



“VIRUDDHA AHARA: AN AYURVEDIC REVIEW ON INCOMPATIBLE DIET”

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ABSTRACT-

Viruddha Ahara refers to incompatible dietary combinations and habits described in Ayurveda. Ayurveda considers Ahara as one of the three pillars responsible for sustaining life and maintaining health. Improper dietary combinations disturb digestion, produce Ama, and initiate pathological changes within the body. Modern dietary patterns involving processed foods, preservatives, junk food, and irregular meal timings strongly resemble many incompatible dietary practices described in Ayurveda. Acharya Charaka elaborately described various forms of Viruddha Ahara including Desha Viruddha, Kala Viruddha, Agni Viruddha, Matra Viruddha, Veerya Viruddha, and Samskara Viruddha. Classical examples include fish with milk, heated honey, curd at night, and incompatible fermented foods. According to Ayurveda, incompatible food leads to Agnimandya, Ama formation, Dosha imbalance, Dhatu Dushti, and Srotorodha. These pathological changes eventually contribute to chronic inflammatory and metabolic disorders. Modern science also recognizes the harmful impact of unhealthy dietary patterns on metabolism, gut microbiota, and immune function. Clinical manifestations include indigestion, allergies, obesity, fatigue, skin diseases, gastrointestinal disturbances, and metabolic syndrome. Long-term incompatible dietary habits may contribute to diabetes mellitus, hypertension, autoimmune disorders, and inflammatory conditions. Ayurveda strongly emphasizes prevention through proper dietary discipline, seasonal regulation, individualized nutrition, and healthy lifestyle practices. Consumption according to digestive capacity, avoidance of processed foods, and maintenance of regular eating habits are considered essential. The concept of Viruddha Ahara demonstrates the preventive and holistic nature of Ayurveda. Modern research supports that unhealthy food combinations and processed

diets disturb metabolism and contribute to lifestyle disorders. Therefore, Ayurvedic dietary principles remain highly relevant in modern preventive medicine and nutritional science.

Keywords-*Ayurveda, Viruddhahara, Incompatible Diet, Dosha ,diseases*

INTRODUCTION

Viruddha Ahara refers to incompatible dietary combinations and habits described in Ayurveda. Ayurveda considers Ahara as one of the three pillars responsible for sustaining life and maintaining health.[1] Improper dietary combinations disturb digestion, produce Ama, and initiate pathological changes within the body. Modern dietary patterns involving processed foods, preservatives, junk food, and irregular meal timings strongly resemble many incompatible dietary practices described in Ayurveda.

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According to Ayurveda, incompatible food leads to Agnimandya, Ama formation, Dosha imbalance, Dhatu Dushti, and Srotorodha.[3] These pathological changes eventually contribute to chronic inflammatory and metabolic disorders. Modern science also recognizes the harmful impact of unhealthy dietary patterns on metabolism, gut microbiota, and immune function.

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The concept of Viruddha Ahara demonstrates the preventive and holistic nature of Ayurveda. Modern research supports that unhealthy food combinations and processed diets disturb metabolism and contribute to lifestyle disorders. Therefore, Ayurvedic dietary principles remain highly relevant in modern preventive medicine and nutritional science.[6]

Charaka Caturanana” Cakrapani explained here that, the food articles by which the dosas are going to be provoked and spread or diffused from their place but these dosas are not eliminated from the body. So these food articles become unwholesome.

Susruta has also quoted in Su. Su. 20/20 and Dalhana has pointed out that the food articles (Viruddhahara) not only provoke the dosas (humors) but they also aggravate the body elements (Dhatus). Indu, commentator of A.S. has mentioned here that these type of dravyas (Viruddhahara) are localized in dhatus in spite of its antagonist nature to dhatus.

It is very important to correlate the mechanism as to know how virrudh Ahara as a combination interacts with each other and creates a disease, combinations which interrupt the metabolism tissue which inhibits the process of the formation of tissue is called as 'virrudha anna'. The food which is wrong in combination has undergone wrong processing consumed in incorrect dose or consumed in incorrect time of the day and in wrong season can be termed virrudha Ahara.' With the help of modern technology and biochemistry aspects it becomes easy to elaborate the effect of virrudha Ahara food-food interactions are harmless but is always better to know about some of them opposite properties, opposite activities on the tissue may extent undesirable effect when combined in certain proportion.

