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A Review on *Atibhakshana Chikitsa and Virudha Ahara* in Ayurveda, Specifically from *Prayoga Samucchaya*

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ABSTRACT:

Since the time of the Vedic civilization, *Ahara* has been regarded as a precious gem. *Ahara* is first among the three significant pillars of *ayurveda*. *Ayurveda* gives highest importance to maintenance of health and to promote positive health which can be attained through *ahara*. When consumed in proper way food maintains the body while *ati*(excess), *mithya*(improper), *hinayoga*(inadequate manner) leads to harmful effects on body. *Matravat Ahara* (equivalent quantity of food) aids in bringing happiness & longevity to the person without upsetting the balance of *Doshas & Dhatus*. The daily routine and eating habits have significantly changed in the modern period. Our bodies are exposed to numerous toxins as a result of these radical changes in lifestyle and eating habits. *Prayoga Samucchayam* is most well-known and often used books in *Agada Tanta* (toxicology), which is one among the 8 branches of *Ayurveda*. It elaborately explains *Atibhakshana* (over eating) *chikitsa* and *virudha bhakshana* (incompatible food) and also offers a selection of simple treatment remedies that are quick to make and can be used to treat various illnesses. It places a strong focus on the need of understanding the concept of *ahara* and how to live a healthy existence. If one comprehends this core idea, even a layperson in an emergency circumstance without access to a doctor or nearby medical care can administer these easily accessible medications at home as a first aid treatment.

Keywords; *Ayurveda, Agadatantra, Prayoga samucchaya, Atibhakshana chikitsa, Virudha ahara*

INTRODUCTION

Ahara, Nidra, and Brahmacharya are three sub-pillars of *Ayurveda* that support the body as a whole. Its prominence is shown by the fact that *Ahara* was listed first. *Acharya Kashyapa* referred to *ahara* as the *Mahabhaisajya* (biggest

and best medicine).¹ *Acharya Charaka* highlights the significance of *Matravat Ahara*(equivalent quantity of food).It aids in bringing happiness & longevity to the person without upsetting the balance of *Doshas & Dhatus*.



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The quantity of food cannot be the same for everyone because each individual's digestive fire differs. Food should thus be consumed by everyone in accordance with their stomach capacity and their level of *agni* (digestive fire). *Ayurveda* also has a special notion called *Viruddha Ahara* (incompatible food). Those substances which aggravate *Doshas* but cannot eliminate them or pacify to their normal status and also contradicts with *Doshas*, *Dhatus*; yet remains inside the body are termed as *Viruddha Dravya*¹. In today's society, health is not given priority when it comes to what we eat, drink, and other lifestyle habits. By just modifying one's dietary habits, many diseases can be prevented. Maintaining a healthy diet may lower your risk of metabolic diseases, lifestyle disorders, and a host of other issues. *Prayoga samucchayam* is one of the most popular and widely practiced book in *Agada Tanta* (toxicology). The author of the work is Kochunni Thampuram who was a member of the erstwhile Royal Cochin dynasty. It was written in the Malayalam era 1110, which is 1934 – 35 CE. It was published by Sriramavilasam press and book depot, Quilon.¹ A revised edition was published in 1970. The book is divided into 11 chapters (*paricchadas*). *Athibhakshana* (over eating) *chikitsa* and *virudha bhakshana* (incompatible food) are widely explained under *ekadesha paricchada* (11 th chapter). It provides a variety of straightforward and realistically viable formulas as a treatment modality that are quick to prepare and can be applied to treat these conditions. Table No:1 Shows *Atibhakshana Chikitsa*² Table No.2³

DISCUSSION

Prayoga samucchayam is one among the most well-liked and often used books in toxicology. It emphasizes the value of learning concept of *ahara* and how to lead a healthy life. Health as well as disease is dependent on *ahara*.³ *Athibhakshana* (over eating) *chikitsa* and *virudha bhakshana* (incompatible food) are the 2 unique concepts explained in *Ayurveda*. *Athibhakshana* (over eating) can cause a number of digestive issues in the body. It exerts pressure on the entire *amashaya* and induces *kukshi prapedana* (abdominal pain).

Additionally, it vitiates the *Tridosha*, which generates *ama*

and therefore, a variety of *vikaras*⁴. The following symptoms are seen in those who take *matravat ahara*. They are proper nutriment for the senses, relief from hunger and thirst, a feeling of comfort, absence of excessive heaviness in the abdomen, absence of pressure in the sides of the chest, absence of undue pressure on the stomach due to the food taken, and no obstruction to the proper functioning of the heart. Food consumed in the morning is digested by evening, and food consumed in the evening is digested by the next morning, resulting in the enhancement of strength, complexion, and regular growth. *Viruddha ahara* is an important aspect of today's improper dietary habits. At the molecular level, *Viruddha Ahara* could cause inflammation. The immune system, cellular metabolism, growth hormone, and dehydroepiandrosterone sulphate may all be negatively impacted by such dietary combinations, which can be detrimental⁵. With the use of purifying therapies like *Panchakarma*, particularly *vamana* (emesis) and *virechana* (purgation), diseases brought on by unwholesome diet can be treated⁶. The treatments listed in ayurveda specifically *prayogasamuchayam* in the condition of *atibhakshana* are simple to comprehend and have real-world applications. If this basic concept is understood, even a layman in an emergency scenario without access to a doctor or close medical care can administer these easily accessible medications at home as a first aid.

