

Assessment of Knowledge and Practices of *Chathru Unavugal* (Compatible Food) and *Mithru Unavugal* (Incompatible Food) According to Siddha Literature Among Patients Attending Out Patients Department in GSMC Hospital, Palayamkottai

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ABSTRACT

The science of correctly combining food is greatly overlooked in the world of food and nutrition. But in this contemporary world several proponents of combined food eating procedures are followed till now. Mixing of wrong food leads to stomach upset, dyspepsia, bloating abdomen and other digestive ails. In Siddha literature “Noi illa Neri” enuciate that mixing of food having different potency and taste become poisonous. yet, it also describes every food substance has its own ill effect these are nullified by adding Chathru (antagonistic items). Correspondingly intake of incompatible food is on rise in present era. In this paper, we are supposed to identify some literature evidence based new food incompatibilities for 300 participants which are used on day-to-day life, based on Siddha perspective. This is nothing but the primordial prevention.

Key words: Combining food, Nutrition, Siddha, Noi illa neri.

INTRODUCTION

The science of correctly combining food is greatly overlooked in the world of food and Nutrition. But in this contemporary world several proponents of food combining eating procedures are followed till now. Indian food cuisines greatly depend on traditional cultural habits, seasonal variations, individual professions, faith and cultivated food stuffs. Siddha relies on “Food is medicine, medicine is food”. In day to day healthy life, nutritive value of food plays a major role. Improper food combination leads to indigestion and produces toxin in our body. Food requires different digestion, mixing the wrong foods can leads to stomach upset, gas, bloating, & other digestive ails. Food combination is based on the theory that easy digestion is generated by combining foods that have the same digestion time. Also, different foods need different digestive enzymes to digest the food some acid-based enzymes and some alkaline based enzymes are needed to digest food properly. However, if both come into contact at the same time, they neutralize each other and stop digestion.

In siddha literature “Noi illaneri” it enuciate that when one food is mixed with another owing to their potency and taste the mixed food may become poison. yet it also describes every food substance has its own ill effect, these are nullified by adding sathru (antagonistic items), then consume along with substances of good qualities. In this study the documentation of impact following the intake of such combinations of foods among patients visiting Outpatient department of GSMC Hospital, Palayamkottai are taken in account by direct approach via questionnaires followed by proper consent are recorded in this project.

AIM:

To analyze various parameters of answers received from the patients visiting Out

patients department in GSMC HOSPITAL, Palayamkottai.

OBJECTIVES:

To enumerate the effects of combination of foods in patients visiting OPD, GSMC HOSPITAL, Palayamkottai.

STUDY PERIOD:

4 Months

STUDY DESIGN:

Cross sectional study

STUDY PLACE:

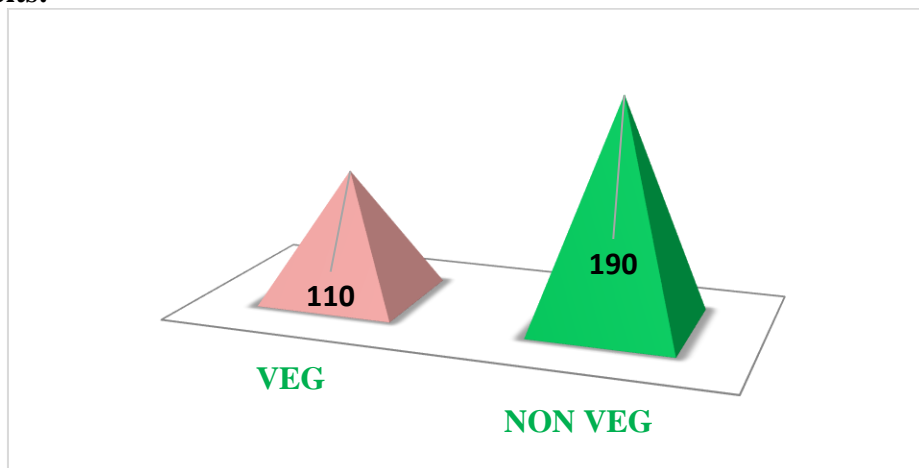
Out Patients Department, palayamkottai.

METHOD OF APPROACH:

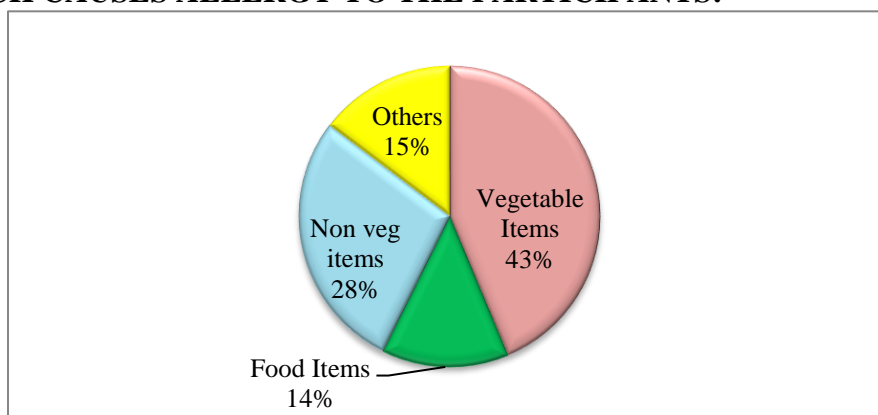
Data collected by depth interview in face-to-face manner.

RESULTS:

1.Food Habits:



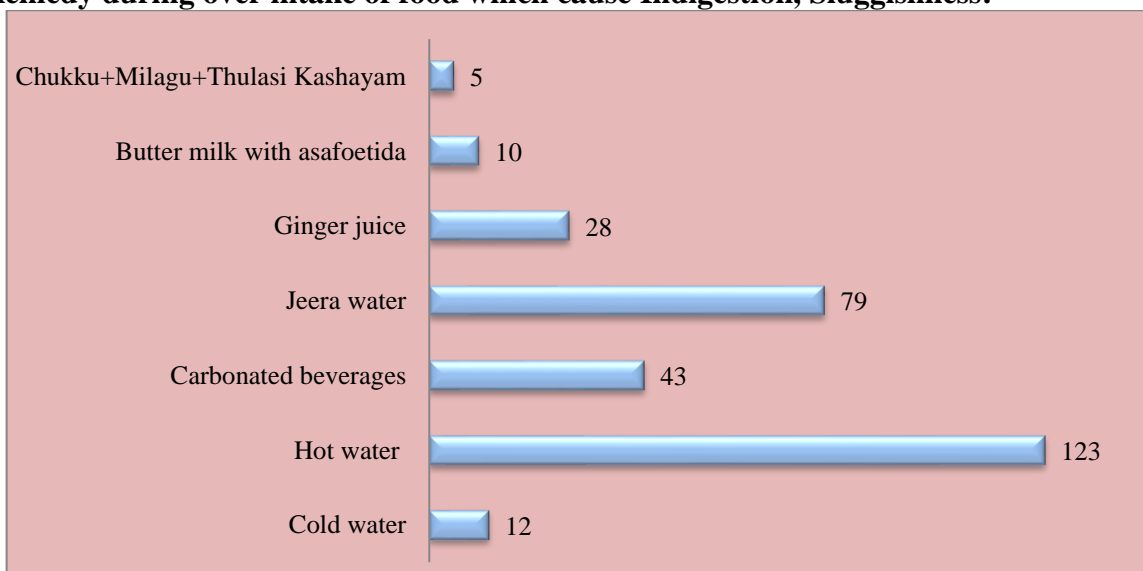
2. FOOD WHICH CAUSES ALLERGY TO THE PARTICIPANTS:



