

REVIEW ARTICLE

Role of *Panchkarma* in *Agadtantra* w.s.r. to *Brihatrayi* and *Lagutrayi* - A Review Article

Author: Anita¹

Co Authors: Gourishankar Rajpurohit²

¹P.G. Dept. of Agad Tantra Evam Vyavhar Ayurveda, Dsraru, Jodhpur, Rajasthan, India

²Dept. of Panchkarma, Shri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Shri Ganganagar, Rajasthan, India

ABSTRACT

Poisoning-related illness and fatalities are a global concern. The term "poisoning" can refer to *Dooshivisha*, *Garavisha*, and other radiations in addition to animal and vegetable poisons. Ayurveda has outlined various poisoning treatment options. *Panchkarma* therapy has great importance because it can remove toxins from deeper tissue level. The use of *Panchkarma* procedures depends on the poison's absorption and entry points. This article's conclusion describes how *Visha Chikitsa*, a detoxification therapy, can benefit from *Panchkarma* practices.

Key Words *Panchkarma* in *Agadtantra* w.s.r. to *Brihatrayi* and *Lagutrayi*

Received 16th March 23 Accepted 31st May 23 Published 10th July 2023

INTRODUCTION

Ayurvedic medicine, which has eight clinical branches, is the oldest type of medicine. *Agadtantra*, one of these eight clinical disciplines, discusses the Ayurvedic aspects of toxicity¹. *Samhita*, which emerged in the stream of development following Veda, provided an in-depth, systematic description of the various branches of Ayurveda. *Brihatrayi* and *Lagutrayi* were the two divisions of the *Samhita*. While *Madhav Nidana*, *Sharangdhar Samhita*, and *Bhavprakash* are regarded as *Lagutrayi*, *Charak Samhita*, *Sushrut Samhita*, and *Ashtang Hridaya* are classified as *Brihatrayi*². While *Panchkarma* aims to totally eradicate the *vikrut doshas* from

the body, this encourages the dosha's equilibrium. Without *Panchkarma visha chikitsa* is impractical due to *prabhav* of *visha*. The definition of *visha* therefore states that it is a substance that destroys life and has qualities such as *ushna*, *tikshna*, *ruksha*, *sukshma*, *vyavayi*, *vikasi*, *ashukar*, *anirdeshya rasa* and *apaki*³. *Ayurveda* has developed bio-purification techniques such as *Panchkarma* detox the human body and can also neutralize toxins produced in our bodies as a result of the extreme stress of modern society. *Panchkarma* remedy is a preventive health care procedure which will state benefit any adult without reference to his present health condition. *Ayurveda* however is

REVIEW ARTICLE

preventive medical science with a goal to maintain the human body in a state of perfect health. Today, it is possible to utilize common diagnostic tests to keep track of the body's detoxification process. *Panchkarma* should be done periodically, preferably every year to maintain the body in a state of perfect health. For those with healthy eating habits and lifestyles, these should continue to get better with each detoxification cycle. Traditional descriptions of the purifying therapy use *Panchkarma Sanshodhana* methods. The five *Panchkarma* techniques have been used to treat practically all illnesses.

Toxins are eliminated using *Panchkarma* therapy in order to regulate physiological processes; for this reason, *Panchkarma* therapy is often referred to as detoxification therapy. Therefore, *Panchkarma* serves a full therapeutic role as a procedure for promotion, prevention, cure and rehabilitation.

AIMS AND OBJECTIVES

To describe how *Panchkarma* functions in several forms of *vish chikitsa* in the *Brihatrayi* and *lagutrayi Samhita*.

Methodology - Several *Ayurvedic samhitas* explain *shodhana* and *samana chikitsa* in *visha chikitsa*.

The three major goals of *Panchkarma* in *Visha Chikitsa* are:

- (1) Preventive *Panchkarma* – for promoting the health of healthy individuals.
- (2) Curative *Panchkarma* – with the purpose of curing a sick person's condition.
- (3) Conventional *Panchkarma* - illness remission and treatment.

Panchkarma have mainly five procedures in therapy that are *Vaman*, *Virechana*, *Basti*, *Nasya* and *Raktmokshana*. We described these procedures in *visha chikitsa* in all *Brihatrayi* and *Lagutrayi Samhitas*.

