

## VIRUDHA AHARA (INCOMPATIBLE DIET) IN PROSPECT OF MODERN ERA

Dr. Priyanka Teva\*

Assistant Professor, Dept. of Prasuti Tantra Evam Stri Roga, R.N. Kapoor Memorial  
Ayurvedic Medical College and Hospital, Indore.

Article Received on  
04 Dec. 2022,

Revised on 25 Dec. 2022,  
Accepted on 15 Jan. 2023

DOI: 10.20959/wjpr20233-26948

### \*Corresponding Author

Dr. Priyanka Teva

Assistant Professor, Dept. of  
Prasuti Tantra Evam Stri  
Roga, R.N. Kapoor  
Memorial Ayurvedic  
Medical College and  
Hospital, Indore.

[priyankateva6794@gmail.com](mailto:priyankateva6794@gmail.com)

### ABSTRACT

Dietetic incompatibilities: *Acharya Charak* defined that food or substances which have opposite property to our *Dhatu*s (body building agent) called *Virudha Ahara*.<sup>[1]</sup> (incompatible diet). Incompatibility depends on different conditions like food characteristic, combination with other food substances, cooking method and some incompatible according to *Desha* (climate), *Kala* (timing) and *Matra* (improper amount or incorrect dose). My aim to write this article is incompatible food according to present era which type of diet and dietary habits and cooking method are harmful for our body. So I am focusing incompatible diet like fast food and modern dietary habits which is very popular in this era. In Ayurveda described eighteen type of *Viruddha Ahara* (incompatible food) some are as *Sankar Viruddha* (changes in harmful substance by different processing method),

*Sanyog Viruddha* (combination), *Kala Viruddha* (diet harm to body if take wrong time or season), *Pak Viruddha* (wrong cooking method), *Desh Viruddha* (unsuitable for a climate), *Sampad Viruddha* (lack of nutrients), *Matra Virudha* (wrong dose), *Virya Viruddha* (Eating of food together having opposite potency). These all and some dietary habit which damage to our body system are *Viruddha Ahara*.<sup>[2]</sup> *Viruddha Ahara* dislodgement of *Dosha* from site but does not expel out which act contradictory to the body tissue. They interfere with normal body function and causes many diseases.

**KEYWORDS:** *Viruddha Ahar*, incompatible food, *Dhatu*, fast food.

## INTRODUCTION

*Viruddha Ahara* or incompatible diet, the food which wrong in combination, which interrupts the metabolism of tissue, which inhibit the process of tissue formation and opposite property to tissue and which is wrong in combination and undergoes wrong processing consumed in incorrect amount or dose and incorrect time of day or season are *Viruddha*. As in present era people are attract to fast food, which is loaded with higher intakes of energy, sodium, and saturated fat. Fast food means not just referring to the food in fast food restaurants. Fast foods include all unhealthy foods with lack of nutrients. Sometimes our cooking method and wrong dietary habit also converted into incompatible food. These are processed foods and for many, are the primary source of calories. In fast food added some substances which producing a dopamine-driven surge of intense pleasure in people with a propensity for addictive behaviour.<sup>[3]</sup> and they are badly affect to our health. Fast food have high fat content, sugar and salts their adverse effects on our micro channels. Excess intake of cholesterol and salt rich food rise blood pressure which leads to stroke and heart diseases, also affect the kidneys too. Excess fats and oils along with spices added in these foods act as an irritant to gastric mucosa leading to excess secretion of hydrochloric acid, causes gastritis. Fried and processed food, contains high amounts of trans fats, saturated fats in addition to oxysterol. Oxysterol is a little-known type of cholesterol which may prove to be a lethal compound to heart. Lack of vital oxygen, nutrients and proteins particularly can stale the grey (brain) cells temporarily. Some industries added colouring and flavouring agent in fast food and some preservative, which are often inedible, carcinogenic and harmful to the body.<sup>[4]</sup> these can be allergic causing asthma, rashes and hyperactivity. Animal studies on rats have demonstrated the ill effects of consuming junk foods during pregnancy which affects the health of foetus. In Ayurveda this incompatible food called *Viruddha Ahara* and on the basis of time, cooking method, combination with other product, climate they are divided into eighteen types. Our *Acharyas* clearly said certain diet and its combinations interrupts metabolism of tissue, and if we consumed it for long time they cause many types of skin and systemic diseases. Some *Viruddha Ahara* as modern era and their effect on body as follows-