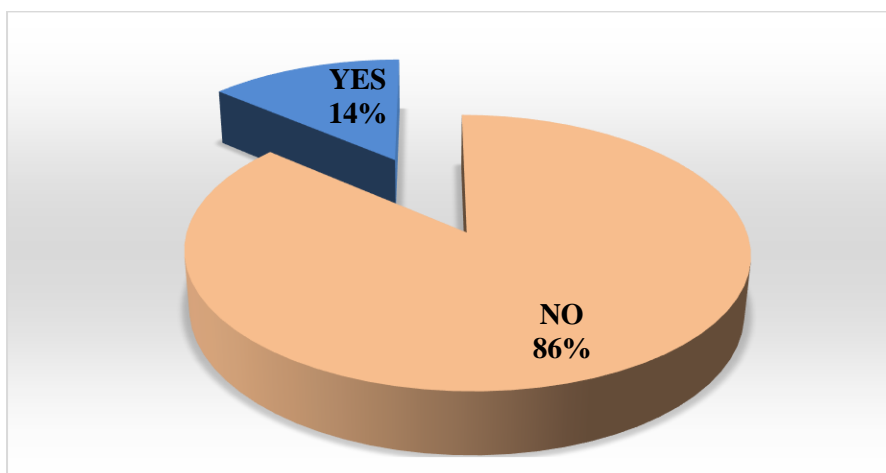
Dr. N. Sathya et.al. Assessment of knowledge and practices of Chathru Unavugal (compatible food) and Mithru Unavugal (incompatible food) according to siddha literature among patients attending out patients department in GSMC Hospital, Palayamkottai

TYPE	NAME	NO OF PARTICIPANTS
A.VEGETABLES	1.Brinjal	125
	2.Potato	1
	3.Cluster bean	1
	4.Apple	1
	5.Pineapple	1
	6.Bananas	1
	7.Bitter gourd	1
	8.Coconut	1
B. FOOD ITEMS	1. Curd rice	12
	2.Sour taste foods (Pickleles)	4
	3.Cereals	25
C.NON-VEG	1.Fish	30
	2.Chicken curry	48
	3.Dried fish	6

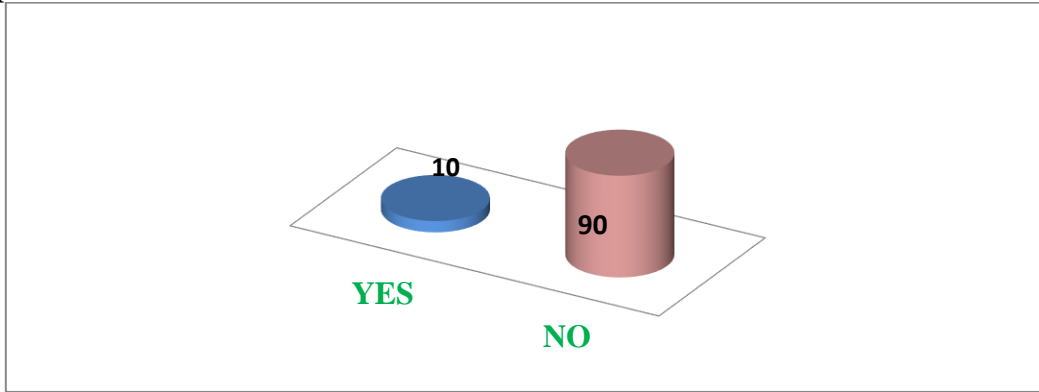
3.Remedy during over intake of food which cause Indigestion, Sluggishness:



4. Participants which use honey mixed water for the remedy to cure Headache and Throat pain during the use of River water, Spring water and Rain water.



5.Toxicity of fermented curd cure remedy of Kadugu poriyavitta kudineer intake participants:



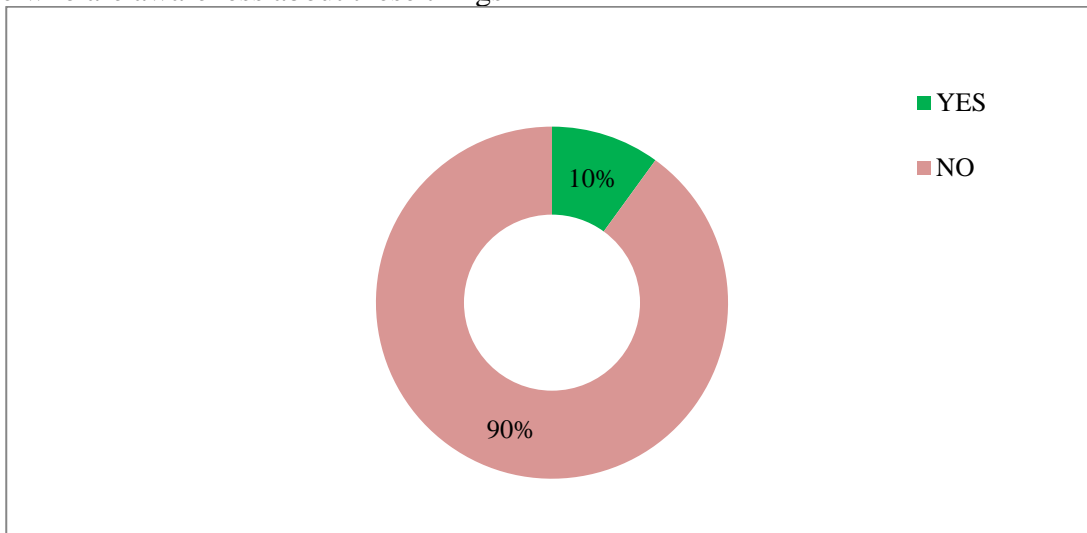
6. Overindulgence of chilli remedy - Coriander, Ghee

Overindulgence of egg remedy -Radish Tuber

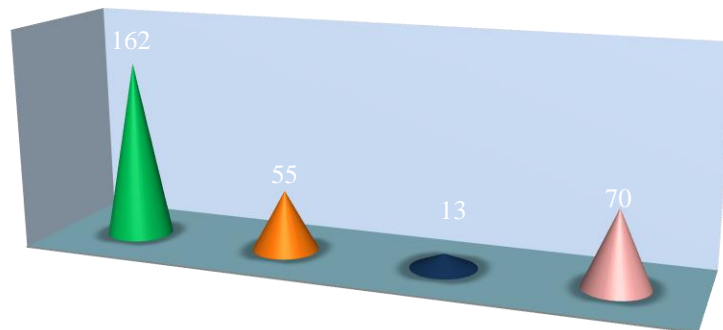
Overindulgence of coconut remedy-Sugarcane, Jaggery sugar

