IJNRD.ORG ISSN : 2456-4184
INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT (IJNRD) | IJNRD.ORG
An International Open Access, Peer-reviewed, Refereed Journal

IMPLICATIONS OF CONCEPT OF *VIRUDDHA AHARA* IN PRESENT ERA

Dr Sakshi Bhardwaj [I] Dr Lokesh Chauhan [II] Dr Shailza Bhatnagar [III]

[I] & [II] MD Scholar, [III] Associate Professor, Dept Samhita Evam Maulik Siddhant, National Institute of Ayurveda, Jaipur

ABSTRACT

Viruddha Ahara or incompatible diet according to Ayurveda, refers to food combinations or practices that disrupt the body's natural balance and digestive processes. These practices are believed to lead to various health issues by diminishing the digestive capacity (*Agni*) and generating toxins (*Ama*) in the body. Dietary principles offer a timeless wisdom that integrates physical, mental, and spiritual well-being. By embracing *Pathya* and avoiding *Viruddha Ahara* individuals can cultivate vitality, resilience and longevity. This article explores the concept of *Viruddha Ahara* as described in ancient Ayurveda classical text, its classification, the resultant diseases and approaches for treatment.

KEYWORD : *Ahara, Agni, Viruddha Ahara*

INTRODUCTION

Importance of Food in Ayurveda

Food is considered one of the three *Upastamba* (sub-pillars) that support the body's three main *Stamba* (pillars). It is essential as it provides the nutrients necessary for growth and development of the body. Consuming a healthy and nutritious diet is crucial for maintaining proper health, while unwholesome food or *Viruddha Ahara* can disturb the body's balance and lead to various diseases. Thus the concept stresses upon the importance of choosing the right foods to nourish both the body and mind. Food is the sustenance of all living beings, sought by every creature in the world. It is through food that complexion, clarity, longevity, intelligence, happiness, contentment, physical growth, strength, and mental acuity are nurtured and established.

Definition of *Viruddha Ahara* (Incompatible Diet): Any drug or diet that excites the dosha but fails to eliminate it from the body is known as *Viruddha*. Substances that are detrimental to the body (*deha-dhatu*) exhibit antagonism in various ways, such as through their properties, combinations, processing, location, time, dosage, or natural composition.[i] *Viruddha Ahara* refers to diets and food combinations that disrupt the balance of the elements of the body and hinder the processes of tissue formation and metabolism.

Types of *Viruddha Ahara* : [ii]

Table 01 Various types of *Viruddha Ahara* described in Ayurveda and their modern undertone include:

Sr. no.	Ayurveda Concept	Ayurveda View	Example as per text	Example in present scenario	Implication
1.	*Desha Viruddha*	Consuming food that is unsuitable for a particular region.	In an arid or dry zone, using substances that are rough and sharp, like dry grains /in a marshy, humid region, unctuous and cold substances, like creamy foods	Eating spicy food in hot place like Rajasthan/ cold frozen preserved items in coastal areas/use of exotic fruits and vegetables	Avoiding foods that are not locally sourced or suited to the climate can prevent digestive issues and allergies.
2.	*Kala Viruddha*	Eating food that is inappropriate for the time or season.	During winter, eating rough and cold foods, like raw vegetables or chilled drinks/ In summer consuming hot and pungent foods	Eating watermelon or ice cream or chilled items in winter/spicy curries in summers	Consuming seasonal foods supports better nutrition and harmony with natural cycles.
3.	*Agni Viruddha*	Eating food that doesn't match one's digestive power.	Antagonism of food and drinks with four types of agni: eg intake of heavy, oily food in *mandagni*	Not taking food according to one's need but according to the schedule. Eg having meals at fixed times whether feeling hungry or not/eating too much in case of indigestion/ not having food even if feeling hungry	Tailoring diet to individual digestive capacity can prevent indigestion and promote better nutrient absorption.
4	*Matra Viruddha*	Consuming improper quantities of food.	Consuming equal amounts of honey and ghee together	Consuming in very large quantity/very low quantity/unproportionate meals	Maintaining portion control helps in managing weight and preventing overconsumption.

