

# A Critical Review on Incompatible Food Mentioned in Ayurveda

Dr Velhal Amol<sup>1\*</sup>

<sup>1</sup>Ph.D. Registered at Bharati Vidyapeeth's (Deemed to be University) College of Ayurved Pune, Maharashtra, India.

**ABSTRACT** Incompatible food or antagonistic food is called as Viruddha Ahara in Ayurveda. This concept of Viruddha Ahara (incompatible food) is quite different and unique from the contemporary view of a diet. Viruddha Anna or incompatible diet comprises combinations of various food, processing of food, methods of storage, proportion of different food intake, time incompatibility, consumption in wrong time, wrong dose etc. According to Ayurveda, every food has its own taste (rasa), a heating or cooling energy (virya) and a post-digestive effect (vipaka). Some also possess an unexplained effect (prabhava). But such incompatible combinations can produce indigestion, fermentation, putrefaction and gas formation, generation of toxic products, adverse effect on digestive, endocrine and nervous system immune system, growth hormone. If prolonged consumption is there, can lead to toxemia and disease. Ayurveda clearly states that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as Viruddha Anna or incompatible diet. Nutrition science attributes consumption of acid ash producing foods (sugar, fats and colas), acid residuals in the body and improper digestion as the root cause of all disease. Similarly, Ayurveda said that improper food combinations produces various disorders. This article narrates the modern perspective of all incompatibilities mentioned in ayurved. Food taken in improper (unbalanced) methods can cause various types of diseases. Therefore Ayurveda have given keen attention on concept of wholesome diet and unwholesome diet. Correspondingly intake of incompatible food is on rise in present era. This paper details about variety of incompatible food consumed in today's day to day life and enlists its hazardous effects on health.

**Keywords:** Ayurveda, Incompatible diet, Processing, *Viruddha ahara*, Food combinations

**Address for correspondence:** Dr Velhal Amol, Professor & HOD Swasthavritta & Yoga at S.G.R. Ayurved College, Solapur, India. E-mail: [velhalamol@gmail.com](mailto:velhalamol@gmail.com)

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## INTRODUCTION

Ayurveda, an ancient medical science of healing, focuses more on prevention is better than cure. Hence in classics, for the prevention of diseases Triads of Health (*traya upastamba*) have been mentioned. The word literally means three sub pillars of health they are *Aahara* (Diet), *Nidra* (Sleep), and *Brambacharya* (Abstinence)<sup>1</sup>. On these three sub pillars health of every individual is based and are major contributors of both mortality and morbidity of a number of disease and health issues and their consequences globally. Healthy, adequate and proper food restores the physical equilibrium, sleep is essential to relieve the mind and sensory-motor apparatus and observance of celibacy or moderation in sex is effective for spiritual wellbeing. *Ahara* (food) is of prime

important among the three *upastambas* (sub-pillars of body) which supports the three main *sthambas* (pillars) of the body. These support the life by providing strength, complexion, nourishment and help in maintenance of the body in whole life span.

*Ahara* (diet or food) is much essential for the sustainment of life of all living beings.

It is stated to be responsible for both *arogya* (health) and *vyadhi* (disease). *Hita ahara* (wholesome food) if consumed according to rules, they provide fuel to the fire of digestion; they promote mental as well as physical strength and complexion<sup>2</sup>.

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Persons who consume *viruddha ahara* are prone to have all kind of diseases. It is very important to correlate the mechanism behind how *viruddha ahara* lead to various metabolic disorders. It is also essential to know how certain food combinations interact with each other and produce diseases.

The diet, which disturbs the balance among the body elements, is called as *viruddha ahara* (incompatible food)<sup>3</sup>. The second meaning of *viruddha* (incompatible) indicates about the combination of two substances which are not similar to each other<sup>4</sup>.

