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THE CONCEPT OF VIRUDDHA-AHARA AND ITS APPLICATION IN THE PRESENT LIFESTYLE

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ABSTRACT

Aahara (diet) is the main sub-mainstay of life as per Ayurveda. Diet ought to be nutritious and in similarity with Desh, Kala, Prakriti, and Vayah. Diet is exceptionally significant in our lives. Aahara is made sense of exhaustively by Ayurveda in their various Granthas. Objective: The ongoing article talks about the idea, basic survey, types, impacts, and treatment of Viruddha Ahara, as well as the cutting edge viewpoint of Sanskara Viruddha, Samyoga Viruddha, Veerya Viruddha, and others. It likewise incorporates a rundown of contradictory dietary arrangements (Viruddha Anna) that are ordinarily taken in current life and their unsafe outcomes on wellbeing. Techniques: One of the exceptional ideas given by Ayurveda is Viruddha Aahara. Ayurveda unequivocally characterizes Viruddha Aahara as any eating routine or mix of diets that upsets the digestion of Sharira Dhatus (body tissues), frustrates the course of Dhatus creation, and has inverse properties to the Dhatus. Viruddha Aahara can be brought about by food that is blended erroneously, has been inappropriately handled, is ingested in some unacceptable portion, is devoured at some unacceptable season of day, and is eaten in some unacceptable season. End: The idea of Viruddha Aahara is connected with the idea of Agonist, which is characterized as a medication that acts in

much the same way to another substance and subsequently advances an activity. In this way, after broad examination, the utilization of the main bad guy to a certain Aahara dravya can be embraced as a restorative.

Keywords: Food Co-Operations, Viruddha Aahara, Contrary Diet, Agonist, Antagonist

INTRODUCTION:

Ayurveda puts a premium on prevention. Viruddha is an especially hurtful food. Sicknesses by fostering a legitimate way of life in Aahara is a condensing for Contrary Eating routine. Charakacharya as well as Dinacharya and Rutucharya are words. This is regarding their pundits Chakrapani and Gangadhara to help the body's immunological framework have made sense of this exceptional [1]. The Viruddha idea a legitimate eating routine and routine are indispensable parts of a solid way of life. Food is viewed as the fuel for the upkeep of Agni in Ayurveda. When used accurately, it can assist with expanding a person's Bala, Varna, and Ojas. Opposite conduct would have adverse results. Viruddha Aahara (Contradictory Eating routine) is significant inappropriate food consumption [2]. This differentiation has been made sense of by Charak Acharya and his observers Chakrapani and Gangadhara. Inside and out clarification of the Viruddha Aahara thought they have framed a sum of 18 assortments of Viruddha Aahara with proper instances of food items and food-to-food connections utilized by laypeople in regular

daily existence [3]. They guarantee that normal utilization of Viruddha Anna plays a huge effect in the improvement of a few Components. Alongside that, a treatment that can be utilized to check the adverse consequences of Viruddha Aahara on the body is examined. The reason for this exposition is to make individuals mindful of the impeding outcomes of Viruddha Aahar and to urge them to eat a solid eating regimen [4].

In the ongoing situation, the rising intricacy of present day modern culture, as well as the different idea of the worldwide food exchange, has expanded the gamble of defilement of food by compound and natural specialists, appearing as changes in the Veerya, Guna, Rasa, and Swabhava of that food thing, bringing about contradiction, for example (Viruddha diet) [5]. Subsequently, there is a need to examine the possibility of Viruddha Aahara with a careful comprehension of their sorts, jobs in illness pathophysiology, and current treatment choices.

CONCEPT OF VIRUDDHA AAHAR:

Viruddha Aahara is a scholarly idea that implies difference or resistance specifically. Viruddha Aahara is characterized by Charaka as a particular dietary item or blend disturbs the digestion of tissues, for example Sharira Dhatus, that upsets the course of tissue creation, and that has the contrary property to the tissue [6].

Viruddha Aahara alludes to food that has been blended erroneously, handled mistakenly, ingested in some unacceptable portion, and additionally ate at some unacceptable season of day and season. Viruddha Dravya alludes to substances that aggravate Doshas yet can't delete or alleviate them to their typical state, as well as things that go against Doshas and Dhatus yet stay in the body [7].