***Sanskar Virudha:*** *Sanskar* means when we changes the properties of particular food items by adding some substance or cooking or any other processing method. Due to these, if food changed in toxic substances then it called *Sanskar Virudha*, like excessive hot food/ tea pour in plastic container, the plastic melt and produce certain harmful chemicals like dioxin which cause cancer. Plastic container contain polypropylene, cellulose ether, polyethylene which

have disorganized polymerase chain. When those chains get touched with hot food the weak bonds between the polymer chains break and release huge of free radicals which damage our body and contributing the pathology of many diseases. Some of these chemicals have been linked to some metabolic and endocrinal disorders, its more harmful when it expose to high temperature. Some study shows the number of people suffering from kidney and throat cancer and infertility has been increased, a person had been consuming tea, coffee, milk in plastic container for a long period.<sup>[5]</sup> Another example is RO (reverse osmosis) water- health risks from consumption of demineralised or low-mineral water knowledge of some effects of consumption of demineralised water is based on experimental and observational data. The possible adverse consequences of low mineral content water consumption are as direct effects on the intestinal mucous membrane, metabolism and mineral homeostasis or other body functions. Little or no intake of calcium and other minerals from low-mineral water causes their deficiency disorders like Muslce cramps, osteoporosis, hypertension, seizures.<sup>[6],[7]</sup>

Dish wash with synthetic detergent - phosphate a very common chemical used in the dishwashing gelsor soap, even after washing, trace amount of dishwash liquid remains on dishes which enter our body with every next meal and affect the gut healthy flora (healthy bacteria, yeast). Dishwashes contains triclosan and phosphate which distroy the healthy gut flora. The long term side effects are various metabolic disorders, irritable bowel syndrome and may be later on carsinogenic effect and also cause some skin disorders.<sup>[8]</sup>

Processed food also comes under *Sanskar virudha* - Processed foods and beverages are among the major sources of added sugar in the diet. Sweetened beverages are a particularly significant source; people tend to consume much more sugar than they realize in soft drinks. The body breaks down refined, or simple, carbohydrates quickly, leading to rapid spikes in blood sugar and insulin levels. It is also linked with health conditions such as obesity, metabolic syndrome, type 2 diabetes, and inflammatory diseases.

Another example of *Sanskar Virudha* is sprouts- it is highly preferred snack item among fitness enthusiasts and weight watchers. eating of raw sprouts can cause food poisoning due to bacteria growth like e-coli and salmonella and raw food taken longer time in digestion. Alfalfa and alfalfa sprouts are high in vitamin K. So it can be dangerous in patients who taking blood thinning agent.<sup>[9]</sup> Therefore, the Food and Drug Administration (FDA) advises children, pregnant women, older adults, or anyone else with a compromised immune system to avoid alfalfa sprouts and supplemental products derived from alfalfa seeds.<sup>[10]</sup>

**Kal Virudha:** If a food item changes its property if we kept it for certain time or if a particular food is taken in wrong day timing or in wrong season. For example packed food, there is more chance of bacterial growth which can cause food poisoning. Long time keeping in an anaerobic environment there is destroying of vitamins and minerals and some harmful agents also produce. Curd in night, because it is heavy to digest and *Acharya Susruta* says plain curd is harmful for health it should be taken with sugar or pepper like agents. Other are in winter season taking cold potency food. To take one type of food regularly, in many foods contain one type of vitamin or mineral and in some food carbohydrate rich some protein some are fats and there regularly long time uses leads to excessive deposition one type of mineral or vitamin and deficiency of other type however many foods have small amount of presence of other minerals but not much according to body demand, so we should have take food as alternatively or grains can be taken in mix form.

