

**CREDENTIALS OF UNDERSTANDING THE CONCEPT OF SAMYOGA VIRUDDHA BASED ON COMMENTATORS OF BRUHATRAYEE**

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**ABSTRACT**

*Ahara* (food) is a prime need for sustaining of life. Ancient *Ayurveda* texts explain a concept of diet plans, which is termed as *Ahara vidhi – visheshayatana* for healthy individuals and concept of *Pathya-Apathya* for diseased person. *Viruddhahara* is a unique concept of *Ayurveda* which deals with the incompatible food combinations which leads to diseases. It acts as antagonistic to the *Deha Dhatus* or the food-stuffs which aggravate *Dosha* but does not expel it or vitiates *Rasadi Dhatus* and generates diseases. *Samyoga viruddha* is one among *viruddhahara* explained in *samhitas*. It refers to the consumption of incompatible food combinations which lead to manifestation of disease over a time. This *Samyoga viruddha* is not only Food-Food interaction but it also includes Food-Drug or Drug-Drug interaction. It is also essential to know how these combinations interact with each other and create a disease. Food-Food interaction is a serious issue but not much focused one. So it is necessary to focus on such food combinations which are hazardous to the humans & educate the people about their food habits. So this study highlights such food combinations which are mentioned in *Samhita*'s, and can be helpful for further research in this field.

**KEYWORDS:** Viruddhahara, Samyoga viruddha, Food-Food Interactions, Incompatibility

**INTRODUCTION**

The adaptation of new life style has rapidly altered the food habits including incompatible food combinations leading to many health hazards. *Ayurveda* emphasizes that one should consume suitable foods according to his/her *Prakriti*, seasons, age and strength etc.<sup>1</sup> The nutritional values of *Ahara* not only support physical health but also boost mental status. *Ayurveda* described *Ahara* as one of the prime factor essential to promote growth.

The properly consumed food considering all aspects helps to balance *Dosha*, *Dhatu* and *Mala*. *Ayurveda* emphasizes different aspects of wrong food combinations or food incompatibility under the concept of *Viruddhahara*.

**CONCEPT OF VIRUDDHA:**

Definition of *Viruddha*:

शरीरधातुविरोधं कुर्वन्तीति वैरोधिकाः ।

(Ch. Su.26/80-Chakrapani teeka)

In Charaka Samhita while explaining Ahitahara, Chakrapani commented as the food substance which does sharira dhatu virodha/dushana is considered as viruddha ahara.

विरुद्धमपि च आहारं विध्यात् विष गरोपमम्  
I(अ.ह.सु. 7/29)

Vagbhata explains that Viruddhahara affects the body by causing similar effect as that of garavisha.

Both Charaka & Vagbhata have the opinion that viruddhahara will vitiate the doshas but don't expel it out from the body & thus leading to the manifestation of diseases.<sup>2,3</sup> Charaka mentioned 18 types of viruddha like Agni, Dosha, Matra, Kala, Samskara, **Samyoga**, Satmya, Kostha, Parihara viruddha etc.<sup>4</sup> Acc Sushrutacharya classification of viruddhahara are Kala viruddha, Desha viruddha, **Samyoga viruddha** & Rasa Virya Vipaka viruddha.<sup>4</sup>

In Bruhatrayee Acharya's mainly highlighted Samyoga viruddha. Acharya Sushruta while explaining viruddhahara had given the name Ekanta hita & Ahita dravyas.<sup>4</sup> Further Acharya explains Samyoga Ahita dravyas where he enlisted number of food

**Example for Samyoga Viruddha in different Samhitas:**<sup>2,3,4,7</sup>

Food-Food Interaction		C. S.	S. S.	A.H.	A. S.
Food item	Along with				
Fish (specially Chilichima)	Milk	+	+	+	+
Valliphala	Milk		+		
Madya	Milk		+		+
Madhu	Ushnodaka/Ushnadravya		+		+
Kavaka	Milk		+		
Dadhi	Milk		+		+
Kulattha	Milk	+	+	+	+

combinations which are incompatible & have the ability to affect bodily doshas & dhatus which leads to disease manifestation

### Samyoga Viruddha:

Word Samyoga, in simple terms is the combination of two or more things. Whenever we eat mixture of two or more food materials it may be termed as Samyoga. Samyoga can also happen in non-materialistic things; e.g. Divaswapna, in which time factor along with sleep shows unwholesome effects & Divaswapna after taking food indicates kapha prakopa. Sleeping at night doesn't vitiate kapha. Thus Samyoga of time period & action of sleeping at night doesn't act in same way as that of day. Each time Samyoga acts differently, that is positively or negatively depending on the properties of the things involved. But when it comes to food combinations, in many of the cases it may acts as Viruddha.<sup>5</sup>