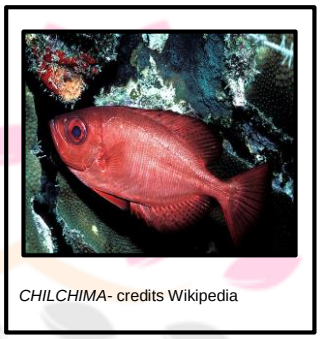
5	*Satmya Viruddha*	Eating foods not suited to one's usual nature.	One who is used to eating spicy, hot foods suddenly switches to a diet of sweet and cold foods	Switching from a pure non-vegetarian diet to a vegan diet suddenly.	Gradual dietary changes are better accepted by the body and can prevent adverse reactions.
6	*Dosha Viruddha*	Consuming foods that aggravate one's Dosha as per body constitutions.	Using diet or behaviours that are contrary to one's dosha prakriti	Eating spicy foods for someone with a *Pittaja prakriti* / *Kaphaja prakriti* person eating ice cream/ *Vata prakriti* person eating light, dry foods	Personalised diets based on body type can enhance overall health and prevent disease.
7	*Sanskar Viruddha*	Preparing foods in a harmful way.	Peacock meat cooked on a castor stick (*Eranda*)	Consuming burnt food or improperly cooked food/ reusing oil for frying/readymade potato chips/half cooked breads	Avoiding harmful cooking methods like deep frying or oven cooking preserves nutrients and reduces toxin intake.
8	*Virya Viruddha*	Combining foods with opposite properties.	Combining substances with opposing potencies, such as cold and hot, can cause imbalances.	Drinking milk after eating fish/ Eating Ice cream with hot Gulab Jamun or brownie	Avoiding incompatible food combinations can prevent digestive discomfort and allergies.
9	*Koshtha Viruddha*	Eating foods unsuitable for one's digestive tract nature.	Giving a mild laxative to someone with constipation or a strong laxative to someone with loose stools.	Milk given in mridu *koshtha* person/dry, less fibre diet in krura koshtha	Understanding individual digestive tendencies can guide better food choices for improved gut health.
10	*Avastha Viruddha*	Eating food unsuitable for one's state of health.	Eating snigdh,guru food in case of laziness and heaviness in body	Consuming heavy foods during illness like high fever/ *Vata* vitiating foods and drinks like dry,cold food by the person who is occupied in heavy manual work etc	Adjusting diet according to health conditions (e.g., light food during fever) supports recovery. Less calorie food in obese and diabetic persons.

11	*Krama Viruddha*	Eating food out of order.	Having meals before elimination of faeces.	Consuming food before the previous food is digested or in absence of proper appetite/ Skipping breakfast and eating a heavy lunch/Eating dessert before the main meal	Following regular meal timings aids in maintaining digestive health.
12	*Parihar Viruddha*	Consuming food with respect to indication and contra-indication.	If hot things are taken after intake of pork etc. or cold ones after intake of ghee etc.	Cold water after hot tea. Drinking water after consuming nuts. Eating foods restricted due to allergies.	Adhering to dietary recommendations enhances the effectiveness of treatments.
13	*Upachar Viruddha*	Eating foods not prescribed for specific conditions.	Person suffering from *Prameha* eating *Harita Shaaka (*ginger and alike*)*	Drinking cold water after taking ghee Ignoring dietary guidelines while under treatment or post-surgery.	Following dietary restrictions supports medical interventions.
14	*Paak Viruddha*	Eating improperly cooked foods.	If the grains are left uncooked, over-cooked or burnt.	Half cooked readymade food/reheating food again and again in microwave	Proper cooking techniques preserve food safety and nutrient quality.
15	*Samyoga Viruddha*	Combining incompatible foods.	Sour things taken with milk	Recipes prepared with curd and milk together	Being mindful of food combinations can prevent digestive issues.
16	*Hriday Viruddha*	Eating unpleasant or unpalatable food.	Taking of unlikeable things	Unpalatable dietary preparation/Making kids eat some green vegetables which they don't like	Enjoying meals enhances digestion and overall satisfaction.
17	*Sampad Viruddha*	Consuming foods of poor quality- immature, overmature or damaged rasa	Harvesting plants before maturity and using a diet or consuming product that is not complete in formation.	Eating stale, frozen, rotten or contaminated food or low quality food	Choosing high-quality, fresh food ensures better health.

		in a substance.			
18	*Vidhi Viruddha*	Eating against established norms.	Eating food without following *Ashta Ahara Vidhi Vishesha Ayatana*.	Having food while watching TV or mobile phone, working on computer,driving or in a bad mood	Following dietary guidelines helps in maintaining health and social harmony.