**Pak Virudha:** If food changes in harmful substance by different cooking method then it is called *Pak Virudha*. If we cooked food with very hot flame like starchy foods in particular, one risk that the Food Standards Agency (FSA) in the UK has issued warnings about is acrylamide.<sup>[11]</sup> The chemical is used industrially, to make paper, dyes and plastics, but it's also created in food when it's roasted, fried or grilled at very high temperatures for a long time. Carbohydrate-rich ingredients, like potatoes and root vegetables, toast, cereals, coffee, cakes and biscuits, are the most susceptible, and the reaction can be noticed when the starch within them starts to darken, they turn golden brown or start to look burnt. Acrylamide has been investigated as a potential cancer risk, although most of the current evidence that supports a link comes from animals. In 2017, researchers in Taiwan compared the amount of aldehydes – a broad class of reactive compounds, many of which are toxic to humans – produced by different cooking methods. In the paper, the authors suggest that sunflower oil fumes, and methods like deep frying and pan frying, have a higher risk of producing more aldehydes. Other studies have also provided evidence that exposure to cooking oil fumes during pregnancy may have an effect on newborns, by reducing their weight at birth.<sup>[12]</sup> Some study evaluated the effect of different cooking methods including blanching, boiling, microwaving and steaming on the content of vitamins in vegetables. Generally, higher retention of vitamin C was observed after microwaving with the lowest retention recorded after boiling. Cooked vegetables were occasionally higher contents of fat-soluble vitamins, including  $\alpha$ -tocopherol and  $\beta$ -carotene, than that of their fresh counterparts, but it depends on

the type of vegetables. Cooking may cause changes to the contents of vitamins, but it depends on vegetables and cooking processes.<sup>[13]</sup>

Nonstick pan Teflon covering on food pan -Teflon is not a product on its own, but a brand name of a product. It refers to a chemical coating known as polytetrafluoroethylene (PTFE). Most manufacturers assumed that PFOA burns off during the process of manufacture, but traces of PFOA were found in some Teflon-coated cookware. A 1999 study found that 98% of people in the United States had PFOA in their blood. This was due to environmental exposure to the chemical. As a result, the US EPA put up a program to eliminate the use of PFOA by 2015. Teflon is generally safe, but heating it to above 300 degrees Celsius or 570 degrees Fahrenheit poses a danger to your health. So many health risks can happen in Teflon coated utensils.<sup>[14]</sup>

Cooked food in cooker- Some research even suggests that pressure cooking destroys nutrients, or compounds that inhibit the body's ability to absorb and utilize nutrients. Compared to boiling, pressure cooking destroys more nutrients.<sup>[15]</sup>

Oil reheating- reusing this deep fried oil repeatedly for frying purposes is responsible for many health hazards in human population. Changing in colour are some physical changes which can alter the fatty acid composition of the cooking oil on repeat frying. These methods forming hazardous reactive oxygen species and depleting the natural antioxidant contents of the cooking oil. Long-term ingestion of foods prepared using reheated oil could severely compromise one's antioxidant defense network, leading to pathologies such as hypertension, diabetes and vascular inflammation.<sup>[16]</sup>

**Virya viruddha:** Such food items which have potency opposite to each other when consumed together termed *Virya Viruddha*. Take citrus fruit with milk or hot potency food items like garlic and Osimum because they are *Virya Virudha* and should never have to take together and can cause stomach irritation leads to diarrhoea or other digestive disorders. Further, acidic fruits should not be combined with proteins because it hampers their digestion in the small intestine. For example, drinking orange juice with eggs, milk, cheese or meats will surely increase your risks of indigestion. If you take hot and cold food together such as ice cream and hot coffee, then the stomach will have to work harder to digest it. Other example is lentils and fridge curd. Recent study have showed food ingestion habits alters the digestive system function and causes some GIT and other disorders.

