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Clinical Study Of *Charakokta Arshoghna Mahakashya In Suskh Arsh.*

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ABSTRACT:

WHO has started celebrating the 20th November of each year as world piles day with an intention of spreading the awareness of piles. Piles are one of the most common problem of rectum affecting both men & women. It clearly indicates the infestation of this disease all over the world and tremendous physical and mental suffering of mankind as a result of disease. *Acharaya Charak* has explained fifty *Mhakasaya* in *Charak Sanhita* Sutrasthan-4 and one of the *Mahakasayas* is *Arshoghan Mahakasaya* present study is carried out using ten drugs of *Arshoghan Mahakasaya* and their efficacy in breaking the pathology of *Suskh Arsh.*

Keywords – *Ayurveda, Piles, Arsh, Arshoghan Mahakashaya.*

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INTRODUCTION:

Anorectal disorders are progressively increasing in the society. Some important causes are sedentary life style, irregular and in appropriate diet, prolonged sitting or standing posture and certain psychological disturbances. The prime cause of anorectal disorders is the derangement of agni According to *Ayurved* the disease comes under the heading of *Maharogas* as it is *Drighkalanubandhi*, *Dushchikitsya* in nature and *tridosh*. It is well known for its chronicity. *Arsha* is being described by all classics of Ayurveda. Acharya *Sushruta* and *Vagbhat* even placed this *arsha* in the ASHTA MAHAGADA¹. *Arsha* pertains to a disease occurring in Guda and it is torturing the patient. It may cause obstructions of anorectal passage². According to *Acharya Charak* only mass at *Gudavali* is termed as *Arsha* and those at other place then *Gudavali* are

*Adhimansa*³. In modern era piles are mostly considered to be cure radically that is surgically or para surgically. Unfortunately all these techniques are still not free from one or other complication which has compelled us to think over new and better treatment. Even *Acharya Charak* has emphasized the importance of oral medication in the initial stages of piles and has given a very clear foresight of the hazardous complications of Agni, *Shastra* and *Kshar* karma in *Chikitsasthan* and advocates the management of *Arsha* by oral medication and various external application and also considered this mode of therapy to be much safe and non relapsing one.⁴ Even *Acharaya Shushrut* the father of surgery advocates the *Aushad Chikitsa* as first step in the managements of *Arsha*.⁵ He further advocates the importance of “*Bheshaj Chikitsa*’(*Snehadikriya*) in comparison with the surgical treatment.⁶

Charak has asked to treat arsha as early as possible otherwise they will obstruct Guda and cause *Badhgudodar*.⁷The most valuable contribution of *Charak Samhita* is division of medicinal plants in fifty groups named as *Mahakashaya:Kshadvirechanshatashritiya addhaya*⁸, according to their pharmacological action. *Mahakashaya* contains ten medicinal plants grouped according to their efficacy for a particular disease. The present study is concerned with the subject *Sushk Arsh* a disease afflicting *rakt* and *mansaveh strotas*. It is no wonder that the disease has been explained in Vedic literatures. *Ayurvedic* texts too have explained the disease in great detail along with several

methods of treatment like *Bhaishaj karma*, *Shastrakarma*, *Ksharkarma*, *Agnikarma* etc described for *Arsh*. Among them *Bhaishaj karma* is the first line of treatment because there is no fear of complications. Acharya *Charak* has clearly mentioned the use these ten drugs in equal quantity in form of decoction ie *kashaya* in *Arsh*. Further in chapter 14 of *CharakChikitsasthan*. Acharya has mentioned two types of *arsh* one *sushk* and the other is *stravi*. *Arshogha Mahakasya* works on *arsh* but he has not mentioned it specifically on the type of *arsh*. So my study is an effort made to assess the efficacy of *Arshoghna Mahakashaya on Sushk arsh* only.

DRUG REVIEW:

Arshoghna Mahakashaya is a group of ten drugs, has been described by *charak* in *sutrasthan* chapter 4⁹ (*kshadvirechanshatashritiya addhaya*)

BIOENERGETICS OF DRUG OF ARSHOGHNA MAHAKASHAYA.

