

VIRUDHAM VITATHAM BHAVET” – A REVIEW OF PROPHYLACTIC MEASURES TO NULLIFY EFFECTS OF INCOMPATIBLE FOOD COMBINATIONS

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ABSTRACT

Viruddha aahara is unique concept describe in Ayurveda system. The presence article deals with a review of prophylactic measure to nullify effects of *viruddha aahara* or incompatible food combinations. *Ayurveda* advocates good food combinations as it positively influences ones overall health; however, it also describes incompatible food combinations in terms of *viruddha aahar* and recommends avoiding them. Combination of food which is harmful to the tissue and which inhibits the process of formation of tissue is termed as *viruddha aahara*. In *ayurveda*, *charak* has described 18 types of *viruddha aahara* (incompatible food) which are harmful for well-being of human body. While describing *viruddha aahara* for body, *charak* has also mentioned persons who are able to digest *Viruddha Ahara* (Incompatible food) properly. The person who regularly takes healthy food, who exercise very regularly, who is young, strong with good digestive power are not affected by consumption of food which is incompatible for body and it turns out to be beneficial for them.

Keywords: *Viruddha ahara*, incompatible diet, *virudham vitatham bhavet*.

INTRODUCTION

Ayurved describes human body or *sharir* as “*siryate iti shariram*”. Human body is in continuous process of wear and tear. Degeneration is an obvious phenomenon and regeneration of body is by the diet or *aahar* that one consumes during his entire life. Thus food is one among three *upastambha* or tripod of human life. The diet or *aahar* consumed by an individual is converted further into *aahar-rasa* with the help of *jatharagni* (digestive fire). This *aahar Rasa* is responsible for nutrition of body and formation of *dosha-dhatu* and *mala*, which are basic constituents

of the human body. Diet is considered as a *mahabhaishajya*¹ (superior medicine) by *kashyap samhita* as health and prevention of diseases is possible by consuming right diet. Not just the health or prevention of disease but diet we consume is responsible for very existence of an individual. Color and complexion, cheerfulness, voice and tone, creativity, happiness and satisfaction in life, body strength, mental vigor and talent are all dependent on the diet you eat. *vyadhikshamatva* (*Dehabala-agnibala-manobala*) or immunity, proper functioning of

indriyas (sense organs) is all-dependent on the quality of food one consumes. Your food decides your disease. Therefore, it is necessary that one should consume the food, which maintains your health and reduces the possibility of disease in future². To maintain ideal health, the diet you eat should be able to maintain perfect equilibrium of all bodily constituents i.e. should be able to maintain *dhatu samyata*.

Since the time of *charaka* it is observed that human beings are interested in consuming articles of food and drink which are of pleasing color, smell, taste and touch and which are prepared with efforts. *vidhivihit aahar* or diet is considered to be *ishta*. In other words, food prepared with proper steps of preparation and consumed with rules of consuming is loved food and is compatible too³. Good food combinations are beneficial as they improve energy levels. Absorption of nutrients is better with combination food⁴.

Aim and objective

To review prophylactic measures to nullify effects of incompatible food combinations

Materials and method

It is an observational and analytical study based on Authentic Ayurvedic texts, Modern texts and Internet sources. Data was collected analyzed for further discussions and conclusion was drawn.

Concept of *viruddha aahara*

Ayurveda advocates good food combinations as it positively influences ones overall health; however, it also describes incompatible food combinations in terms of *viruddha aahar* and recommends avoiding them. Combination of food which is harmful to the tissue (*Deha dhatu pratyaneek*) and which inhibits the process of formation of tissue (*Dehdhaturbhi virodham aapadyate*) is termed as *viruddha aahar*⁵. Incompatible food exhibits their harmful effects either by their apposite properties (*Guna*) or by incorrect (*Viruddha*) combination (*Sanyog*). Unwanted effects are also seen if food is processed in a particular way (*Sanskar viruddha*) and if consumed at wrong time (*Kal*) and at wrong place (*Desh*).

Viruddha Aahar as described by *Charaka* can be summarized as follows⁶:

1. *Desha* (place) *viruddha*
2. *Kala viruddha*
3. *Agni* (digestion capacity) *viruddha*
4. *Matra* (quantity) *Viruddha*
5. *Satmya* (wholesome) *viruddha*
6. *Dosha viruddha*
7. *Sanskar* (mode of preparation) *viruddha*
8. *Veerya* (potency) *viruddha*
9. *Koshtha viruddha*
10. *Avastha* (state of health) *viruddha*
11. *Kram* (sequence) *viruddha*
12. *Parihar viruddha*
13. *Upachar* (treatment) *viruddha*
14. *Paak* (cooking) *viruddha*
15. *Samyoga* (combination) *viruddha*
16. *Hriday viruddha*
17. *Sampad* (richness of quality) *viruddha*
18. *Vidhi* (rules for eating) *viruddha*