## ETYMOLOGY

The literal meaning of word *viruddha* is opposite. The word *viruddha* has been originated from the root “*Rudhir Avarni*”. This leads to two factors means after combination of two or three things; the stronger one shades or overpowers the weaker ingredients. This has been accepted by Ayurveda. It has been stated that in a combination of so many opposite qualities the majority of the power packed qualities overpower the weaker qualities<sup>5</sup>.

## Definition of *Viruddha ahara* (Incompatible Food)

Certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *viruddha ahara* or incompatible diet. The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose, and/or consumed in incorrect time of the day and in wrong season can lead to *viruddha ahara*<sup>6</sup>.

The food articles which provokes and spread or diffuses the toxic metabolic byproducts from their place but unable to eliminate from body are called as *viruddha ahara* (incompatible food)<sup>7</sup>.

When two or more foods having different tastes, energy and post digestive effect are combined, digestive power becomes overloaded, inhibiting the enzyme system and resulting in the production of toxins. At the same time these foods, if eaten separately, might well stimulate appetite, be digested more quickly and even help to burn or remove toxins<sup>8</sup>.

## Action of *Viruddha ahara* (Incompatible Food)

These certain food combination may have,

1. Opposite properties.
2. Opposite activities on the tissues.

3. May exert some unwanted effect on the body when processed in a particular form.
4. May exert undesirable effects, when combined in certain proportion.
5. May have unwanted effect if consumed at wrong time.

## Types of *Viruddha ahara* (Incompatible Food)

Charak samhita has described various types of *viruddha ahara* (incompatible food)<sup>9</sup> which can be summarized as follows,

1. *Desha* (place) *Viruddha*
2. *Kala* (time) *Viruddha*
3. *Agni* (appetite or digestive power) *Viruddha*
4. *Matra* (quantity) *Viruddha*
5. *Satmya* (wholesome) *Viruddha*
6. *Dosha* (according to persons constituency) *Viruddha*
7. *Sanskara* (mode of preparation) *Viruddha*
8. *Veerya* (potency) *Viruddha*
9. *Koshtha* (nature of bowels) *Viruddha*
10. *Avastha* (state of health) *Viruddha*
11. *Krama* (sequence) *Viruddha*
12. *Parihar* (contraindication incompatibility or antagonism due to contraindications) *Viruddha*
13. *Upachar* (treatment) *Viruddha*
14. *Paak* (cooking) *Viruddha*
15. *Samyoga* (combination) *Viruddha*
16. *Hridaya* (person not willing to consume) *Viruddha*
17. *Sampad* (richness of quality) *Viruddha*
18. *Vidhi* (rules for eating) *Viruddha*

## Examples of Incompatibility/Antagonistic (*Viruddha-Aahara*)

1. *Veerya Viruddha* (potency incompatibility) — fish + milk.
2. *Sanskara Viruddha* (processing incompatibility) — heated honey.
3. *Matra Viruddha* (dose incompatibility) — honey + cow's ghee mixed in equal proportion.
4. *Krama Viruddha* — hot water after taking honey.
5. *Kala Viruddha* — (time incompatibility) pungent substance in summer and cold substances in winter.
6. *Krama Viruddha* (order incompatibility) — consuming curd at night. Taking *Madhura Rasa* food or *Dravya* at the

end of meals and *Tikta* and *Katu Rasa Dravyas* (food substances) at the starting of meals.

7. *Samyoga Viruddha* (combination incompatibility) — fruit salad or milk + banana.
8. *Paribar Viruddha* (contraindication incompatibility) — consuming cold water immediately after having hot tea or coffee.

### Significance of *viruddha ahara* (Incompatible Food)

A new branch of food science called topography (a science related to combination of food) is emerging, which tells about the combination of basic categories of the food<sup>10</sup>. With the help of modern technology and biochemistry aspects, it becomes very easy to elaborate the effect of *viruddha ahara on various systems and overall health*. Food–food interaction is a serious issue but not mentioned and discussed in modern nutritional topics. But most of these food–food interactions have been clearly mentioned in Ayurveda.