Examples of some combinations of *Viruddha Ahara* and its Effect

Fish and Milk:


CHILCHIMA- credits Wikipedia

Concept: *Chilchima* this fish, which resembles the *Rohita* with its scaly body, red eyes, and red-striped appearance, is known for moving on land. Consuming *Chilchima* with milk is believed to cause serious health issues, such as blood disorders, constipation, or even death.[iii]

- **Sweet Tastes:** Both fish and milk have a sweet taste *(Madhura Rasa)* according to Ayurveda.
- **Opposing Potencies:** Fish is considered heating (*Ushna Virya*) in potency, while milk is cooling (*Shita Virya*). This contrast in potencies can disrupt the body's balance of *Dosha* (*Vata, Pitta, Kapha*).

Effect: Consuming fish and milk together can lead to several adverse effects:

1. **Digestive Discomfort:** The combination of fish (heating nature) and milk (cooling nature) can impair digestion, causing bloating, gas, and discomfort in the abdomen.
2. **Allergies:** This combination may trigger allergic reactions in sensitive individuals due to the conflicting properties of fish and milk.
3. **Aggravation of Conditions:** It can exacerbate existing conditions such as asthma, as the mixture of sweet tastes and opposing potencies disturbs the respiratory system's balance.

Table 02: **More such examples stated in text are as follows[iv]:**

Concept	**Effect**
Chilchima fish with milk	Obstruction of bodily channels and excitation of toxic substances, leading to various health issues.
Meat of domestic, marshy and aquatic animals with honey, sesame, jaggery, milk, black gram, radish, lotus stalk, or germinated grains	Can cause severe health problems such as deafness, blindness, tremors, and potentially death.

Potherbs (like Pushkara or Rohini) or pigeon meat fried with mustard oil along with honey and milk	May lead to blood circulation issues, atherosclerosis, epilepsy, goiter, or even death.
Radish, Garlic, *Sigru*, *Arjaka*, *Tulsi* with milk	Increased risk of skin diseases.
Jatuka potherb or ripe *Nikucha* with honey and milk	Can cause severe diseases, loss of strength, luster, energy, and prowess, impotency, and even death.
Nikucha with soup of blackgram, jaggery, and ghee	Antagonistic to each other.
Sour fruits like *Amra*, *Amrataka*, *Matulunga*, etc., with milk	Leads to digestive disturbances due to incompatibility.
Karamarda, *Mocha*, *Dantashatha*, *Badara*, *Koshamra*, *Bhavya*, *Jambu*, *Kapittha*, *Tintidika*, *Parawata*, *Akshoda*, *Panasa*, *Narikela*, *Dadima*, *Amalakakangu*, *Vanaka*, *Makusthaka*, *Kulattha*, *Black Gram* with milk	Antagonistic to milk.
Kangu, *Vanaka*, *Makusthaka*, *Kulattha*, *Black Gram*, and *Nikucha* with milk	Antagonistic to milk.
Padmottarika (*Kusumbha*), *Sharkara* and *Maireya* (types of wine) and *Madhu*, all used together	Antagonistic and vitiate vata too much.
Meat of domestic, marshy, and aquatic animals with milk, black gram, honey, radish, germinated grains, and jaggery	Can lead to severe health issues, including deafness, blindness, and tremors.
Meat of various birds with castor oil	Can cause severe health issues like epilepsy and death.
Haridraka (bird) meat cooked with *Haridra* and honey	Causes obstruction in channels and vitiate Pitta too.
Pippali processed with fish fat	Disrupts normal bodily functions and aggravates doshas.

Payasa (rice cooked with milk) taken with after-meal drink of *Mantha* (a drink prepared from roasted grain flour)	Antagonistic and vitiates Kapha too much.
Meat of *Balaka* bird with *Varuni* (wine) or *Kulmada* (grains soaked with water and then fried)	Toxic and potentially fatal when used in fried form.
Meat of *Peacock* attached to the stick of *Eranda*, cooked with castor wood fuel, and mixed with castor oil	Causes instantaneous death due to the extreme toxicity of the preparation method and substances used.
Meat of *Haridraka* cooked with the fire of *Haridra* and mixed with ash, dust, and honey	Causes instantaneous death due to dangerous chemical reactions and toxic properties.
Pippali fried with fish-cooking media and *Kakamachi* mixed with honey	Can result in death due to severe toxic interactions.
Hot honey taken by a person afflicted with heat	Can lead to death by worsening heat-related imbalances in the body.
Honey and ghee in equal quantities	Leads to severe vitiation of doshas, which can result in serious health problems.
Honey and rainwater in equal quantities	Causes adverse health effects due to the conflicting nature of the ingredients.
Honey and lotus seed	Can lead to digestive disturbances and other health issues due to their incompatible properties.
Hot water after taking honey	May cause digestive issues or other severe health problems.
Hot water after taking *Bhallataka*	Causes severe health issues due to the enhanced effects of *Bhallataka*.
Kampillaka cooked with buttermilk	Can lead to diarrhea and other digestive issues.
Stale *Kakamachi* and *Bhasa* roasted on iron rod	Can result in serious health consequences due to the antagonistic nature of the ingredients and method.
Sweet and sour fruits together	Disrupts digestion, curdling of milk, and causes discomfort.

