

A Review Article on Effect of Incompatible Food W.S.R. to Junk Food on Health and Its Ayurvedic Aspect

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ABSTRACT

Junk foods are rich in calories, salt and fats. Excess consumption of junk foods leads rise to wide variety of health disorders. Practice of high consumption of junk foods is one of the root causes of various health problems like obesity, infertility etc. Increased sedentary activity, lack of regular physical activity, and poor eating habits, fast foods, sweets, may lead to obesity Nowadays eating junk has become a trend. Modern science accepts the relation of food customs also with reproductive health of human being. As per Ayurved incompatible diet i.e. *Viruddha Aahar* is one of the root causes of various health problems. Ayurveda provides a simple dietary and lifestyle regime for a healthy life and to avoid lifestyle disorders. Acharya Charak has mentioned incompatible food under the heading *Virudhahara*. Present paper gives an idea on worsened effect of junk on health and also importance of ayurveda dietary regimes and to develop awareness regarding junk food to prevent various health problems.

Keywords – junk, *viruddha ahara*

INTRODUCTION

Junk food is term use for food containing a large number of calories from sugar or fat with little dietary fiber, protein, vitamins or minerals. The term can also refer to high protein food like meat prepared with saturated fat. [1] Some common examples of junk foods include sodas and snack foods, such as potato chips, crackers and candy. Popular fast-food items, like hamburgers and French fries, are also often lumped into the category of junk foods because they often contain lots of calories but not many nutrients. Fast food and fast food restaurants are often equated with junk food, although fast foods cannot be categorically described as junk food. Junk foods are usually offered anytime and

everywhere at very low cost, especially in malls, supermarkets and cinemas. However keep in mind that those fast foods help you save time and money, at the expense of your health. If not consumed in moderation; they can lead to the health risks.

Aims and objectives

- To enlist the causative incompatible dietary factors.
- To develop awareness regarding junk food to prevent various health problems.
- To aware people about ayurveda dietary regimes

MATERIALS AND METHODS

Literature has been reviewed from both Ayurveda books & Contemporary

sciences. Also various websites have been searched.

Effect of junk Food and Beverages [2]

Fatigue and lack the energy; since these foods contain little amount of proteins, vitamins and minerals

Obesity; higher intake of fat and sugar lead to decreased intake of healthy food choices, thus leading to obesity

Heart disease, hypertension, stroke and elevated levels of blood cholesterol and triglycerides; high level of saturated or trans fats and salt found in fried fast foods can clog the arteries and, over time, contribute to high triglycerides and cholesterol levels, thus leading to many chronic diseases

Type 2 diabetes; because junk food doesn't contain the protein or complex carbohydrates that your body needs to maintain consistent blood sugar levels, your blood sugar levels will immediately spike and then drop suddenly soon after eating. This process will lead to type 2 diabetes on the long run use.

Impaired digestion; deep fried junk foods and sugary carbonated beverages lead to many digestive problems like reflux, stomach pain, ulcer, diarrhea or constipation It affects your brain function; by triggering memory impairment and interfering with normal brain function. Junk Food can also cause infertility

As per Ayurveda junk food can be considered as *Viruddha Aahar* or incompatible diet which is said to be the cause of many systemic disorders. Incompatible diet i.e. *Viruddha Aahar* is a unique concept of Ayurveda. *Viruddha Aahar* means the food which exerts opposite or undesirable effects on the body. According to Ayurveda, such type of diet is one of the root causes of various health problems. *Viruddha Aahar* is defined by Charaka. The literal meaning of word *Viruddha* is opposite. The diet which vitiates *doshas* from their places but does not eliminate it out of the body and becomes harmful is said to be *Viruddha* or incompatible. The food which is wrong in combination, wrong in processing,

consumed in incorrect dose, incorrect time of the day and in wrong season can lead to *Viruddha Aahar*. [3]

There are 18 food incompatibilities

- 1 *Desha Viruddha* (Place incompatibility)
- 2 *Kala Viruddha* (Time incompatibility)
- 3 *Agni Viruddha* (Gastric fire incompatibility)
- 4 *Matra Viruddha* (Quantity incompatibility)
- 5 *Satmya Viruddha* (Homologation incompatibility)
- 6 *Dosha Viruddha* (Body humors incompatibility)
- 7 *Samskar Viruddha* (Processing incompatibility)
- 8 *Veerya Viruddha* (Potency incompatibility)
- 9 *Koshtha Viruddha* (Bowel tendency incompatibility)
- 10 *Avastha Viruddha* (State of health incompatibility)
- 11 *Kram Viruddha* (Sequence incompatibility)
- 12 *Parihar Viruddha* (Contraindication incompatibility)
- 13 *Upachar Viruddha* (Treatment incompatibility)
- 14 *Paak Viruddha* (Cooking incompatibility)
- 15 *Samyoga Viruddha* (Combination incompatibility)
- 16 *Hriday Viruddha* (Palatability incompatibility)
- 17 *Sampad Viruddha* (Richness of quality incompatibility)
- 18 *Vidhi Viruddha* (Rules for eating incompatibility)

