

Incompatible food combinations in Ayurveda: The unknown cause behind a weakened immunity

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Abstract

During this time of deadly infectious diseases, many think that by eating healthy food, they are maintaining a strong immune system. However, in Ayurveda, eating healthy food is not enough. How to eat it is more important. This is what explains the fact that so many people may suffer from gas, indigestion, nausea, fatigue, bloating, and elimination issues, while they think they are eating proper food.

In fact, Ayurveda has clearly stated that the relation between a healthy gut and a good immunity is inextricably intertwined. This ancient Indian medicine has recognized that certain foods don't go together. In this respect, it is worth-mentioning that the ayurvedic food combination guidelines are different from other dietary food combination theories. Ayurveda uses the inherent qualities and tastes of food as well as their digestive effect to make determinations about what will go together. Two foods can be individually beneficial and easy to digest but when mixed, their energies and post digestive effects can create antagonistic qualities. The accumulated toxins clog the channels in the body, weaken the immune system and lead to unexplained diseases. Ayurveda considers milk and banana, for example, as incompatible foods. The mixture of both foods may sound nutritious enough, but its effect proved to be harmful. Mixing dairy and fruit slows the digestive fire, alters the intestinal juice and accumulates toxins in the body. Such incompatible food combinations, not only disturb the digestion, but also cause confusion in the intelligence of our cells which can lead to a weakened immune system. The good news is that incompatible food combinations can be solved in two ayurvedic ways: either by compensating for some of incompatible foods' negative effect with a suitable ayurvedic diet or by simply developing an awareness of the ayurvedic food combination guidelines.

Biography

Dhouha Hafsi has completed her research master's degree in Applied English Linguistics at the age of 26 years from the Faculty of Arts and Humanities Sfax, Tunisia. Her interest in Alternative therapies and holistic coaching has urged her to enrol in many courses and trainings (from 2012 till today). She is certified by many international institutions such as American Board of NLP, International Teaching Training Coaching Council and International Holistic Rheoversity. Mastering Arabic, French and English languages and holding the certificate of a Professional Trainer, she animates and ensures simultaneous translation of many seminars. Since 2017, she has discovered Ayurveda. She has enrolled in "Ayurveda Lifestyle Consultant" course and got certified by STED Council, India. In parallel, she has done many trainings in an Ayurvedic hospital in Kerala. Once in Tunisia, she starts co- animating free webinars, weekly, with Indian Doctors live from Kerala, in the goal of spreading Ayurveda knowledge.



11th International Conference on Traditional Medicine and Acupuncture | March 11, 2021

Citation: Dhouha Hafsi, Incompatible food combinations in Ayurveda: The unknown cause behind a weakened immunity, Traditional Medicine 2021, 11th International Conference on Traditional Medicine and Acupuncture, March 11, 2021, 01