Table 1 *Vaman* in various poisoning

Sr.N o.	Type of Poisoning	Sushruta	Charak	Vagbhata
1.	<i>Sarpdandh chikitsa</i> (Snake bite)	In the 4th, 5th and 6 th stages of bite of <i>Darvikara</i> ³ . · In the 2nd to 5 th stages of bite of <i>Mandali</i> ³ . In the 2nd, 4th and 5 th stages of bite of <i>Rajimana</i> ³ .	In the 1 st <i>vega</i> of snake poisons ⁴ .	In the 2 nd stage of <i>Darvikara</i> ⁵ . In the 3 ^{re} stage of <i>Mandali</i> ⁶ .
2.	<i>Akhu Damsa</i> (Rat poisoning)	<i>Emesis should be mentioned</i> ⁷ .	-	Vomiting should be induced ⁸ .
3.	<i>Sthavara Visha Chikitsa</i>	-	In the 1 st <i>vega</i> of <i>sthavar visha</i> Vomiting should be mentioned ⁹ .	In the 1 st , 2 nd and 3 rd stage of poisoning ¹⁰⁻¹¹ .
4.	<i>Gara Visha Chikitsa</i>	-	Emesis should be Administered ¹² .	The patient of <i>Gara visha</i> should be made to vomit ¹³ .
5	<i>Haritala Visha</i>	-	-	Emesis is mentioned ¹⁴ .

REVIEW ARTICLE

6	<i>Dhaturo Visha</i>	-	-	Emesis should be mentioned ¹⁵ .
7	<i>Dushivisha Chikitsa</i>	-	-	Emesis and purgation ¹⁶⁻¹⁷ .
8	<i>Sankramana Karma</i> (Transferring poison)	-	-	Emesis should be mentioned ¹⁸ .
9	<i>Vrischika Damsa Chikitsa</i> (Scorpion bite)	-	-	In all cases of scorpion poisoning ¹⁹⁻²⁰
10	<i>Luta Damsha</i>	-	-	poison should be removed by emesis ²¹⁻²² .
11	<i>Musika Visha Chikitsa</i>	-	-	Emesis should be administered ²³ .
12	<i>Aamashayagat vish Chikitsa</i>	-	Emesis should be Administered ²⁴ .	-
13	<i>Kitavish chikitsa</i>	-	Emesis should be Administered ²⁵ .	-

Table 2 *Virechana* in various poisoning

Sr. No.	Type of Poisoning	<i>Sushruta</i>	<i>Charak</i>	<i>Vagbhata</i>
1.	<i>Sarpdansh Chikitsa</i> (Snake bite)	Bite by a <i>Darvikara</i> , in the 5th and the 6th stages ²⁶ in the 3rd, 4 th and the 5th stages of <i>mandali sarpdansh</i> ²⁷ . <i>Rajimana</i> bite, in the 3rd, 4 th and 5th stages ²⁸ .	-	Not mentioned
2.	<i>Aakhu Dansha</i> (Rat poisoning)	For purgative therapy is mentioned ²⁹ .	-	For purgation therapy is Desirable ²¹ .
3.	<i>Sthavara Visha Chikitsa</i>	Not mentioned	For purgation therapy is mentioned in <i>Pakwashayagat visha</i> ³³ .	In the 2 nd and 3 rd stage, patient should be purged ⁹ .
4.	<i>Haritala Visha</i>	Not mentioned	-	Purgation ¹² .
5	<i>Dushivisha Chikitsa</i>	Not mentioned	The patient of <i>Dushivisha</i> should be administered purgation ³⁴ .	The patient of <i>Dushivisha</i> should be administered purgation ^{14,22} .
6	<i>Sankramana Karma</i> (Transferring poison)	Not mentioned	-	Purgation should be mentioned ²⁹ .
7	<i>Luta Damsha Chikitsa</i> (Spider bite)	Not mentioned	-	Purgation should be done ³⁰ .
8	<i>Alarka Visha Chikitsa</i> (Rabid bite)	Purgation should be mentioned ³² .	-	The person should be administered a purgative drug ³¹ .

Basti in various poisoning-

Acharya Charaka and Sushruta lacked a description about in case of poisoning.

Vagbhata prescribed *Basti Chikitsa* in *Luta Damsha Chikitsa*.

REVIEW ARTICLE

Luta Damsha Chikitsa: (Treatment of Spider bite)³⁵ When a person is suffering from flatulence, hiccups, dyspnea, stiffness and body tremors, headache discomfort, pain in the joints, facial paralysis and such additional disorders of origin. Use an enema to deliver the medicated ghee made in the manner described below. *Eranda, Bilva, Sarala, Chirabilva, Arka, Patola, Sigru, Patha, Kusha, Vrusha, Vidula* and drug of

kaniya, panchamula are made into a decoction, added with scum of ghee (one part) and cow milk (two parts). *Yasthi, Nisa, Nata, Surahva, Vellasarala, Satahva, Lodhra, Gairika, Payasya, Kustha, Gangeyi, Krushna, Madana* and *Saindhava* were cooked together in a paste. Following the removal of the enema substance, should take his food together with meat soup processed with drugs of *panchamula*.