Vagbhatacharya mentioned as any two/three or all the four sneha combination along with honey in equal quantity is considered as viruddha only. Sarvanga Sundara Teeka commenting on this explains that if any other dravya is added to that combination than it will not be considered as viruddhahara.<sup>4</sup>

Aja mamsa	Milk		+		
Kadaliphala	Milk/Butter milk		+	+	+
Rohini shaaka	Milk/Honey	+	+		
Navavirudha dhanya, Honey	Gramya-Anupa mamsa	+	+	+	
Balaka (bird) meat	Varuni kulmasha	+	+	+	+
Sauviraka	Tilashashkuli		+		+
Mastyā	Ikshu vikara		+		
Lakucha phala	Milk/Curd/ Masha supa		+	+	+
Mulaka	Milk	+	+	+	+
Kapota mamsa fried in Sarshapa taila	milk & honey	+			+
Jatuka shaaka, Nikucha phala	milk & honey	+			+
Lashuna, Tulsi	Milk	+			
Amra, Amrataka, Karamarda etc. Amla dravya	Milk	+	+	+	+
Kangu, Vanaka, Makushtaka	Milk	+		+	+
Haridraka Frying in Milk	Sarshapa taila	+		+	+
Upodika	Mantha	+			
Madhu & Sarpi	Tilakalka	+		+	+
Honey & Antariksha jala in	Equal quantity	+		+	
Madhu/Sarpi/ Taila/ Vasa in combination of two/three/four	equal quantity			+	+
Mulaka	Masha supa			+	+
Talaphala	Dadhi			+	
Varaha, Mastyā mamsa fried in	Sarshapa taila				+
Apakva mamsa	Pitta				+
Kukkuta mamsa	Dadhi			+	+
Lavana	Milk		+		+
Mulashaaka	Navanita				+
Talaphala	Butter milk				+
Sura, Krushara & payasa	In combination				+
Padmottarika shaaka	Honey				+

Paayasa	Mantha				+
Godha,Laava,Tittira etc. mamsa	Eranda taila			+	+
Haridra mamsa	Madhu				+
<b>Food-Drug Interaction</b>					
Kakamachi	Jaggery		+		+
Kampillaka cooked with	Butter milk	+		+	+
Bhallataka	Hot water	+			+
Pippali / kakamachi	Honey	+			
Pushkara beeja	Honey	+		+	+
Bhallataka	Ushna dravya				+
<b>Drug-Drug Interaction</b>					
Kakamachi	Pippali/Maricha		+		+

This combination incompatibility, we can broadly classify as follows-

Food-Food Interaction

Food-Drug Interaction

Drug-Drug Interaction

#### **Food-food interaction**

By seeing the above list, we came to know that all the *Acharyas* mentioned some common improper food combinations in *samhitas* like fish & Milk, Sour substance along with milk, Honey along with warm/hot water etc.

**Fish and Milk** - *Charakacharya* given the explanation about *viruddhata* of fish & milk combination as – Both fish and milk are madhura rasa & *madhura vipaka* leads to *mahabhishtyandata* which causes margavarodha; fish is ushna virya & milk is sheeta virya, this virya viruddhata produces shonita pradooshana so because of these reasons one should not take fish along with milk. *Vagbhatacharya* also has given the same explanation regarding this combination.

**Banana and Milk** - Most of us have the habit of taking banana along with milk which is also mentioned as *viruddha*; In this case also the same *mahabhishtyandata* occurs, as both are madhura rasa & madhura vipaka, which in turn leads to manifestation of diseases.

**Kulattha (Horse gram) & Milk** – Milk is madhura vipaka & sheeta virya where as Kulattha is Amla vipaka & ushna virya; this combination is virya and vipaka *viruddha* and can manifest disease due to regular long term usage.

**Honey & Hot water** – Many of the people have the habit of taking honey along with hot water in the morning which is also a bad practice; *charakacharya* mentioned as, it leads to death;

#### **Food-Drug interaction in Ayurveda**

Kampillaka and butter milk – Drug Kampillaka is *virechana dravya* where as butter milk has *grahi* action; so this combination is *Karma viruddha*;

Pippali / Kakamachi along with honey

Pushkara beeja with honey  
Bhallataka and hot water  
Kakamachi & Jaggery

### Drug-Drug interaction in Ayurveda

Kakamachi along with Pippali / Maricha

In contemporary science also we have references about Food-Drug interaction & Drug-Drug interactions. A drug interaction is a situation in which a substance affects the drug activity i.e. the effects are increased or decreased or they produce a new effect. These interactions may occur out of accidental misuse or due to lack of knowledge about the active ingredients involved in the relevant substances<sup>7</sup> these interactions may include Drug-Food interaction or Drug-Drug interactions -

