

Paya Samyoga Viruddha

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ABSTRACT

Ahara is the basis of human life and entire mankind aims at fulfilling the need for food for their livelihood. Sharira itself is the outcome of the Ahara right from womb to tomb. Ayurveda science emphasizes on Ahara by considering it as first among 3 sub pillars of human body. ie Trayopastambha, but one has to consume Ahara by applying the concept of Ashta Ahara Vidhi Vishesha Ayathana. Samyoga is one among these eight rules of food consumption, which highlights about the combination of the foods. When this combination of food is not healthier, food becomes incompatible. the prolonged consumption of such food lead to the diseases. This concept has been dealt in the context of Samyoga Viruddha Ahara.

Milk being one among the Nitya Sevaniya Ahara is regarded as the complete food for the growing children and very essential supplement for all ages. When milk is being consumed with other foods having the qualities of Amla, Katu and Lavana becomes Viruddha Ahara. Hence in the current presentation a literary review is done in order to throw a light on the concept of Paya Samyoga Viruddha with reasoning to prevent the disorders due to the consumption of Paya Samyoga Viruddha Ahara.

Keywords: Viruddha, Paya, Samyoga Viruddha, Ksheera

INTRODUCTION

Ahara is one among the 3 pillars of the body. The Ahara enhances vitality, strength, memory, Agni, lifespan, luster, and Ojas. Most of the incurable diseases are produced due to improper Ahara. Ahara should be consumed after considering the time, season, body constitution, digestive fire. Even with best medication if correct regime is not followed the disease will not be cured.

Viruddha Ahara

Food - food interaction is an emerging science in the modern world. But the concept of Viruddha Aharas was explained in Ayurveda thousands of years back. The

combinations, processing or time of taking Ahara can alter the property of Ahara.

Viruddha Ahara is considered as a main cause in many of the conditions according to Ayurveda. It is of 18 types according to Charaka. ^[1] Sushruta do not mention the types but explains Viruddha Ahara under 4 types. ^[2]

Viruddha Ahara are those Aharas which increases and dislodge the doshas from their seat but don't expel them outside the body. ^[3] such Aharas act as gara visha (poison), causes disease which are difficult to cure and can even lead to death. ^[4] Viruddha Anna can lead to disorder shandakya, andyatha, visarpa, jalodara, vispota, unmada, bhagandara, mada, adhmana, galagraha, pandu, kilasa, kushta, grahani, gada, shotha, amlapitta, jwara and

death. [4] In a broader sense we can say that the Viruddha Ahara has effect on all the srotas.

One must consume a meal after clearly understanding the properties of the ingredients [5] it can be considered as the toxin changes that occur in the Ahara due to Food –food interactions, or interactions during processing which has the capacity to disrupt the metabolism the body there by leading to various illness. it can interfere with the genetic tag and can cause deformities even in the progeny. [6]

Samyoga viruddha is when the combination of two or more Ahara articles or drugs are combined and it acts incompatible to the body. [7] rasa, virya, guna, prabhava and vipaka viruddha can be included under the Samyoga Viruddha.

The viruddha Ahara do not affect the people who does regular exercise, who takes regular sneha who have good agni, who are young, stout and those who are satmya to the little quantity of viruddha ahara consumption. [8]

Milk

Milk is one of the best rejuvenate Aharas. It is advised to consume it daily. [10] It has madhura rasa and vipaka; snigdha, guru and sheeta, pacifies vata and pitta increases kapha, ojas and dhatus. [9] It is one of the Aharas for all age group. It promotes health if consumed as per rules of Ahara consumption. It increases semen, imparts intelligence, promotes growth

Milk can be taken along with ripe sweet fruit of mango, sweet grapes, honey, ghee, butter, ginger, longpepper, blackpepper, sugar, flattened rice, rock salt, snakegourd, dryginger, haritaki, barely. [13]

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Milk when taken with other substances which have Viruddha rasa, guna, virya, vipaka. Then they act as poison. some of the Ahara items which should not be taken with milk are-

- Rasa-amla, [10] katu, kashaya, lavana padartha
- Virya- ushna

- Vipaka-amla, katu
- Preparation-ksaireya (causes kapha prakopa), mantha, pishtanna, [11] fermented Ahara articles- dosa, idili, bread
- Mamsa-chilicma (causes vibandha, rakta vikara, ama visha, marana), gramya, anupa, oudaka mamsa(causes deafness, kampa,), egg. [12]
- Shimbhi dhanya- kulattha, varaka, kangu, vallama, kushta, masa, nispava [10] mudga, [11] sprouts
- Shaka- mulaka, (causes kustha), leaves of jatuka, nikucha (causes varna and balanasha), potato, chilly, tomato
- Phala-amra, amrataka, karamarda, mocha, dantasatha, badara, kosamra, bhavya, jambhava, kapitha, tinitindi, aksoda, panasa, narikela, dadima, amalaka, koshataki, kantha phala [10] matulunga, jambira, katphala, karira phala, amla dadima, [11]
- Madya- alcohol preparation
- Ikshuvarga- guda [12]
- Ksheera varga- curd
- Taila varga- taila, pinyaka, sarshapa
- Aharopakadravya- lashuna, Krishna gandha, varieties of tulasi (causes kushta)

DISCUSSION AND CONCLUSION

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. [13]

Milk which contains lactogen and certain fruits, such as bananas, which also contain common allergen may aggravate an asthmatic attack. [13]

Milk with eggs, reheated cow's milk, consuming too much sugar along with saturated fats, can lead to number of immunologic disorders. [13]

Milk with fruits predominant in sour taste can lead to curdling of milk due to agglutination of the casein, this makes it hard for digestion and absorption. the sugar and acid when taken together result in delayed action of the ptyalin and pepsin

which reduces the salivary secretion and digestion.

Fish should not be taken with milk, itacts asmaha- abhishyandhi and results in raktha pradosha, kledaand ama pradosha Milk when taken with curd can lead to irritationof stomach and vomiting. [13]

Viruddhaahara when taken leads to dash utklesha but it is not expelled out. Further it affects the agni. [3] mandagni is the cause for all diseases. Once the jataraAgni is vitiated then the dhatuagni and bhuta agni is impaired. Then this agni is unable to digest the Ahara consumed. leading to the formation of ama. This further leads to dosha dushti. This affects all the srotas due to which there are various diseases. The vyadhis may be ashukari or chirakari. Avoidance of Viruddha Ahara is important for preventing diseases.

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