MATERIALS AND METHODS:-

Definition of Viruddha Ahara (Incompatible diet)

Acharya Vagbhatta described Viruddha Ahara (Incompatible food) in the text Ashtanga Sangraha. Viruddha Ahara means substances which when consumed cause aggravations of Doshas but do not expel them out of the body and bring about abnormalities in Dhatus (tissues of the body). In Ayurvedic classics various types of Viruddha Ahara have been described. Acharya Sushurta has explained Viruddha Ahara in Sutrasthana 20th chapter - Hitahitiyam Adhyaya.

- Karma Viruddha (Functionally incompatible) - The Pigeon fried in mustard oil.
- Mana Viruddha (Quantitative incompatible) - Honey and Ghrita in equal quantity.
- Samyoga Viruddha (Unsalutary Combinations) - Meat of Anupa animals along with new germinated paddy.
- Rasa Viruddha (Incompatibilities amongst two tastes) – Sweet and Saltish tastes

“मिथ्याहार विहाराभ्यां दोषाहयामाशयाश्रयः मा. नि. २

रोगस्तु दोषवैषम्यं दोषसाम्य अरोगता वा.सु. ११/२०

गुरुभोजनं दुर्विपाककराणां, अनशन आयुषी हासकराणां, अजीर्ण अध्यशनं ग्रहणीदूषणानं, विषमाशनग्रिवैषम्यकराणां मिथ्यायोगो व्याधीकराणां, विषादौरोगवर्धनानां, एकरसाभ्यास दौर्बल्यकराणां, अतिमात्राशन आमदोषप्रदोष हेतुनां, वेगसंधारणमनारोग्यकराणां, आमोविषमचिकीत्स्यानां (च. सु. २६)”

Due to Mithya ahara & vihara doshas get viatiated in amashaya resulting in Rogas Rogastu doshavishaymam. out of all etiological factors of disease Ama Is the most Obnozoious & Overpoweringly devastating impurity capable of playing havoc Blocking the free, easy & natural flow

of prana in strotas. Ayurveda literature has described 18 types of virrudha Ahara as Desha (place), kala, Agni, Matra, Satmya, Dosha, Sanskar, Veerya, Koshtha Avastha (State of Health) krama (sequence) parihar, upchar (treatment) PAAK(cooking) sanyog (combination), Hriday, Sanpad (Richness of quality,) vidhi (Rules of eating).

Types of Viruddha Ahara (incompatible diet) mentioned in Charaka Samhita

1. Desha Viruddha - Opposite to place . To have dry and sharp substances in dry region, unctuous substances in marshy land.⁵
2. Kala Viruddha - Opposite to time .)- Intake of cold and dry substances in winter, pungent and hot substances in summer⁶.
3. Agni Viruddha - Opposite to digestion power of individual. Intake of heavy food when the power of digestion is low, intake of light food when the power of digestion is sharp and intake of food at variance with irregular and normal power of digestion.
4. Matra Viruddha - Opposite to Quantity . Intake of honey and ghee in equal quantity. In Trividh kukshiya chapter, *Acharya Charak* clearly mentions that one should eat food only upto one third part of stomach. Overeating leads to *Agnivaishamy* and several diseases.⁷
5. Satmya Viruddha - Opposite to compatibility . Intake of sweet and cold substance by person accustomed to pungent substance. In such situations body is in defensive mode, leads to indigestion and considers the food item as a foreign material and try to expel it from the body.
6. Dosha Viruddha - Opposite to Doshas . Utilization of drugs, diets and regimen having similar qualities with *dosha*, but at variance with the habit of the individual.⁸
7. Sanskar Viruddha - Opposite to mode of preparation . Drugs and diets which, when prepared in particular way produced poisonous effects.Eg. Meat of peacock roasted on a castor spit.⁹
8. Veerya Viruddha - Opposite to Potency . Substance having cold potency in combination with those of hot potency.¹⁰
9. Koshtha Viruddha - Opposite to Koshtha .)- To give less quantity with less potency and less forming food to a person of costive bowel. Administration of more quantity heavy and more stool forming food to a person having laxated bowel.¹¹
10. Avastha Viruddha - Opposite to state of individual . Intake of *Vata* aggravating food by a person after exertion physical exertion or after sleep or drowsiness.¹²
11. Kram Viruddha - Opposite to actions . If a person takes food before his bowel and urination or when he doesnot have appetite or after his hunger have been aggravating.¹³ There is specific