Sr. no.	Ingredients	Latin name	Gunas	Ras	Virya	Vipak
1.	<i>kutaj</i>	<i>Holerrhena antidysentrica</i>	<i>Laghu ruksha</i>	<i>Tikta, katu, kashaya</i>	<i>sheet</i>	<i>katu</i>
2.	<i>Bilwa</i> <i>1. bal</i> <i>2. pakwa</i>	<i>Aegle marmelos</i>	<i>Laghu, snighdha, tishna,</i>	<i>Katu, tikta, kashay, Katu,</i>	<i>ushna, ushna</i>	<i>katu, katu</i>

			<i>Guru,ruksha</i>	<i>tikta,kashay</i>		
3.	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	<i>Laghu,ruksh, Tikshna</i>	<i>katu</i>	<i>ushna</i>	<i>katu</i>
4.	<i>Nagar</i>	<i>Zingibar officinale</i>	<i>Laghu,snigdha</i>	<i>katu</i>	<i>ushna</i>	<i>madhur</i>
5	<i>Atiwisha</i>	<i>Aconitum heterophyllum</i>	<i>Laghu,ruksha,</i>	<i>tikta</i>	<i>ushna</i>	<i>katu</i>
6.	<i>Abhaya</i>	<i>Terminalia chebula</i>	<i>Laghu,ruksha,</i>	<i>panchrasa</i>	<i>ushna</i>	<i>madhur</i>
7	<i>Dhanvyas</i>	<i>Fagonia arabica</i>	<i>Laghu,snigdha,</i>	<i>Madhur, tikta, kashaya</i>	<i>sheet</i>	<i>madhur</i>
8.	<i>Daruharidra</i>	<i>Berberis species</i>	<i>Laghu,ruksha</i>	<i>Tikta, kashay</i>	<i>Ushna Fal-sheet</i>	<i>katu</i>
9.	<i>Vacha</i>	<i>Acorus calamus</i>	<i>Laghu,tikshna,sar</i>	<i>Tikta,katu</i>	<i>Ushna</i>	<i>katu</i>
10	<i>Chavya</i>	<i>Piper chaba hunter</i>	<i>Laghu,ruksha,</i>	<i>Katu</i>	<i>ushna</i>	<i>katu</i>

MATERIALS AND METHODS

1) Material

1.1 Selection of the patient

1.2 Selection of drugs

2) Methodology

2.1 Method of preparation of drug

2.2 Details of the drugs

MATERIAL

Selection of patients:

a) Selection of the patient was done randomly as per rule of sampling technique in statistics

b) All patients were selected from hospital and health camps organised by college hospital.

c) Patients suffering from signs and symptoms of *Sushk Arsha* as per traditional Ayurvedic diagnostic method are selected for the project.

- d) Study of total 60 patients was carried out after appropriate counselling and with written permission consent for participation in project
- d) The data of patients will be presented in the form of case paper designed for clinical recovery of patients.

SAMPLE SIZE:

Minimum 60 patients will be selected for treatment with *Arshoghan Mahakashaya*.

SELECTION CRITERIA:

Inclusive criteria:

- 1) Age group 18 to 50 yr of age.
- 2) Sex – either
- 3) Patient ready to abide trial procedure and to give informed consent.
- 4) Diagnosed patients *sushk arsh* (from shalya dept)
- 5) Fissure in ano.
- 6) Patients who do not need any surgical treatment for *sushk arsh*

Exclusive criteria:

- 1) Sahaj arsh.
- 2) sravi arsh
- 3) Patients who require surgical treatment.
- 4) Fistula in ano.
- 5) Rectal prolape
- 6) Infectious pile mass
- 7) Any systemic diseases

- 8) Pregnant and lactating females

CRITERIA OF ASSESSMENT:

Assessment will be made totally on drug efficacy in *suskh arsh*. According to Acharya *Charak arsh* predominant in *vaat* and *kapha* are known as *sushk* and those piles predominant in *rakta* and *pitta* are *aadar arsha*¹⁰.