Overindulgence of ghee remedy - Milk

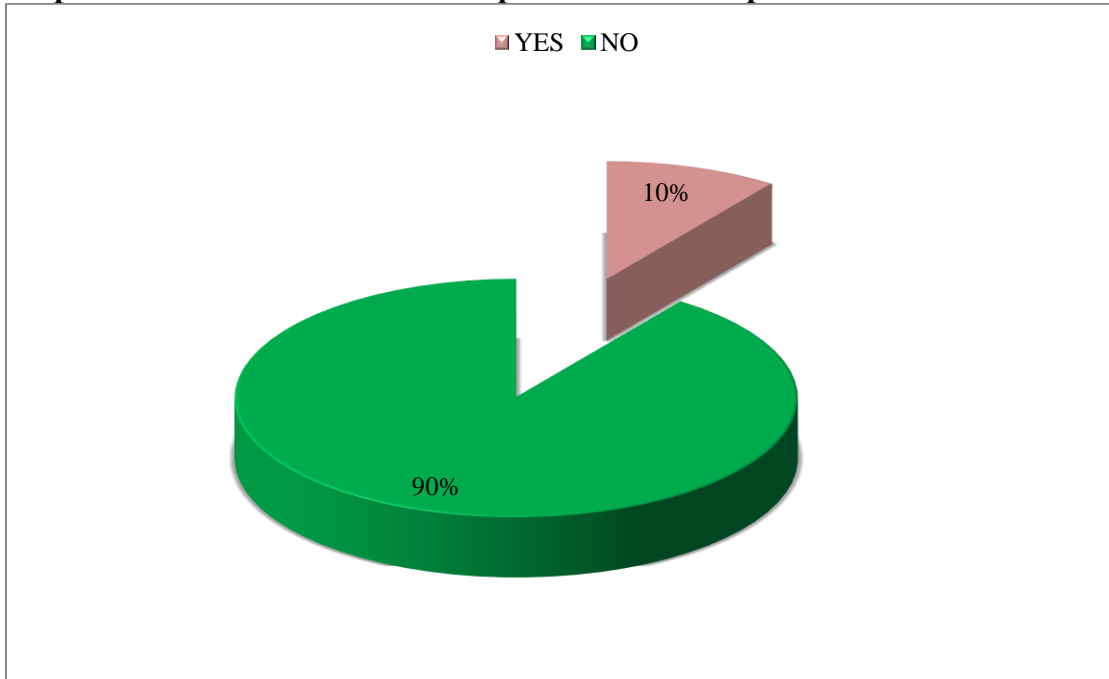
People who are awareness about these things



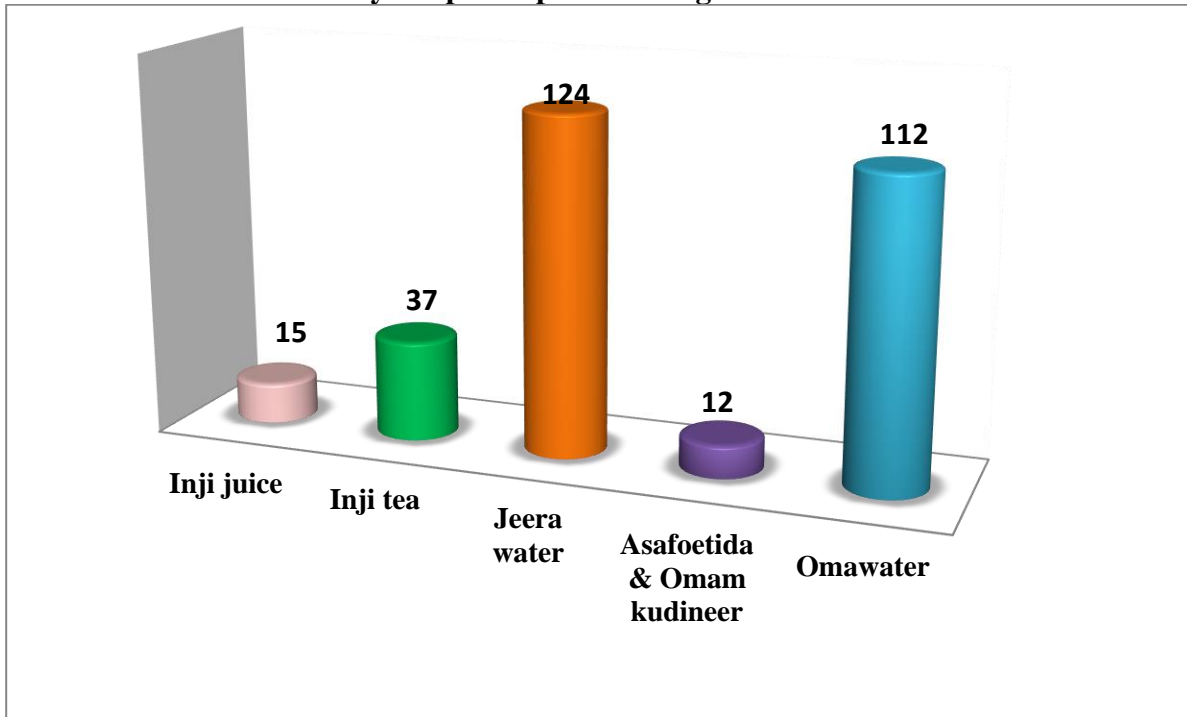
7.Food items which causes toxic during overindulgence of the participants:



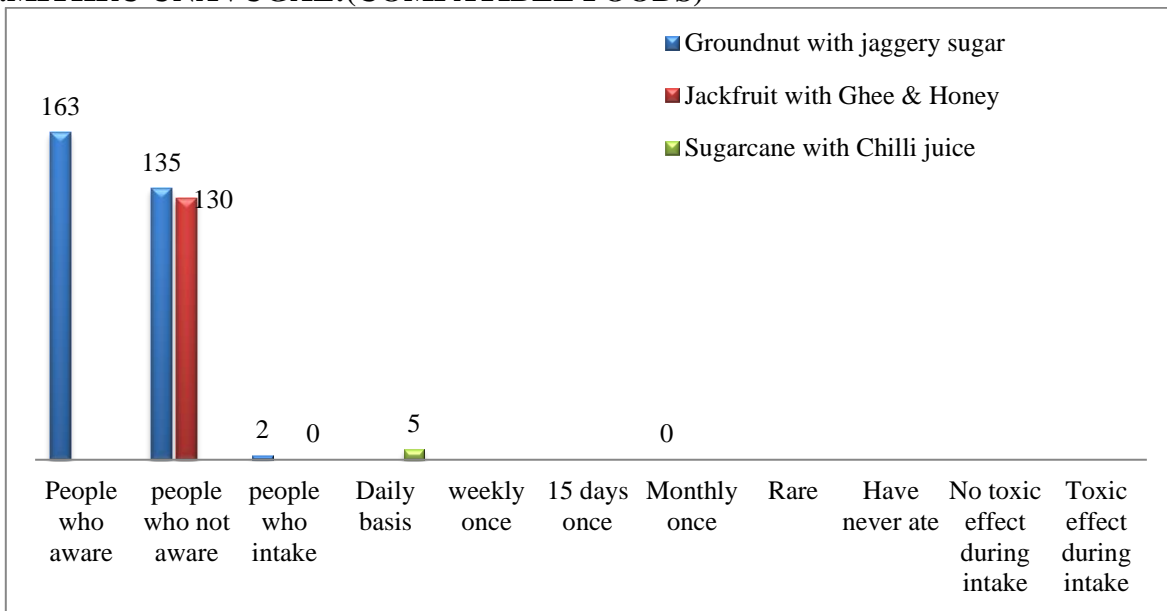
8. Participants who are aware about Compatible and Incompatible foods :