sequence of intake of food explained in *Aharvidhividhana*. *Madhura amla lavana katu tikta kashaya* is the krama of *Rasa* to be taken while eating.

12. Parihar Viruddha - Opposite to precautions or rules. Intake of hot things after taking pork.

13. Upachar Viruddha - Opposite to treatment cold things after taking ghee.

14. Paak Viruddha - Opposite to cooking .Preparation of food with bad or rotten fuel and under cooking, over cooking or burning.

15. Samyoga Viruddha - Opposite to combinations . Intake of sour substance with milk.

16. Hriday Viruddha - Opposite to one's liking. Intake of unpleasant food.¹⁵

17. Sampad Viruddha - Opposite to richness of quality Intake of substances that are not mature, over matured or purified.¹⁶

18. Vidhi Viruddha - Opposite to rules of eating. Taking meals in public place¹⁷.

Examples of Viruddha Ahara (Incompatible diet):-

1. Desha Viruddha - consumption of alcohol at Ushna Pradesh (hot areas)

2. Kala Viruddha - consumption of curd during night time.

3. Agni Viruddha - consumption of meat, black gram etc in the state of food indigestion.

4. Matra Viruddha - honey & ghee mixed in equal proportion

5. Satmya Viruddha - advice of milk to lactose intolerance individual.

6. Dosha Viruddha - Vataja Prakriti individual is advice for Vatavardhak Aharaa.

7. Sanskar Viruddha - eating curd in copper vessel.

8. Veerya Viruddha - consumption of milk with salty food. July 2023 gastritis, rhinitis. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of Viruddha Ahara. Viruddha Ahara in today's perspective

9. Koshtha Viruddha - consumption of dry, rough fried food articles like Jwar, Bajara etc by Krure Kostha individual.

10. Avastha Viruddha - consumption of dry, rough fried food articles like Jwar, Bajara etc immediately after heavy physical exercise.

11. Kram Viruddha - taking a bath after a meal.

12. Parihar Viruddha - consumption of hot water with pork meat.

13. Upachar Viruddha - intake of wheat during typhoid infection.
14. Paak Viruddha - consumption of barbecued meat over fire.
15. Samyoga Viruddha - combination of fish with milk.
16. Hriday Viruddha - consumption of food not according to will
17. Sampad Viruddha - consumption of improperly ripe (chemically processed fruit) / rotten fruit.
18. Vidhi Viruddha - consumption of food without following rules of Ahara Vidhi Vidhan (these are the rules laid by Acharyas to maximize the benefits by the food).

Viruddha Ahara in today's perspective:

- 12 months Running ICE-Cream parlours in India is example of Desh and kaal virrudha.
- pungent substance in summer and cold substance in winter is kaal (times) virrudha
- Taking Heavy meal without hunger before going to office and on Hungry stomach working up to late and lunch on 3pm are Aqivirrudh.
- Honey + cows ghee mixed in equal quantity is Matra Virrudha.
- Fish +milk is veerya virrdha.
- Fried ice-cream in five-star hotel is aslo veerya vuirrudha.
- Hot oil becomes cold & after heated & used for frying food is pak virrudha.High temperature cooking release HNE toxin.
- heated Honey, deep frying of potato is sanskar virrudha.
- krama virrudha-consuming curd at night, Taking madhur Rasa food or dravya at the end of meals and stale food stored in freeze is also 'Pak virrudha'.
- Tikta katu ras dravys (food substance) at the starting of meals scales Bed tea, emptying Bawl & bladder after Breakfasts, Taking bath after Meal are eg. of am virrudha.
- parihar - consuming cold water immediately before or after having hot tea or coffee.
- Some of exaples of virrudha ahara are taken regularly in todays diet pattern/ fashion diet are Milk+fish, Milk+ fruits, Honey +Hot water, Pakwa+ Apakwa ahar, chicken + Panneer, curd +Hot eatables Curd+ Banana, Curd + Chicken, South Indian Dishes + Milk, Excess intake pickles in diet.