### *Viruddha ahara* (Incompatible Food) and Diseases

*Klaibya* (impotency), *visarpa* (erysipelas), blindness, *jalodara* (ascites), bullous, *unmada* (insanity), *bhagandara* (anal fistula), *murcha* (coma or fainting), intoxication, abdominal distention, stiffness in neck, *pandu roga* (anemia of different kinds), *ama* (endogenous toxin) indigestion, *kilasa* (leucoderma), dermatological disorders, intestinal disorders, *shottha* (swelling or edema), gastritis, *amlapitta* (acidity) fever, rhinitis, and infertility<sup>11</sup>. Accordingly, the possibility of injury to immune system, endocrine system, digestive system, nervous system, and circulatory systems in the body from the regular use of antagonistic substances cannot be denied. Charaka has mentioned that such types of wrong combinations can lead to even death.

Food incompatibilities lead to oxidative stress. Increased oxidative stress also results in dysregulation of various cellular processes through modulation of signaling molecules, production of antioxidant enzymes and non-enzymes, cell growth, and chronic inflammation, which play major roles in the incidence of chronic diseases such as cancer<sup>12</sup>. Free radicals are highly reactive and unstable molecules produced naturally as a byproduct of metabolism (oxidative phosphorylation), or by exposure to environmental factors. ROS, which include superoxide anion ( $O_2^-$ ), hydrogen peroxide ( $H_2O_2$ ), and hydroxyl radicals ( $OH^\bullet$ ), are produced by the mitochondrial respiratory chain during oxidative metabolism through the one-electron reduction of molecular oxygen ( $O_2$ )<sup>13</sup>.

Evidence suggests that Ayurvedic medicines exhibit antioxidant properties by neutralizing free radicals, quenching ROS, and lowering peroxides<sup>12</sup>.

### Examples of *viruddha ahara* (Incompatible Food)

**1. Desha Viruddha:** Consumption of those substances which are against the properties of place or land region<sup>14</sup>.

- a. To consume *ruksha* (Dry) and *tikshna* (Acute) substances in dry region (*maru desha*).
- b. *Snigdha* (unctuous) and *sheet* (cold) substances in water logged land or *anoopa desha*.

**2. Kala Viruddha:** Consumption of those substances which are against time or season<sup>15</sup>.

- a. Intake of *katu* (pungent) and *ushna* (hot) substances in *ushna kala* (*grishma, sharada ritus*-summer).
- b. *Sheeta* (cold) and *ruksha* (dry) substances in *sheeta kala* (*bemanta, shishira & vasanta ritus*-winter).
- c. Sushruta mentioned that food substances having opposite *rasa* and *guna* are beneficial in that respective season. Hence food substances having similar qualities are harmful during particular season and cause diseases after certain period.

**3. Agni Viruddha:** Consumption of food substances which are against digestive power<sup>16</sup>.

- a. Intake of *guru* food (foods which are heavy to digest) when there is *mandagni* (weak digestion power)
- b. Intake of *laghu* (light to digest) food when the power of digestion is *tikshnagni* (good digestive power) and intake of food at variance with irregular and normal power of digestion.

**4. Matra Viruddha:** Consumption of those substances which are against quantity<sup>16</sup>.

- a. Intake of *madhu* (honey) and *ghrita* (ghee) in equal quantity
- b. Intake of *madhu* (honey) and pure water in equal quantity
- c. Honey + cow's ghee - combined in equal quantity.

**5. Satmya Viruddha:** Consumption of those substances which are unwholesome or not suitable for body<sup>17</sup>.

- a. Intake of *madhur* (sweet) and *sheet* (cold) substance by person accustomed to *katu* (pungent) and *ushna* (hot) substance.

### 6. Doshha Viruddha

- a. Utilization of drugs, diets and regimen having similar qualities with *dosha*, but at variance with the habit of the individual<sup>17</sup>.