Role of the Ahara in manifestation of disease:

Health as well as the disease is caused by the *Ahara*. This can be understood in the terms of *Nidana*. In majority of the diseases *Ahara* *Nidana* (dietary causative factors) has been given a prime importance. Here *Ahara* is mentioned as common cause of the every disease .The specific *Ahara* as causative

factor for each disease were mentioned in different parts of Samhita. [4] While describing *Samanya Nidana of Srotodushti*, Acharya states the importance of the *Ahara* in the manifestation of the disease. [5] Similarly, while mentioning about the *Nidanas* of Mental disorders like *Unmaada*, *Apasmara*, and *Attatwabhinivesha* Acharya Charaka has given due emphasis on dietetic causes. [6]

Mode of action of *Viruddha Ahara* [7]

Viruddha Ahara taken regularly could induce inflammation at a molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin-2 and thromboxane. This inflammatory effect is an important effect as these are all the basic pathologies that create *Agni Mandya*, *Ama*, and a number of metabolic disorders.

It has been clearly mentioned in Ayurveda text that oil and food must not be reheated. Reheating of oil creates more oxidation and if consumed may create more oxidative stress creating more free radicals. A recent study found that a toxin called 4-hydroxy-trans-2-nonenal (HNE) forms when such oils as corn, soyabean, and sunflower oils are reheated. Consumption of foods containing HNE from cooking oils has been associated with increased risks of cardiovascular disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders, and cancer

Certain researches pointed out that the quantity of HNE is higher in deep fried foods, such as snacks that fried in cooking oils such as corn, soya bean, and sunflower oils. Scientific explanation about the formation of HNE is when fruits or vegetable pieces are boiled inside oil to get fried, then oil molecules that penetrated into the fried food gets converted into similar molecules like that of HNE. While getting cooled to room temperature, this molecule will convert into toxin HNE, which will ultimately lead to risks of cardiovascular disease, stroke, Parkinson's disease,

Alzheimer's disease, Huntington's disease, various liver disorders, and cancer.

Need of diet and lifestyle code and conducts according to *Prakriti*

Ayurveda primarily aims to preserve health for prolong life and to cure the diseases. Preservation of health is the priority of medical science and it can be attained by two means; first by conquering diseases when it invades the body and other by following ideal lifestyle conducts mentioned in *Ayurvedic* literature under the heading of *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen) and *Sadavritta* (social code of conducts) to keep the body healthy. *Prakriti* (constitution) is a unique concept of *Ayurveda* which has genetic and acquired aspects. Genetic aspect depends upon sperm and ovum while acquired constitution develops in relation to environmental factors such as climate, season, time factor, age, race, familial inheritance. Nature has blessed every living being with different colors When an individual takes different types of drinks and diets, drinkables, eatables, chewables etc without paying proper attention towards their nature, mode of preparation, combination, quantity, locality, time, dietetic rules and wholesomeness for the individual, then *Vata*, *Pitta* and *Kapha* in his body get imbalanced due to this irregularity. [8]

Imbalanced *Dosha* spreads all over body and when they get localized in view of the obstruction to the entrance of the channels of circulation, food is mostly converted into undigested food rather than *Dhatu* (tissue elements) of the body which further leads to various diseases. Therefore, a wise person should take such diets as are not unwholesome from the point of view of nature, mode of preparation, combination, quantity, locality, time, dietetic rules and the wholesomeness for the individual who takes them. There is corroborative evidence that diet and lifestyle is playing a major role in predisposition to various diseases like cancer. WHO and some health agencies

have also issued recommendations regarding life style modifications. These recommendations include: Stop smoking, reduce body weight, moderate alcohol intake, reduce salt intake, improve dietary habits and increase physical activity. [9] Overall, encouragement of healthy lifestyles in the population should help to reduce the high burden of lifestyle diseases. Lifestyle interventions have shown definite benefit in

the management and prevention of these diseases.

Daily conducts guidelines for good health: [10]

Daily conducts guidelines advocated in Ayurveda should be followed by all *Prakriti* persons routinely for maintenance of *Dosha*. The conducts and its effect on particular *Dosha* are mentioned are