Parameters of assessment:

1. *Gudavedana*

- Absent [-]
- Mild [+] = pain only during defecation and P/R examination
- Moderate [++] = pain which lasts for few hours and relieves on its own
- Severe [+++] = pain throughout the day.

2. *Malavibandha*

- Absent [-]
- Mild [+] = bowel evacuation daily with hard stools
- Moderate [++] = bowel evacuation on 2nd / 3rd day
- Severe [+++] = bowel evacuation after taking laxatives only

3. *Gudasrava (Swaroop , Varna)*

- Absent [-]
- Mild [+]
- Moderate [++]
- Severe [+++]

4. *Sparshasahatwa/ Pidanahatwa*

- Absent [-]
- Mild [+]
- Moderate [++]
- Severe [+++]

- Moderate [++]
- Severe [+++]

5. *Sthanik shoth*

- Absent [-]
- Mild [+]

6. *Mamsankur*

A. Size of pile mass:

- a) $< \frac{1}{2}$ " (*Gunja*) +
- b) $\frac{1}{2}$ " (*Shuka jivha*) ++
- c) $\frac{1}{2}$ " - 1" (*Kharjura bija*) +++
- d) 1" - $1 \frac{1}{2}$ " (*Panas asthi*) ++++

Assessment of sign and symptoms

SYMPTOMS	GRADING
NO	0
MILD	+
MODERATE	++
SEVERE	+++

These patients were examined for thirty days and asked to give feedback of required information for filling observation in the regular intervals.

ACCORDING TO SIGNS AND SYMPTOMS :-Statistical Analysis (By Wilcoxon Match Pair Test)

GUDAVEDANA	
MEAN	B.T 1.8
	A.T 0.58
S.D	B.T 0.75
	A.T 0.56
S.E	B.T 0.09
	A.T 0.07
MEAN DIFFERENCE	1.21
S.D. DIFFERENCE	0.69
S.E. DIFFERENCE	0.08
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Table shows the statistical analysis of data of 60 patients before and after treatment in Gudvedna. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

MALAVIBANDHA	
MEAN	B.T. 1.75
	A.T 0.71
S.D	B.T 0.75
	A.T 0.61
S.E	B.T 0.096
	A.T 0.079
MEAN DIFFERENCE	1.033
S.D. DIFFERENCE	0.735
S.E. DIFFERENCE	0.094
P VALUE	0.0001 HIGHLY SIGNIFICANT

Table shows the statistical analysis of data of 60 patients before and after treatment in *Malavibandh*. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

SPARSHASAHATVA	
MEAN	B.T 1.48
	A.T 0.63
S.D	B.T 0.72
	A.T 0.48
S.E	B.T 0.093
	A.T 0.062
MEAN DIFFERENCE	0.85
S.D. DIFFERENCE	0.732
S.E. DIFFERENCE	0.094
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Here the Table show the statistical analysis of data of 60 patients before and after treatment in *Sparshasahatva*. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

STHANIK SHOTH	
MEAN	B.T 1.1
	A.T 0.36
S.D	B.T 0.65
	A.T 0.48
S.E	B.T 0.084
	A.T 0.062
MEAN DIFFERENCE	0.733
S.D. DIFFERENCE	0.548
S.E. DIFFERENCE	0.070
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Here the Table show the statistical analysis of data of 60 patients before and after treatment in *Sthanik shoth*. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

MANSANKUR	
MEAN	B.T 1.85
	A.T 1.15
S.D	B.T 0.63
	A.T 0.48
S.E	B.T 0.08
	A.T 0.062
MEAN DIFFERENCE	0.70
S.D. DIFFERENCE	0.46
S.E. DIFFERENCE	0.059
P VALUE	0.0001 (HIGHLY SIGNIFICANT)

Here the Table show the statistical analysis of data of 60 patients before and after treatment in *Mansankur*. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

GUDSTRAY	
MEAN	1.663
	.6667
S.D	.8018
	.7051
S.E	.1035
	.09103
MEAN DIFFERENCE	.9667
S.D. DIFFERENCE	.4860
S.E. DIFFERENCE	.0624
P VALUE	< .0001

Here the Table shows the statistical analysis of data of 60 patients before and after treatment in *Gudstrav*. Here, S.D is standard deviation and S.E. is standard error, p value <0.05 which shows the significant effect of drug.