Tea contains anticoagulant compounds called coumarins. When combined with garlic (that also has anticlotting properties), they may increase the risk of bleeding. So, better to avoid tea and garlic together<sup>18</sup>.

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 being taken. Taking these two juices together may synergize the above action<sup>19</sup>.

**7. Sanskar Viruddha:** Consumption of those substances those have been prepared against mode of preparation. Drugs and diets prepared in a particular way produce poisonous effects<sup>20</sup>.

- a. Meat of peacock roasted or fried in castor oil.
- b. Reheating food items like French fries, reheating oil.
- c. Honey that has been boiled or cooked at high temperature becomes toxic to body system.

**8. Koshtha Viruddha:** Consumption of those substances which are against nature of bowels<sup>21</sup>.

- a. Administration of less quantity with mild potency purgative drug to a person of *krura koshta* (person having tendency of constipation).
- b. Administration of more quantity heavy purgative drug to a person having *mrudu koshta* (soft bowel).

**9. Avastha Viruddha:** Consumption of those substances which are against particular state/condition<sup>22</sup>.

- a. Intake of *vata* aggravating food by a person after exertion, sexual act or physical exertion.
- b. Intake of *kapha* aggravating food by a person after sleep or drowsiness.

**10. Kram Viruddha:** Consumption of those substances which are against sequence<sup>23</sup>.

- a. Consuming curd at night.
- b. Hot water intake after having honey.
- c. Intake of food without clearance of bowel and urination.
- d. Intake of food when person doesn't have appetite.
- e. Not consuming food when person is hungry.

**11. Parihar Viruddha:** Consumption of those substances which are against things which are known to relieve particular symptoms<sup>24</sup>.

- a. Intake of hot natured food after taking meat of boar.
- b. Consuming cold water immediately after having hot tea or coffee.

**12. Upachar Viruddha:** Consumption of those substances which are not supposed to consume after specific treatment<sup>24</sup>.

- a. Intake of cold things after having *ghee*.
- b. Intake of hot water after having *madhu* (honey).

**13. Paaka Viruddha:** Consumption of those substances which are against ideal or standard method of cooking<sup>24</sup>.

- a. Preparation of food with bad or rotten fuel and under cooking, over cooking or burning during the process of preparation.

Deep frying of potatoes can develop toxic substance acrylamide, which can prove to be carcinogenic<sup>25</sup>. In severe cases, paralysis, respiratory insufficiency, cardiac failure, coma and death have been reported. Doses in the range of 3-6 mg potato TGAs/kg bw are considered to be potentially lethal for humans<sup>26</sup>.

The unripe green tomatoes contain huge amount of solanine, which may interact with alcohol. Person may feel more sedation if the intake is more<sup>26</sup>.

**14. Hriday Viruddha:** Consumption of those substances which person not willing to consume. In short intake of unpleasant food which is not favorite food of person<sup>27</sup>.

**15. Sanyoga Viruddha:** Consumption of combination of those substances which have poisonous effects only after combination<sup>27</sup>.

- a. Intake of sour substances with milk.
- b. Fruit salad/Milk + Banana.

Milk and melons both should not be consumed together. Actually both are *sheet* (cold) in nature, but milk is *sarak* (laxative) and melon is *mutral* (diuretic). Being a protein milk takes longer time to digest. On the contrary melon is digested quickly. Also the action of hydrochloric acid in the stomach causes the milk to curdle. For this reason Ayurveda advises avoid taking combination of milk and sour fruits.

#### *Milk/Milk Products and Solanaceae/Nightshades*

This combination is simply too taxing for the digestive fire. A nightshade is a common name for a member of the plant family solanaceae, which includes potatoes, bell peppers, tomatoes, eggplants, cayenne peppers, paprika, tobacco, henbane, belladonna, and over 2,500 other plants<sup>28</sup>.