Raw and cooked foods together	Different digestive times can cause digestive discomfort.
Equal quantity of honey and ghee, hot water after honey	Can produce toxic substances and disrupt digestion.

Table 03: **More such examples other than classical text-**

Concept	**Effect**
Fast food and use of *Mayonnaise*	Can cause bloating, indigestion, and acid reflux due to the excessive fat content.
Egg and milk for breakfast	Eating eggs and milk together can cause digestive discomfort such as gas or indigestion because they are digested differently.
Curd and grains	Combining these can lead to gas, bloating, or constipation due to conflicting digestive qualities.
Curd and fruits	This combination can cause fermentation in the stomach, leading to gas and digestive disturbances.
Rice and *curd*	This combination can cause constipation and digestive discomfort because of the opposing qualities of the foods.
Sour and sweet foods together	This combination can lead to digestive issues such as bloating and gas.
Nuts (like peanut, walnut) followed by drinks	This can cause digestive discomfort and heaviness.
Nuts followed by water	It can lead to digestive imbalances and a feeling of heaviness.
Curd (*Dadhi*) at night	May aggravate Pitta and Kapha Dosha, causing digestive disturbances and constipation.
Warm honey in heat exhaustion or sunstroke	Can exacerbate symptoms and potentially cause harm.
Cold water after hot tea or coffee	Disrupts the digestive fire (Agni) and causes digestive issues.

Table 04 [v] Correlation between Effect of Junk Food to *Viruddha Ahara*

No.	Junk Foods	Type of *Viruddha*
1	Milkshake, Fruit salads	*Rasa & Veerya Viruddha*
2	Having fried food in diabetes and hypertension	*Upachara Viruddha*
4	Cold water or Soft Drinks before Hot tea	*Krama Viruddha*
5	Less fibre, refined floor items	*Koshtha Viruddha*
6	Sizzling Brownie ice cream with Hot Chocolate	*Guna, Agni, Samyoga Viruddha*
7	Popcorn with Watching Movie	*Matra Viruddha*
8	Popcorn Along With Cold drink	*Vidhi Viruddha*

Some incompatible diets and practices:

1. Cooking

Concept: *Viruddha Ahara* in cooking involves practices or conditions that lead to harmful effects on the food's properties or the body's well-being. This includes improper cooking methods or using unsuitable ingredients. Examples and Effects:

- Using Damaged or stale oil:
  - Example: Cooking food with old or poor-quality oil.
  - Effect: This practice can introduce toxins into the food, which may cause digestive disturbances or other health problems.
- Uncooked, Over-Cooked, or Burnt Grains:
  - Example: Consuming grains that are raw, excessively cooked, or charred.
  - Effect: Improperly cooked grains can lead to digestive discomfort, indigestion, or nutrient loss.
- Sour Things with Milk:
  - Example: Combining sour fruits or vinegar with milk.
  - Effect: This combination can cause curdling of milk and lead to digestive imbalances such as stomach discomfort.

2. Palatability

Concept: *Viruddha Ahara* in terms of palatability refers to the practice of consuming foods that are not enjoyable or are unpleasant to eat, affecting digestion and overall health. Examples and Effects:

- Taking Unlikeable Foods:
  - Example: Eating foods that are unpleasant to the palate.
  - Effect: Consuming such foods can lead to digestive discomfort or a reduced appetite, potentially affecting overall health.

