

**A literature review of Viruddha Aahaara (Incompatible food) in Ayurveda**

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**A**ny food which mobilizes body humors or Dosha without evacuating them and is harmful and incompatible to body tissues or Dhaatu is called as Viruddha Aahaara (Incompatible food).

It specifies following things

- It must be a food article
- It should mobilize Doshas
- It should not lead to evacuation of doshas
- It should be harmful to body tissues & incompatible

**Types of Viruddha Aahaara**

The 3 classical texts in Ayurveda described all types of Viruddha Aahaara

**According to Charaka**

- Desha – Land or habitat
- Kaala – Season or time
- Agni – Digestive Power
- Maatra – Quantity
- Dosha – Body humors
- Sanskara – Food Processing
- Veerya - Potency
- Koshtha – Status of Digestive tract
- Awastha – Stage of disease, life etc.
- Karma – sequence of taking food
- Parihaar – Precautions after procedures
- Upchaara – Treatment
- Paaka – Cooking
- Samyoga – Combination
- Hrid – Desires or heart
- Sampad – Maturity or qualities
- Vidhi – Manner of eating

**According to Shushruta**

- Rasa – Conflicting to tastes
- Vipaka – Taste generated after digestion
- Tar-tamatva – Strength of Qualities
- According to Vagbhata
- Guna samataa – two different foods having same quality of strong nature
- Guna Vishamataa – Opposing strong qualities
- Guna sama – vishamataa – Powerful qualities (same & opposite – Agonist, Antagonist )
- Examples of incompatible food are given below
- Milk is incompatible with Jack fruit, fish, kulattha ( a type of pulse)
- Heated curd
- Heated honey
- Ghee & honey in equal proportion salty & hard water
- Barley at night
- Cereals without water

Incompatibility of food does not produce diseases in every person but creates a predisposition towards diseases

Factors nullifying Viruddha Aahaara / incompatibility of food are –

- Regular exercise
- Regular intake of fats
- Strong digestive power
- Young age
- Bodily strength
- Small quantity
- Desensitization or habituation

**Diseases produced due to incompatible food**

- Debility of sense organs
- Death
- Visphot – skin eruptions
- Shopha – oedema
- Mada – intoxication
- Vidradhi – abscess
- Gulma – tumor
- Yakshmaa – tuberculosis
- Tejonaasha – lack of luster
- Balnaasha – debility
- Indriyaasha – loss of capacity of sense organs
- Smritinaasha – amnesia
- Chittanaasha – loss of concentration
- Jwara – fever
- Raktapitta – purpura
- Ashta mahaa gada – 8 major diseases ( Diabetes, Leprosy etc. )
- Shaandhya – Impotence
- Andhatwa – Blindness
- Dakodara – Ascitis
- Unmaada - Psychosis
- Bhagandara - Fistula-in-ano
- Moorcha – syncope
- Galaghraha – sore throat
- Paandu – Anemia
- Grahane – Sprue
- Amlapitta – Hyperacidity
- Kilaasa – leucoderma / Depigmentation of skin
- Peenasa – Sinusitis
- Santaana dosha – Fetal deformities

**Treatment –**

- Virechana – Purgation
- Vamanaa – Emesis
- Shamanaa – drug treatment
- Hita sevana – proper healthy food
- Abhisanskruti – Desensitization
- Preventive measures like exercise etc
- Good habits

**References**

1. Charak samhita Ch.Su.26/85
2. Charak samhita Ch.Su.26/86-101
3. Charak samhita Ch.Su.26/106
4. Charak samhita Ch.Su.26/102-103
5. Sushruta samhita Su.20/16
6. Ashtang Sangrah As.Sa. Su.9/30

**Appearance of any above diseases depends upon –**

- Nature of Viruddhaa Aharaa
- Consumed amount
- Nature of the person
- Other predispositions like Prakruti, Vaya etc.