Apparently specific sorts of dinner pairings might have:

1. Inverse characteristics.
2. Exercises on the Dhatus that are entirely against.
3. At the point when processed with a particular goal in mind, it negatively affects the body.
4. At the point when consolidated in unambiguous extents, may make horrible impacts.
5. Whenever ingested at some unacceptable second, it might make a troublesome difference.

6. May cause side effects like food contamination (Gara Visha)?

TYPES OF VIRRUDDH AAHAR:

Charak Acharya has characterized through and through 18 types of Viruddha Aahara with occasions and methods of activity, while Chakrapani and Gangadhara have developed a portion of these in their own critiques. However they gave various instances of food contrariness in their Samhita, a portion of those food blends are not generally utilized in present day times. Basic to find new food contradictions are utilized in day to day existence according to an Ayurvedic viewpoint. These food contradictions can be arranged into the accompanying classifications of Viruddha Aahara.

1. **Desha Viruddha:** - Food things with comparable attributes to Desha are alluded to as Desha Viruddha. It is expressed that food with characteristics inverse to the comparing Desha ought to be eaten. Charak Acharya accepted just Bhumi Desha to be Desha Viruddha, while Gangadhara characterized Desha Viruddha to incorporate both Bhumi Desha and Sharira Desha Viruddha [8]. e.g.:- Ruksha, Tikshna ahara in Maru Bhumi - liquor utilization in dry land. Snigdha and Sheeta ahara in

- Anupa Bhumi offer reviving milkshakes and juices.
2. **Kaal Viruddha:** - Devouring food items with similar characteristics to Kaal, for example Season. - Sheet ahara in Hemant Rutu - Frozen yogurt utilization in winter. In the late spring, Katu and Ushna ahar in Grishma Rutu- zesty pav-bhaji and point of reference balance
 3. **Agni Viruddha:** - Food devoured without attention to the singular's Agni, which can be one of four kinds: Mrudu, Madhyama, Tikshna, or Vishama. For instance, Laghu and Alpa Matra Aahara for Tikshna Agni - consuming Churmura (popcorn, and so on) while truly eager. In Manda Agni, Master and Adhika Matra Aahara [9].
 4. **Matra Viruddha:** - There are a few food sources that, when blended in equivalent parts, act as Viruddha Aahara. Cow's Ghee Honey in equivalent parts, for instance.
 5. **Satmya Viruddha:** Eating food things that the individual isn't familiar with. For instance, Indians might eat Chinese food. An individual who is utilized to Katu and Ushna Aahara will say Madhura and Sheeta Aahara.
 6. **Dosha Viruddha:** Food varieties with comparable characteristics to the Doshas that create Dosha dushti are alluded to as Dosha Viruddha. Gangadhara has ordered this expression into three classifications.
 - Viruddha Dosha in view of Rasa - Kashaya Rasa for Vata.
 - Vyadhi Viruddha-Curd with rice for Kushtha.
 - Dravya Swabhava is poison (Dhatu pradushana dravya) [10].
 7. **Sanskara Viruddha:** Sanskara Viruddha is food arranged erroneously.e.g. Warming French fries, warming utilized oil, warming honey (blended in with boiling water, baking treats).
 8. **Veerya Viruddha:** - It is the utilization of food things that contain inverse Veerya simultaneously.e.g Ushna Veerya fish, for instance, drank with Sheeta Veerya milk.
 9. **Karma Viruddha:** - Food ate all mismatched in regards to Karma Viruddha. Sweet Dishes after a dinner, for instance.
 10. **Koshtha Viruddha:** - As indicated by Chakrapani and Gangadhara, any medication or food thing devoured without the right consciousness of

