacco, is virtually poison as this mixture is a combination of 4000 chemicals of which at least 40 are carcinogenic compounds. It can cause non-healing ulcerative lesions in oral cavity. It can also produce noncancerous conditions such as bronchial asthma, hypertension, heart disease, narrowing of the blood vessels, stroke etc. It can be categorized *Samyoga Virrudha Ahara*.¹⁷
9. The present fast food processing can be taken in the category of *Samskar Virrudha*, where many harmful chemical and preservatives are used for commercial purpose, compromising with the health of the population.
10. Tea & Garlic both have anticlotting properties, together they may increase the risk of bleeding. So, tea and garlic should be avoided together.¹⁸
11. White sauce commonly used in fast food, is a combination of cream, milk and salt, which is also an unhealthy preparation as milk is clearly contraindicated with salt.
12. Pomegranate juice and grapefruit juice, both are known to block the cytochrome P450 3A4 enzyme systems in the intestines and increase blood levels of many medications being taken. Having these two juices together may enhance the above action.¹⁹
13. Consuming salty snacks along with milk or coffee is also not recommended. Yogurts are also popular breakfast food, and so is coffee; yogurt followed with hot coffee should be avoided.
14. Eating potato chips regularly is *Sanskara Viruddha*. Deep frying of potatoes can develop toxic substances, such as acrylamide, which can prove to be carcinogenic.²⁰
15. Oil and food must not be reheated. Reheating creates more oxidation and if consumed may create more oxidative stress creating more free radicals which are hazardous to health.²¹
16. Studies shows that use of high grade temperature in microwave for heating the food products results in formation of acrylamide that is recognised as a “potentially carcinogenic” compound.²²
17. There are so many examples of food and drug interactions which can be categorized in *Upachara viruddha*. Such as
 - Grape fruit juice possesses high interaction with almost all types of drugs. It modifies metabolization of the medication, affects the ability of liver to work on the medication.²³
 - Patients taking anti hypertensive medicines will benefit from concomitant low sodium diets. So food items rich in sodium are restricted with anti-hypertensive medicines.²⁴
 - Analgesics and antipyretics, NSAIDs like ibuprofen, naproxen, ketoprofen and others should be taken with food or milk as they may cause stomach irritation. Avoid or limit the use of alcohol because chronic alcohol use can increase the risk of liver damage or stomach bleeding.²⁵

Mode of action: According to Ayurveda regular and prolong consumption of *Viruddhahara*. Vitiates agni (digestive power), leads to indigestion i.e. the individual become unable to digest even the lightest consumed food, this undigested food turns sour and acts like a poison designated as *Amavisha* in Ayurveda. *Amavisha* hampers the proper functioning *Strotas* and leads to improper production of *Dhatus*, resulting in deprivation of *Vyadhikshamattva* i.e. immunity, and manifests as various disorders.(Flow Chart 1)

CONCLUSION

An old idiom states “you are what you eat” shows the importance of proper intake of food to stay healthy. But now a days food habits are so erroneous. Faulty food habits, addictions are part of new life style which negatively affects the health status. Concept of *Viruddha* (incompatibility) is one such principle of Ayurveda under the umbrella of which such newly adopted faulty and harmful food and diet combination could be placed. Avoidance of these food incompatibilities can be applied only when we are aware about them. So it can be concluded that a

properly taken balanced diet is the key of health, and the best medicament, and to accomplish a balanced diet one should know about various incompatible foods and try to avoid them.

