

CONCEPTUAL STUDY OF UTILITY OF SAMYOG VIRUDDHA AHARA
(COMBINATION INCOMPATIBILITY FOOD) IN PRESENT ERADr. Nikhita Khabale Patil*¹, Dr. Ramesh Ujwale² and Dr. Nitesh Joshi³¹P.G. Scholar, Dept. of Swasthavritta and Yoga, M.A.M's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.²H.O.D. and Guide, Dept. of Swasthavritta and Yoga, M.A.M's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.³Associate Professor, Dept. of Swasthavritta and Yoga, M.A.M's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune 411028.***Corresponding Author: Dr. Nikhita Khabale Patil**

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ABSTRACT

In *Ayurvedic* classical texts, *Ahara* (food) is mentioned among the three *Upasthambas* (sub-pillar of the body) which supports the three main *Sthambas* (pillar) of the body. *Ayurveda* emphasizes on consuming healthy and nutritious diet. *Samyog Viruddha Ahara* (Combination Incompatible Food) is unique concept described in *Ayurveda*. **Aim:** The review the concept of utility of *Samyog Viruddha Ahara* (Combination Incompatible Food) in present era. **Objective:** To study the concept of *samyog viruddha Ahara* mentioned in *Ayurveda* and its utility in present era. **Material & Methods:** Literature search from *Ayurvedic* classic & modern medical literature. **Discussion:** In current scenario, due to lack of knowledge about correct eating habits, we blindly follow the wrong dietary combinations and suffer from disorder and unknown aetiology. Before consumption, consider whether the food combination is safe and is according to rule and conditions for intake of food. **Conclusion:** Disease can be prevented by healthy dietary pattern and food habits mentioned in *Ayurvedic* classics in present era.

KEYWORDS: *Ayurveda*, *Samyog Viruddha Ahara*, Combination Incompatible Food, incompatible.**INTRODUCTION**

Ayurveda an ancient medical science of healthy and peaceful life, focusing more on the healthy living and well-being of the person. The purpose or aim of *Ayurveda* is not only to prevent the disease and cure it from the root but also to keep the person healthy throughout lifetime.^[1]

Ayurveda offers scientific approach to *Ahara* (food) based upon an individual's constitution. There are positive and negative attributes of *Ahara* (food). *Ayurveda* texts have clearly described regarding the wholesome diet and the benefits of such food. *Ahara* (food) is the first and the most important pillar of our healthy life.^[2] The pathophysiology of disease begins with our improper food and living habits. *Ahara* (food) if consumed in proper manner then it will help to remain away from disease while inappropriate dietary pattern may lead to pathological conditions.^[3] In *Ayurveda* described term *Viruddha Ahara* which means incompatible foods which disturb the balance among the body element and are responsible for pathological initiation.^[4]

Western foods and food habits have created great impact on Eastern Countries. People not only consume food item at wrong time i.e. *Kala Viruddha* but also have a bad combination of different foods which disturb our normal metabolism. Food combinations, its action and interactions are described in this article. Everywhere diet is explained as a very essential issue but there is not much awareness on concept of *Samyog Viruddha Ahara* (Incompatible Food).

MATERIALS AND METHODS

Literary references from *ayurvedic* classics and modern medical literature along with journals were collected and analytically reviewed to evaluate and enlighten the concept of *Samyog Viruddha Ahara* and its utility in present Era by *ayurvedic* and modern point of view.

Definition of Viruddha Ahara (Incompatible Food)

According to *Acharya Charak*; all kinds of foods or medicine which Aggravate (increase) the *Doshas* from its normal seats, but do not expel them out of the body and all of them become unhealthy for body is called as *viruddha* or incompatible diet.^[5]

According to *Acharya Sushruta* the diet and drugs which dislodge the *Doshas* from their original site, but do not expel them out of the body and vitiated the *rasadi Dhatus*, also do not help in nourishment of *Dhatus*. However; because of vitiated *Dhatus* and *Doshas* they produce many disorders or diseases, which are considered as *Viruddha* or *Incompatible Ahara*.^[6]

According to *Acharya Vagbhata*, the food, drink and medicine which does aggravation and dislodge the *Doshas* from its normal site i.e. *Dhoshotklesha* but does not eliminate or expel it from the body is known as *Viruddha* or *Incompatible Ahara*.^[7]

It sounds that the food combinations of certain type of food may have

- Opposite Properties
- Opposite Activities on the *Dhatus*.
- Produce some unwanted effect on the body when processed in a particular form,
- May cause undesirable effects, when combined in certain proportion.
- May exhibit unwanted effects if consumed at wrong time.
- May show effects like food poisoning (*Gara Visha*)

Etymology

The Word *Samyog* is originated from the root *Sanyuj* or from *sam + yoga*. Combination; one of the 10 *Paradi Gunas*. Combination of two or more substances together is *Samyog*. This kind of process exhibits peculiarities which are not seen in case of individual substances. Such as combination of honey and fish, fish with milk.^[8]

The Word *Viruddha* is originated from the root “*Rudhir Avarni*” by applying the Prefix “VI”. This leads to two factors i.e. on combining two, three things; the stronger shades or overpowers the weaker ingredients. This has been accepted principally in *Ayurveda* also. It has been stated that in a combination of so many opposite qualities the majority of the power packed qualities overpower the weaker qualities.^[9]

Classification of *Viruddha Ahara*

According to *Ayurveda* literature, the 18 types are described to be contradictory food.^[10]

Samyog Viruddha Ahara

संयगतो विरुद्ध तदयथा अम्लं पयसा सह | (च.सू. २६/९९)

Consumption of those substances which are against combination or intake of two such substances which on combination have poisonous effect.^[11]

Example

- 1) Intake of sour substance with milk.
- 2) Fruit salad
- 3) Milk + Banana.

