

Concept of Viruddha Ahara (Incompatible Food) In Today's Perspective

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ABSTRACT: Ayurveda states that Ahara (Food) is the most important factor in maintaining a healthy lifestyle, and the type of Ahara (Food) we consume has an effect on both our body and mind. People nowadays are leading sedentary lifestyles. In addition, the popularity of fast food is spreading worldwide. Many diseases are triggered by changes in eating habits and a lack of knowledge about proper nutrition. One of the specific concepts mentioned in Ayurveda is Viruddha Ahara (incompatible food). Viruddha Ahara is a term used by Ayurveda to describe a specific diet and its combination that disrupts the metabolism of body tissues, inhibits the formation of Dhatus, and has the opposite property of Dhatus (Incompatible food). Ahara (Food) is the most basic necessity of all living creatures. The prevalence of lifestyle disorders has risen in recent years, with poor dietary patterns playing a key role. As a result, understanding Viruddha Ahara (incompatible food) is crucial in today's world. The Viruddha Ahara (incompatible food) discussed in our Ayurvedic text is described and examined in this article.

Keywords: Viruddha Ahara, Incompatible food, Ayurveda, Fast food

I. INTRODUCTION:

Viruddha Ahara (incompatible food) is a crucial principle debated by ancient Ayurveda Acharayas, and it is considered to be the root of many systemic diseases. In Ayurveda, the Sutrasthan of Charaka Samhita describes the "TrividhaUpasthambha (3 subpillars)". The three pillars of Sharira (Body) are Ahara (food), Swapna (sleep), and Brahmacharya (celibacy), with Ahara (food) being the most significant.[1]

The value of ahara (food) in preserving one's health cannot be overstated. As a result, Ahara (food) has been given first preference among the Trayopastambhas (3 sub pillars). Disease pathophysiology starts with our bad eating and living habits. Food and eating habits in the West are becoming increasingly common. We not only eat food products at inopportune times, i.e., Kaal Viruddha (seasonal incompatibility), but we also have a bad mix of foods that disrupts our normal metabolism. Many systemic conditions or diseases are caused by metabolic disorders. Viruddha Ahara (incompatible food) is described by Acharya Charaka as a food product or combination of food products that disrupts the metabolism of tissues, i.e., Sharira (Body), Dhatus (Tissues), and inhibits the process of tissue formation while having the opposite property to the tissue.[2] This peculiar definition of Viruddha Ahara (incompatible food) has been thoroughly explained by Acharya Charaka and their commentators Chakrapani. They have identified 18 different types of Viruddha Ahara (incompatible foods) with proper examples of food products and food-to-food interactions that laypeople can use in their daily lives. They believe that daily consumption of Viruddha Ahara (incompatible food) helps to prevent a variety of diseases, so understanding the definition of Viruddha Ahara is important (incompatible food).

II. AIMS AND OBJECTIVES:

- To enlighten the Viruddha Ahara principle (incompatible food)
- Viruddha Ahara (incompatible food) plays a role in disease pathogenesis.

III. METHODS AND MATERIALS:

Data was gathered by reviewing Ayurvedic texts, previous articles, the internet and modern medical literatures.

IV. REVIEW OF LITERATURE-

Definition of Viruddha Ahara (incompatible food)-According to Acharya Vagbhata, Viruddha Ahara (incompatible food) is food, drink, or medicine that causes aggravation and dislodgement of Dosha from its site, i.e., Doshoklesha (exacerbation of Dosha), but does not eliminate or expel it from the body.[3]

Types of Viruddha Ahara (incompatible food)-

Acharya Charka described a total of 18 types of Viruddha Ahara (incompatible food), as shown below-

- 1) **Desh Viruddha**- Incompatibility with respect to location) – Desh viruddha is a diet that is incompatible with a specific region. [4] For example, in dry regions, Ruksha Ahara (dry food items) is consumed, while Snigdha Ahara (unctuous food items) is consumed in marshy areas.
- 2) **Kala Viruddha** (Incompatibility with Season)– Consumption of diet that is incompatible with time and season. [5] For example, in the winter, consume cold and dry substances; in the summer, consume pungent and hot substances.
- 3) **Agni Viruddha** (Incompatibility with digestive fire) - Intake of food at odds with irregular and normal digestive power.[6] For example, when Agni is Mand, consume Guru Ahara (heavy food) (power of digestion is poor)
- 4) **Matra Viruddha** (Quantity Incompatibility) – Eating diets that are nutritionally incompatible a certain quantity is required. [7] For example, consuming equal amounts of honey and ghee.
- 5) **Satmya Viruddha** (Incompatibility with Habit)– Consumption of sweet and cold substances by someone who is used to spicy and hot foods. [8]
- 6) **Dosha Viruddha** (Dosha Incompatibility) – Utilization of medications, diets, and regimens that have similar attributes to Dosha but are incompatible with the individual's habit. for example ,Ruksha Ahara (dry food items) in Vaataj Prakrati.[9]
- 7) **Sanskar Viruddha** (Incompatibility with regard to mode of preparation) Consumption of food products that become poisonous when prepared in a specific manner. [10] For example, peacock meat cooked over a castor fire with heated honey.

8) **Virya Viruddha** – Incompatibility in terms of potency.Virya Viruddha is a concept used to describe food products that have opposite potencies when consumed together. [11] For example, fish and milk

9) **Kostha Viruddha** (Incompatibility with the alimentary canal) - Consumption of foods that are incompatible with one's Kostha (digestive tract nature). [12] For example, a person with Mridu Kostha could take Guru (heavy), Bahu (more in quantity), and Bhedaniya (mild purgative) (soft bowel).

