

A Critical View on Virudha Aahar: Dietic Incompatibility

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Abstract:

In *Ayurvedic Samhitas* Aahar is described in three *Upstambha* (*Aahar*, *Swapna*, *Brihmchraya*) These three *Upstambha* hold the body. By using these three pillars wisely, the body becomes strong, firm, filled with strength and varna. First *Upstambha* is *Aahar*, which is useful to maintaining the body. But nowadays in modern times people are using improper combination of food. Some substances and combinations of diet having properties opposite to body elements, turn against immunity of body. In *Ayurvedic* classical texts these type of food described as *Virudha Aahar*. In this article, it has been told about *Virudha Aahar*, taken by people now days and how these shows harmful effect on human body. How do they affect each system of the body?

Keywords: Virudha Aahar, Incomplete Diet, Unbalanced Diet, Dietic Incompatibility.

Introduction

Ayurveda is an ancient medical science of living organism. In *Ayurvedic Samhitas* described about importance of proper and balanced diet.

अन्नं वृत्तिकराणां श्रेष्ठम् ॥

Food is the best among the substance that sustain the body.

हिताहारोपयोग एक एव पुरुषवृद्धिकरो भवति, अहिताहारोपयोगः पुनर्व्याधिनिमित्तमिति ॥

Consumption of healthy food is the reason for the increase health growth and consumption of unhealthy food is the reason for yield diseases. But now days fastfood and junkfood are being used in increasing quantities by the people. People think that this type of food increase their status in society. But they are still unaware that they are harboring the cause of various disease in their body. Unhealthy foods harm our body in various ways and cause many diseases in our body by hampering the immunity of our body. sometimes it is also the cause of death. continue consumption of unhealthy food *Virudhha Aahar* leads to imbalance in the *Sapta Dhatus* of our body, which reduced disease resistance of our body.

Virudha Aahar :

Any food and medicine which elevates the dosha but does not remove them from body is known as *Virudha Aahar*. All those food, combination and medicine are harmful.

Types of Virudha Aahar :

In *Ayurvedic Samhitas* various type of *Virudha Aahar* has described. These are written below:

