

Conceptual study of viruddha aahar with special reference to incompatibility of food



Ayurveda

KEYWORDS: Viruddha aahar, Incompatibility of food.

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ABSTRACT

Background& Objectives: Aahar (food) is life of human being. Aahar (food), Nidra(sleep), Brahmcharya (celibacy) are the three pillars of human body. Viruddha aahar is very important issue stated by Ayurvedic literature. In modern era incompatibility food had explained. **Objectives:** 1. to study the concept of viruddha aahar. 2. To study the incompatibility of food. **Material & Methodology:** Literary study of viruddha aahar was done. Literary study of incompatibility of food was done. **Discussion:** Description of aahar, viruddha aahar, its type was done. Conceptual study. Incompatibility of food was done. **Conclusion:** it is manifested that Viruddha Aahara is an important aspect of present era having improper diet.

Introduction

Aahar (food), Nidra (sleep), Brahmcharya (celibacy) are the three pillars of human body, which support to maintenance of health. Food plays a decisive role in development, sustains, reproduction and termination of life. Food has been recognized as an important factor for human being in health and diseased condition. According to Taittiriya upnishada verse regarding origination of human from food. Aakash (sky) generates Vayu (wind), Vayu generates Teja (fire), Teja generates Jala (water), Jala generates prithvy (earth), aushadhi (plants) from prithvy, Food from aushadhi, purush (human) from Aahar (food).

Aahar (food) is life of human being. Just as oxygen is essential for life, food is too. So food is called Pranam (vital) for life. Aahar (food) offers varnaprasad (luster), Sausvarya (speech), jivit (life), Pratibha (innovation), Sukham (happiness), Pushti (proper nourishment), Bala (strength), Medha (intelligence). Man has natural tendency towards change in the life at every stage of life. Food habits are also covered by this tendency.

Viruddha aahar is very important issue stated by Ayurvedic literature. It is said to be cause of many systemic disorders. Person who consume Viruddha aahar are prone to many disorders.

Certain diet and its combinations interrupts metabolism of tissue. The Aahar in incorrect combinations, sanskar (preparation), consume in wrong matra(dose), kala(time), ritu(season). These specific aahar stimulate Doshas and activate them towards pathological state. Therefore they become harmful to body tissue and systems these all are known as Ahita aahar or Viruddha aahar.

The same concept is known as incompatibility in modern science. Incompatibility is the state which renders admixture of remedies unsuitable through chemical action, insolubility and formation of toxic compounds. Which further may leads to many systemic diseases. So, it is an attempt to study viruddha aahar and incompatibility of food. Therefore, it is important to enroll the causative incompatible nutritional diet and educate person to avoid such etiologic factors.

Aim: to study the concept of viruddha aahar with special reference to incompatibility of food

Objective: 1. to study the concept of viruddha aahar.
2. To study the incompatibility of food.

Methodology:

This is literary type of study. Literary study of viruddha aahar thoroughly including Charak samhita, Ashtang Hridaya.

Viruddha aahar

In Charak samhita Sutrasthan adhyaya (Chapter) 26 Viruddha aahar has described.

Definition of viruddha aahar has clarified By Hemadri commentator of Ashtang Hridaya samhita.

“Yet kinchit dravyam Dosham utkleshayati na tu niraaaharati, tat sarvam Viruddham |”

Hemadri – A.H. Su. 7

Viruddha Dravya is the Dravya (matter) which augments Dosha but do not expel it. It can only vitiate the Dhatus. The Dravya (food & Drug) which do not expel the vitiated doshas completely.

Hemadri also stated that Viruddha aahar may lead to sudden death as due to Visha (poison) or may delayed death due to diseases like Hridayarog (heart disease). That is Viruddha aahar is important causative factor for heart diseases and many more diseases in present era.

Types of Viruddha Aahar:

Charak Samhita mentioned 18 types of viruddha aahar.

1. Desha Viruddha: (Incompatibility dependent on Area)
As per Desha (area) certain substance may not be used in that region. E.g. usage of ruksha (dry property) dravya in Jangal Desha (vata dosha predominant area).

2. Kala viruddha: (Incompatibility dependent on Time)
According to season intake of certain substances vitiate dosha. Examples – use of sheeta (cold), ruksha (dry) food in winter. Use of ushna (hot) and Kashaya (pungent) food in summer.

3. Agni viruddha: (Incompatibility dependent on digestion)
Consuming food drug without assessing the Agni (digestive power) example- over eating when there is mandagni (weak digestive power).

4. Matra viruddha: (Incompatibility dependent on dose)
Certain substances cannot mix together in equal quantities e.g. Honey and ghee should not mix used in equal quantities (by volume).

5. Satmya viruddha: (Incompatibility dependent on habits)
When an individual is habituated to particular types of food and exercise, advising opposite food etc will lead to Incompatibility. E.g. The person who is habituated to pungent and hot substances consuming sweet and cold substances.

6. Dosh viruddha: (Incompatibility dependent on humors)
Consumption of same quality of food or drug which aggravate respective doshas. e.g. In Vata prakruti or Vata vrudhi or Vata roga use the food aggravating vata dosha.

7. Sanskar Viruddha: (Incompatibility dependent on procedure)
Certain procedures of cooking, frying, drying etc will bring about incompatibility e.g. Peacock meat should not be fried in castor oil

and by using lead rod for roasting it.

