



Food is the most essential thing in the world for all living beings. Ayurveda clearly mentions about the wholesome diet and the benefits of proper food.

At the same time, acharyas have given very clear descriptions regarding the UNWHOLESOME DIET or DIETETIC INCOMPATIBILITY which is called as VIRUDHAHARA and claimed it is the strong reason of many diseases in large sectors of the population. Ayurvedic classics have paid special attention to virudhahara (dietetic incompatibility) and defined it as those substance in the body that increase all doshas and remain antagonistic to dhatu (tissues).

Several examples of virudhahara have been mentioned in Ayurvedic classics. The use of such virudhahara for longer duration will lead to diseases like blindness, skin eruption, fistula, tympanitis, anaemia, edema, fever, genetic disorder and even death. Hence acharyas instruct us to follow the rules of wholesome food to be free from diseases.

Below is a list of some of such identified dietetic incompatibilities (virudhahara) and the diseases caused by that.

Name of virudhahara	Disease caused and its chances with each virudhahara
Milk + banana	Skin diseases+++ Diabetes +++ Rheumatoid arthritis +++ Obesity ++
Milk + chapati + sabji (stew)	Skin disease ++++ Abdominal discomfort +++++ Arthritis ++++ Breathing disorder +++

	<p>Anemia +++</p> <p>Obesity ++</p> <p>Head ache ++</p>
Milk + sprouted grain	Skin disorder +++++
Intake of milk after salad	<p>Skin disorder +++</p> <p>Running nose ++</p> <p>Arthritis +++</p> <p>Diabetes +++</p> <p>Acidity ++breathing disorder++</p>
Regular intake of paneer	<p>Digestive system disorder +++++</p> <p>Arthritis +++++</p> <p>Neck stiffness +++++</p>
Curd + salad	<p>Anemia +++</p> <p>Heart diseases ++</p> <p>Head ache ++</p> <p>Neck stiffness ++</p>
Intake of curd at night	<p>Anemia +++++</p> <p>Diabetes +++</p> <p>Rheumatoid arthritis +++</p> <p>Mental irritation ++</p>
Non veg + salad	<p>Skin disorder +++</p> <p>Fever +++</p> <p>Anemia +++</p>

	Digestive system disorder ++++ Diabetes +++ Arthritis +++ Neck stiffness +++ Epilepsy +
Intake of food without clearing bowel	Abdominal discomfort+++++ Skin disorder ++++ Pain abdomen +++ Acidity +++ Low back pain ++
Taking bath after exposure to sun light	Fever +++ Running nose ++

These are the some food combinations by which diseases will manifest. Hence Ayurveda instructs to follow the prescribed diet in the classics to have better health, otherwise food itself will be a problem. By this we can come to a conclusion that virudhahara is having some influence on the cause of disease, but the exact mode of disease formation is not established. For that we need more clinical study with large sample and scientific parameters.

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