- 1) *Desh Virudha* : consumption of that type of diet which is opposite to region.eg.- intake of *Shushka* (dry), *Tikshna* (extra spicy) and *Ushna* (extreme hot) diet or medicine in *Jangal Pradesh*. *Jangle Desh* is excess of *Pitta*, *Rakta*, and *Vata Doshas*. *Ruksha Guna* is of *Vata Dosh*, hence eating *Ruksha* food will increase *Vata Dosh*. *Pitta Dosh* has *Ushna* and *Tikshna Guna* ,hence eating *Ushna* food will increase *Pitta Doshas* and *Rakta dosha* and this cause blood diseases like *Yuvanpidika*,*Mukhdushika*. Eating *Snigdha*, *Guru*, *Sheeta* food in *Aanoop Desh* will increase *Kapha Dosh*. Increase *Kapha Dosh* will blocks the *Srotas* and leads disease like *Arsha*, *Bhagandar* , *Kustha*.
- 2) *Kaal Virudha* : consumption of that type of diet which is opposite to *Ritu*(season / weather)eg.- *Sheet* (cold) diet or medicine in *Shishir* and *Hemanata Ritu* (winter) and *Ushna* (hot) diet or medicine in *Greesham Ritu* (summer).*Acharaya Charak* , *Shushrut* , *Vagbhatta* and many *Acharayas* have told that not following the *Pathya* diet as per the *Rituchrya* cause many diseases in our body. *Acharaya Charak* mentioned that *Jathragani* (digestive fire) is remain increased so we should take *Amla*, *Lavana*, *Ras*, honey,lukewarm water,oil,fat because *Shishir is Ritu of Aadan Kaal* For that reason *Vayu* is vitiated in *Shishir* and *Hemanata* . if we take light food then *Vata Dosh* will increase and in *Shishir* and *Hemanata Ritu* gastric fire is strong so this increased digestive fire digest first dhatu od body and cause *Rasa Pradoshaj Roga* like – *Pandu* (anaemia) , *Jwar* (fever) , *Tandra*, *Mukha Virasta*, *Mandagani*, procrastination etc.
- 3) *Agani Virudha* : there are 4 types of *Agani* according to *Aruveda*. These are –
 - a. *Vishamagani* : due to increase *Vata Dosh*
 - b. *Tikshagani* : due to increase *Pitta Dosh*
 - c. *Mandagani* : due to increase *Kapha Dosh*
 - d. *Samagani* : *Tridoshas* (*Vata* ,*Pitta* , *Kapha*) in same amount diet should be taken according to the presence of four types of *Jathragani* (gastric fire). if diet taken against to *Jathragani* it said to be *Agani Virudha*. If we take *Sheeta* , *Laghu*, *Ruksha Aahar* in *Vishamagani* *Vata Dosh* will increase and leads *Vataj Roga* like -joints pain, *Udavarta*, *Timir* ,*Kashay Aasyata*, *Vishad* ,*Gridhasi*, *Dantbheda* etc. if anyone have *Tikshanagani* and take *Ushna*, *Tikdhna*,*Katu* and *amla ras* food in excess amount it will increase *pitta dosha* may leads *Pittaj* and *Rakataj Roga* like – *Vidah* , skinburning sensation, skin disease, *Raktipitta*, *Kamla* (jaundice). In *Mandagani* intake of *sheeta Guru Snigdha* ,*Mdhur* food will increase *Kapha Dosh* and cause many diseases like – *Tandra*, *Galganda* , *Atishtolya* , *Udarda*, *Dhamani Prtichya* (arthrosclerosis).
- 4) *Matra Virudha* : intake of that type combination of diet in which their substances are against in quantity. Eg.- honey and *Ghee* mix in same quantity
- 5) *Satmya Virudha* : the man who use *Katu Ras* (bitter) and *Ushna Veerya* in their diet has become favorable to nature , for such person the diet of *Madhur Ras* and *Sheeta Veerya* is against the daily routine. *Satmya Virudha* is responsible for harmful effects on health as if *Kushtha* (skin diseases) , allergic conditions and digest related problems.
- 6) *Dosh Virudha* : diet and medicine which have similar properties to *Vata*, *Pitta*, *Kapha*, said to be *Dosh Virudha*.
- 7) *Sanskar Virudha* : those food substances or medicine that become like poison due to *Sanskar* , is said to be *Sanskar Virudha*.eg.- roasted peacoke meat, in castor wood.

- 8) *Veerya Virudha* : consuming *Sheeta* diet or medicine with *Ushna Veerya* substances , considered as a *Veerya Virudha*.
eg.- intake of fish with milk.
Koshtha Virudha : intake of that diet which is opposite to the nature of bowl. Eg.- for a man, whose *Koshtha* is *Krura*, given them less quantity and *Mand Veerya* food or medicine . a man whose *Koshtha* is *Mridu* , give them high quantity and heavy food or heavy dose of medicine.
Eg *Laghu Aahar* in *Krur Koshtha -Avastha Virudha* : consumption of that type of diet which is opposite to state or condition.eg. – the person who is lazy and sleep more, give them *Kapha* enhancing food or medicine.
- 9) *Karma Virudha*: when person do not feel hunger or when he feels very hungry and consume without excrete fecus and urine , is *Karma Virudha* .
Eg *Parihar Virudha* : intake of that diet which is against to those substances which are harmful to relives in symptoms.
Eg.- consume hot things after eating pork.
- 10) *Upchaar Virudha* : intake of that diet which is against to treatment. Eg.- intake of cold water after ghee intake.
- 11) *Paak Virudha* : intake of diet which is not cooked in proper process. Eg .- over cooked food or uncooked food.
Over cooked food –
uncooked food –
- 12) *Samyog Virudha* : consumption of that diet those substances in wrong combination. Eg.- citrus fruit shakes (sour fruits mix with milk).
- 13) *Hridya Virudha* : eating that food which is not liked by person.
Eg *Sampad Virudha* : the food or medicine in which juice has not been produced in proper form or which is extreme juice or juice has perverted in their initial stage , consumption of that food or medicine is *Sampad Virudha*. Eg.
- 14) *Vidhi Virudha* : eating in a way that is contrary to the rules of eating , is *Vidhi Virudha*. Eg .-

Dietary Habits : mixing dairy with certain acidic foods or fruits, can lead to digestive issues.