3. Qualities of Foods

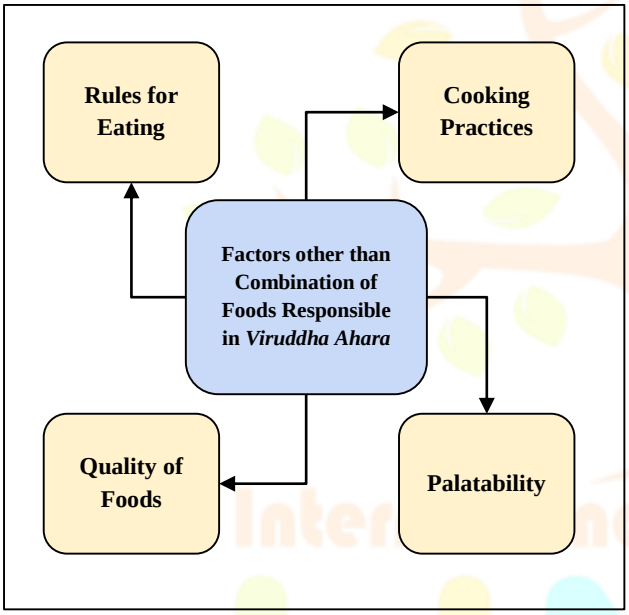
Concept: *Viruddha Ahara* in terms of richness addresses the quality of substances used in food preparation, focusing on the use of foods that are immature, overmature, or damaged. Examples and Effects:

- Immature, Overmature, Improper Harvesting Methods or Damaged Foods:
  - Example: Consuming unripe fruits, overripe vegetables, or spoiled foods.
  - Effect: Such foods can be hard to digest, cause nutrient imbalances, or lead to health issues.

4. Rules of Diet

Concept: Viruddha Ahara in terms of rules refers to violating Ayurveda principles related to food consumption, such as improper conditions under which food is eaten. Examples and Effects:

- Eating Without Privacy:
  - Example: Consuming food in a public place or while distracted with T.V./ mobile phone.
  - Effect: This can disrupt digestive processes and lead to digestive disturbances and improper nutrient assimilation.



Diseases Caused by *Viruddha Ahara*

- ***Shandya*** (Blindness): Complete loss of vision.
- ***Andhya*** (Night Blindness): Inability to see in low light conditions.
- ***Visarpa*** (Leprosy): Chronic infectious disease causing skin lesions.
- ***Udara*** (Abdominal Diseases): diseases related to the abdomen.
- ***Visphota*** (Abdominal Distention): Swelling or bloating of the abdomen.
- ***Unmada*** (Fainting): Sudden loss of consciousness.
- ***Bhagandara*** (Fistula-in-Ano): Repetition of fistula-in-ano conditions.
- ***Murcha*** (Fainting): Temporary loss of consciousness.
- ***Adhamana*** (Abdominal Distention): Gas or bloating in the abdomen.
- ***Grahani*** (IBS): Sound from the abdomen due to gas or digestion issues.
- ***Pandvamaya*** (Anaemia): Condition of having a low haemoglobin, B12 count or more .
- ***Visha*** (Poisoning): Toxic effects from harmful substances.
- ***Kilasa*** (Chronic Skin Disorder): Long-term skin conditions.
- ***Kushta*** (Leprosy): General term for skin diseases, including leprosy.
- ***Grahani*** (Chronic Dysentery): Long-term gastrointestinal disorder.

- ***Shotha*** (Edema): Excess fluid in the tissues.
- ***Amlapitta*** (Acid Gastritis): Inflammation of the stomach lining due to excess acid.
- ***Jvara*** (Fever): Elevated body temperature.
- ***Pinasa*** (Chronic Wasting Disease): Long-term weight loss or wasting.
- ***Santanadosha*** (Hereditary Disorders): Hereditary conditions affecting health that carry forward from parent to offspring.
- ***Mrityo*** (Death): The cessation of life functions.

Treatment Approaches for Diseases from *Viruddha Ahara*

Caraka Samhita recommends treatments like *Vamana* (emesis), *Virechana* (purgation), and administration of antidotes to mitigate diseases caused by *Viruddha Ahara.*

DISCUSSION

This holistic system of medicine considers diet to be a critical component in promoting harmony within the body, mind, and spirit. The concept of *Pathya* refers to dietary and lifestyle practices that are beneficial and wholesome, serving as a treatment against the harmful effects of *Viruddha Ahara*. The term *Pathya* is synonymous with *Hita*, including substances that do not cause harm to the body or mind. The term *Patha* refers to the channels (*Srota*) of the body through which substances like *Dosha* and *Dhatu* are transported. It is asserted that substances pleasing to the mind contribute to mental peace, clarity, and emotional well-being.

