



Indian Journal of Agriculture and Allied Sciences

A Refereed Research Journal

ISSN 2395-1109

e-ISSN 2455-9709

Volume: 3, No.: 1, Year: 2017

www.mrfsw.org

Received: 15.12.2016, Accepted: 06.02.2017

INCOMPATIBLE FOOD (VIRUDHA AAHAR)

Rana Sweety¹, Mangwal Ketan², Sethi Lincon Kumar³, Tiwari R.C⁴ and Singh Anoop⁵

^{1,2,3}M.D Scholar at UAU in Agada Tantra, ⁴Head and ⁵Associate Professor, Agada Tantra at UAU, E-mail: agadatantra786@gmail.com, Corresponding Author: Tiwari R.C

Abstract: *Virudha Aahar is a unique concept described in Ayurveda. The present article deals with the critical review of virudha Aahar referred in terms of food-food interactions, food-time of consumption interaction, food-environment interaction. Ayurveda had clearly defined that, certain diet and its combination which may be in any form as mentioned above, if interrupts the metabolism at the level of tissues, which inhibits the processes important by human to sustain life and which have the opposite property of the tissues are called as Virudha Aahar or Incompatible food. The food which had been consumed in an incorrect dose, inappropriate time of the day and in incompatible season will shurly lead to virudhaaahar. The article narrates the modern perspective samskarvirudha, veeryavirudha and so on. It also enlists a variety of Incompatible dietary article consumed in today's day to day life that have a hazardous effect on the health of an individual. This incompatibility of food is mentioned in our ayurvedic literature under the banner of GARA VISHA. It means a substance whose toxic action reveals itself after an extended period of time. So this article emphasizes on ill practices of food consumption which accelerates the process of catabolism in our body.*

Keywords: *Ayurveda, food-food interaction, virudhaaahar, garavish, tissue.*

Introduction: *Virudh Aahar* or Incompatible food is very hot and fiery issue discussed even by our ancient *Ayurveda acharyas* in *ayurvedic* literature. According to *Acharya Charaka* ^[1] the substances which are contrary to *deha, dhatus* and behave as a toxin against the body of an individual comes under it. It is said to be the cause of many systematic disorders as per *Ayurveda* literature. Person who consumes *virudha Aahar* lead to many metabolic disorders. So *virudha Aahar* can be correlated with metabolic disorders if it has to be compared with its modern counterpart. *Acharaya Charaka* clearly says that certain diet and its combination, which interrupted the metabolism of tissues and which inhibited the process of formation of cell and which have the opposite property to cell are called as *virudha Aahar* or incompatible food. With the help of modern technology and biochemistry, it had become easy to elaborate the effect of *virudhaAahar* on our day today's life. Food-food, food-time etc., interactions are serious issue, not only to our nation but to whole world. But due to its slow poisonous action and its non-lethal effect its effects are not given the

lime light. The literally meaning of word '*virudha*' is opposite. It sounds that the food combination of certain type of food may have:

- Opposite properties
- Opposite activities to the cell/ tissues
- May exert some unwanted effect on body when processed in a particular form.
- May exert undesirable effects, when combined in certain proportion.
- May have unwanted effect if consumed at wrong time and lots more to be still explored.

Ayurveda literature has described various types of *virudhaAahar*, which can be summarized as follows ^[2].

1. ***Deshvirudha (Place):*** *Inaanoopdesh* use of cold medicine.
2. ***Kala virudha (Time):*** Pungentsubstance in summer and cold in winter.
3. ***Agni virudha (Digestive):*** When one takes food opposite to the 4 types of agni.
4. ***Matravirudha (Quantity):*** Honey+ghee mixed in equal proportion.
5. ***Satmyavirudha (Wholesome):*** The use of sweet,coldetc by a person accustomed to Pungent, hotetc is antagonism in suitability.

6. **Dosh virudha:** Use of diet, drug and behavior similar to *dosas* in properties but adverse to the person.
7. **Sanskarvirudh (Mode of Preparation):** When the edible becomes poisonous by particular processing such as in case of peacock's meat attached to the castor stick.
8. **Viryavirudh (Potency):** Antagonism in potency is that when *sitavirya* and *ushnavirya* substance combined together are taken.
9. **Kosthavirudh:** Antagonism in bowel is that when too little of mild potency and non-breaking drug is administered in hard bowel.
10. **Avasthavirudh:** When *vata* vitiating substance is given to the person indulged in overwork, sexual intercourse and exercise and *kapha* vitiating one in that indulged in oversleep and laziness.
11. **Karm virudh (Sequence):** When one takes food without excreting feces and urine and without appetite and excessive hunger.
12. **Pariharvirudh (Caution):** If hot things are taken after intake pork etc.
13. **Upcharvirudh (Treatment):** Use of cold water after intake of ghee etc.
14. **Paakvirudh (Cooking):** Antagonism in cooking consist of cooking on damaged or bad fuel or if the grains are uncooked, overcooked or burnt.
15. **Samyogavirudh:** Sour things are taken with milk.
16. **Haridyavirudh:** Antagonism in palatability is taking of unlocked things.
17. **Sampadvirudh (Quality):** Antagonism in richness is that if there is immature, over mature or damaged *rasa* in a substance.
18. **Vidhivirudh:** Antagonism in rules if the food is not taken in privacy.

Symptoms of virudh Aahar: The entire, which exaggerates the *dosas* but does not play any role in its elimination from the body becomes harmful.