10) **Avastha Viruddha** (Incompatibility with regard to health status) – Food intake that is incompatible with one's health status. [13] For example, after physical exertion, consuming a Vata aggravating diet.

11) **Krama Viruddha** (Sequence Incompatibility) - Intake of food out of order, such as when a person eats before bowel evacuation and urination, or when he or she doesn't have an appetite for food, or after an extreme aggravation of hunger. (14)

12) **Parihar Viruddha** (Contraindication Incompatibility) – Consuming foods that are not recommended by a doctor. [15] For example, taking Ushna Ahara (a hot substance) right after eating pork.

13) **Upchar Viruddha** (Treatment Incompatibility) - Consuming foods that are not on the prescription list.[16] For example, eating a cold substance after consuming Ghee.

14) **Paak Viruddha** (Cooking Incompatibility)-Preparing food with poor or rotten fuel and undercooking, overcooking, or burning during the preparation phase. (17)

15) **Samyog Viruddha** (Combination Incompatibility) - Food products that are incompatible with one another.[18] For example, consuming a sour substance with milk.

16) **Hriday Viruddha** (Palatability Incompatibility) - A diet that is unpleasant and unpalatable to one's taste. [19] For example, eating unappealing foods.

17) **Sampad Viruddha** (Incompatibility with regard to food quality) - Incompatibility with regard to qualities.[20] For example, eating immature rather than mature and putrefied food substances.

18) **Vidhi Viruddha** (Disobedience to Eating Laws)- Eating food in violation of established norms, rules, and regulations, for example, consuming meals in public places.

Viruddha Ahara-related illnesses (incompatible food) -Viruddha Ahara (incompatible food) is the

cause of a number of diseases. Infertility, Bhagandra (fistula), Moorcha (fainting), Pandu (anaemia), Amavisha (acid eructation), Grhaniroga (mal absorption syndrome), Jvara (fever), and Santana Dosha (genetic disease) and even Mrityu (death). are among the diseases caused by Viruddha Ahara (incompatible food), according to Acharya Charaka.[22]

Medications- The first line of care is Nidana Parivarjana (preventative measures). Diseases caused by Viruddha Ahara (incompatible diet) may be treated with Vamana (Emesis), Virechana (Purgation), Shamana Chikitsa (Palliative therapy), and the use of a beneficial drug prior to treatment. [23]

In today's sense, Viruddha Ahara (incompatible food) - Lifestyle shifts have been related to incompatible food consumption trends in many countries around the world over the last few decades. Food plays an important role in the growth and prevention of many diseases, as is well recognised. In today's world, a range of food incompatibilities are used, such as Oxytocin-induced milk, food preservatives, pesticides on vegetables and fruits, and so on. Foodstuffs that need to be kept cool, Food that has gone bad (Bread, Bun etc.), Mutton or chicken with curd or milk, heated honey, hot water with honey Raw and fried foods, ice cream, cold beverages, chilled water, and so on. Viruddha Ahara (incompatible food) taken on a regular basis can cause inflammation at a molecular level by disrupting the eicosanoid pathway, resulting in increased arachidonic acid, prostaglandine-2, and thromboxane. This inflammatory effect is significant because these are the fundamental pathologies that cause Agni Mandya (low digestive power) and a variety of metabolic disorders. [24]

It is explicitly specified in Ayurveda that oil and food should not be mixed. Reheated oil produces further oxidation, which can lead to increased oxidative stress and the development of more free radicals if ingested. When oils like corn, soybean, and sunflower oils are reheated, a toxin called 4-hydroxy-trans-2- nonenal (HNE) forms, according to a recent report. Foods containing HNE from cooking oils have been related to an increased risk of cardiovascular disease, stroke, parkinson's disease, Alzheimer's disease, Huntington's disease, liver disease, and cancer. [25] Regular intake of food containing colour additives may have significant health effects, ranging from an increase in serum creatinine to an increase in albumin concentration, as well as a decrease in antioxidant

enzyme in the liver, resulting in fatty acid oxidation and acute inflammation, skin irritation and allergy, and kidney congestion. Preservatives and chemicals in food raise the risk of respiratory issues, and one of the most dangerous effects of preservatives on food is their potential to turn into carcinogen agents. As a result, it is important that certain food products be identified and avoided.

V. DISCUSSION:

Ayurveda has been outstanding in having a clear food and dietetics definition. The food principle described in Ayurveda is still practised today. Many forms of food incompatibilities have been established by this Ancient Sciences of Health. The earliest work on unhealthy food combinations, which includes the idea of food allergies and food poisoning, is Viruddha Ahara (incompatible food) and 18 forms of food combinations that are not wholesome for health as explained in Ayurvedic treatises. (incompatible food) can cause problems ranging from impotency to infertility, and thus has an effect on Shukra Dhatu Dushti. This can unknowingly lead to a number of dangerous diseases and even death in patients. The person should be able to recognise foods that cause reactions and rejection on a regular basis. Ayurveda has a list of Viruddha Ahara (incompatible food), i.e., unhealthy food combinations, that still seem fair and valid today, though many may have gone unnoticed. Prevention is often superior to cure. As a result, it is important to identify the causative incompatible dietary factors and educate people about how to prevent them.

VI. CONCLUSION:

A healthy, disease-free lifestyle necessitates a well-balanced diet. Ayurveda's definition of Viruddha Ahara (incompatible food) is extremely significant. As we all know, prevention is better than cure, so following the advice of Ayurvedic Acharyas is important for living a healthy life. Owing to a lack of understanding about proper eating habits in today's modern world, we blindly practise the wrong food habits and suffer from a variety of diseases. We can understand the disorder and harmful effects of Viruddha Ahara consumption by reading this post (incompatible food).

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