Concept of samyoga viruddha (combination)

- Samyoga (combination of two or more substances) viruddha means some drugs or food items will act as unwholesome when taken together or mixed. [Cha. Sa. Sutra Sthana 26/82-83] [Su. Sa. Sutra Sthana 20/13]

Table no. 1: Examples of Samyoga Viruddha and the logical reasons behind their incompatibility:

Sr. no.	Examples of samyoga viruddha	Logical reasons of incompatibility
1	Ripe fruit of nikucha (<i>Artocarpus lakoocha</i> Roxb.) with soup of masha (<i>Vigna mungo</i> L.), sugar and ghee	Mutually contradictory
2	Amla Rasa food items such as amra (<i>Mangifera indica</i>), amrataka (<i>Spondias pinnata</i>), matulunga (<i>Citrus decumana</i>), nikucha (<i>Artocarpus lakoocha</i> Roxb.), karamarda (<i>Carissa carandas</i>), mocha/shalmali (<i>Salmalia malabarica</i>), dantasatha (<i>Citrus medica</i>), badara (<i>Ziziphus jujuba</i>), koshamra (<i>Schleichera oleosa</i>), bhavya (<i>Dillenia indica</i>), jambu (<i>Syzygium cumini</i>), kapittha (<i>Limonia acidissima</i>), tintidi (<i>Ras parviflora</i>) with milk	Mutually contradictory
3	Aksoda (<i>Juglans regia</i> Linn.), panasa (<i>Artocarpus heterophyllus</i>), narikela (<i>Cocos nucifera</i>), dadima (<i>Punica granatum</i>), kulathi (<i>Macrotyloma uniflorum</i>), and amalaki (<i>Phyllanthus emblica</i>) or meat of paravata (pigeon) with milk	Mutually contradictory
4	Kangu/Kangini dhanya (<i>Setaria italica</i> Beruv.), vanaka (vana kodo), makustha (<i>Phaseolus aconitifolius</i>), kulattha (<i>Dolichos biflorus</i>), masha (<i>Phaseolus radiatus</i>), nishpava (cowpeas) with milk	Mutually contradictory
5	Honey and ghee or honey and rain water in equal quantity, honey with seeds of pushkara (<i>Nelumbo nucifera</i> / blue lotus), intake of hot water after taking honey, Moolaka (radish) with honey	All are unwholesome
6	Bhallataka (<i>Semecarpus anacardium</i>) with hot water	All are unwholesome

7	Kampillaka (<i>Mallotus philippensis</i>) boiled with butter milk	All are unwholesome
8	Meat of Bhasa (bearded vulture) roasted with the spit or fire	All are unwholesome
9	Stale Kakmachi (<i>Solanum nigrum</i>), Kakmachi with jaggery, Kakmachi with Pippali (<i>Piper longum</i>) or Maricha (<i>Piper nigrum</i>).	All are unwholesome
10	Fish with jaggery	All are unwholesome
11	Varaha mamsa (pork meat) with milk or jaggery	All are unwholesome
12	Kadaliphala (<i>Musa paradisiaca</i> Linn.) i.e., banana with milk, curd or buttermilk or lakuch (<i>Artocarpus lakoocha</i> Roxb.) with milk or curd	All are unwholesome
13	Sura (beer), krishra (mess), and payasa (milk pudding) not to be consumed together	All are unwholesome

CONCEPT OF RASA, VEERYA, VIPAKA VIRUDDHA-

Unique concept of viruddha combinations based on rasa (taste), virya (potency), vipaka (post digestion effect) explained in Sushruta Samhita which are as follows: [Su. Sa. Sutra Sthana 20/16]

Table no. 2: Examples of viruddha combinations based on rasa, virya and vipaka:

