



Prevention is Care

Cooked food, raw foods, fruits, juices, spices, cereals, and grains, all constitute food. However, not everything can be consumed at all times. Certain foods are beneficial (Hita Ahara) and certain foods are unwholesome and are not to be consumed ([Ahita Ahara](#)). Below is a short tip on what is palatable and what is not. Then, some foods must not be mixed, such as **Viruddha Ahara**. Viruddha means something contrary. This means that foods which have contradicting properties must not be consumed, such as fruit juice with cooked food. When you consume Viruddha Ahara, it causes bloating, gas, and abdominal pain.

It's crazy how many of these we eat without thinking, right? But Ayurveda has known for centuries that small food mistakes can lead to big health problems.

Ayurveda shastras warns us about these food combinations. This has been mentioned in an Ayurveda classical text called Charaka Samhitha.

Honey and milk



Do you love adding these two as a weight gain recipe? Honey and milk do not mix, because they have different properties. When you consume milk with honey, the milk refuses to digest and is converted into undigested fats, thereby causing unhealthy weight gain. (Veerya Viruddha)

Undercooked food

There is a belief that half boiled eggs and vegetables retain minerals and proteins. This is a myth. The body's gastric secretions are not powerful enough to breakdown half-boiled eggs and half-cooked veggies (Samskara Viruddha).

Honey with hot water



Love warm lemon honey water or hot green tea with honey in the morning? Well, mixing honey with hot water or heating honey for that matter causes it to turn toxic, according to Ayurveda (Samskara Viruddha).

Non-vegetarian Biryani and curd raitha

Having a yummy chicken biryani with onion raita? Meat and curds cause indigestion in the body that can progressively result in skin diseases. As both are heavy in nature, it is difficult for the system to digest them.

Honey and meat



I know, Honey Chilli Chicken sounds delicious to try in restaurants, but you will make your gut weep! (Veerya Viruddha).

Cereals and milk



Ever had milk and cereal with sodium content (check the ingredients of your cereal) for breakfast? Cereals contain sodium which can cause milk to turn sour. Sour milk that is not treated, accumulates in the body and turns toxic.(Samyoga Viruddha)

Curd at night

Want tasty curd rice for dinner? It might lead to congestion. So, think before you eat. (Kala Viruddha)

Now that you know what NOT to eat together, let's talk about how to eat properly in the next blog. Because guess what? Even the healthiest meal won't help if you're not eating it the right way! (Ahara vidhi)

Stay tuned, eat wisely, and take care of your gut! Your body will thank you for it.

Got any food habits you're unsure about? Drop them in the comments, I'd love to discuss!