Table 3 *Nasya in various poisoning –*

Sr.N o.	Type of Poisoning	Sushruta	Charak	Vagbhata
1.	<i>Sarpadansh Chikitsa</i>	Bite by a <i>Darvikara</i> , in the 3 rd and 7 th stage ³ . bite by <i>Mandali</i> , in the 7 th stage ³ . <i>Rajimana</i> bite, in the 4 th and 5 th stages ³ .	Bite by a <i>Darvikara sinduvariya</i> yoga ³⁷ .	<i>DarvikaraVisha Chikitsa</i> ³⁶ . <i>Vyantara Visha Chikitsa</i> ³⁹ . <i>DarvikaraVisha Vega Chikitsa</i> , in the 3 rd and 7 th stage ⁵ . <i>Rajimanta Visha Vega Chikitsa</i> - 6 th stage ⁴⁰ . <i>Maha Agada</i> ⁴¹ .
2.	<i>Aakhu Dansha</i>	<i>Shiro-virechana</i> should be mentioned ⁷ .	In case of Rat Poisoning ⁴⁷ .	-
3.	<i>Alarka Visha</i>	In case of rabid animal ²⁸ .	-	-
4.	<i>Luta Damsha</i> (Spider bite)	<i>Nasya</i> should be employed ⁴² .	In case of <i>luta</i> Poisoning ⁴⁸ .	Not mentioned
5	<i>Haritala</i> poisoning	-	-	<i>Nasya</i> should be employed ¹² .
6	<i>Vrischika Damsa Chikitsa</i> (Scorpion bite)	-	In all cases of scorpion Poisoning ⁴⁹ .	scorpion poisoning of severe degree ¹⁷ .
8	<i>Alarka Visha</i>	-	-	In case of heaviness of head, swelling, lock jaw, salivation etc ⁴³ . <i>Nasya</i> in all types of <i>Jalatrassa</i> ⁴⁴ .
9.	<i>Musika Visha</i>	-	-	In all case of musika dansha <i>Shirovirechana</i> . ^[21]
10.	<i>Sthavar Visha</i>	-	In the 5 th <i>Vish Vega</i> ⁵⁰ .	In the 3 rd <i>visha vega</i> ⁴⁵ .
11.	When poison is present in the head, nose, neck and ear.	-	<i>Shirogata visha</i> (Poison situated in head) <i>Bandhujivadi mula yoga</i> ⁵¹ .	When poison is present in the head, nasal medication should be done ⁴⁶ .
12.	<i>Udbandhan</i> (hanging), <i>Visha</i> (poisoning), <i>Jalamruta</i> (drowning).	-	<i>Kakandadi yoga</i> is used in this poisoning cases ⁵² .	-

Table 4 *Raktmokshana in various poisoning –*

Sr.No.	Type of poisoning	Sushruta	Charak	Vagbhata
--------	-------------------	----------	--------	----------

REVIEW ARTICLE

1.	<i>Sarpadansha</i>	·Puncture veins around the site of bite ⁴² . ·Tourniquet should be applied four fingers above the site of the bite. · In the case of poisoning ³ .		· When the poison has spread to distant areas, venesection should be Done ⁴⁶ . · In cases of <i>Darvikara</i> ⁵ .
2.	Poisoned wound/ poison in blood	Snake-bite or of a bite by a spider (<i>Luta</i>) or in a case of being pierced with a venom arrow, or in a case of poisoning of any kind ⁴² .	In this condition <i>Raktmokshana chikitsa</i> is best treatment ⁵³ .	-
3.	<i>Alarka Visha</i>	In case of rabid animal ³² .		-
4.	<i>Vrischika dansha</i>	-		In all cases of scorpion poisoning ¹⁷⁻¹⁸ .
5.	<i>Luta Dansha</i>	-		In all case of <i>luta dansha</i> ³⁰ .
6.	<i>Akhu Dansa</i>	-		<i>Raktmokshana</i> should be mentioned ³¹ .
7.	<i>Mushika</i> (Rat poisoning)	-		In all case of rat posing ²¹ .
8.	<i>Kaphaaashayagata visha</i>		<i>Raktmokshana</i> should be mentioned ⁵⁴ .	
9.	<i>Dushivisha</i>		<i>Siravedhana</i> is mentioned ⁵⁴ .	