Acknowledgements:- Nil

Conflict of Interest – None

Source of Finance & Support - Nil

REFERENCE

1. Acharya YT, Charaka Samhita. Ayurveda Dipika Commentary of Chakrapanidatta. Edition 5th, *Sutrasthana* 11/35 Chaukhamba Sanskrit Sansthana, Varanasi; 2002.pp.74.
2. Acharya YT, Charaka Samhita. Ayurveda Dipika Commentary of Chakrapanidatta, *Sutrasthana* 28/45 Chaukhamba Sanskrit Sansthana, Varanasi; 2002.pp.181.
3. Sharma PH Vrddha Jivaka, Kashyapa Samhita. editor. 8th edition, *Khila Sthana* 6/4. Chaukhamba Sanskrit Sansthana, Varanasi; 2002
4. M.J. Friedrich “Diet Quality Declines Despite Increase in Healthy Food Consumption” *JAMA The Journal of the American Medical Association* 313(15):1506, April 2015; DOI:10.1001/jama.2015.2924
5. Acharya YT Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, *Sutra Sthana*, 26/81 Chaukhambha publishing house; Varanasi, Reprint 2016. pp. 149
6. Acharya YT Charaka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, *Sutra Sthana*, 26/85 Chaukhambha publishing house; Varanasi, Reprint 2016. pp. 150.
7. Mukund S. *Viruddha Ahara: A critical view.* *Ayu.* 2012 33. 332-6. 10.4103/0974-8520.108817.
8. Acharya YT Charaka Samhita. Ayurveda Dipika Commentary of Chakrapanidatta. Edition 5th, *Sutra Sthana.*, 26/103 Chaukhamba Sanskrit Sansthana, Varanasi; 2002. *Sutra Sthana.*, 26/103. :151.
9. Acharya YT Charaka Samhita. Ayurveda Dipika Commentary of Chakrapanidatta. *Sutra Sthana.*, 26/103 Chaukhamba Sanskrit Sansthana, Varanasi; 2002.pp.151.
10. Bagde A, *Viruddha ahara - Incompatible foods in Ayurveda.* *Ayurpharm Int J Ayur Alli Sci.* 2013;2(7):203-211.
11. Mrudula J Concept Of *Viruddha-Ahara* In Ayurveda And Its Utility In Present Lifestyle. *International Ayurvedic Medical Journal {online}* 2018 {cited May, 2018}
12. Mukund S. “*Viruddha Ahara: A critical view.*” *Ayu* vol. 33,3 (2012): 332-6. doi:10.4103/0974-8520.108817
13. Shweta K^{aa}“Toxicological evaluation of banana and milk combination as incompatible diet – An experimental exploration of *Samyoga viruddha* concept” *Journal of Ayurveda and Integrative Medicine* Volume 12, Issue 3, July–September 2021.pp. 427-434,
14. Brown PJ, Wright WB. An Investigation of the interactions between milk proteins and tea polyphenols. *J Chromatogr.* 1963;11:504–14.
15. Sirdeshpande MK, Kashikar VA. Critical review on *Samyoga Viruddha* (combination incompatibility) with special emphasis on carcinogenic effect of combination of betel quid, areca nut and tobacco. *AYU* 2017;38:97-101
16. IARC. *Betel Quid and Areca Nut Chewing.* Lyon, France: NCBI; 2004. p. 3. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK316574/>.
17. The hindu. Com Bangalore. *Gutka more Harmful than other Forms of Tobacco.* Available from: http://www.thehindu.com/news/national/karnat_aka/gutka-more-harmful-than-other-forms-of-tobacco.
18. Engdal S., **In vitro** inhibition of CYP3A4 by herbal remedies frequently used by cancer patients. *Phytother Res.* 2009;23:906–12.
19. Hidaka M, et al. Effects of pomegranate juice on human cytochrome p450 3A (CYP3A) and carbamazepine pharmacokinetics in rats. *Drug Metab Dispos.* 2005;33:644–8.
20. Hidaka M, et al. Effects of pomegranate juice on human cytochrome p450 3A (CYP3A) and carbamazepine pharmacokinetics in rats. *Drug Metab Dispos.* 2005;33:644–8.
21. Venkata P, “Evaluation of the deleterious health effects of consumption of repeatedly heated vegetable oil.” *Toxicology reports* vol. 3 636-643. 16 Aug. 2016, doi:10.1016/j.toxrep.2016.08.003
22. Joanna et al. “Effect of Microwave Heating on the Acrylamide Formation in Foods.” *Molecules (Basel, Switzerland)* vol. 25,18 4140. 10 Sep. 2020, doi:10.3390/molecules25184140
23. Bushra R, *Food-drug interactions.* *Oman Med J.* 2011 Mar;26(2):77-83.
24. Lacy CF, Armstrong LL, Goldman MP, Lance LL. (2005). *Drug interaction handbooks.* Laxicomp’s Ohio. 13th edition. 706-708, 1269.
25. *Stormer FC, Reistad R, Alexander J* “Glycyrrhizic acid in liquorice--evaluation of health hazard.” *Food Chem Toxicol.* 1993 Apr; 31(4):303-12.

How to cite this article: Khuji S, Singh A “A Conceptual Study Of *Viruddhahar* (Food Incompatibilities) With Special Reference To Current Food Articles & Dietary Habits”

IRJAY.[online]2022;5(3);137-141.