Sr. no.	Examples of viruddha combinations based on rasa, virya and vipaka	Combinations of rasa
1	Rasa viruddha	Madhura (sweet) and lavana (salty), amla (sour) and lavana, katu (pungent) and tikta (bitter), katu and kashaya (astringent), tikta and kashaya.
2	Rasa and veerya viruddha	Madhura and amla.
3	Rasa and vipaka viruddha	Madhura and tikta, madhura and kashaya, amla and katu, lavana and katu.
4	Sarvata viruddha	Madhura and katu, amla and tikta, amla and kashaya, lavana and tikta, lavana and kashaya.

Diseases due to Viruddha Ahara according to Acharya Charaka:-

Viruddha Ahara is responsible for the causation of many diseases. According to Acharya Charaka a whole number of disease occurs as a result of Viruddha Ahara and they are infertility, Bhagandara (fistula), Moorcha (fainting), Pandu (anaemia), Amavisha (acid eructation), Grahani Roga (malabsorption syndrome), Jvara (fever), Santana Dosha (genetic disturbances) Visarpa (erysipelas), blindness, ascites, bullous, insanity, intoxication, abdominal distention, stiffness in neck, indigestions, various skin diseases, swelling, gastritis, rhinitis. If the above list of diseases is classified as per the body

system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of Viruddha Ahara.

Treatment:-

Nidana Parivarjna (prophylactic measures) is the main line of treatment. Diseases caused by Viruddha Ahara (incompatible diet) can be treated by Vamana (Emesis), Virechana (purgation) and Shamana Chikitsa (palliative therapy) and by the prior use of beneficial substances.

DISCUSSION:-

Frequent intake of incompatible food act as poison which leads to aggravation of all Doshas. The recommended therapy for diseases caused by incompatible food is Shodhana Chikitsa (Eliminative therapy), Shamana Chikitsa (Palliative therapy) and avoidance of incompatible of incompatible food. Charaka, who mentioned that incompatible diet, is one of the causes for spreading the morbid humours from the alimentary tract to the peripheral systems and causes diseases. Avoidance of intake of incompatible diet plays key role in the prevention of disease.

Factors deciding effect of viruddha ahara

If a person is habituated to the intake of such unwholesome food combinations or if taken in very little quantity, then there will be no or less adverse effect of viruddha ahara. Deeptagni (good digestive power), taruna avastha (young age), undergone oleation therapy, having strong physique due to exercise are protective factors against viruddha ahara. In presence of these factors, adverse effect of such unwholesome food combinations is not observed. [Cha.Sa. Sutra Sthana 26/104] So, these practices can be promoted to prevent adverse effects of viruddha ahara.

Importance of knowing viruddha in healthcare

Viruddha Ahara i.e., improper dietic regimens or incompatible food habits, plays a major role in the pathogenesis of various diseases. The incompatible mentioned in classics are not very much in practice now a days, so attempt should be made to identify such dietary incompatibilities. The healthy and unhealthy people should be aware about such factors and must avoid them. Nidana parivarjana i.e., avoiding causative factors of disease is the first and prime treatment. For avoidance of incompatibilities the rules and regulations such as ashtavidha ahara visheshayatana (eight specific dietary guidelines), dwadash ashan pravichara (twelve principles of diet), ahara vidhi (dietary guidelines) are mentioned in Ayurveda. The need of the day is to increase awareness among the public about hazards of such incompatible foods.

CONCLUSION:-

In present era, due to less time and excessive work load people moving towards fast life style and consuming *Viruddhahara*, which lead to manifestation of various diseases. Viruddha Ahara (incompatible diet) is a very important concept of Ayurveda, ignoring it results in the manifestation of various diseases and as we know prevention is better than cure, it is very essential to follow guidelines given by Ayurvedic Acharyas to lead a healthy life. As an Ayurvedic physician it's our prime duty to spread alarming health hazards of Viruddha Ahara (incompatible diet). Further research with the help of modern analytical techniques is not only essential but need of today's 21st century to establish the classical concept of Viruddha Aahara (incompatible diet) in present perspective.

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