



## Review Article

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### REVIEW ON THERAPEUTIC SIGNIFICANCE OF VIRUDHA AAHAR (INCOMPATIBLE FOODS COMBINATIONS)

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#### ABSTRACT

Every creature wants diet for survival in this world. Specific diet is suitable for specific creature and everyone has to follow the nature's rule. But sometimes it is taken for granted only for taste which is injurious to health. In ancient era it has been described in Ayurveda that, there are some dietary combinations which are really injurious to health. So with the help of study of Virudha Aahar, the first aim of Ayurveda that is prevention, can be achieved. The knowledge of Virudha Aahara may prevent certain diseases. In Ayurved, Acharya Charak also stated that the diet is the life of an individual's only if it is taken with Yukti. The Yuktikyukta diet produce effects like Rasayana but without Yukti it can be like Visha (poison) which may be leading to Prannasha (death). The substances which are contrary to dehadhatu (seven fundamental elements in the body) behave with Virudha (antagonism). This antagonism may be in terms of properties, combination, processing, place, time and dose, etc. or natural composition.

**Keywords:** Virudha Aahar, Yukti, diet

#### INTRODUCTION

Every creature wants diet for survival in the world. Specific diet is suitable for specific creature and everyone has to follow the nature's rules. But sometimes it is taken for granted only taste for which has been injurious to health. In an ancient era Ayurveda had described some dietary combinations which are toxic to health. The study of Virudha Aahara, the first aim of Ayurveda can be achieved because knowledge of Virudha Aahara may prevent certain diseases. In Ayurved, Acharya Charak also stated that diet is the life of an individual's but when it is taken with Yukti. The Yuktikyukta diet becomes effect like Rasayana but without Yukti, it can be like Visha (poison) which may lead to Prannasha (death)<sup>1</sup>. The substance which are contrary to deha dhatus (seven fundamental elements in the body i.e. tissues) behave with Virudha (antagonism) to them, this antagonism may be in terms of properties, combination, processing, place, time, dose, etc. or natural composition<sup>2</sup>. The antagonistic, as part of food which is mostly used such as, fish should not be taken with milk, combination of them has madhura rasa and madhur vipaka causes mahabhishandi (great obstructor to the channels) because the milk has shita virya (cold potency) and fish has ushna virya (hot potency) which is viruddha virya (antagonistic in term of potency) hence due to conflicting viryas (potency) it vitiates blood and causes mahabhishandi (creates obstruction in channels)<sup>3</sup>.

#### Definition of Virudha Aahara

Those substances, which cause the increase of Doshas (Vat, Pitta and Kapha) in the body but do not expel them out of the body are known as Virudha (antagonist). They

remain antagonistic to the Dhatus (tissues)<sup>4</sup> and such diet may be called as Virudha Ahara (antagonist diet).

#### Types of combination in Virudha Aahara

There are some categories of different combination of Virudha Ahara which are really harmful and produce diseases or leads to severe toxicity. According to Ayurved different combination of Virudha Aahar (incompatible food) has been described in 18 types. But these 18 types are very difficult to understand for common people. Hence in this review an attempt is made to simplify these virrudha aharas in modern categories. It is categorized as follows;

#### Non-veg combinations

One should not take fish along with milk particularly Chilichima (a type of fish) because it causes being great obstruction of channels, produces disorders with gross symptoms and also excites Amavisa (endogenous toxins). Meat of domestic, marshy and aquatic animals should not be taken or mixed with honey, sesame, jaggery, milk, black gram, radish, lotus stalks or germinated grains because it causes deafness, blindness, tremors, coldness, indistinct voice, nasal voice. Pushkara and Rohini should not be eaten along with honey and milk; likewise pigeon meat fried with mustard oil should not be taken along with honey and milk; because it causes obstruction in blood circulation, atherosclerosis, epilepsy, Sankhaka (a disease of head), goiter, Rohini (diphtheria) and death. The meat of Balaka (crane) along with Varuni (a type of wine) or Kulmasa (grain soaked with water and then fried) is antagonistic, the same fried with lard causes toxicity. The meat of peacock attached to the steak of Eranda (castor tree) and mixed with castor oil, meat of

Haridraka (a bird) attached to the stick of Haridra (a plant) and cooked on Haridra fire, same mixed with ash and dust along with honey, Pippali fried with fish and same vessels use for cooking media and Kakmachi mixed with honey causes toxicity.