CONCLUSION

Ahara is the most important factor in life. The Ayurvedic description of *Ahara* according to *Gunas*, *Satmya*, *Dosa*, *Kala* etc. seems to be more logical & scientific as compared to the modern aspect. Food is most essential for a good life and the same food if taken improperly becomes the root cause of many diseases. Due to the busy schedule of everyday life, people regularly disregard the guidelines for eating which leads to the emergence of psychosomatic and metabolic illnesses. Ayurveda gives highest importance to maintenance of health and to promote health. Ayurvedic principles are concerned about every part of the body, mentally and physically through diet.

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TABLE NO:1 *Atibhakhshana Chikitsa*²

| <i>Sl.No</i> | <i>Athibhaksna Ahara</i> | <i>Treatment</i> |
|--------------|----------------------------------|---|
| 1. | Rice | one can drink hot water which is added with curry leaves , ginger , salt |
| 2. | Water | chewing of coriander |
| 3. | Oil | drink salt water |
| 4. | Milk | one can adhere to any of the following internally <ul style="list-style-type: none"> • sugar • drink water added with ginger • drink water added with ginger and sugar |
| 5. | Salt | sugar /ghee / curd (separately or together internally) |
| 6. | Garlic | <i>ushira (vetiveria zizanioides)</i> decoction <i>chandana (santalum album)</i> decoction internally |
| 7. | Curd or buttermilk | drink water added with ginger |
| 8. | Millets | drink cool boiled milk added with sugar or extract of steamed pumpkin with sugar |
| 9. | Horsegram | <i>amalaki(emblica officinalis)</i> decoction or <i>haritaki (terminalia chebula linn)</i> decoction |
| 10. | Mango | drink water boiled either with ginger or cumin seeds or both |
| 11. | Chickpeas | equal quantity of rock salt and cumin seeds powder mixed with water processed with ginger |
| 12. | Colocasia | ginger decoction added with hingu (<i>ferula asafoetida</i>) |
| 13. | Tubers | ginger decoction added with hingu (<i>ferula asafoetida</i>) |
| 14. | Opium poison | equal quantity of powdered <i>tankana</i> (borax) and thutha mixed with ghee (induces vomiting) |
| 15. | <i>Madya</i> (alcohol) | one can adhere to any of the following internally <ul style="list-style-type: none"> • lemon extract • <i>madya</i> (alcohol) itself • <i>madya</i> (alcohol) with lemon extract |
| 16. | Ganja (<i>cannabis sativa</i>) | <i>bimbi (coccinia indica)</i> internally drink hot milk shiro dhara with milk drink tender coconut water |
| 17. | <i>Madhura ras</i> | drink buffalo milk |
| 18. | Tamarind | decoction of cardamom mixed with sugar |
| 19. | <i>Kshara Dravya</i> | ghee and sugar |
| 20. | <i>kashaya dravya</i> | <i>amla rasa dravyas</i> |
| 21. | <i>Ajamamsa</i> (mutton) | drink lukewarm water added with powdered ela |
| 22. | Coriander powder | drink hot water added with oil cake |
| 23. | <i>Lajja</i> (fried grain) | drink hot water added with oil cake |
| 24. | Poha(flattened rice) | tender coconut water |
| 25. | Fish | drink buttermilk added with salt |

TABLE NO;2 VIRUDHA AHARAS³

| SL.NO | EXAMPLES OF VIRUDHA AHARAS |
|-------|--|
| 1. | Hog plum with milk |
| 2. | Wild jackfruit with milk |
| 3. | Black gram, sugar , ghrita , honey , curd (intake of these before or after milk) |
| 4. | Black gram with cow's milk |
| 5. | Sugar cane juice with Black gram |
| 6. | <i>Tandulodaka</i> (Rice washed with water) with Black gram |
| 7. | Sesame with Black gram |
| 8. | Pomengranate with milk |
| 9. | <i>Karpoora</i> with tender coconut water |
| 10. | <i>Tandulodaka</i> (water which is obtained by washing rice)with milk |
| 11. | Curd with <i>kukkuta mamsa</i> (chicken) |
| 12. | Lemon with cows milk |
| 13. | Jamun fruit /black plum with milk |
| 14. | <i>Ushna padarthas</i> after having curd |
| 15. | Dates with milk |
| 16. | Ghee which is kept in bronze vessel for 10 days (similar to visha) |
| 17. | <i>Amalaki</i> with milk |
| 18. | <i>Varaha mamsa</i> (Pork)fried in mustard oil |
| 19. | <i>Amla padarthas</i> with milk |
| 20. | Horse gram with milk |
| 21. | Jackfruit with milk |
| 22. | Green gram with milk |
| 23. | <i>Anoopamamsa</i> (meat of animals frequenting marshes) with ghee ,oil or vasa (fat) (either combination of 2 or 3) |
| 24. | Cooking different meat together |
| 25. | Mango with milk |
| 26. | All fish especially prawns with milk |
| 27. | All sugarcane products with milk |
| 28. | Honey with milk |
| 29. | Drinking buttermilk after <i>pal payasam</i> (<i>payasam</i> made with milk) |