

## Conceptual Study on Modern Applicability of *Viruddha Ahara* (Incompatible Foods) in Ayurveda WSR to *Charaka Samhita*

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Ayurveda elaborates on five fundamentals in pharmacology, as *Rasa* (taste), *Guna* (physical attributes), *Veerya* (potency), *Vipaka* (outcome of digestion) and *Prabhava* (specific potency) of a *Dravya* (substance). *Dravya* dominant in *Rasa* is termed as *Ahara* (foods) while *Veerya* dominant termed as *Aushadha* (drugs). *Viruddha Ahara* gives rise to various disease conditions. *Charaka Samhita* has described eighteen such incompatibilities related to dietetics in the 26<sup>th</sup> chapter of *Sutrasthana*. Modern sciences do not clearly describe food incompatibilities, but Ayurveda gives detailed descriptions tailing them down to its types. Therefore, this study builds a comparison as per the modern view to the types found in Ayurveda. This review aims to critically discuss the *Viruddha Ahara*, to review the diseases caused by incompatibility along with relevant therapeutics to raise social awareness. The study was composed as a literature review. The data relating to *Viruddha Ahara* were collected from *Charaka Samhita*, previous research articles published on databases such as PubMed®, Web of Science, Google Scholar and ResearchGate with the official website of the United States Food and Drugs Administration (FDA). *Acharya Charaka* interprets 18 types of *Viruddhathva* as *Desha*, *Kala*, *Agni*, *Matra*, *Satmya*, *Dosha*, *Samskara* etc. *Charaka Samhita* also discussed the diseases that arise due to incompatibility as *Shandya* (impotency), *Andhya* (blindness), *Veesarpa* (erysipelas), *Unmada* (mental disorders) etc. *Vamana* (emetic therapy), *Virechana* (purgation) and pacification of *Dosha* (body humor) are indicated for their management. According to the results, it is evident that *Acharya Charaka* points out these incompatibilities to highlight the importance of the status of *Ahara* for positive health. Prolonged consumption could result in deadly disorders as mentioned above. The therapeutics eliminate the vitiated *Dosha* brings balance to the body. Therefore, can be concluded that the concept of *Viruddha Ahara* owe higher clinical significance regarding the positive health of the community and can be used to cure various ailments that arise from the false food habits of mankind.

**Keywords:** *Charaka Samhitha, Foods, Incompatibility, Viruddha Ahara*