On considering data of *Viruddha Ahara* (Incompatible Food) consumer, prevalence of *Samyog Viruddha* (Combination Incompatible Food) and *Veerya Viruddha Ahara* (81.36%) is more. Now in Current Era, many dietary varieties are available in market. Most of the people consume different varieties in different hotels, companies without considering its preparations. Therefore *Samyog Viruddha Ahara* (Combination Incompatible Food) is more observed in present Era.^[12]

Disease Produced by intake of *Viruddha Ahara*

The continuous consumption of *Viruddha Ahara* (Incompatible Food) has an impact up to *Shukra Dhātu dushti*, immunity, circulation and also a digestive, endocrine and nervous system. Thus consumption of *Viruddha Ahara* (Incompatible Food) produce disease, weakness of sense organs and even hazardous effect like death.^[13]

Treatment of disease Produced by *Viruddha Ahara*

Acharya Charak and *Acharya Sushruta* have explained diseases caused by consumption of *Viruddha Ahara* (Incompatible Food) can be cured by following therapies.^{[14][15]}

- *Vaman Karma* (Medicated Emesis)
- *Virechana* (Purgation)
- Administration of substances which are of converse qualities.
- Taking prophylactic measures.

One who consumes incompatible food regularly in small quantities will lead to *Oaksatmya*.

Exceptional cases for consuming *Viruddha Ahara*

Viruddha Ahara generally do not have any effect on those who are habituated to take of unwholesome drugs or food or if they are taken in small quantity or taken by a person having strong digestive power or by a young person (adult) or who is strong due to regular physical exercise.^[16]

Some examples of *Samyog Viruddha Ahara*

- Milk is incompatible with meat, fish, sour fruits, banana, and curd. So fruity milkshakes, fruit creams, smoothies and fruit salads should be avoided.
- Banana with curd, milk or buttermilk not recommended because banana with buttermilk is taste contradictory. It can diminish the gastric fire and cause toxin production. It may lead to cold, cough and allergy.
- Starches are incompatible with eggs, milk, banana and dates.
- Lemon is incompatible with yoghurt, milk, cucumber and tomatoes.
- Yoghurt is incompatible with sour fruits, hot drinks, fish, meat, mangoes and cheese.
- Radish is incompatible with fish.
- Eggs and milk combination is incompatible.
- Milk is mismatched with the bread containing yeast.

- Tea including milk or milk is incompatible with combination of salt containing *chapatti*, *khakra paratha*, or *khakara*.
- Potatoes, tomato, chillies are incompatible with yoghurt, milk, melons and cucumber.
- Horse gram with milk is opposite combination of food.
- Chicken, Fish with milk, sesame, or sprouted grains may lead to digestive problem.
- Honey is incompatible with ghee in equal quantity.
- Avoid eating raw and cooked food together. One can have salad first and then proceed for dinner after a short gap.

According to *Ayurveda*, the *Ahara* (food) which nourishes both physical and mental build is called as balance diet. Consumption of one should be in measure and measure of food is determined by strength of one's *Jatharagni* (digestive fire). Our good daily dietary habits not only help to maintain the well-being but also serve as prophylactic against causing diseases.^[17]

Samyog Viruddha Ahara in Today's Perspective

Viruddha Ahara can lead to inflammation at a molecular level. Number of food incompatibilities are mentioned in old *Ayurveda* literature. We have to identify new food incompatibilities, which are used today in day-to-day life as per *Ayurvedic* perspective. Such food combinations can prove harmful, which may cause untoward effects on immune system, cellular metabolism, growth hormone and Dehydroepiandro Sterone sulphate (DHEAS). A new branch called topography (a science related to combination of food) is emerging, which tells about the combination of basic categories of food.^[18]

As per this science protein must not get combined with starch and carbohydrate and consumed differently. This is because the starch requires an alkali medium and the amylase in saliva contain ptyalin. An enzyme that break down starch into maltose. The process continue in the

small intestine, where more amylase further break down the maltose into simple glucose, fructose and galactose. These are absorbed into bloodstream and taken to the liver which dispenses the energy to whatever cells in the body need it. If there are no immediate requirement, glucose will be converted to glycogen and stored in the liver, or into the fat to be stored in adipose tissue. Consuming protein and starch together will result in absorption of one being delayed by other.^[18]

Green Tea or Black Tea and Milk

Tea contains flavonoids called catechins which have many beneficial effects on the heart. When milk is added to tea, then a group of proteins in milk called caseins interact with the tea to reduce the concentration of catechins. So avoid tea & milk together.^[19]