- people is alluded to as Koshtha Viruddha. For instance, an Mrudu Koshtha individual might serious areas of strength for devour, however a Krura Koshtha individual might eat grill and prepared food sources [11].
11. **Avastha Viruddha:** - Devouring food without being completely mindful of one's own wellbeing and body conditions. Worker liquor utilization, for instance.
 12. **Parihara Viruddha:** - This is the act of eating cold food subsequent to eating hot and hot cooking. For instance, cool beverages after Samosa.
 13. **Paak Viruddha:** - Food that has not been accurately cooked, for example uncooked, to some degree cooked, to some extent singed, etc. Paak Viruddha is insane dinner. Half seared egg, for instance
 14. **Upachaara Viruddha:** - Upachaara Viruddha is the utilization of food things that shouldn't be devoured following a particular treatment or act. Drinking cold water after snehapana or a steam shower, for instance [12].
 15. **Samyoga Viruddha:** - Samyoga Viruddha is the utilization of dietary things that ought not to be consumed together. Particularly with milk, Amla rasa organic products. Amla Rasa with Madhura Rasa, for instance. - Strawberry and banana milkshakes. Ayurveda suggests only the mix of mango leafy foods.
 16. **Hrut Viruddha:** - Hrut Viruddha is the utilization of food items that are upsetting to the purchaser. Unpleasant melon, Decoctions for Youngsters, and so on.
 17. **Sampat Viruddha:-** Food things created with unfortunate components, for example, Sheera arranged in vegetable oil., Food substances/natural products that poor person satisfied their unique taste, have a harmed taste, or have been overripe [13].
 18. **Vidhi Viruddha:** - In Ayurveda, there is an itemized portrayal of food utilization rules under the Aahara Vidhi Vidhana thought. Vidhi Viruddha is eating without respect for the standards. e.g.:- Food from the lunch box isn't devoured when it is hot and new. Beside the physiological effects of Viruddha Aahara, a food substance that the individual aversions acts in much the same way to Viruddha Aahara [14]. This may likewise bring about continuous

stomach related issues. Rasa Viruddha, Veerya Viruddha, and Vipaka Viruddha is three of the assortments portrayed by Acharya Sushruta.

MODE OF ACTION:

As per Chakrapani, the particular qualities of Viruddha Anna are that normal ingestion of specific food items and drugs disturbs Sharirastha Prakruta Doshas however doesn't eradicate them from the body. As these vitiated Doshas stay in the body, they communicate with Sharirastha Viguna Dhatus, causing different afflictions.

VIRUDDHA AAHARA-CAUSED INFECTIONS INCLUDE:

As per the data gave above, steady ingestion of a Viruddha Ahara can bring about different illnesses. Acharya Charaka integrated them into his Samhita. Some of them are intense, while others are ongoing [15]. These are delegated follows: -

1. **Indriyopghatakara:** - Sickness that weakens Indriya capability, like Andhya, Shandhya, Bhagandara, Jwara, and Pinasa.
2. **Dhatu Parinamkar:** - Sicknesses influencing Rasadi Sapta Dhatus. Dakodara, Visarpa, Pandu, Aamvisha, Kushtha, Santandosh, Visphota, Moorchcha, etc. Aadhmana,

Galagraha, Kilasa, Grahani, Shotha, Amlapitta, and Mrityu are a portion of the names.

3. **Manasa Vyadhi:** - Sicknesses that disable an individual's mental condition. For instance: Unmada, Mada.

As per the above list, Viruddha Aahara causes infections going from weakness to barrenness, inferring that it has an effect on Shukra Dhatu Dushti. Moreover, it can cause Mrityu (demise), inferring that it affects Ojas also [16]. If the previously mentioned rundown of issues is ordered by current real frameworks, it tends to be contended that preceded with utilization of Viruddha Aahara influences the resistant framework, endocrine framework, stomach related framework, sensory system, and circulatory framework.

Is Viruddha Aahara an issue for everybody?

However, it is accepted that persistent utilization of Viruddha Ahara causes various diseases, it very well may be noticed that many individuals who consume Viruddha Anna are unaffected by it in day to day existence. Charaka has likewise made sense of this condition [17]. He referenced how a youngster who practices consistently, is familiar with Viruddha Aahara, has a high

stomach related strength (Agni), and has ingested Viruddha Aahara in little amounts is unaffected by it.

TREATMENT PLAN:

Acharya Charaka has expressed treatment for Viruddha Aahara notwithstanding its structures and illness causation. Utilizing this treatment approach, one can stay away from the destructive side effects of Viruddha Aahara [18]. Charaka has announced three unmistakable techniques for treatment.