Diseases Created by virudh Aahar: From the above list it can be understood that any procedure, combinations, dose, amount of food, opposite property of food if consumed in a regular fashion can lead to number of disorders harmful at some phase of our life. *Charaka* has mentioned that such types of wrong combinations can lead to even death^[3]. If above said rules for the diet are not followed, then the diseases occurring due to *virudha Aahar* as mentioned in or literature can occur, which are mentioned below: Impotency, blindness,

erysipelas, ascites, pustules, insanity, fistula-in-ano, fainting, narcosis, tympanitis, spasm in throat, anemia, *ama-vish*, leukoderma, leprosy, *grahniroga*, edema, acid-gastritis, fever, rhinitis, genetic disorders and even death.

Treatment: According to *Acharya charaka*, the treatment of these diseases are-Purgation, emesis, pacification of priorly used wholesome substance which were responsible for the alleviation of the disorders caused by antagonistic food. The antagonism becomes inert due to suitability, small quantity, strong digestive power, in young age and persons having unctious, physical exercise and strength^[4].

Food Incompatibilities in Today's Perspective: *Virudh Aahar* can lead to inflammation at a molecular level. Number of food incompatibilities are mentioned in old *ayurveda* literature, such as *charak* and *sushrut samhitas*. We only have to identify new food incompatibilities keeping in mind the present scenario, which is used today in day to day life as per *ayurvedic* prospective, plus taking aid from the modern diagnostic techniques. A new branch called topography (a science related to combinations of food) is emerging, which tells about the combination of basic categories of the food^[5].

- As per this science, proteins must not get combined with starch and carbohydrate and may be consumed separately, for example we should not consume green salad with chicken, mutton etc. This is because starches require an alkali medium and the amylase in saliva contains ptyalin, an enzyme that breaks down starches together will result in absorption of one being delayed by the other.
- **Green Tea or Black Tea and Milk:** Tea contains flavonoids called catechisms, which have many beneficial effects on the heart. When milk is added to tea, then a group of protein in milk, called caseins, interact with the tea to reduce the concentration of casein. So one should avoid tea and milk together^[6].
- **Milk and Yogurt Interaction:** If consuming both together can precipitate milk inside the stomach that may irritate and induce vomiting.
- **Tea and Garlic:** Tea contains anticoagulant compounds called coumarins, so tea when combined with garlic they may increase the risk of bleeding^[7].
- **Pomegranate Juice and Grape Fruit Juice:** These both juice are known to block the cytochrome **P450 3A4** enzyme systems in the

intestines and increase blood levels of many medications you are taking^[8].

- **Unripe Tomatoes or Potatoes and Alcohol:** The unripe tomatoes contain huge amount of solanine, which may interact with alcohol. It can create more sedation^[9].
- Deep frying of potatoes can develop toxic substances, such as acrylamide, which can prove to be carcinogenic.
- Foods typically cooked at high temperature like meats, may contribute to the risk and exacerbation of chronic diseases linked with inflammation.

Conclusion: As described in this review article there are so many diseases that may develop due to the abuse of food under the banner of *virudh Aahar*. In these diseases the first line of treatment should be *NIDANA PARIVARJANA*, so as to avoid any hazardous effects. This article may help in preventing the diseases which may grasp a healthy normal person in its grip. From the above text it is clear that so many combinations of *virudh Aahar* may even have fatal effects. So this topic is to guide people and induct them for what is good and what is bad for their living and hence which type of combination has to be avoided. Description of this article increases the awareness about diet and dietary process and also enlighten causative dietary factor of so many diseases.

References

1. Shukla Vidhyadhar, Tripathi Ravi Dutta. (2004). *Vaidyamanorama*, Hindi commentary on *charakasamhitas*, Vol- 01, *sutra*26/81, Chaukhamba Sanskrit Prathisthan, Delhi.
2. Shukla Vidhyadhar, Tripathi Ravi Dutta. (2004). *Vaidyamanorama*, Hindi commentary on *charakasamhitas*, Vol- 01, *sutra*26/87, Chaukhamba Sanskrit Prathisthan, Delhi.
3. Shukla Vidhyadhar, Tripathi Ravi Dutta. (2004). *Vaidyamanorama*, Hindi commentary on *charakasamhitas*, Vol- 01, *sutra*26/103, Chaukhamba Sanskrit Prathisthan, Delhi.
4. Shukla Vidhyadhar, Tripathi Ravi Dutta. (2004). *Vaidyamanorama*, Hindi commentary on *charakasamhitas*, Vol- 01, *sutra*26/104, Chaukhamba Sanskrit Prathisthan, Delhi.
5. Shelton HM-The hygienic system:orthotrophy. (1935). chap-26.Dr.shelton'shealth school.
6. Brown, P.J., Wright, W.B. (1963). An investigation of the interactions between milk proteins and tea polyphenols. *J Chromatogr*,11:504-14.
7. Engdal, S., Nilsen, O.H. (2009). In vitro inhibition of CYP3A4 by herbal remedies frequently used by cancer patients. *Phytother Res.*, 23:906-12.
8. Hidaka, M., Okumara, M., Fujita, K., Ogikubo, T., Yamasaki, K., Iwakiri, T., et al. (2005). Effects of pomegranate juice on human cytochrome P450 3A(CYP3A) and carbamazepine pharmacokinetics in rats. *DrugMetabDispos*, 33:644-8.
9. from:[http://pvhs.org/documents/pharmacy services/food and drug interactions](http://pvhs.org/documents/pharmacy_services/food_and_drug_interactions).