Diseases due to consumption of *viruddha aahara*⁷

Pradnyaparadh i.e misuse of intellect or offence against wisdom leads to regular consumption of *viruddhahar* which in turn leads to various diseases like *napumsakata* (impotency), *visarpa* (herpis), *aandhya*(blindness), *visphota*(boils), *udakodara* (ascitis), *bhagandara* (fistula in ano), *unmad* (mental disorders), *mada* (intoxication), *moorcha* (fainting), *adhmana* (blotting), *galagraha* (spasmodic obstruction in throat), *pandu* (anemia), *aama visha* (poisoning due to *ama*), *kilas* (vitiligo), *kushtha*(skin diseases), *grahani gada* (disorders of digestion), *shoth* (oedema), *amlapitta* (acidity), *jwara* (fever), *peenasa* (rhinitis), *santana doshas* (foetal diseases), *mrutyu* (death). These can happen to a person who takes *viruddha ahara*.

Prophylactic measures to nullify effects of incompatible food combinations as per *charaka samhita* are as mentioned below⁸:

- 1) *Hitakar aahar* (nutritious Diet)
- 2) *Vyayam* (exercise)
- 3) *Tarun/Balavan* (excellence of the physique)

4) *Uttam agni* (good digestive Power)

5) *Snigdha dravya sevan*

Hitkarahar sevan (nutritious diet)

Hitkarahar (Nutritious Diet) should be once daily diet, which not only helps to maintain present well-being, but serves as a prophylaxis against disease in future.⁹

Vigor and complexion and life expectancy is improved when one consumes food according to season and in appropriate manner.¹⁰

Agni-

In *ayurveda*, the term *agni* is used for digestive fire. Ingested food is well digested, absorbed & assimilated if *agni* functions properly.

Life span, complexion, strength, health, enthusiasm, corpulence, luster, immunity, energy, heat process and vital breath all these depend on *Agni* i.e. body-fire. One dies if this fire is extinguished, lives long, free from disorders, if it is functions properly. One gets ill if it is deranged. Hence *agni* (digestive fire) is the root cause of all. The food that nourishes *dhatu*s, *ojas*, strength; complexion etc. depends on *agni* because *rasa* etc. can't be produced from undigested food.¹¹

Vyaayam-

Vyaayama or physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Physical exercise gives lightness to the body, increases ones stamina for hard work and tolerance. It helps in elimination of the bodily deficiencies and defects. It improves *agni*. Fat is burned and body parts become distinct and firm.

Regular exercise increases ones capacity to bear hunger, thirst, and hot climatic conditions for long. It keeps one fit and cheerful and thus improves immunity power. And therefore consumption of harmful diet does not affect their health.

Balvan/Tarun

Balvan/Tarun is one with *uttam dehabala* (excellent physical strength), *uttam manobala* (excellent mind power) and *uttam agnibala* (excellent digestive fire). *vyadikshmatwa* i.e. immunity of an individual is di-

rectly dependent on ones *bala*. Hence *balavan* individual can resist the harmful effects of incompatible food.

Snigdha dravya sevan-

Ghrut is excellent *snigdha dravya* as per *charaka*. An individual who consumes *snigdha dravya* regularly shows excellence in muscle strength, memory, nourishment of *dhatu* (tissue), built, skin tone, appetite and life. And thus are unaffected by the consumption of incompatible food. *ghrit prashasti* by *charaka* is as follows.¹²

Those who are of *vata* and *pitta* habitus or suffering from *vata* and *pitta* disorders, those who are keen and preserving their eye-sight, those who are injured, wasted, old, young or weak, who are desirous of longevity, improvement in strength, complexion, voice, plumpness, progeny, youthfulness and increase of brightness, luster, memory, talent, vital heat, understanding and power of the senses those afflicted with heat and those that are injured by weapons poison and fire should quaff ghee.¹³

Results

It can be said that the person having regular intake of healthy food, regular exercise, young age, strong (excellent physical, mental strength) and good digestive power are not affected by any diseases by consuming *viruddha aahara* (incompatible food).

DISCUSSION AND CONCLUSION

In this modern era of urbanization and globalization, dietary habits of society are changing very fast. Newer food combinations or preparations are emerging and gaining popularity due to their attractive presentation in terms of color, smell, taste or touch. Knowingly or unknowingly these food combinations sometimes turn out to be *viruddhaahara* and ones *pradnyapardh* leads to its consumption.

It is commonly observed that certain person do not develop a disease even after coming into contact with the relevant etiological factors, while others become victims of the disease the reason is that when the resistive power of the body is sufficiently strong and its destroy the causes. This power de-

depends upon the maintenance of the equilibrium of *Doshas* and the healthiness of tissues. And all above 6 factors has mentioned in *charaka samhita*, which are responsible for healthiness of tissue and *Doshas*. However; if one strictly follows the regime of *hita-kar aahar* (nutritious diet), *vyayam* (exercise), *tarun/balavan* (excellence of the physique), *uttam agni* (good digestive power), *snigdha dravya sevan* even bad effects of these incompatible food combinations *i.e viruddhahara sevan* are ultimately nullified *i.e “virudham vitatham bhavet.”*

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