



AYURVEDA CONCEPT OF SATMYAVIRUDDHA WSR TO ROLE IN DISEASE PATHOGENESIS: A LITERARY REVIEW

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ABSTRACT

Viruddha Ahara is an important aspect of *Ayurveda* which deals with the harmful effects of the incompatible food. According to *Ayurveda*, various food and their combinations can disrupt the metabolism of body and inhibit the process of tissue formation; such food combinations are known as *Viruddha Ahara*. *Satmyaviruddha Ahara* is one such type of *Ahara* which is consumed against the *Prakriti* of the individual's body. *Ahara* is one of the *Upsthamba*, which deals with intake of food and provides the essential nutrients to the body. For a healthy body, intake of right kind of *Ahara* is necessary. Due to the modern lifestyle, faulty eating habits, consumption of incompatible food is increasing now a day's. *Viruddha Ahara* can affect the metabolism and homeostasis of the body. Frequent and excessive intake of *Viruddha Ahara* forms *Ama* which vitiates the *Doshas*. These vitiated *Doshas* can obstruct the *Srotas* in the body which in turn causes malfunctioning of various body organs and thus result in production of various diseases. This article is presenting the various effects of *Satmyaviruddha Ahara*.

KEYWORDS: *Viruddha Ahara, Ama, Doshas, Satmya, Diseases.*

INTRODUCTION

Ayurveda has a concept of three pillars of life, in which *Ahara* is considered as one of the important pillar. *Ahara* plays an important role in growth and development of the body. It affect the *Tridosha* (*Vata, Pitta, Kapha*) and thus has direct relation with the physiological and biochemical functioning of the body. *Ahara* provides energy for day to day work, boost immune system of the body; stimulate repair and regeneration of various body parts and provide nourishment to the cells and tissues of the body.

According to the *Ayurveda*, food can be compatible and non-compatible, to prevent various *Roga*, it is advised to avoid intake of *Viruddha Anna*. *Viruddha Anna* is various food and their combinations which have the opposite properties. *Viruddha Ahara* is food material of wrong combination; with inappropriate processing; food consumed in wrong dosage, at wrong timing in unsuitable climatic conditions. Many scholars have suggested that intake of *Viruddha Ahara* can vitiate the *Doshas*. The word *Satmya* refers to something which is suitable to the body and *Asatmya* is unsuitable to the body. *Satmya* is of many types, it varies with every individual according to their *Prakriti*, age, *Desha*, *Kala*, *Dosha* etc. *Asatmya* is something unfamiliar to the body, which is inappropriate for the cells and tissues; thus

interrupts the normal functioning of the body, causing damage to the *Dhatus*.

Types of *Viruddha Ahara* *Desha Viruddha*

It refers to the place incompatibility such as use of *Ruksa* and *Tiksana* food in *Jungal Desha* and use of cold substances in *Anoop* region, example: eating spicy food in hot place.

Kala Viruddha

It refers to the *Kala* (season) incompatibility. Many scholars have suggested that one should prefer intake of substances with opposite *Rasaguna* in a particular *Kala*. In winter season, one should avoid dry and cold food. Likewise in summer season, one should avoid eating hot and spicy food.

Agni Viruddha (Digestion incompatibility)

Person should consume food according to the *Jatharagni Bala*. When person has *Tikshnagni*, food gets digested in shorter time but if the person possesses *Mandagni*, digestion takes longer time, example: heavy meals should be avoided during night.

Matra Viruddha (Dose incompatibility)

Food should be consumed in sufficient quantity. Lack of intake of food can become *Matra Viruddha*; if the *Ghee*

is taken in equal amount with honey. *Atimatra Ahara* can lead to the production of *Ama* (toxins).

Satmya Viruddha

When diet taken is against the *Prakriti* of the body, example: if a vegetarian person consumes cake made up of egg.

Dosh Viruddha

When the food eaten is incompatible to the *Doshas* of the body, if the *Vata* aggravating food is given to the person engaged in heavy strenuous physical work, it becomes *Dosha Viruddha*.

Paka Viruddha (cooking incompatibility)

When the food is undercooked or having bad smell.

Samskar Viruddha (Process incompatibility)

When the food substance gets converted to poison during cooking process, packaging in tinned bottles for longer duration can produce *Ama*, example: use of packed juice and food.

Veerya Viruddha (Potency incompatibility)

When hot food substance is combined with cold food substance it becomes incompatible. Use of *Sheeta Veerya* should be avoided with *Ushna Veerya*, example: when ice-cream is eaten along with hot chocolate.

Samayog Viruddha

When the food is combined and after combination the food becomes incompatible,
Example: fruit salad, milk along with banana; fish and milk together.

Kostha Viruddha

Consumption of food substances opposite to the digestive tracts of the body, example: intake of *Bahu* (more in quantity), *Guru* (heavy) by a person having *Mridu Kostha* (soft bowel).

Avastha Viruddha

When the food given is opposite to the state of the person, example: *Vata* vitiating food given to the manual labors.

Krama Viruddha (Order incompatibility)

It refers to the intake of food without the feeling of hunger or when the person does not eat food even after feeling hungry. This results in improper digestion producing *Ama*.

Parihar Viruddha

It refers to the regimen incompatibility, example: Intake of cold water after drinking hot tea.

Upachara Viruddha: It refers to the incompatibility of the rules of ingestion.

Hridya Viruddha: It refers to the intake of food which is not good in taste and is eaten against the will of the person.