DIAGRAM NO: A:-(By Wilcoxon Match Pair Test) On the basis of mean before and after treatment

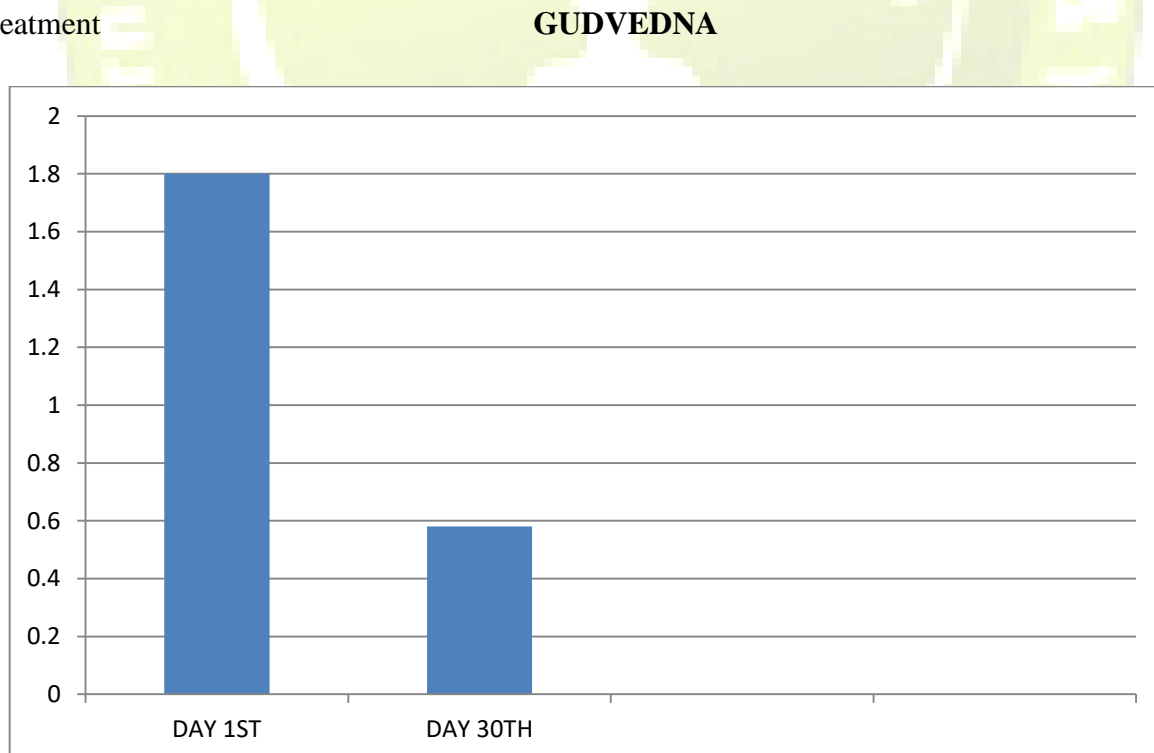


Diagram no A shows the efficacy of *Charakokta Arshogna Mahakashaya* on *sushk arsh* after treatment. The mean of *Gudvedna* is 1.8 before treatment and it reduces to 0.58 after treatment. This shows that *Arshogna Mahakashaya* used on *sushk arsha* is effected and reduces the *gudvednana*.

