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Virudham vitatham bhavet !

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ABSTRACT:

In Ayurveda, *Viruddha Ahara* refers to incompatible food combinations that, when consumed, can cause various diseases and lower the body's resistance power. *Acharya Charaka* described 18 types of *Viruddha Ahara* based on incompatibility related to place, time, quantity, digestion, and method of preparation. Such foods disturb *Agni* (digestive fire), *Dosha* balance, and overall health, leading to disorders ranging from digestive problems to systemic diseases. However, Charaka also explains that individuals who are young, strong, physically active, and possess good digestive strength (*Uttam Agni*) and immunity are often unaffected by consuming such incompatible foods. Regular intake of wholesome diet (*Hitakar Ahara*), daily exercise (*Vyayama*), and maintenance of digestive and tissue strength (*Dhatu Samyata*) enhance the body's adaptability and defense against harmful dietary influences. Thus, the concept of *Viruddha Ahara* emphasizes the personalized approach of Ayurveda, where health outcomes depend not only on food but also on the individual's constitution, strength, and lifestyle.

KEYWORDS: - Viruddha, Aahara, Harmful Food, Resistance Power

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INTRODUCTION:

Ayurved describes the human body or Sharir as “*Siryate iti Shariram*”. The human body is in a continuous process of wear and tear. Degeneration is an obvious phenomenon and regeneration of the body is by the diet or Aahar that one consumes during his entire life. Thus food is one among three upastambha or tripods 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 the body and formation of Dosha-Dhatu and Mala, which are basic constituents of the human body. Diet is considered as a Mahabhaishajya (superior medicine) by Kashyap samhita as health and prevention of diseases is possible by consuming the right diet. Not just the health or prevention of disease but the diet we consume is responsible for the 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 future. 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 effort. *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 too. Good food combinations are beneficial as they improve energy levels. Absorption of nutrients is better with combination food.

Material and Method-

Data collected from literature, ayurvedic samhita and their commentary, modern text books, google scholar. Ayurveda advocates good food combinations as it positively influences one's 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 (*DehaDhatu pratyaneek*) and which inhibits the process of formation of tissue (*Dehdhaturbhi virodham aapadyate*) is termed as *Viruddha aahar*. Incompatible food exhibits their harmful effects either by their opposite 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 the wrong time (*Kal*) and at the wrong place (*Desh*). *Viruddha Aahar* as described by Charaka can be summarized as follows:

Desha (place) *Viruddha*
Kala Viruddha
Agni (digestion capacity) *Viruddha*
Matra (quantity) *Viruddha*
Satmya (wholesome) *Viruddha*
Dosha Viruddha
Sanskar (mode of preparation) *Viruddha*
Veerya (potency) *Viruddha*
Koshtha Viruddha
Avastha (state of health) *Viruddha*
Kram (sequence) *Viruddha*
Parihar Viruddha
Upachar (treatment) *Viruddha*
Paak (cooking) *Viruddha*
Samyoga (combination) *Viruddha*
Hriday Viruddha
Sampad (richness of quality) *Viruddha*

Vidhi (rules for eating) Viruddha

A few examples are given below. 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. 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* (herpes), *aandhya* (blindness), *visphota* (boils), *udakodara* (ascitis), *bhagandara* (fistula in ano), *unmad* (mental disorders), *mada* (intoxication), *moorcha* (fainting), *adhmana* (bloating), *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. 102-103 The factors, which are related to the healthiness of tissue has mentioned charaka samhita-

Hitakar aahar sevan (Nutritious Diet)

Vyayam (Exercise)

Tarun/Balavan (Excellence of the physique)

Uttam Agni (Good digestive Power)

Snigdha Dravya sevan

Hitkarahar sevan (Nutritious Diet)

That should form the daily diet, which not only helps to maintain present well-being, but serves as a prophylactic against disease in future. (Ch.Su.5/13) The seasonal dietary and regimen practiced by a man who knows the seasonal homologation with regard to behavior and diet, promote his vigour and complexion. (Ch.Su.6/3) For those people who consume a diet according to season and in appropriate manner, their strength, colour

and age improves. A diet which keeps you healthy keeps you away from diseases and such a diet should be consumed on a daily basis. Our body keeps on deteriorating due to daily activities and hence to keep it healthy, one should consume a nutritious diet regularly. If your body doesn't get the required nutrition, the health of your body will not remain stable. For that keeping the factors in mind like country, time and your exercise strength, one should take an appropriate balanced diet. Otherwise the resistance power of one's body does not increase and he can become prone to diseases. The person who consumes Hitakar aahar regularly if intakes small amounts of ahitkar aahar it does not tend to be harmful. Agni- In Ayurveda, the term "*Agni*" is used in the sense of digestion of food & metabolic products. Ingested food is to be digested, absorbed & assimilated which is unavoidable for the maintenance of life & is performed by *Agni*. About the importance of *Agni*, Acharya charaka has mentioned that after stoppage of the function of Agni, the individual dies and when the *Agni* of an individual is sama then that person would be absolutely healthy and would lead a long, happy, healthy life. But Agni of a person is vitiated; the whole metabolism in his body would be disturbed, resulting in ill health and disease. Hence, *Agni* is said to be the base of life (cha.chi 15/04). So the person with good *agni* (digestive power) if intakes *viruddha* ahar too doesn't tend to have harmful effects on the body.

Vyaayam-

According to Ayurveda, regular exercise of the body to once capacity is essential for everyone. The movements of posture of the body aimed at stabilizing and strengthening it constitute what is known as physical exercise. Physical exercise gives lightness to the body, increasing its stamina for hardwork, stability and tolerance. It helps in elimination

of the bodily deficiencies and defects and improves Agni. The body is strengthened by regular physical exercise. Its capacity of resistance and defense and immunity against disease also increases. Physical exercise helps in digestion of heavy and incompatible food which is difficult to digest easily. Regular exercises of the body keep one fit and cheerful, avoid or reduce obesity and boost immunity power. Physical exercise reduces fat in your body, keeps you active, reduces laziness in you. It increases your capacity to bear hunger, thirst, and hot climatic conditions for long. It improves the digestive power of your body due to which your body is provided with all the required elements. Because of all these, the strength and health of your body stays in excellent state. People who do work out regularly have excellent resistance power and consumption of a harmful diet does not affect the health of their body.

Balishtha (Strength)

Those people who never fall to any diseases even after repeated consumption of harmful diets have excellent resistance power in their body. Tissue power, positivity and energy liberation in the body remains in naturally sound condition for those who take a balanced diet. Such bodies start resisting any harmful effect immediately after consumption of a harmful diet. Therefore, people who have resistance power which is more powerful than and always beats the disease-causing power have a body which adapts quickly even if provided with a harmful diet.

DISCUSSION:

Charaka while explaining about incompatible food describes people under a diet of incompatible food which tends to have no losses or no health problems. The person with good digestive power and with better immunity if intakes the incompatible food

can also turn with no harmful effects. It is commonly observed that certain persons 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 it destroys the causes. This power depends upon the maintenance of the equilibrium of Doshas and the healthiness of tissues.

CONCLUSION:

Hitakar aahar sevan (Excellence of diet), *Vyayam* (Exercise), *Tarun/Balavan* (Excellence of the physique), *Uttam Agni* (Good digestive Power), *Snigdha Dravya sevan* these five entities are enrolled in adaptation of the body. The compatibility with *Virudha ahar* able to maintain perfect equilibrium of all body constituents i.e. should be able to maintain *Dhatu samyata*. This maintains the immunity of the body. Ultimately this doesn't affect the process of wear and tear. So, denotes the compatibility with *virudha ahar*.

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