Table 5 Panchkarma in various poisoning with references in *Lagutrayi-*

Sr.No.	<i>Samhita</i>	<i>Vaman</i>	<i>Virechana</i>	<i>Nasya</i>	<i>Basti</i>	<i>Raktamokshana</i>
1.	<i>Sharngdhar Samhita</i>	<i>Vaman chikitcha</i> in poisons cases ⁵⁵⁻⁵⁶ .	<i>Virechana</i> is mentioned in <i>garavisha</i> (Artificial poisoning) ⁵⁶ .	<i>Nasya</i> is mentioned in <i>garavisha</i> (Artificial poisoning) ⁵⁷ .		<i>Raktamokshana</i> is mentioned in treatment of rakta vitiated with <i>visha</i> ⁵⁸ .
2.	<i>Bhavprakash Samhita</i>	<i>Vaman chikitsa</i> in <i>sthavar visha</i> , poisons cases and <i>dushivisha chikitcha</i> ⁵⁹ .	<i>Virechana</i> is mentioned in <i>dushivisha chikitcha</i> ⁵⁹ .	<i>Nasya</i> is mentioned in scorpion bite and all poisoning cases ⁵⁹ .	<i>Basti</i> is mentioned in all poisoning cases with <i>Abhyadi yoga</i> ⁵⁹ .	

DISCUSSION

Although many poisoning instances involve the use of *Panchkarma* techniques. *Visha Vega* is used to describe *Sthavar Visha* and *Jangam Visha*. These poisonings are of the severe variety. In *Visha's Vega*, various *Panchkarma* practices are described. *Garavisha* and *Dushivisha* are both forms of persistent poisoning. Such types of toxins can be removed from deep cellular stores through *Panchkarma*. In *charak chikitcha sthan*

Acharya Charak outlined *Chaturvimshati Vishopakramas* as a general course of treatment for poisoning. *Basti* is not mentioned in *Chaturvimshati Upakramas*. The primary goal of poisoning therapy is to get these poisons or toxins out of the body as quickly as possible because once they enter the body through the blood, they disturb the balance of the *Dosha*, *Dhatu*, and *Mala*. Which leads to a variety of illnesses and even death. In light of these therapy

REVIEW ARTICLE

principles, it is crucial to get rid of any poison that wasn't absorbed.

CONCLUSION

It is important to use Ayurvedic medicines as antitoxins more frequently in practice in order to reduce the overall mortality and morbidity rate associated with poisoning. Panchakarma treatment can be very effective in both acute and chronic diseases of all types of poisoning.

REVIEW ARTICLE

REFERENCES

1. Dr. Ambikadatta Shshtri; Sushrut Samhita; 7th edition; Varanasi; Choukhamba Sanskrit sansthan; Sutrasthan; chapter, 1989; 1(7): 3.
2. Dr. Ambikadatta Shshtri; Sushrut Samhita; 7th edition; Varanasi; Choukhamba Sanskrit sansthan; Sutrasthan; chapter, 1989; 1(14): 4.
3. Shastri Ambikadatta, Sushruta samhita, kalpa sthan, 1 /85, Chaukhamba Sanskrit Sansthan, Varanasi, reprint, 2008, 18
4. Jaikrishnadas Ayurveda series, Charak sammhita, Chikitsasthana, 23/122, Chaukhamba Orientalia, Varanasi, 2008; 2318: 26-133
5. Tripathi Dr. Brahmanand, Astanga Hridaya, Uttartantra, 37/75, Chaukhamba Sanskrit Pratishthan, Varanasi, reprint. 2011, 1174.
6. Tripathi Dr. Brahmanand, Astanga Hridaya, Uttartantra, 37/75, Chaukhamba Sanskrit Pratishthan, Varanasi, reprint. 2011, 1174.
7. Shastri Ambikadatta, Sushruta samhita, kalpa sthan, 2 /40-41, Chaukhamba Sanskrit Sansthan, Varanasi, reprint, 2008, 35
8. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 46/ Verse 22-24, Reprint-2009, ChaukhambaOrientaliaVaranasi, Pg: 434.
9. Jaikrishna Ayurveda Series, Charak SamhitaVol.4, Chikitsasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2171
10. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 40, Verse 51-52, Reprint-2009, ChaukhambaOrientaliaVaranasi, Pg: 358-359.
11. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 35, Verse 17-18, Reprint-2006, Chaukhamba KrishnadasAcademyVaranasi, Pg: 331.
12. Jaikrishna Ayurveda Series, Charak SamhitaVol.4, Chikitsasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2199
13. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 35, Verse 55, Reprint-2006, ChaukhambaKrishnadasAcademyVaranasi, Pg: 337.
14. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 40, Verse 141-143, Reprint-2009, Chaukhamba OrientaliaVaranasi, Pg: 369.
15. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 40, Verse 144, Reprint-2009, ChaukhambaOrientaliaVaranasi, Pg: 369.
16. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 40, Verse 147, Reprint- 2009, ChaukhambaOrientaliaVaranasi, Pg: 370.
17. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 35, Verse 38, Reprint-2006, Chaukhamba KrishnadasAcademyVaranasi, Pg: 334.
18. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 59-62, Reprint- 2009, ChaukhambaOrientaliaVaranasi, Pg: 397-398.
19. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 43, Verse 84, July 10th 2023 Volume 19, Issue 1 **Page 77**

