

## REVIEWER'S REPORT

Manuscript No.: **IJAR-52724**

Date: 11.07.25

**Title:** **Revisiting Viruddha Ahara in the Light of Modern Diet and Health Disorders**

### Recommendation:

**Accept as it is .....YES.....**

Accept after minor revision.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality			√	
Techn. Quality		√		
Clarity		√		
Significance		√		

Reviewer Name: PROF DR DILLIP KUMAR MOHAPATRA

**Date:** 11.07.25

### Reviewer's Comment for Publication.

*(To be published with the manuscript in the journal)*

*The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.*

### ***Detailed Reviewer's Report***

The study provides a comprehensive review of the Ayurvedic concept of Viruddha Ahara (incompatible food combinations) and its relevance to modern dietary habits and lifestyle diseases.

#### **Strengths**

- **Interdisciplinary approach:** The study integrates Ayurvedic principles with modern scientific evidence, providing a holistic understanding of the impact of food combinations on health.

- **Comprehensive review:** The study covers various aspects of Viruddha Ahara, including its definition, types, and effects on health, as well as modern scientific perspectives on food interactions and their impact on gut health, immunity, and metabolic disorders.

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- **Relevance to modern health issues:** The study highlights the significance of Viruddha Ahara in the context of modern lifestyle diseases, such as obesity, diabetes, cardiovascular diseases, and gastrointestinal disorders.

### Recommendations

- **Awareness and education:** Healthcare professionals and individuals should be aware of the potential risks associated with Viruddha Ahara and take steps to avoid incompatible food combinations.

- **Further research:** Further studies are needed to explore the effects of Viruddha Ahara on human health and to develop evidence-based guidelines for healthy eating habits.