Nightshades contain alkaloids, primarily as a means of defense against being damaged by insects. The alkaloids can be anywhere from mildly to fatally toxic to humans. As a result, diverse cultures around the world have long held an intriguing relationship with the nightshade family<sup>28</sup>. Some have been used to make poisons, some contain incredibly addictive compounds such as nicotine, some are mind-altering, and others create an incredible sensation of heat in the mouth.

The bottom line is that nightshades contain a complex array of compounds that, once ingested, lead to a potentially dramatic cascade of chemical reactions in the body<sup>28</sup>. As

mentioned in Ayurvedic text, all nightshades are believed to be somewhat difficult to digest and to have the capacity to disturb the homeostasis.

When we mix these inherently challenging nightshades with milk, cheese or milk products which is heavy, oily, and also difficult to digest we can quickly overtax the digestive fire.

**16. Sampad Viruddha:** Consumption of those substances which do not have their proper qualities or lost their good properties<sup>29</sup>.

- a. Intake of substance those are not mature, over matured or putrefied.

**17. Vidhi Viruddha:** This type includes the diet which is not according with the rules of eating<sup>30</sup>.

- a. Eating food in public place or open place.

### Probable Mode of Action of *viruddha ahara* (Incompatible Food)

*Viruddha ahara* (incompatible food) causes constant inflammation at molecular level, disturbing the eicosanoid pathway creating more arachidonic acid production which in turn lead to increased prostaglandin-2 and thromboxane. This inflammatory effect is persistent leading to oxidative stress generating free radicles and causes number of metabolic disorders<sup>32</sup>. Repeatedly heated cooking oils (RCO) can generate varieties of compounds, including polycyclic aromatic

hydrocarbons (PAH), some of which have been reported as carcinogenic. RCO is one of the commonly consumed cooking and frying medium. These RCO consumption and inhalation of cooking fumes can pose a serious health hazard. Large consumption of RCO has been associated with a number of malignancies, including lung, colorectal, breast, and prostate cancers<sup>33</sup>.

A recent study found that a toxin called 4-hydroxy-trans-2-nonenal (HNE) is formed when corn, soybean, and sunflower oils are reheated. The fatty acid-derived toxin, called 4-hydroxy-trans-2-nonenal (HNE), forms in especially high amounts in polyunsaturated oils that have linoleic acid. It is also pointed out that the quantity of HNE is higher in deep fried foods. It combines spontaneously with glutathione, and with cysteine, histidine, and lysine residues of proteins, and displays a variety of cytotoxic and genotoxic effects. Numerous studies have linked HNE consumption to increased risks for cardiovascular disease, stroke, Parkinson’s, Alzheimer’s, Huntington’s disease, liver ailments and even cancer<sup>33</sup>. HNE’s toxicity is that it reacts very energetically with biomolecules” once it is absorbed into the body via food, it reacts with the various kinds of amino groups — proteins, DNA, RNA, affecting basic cellular processes<sup>34</sup>.

Antioxidant effect of fresh vegetable oil against free radicals may be reduced gradually as the oil is repeatedly heated. Production of free radicals and reduction of antioxidant and

Some Examples <sup>31</sup>	
Don't Eat	With
Beans	fruit; cheese, eggs, fish, milk, meat, yogurt
Eggs	fruit, especially melons; beans, cheese, fish, <i>kitchari</i> , milk, meat, yogurt
Fruit	As a rule, with any other food. (There are exceptions, such as certain cooked combinations, as well as dates and milk, which have the same <i>rasa, virya and vipaka</i> )
Grains	fruit; tapioca
Honey	With equal ghee by weight (e.g. 1 tsp. honey with 3 tsp. ghee); boiled or cooked honey.
Hot drinks	mangos; cheese, fish, meat, starch, yogurt
Lemon	cucumbers, milk, tomatoes, yogurt
Melons	Everything – especially dairy, eggs, fried food, grains, starches. Melons more than most fruit should be eaten alone or left alone.
Milk	bananas, cherries, melons, sour fruits; bread containing yeast, fish, <i>kitchari</i> , meat, yogurt
Nightshades, e.g., potato, tomato	melon; cucumber, dairy products
Radishes	bananas, raisins; milk
Tapioca	fruit, especially banana and mango; beans, raisins, jaggery
Yogurt	fruit; cheese, eggs, fish, hot drinks, meat, milk, nightshades