Available from: <https://irjay.com>

DOI: <https://doi.org/10.47223/IRJAY.2022.5320>

Flow Chart 1

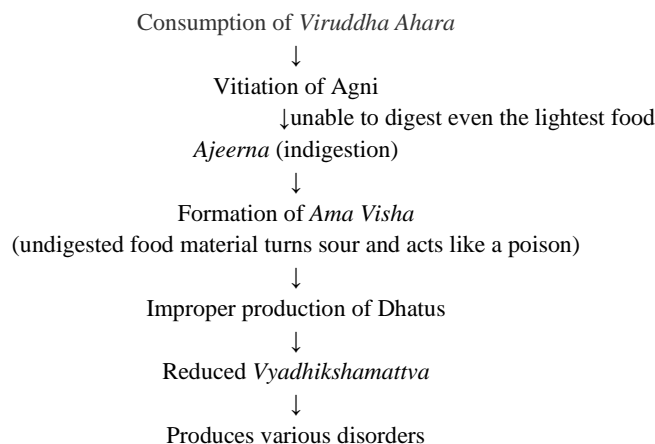


Table 1 Shows *Viruddha Ahara*

Type of <i>Viruddha Ahara</i>	Examples
1.Desha Viruddha (Place wise incompatible)	Food having similar properties to that of <i>Desha</i> . Such as <i>Ruksha & Tikshana Ahara</i> in arid land.
2.Kala Viruddha (Time wise incompatible)	Food having similar properties to the time when it consume, Such as <i>Ushna & tikshana Ahara</i> in <i>Sharad</i> .
3.Agni Viruddha (Digestive capacity wise incompatible)	Having food without assessing digestive capacity, Such as taking <i>Guru Ahara</i> in <i>Agni Mandya</i> .
4.Matra Viruddha (Quantity wise incompatible)	Some food items are contraindicated in equal amount, Such as Honey & <i>Ghrta</i> .
5.Satmya Viruddha (Wholesomeness wise incompatible)	Food for which the person is not habitual. Such as <i>Katu Tikta Tikshna Ahara</i> to a person who is used to <i>Madhura Sheeta Mridu Ahara</i> .
6.Dosha Viruddha (<i>Dosha</i> wise incompatible)	Food which are similar in properties of <i>Dosha</i> , vitiates <i>Dosha</i> , Such as <i>Kalaya</i> for <i>Vata Dosha</i> .
7.Sanskar Viruddha (Incompatible mode of preparation)	Food cooked with inappropriate method, Such as heated honey.
8.Veerya Viruddha (Potency wise incompatible)	Use of food items having opposite <i>Veerya</i> at the same time, Such as Fish (<i>Ushna</i>) consumed with Milk(<i>Shita</i>)
9.Koshtha Viruddha	Having food without assessing condition of <i>Koshtha</i> , Such as having milk in <i>Mridu Koshtha</i> .
10.Avastha Viruddha (Health state wise incompatible)	Having food without assessing the health status, Such as having <i>Guru Ahara</i> in <i>Jwaravstha</i> .
11.Kram Viruddha (Action wise incompatible)	Food taken in erroneous sequence, Such as having <i>Madhura Rasa</i> after taking meal.
12.Parihar Viruddha (Contraindications wise incompatible)	Consuming food items in the way they are contraindicated, Such as <i>ushna ahara</i> after <i>shita ahara</i> .
13.Upachar Viruddha (Treatment wise incompatible)	Having food which should be avoided according to treatment. Such as drinking cold water after <i>Snehan</i> or <i>Swedan</i> .
14.Paak Viruddha (Incompatible in cooking methods)	Food which is not properly cooked, such as overcooked or less cooked food.
15.Samyoga Viruddha (Combination wise incompatible)	Consumption of food items which are not supposed to use together or on combination produced harmful effects. Such as having curd or lemon with milk.
16.Hriday Viruddha (Incompatible according to likings and dislikings)	Consumption of food which is not liked by the person, such as consuming curd by a person who don't like it.
17.Sampad Viruddha (Quality wise incompatible)	Food which is deprived of its qualities, Such as over ripe, putrefied fruits.
18.Vidhi Viruddha (Incompatible according to rules of eating)	Food which is not according with the rules of eating, Such as eating while talking.