DIAGRAM NO: B:-MALVIBANDH

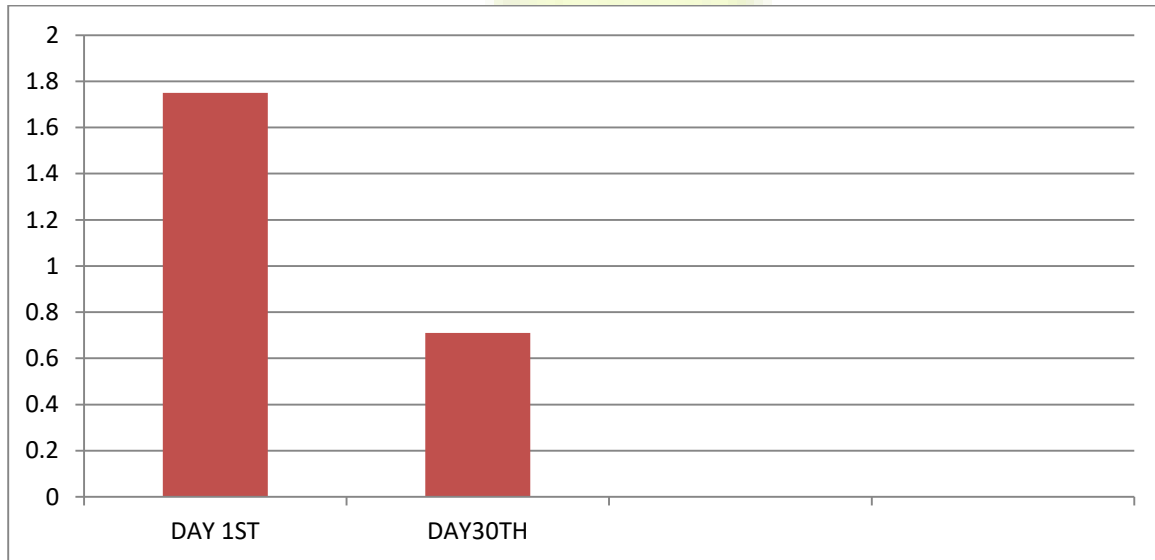


Diagram B show the efficacy of *Charakokta Arshogna Mahakashaya* on *sushk arsh* after treatment. The mean of *malvibandh* is 1.75 before treatment and it reduces to 0.71 after treatment. This shows the efficacy of *Arshogna Mahakashaya* on *malavibandh*.

DIAGRAM NO: C:-SPARSH ASHATAV

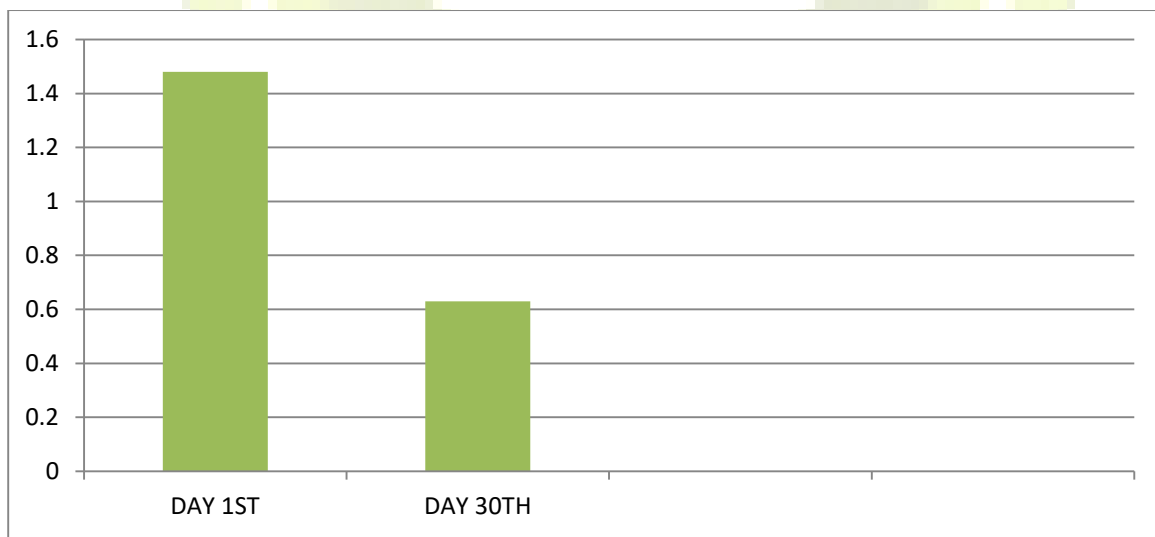


Diagram no C show the efficacy of *Charakokta Arshoghna Mahakashaya* on *sushk arsh* after treatment. The mean of *sparshashatav* is 1.48 before treatment which is reduced to 0.63 after treatment. This shows that *arshogna Mahakashaya* used on *sushk arsh* is effected and reduces *sparshashatav*.