### Food-drug interaction in contemporary science – <sup>8</sup>

Drug	Food	Effect
Warferin	cooked onions	increases warfarin activity
Warferin	green leafy vegetables	Thromboembolic complications

### Drug-drug interaction in contemporary Science – <sup>9,10</sup>

Drug	Drug	Effect
NSAID's	Glucocorticoids	Risk of gastric bleeding
ACE inhibitors	Spirolactone	Hyperkalemia
ACE inhibitors	NSAID's	Reduced effect
Thiazides	NSAID's	Reduced diuretic activity

### Disease produced – <sup>2,3,4</sup>

Diseases	C. S.	S. S.	A. S.
Shandya	+	+	
Andhatva	+	+	
Visarpa	+	+	
Dakodara	+	+	

Vispota	+	+	+
Unmada	+	+	
Murcha	+		
Mada	+		+
Adhmana	+		
Bhagandara	+	+	
Gulma			+
Pandu	+		
Vidradhi			+
Visha	+		+
Kilasa	+		
Yakshma			+
Kusta	+		
Grahani	+		
Shotha	+		+
Amlapitta	+		
Jwara	+		+
Asrapitta			+
Peenasa	+		
Tejonaasha			+
Bala & Smruti nashi			+
Santanadosha	+		
Indriya dourbalya		+	
Marana	+	+	+

### To whom Viruddhahara not affects – <sup>2,3,7</sup>

For Satmya person, one who takes in small quantity, who is young & having good digestive power, who has the habit of regular intake of sneha, regular exercise & with good strength will not get affected by the ill effects produced by viruddhahara.

### Viruddhahara as a cause –

Viruddhahara had been mentioned as a cause in many diseases like-

Sl. No.	Diseases
1.	Kusta
2.	Amavata
3.	Amlapitta

4.	Grahani
5.	Visarpa
6.	Vatarakta
7.	Raktapitta
8.	Pandu
9.	Atisara etc.

### TREATMENT:

The diseases produced due to consumption of Viruddhahara can be treated with help of Shodhana therapy, Shamanaushadhi's and wholesome diet.

**Nidana parivarjana** is the first line of treatment here. Avoiding food combinations which are unwholesome to our body is the first thing to do. Padamshika karma<sup>3,7</sup> has been explained in Samhita's to stop the consumption of viruddhahara in tapering manner. By adopting Dinacharya, Ritucharya etc. one can avoid most of the health problems.

**Shodhana chikitsa.**<sup>2,3,4,7</sup> Shodhana procedures like Vamana & Virechana are very helpful in the management of diseases produced due to food incompatibility. As of the definition of viruddha, we came to know that it vitiates the dosha's but do not expel it out of the body; so these Shodhana therapy will do utkleshita dosha nirharana and clears the channels. The drugs having qualities opposite to that of viruddhahara should be used as shamanoushadhis.

### DISCUSSION

With the examples we can tell that viruddhata is not only the combination of drugs or food substances having opposite qualities but substances having same qualities in excess or two opposite qualities in excess e.g. One is Atisheeta & one is Atiushna or one is Atiruksha & other is Atisnigdha also considered under

viruddhahara. Sushrutacharya also mentioned the same.

The ill effect of viruddhahara may be known or unknown; some will have immediate effect & some will have delayed effect; it can be based on person's agni, bala, vaya sathmya etc. According to Vriddha Vagbhata for Satmya person, one who takes in small quantity, who is young & having good digestive power, who has the habit of regular intake of sneha, regular exercise & with good strength will not get affected by the ill effects produced by viruddhahara. This can be the answer for those who thinks that some will get affected by viruddhahara immediately and some will have delayed effect. Now a day most of the people due to influence of social media & other people started practicing wrong food combinations like having honey in hot water early morning which is clearly mentioned as viruddha. So such practices should be avoided by educating the people about their ill effects on health. Not only Samyoga viruddha, others like Kala viruddha, Desha viruddha, Matra viruddha, Samskar viruddha etc also should considered while taking ahara for maintenance of healthy life style. Viruddhahara vitiates the dosha's but do not expel it out of the body; so the Shodhana therapies like Vamana & Virechana will do utkleshita dosha nirharana and clears the channels. And also by following Dinacharya, Ritucharya, Ahara vidhivisheshayatana etc. mentioned in classics one can lead healthy life.

### CONCLUSION

Ayurveda clearly mentioned about the concept of Ahara and its role in maintenance of healthy life style. It is clear that *Viruddhahara* is a very essential aspect of today's improper dietary items and food

habits which is leading to various deadly disorders. As an *Ayurvedic* Physician it's our prime duty to spread awareness about health hazards of *Viruddha Ahara* (incompatible diet). Further research with the help of modern analytical techniques is not only essential but need to establish the classical concept of *Viruddha Ahara* (incompatible diet) in present perspective. Let food be our medicine and not medicine be our food.

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