Sampad Viruddha

When the food material does not have the edible qualities such as; if the *Rasa* is taken from unripe, over ripe, unpurified food, example: over ripen banana.

Vidhi Viruddha

When the food taken is against the rules of the *Upayog Samstha*, food should be eaten without talking & watching television.

Satmyaviruddha Ahara

Satmya word means "suitability", something which is suitable to the body and favors the well being of the person. *Satmya* are the substances which are conducive to the individual's own *Prakriti*. It is of three types i.e.; superior, average and inferior. *Satmyaviruddha Ahara* refers to the intake of such food items which are not in accordance with one's eating habits, examples are depicted in **Figure 1**.

Example of <i>Satmya viruddha</i>		
Consumption of <i>Madhur Ahara</i> after continuously eating <i>Katu Ahara</i>	Person habitual of eating <i>Sheeta Ahara</i> is taking <i>Ushna Ahara</i>	If a vegetarian person consume non-veg in excess

Figure 1: Some examples of *Satmyaviruddha Ahara*.

Pathogenesis

Ahara provides nutrition and energy to the body thus it is the basic need of living organisms, but if it is not processed properly or consumed in wrong combination then it becomes harmful. Many *Acharyas* have mentioned about the effects of *Viruddha Ahara* on the health and their role in production of various diseases, food prepared according to the *Astaaharvidhi Visesayatana* are suitable for the body and has good impact on the health.

When frequent intake of *Viruddha Ahara* occurs, it leads to the formation of *Ama*. This *Ama*, result in vitiation of *Doshas* in the digestive tract. *Ama* mixes with *Rasa dhatu* in the digestive tract and then spreads from one *Dhatu* to other *Dhatu* in the body as represented in **figure 2**. It forms *Rasadi Dhatus* which have detrimental effects on the body. *Rasadi Dhatus* does not provide nutrition to the body. While travelling, *Ama* lodges at *Sthanavaigunya* and produces disease. *Viruddha Ahara*

can produce *Aashukari* (acute) and *Chirakari* (chronic) *Roga*. When a person consumes *Satmyaviruddha Ahara*, it vitiates *Mandagni*, which affects digestion of the body. As a result of vitiated *Mandagni*, *Tridoshadushti* occurs. If the consumption is not stopped, it again vitiates the *Pitta* and *Kapha Dosha* which lead to *Mansa* and *Twak Dushti*.

According to modern concept, *Viruddha Ahara* can induce inflammation at various levels which can be responsible for many diseases. When oil is heated repeatedly, it produces oxidative free radicals, which in turn induce the excessive formation of aldehyde. This results in production of *Ama* which causes many cytotoxic and genotoxic effects resulting in degenerative diseases. Many studies have reported that regular consumption of *Viruddha Ahara* can affect the gene expression, which in turn can bring epigenetic changes. These changes can cause premature aging, cancer and even *Shandhatva* (congenital problems).

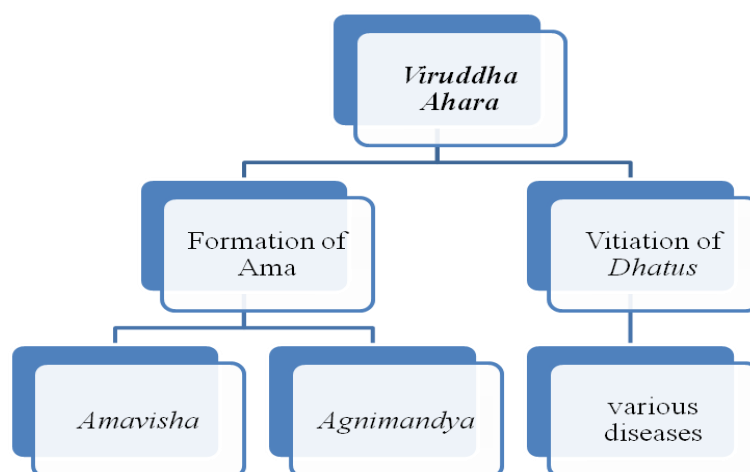


Figure 2: Pathogenesis of Viruddha Ahara.

Pathological effects of Satmyaviruddha Ahara

Frequent and excessive intake of *Satmyaviruddha Ahara* can affect immune system of the body. According to various scholars, *Viruddha Ahara* is the main cause of many diseases. Due to the lack of nutritious food, it can also cause various deficiencies. Sometimes, wrong combination of *Ahara* can also cause allergy, due to the blockages in various *Srotas* of the body and accumulation of *Ama* in excessive amount, circulatory and digestive system get severely affected. These all resulted various diseases of *Rasavaha Srotas*, *Kostha*, *Grahani*, *Visarpa*, *Pandu*, *Amavata*, *Annavah*, *Swedavah* & *Shakha*, etc.

CONCLUSION

Ahara is the most important factor of life and should be consumed after considering some factors like *Desha*, *Kala* and *Prakriti*. All the normal and abnormal physiological functioning of the body is related to the intake of *Ahara*. *Satmya Ahara* provides strength, improves *Bala*, longevity of the life but *Satmyaviruddha Ahara* can result in various diseases. Different aspects of

Ahara such as *Rasa*, *Virya*, *Guna* etc. are responsible for maintaining equilibrium of *Dosha* and *Dhatu* in the body. Due to the change in lifestyle and eating habits, consumption of *Viruddha Ahara* is increasing at large scale. Thus consumption of incompatible food is causing many serious illnesses and affects physical as well as mental health in many ways. Thus one should avoid contradictory diet and should follow the regimen mentioned by our *Acharyas* for the healthy well being.

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