Tea and Garlic

Tea contains anticoagulant compound called coumarins. When combined with garlic (that also has anticlotting properties) they may increase the risk of bleeding. So, better to avoid tea & garlic together.^[20]

Pomegranate juice and grapefruit juice

Pomegranate juice and grapefruit juice are both known to block the cytochrome p4503A4 enzyme system in the intestine and increase blood levels of many medications you are taking. Consume these two juices together may synergize the above action.^[21]

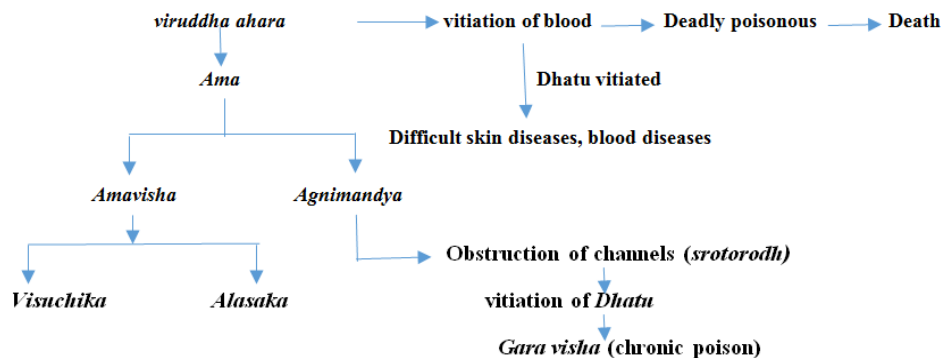
Milk and yoghurt

As we know from the *Ayurveda* literature consuming both together can precipitate milk inside the stomach that may irritate and induces vomiting. So avoid milk and yoghurt together.

Unripe (green) tomatoes or potatoes and alcohol

The unripe green tomatoes contain huge amount of solanine, which may interact with alcohol. You may feel more sedation if the intake is more.^[22]

Flow Chart of Viruddha Ahara (Incompatible Food)^[23]



Concept of Pathogenesis by Viruddha Ahara

As per *Ayurveda* due to single or repeated consumption of *Viruddha Ahara* disturb the normal functions of *Agni* (Digestive fire). As a result food not properly digested

and produces immature *Rasa* in *Amashaya* and this undergoes fermentation or putrefaction because of its retention for longer duration, it manifests as *Ama*. *Ama* is absorbed in the system and it is taken up by the

aggravated and vitiated *vayu*, now this excessive vitiated *Amarasa* enters the *Dhamani* by circulation, here this *Dushita Amarasa* amalgamates with the existing *vata-pitta-kapha Doshas*. Vitiating further in excess and produces distress in the body due to its excessive unctuous nature and leads to producing various diseases.^[24]

DISCUSSION

From the mechanism of action of *Viruddha Ahara* i.e. *Hetu* is the main etiological factor in aggravation of all diseases. Prevention of the cause plays a major role in all the disease treatment. Cardio-vascular diseases, Cancer, Obesity, Diabetes Mellitus (DM), hormonal Imbalance, and Infertility is increasing day by day. Incompatible food should be avoided and people should be aware of this also. The best dietary recommendations will reduce the risk of disease and stop the pathogenesis and improve protective mechanism, immune system, Ultimately Health.

Certain type of food combinations and the unwanted substances released by certain combination incompatible food in vivo may have a bad impact on immune system. Milk which contain lactogen and certain fruits, such as bananas which also contains common allergen may aggravate an asthmatic attack. Milk with eggs, consuming too much sugar along with saturated fats can lead to number of immunologic disorder.

Viruddha Ahara is the origin of the most of the diseases. Regular consumption of *Viruddha Ahara* can lead to inflammation at molecular level; ending in creation of arachidonic acid which will finally results in to increased level of Prostaglandin-2 and thromboxane. This inflammatory consequence lies behind the basic Pathologies that create *Agnimandya*, *Ama*, and a number of metabolic disorders.^[25]

This type of studies would also suggest that regular consumption of *Samyog Viruddha Ahara* would also lead to immune senescence. Apart from all biochemical effect of *Samyog Viruddha Ahara* food substances which is not liked by the person leads to *Samyog Viruddha Ahara*. This may lead to continual maldigestion too.

CONCLUSION

To cure the disease from its root cause and to promote healthiness diet plays a very important role in the line of treatment. From the above article it is clear that *Samyog Viruddha Ahara* is very essential aspect for today's improper dietary items and food habits. This may lead to various immunological metabolic digestive systemic disorder and even some hazardous diseases, unknowingly. Hence, it is essential to highlight the causative incompatible food and educate the patient to avoid these etiological factors. Regarding importance of food, *Ayurveda* quotes various references in each and every step. *Ahara* (food) is not only meant for

maintenance of health but is also very important in the curative aspect while treating disease.

The need of the day is to increase awareness and consciousness among the people about hazards of *Samyog Viruddha Ahara* from above discussion it can be concluded that *Samyog Viruddha Ahara* should be consider similar to poison and artificial poisoning.

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