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## CONCEPTUAL STUDY OF SAMYOGA VIRUDDHA AHARA.

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### ABSTRACT

*Ayurveda* an external science of healthy living deals with physical, psychological and spiritual well being of the human being and covers all the aspect of human life. *Ahara* i.e. diet plays important role in promotion of health. It is very important to choose right food for healthy life.

*Viruddhannam* is unique concept of *Ayurveda*. Certain diet and its combination which interrupts the metabolism of tissue, which inhibits the process of formation of tissue, which have opposite property to the tissue is *Viruddhanaam*. The food which is wrong in combination which has undergone wrong processing, which is consumed in wrong time, day or season is *Viruddhannam*. In *Charaka Samhita* 18 types of *Viruddhannam* are explained. *Samyoga viruddha* is one among them. *Samyoga viruddha* means combination of two or more substances which is incompatible. Today eating habits are changed and concept of *Hitahara* is being ignored. It leads to indigestion which causes heartburn, cramp, bloating, constipation, etc.

Food determines the quality of life. Food is consumed for nourishment of body which undergoes constant wear and tear. There is inseparable association between nutrition and health. Nutritional status should be judged on the qualities and values of its constituents, the form, and preparation in which it is transformed, quantity, its digestibility and assimilability and its ultimate effect on the body as a whole and on *doshas*, *dhatu*s and *malas* also.

There is growing need, making people aware regarding knowledge of untoward or harmful effects produced by *Viruddhannam* to insure good nutrition.

**Key words-** *viruddhahar, samyoga viruddha, ahara, trayopastambha*

### INTRODUCTION

World's most ancient system of medicine is '*Ayurveda*'. It is not only the

system of medicine rather it is the way of life. It includes physical, mental and spiritual well being. Its objective is to promote and preserve physical and mental

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health and cure of disease too. *Ayurveda* established *Ahara*, *Nidra* and *Bramhacharya* as three *Upastambhas* of life. It is important to eat food but it is equally important to choose right food.

The concept of *Shadarasatmaka hitahara* have great influence on health. But in present era, it is ignored. Today, lifestyle of people have changed up to great extent that it is having great contribution towards non-communicable diseases like diabetes, heart diseases, obesity, skin diseases, etc. Failing to choose balanced diet, sedentary lifestyle, lack of exercise, long sitting or long standing jobs, and many more factors are responsible for manifestation of such diseases nowadays.

Diet plays important role to maintain level of Dhatus in the body to its optimum level, to prevent and preserve health of the healthy person. A diet which fulfils these condition is called as hitahara. Food articles which maintain equilibrium of dhatus and helps in eliminating disturbance of their equilibrium are hitakara otherwise they are ahitakara to body. Concept of the *Viruddhahara* is very important in *Ayurveda*. *Viruddhahara* is *hetu* (cause) of many diseases like *kushtha*, *arsha*, etc according to *Ayurveda*.

*Samyoga* means combination of two substances. It is one of the factors of *Aharavidhi visheshayatana* i.e. causative factors which are responsible for wholesome and unwholesome effect of the food or of

the method for the diet intake. When combination of two substances results into formation of new substance which shows different properties than that of causal substances and if those properties are harmful to the body then it is called as *Samyoga viruddha ahara*. These kind of incompatible food causes many diseases. Wrong combinations are nowadays seen in fast food preparation which results in to incompatibility of combination. So it necessary to know the concept of *Samyoga viruddha ahara*.

## AIM

To understand the concept of *Samyoga Viruddhahara* explained in *Charaka samhita*.

## OBJECTIVES

1. To study the concept of *Viruddha Ahara* .
2. To understand the concept of *Samyoga viruddha ahara*.

## LITERARY REVIEW

### *Ahara:*

*Ahara* means food is first among the *Trayopastambha* i.e. three sub pillars of life. Diet is integral part of human life. The nutritional status is very important for health. It is essential for optimal growth and development of the body, capacity to work and longevity.