"Virudh Aahar" is a concept from Ayurveda, the traditional system of medicine in India. It refers to incompatible food combinations that, when eaten together, can produce toxins, disturb the digestive system, and lead to various health issues. Here are some examples of "Virudh Aahar":

Digestive Issues: Honey and ghee have different properties and require different digestive enzymes for metabolism. Consuming them together in equal proportions can lead to digestive discomfort, such as bloating, gas, indigestion, and diarrhea, particularly in individuals with sensitive digestion or weak digestive fire (*Agni*).

Yogurt and Nightshade Vegetables: Nightshade vegetables such as tomatoes, eggplant, and bell peppers are considered aggravating to Pitta dosha, while yogurt is cooling and can exacerbate Vata dosha when consumed in excess. Combining these two can lead to imbalances in the doshas and digestive discomfort:

Risk of Allergic Reactions Some individuals may be allergic to either fish or dairy products. Consuming fish and milk together increases the risk of triggering allergic reactions in susceptible individuals, which can range from mild symptoms such as itching and hives to severe reactions like difficulty breathing and anaphylaxis

Weakness and Fatigue: Inadequate calorie and nutrient intake from a light diet can result in feelings

of weakness, fatigue, and low energy levels. Without sufficient energy from food, a person may struggle to perform daily activities and experience a decline in overall vitality and stamina.

Digestive Discomfort: Heavy foods, particularly those high in fat and processed ingredients, can be difficult to digest, leading to digestive discomfort such as bloating, gas, indigestion, and constipation. A lazy person who consumes heavy meals may experience more frequent digestive issues due to the strain on the digestive system.

Weight Gain: Eating when not hungry can lead to excess calorie intake, which may contribute to weight gain over time. Consuming more calories than the body needs can result in the storage of excess energy as fat, particularly if the food choices are high in sugar, fat, and processed carbohydrates.

Acid Reflux: Eating spicy or hot foods after consuming pork might trigger acid reflux or heartburn in some individuals, especially if they are prone to gastrointestinal issues. Spicy foods can irritate the esophagus and stomach lining, leading to discomfort or a burning sensation.

Affects Bile Production: Ghee stimulates the production and secretion of bile in the liver and gallbladder, which is essential for digestion and absorption of fats. Drinking cold water with ghee may inhibit the release of bile and compromise fat metabolism, potentially leading to sluggish digestion and bile stasis.

Eg **Loss of Nutrients:** Overcooking can cause the breakdown of vitamins, minerals, and other nutrients in food. Water-soluble vitamins like vitamin C and B vitamins are particularly vulnerable to heat and can leach into cooking water or degrade during prolonged cooking, resulting in reduced nutritional value.

eg **Foodborne Illnesses:** Raw or undercooked food may contain harmful bacteria, viruses, parasites, or toxins that can cause foodborne illnesses such as salmonellosis, E. coli infection, norovirus, listeriosis, and hepatitis A. These pathogens can cause symptoms such as nausea, vomiting, diarrhea, abdominal pain, fever, and in severe cases, organ damage or even death.

Toxicity: combining milk and citrus fruits can create toxins (ama) in the body due to their conflicting properties and digestive requirements. These toxins may accumulate in the digestive system and impair overall health if consumed regularly.

Nutritional Deficiencies: Eating without choice may lead to a lack of access to a balanced diet, resulting in nutritional deficiencies. Without a variety of foods, individuals may not receive adequate amounts of essential nutrients such as vitamins, minerals, proteins, and healthy fats, which are necessary for overall health and well-being.

Food Contamination: Improperly packed food or using containers that are not clean can lead to contamination by bacteria, molds, or other pathogens. This contamination can occur during storage, transportation, or handling, particularly if food is packed in unsanitary conditions or left at unsafe temperatures for extended periods.

Medication Interactions: Certain combinations of drugs or combining medications with alcohol or other substances can have harmful effects on health.

Conclusion

These are just a few examples according to types of incompatible food combinations according to Ayurvedic principles. It's essential to consider individual constitution, digestive strength, and overall health when making food choices. Consulting with an Ayurvedic practitioner can provide personalized guidance on dietary practices and food combinations based on individual needs and imbalances.