**Sanyog Viruddha** (food-food interaction): combination of food items which interact and harm during eat together but when eat separately they are beneficial to us. As never eat protein including eggs, meat, cheese, and sea food with starchy (carbs) foods like bread, rice, squash, or grains. Don't combine orange juice with carbohydrates such as bread, pasta or potatoes because the enzyme needed to properly digest them is destroyed by certain acids. Natural fruit acids prevent carbohydrate digestion, which provides substrates for bacteria in your large intestine to ferment. Salad should not take with Carbs and or with salt, if we take salad with food our digestive system focus to digest on salad and taken longer time to digest food. When we mix salt in salad to increase the taste this salt destroy many vitamins and due to osmosis some are excrete out through water. Cucumber and spinach should not eat together contains ascorbinase, which breaks down vitamin C. Ultimately, it prevents our body from absorbing them. If you eat tomatoes and sugar together, the nutrients inside the tomato (vitamin B) will be used to digest sugar. Ultimately, you will be eating tomatoes and not get any good out of it other than feeling full. Don't take coffee or tea after lunch and dinner because they hampered absorption of iron.

**Matra Virudha:** Some substances which harm to us when it mix in particular amount or dose for example, honey and ghee in equal ratio has always been found as an incompatible diet, if taken for long duration, this has been proven by many biochemical parameters including liver function test, renal function test, oxidative stress test. The liver tissue morphology alteration and inflammatory cell infiltration was noted.

**Desh Virudha:** The diet which are incompatible to climate for example people who lives in desert area or hot climate should eat cold potency diet and juicy food. and people who lives in cold or ocean area have combatable hot potency diet.

**Satmya Virudha:** According to Ayurveda every person body nature is different so diet should be their body acceptance as some person body does not tolerate hot potency food and have suffer from bowel irritation like symptoms after taking these food items. another example are some people body having allergy to dairy products having symptoms like body rashes, sneezing, rhinitis.

**Avastha Viruddha:** Intake of food in contrast to one's state of health intake of low calorie diet and *Vata* aggravating diet by whom doing heavy workout like labour, gym.

**Kram Viruddha:** We should have to take food in a sequence according to our body system Eating before passing motion or eat without having hunger.

**Upchara Viruddha:** (improper treatment protocol) Drinking of cold water after take *Ghee* or butter.

**Sampad Viruddha:** Diet which have lack of nutrients.

**Agni Viruddha:** If we take diet opposite to digestive power. As if person having strong digestive fire, taking light diet and another have low digestive fire taking heavy meal. In reference of timing, in morning taking low calory diet and evening heavy diet or in reference of season in winter taking low calory diet and summer taking heavy diet, these are *Virudhha* because in winter season digetion power is more strong and in summer heavy food difficult to digest.

**Vidhi Viruddha(wrong dietary habit):** Do not follow diet rule like timing, amount, combination and if the diet is opposite to *Prakriti* (according to body nature person).

#### **Disease created by *Viruddha Ahara* which mentioned by *Acharya Charak***

From the above list it can be understood that any procedure, combinations, dose, amount of food, opposite properties of food if consumed in a regular fashion can lead to number of disorders. Charaka has mentioned that such types of wrong combinations can lead to even death. If above-said rules for the diet are not followed then the diseases occurring due to *Viruddha Aahara* 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.<sup>[17]</sup>

#### **CONCLUSION**

Diet which have opposite to our tissue or body building agent called *Viruddha Ahara* that is incompatible food. This incompatibility depends on many factor as some are to combination, cooking method, timing, dose, season, digestive fire dietary rule, person body nature. We have to follow the diet rule and should avoid wrong diet and cooking habit. Our ancient Acharya very well know about this incompatible food and they advised which diet rule mentioned in *Charak Viman Sthana* have to follow and by following diet rules we can stay healthy.

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