### *Viruddha ahara:*

*Viruddhahara* is the articles of diet which are inimical to the body-elements

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tend to disagree with the body. It is antagonist to *deha dhatus*. These dislodge the *doshas* but do not eliminate them from the body. *Acharya Charaka* described 18 types of *viruddhahara*. These are *Desha viruddha, kala viruddha, agni viruddha, matra viruddha, satmya viruddha, vatadi viruddha, paka viruddha, samskara viruddha, virya viruddha, sanyoga viruddha, koshtha viruddha, avastha viruddha, karma viruddha, parihara viruddha, upachara viruddha, hruda viruddha, sampata viruddha and vidhi viruddha*.

### Concept of *Samyoga viruddha*

In *Ayurveda*, eight factors which determines the utility of various types of food are described as ‘*Ashtavidha ahara vidhi visheshayatana*’. *Prakruti, karana, samyoga, rashi, desha, kala, upayoga samstha and upayokta*; these are the eight factors.

*Samyoga* is the combination of two or more substances. *Samyoga* is of two types- *Prakruti sama samavaya* and *Vikruti vishama samavaya*. If causal and effectual substance share common properties or the combination of two substances doesn't destroy the properties of causal substances, it is called *prakruti sama samavaya*. Whereas if causal and effective substances do not share common properties or the combination of substances destroys the properties of causal substances, it is called *vikruti vishama samavaya*. There is no fear of *prakruti sama samavaya* combination but *vikruti vishama samavaya* combination may be beneficial or harmful. If the combination is harmful then it is called incompatibility of combination.

This results in the manifestation of specific attributes, which can't be

manifested by individual substance. *Samyoga viruddha* indicates combination of two substances, which are not having an affinity for each other. For example, combination of honey and ghee or honey, fish and milk. This can cause various diseases, for example combination of milk and fish causes *Kushtha*; combination of milk and *rohini shaka* causes *raktapitta*.

The classical examples of the *samyoga viruddha* are milk with fish; milk with *rohini shaka*; *jatuka shaka* and ripe *lakoocha* with honey or milk; *Moolaka* with honey; Milk with *moolaka, amra, jambava, avi-shukara-godha mansa*; Banana with *tadafala*, milk, curd, buttermilk; *Kusumbha shaka* with sugerwine, *maireya* with honey; *Kakamachi* with honey; Honey with hot water as *anupana* etc.

Even if *samyoga viruddha* and *virya viruddha* are described separately, there is no difference between them. *Viryaviruddha* can be included in *Samyoga viruddha*. *Samyoga* or *virya viruddha* is the most important type of *viruddhahara* as it is more dangerous than other *viruddhahara*. It provokes *doshas* after a short time period than the other. *Viryaviruddha* causes *nindita vyadhi* i.e. censurable diseases.

### DISCUSSION

All living being in the universe requires food. Diet is vital for human body as it provides the basic nutrients. Eating the proper kind of food in the right amount is essential to keep us healthy. *Ahara* concept explained in *ayurveda* is the best model of balanced diet. In that, *shashtika, shali, mudga, amalaka, ghee, jangala mansa* and

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honey are advised to take regularly. It is included in *hitahara*.

*Samyoga* means combination of two or more than two *dravyas*. *Samyoga viruddha* is incompatibility related to combination. However every combination does not become incompatible. *Vikruti visama samyoga* is one type of *samyoga*, which may be sometime harmful 5sto the body elements and humors. This *samyoga* may be between two or more than two food substances or diet articles which are having opposite *rasa* or *guna* or *vipaka* or *virya*. So all these should be included under *samyoga viruddha*.

## CONCLUSION

*Ahara* being an integral part of our life plays an important role in promotion of health and prevention of diseases. Since long *Ayurveda* has believed that *ahara* is cornerstone in a person's health and recently modern science has also adhered to the above concept. *Viruddhahara* is defined as food articles, not only provoked the *doshas* but also aggravates the body elements (*dhatu*s), these type of *dravyas* are localized in *dhatu*s due to its antagonist nature. *Viruddhahar* induce pathology of various diseases up to 3 initial stages of *Kriyakala* i.e. *sanchaya*, *prakopa*, *prasara*. These are pre pathogenic and early pathogenic stages which forms platform for disease production.

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