

Viruddhāhāra (Incompatible foods)

- Those foods which are not suitable or compatible by nature for body such as salt with milk, acidic fruits with milk like unripe mango, lemon, karanda, wood apple, tamarind etc., fish with milk, radish with jaggery and honey, consumption of cold and dry things during winters, honey and water in equal quantity, honey and ghee in equal quantity, etc. are called Viruddhāhāra (Incompatible food).
- Consumption of viruddhāhāra causes skin disorders, disorders of eye, loss of memory, digestive system related disorders and metabolic disorders.
- Make suitable changes in diet and life style according to body constitution, habitat, season etc. under medical advice.