REVIEW ARTICLE

- Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 414.
20. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 37, Verse 39, Reprint- 2006, Chaukhamba Krishnadas Academy Varanasi, Pg: 365.
21. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 44, Verse 51-52, Reprint- 2009, Chaukhamba Orientalia Varanasi, Pg: 420-421.
22. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 37, Verse 75-76, Reprint-2006, Chaukhamba Krishnadas Academy Varanasi, Pg: 371-372.
23. Murthi Shrikantha K. R., Ashtanga Hridayam, Vol.3, Uttarsthana, Chapter 38, Verse 21-24, Reprint- 2006, Chaukhamba Krishnadas Academy Varanasi, Pg: 377
24. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23/122, Varanasi; Chaukhamba orientalia; 2008. Pg: 2171
25. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23/171, Varanasi; Chaukhamba orientalia; 2008. Pg: 2183
- 26-28. Murthi Shrikantha K. R., Illustrated Sushruta Samhita, Vol.2, Kalpasthana, Mushika Kalpam-7, Verse 37, Reprint-2014, Chaukhamba Orientalia Varanasi, Pg: 473.
29. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 63-66, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 398.
30. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 44, Verse 53-54, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 421.
31. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 45, Verse 67, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 439.
32. Murthi Shrikantha K. R., Illustrated Sushruta Samhita, Vol.2, Kalpasthana, Mushika Kalpam-7, Verse 51-52, Reprint-2014, Chaukhamba Orientalia Varanasi, Pg: 475.
33. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2186
34. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2156
35. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 44, Verse 57-61, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 421
36. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2188
37. Murthi Shrikantha K. R., Illustrated Sushruta Samhita, Vol.2, Kalpasthana, Mushika Kalpam-5, Verse 42-43, Reprint-2014, Chaukhamba Orientalia Varanasi, Pg: 456.
38. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 26-30, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 393.
39. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 40,

REVIEW ARTICLE

- Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 395.
40. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 75-76, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 399.
41. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 82-89, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 401.
42. Murthi Shrikantha K. R., Illustrated Sushruta Samhita, Vol.2, Kalpasthana, Mushika Kalpam-8, Verse 102, Reprint-2014, Chaukhamba Orientalia Varanasi, Pg: 494.
43. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 46-47, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 396.
44. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 46-47, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 396.
45. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 46-47, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 396.
46. Murthi Shrikantha K. R., Ashtangasamgraha, Vol.3, Uttarsthana, Chapter 42, Verse 46-47, Reprint-2009, Chaukhamba Orientalia Varanasi, Pg: 396.
47. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2191
48. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2190
49. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2191
50. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2152
51. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2185
52. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2153
53. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2191
54. Jaikrishna Ayurveda Series, Charak Samhita Vol.4, Chikitsashasthana, chapter 23, Varanasi; Chaukhamba orientalia; 2008. Pg: 2156
55. K. R. Srikanta Murthy; *Sarangdhar Samhita*; 2nd edition; *Varanasi; Chaukhamba Orientalia; Uttarkhanda*; chapter, 1995; 3(3): 198.
56. K. R. Srikanta Murthy; *Sarangdhar Samhita*; 2nd edition; *Varanasi; Chaukhamba Orientalia; Uttarkhanda*; chapter, 1995; 4(7-8): 203
57. K. R. Srikanta Murthy; *Sarangdhar Samhita*; 2nd edition; *Varanasi; Chaukhamba Orientalia; Uttarkhanda*; chapter, 1995; 8(4): 223.
58. K. R. Srikanta Murthy; *Sarangdhar Samhita*; 2nd edition; *Varanasi; Chaukhamba Orientalia; Uttarkhanda*; chapter, 1995; 12(14): 254.

REVIEW ARTICLE

59.Dr. Bulusu Sitaram; Bhavprakasa of bhavamisra; vol.2, madhyamkhanda, chapter 67, 2017; pg: 684.