vitamin levels eventually lead to oxidative stress. Oxidative stress and endothelial dysfunction play pivotal roles in the pathogenesis of cardiovascular diseases, which may be controlled by diet modification<sup>34</sup>. Several polyunsaturated fatty acids are considered to have beneficial health effects, while saturated fatty acids and industrial *trans* fatty acids (TFAs) are linked to negative health consequences<sup>35</sup>.

Fast food is high in calories but very low in essential micronutrient density, especially zinc (Zn) on which antioxidant processes are dependent. It has been tested that frequent fast food consumption could induce oxidative damage associated with inflammation in weanling male rats in relevance to Zn deprivation, which could adversely affect testis function. Zn and iron (in plasma and testicular tissue), plasma antioxidant vitamins (A, E, and C), as well as testicular Super-Oxide Dismutase (SOD) and reduced Glutathione (GSH), lipid peroxidation indexes [Thio-Barbituric Acid Reactive Substances (TBARS) and Lipoprotein Oxidation Susceptibility (LOS)], inflammatory markers (plasma C-Reactive Protein (CRP), and testicular Tumour Necrosis Factor - Alpha (TNF- $\alpha$ )) were determined in one of the studies<sup>36</sup>. Serum testosterone and histological examination of the testis were performed also. A severe decrease in antioxidant vitamins and Zn, with concomitant iron accumulation was found. Zinc deficiency correlated positively with SOD, GSH, antioxidant vitamins, and testosterone, and negatively with TBARS, LOS, CRP, and TNF- $\alpha$ , demonstrating a state of oxidative stress and inflammation. It was concluded that micronutrient deficiency, especially Zn, enhanced oxidative stress and inflammation in testicular tissue leading to underdevelopment of testis and decreased testosterone levels<sup>37</sup>.

When proteins are cooked or heated with sugars in the absence of water, AGEs (Advanced Glycation End Products) are formed. Water, however, prevents these sugars from binding to the protein molecules. Thus, combination of proteins with sugar and cooking it in absence of water is *viruddha (incompatible)*. Various environmental factors, including cigarette smoke, high levels of refined and simple carbohydrate diets, hyper caloric diets, high temperature-cooked foods, and sedentary lifestyle, induce AGE(Advanced Glycation End Products) production and consequently damage cell lipids and proteins<sup>38</sup>. AGE accumulation causes cumulative metabolic burden (both hyperglycemia and hyperlipidemia), inflammation, and oxidative stress<sup>39</sup>.

The process of creating a new protein in cells is referred to as gene expression. Gene expression is precisely regulated by the body to ensure that the correct protein is produced in the correct amount, and at the appropriate time. Errors in gene expression has the potential to lead to illnesses. Epigenetics

is the study of how cells control gene activity without changing the DNA sequence<sup>40</sup>.

Experts in nutrition believe that these epigenetic changes can affect the expression of certain genes and is related to impacted diet. This could have implications on foetal development, cancer, aging, and other biological processes<sup>41</sup>. The research in this field is in the early stages and much is still unknown about this area of nutrition. However, best dietary recommendations reduce the risk of disease and improve health. In the quotation of Charaka about the effects of *viruddha abara* (incompatible food), he has mentioned *shandhatva* (impotency). *Shandhatva* (impotency) can be congenital, which may be due to certain genetic expressions in fetus if the parents have regularly consumed *viruddha abara* (incompatible food). Recent data have shown an association between epigenetic modifications and idiopathic infertility<sup>41</sup>.