DIAGRAM: D:-STHANIK SHOTH

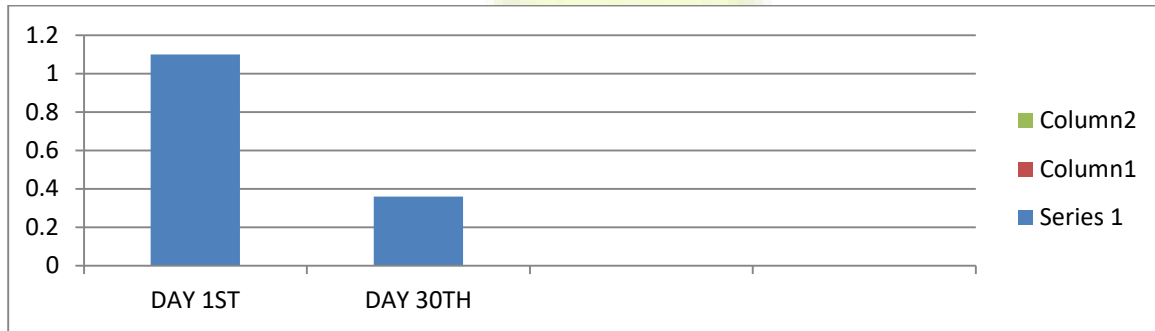


Diagram no : D shows the efficacy of *Charakokta Arshogna Mahakashaya* on *sushk arsha* after treatment. The mean of *sthanik shoth* before treatment 1.1 and it is reduced to 0.36 which proves the efficacy of *Arshogna Mahakashaya* on *sthanik shoth*.