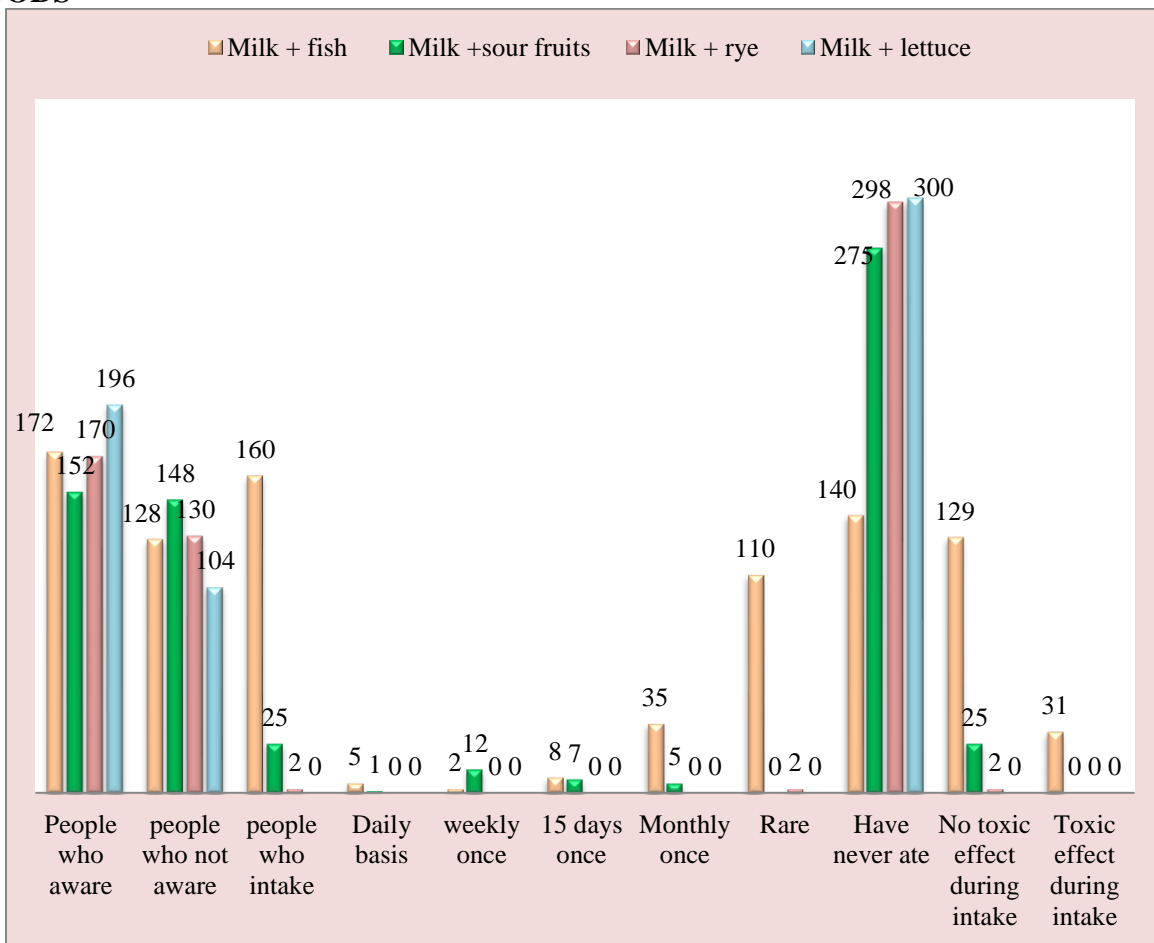
9. Home remedies followed by the participants during intake of excessive food:



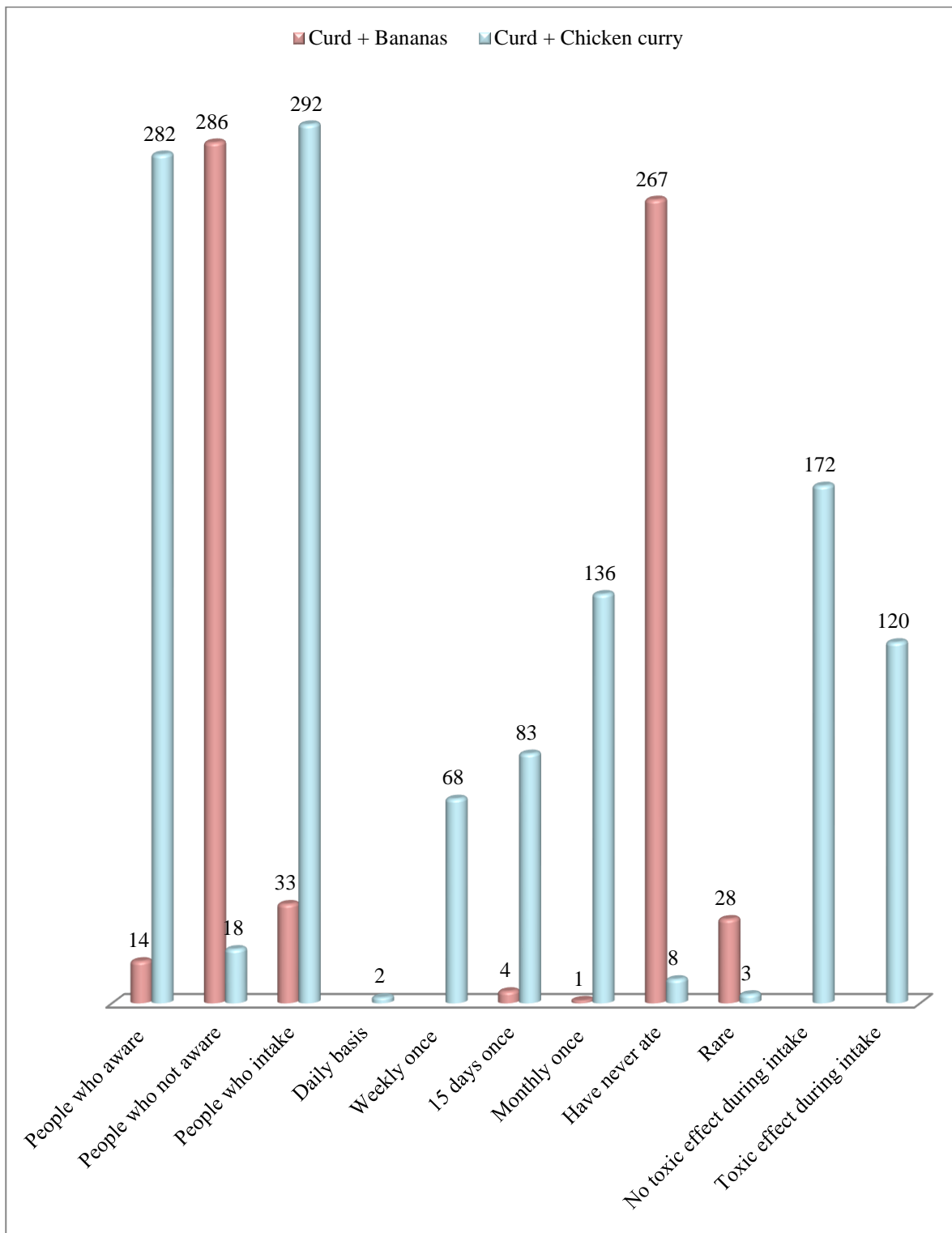
10.MITHRU UNAVUGAL:(COMPATIBLE FOODS)