The consumption of *Viruddha Ahara* is linked to a spectrum of diseases according to Ayurveda. These include serious conditions such as impotence, blindness, skin disorders, digestive disorders, neurological issues, and even death in extreme cases. The improper combination of foods can disturb the digestive process, generate toxins, and impair overall health. These insights highlight the critical importance of dietary discipline in Ayurveda for maintaining health and preventing diseases. Incompatible food combinations are considered the root cause of many health issues. Regular consumption of such incompatible foods can trigger inflammation at a molecular level. This inflammation leads to the production of arachidonic acid, which in turn increases the levels of prostaglandin-2 and thromboxane. These inflammatory processes underlie fundamental pathologies such as *Agni Mandya* (weak digestion), *Ama* (toxins), and various metabolic disorders. The autoimmune theory and the role of free radicals play significant roles in the etiopathology of diseases caused by *Viruddha Ahara*. *Ama*, which accumulates in the intestines, can lead to gastroenteritis. Some of the Ama penetrates the intestinal mucosa, circulates throughout the body, and acts as an antigen, disrupting the body's humours and causing different disorders. *Ama* can be likened to unstable reactive free radicals, which are primary contributors to many diseases and degenerative changes in the body, often resulting from *Viruddha Ahara*. [vi]

Fast food, characterised by high energy density and low essential micronutrient content, particularly zinc (Zn), crucial for antioxidant processes, has been shown to induce oxidative damage and inflammation in weanling male rats. [vii] The deficiency of zinc (Zn) showed positive correlations with superoxide dismutase (SOD), glutathione (GSH), antioxidant vitamins, and testosterone levels. Conversely, it correlated negatively with thiobarbituric acid reactive substances (TBARS), lipid oxidation (LOS), C-reactive protein (CRP), and tumour necrosis factor-alpha (TNF-α). This indicates heightened oxidative stress and inflammation. Micronutrient deficiency, particularly zinc, was implicated in exacerbating oxidative stress and inflammation in testicular tissue, thereby contributing to underdeveloped testes and decreased testosterone levels. [viii]

High-temperature cooking methods should also be considered as *Sanskara Viruddha* in Ayurveda. This practice leads to the formation of advanced glycation end-products (AGEs) outside the body through processes like cooking. AGEs are molecules that form when sugars and proteins react during high-heat cooking, resulting in the browning and flavouring of foods. These are proteins or lipids that become glycated as a result of exposure to sugars.[ix] AGEs affect nearly every type of cell and molecule in the body and are thought to be one factor in

ageing and some age-related chronic diseases. [x] In pathological conditions, such as oxidative stress caused by conditions like diabetes and hyperlipidemia, the formation of AGEs can exceed normal levels. [xi] These AGEs act as pro-inflammatory mediators and contribute to the progression of age-related diseases. Research indicates that AGEs play a role in conditions like Alzheimer's disease [xii], cardiovascular disease [xiii], stroke [xiv], and reduced muscle function [xv]. The mechanism through which AGEs induce damage involves cross-linking, which causes damage within cells and leads to apoptosis (cell death). [xvi] In the crystalline lens of the eye, AGEs act as photosensitizers, contributing to the development of cataracts. [xvii]

Recent studies have highlighted the formation of a toxin called 4-hydroxy-trans-2-nonenal (HNE) when certain oils like corn, soybean, and sunflower oils are reheated. Higher concentrations of HNE, typically between 10-20 micromolar, have been found to activate toxic pathways such as inducing caspase enzymes, causing DNA fragmentation, releasing cytochrome c from mitochondria, and ultimately leading to cell death through apoptosis or necrosis, depending on the concentration. HNE's involvement has been implicated in the pathogenesis of several diseases, including Alzheimer's disease, cataracts, atherosclerosis, and cancer. [xviii]

Epigenetic modifications refer to alterations in the genome that do not involve changes to the nucleotide sequence. One prevalent form of epigenetic modification is the addition of methyl groups to DNA. A methyl group consists of one carbon atom bonded to three hydrogen atoms. The epigenetic process of adding or removing methyl groups to DNA can cause physical changes in the structure of the DNA.[xix]

Principles of *Pathya* (Wholesome Dietary) Practices in Ayurveda:

1. **Personalized Diet (*Ahara*):**
    - Ayurveda advocates for a diet tailored to an individual's unique constitution (*Prakriti*), which is a combination of the three *Doshas: Vata*, *Pitta*, and *Kapha*.
    - For example, a *Vata*-dominant person might benefit from warm, moist, and grounding foods, while a *Pitta*-dominant person might need cooling, soothing, and less spicy foods.
2. **Seasonal Eating (*Ritucharya*):**
    - Dietary practices should align with seasonal changes to balance the body's internal environment with the external climate.
    - In winter, more warming and nourishing foods are recommended, while in summer, lighter and cooler foods are preferred.
3. ***Agni*:**
    - Maintaining a strong digestive capacity is crucial for overall health. Foods should be chosen to support *Agni* and should be easy to digest.
    - Spices like ginger, cumin, and black pepper are often used to enhance digestion.
4. **Food Combining Rules:**
    - Certain food combinations which seem harmful to oneself may be avoided. Examples include avoiding dairy with sour fruits or fish with milk.
5. **Mindful Eating (*Sattvika* Diet):**
    - Foods that are fresh, organic, and prepared with care are considered *Sattvika*, promoting clarity, calmness, and vitality.
    - Eating mindfully, in a peaceful environment, without distractions is encouraged.
6. **Regular Meal Times:**
    - Eating at regular intervals and avoiding irregular eating habits helps maintain digestive health.
    - It's recommended to have the main meal when the digestive ability is strongest, typically around noon.
7. **Appropriate Quantity (*Matra*):**
    - Overeating or undereating can disrupt the balance of *Dosha* and *Agni*.
    - Eating until about three-quarters full is suggested to allow proper digestion.

Benefits of Wholesome Dietary Practices:

1. **Enhanced Digestion and Metabolism:**
   - Proper dietary practices support efficient digestion and metabolism, reducing the risk of digestive disorders.
2. **Balanced *Dosha*:**
   - A tailored diet helps in maintaining the balance of *Vata*, *Pitta*, and *Kapha*, promoting overall health and well-being.
3. **Improved Immunity:**
   - A balanced diet enhances the body's natural defence mechanisms, making it more resilient to illnesses.
4. **Longevity and Vitality:**
   - Adhering to dietary principles can lead to increased vitality, energy levels, and longevity.

CONCLUSION

Understanding of dietary guidelines, such as personalised diets based on individual constitutions (*Prakriti*), seasonal eating (*Ritucharya*), and maintaining strong digestive fire (*Agni*), underscores its preventive and therapeutic benefits. Adherence to these principles not only supports efficient digestion and metabolism but also balances the *tridosha* critical for holistic health. Avoiding *Viruddha Ahara* and adhering to dietary guidelines suitable for one's constitution, season, and health condition can prevent diseases associated with digestive disturbances and toxin accumulation. Adhering to these principles can guide dietary habits towards promoting digestion, vitality, and longevity while avoiding potential health risks associated with incompatible food combinations. Treatments prescribed in Ayurveda for diseases caused by incompatible food include cleansing therapies like *Vamana* (emesis) and *Virechana* (purgation), antidote administration, and lifestyle adjustments. Exceptions to the harmful effects of *Viruddha Ahara* are noted for individuals with strong digestive power or undergoing specific therapeutic treatments. By following these principles of diet one can promote longevity, vitality, and overall wellness.

Referances:

[i] Agnivesha. Carakasamhita: Sutrasthana;Atreyabhadrakapyiya Adhyaya.81, 85 .Last accessed on 2024 July 06 Available from:https://niimh.nic.in/ebooks/ecaraka

[ii] Agnivesha. Carakasamhita: Sutrasthana;Atreyabhadrakapyiya Adhyaya.84.Last accessed on 2024 July 06 Available from:https://niimh.nic.in/ebooks/ecaraka

[iii] Agnivesha. Carakasamhita: Sutrasthana;Atreyabhadrakapyiya Adhyaya.86-101 .Last accessed on 2024 July 06 Available from:https://niimh.nic.in/ebooks/ecaraka

[iv] Agnivesha. Carakasamhita: Sutrasthana;Atreyabhadrakapyiya Adhyaya.83 .Last accessed on 2024 July 06 Available from:https://niimh.nic.in/ebooks/ecaraka

[v] Dr. Komalben Chavda, et al. A CONCEPT of VIRUDDHA AHARA in PRESENT ERA . WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH, 2024. Accessed June 2024.
Review Article ISSN 2455-3301 Wjpmr.

[vi] Ashvin Bagde, Ranjeet Sawant, Milind Nikumbh, Anil Kale. Viruddha ahara - Incompatible foods in Ayurveda. Ayurpharm Int J Ayur Alli Sci. 2013;2(7):203-211.

[vii] Mohamed Elseweidy, et al. “Frequent Inadequate Supply of Micronutrients in Fast Food Induces Oxidative Stress and Inflammation in Testicular Tissues of Weanling Rats.” DOI: 10.1211/Jpp.60.9.0017, Journal of Pharmacy and Pharmacology 60(9):1237-42, July. 2008.
SourcePubMed .