8. Virya Viruddha: (Incompatibility dependent on Potency of food)
Different foods having two different potencies should never mix directly. E.g. Ushna virya aahar and sheeta virya aahar mixed and consume leads to incompatibility.

9. Kosta viruddha (Incompatibility dependent on GIT)
The administration of aahar and aushadha (drug) must be in accordance to condition of Koshta (GIT). e.g. Use of mild laxative to sever constipation and drastic purgatives in mild constipation

10. Avastha viruddha: (Incompatibility dependent on condition)
Using substances or advising exercise etc irrespective of condition of the individual e.g. Administering vata vardhaka aahar (vata dosha increasing food) to severely exhausted person;

11. Krama viruddha: (Incompatibility dependent on behavior)
Violation of certain physiological behaviors may lead to incompatibility e.g. Forcefully suppressing natural urges while eating (i.e. not evacuating bowels and bladder before food)

12. Parihar viruddha (Incompatibility dependent on elusion)
After particular diet certain things are to be avoided in order to avoid incompatibility. If that is not avoided it leads to incapability. eg after consuming pork, hot water should not be taken.

13. Upchar viruddha: (Incompatibility dependent on Upachar)
After a particular diet certain things are advised to be consumed in order to avoid incompatibility. If that is not followed it may lead to incompatibility. e.g. after consuming ghee hot water should be taken instead of cold water.

14. Paka viruddha: (Incompatibility dependent on cooking)
Certain wrong procedure in cooking may lead to incompatibility. e.g. under cooked rice or over roasted rice.

15. Samyog viruddha: (Incompatibility of combinations)
Certain combinations may result in Incompatibility. e.g. combination of milk and sour substances.

16. Hrit viruddha: (Incompatibility of mind or heart)
Things which are pleasant to mind or things are not good for heart. e.g. phobia towards particular sight, object.

17. Sampat viruddha: (Incompatibility dependent on quality)
If food will have change in its original property then it is known as Sampat viruddha.

18. Vidhi viruddha (incompatibility dependent on eating procedure)
There are certain restrictions imposed over the procedure of eating. e.g. one should not laugh while eating.

Incompatibility Of Food

Topology is a science related to combination of food, which described about the combination of basic categories of the food. This science describes incompatibility of food. As per the science proteins must not get combined with starch and carbohydrates and may be consumed differently.

This is because starch requires an alkali medium and the amylase in saliva contains ptyalin, an enzyme that breaks down starch into maltose. The process continues in the small intestine, where more amylase further breaks down the maltose into simple glucose, fructose, and galactose. These are absorbed into the bloodstream, and taken to the liver, which dispenses the energy to whatever cells in the body need it. If there is no immediate requirement, glucose will be converted to glycogen and stored in the liver, or into fat to be stored in adipose tissue.

Consuming proteins and starch together will result in absorption of

one being delayed by the other. Similarly, eating sugars and acid fruits hinder the action of ptyalin and pepsin, reducing the secretion of saliva, and delaying digestion. If insufficient amylase is present in the mouth, starch will not be digested at all in the stomach, instead clogging up the works until amylase in the small intestine can get to work on it.

Fats impede the secretion of digestive juices, and reduce the amount of pepsin and hydrochloric acid, so they should be avoided or used sparingly with protein-rich foods. The unwanted effect of wrong combinations of food is not limited up to gastrointestinal tract only but may hamper the major systems of the body.

The unwanted side effects can emerge inside the body when two or more types of foods are consumed together. Such reactions can be less important but on long term, it can be fatal upon precipitating serious side effects.

Green tea or black tea and milk

Tea contains flavonoids called catechins, which have many beneficial effects on the heart. When milk is added to tea, then a group of proteins in milk, called caseins, interact with the tea to reduce the concentration of catechins. So avoid tea and milk together.

Milk and yoghurt interaction

As you know consuming both together can precipitate milk inside the stomach that may irritate and induce vomiting. So avoid milk and yoghurt together.

Tea and garlic

Tea contains anticoagulant compounds called coumarins. When combined with garlic (that also has anticlotting properties), they may increase the risk of bleeding. So, it is better to avoid tea and garlic together.

Pomegranate juice and grapefruit juice

Pomegranate juice and grapefruit juice are both known to block the cytochrome P450 3A4 enzyme systems in the intestines and increase blood levels of many medications you are taking. Taking these two juices together may synergize the above action.

Unripe (green) tomatoes or potatoes and alcohol

The unripe green tomatoes contain huge amount of solanine, which may interact with alcohol. You may feel more sedation if the intake is more.

Discussion:

According to Ayurveda, Aahar is very important factor for life. Consumption of Viruddha Aahar can lead to various diseases even fatal. The diseases occurring due to Viruddha Aahara can occur, which are mentioned below-

Impotency, 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. It can be observed from the above list that Viruddha aahar can lead to disorders up to impotency and infertility, thus it has an impact up to Shukra Dhatu Dushti. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of Viruddha Aahara.

Now day's examples of incompatibility of food according to modern science are mentioned above in literature.

So it is important to understand concept of viruddha aahar and incompatibility of food.

Conclusion:

From the above discussion, it is manifested that Viruddha Aahara is an important aspect of present era having improper diet. This can lead to several hazardous and Lifestyle diseases unintentionally to the person.

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