1. **Shodhana:** - It is the method involved with eliminating all of the Vigunita/Dushta Doshas from the body by means of Vamana and Virechana. Virechana is a preferable treatment for Viruddha Aahara over Vamana. Nonetheless, Shodhana can be useful provided that there has been an extended history of reliable use of Viruddha Aahara.
2. **Shamana**-When an individual is definitely not an ordinary purchaser of Viruddha Aahara and Sharira Doshas are not incredibly kindled, the Vikruta Doshas can be settled by using drugs with perfect inverse characteristics to Viruddha Aahara.
3. **Nidanaparivarjana** - Counteraction is generally desirable over fix. All by consuming sound and Pathyakara

Aahara and staying away from Viruddha Aahara, one can safeguard himself from its unsafe impacts.

MODERN CONCEPT OF INCOMPATIBLE FOOD:

There is no such thing as current Idea of Contrary Food As in Ayurveda, the idea of contradictory food in current dietetics. Nonetheless, the meaning of diet-prompted changes in drug activity and compounding of some disease states after utilization of a particular kind of food is legitimate in current medicine [19]. The following are a few subjects that are practically identical to contrary food sources:

1. Agonist
2. Antagonist
3. Food allergies
4. Food contamination
5. Food additives (preservatives)

Agonist: - A substance that works in much the same way to another substance and subsequently speeds up an activity. Bad guy's total inverse is Agonist. A main bad guy is a material that goes against and deters an activity. Agonist's total inverse is Adversary [20].

Antagonist: - A main bad guy is a material that goes against and hinders an activity. Agonist's perfect inverse is Adversary. Adversaries and agonists serve significant

jobs in human body science and pharmacology [21].

Food allergies: - Since they influence just a subset of the populace, these issues are in some cases alluded to as individualistic unfriendly responses to counts calories. Individualized responses are otherwise called food awareness's [22].

Food contamination: - It is a burden brought about by devouring tainted food. It very well may be defiled by microorganisms, infections, ecological poisons, or poisons tracked down in the actual food, like mushrooms or shellfish [23].

Food additives (Preservatives):- These are utilized to hold the normal properties of food, expand its timeframe of realistic usability, and forestall regular maturing and staining that can happen during food Planning [24].

RESULT AND DISCUSSION:

As indicated by Ayurvedic texts, certain food fixings or blends work as Viruddha Aahara, which corrupts Sharirastha Dhatus. Charaka and their analysts Chakrapani and Gangadhara make sense of 18 unique types of Viruddha Aahara. Utilization of Viruddha Aahara causes various issues by worsening Sharirastha Prakruta Doshas and corrupting Prakruta Dhatus [25]. To forestall devouring incompatible dietary materials in the present cheap food period, one ought to

have a careful consciousness of a wide range of Viruddha Aahara.

Viruddha Ahara's way of activity can be made sense of regarding the cutting edge idea of Agonist. Certain food varieties, when eaten, tie to the Dosha receptors and demolish them. Doshas, similar to agonist drugs, animate receptors in the body to cause hormonal deliveries [26]. Through dietetics study, it is basic to decide if Viruddha Aahara truly works as an Agonist and whether the drug managed in specific settings goes about as a Main bad guy. Viruddha Ahara taken consistently could instigate irritation at a sub-atomic level, upsetting the eicosanoid pathway making more arachidonic corrosive prompting expanded prostaglandin-2 and thromboxane. This provocative impact is a significant impact as these are the fundamental pathologies that make Agni Mandya, Ama, and various metabolic problems.

It has been plainly referenced in Ayurveda text that oil and food should not be warmed. Warming of oil makes more oxidation and whenever consumed may make more oxidative pressure making all the more free revolutionaries. Oxidative rancidity happens when unsaturated fats are presented to oxygen within the sight of intensity or light, bringing about the development of hydro

peroxide compounds. These hydro peroxides thusly structure aldehyde atoms [27]. Oxygenated aldehydes are harmful mixtures that cause oxidative pressure in the cells of the body and may expand the gamble of degenerative ailment and atherosclerotic sickness. Hydro peroxide unsaturated fats may likewise negatively affect the fat-solvent nutrients A and E.