#### **Veg combinations**

After eating radish, garlic, Shigru, Arjaka, and Tulsi one should not take milk as it may lead to leprosy. Jatuka or ripe fruit of Nikuca should not be taken along with honey and milk as it may be fatal, or loss of strength luster, loss of energy, severe diseases and impotency. The same ripe fruit of Nikuca should not be taken with black gram, pulse, jaggery and ghee because they are antagonistic. Kulattha, Black gram and Nispava are antagonistic with milk. Payasa (rice cooked with milk) taken with after drink of Mantha (a drink prepared from roasted grain flour) is antagonistic and vitiates Kapha too much. Upodhika (a potherb) cooked with Tila (sesame) paste causes diarrhoea.

#### **Fruits combinations**

Amra, Amrataka, Matulunga, Nikuka, Karmarda, Moca, Dantasatha, Badar, Kosamra, Bhavya, Jambu, Narikela, Dadima, Amalka, these fruits and similar other substances, all sour liquids or non-liquids are antagonistic to milk. The potherb of Padmottarica (kusumbha), Saraka and Maireya (type of wine) and Madhu (Honey) all used together are antagonistic and vitiates Pitta.

#### **Other combinations**

Hot honey taken by a person afflicted with heat may be harmful. Likewise, honey and ghee in equal quantity, honey and rain water in equal quantity, Honey and lotus seed, hot water after taking honey, hot water after taking Bhallataka, Kampillaka cooked with buttermilk, Kakmachi and Bhasa roasted on iron road; all these are antagonistic<sup>5</sup>. The entire drug or diet, which excites the Dosha but does not eliminate it out of the body, becomes harmful<sup>6</sup>. Anything which is antagonistic with respect of place, time, Agni, dose, suitability, Dosha, processing potency, richness in properties, rules of eating, is not wholesome for person. If in an arid zone rough and sharp substance and in marshy region unctuous and cold diet is used, it is known as antagonistic in respect of place. Likewise, if one takes rough and cold in the winter and pungent, hot in the summer, it is antagonistic in term of time. Honey and ghee taken together in equal quantity is antagonistic in dose. The use of sweet, cold by a person accustomed to pungent hot is antagonism to suitability. Use of diet, drug and behavior similar to Doshas in properties but adverse to the person's practice is antagonistic to Doshas, When edible become poisonous by particular processing such as in case of peacock's meat attached to the castor stick, it is known as antagonism in processing. Antagonism in Virya (potency) is that when Shita Virya (cold potency) and Ushna Virya (hot potency) substances are taken together. Antagonism in Koshtha (bowels) is that when too little, of mild potency and non-

breaking drug is administered in person's having Krurkoshtha (hard bowels); while heavy, breaking and abundant one is administered in those having Mrudukoshtha (soft bowel). When Vata vitiating substance is given to the person indulge in overwork, sexual intercourse and exercise and Kapha vitiating in one who is indulge in oversleep and laziness it is antagonism in respect of health condition. Antagonism in order is that where one takes food before excreting feces and urine and without appetite or excessive hunger. If hot substances are taken after intake of pork or cold ones after intake of ghee; it is known as antagonism in indication and contraindication. Antagonism in cooking consists of cooking on damage or bad fuel or if the grains are uncooked, over cooked or burnt. Sour substances are taken with milk is antagonism in combination. Antagonism in palatability is taking of unlike food stuff. Antagonism in richness of quality is that if there is immature, over mature or damaged Rasa (taste) in a substance. It is antagonism in rules if the food is not taken in privacy. Food taken in the above way is known as antagonistic<sup>7</sup>.

#### **Signs and Symptoms of Toxicity of Virudha Ahara**

These are the measures, which are used to counteract the disorders caused by antagonistic such as emesis, purgation, use of antidotes for pacification and prior conditioning of the body with similar substance. Purgation, emesis, pacification or prior use of wholesome substance alleviates the disorders caused by antagonistic food<sup>8</sup>. Combination are described in Table 1.<sup>9</sup>

#### **Diseases occurring due to eating of Virudha Aahara**

The use of incompatible foods produce boils, swelling, Mada (toxicity), Vidhradhi (abscess), Gulma (tumors of abdomen), Yakshma (tuberculosis) and loss of vigor, loss of strength, loss of memory, loss of sense, loss of perception and loss of intellect, hemorrhagic diseases, the eight Mahagadas (dreaded diseases) and even death<sup>10</sup>. Impotency, blindness, Visarpa (a type of skin disorder), Ascites, skin diseases, Mania, Fistula in ano, Fainting, Flatulence, Galgraha, Anemia, Amavisha (endogenous toxins), Vitiligo, Leprosy, spru, edema, acid peptic disorder, Fever, Pinasa and Genetic anomalies<sup>11</sup>.

#### **Management of diseases occurring due to eating of Virudha Aahara**

Shodhan Chikitsa (elimination of vitiate dosha) and Shaman Chikitsa (internal or external medication) are beneficial in these type of diseases<sup>12</sup>.

