

REVIEWER'S REPORT

Manuscript No.: IJAR-52724

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

Recommendation:

Accept as it is

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: Dr Aamina

Reviewer's Comment for Publication.

The abstract provides a comprehensive and scholarly overview of the subject matter, linking the classical Ayurvedic concept of *Viruddha Ahara* with modern understandings of nutrition, digestion, and health disorders. It successfully outlines the foundational principles as presented in ancient texts by Acharyas Charaka, Sushruta, and Vagbhata, and brings relevance to contemporary dietary concerns by aligning them with current scientific evidence.

The discussion of how incompatible food combinations affect digestion (*Agni*), lead to toxin (*Ama*) formation, and contribute to doshic imbalance is effectively presented. The abstract also offers concrete modern parallels such as the negative effects of reheated oils, processed food nutrient depletion, and cold-fatty food pairings, demonstrating the continued relevance of Ayurvedic insights.

By integrating Ayurvedic wisdom with contemporary nutritional science, the abstract emphasizes a holistic, preventive, and therapeutic dietary approach. It is well-structured, informative, and bridges ancient and modern knowledge systems effectively. The keywords chosen are specific and relevant to both Ayurvedic and modern contexts.

Introduction Review

The introduction begins with a precise definition and conceptual understanding of *Viruddha Ahara*, establishing its foundational place in Ayurvedic doctrine. It effectively quotes classical texts and figures, such as Charaka and Kashyapa, to emphasize the medicinal nature of food when consumed properly. The explanation of food incompatibilities—whether due to timing, constitution, preparation methods, or season—adds depth and shows the multifaceted nature of the concept.

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The transition to modern dietary issues is clearly presented. The rise in lifestyle-related illnesses and the growing reliance on fast food and processed items are effectively linked to the ancient concept of *Viruddha Ahara*. The incorporation of global data—such as the prevalence of food allergies and gastrointestinal issues in Western populations—adds empirical grounding and reinforces the relevance of the Ayurvedic approach to global health concerns.

The concluding statements of the introduction reiterate Ayurveda's long-standing emphasis on *pathya* and *apathya* ahara, positioning *Viruddha Ahara* as a timeless guideline for health preservation. The narrative maintains clarity, scholarly depth, and coherence throughout.

Overall Evaluation

The article demonstrates a thoughtful and well-articulated synthesis of ancient Ayurvedic dietary wisdom and contemporary nutritional science. It effectively contextualizes the concept of *Viruddha Ahara* within both historical and modern frameworks, offering strong theoretical and empirical justification for its continued relevance. The language is scholarly yet accessible, and the integration of traditional philosophy with modern data-driven insights is seamless and insightful.