High-temperature cooking must likewise be called as Sanskara Viruddha. Food sources normally cooked at high temperatures, similar to meats, may add to the gamble and worsening of constant illnesses connected with irritation. At the point when proteins are cooked with sugars without a trace of water, AGEs are shaped. Water, nonetheless, keeps these sugars from restricting to the protein particles. Accordingly, blend of proteins with sugar and cooking it without water is Viruddha. Grains, vegetables, natural products, and all such have protein in them too, with sautéing being a sign of AGEs. AGEs are the finished results of glycation responses, where a sugar particle bonds to either a protein or lipid particle without a compound to control the response. A comparable response, known as glycosylation, utilizes a protein to control the response, focusing on unambiguous receptor destinations on cells. Glycation, then again,

"High level Glycation end product is an irregular cycle that harms the working of biomolecules [28].

Particular kind of food mixes and the undesirable substance delivered by specific contradictory food in vivo may gravely affect resistant framework. Milk which contains lactogen and certain natural products, for example, bananas, which additionally contain normal allergen might irritate an asthmatic assault. Milk with eggs, warmed cow's milk, polishing off a lot of sugar alongside immersed fats, can prompt number of immunologic problems. It has been routinely seen in the centers that rheumatoid joint pain patients who eat curds around evening time, sharp food around evening time whine of really morning firmness [29]. It should be concentrated on that weather conditions such kind of Kala Viruddha diet would speed up antigen and neutralizer responses and display an effect on WBCs. These sorts of investigations would likewise propose that customary utilization of Viruddha Ahara would likewise prompt immuno senescence.

According to the definition made sense of by Charaka Samhita those food substances and mixes, which actuate weakening activity on the body tissues, that is to say, Dhatus can be called as Viruddha Ahara. Cheap food is high in energy thickness

and low in fundamental micronutrient thickness, particularly zinc (Zn), of which cell reinforcement processes are reliant. It has been tried that continuous cheap food utilization could actuate oxidative harm related with aggravation in weanling male rodents in significance to Zn hardship, which could unfavorably influence testis capability. Zn and iron (in plasma and testicular tissue), plasma cell reinforcement nutrients (A, E, and C), as well as testicular Super-Oxide Dismutase (Turf) and decreased Glutathione (GSH), lipid peroxidation records [Thio-Barbituric Corrosive Receptive Substances (Ski lifts) and Lipoprotein Oxidation Vulnerability (LOS)], fiery markers (plasma C-Responsive Protein (CRP), and testicular Growth Rot Variable - Alpha (TNF)) still up in the air in one of the examinations. Serum testosterone and histological assessment of the testis were performed too [30]. A serious reduction in cell reinforcement nutrients and Zn, with corresponding iron gathering was found. Zinc lack connected emphatically with Turf, GSH, cell reinforcement nutrients, and testosterone, and adversely with Ski lifts, LOS, CRP, and TNF- α , showing a condition of oxidative pressure and irritation. It was reasoned that micronutrient lack, particularly Zn, improved oxidative pressure and aggravation in testicular tissue prompting

underdevelopment of testis and diminished testosterone levels.

CONCLUSION:

In this paper, we focus on documenting about Viruddha Ahara. As indicated by the first conversation; Viruddha Ahara is a huge part of the present unfortunate dietary practices. Viruddha Anna can cause ineptitude and barrenness, and subsequently significantly affects Shukra Dhatu Dushti. Unconsciously, this could bring about different risky circumstances and even passing in the patients. Thus, it is basic to distinguish the causative contrary dietary factors and insight patients to stay away from such etiological variables (Nidana Parivarjana), especially young people who eat a great deal of delightful food things and broiled chips (potato, corn), and so on. Additives assume a part here, and the salts utilized are believed to be Cancer-causing.

Assuming a disease happens, Shodhana and Shamana sorts of chikitsa can be utilized to dispense with it. Patients experiencing food contamination and the adverse consequences of additives might be treated similarly. The distribution likewise gives another exploration opportunity in the field of Ayurvedic dietetics to examine the impacts of various contradictory components. Subsequently, all Ayurved acharyas have

painstakingly examined dietary rules and cutoff points in the Ayurvedic framework. Moreover, that's what Charaka adds assuming that a man controls his brain and faculties and consumes a solid and confined diet; he can live to the age of 100 without getting any infections.

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