#### **Null effects of Virudha Aahara**

The antagonism becomes inert due to suitability, small quantity, strong digestive power, in young age and persons having unctuous, physical exercise and strength<sup>13</sup>. The persons having daily exercise, oily diet and Diptagni (well sensation of hunger), young and powerful are affected by the any diseases due to eating of Virudha Aahara<sup>14</sup>.

**Table 1: Incompatible foods combinations**

<b>Food Combination</b>	<b>Ailment Caused</b>	<b>Remedy</b>
plum and game meat	poisoning	dried chicken droppings
plum and mackerel	poisoning	wax gourd juice
plum and sparrow meat	poisoning	powdered rooster droppings
plum and chicken	diarrhea	dried chicken droppings
duck's egg and plum	poisoning	purified underground water
snail and noodles	stomach ache and vomiting	allowed the toxin to be released or powdered rooster's droppings
snail and sweet corn	poisoning	purified underground water
snail and melon	poisoning	purified underground water
snail and ice	poisoning	purified underground water
snail and pork	loss of eyebrow	green beans
snail and edible tree fungus	poisoning	lotus roots
snail and clam	poisoning	Coriander
milk and spinach	dysentery	green beans
milk and sashimi	poisoning	green beans
milk and vinegar	milk curdling in the stomach	purified underground water or green beans
eel and vinegar	Poisoning	black beans and liquorice
eel and beef liver	choking by wind	black beans and liquorices
boiled eel and red dates	hair loss	Crab
boiled eel and burnt mulberry twig	Poisoning	purified underground water
eel and dry plum	Poisoning	purified underground water
eel and cow's liver	drooling	black beans and liquorice
eel and pumpkin	depressed nose	Crab
pumpkin and shrimp	diarrhea	black beans and liquorice
pumpkin and dried bonito	Poisoning	black beans and liquorice
pumpkin and mitten crab	poisoning	purified underground water
mitten crab and citrus	inability to stand up	garlic juice
mitten crab and tangerine	soft abscess	garlic juice
mitten crab and loach	poisoning	underground water
mitten crab and raw peanuts	poisoning	purified underground water
mitten crab and ice	poisoning	lotus roots
mitten crab and eggplant	poisoning	lotus roots
mitten crab and melon	poisoning	citrus peel
mitten crab and malt sugar	poisoning	purified underground water
mitten crab and honey	poisoning	purified underground water
honey and green onion	poisoning	green beans
honey and soybean curd	poisoning	green beans
mitten crab and persimmon	poisoning	lotus roots
persimmon and arrack	poisoning	green beans
persimmon and octopus	poisoning	purified underground water
clam and tangerine	poisoning	green beans
cow milk and spinach	diarrhea	green beans
cow milk and snakehead fish	poisoning	green beans
bamboo shoots and malt sugar	poisoning	green beans
bamboo and mutton	poisoning	purified underground water
game meat and animal liver	poisoning	breast milk and soy sauce
beef and catfish	poisoning	green beans or human milk mixed with fermented soybean juice
beef and Chinese chive	poisoning	breast milk and soy sauce
beef and leek	poisoning	human milk mixed with fermented soybean juice
brown sugar and uncooked oyster	poisoning	green beans
Chinese celery and turtle	poisoning	olive juice
sweet potato and pomegranate	poisoning	Chinese chive juice
Crucian carp and honey	poisoning	black beans and liquorice
red and dried plum	poisoning	purified underground water
cassava starch and sesame oil	poisoning	purified underground water
pork and liquorice	poisoning	green beans
rice and lizard droppings	poisoning	purified underground water
meat and dog garlic	blood disease/scurvy	human breast milk mixed with fermented soybean juice
peanut and cucumber	poisoning	purified underground water
shark remora and honey	poisoning	black bean and liquorice
duck's egg yolk and yam	Poisoning	purified underground water
duck's meat and yam	Poisoning	purified underground water
red beans and sheep's liver	poisoning	powdered rooster droppings
rice and gecko's urine	poisoning	purified underground water
chicken meat and dog's kidney	dysentery	powdered rooster droppings
puffer fish and smoke	Dysentery	leek juice

## CONCLUSION

As described in review of above article that so many serious diseases may develop due to indulge of Virudha Ahara. In many diseases there is no remedy after such type of suffering, hence it is better to be careful for such type of hazards. This article may help in preventing the diseases which has no complete remedy. In above text it is shown that so many combination of Virudha Aahara have fatal effect so that such type of combination must be avoided. Description of this article increases the awareness about diet and dietary process and also enlighten causative dietary factor of so many diseases.

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