

**FOOD COMPATIBILITY IN SRI LANKAN HOTEL CUISINE: ANALYSING
VIRUDDHAHARA FROM AYURVEDIC AND MODERN PERSPECTIVES**

I.R.N.A. Illagolla*, W.A.D.K. Tharundi and H.P.I.J. Kaldera

Faculty of Indigenous Medicine, Gampaha Wickramarachchi University of Indigenous
Medicine, Sri Lanka.

*a19117@arts.pdn.ac.lk

Viruddhahara (incompatible food combinations) is an advanced Ayurvedic concept that emphasizes the harmful effects of improper food pairings on digestion and metabolism. Especially in Charaka Saṃhita, have identified 18 types of food incompatibilities. In the modern Sri Lankan hotel industry, especially during large-scale events and cultural festivals, a wide variety of traditional and fusion cuisines are served, often disregarding these principles. This study aimed to analyze the relevance of Ayurvedic concepts of *Viruddhahara* to current dietary practices in Sri Lankan hotels and to examine the health implications from both Ayurvedic and biomedical perspectives. This study applied a mixed-method approach, including a literature review, modern scientific research, alongside an analysis of hotel menus during major cultural events by selecting sample of ten hotels located in Colombo and Kandy districts. It was found that buffet-style dining and fusion trends frequently violate Ayurvedic compatibility rules. Common incompatible combinations include curd with fish or meat, fruits with dairy, hot and cold foods consumed together, and carbonated drinks with deep-fried sweets, all of which disrupt digestion and negatively affect gut health. Additionally, with the rise of buffet style dining in luxury hotels and resorts, guests often consume random combinations of incompatible foods, leading to digestive disturbances and long-term health risks. The study concludes that integrating Ayurvedic *Viruddhahara* principles aids menu planning and staff training, improves health outcomes, preserves traditional food values, and enhances dining. It urges the hospitality industry to align food practices with holistic wellness and cultural integrity.

Keywords: Ayurveda, Food compatibility, Hotel industry, Sri Lankan cuisine, *Viruddhahara*