[viii] Sabnis M. “Viruddha Ahara: A Critical View.” Journals.lww.com, AYU (An International Quarterly Journal of Research in Ayurveda) journals.lww.com/AAYU/pages/default.aspx.

[ix] Goldin, Alison; Beckman, Joshua A.; Schmidt, Ann Marie; Creager, Mark A. (2006). "Advanced Glycation End Products Sparking the Development of Diabetic Vascular Injury". Circulation. 114 (6): 597–605. doi:10.1161/CIRCULATIONAHA.106.621854

[x] Chaudhuri, Jyotiska; Bains, Yasmin; Guha, Sanjib; Kahn, Arnold; Hall, David; Bose, Neelanjan; Gugliucci, Alejandro; Kapahi, Pankaj (4 September 2018). "The role of advanced glycation end products in aging and metabolic diseases: bridging association and causality". Cell Metabolism. 28 (3): 337–352. doi:10.1016/j.cmet.2018.08.014

[xi] Brownlee, M (June 2005). "The pathobiology of diabetic complications: a unifying mechanism". Diabetes. 54 (6): 1615–25. doi:10.2337/diabetes.54.6.1615

[xii] Srikanth, Velandai; Maczurek, Annette; Phan, Thanh; Steele, Megan; Westcott, Bernadette; Juskiw, Damian; Münch, Gerald (May 2011). "Advanced glycation endproducts and their receptor RAGE in Alzheimer's disease". Neurobiology of Aging. 32 (5): 763–777. doi:10.1016/j.neurobiolaging.2009.04.016

[xiii] Simm, A.; Wagner, J.; Gursinsky, T.; Nass, N.; Friedrich, I.; Schinzel, R.; Czeslik, E.; Silber, R.E.; Scheubel, R.J. (July 2007). "Advanced glycation endproducts: A biomarker for age as an outcome predictor after cardiac surgery?". Experimental Gerontology. 42 (7): 668–675. doi:10.1016/j.exger.2007.03.006

[xiv] Zimmerman, G A; Meistrell, M; Bloom, O; Cockroft, K M; Bianchi, M; Risucci, D; Broome, J; Farmer, P; Cerami, A; Vlassara, H (25 April 1995). "Neurotoxicity of advanced glycation endproducts during focal stroke and neuroprotective effects of aminoguanidine". Proceedings of the National Academy of Sciences of the United States of America. 92 (9): 3744–3748. Bibcode:1995PNAS...92.3744Z. doi:10.1073/pnas.92.9.3744

[xv] Haus, Jacob M.; Carrithers, John A.; Trappe, Scott W.; Trappe, Todd A. (December 2007). "Collagen, cross-linking, and advanced glycation end products in aging human skeletal muscle". Journal of Applied Physiology. 103 (6): 2068–2076. doi:10.1152/japplphysiol.00670.2007

[xvi] Shaikh, Shamim; Nicholson, Louise F.B. (July 2008). "Advanced glycation end products induce in vitro cross-linking of α-synuclein and accelerate the process of intracellular inclusion body formation". Journal of Neuroscience Research. 86 (9): 2071–2082. doi:10.1002/jnr.21644

[xvii] Fuentealba, Denis; Friguet, Bertrand; Silva, Eduardo (January 2009). "Advanced Glycation Endproducts Induce Photocrosslinking and Oxidation of Bovine Lens Proteins Through Type-I Mechanism". Photochemistry and Photobiology. 85 (1): 185–194. doi:10.1111/j.1751-1097.2008.00415.x

[xviii] Negre-Salvayre, A.; Auge, N.; Ayala, V.; Basaga, H.; Boada, J.; Brenke, R.; Chapple, S.; Cohen, G.; Feher, J.; Grune, T.; Lengyel, G.; Mann, G. E.; Pamplona, R.; Poli, G.; Portero-Otin, M.; Riahi, Y.; Salvayre, R.; Sasson, S.; Serrano, J.; Shamni, O.; Siems, W.; Siow, R. C. M.; Wiswedel, I.; Zarkovic, K.; Zarkovic, N. (2010). "Pathological aspects of lipid peroxidation". Free Radical Research. 44 (10): 1125–1171. doi:10.3109/10715762.2010.498478

[xix] Kaneda M, Okano M, Hata K, Sado T, Tsujimoto N, Li E, et al. Essential role for de novo DNA methyltransferase Dnmt3a in paternal and maternal imprinting. Nature. 2004;429:900–3.

International Research Journal
IJNRD
Research Through Innovation