Daily personal conducts	Target body part	Pacifying Dosha
<i>Anjana</i> (Collyrium)	Eye	<i>Kapha</i>
<i>Dhumapana</i> (herbal smoking)	Nose	<i>Pitta, Kapha</i>
<i>Nasya</i> (nasal drop)*	Nose	<i>Pitta, Kapha</i>
<i>Dantadhavana</i> (teeth brushing)	Teeth	<i>Kapha, Pitta</i>
<i>Jihvanirlekhana</i> (tongue scraping)	Tongue	<i>Kapha, Pitta</i>
<i>Tambulasevana</i> (chewing)	Oral cavity	<i>Kapha, Pitta</i>
<i>Gandusha</i> (gargles)	Oral cavity	<i>Vata</i>
<i>Shirah Abhyanga</i> (oiling on head)	Head	<i>Vata</i>
<i>Karna purana</i> (oiling in ear)	Ear	<i>Vata</i>
<i>Abhyanga</i> (massage) **	Body	<i>Vata</i>
<i>Pada Abhyanga</i> (Leg massage)	Leg	<i>Vata</i>
<i>Vyayama</i> (Exercise)	Body	<i>Vata, Kapha</i>
<i>Udvardana</i> (unction)	Body	<i>Vata</i>
<i>Snana</i> (bathing)	Body	<i>Kapha</i>
<i>Vastradharana</i> (clothing)	Body	-
<i>Gandhamala ramadharana</i> (Garlands and stone ornaments)	Body	-
<i>Padatra</i> (shoes)	Leg	-
<i>Chhatradharana</i> (umbrella)	Head	-
<i>Dandadharana</i> (walking stick)	Body	-

Conducts for diet intake in different *Prakriti* people: [11]

Rules for taking food	Applicable for <i>Prakriti</i>
food should be warm	<i>Vata</i> and <i>Kaphapradhana Prakriti</i>
food should be unctuous	<i>Vata</i> and <i>Pittapradhana Prakriti</i>
intake not too hurry	<i>Vatapradhana Prakriti</i>
intake not too slow	<i>Kaphapradhana Prakriti</i>
intake without laughing and talking	<i>Vatapradhana Prakriti</i>
intake with concentration	all types of <i>Prakriti</i>
Intake of food having no contradictory potencies	all types of <i>Prakriti</i>
intake after digestion of previous food	all types of <i>Prakriti</i>
food in proper quantity	all types of <i>Prakriti</i>
intake with self consciousness	all types of <i>Prakriti</i>
intake in proper place and with all accessories	all types of <i>Prakriti</i>

Dietary guidelines: One should eat in proper quantity which is depends on the power of digestion and metabolism and is varies according to the season as well as the age of the individual. The proper quantity of food does not depend upon the nature of food articles. If the food article is heavy in digestion only three fourth or half of the stomach capacity is to be filled up and even in the case of light food articles excessive

intake is not conductive to the maintenance of the power of digestion and metabolism. The importance of food taken in proper quantity: Food taken in appropriate quantity, food certainly helps the individual in bringing about strength, complexion, happiness and longevity without disturbing the equilibrium of *Dhatu* and *Dosha* of the body.

Table shows various compatible and incompatible food [12]

Food articles	Food indicated for daily use	Food contraindicated
Grain	Red Sali (<i>Oryza sativum</i> Linn.), Shashtika (a kind of rice harvested in sixty days)	Yavaka (a variety of <i>Hordeum vulgare</i> Linn)
Pulses	Moonga (<i>Phaseolus mungo</i> Linn.)	Masha (<i>Phaseolus radious</i> Linn.)
Water	Rainy	River water in rainy season
Salts	Saindhava (Rock salt)	Usara (salt prepared from saline soil)
Herbs	Jeevanti, Amalaka (<i>Embllica officinalis</i> Gaertin)	Mustard
Ghee	Cow ghee	Ghee of sheep milk
milk,	Cow milk	sheep milk
Vegetable oil	Tila (<i>Sesamum indicum</i> Linn)	Kusumbha (<i>Canthamus tinctorious</i> Linn)
Bulbs	Ginger	Aluka
Fruits	Grape	Nikucha (<i>Antrocarpus nikucha</i> Rpxb)
Products of sugar cane	Sugar	Phanita (treacle)
Meat of animal, birds, animals living in holes	Ena (antelope), lava (common quail), Godha (inguana)	Beaf, young dove, frog
Fish, Fish fat, fat of aquatic birds, fats of gallianaceous type of birds, fats of branch eating animals	Rohita, Chuliki (Gangatic dolphin), Pakahansa (white swan), hen, goat, common quail	Chilichim, buffalo, crocodile, water fowl, sparrow, elephant
Others	Honey	After taking food avoid Pastries, rice, Pruthika (boiled and flattened rice), dried meat, dry vegetables, lotus rhizomes and lotus stalk, diseased animal meat, boiled buttermilk.

CONCLUSION

Healthy eating means eating a variety of foods so that we get the nutrients (such as protein, carbohydrate, fat, vitamins, and minerals) needs for normal growth. From the above discussion, it is clear that *Viruddha Ahara* is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases unknowingly to the patients. Prevention is always better than cure. Therefore, it is important to enlist the causative incompatible dietary factors and train the patients to avoid such etiologic factors. The article also opens a new research window in the field of Ayurvedic dietetics to research upon different aspect of *ahara*.

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