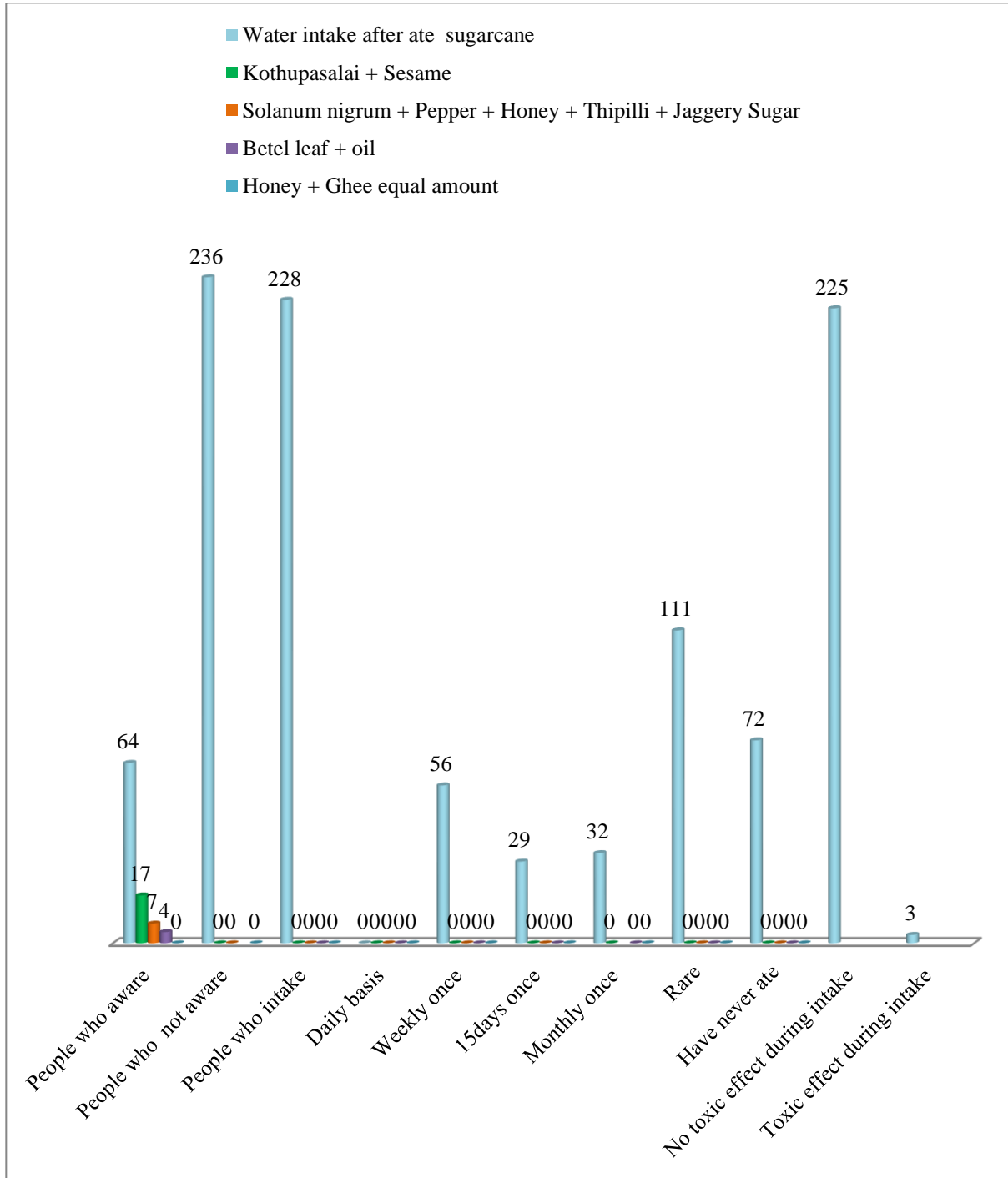
11. CHATHRU UNAVUGAL (INCOMPATIBLE FOODS) MILK COMBINATION FOODS



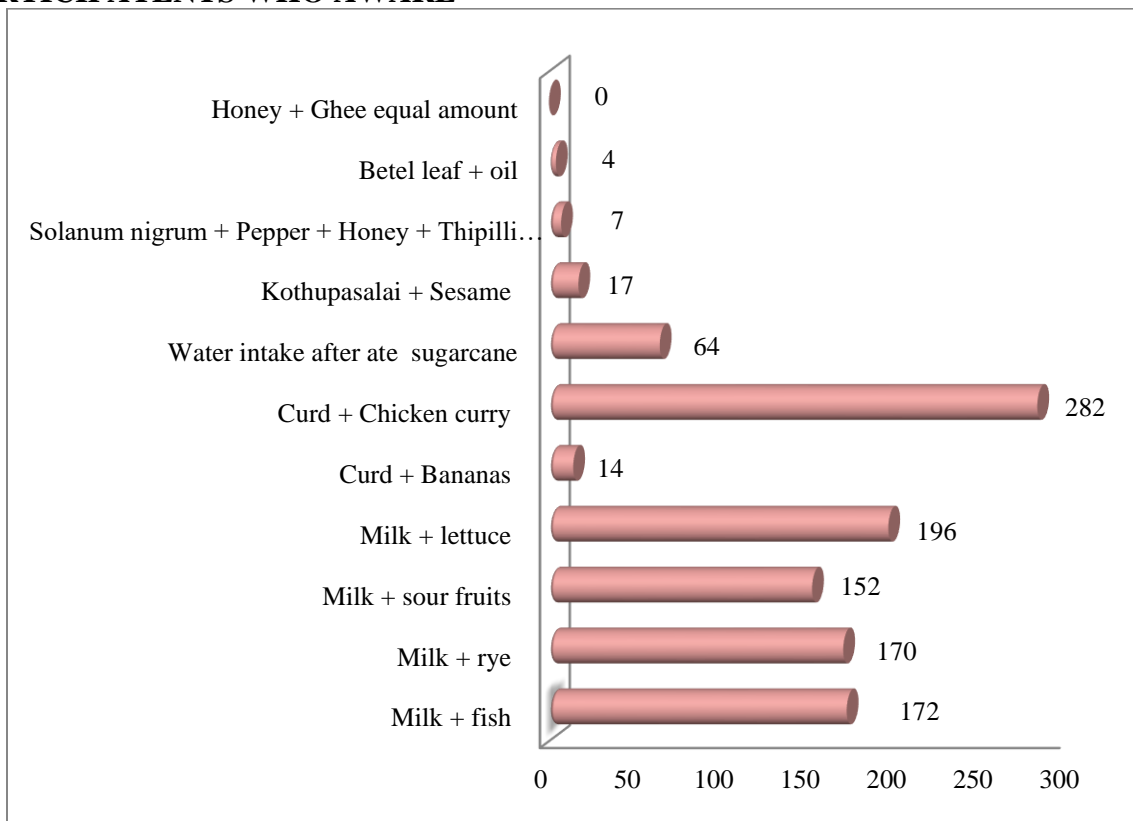
CURD COMBINATION FOODS



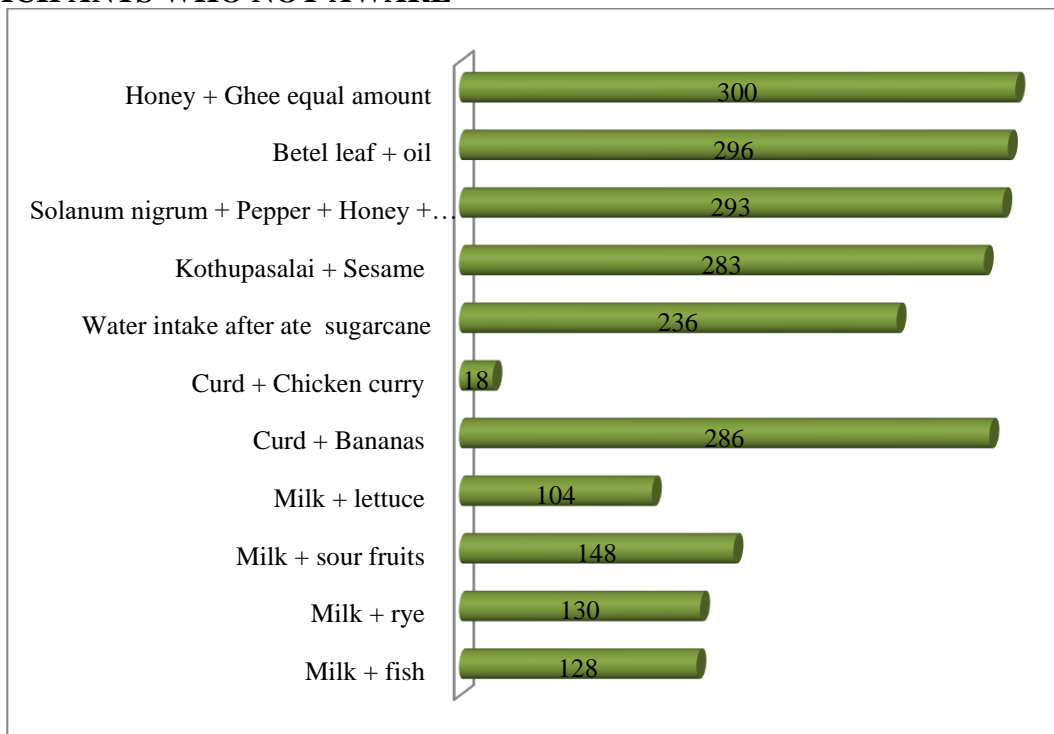
OTHER COMBINATION FOODS



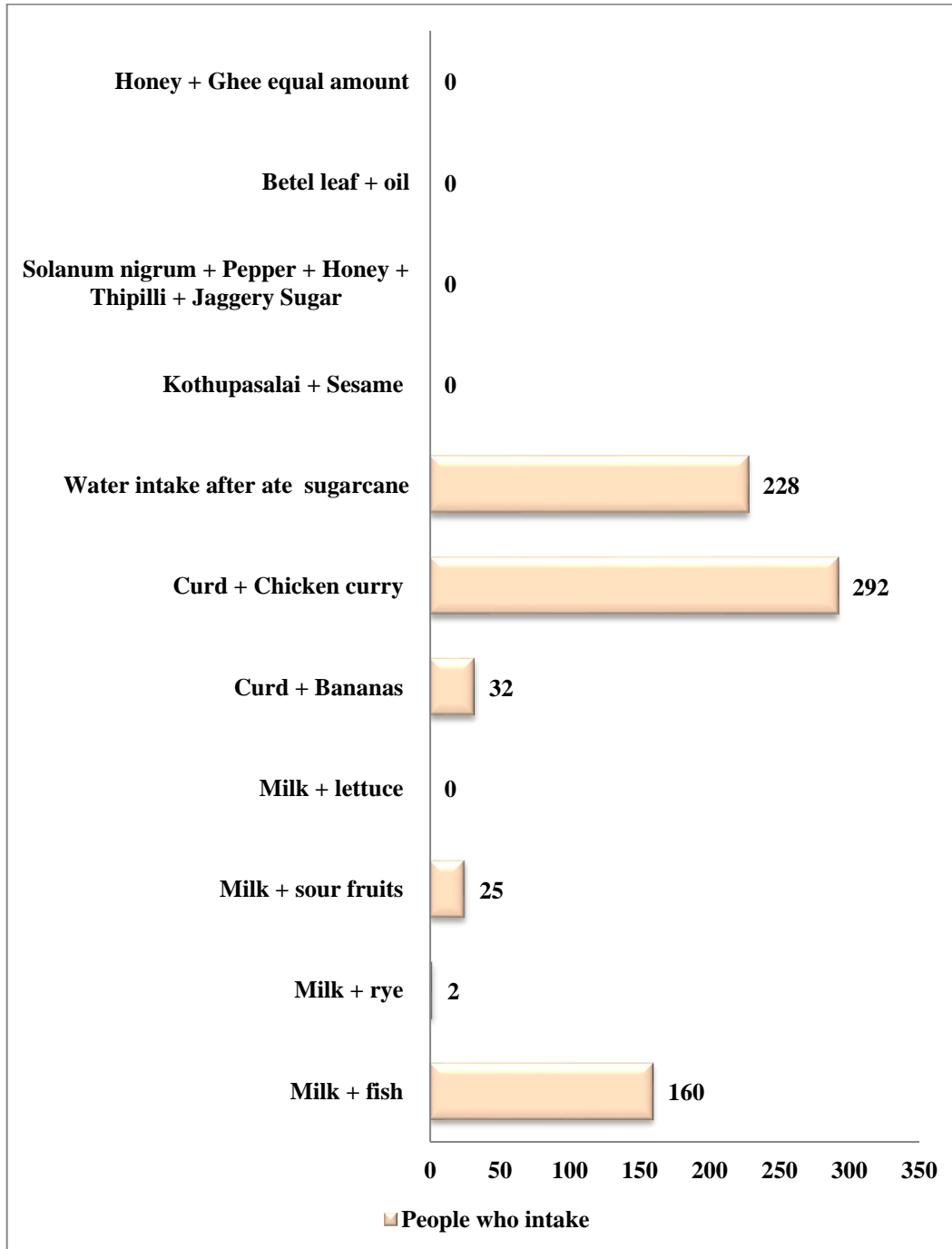
PARTICIPATENTS WHO AWARE



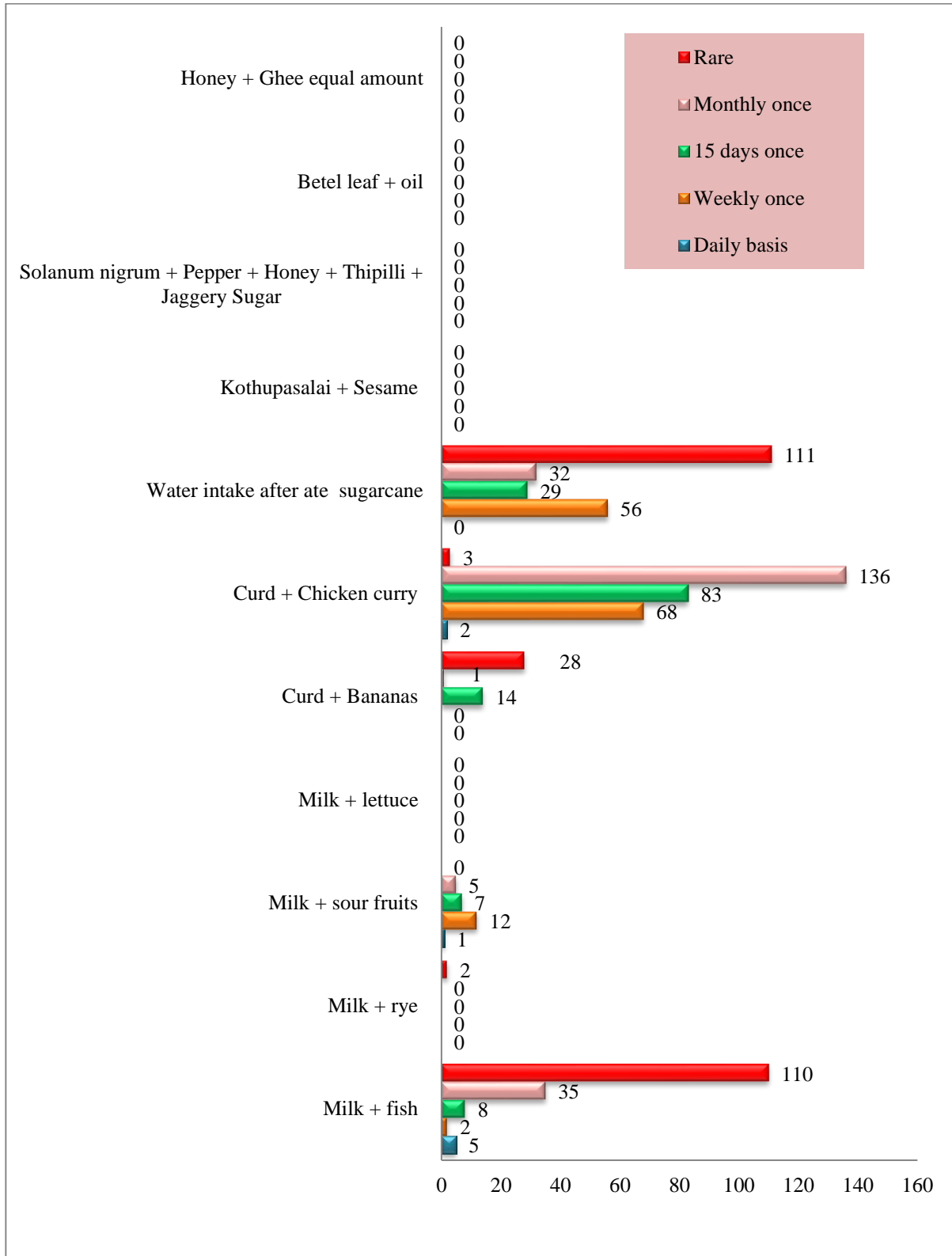
PARTICIPANTS WHO NOT AWARE



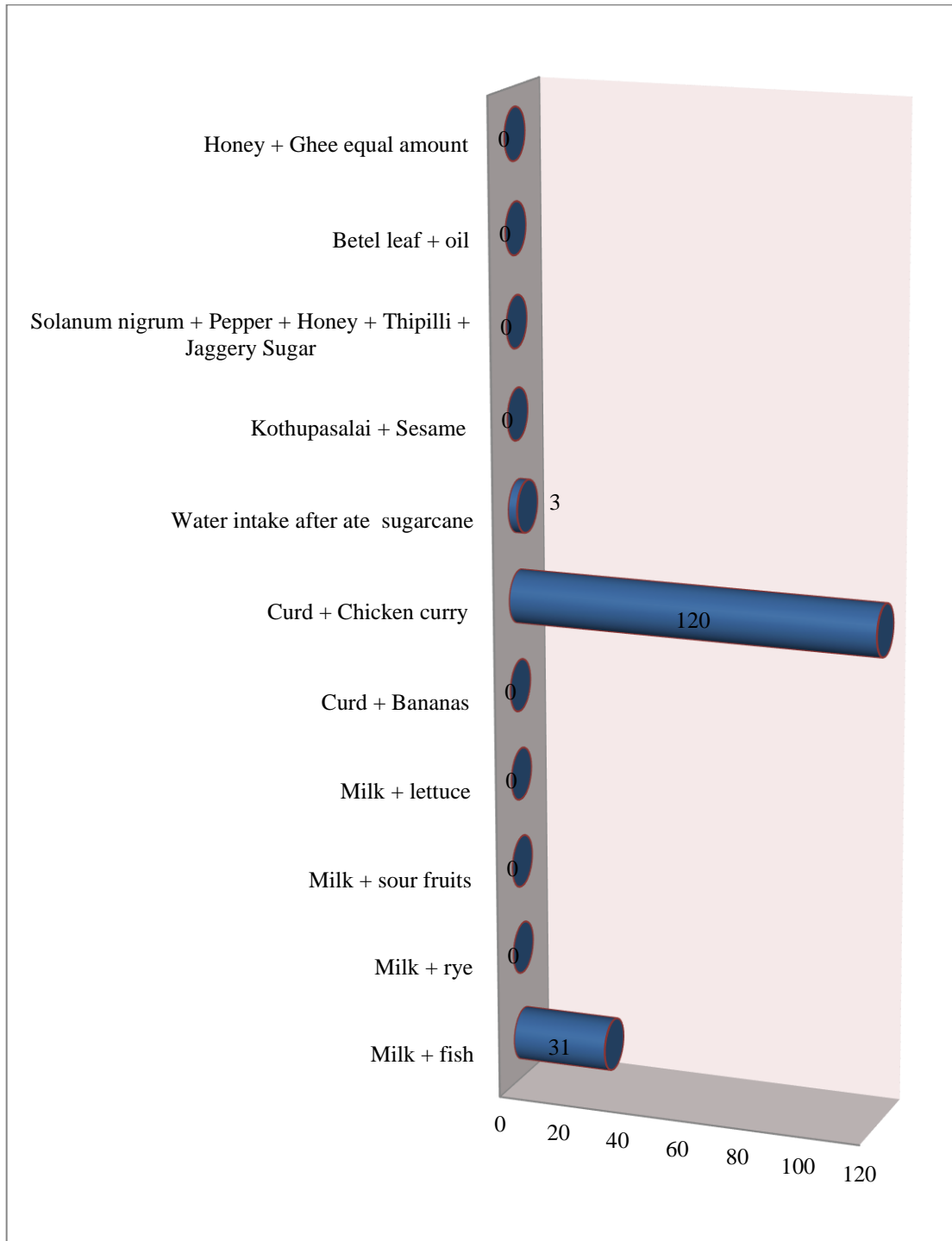
PARTICIPANTS WHO INTAKE



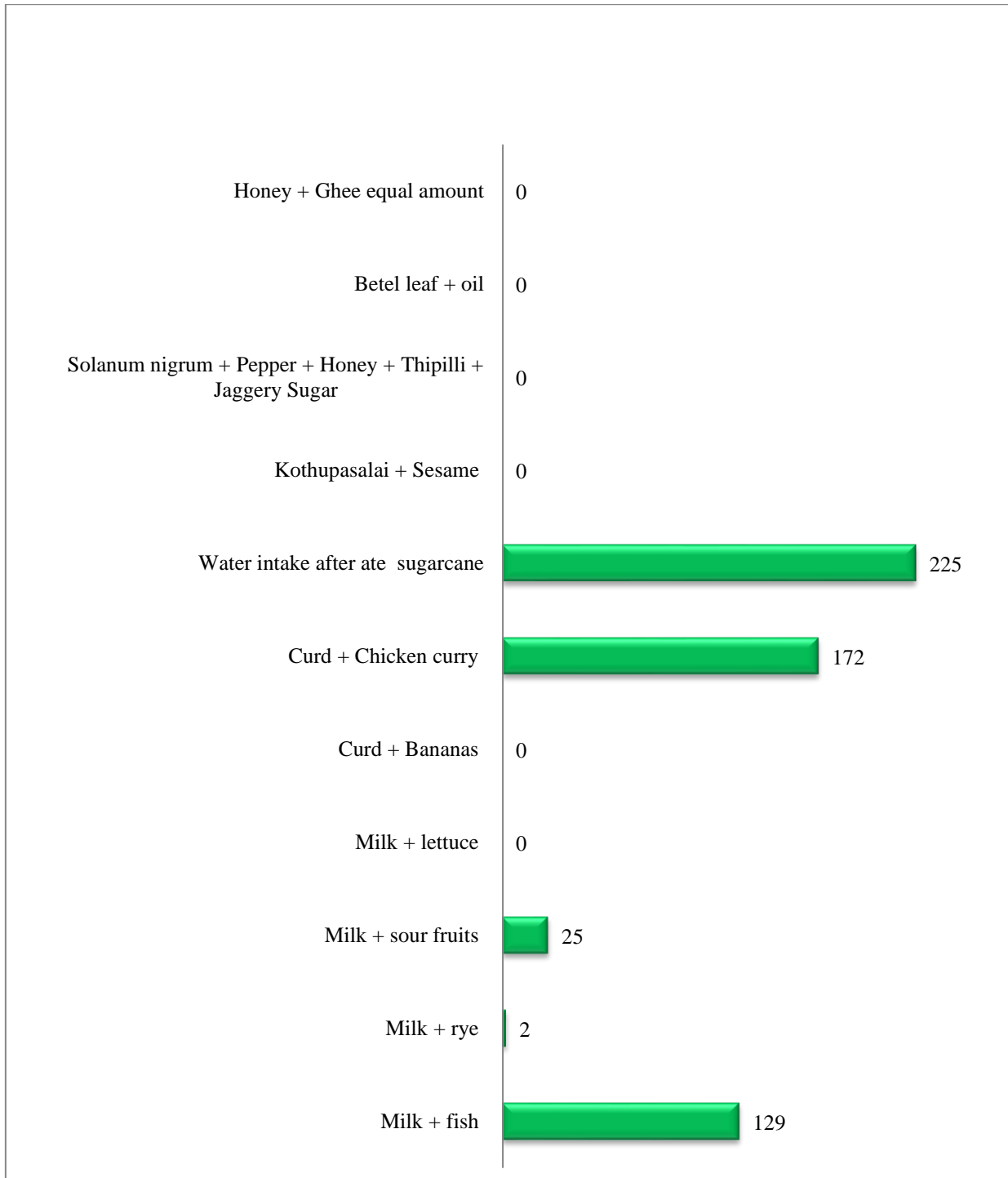
PARTICIPANTS EATING PARAMETERS



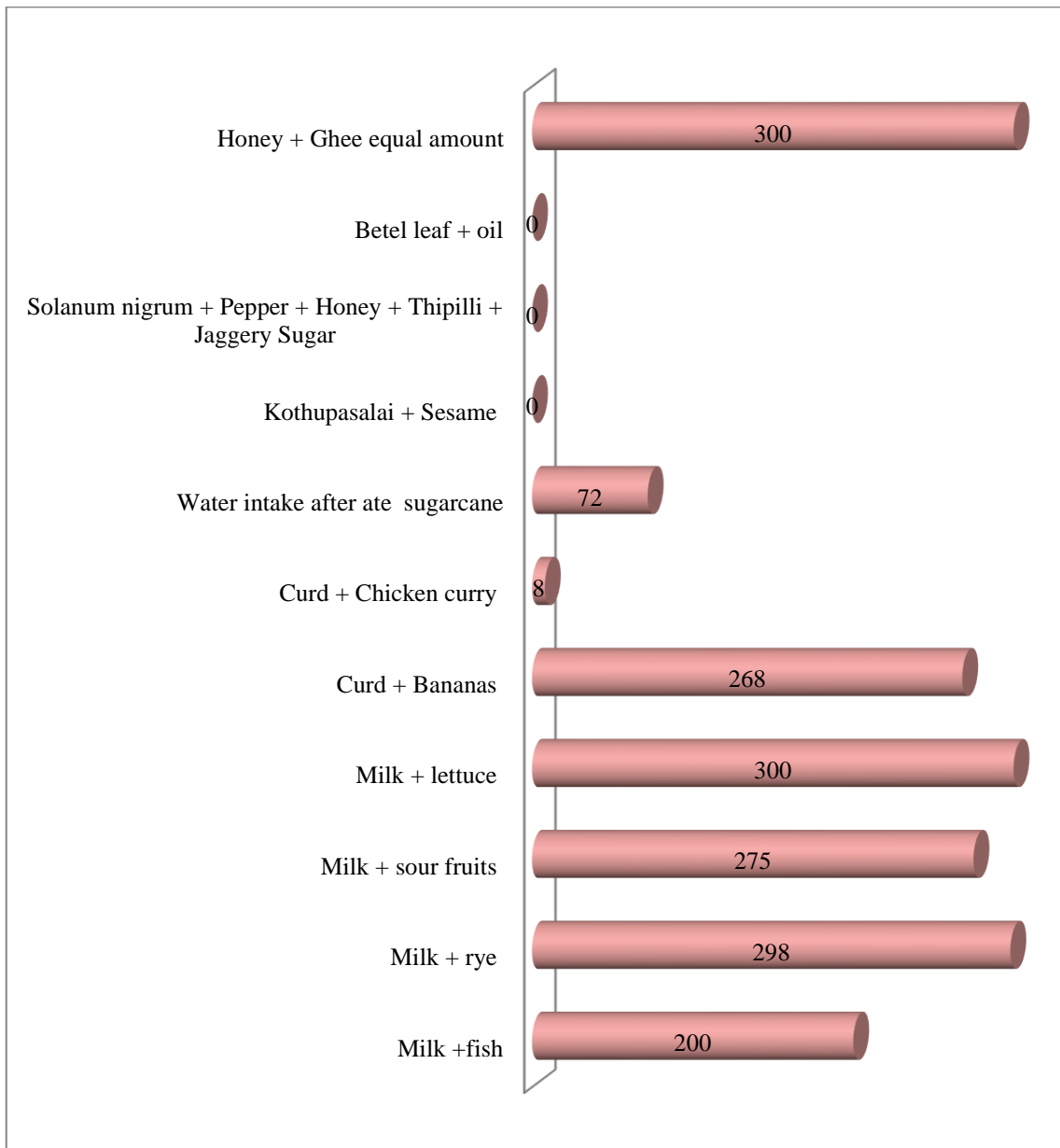
PARTICIPANTS TOXIC EFFECT DURING INTAKE



NO TOXIC EFFECT DURING INTAKE OF PARTICIPANTS



NEVER INTAKE PARTICIPANTS



DISCUSSION

In this study we ensured that most of the people took Non vegetarian diet frequently than vegetarian. It is inferred that food habits such as