Ayurveda advises not to consume milk stored in copper vessel. To mimic the infant feeding practice associated with Indian childhood cirrhosis (ICC), bovine milk was stored for 6 h in indigenous brass vessels. The milk copper concentration rose from 27 +/- 4 to 621 +/- 65 micrograms/dl, whereas zinc concentration was not significantly changed<sup>42</sup>. Thus, copper, though not zinc, is avidly taken up from brass and bound largely to casein, from which it is partly liberated by acid precipitation and almost completely removed by picolinate chelation. Milk is an effective carrier of copper from brass utensil to infant enterocyte<sup>43</sup>.

Certain specific food combinations may have a bad impact on immune system. Milk which contains lactogen and certain fruits, such as bananas, which also contain common allergen may aggravate an asthmatic attack. Milk with eggs, reheated cow's milk, consuming too much sugar along with saturated fats, can lead to number of immunologic disorders<sup>44</sup>. It has been regularly observed in the clinics that rheumatoid arthritis patients who consume curds at night, sour food at night complain of more morning stiffness. It must be studied that weather such type of *kala viruddha* diet would accelerate antigen and antibody reactions and exhibit an impact on WBCs<sup>45</sup>.

Buttermilk spoils if kept in a copper or brass container because buttermilk is actually lactic acid. Lactic acid reacts with the container material and produces poisonous complex. It is actually the reaction between acid and metal. This reaction is called as electro chemical reaction.

Apart from all biochemical effect of *viruddha abara* (incompatible food), food articles or specific food items which person not willing to consume leads to *adverse effects on health*. This may be due to continuous indigestion.

## Treatment of Diseases Caused Due to *viruddha ahara* (Incompatible Food)

Acharya Charaka illustrates the treatment modalities for diseases aroused due to consumption of incompatible foods<sup>46</sup>.

1. *Vaman Karma* (Medicated induced emesis)
2. *Virechana* (Purgation)
3. Administration of antidotes (Administration of substances which are of converse qualities)
4. Taking prophylactic measures
5. By avoiding frequent such kind of food

## Who Can Consume *viruddha ahara* (Incompatible Food)<sup>47</sup>?

1. Individual is habituated to the intake of unwholesome drugs or diet
2. Can able to digest *viruddha ahara* properly
3. Taken in small quantity
4. Person exercising regularly
5. person having strong digestive power
6. Young person (adult)
7. Person undergone oletion therapy

## DISCUSSION

*Viruddha ahara* (incompatible food) is the root cause of most of the diseases. This could be probable leading cause of early rise (like young stroke, early onset of type 2 diabetes, metabolic syndrome, etc.) of disease pattern. Regular consumption of incompatible food can lead to inflammation at a molecular level; ending in stimulation of arachidonic acid pathway which ultimately results in to increased level of prostaglandin-2 and thromboxane. This inflammatory consequence directly associated with basic pathogenesis that create *agni mandya* (loss of appetite), *ama* (toxic metabolic byproducts), and a number of metabolic disorders. This *ama* (toxic metabolic byproducts) circulates all over the body and performs the role of antigen provoking inflammatory pathway. Simultaneously it also obstructs various channels like lymph, blood obstructing regular circulation as well as microcirculation. *Ama* (toxic metabolic byproducts) is unstable and generates reactive free radicals, which is a root cause of many diseases and degenerative changes in body. *Viruddha ahara* (incompatible food) also deteriorate the nutrients' value of the food.

## CONCLUSION

From the discussion, it can be concluded that today's most of the diseases are the result of *viruddha ahara* (incompatible

food) knowingly or unknowingly. We are supposed to identify such new food incompatibilities, which are used today in today's day-to-day life based on ayurvedic perspective. Hence it is important to enlist the causative incompatible dietary food combinations and educate the patients to avoid such etiologic factors in various chronic inflammatory, renal, hepatic, dermatological, neurological disorders. This is nothing but the primordial prevention.

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