Non vegetarian and some vegetables like Bitter guard, Brinjal etc., can cause Ovvamai (allergy) to the participants. Most of the participants detoxify themselves for over intake of food (123 participants use Hot

water,112 use Jeera water,108 use Ginger juice, 83 use carbonated like beverages. Unless, participants are not aware of detoxification procedures for certain food habits.

Also, most of the participant are affected by ill effect of groundnut during overindulgence. Instead, participants took their own detoxification procedures for excessive food

intake (Inji juice - 94, Inji tea -67, Jeera water -124, Asafoetida & omam kudineer -12, Oma water-112) From this most of the participants detoxify themselves use jeera water and oma water.

We also ensured that the participants are mostly aware on Mithru unavugal (Compatible foods) 130 participants ate Jackfruit with Ghee (or) Honey, 163 participants ate Groundnut with jiggery sugar. Some of the participants are known & unknown of some ill effects causing food combinations Chatru unavugal (Incompatible foods). Participants mostly know about these combinations (Milk + rye=170, Milk +lettuce =13, Milk +sour fruits=152, Milk+fish=172) 130 participants are experienced toxic effect during intake 152 are not experience toxicity. 224 participants are mostly aware on don't drink water after ate sugarcane. Participants are mostly aware on not curd with chicken curry combinations (282- who knows, 282 – intake ,48 ate weekly once ,83 -15 days once ,112 –Monthly once, 126 participants not experience toxic effect) From these mithru unavugal no toxic effect is experienced while ate curd with chicken curry . Participants are not aware on ill effect combinations such as (Curd with banana, Kothupasalai with sesame, Betel leaf with oil, Honey & Ghee with equal amount).

CONCLUSION

It can be concluded that today's most of the diseases are the result of Incompatible food combinations knowingly (or) unknowingly. We are supposed to identify some literature evidence based new food incompatibilities, which are used today's day to day life based on Siddha prospective. Hence it is important to enlist the causative incompatible dietary food combination and educate the participants to avoid such etiologic factors in various diseases. This is nothing but the primordial

prevention. It must be a stepstone for further research process in food combination.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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