DIAGRAM NO: E

MANSANKUR

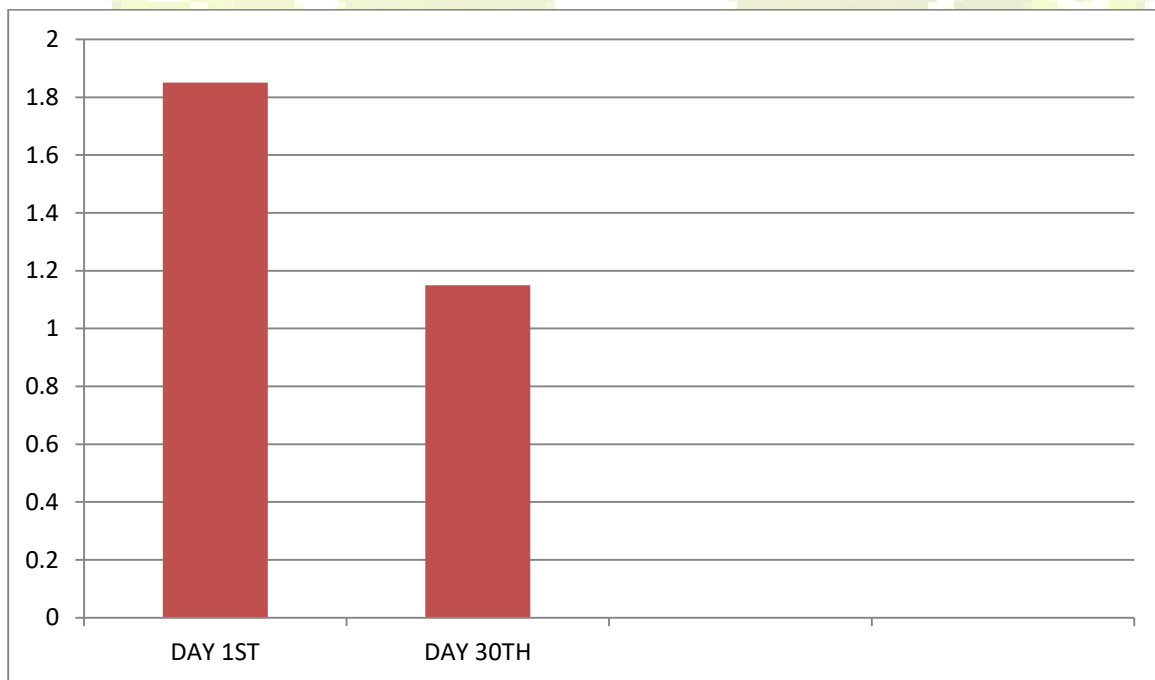


Diagram no : E shows the efficacy of *Charakokta Arshogna Mahakashaya* on *Manshankur*. The mean of *manshankur* 1.85 before treatment and reduces to 1.15 which indicates the efficacy of *Arshoghna Mahakashaya* on *Mansankur*.

Diagram F

Gudastrav

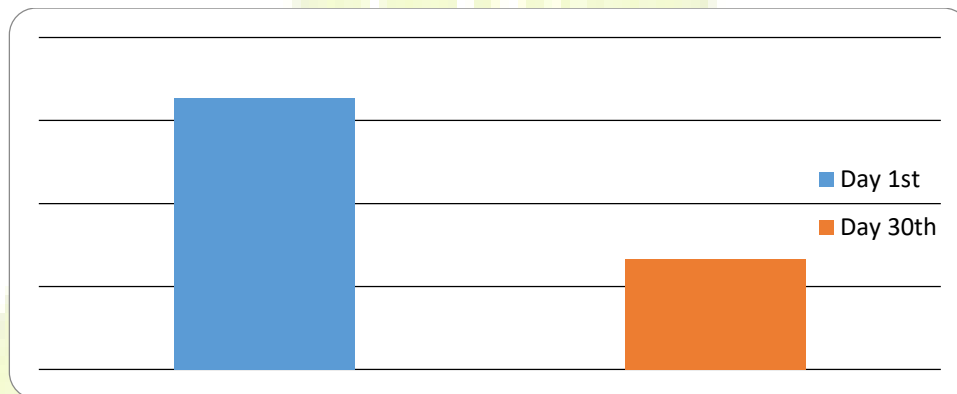


Diagram no F: shows the efficacy of *Charakokta Arshogna Mahakashaya* on *sushk arsh* after treatment. The mean of *Gudstrav* is 1.6 before treatment and it reduces to 0.66 after treatment. This shows that *Arshoghna Mahakashaya* used on *sushk arsha* is effected and reduces the *gudastrav*.

DISCUSSION

Every drug and disease should be studied with a scientific approach and chapter of controversy should be solved as early as possible. Considering all these points in mind *Charakokta Arshogna Mahakashaya* indicated for arsh management in chapter four of *Charak Samhita* was selected for present research work. Drugs of *Charakokta Arshogna Mahakashaya* are easily available

all over India. Present study is a clinical study and is planned in a trial group of 60 patients which were given *Arshoghna Mahakashaya* and their sign and symptoms were compared before and after treatment. Total 60 patients were registered in this study and all patients completed their treatment. The clinical study of this work deals with all aspects of the disease and treatment.

Probable mode of action of *Charakotka Arshoghna Mahakashaya* In describing the qualities of drugs, Acharya Charka says, it should be available must be able to cure the disease can be used in maximum ways and must contain all active principals¹². Also Acharya explained that a drug may act either by means of *Dravaprabhava* or by means of *Gunaprabhava* and sometimes both. So this way a compound drug is helpful in breaking the pathology of disease¹¹. Considering this an attempt is made the working of *Arshoghan Mahakashaya* in *Suskha Arsh*.

- ❖ Clear cut description about pharmacodynamic action of *Charakota Arshoghna Mahakashaya* is not available in classics but an attempt is made on the basis of symptomatological relief obtained from clinical trial.
- ❖ *Bheshaj chikitsa* is first line of treatment so *Charakotka Arshoghna mahakashaya* as described in ch. Su. 4/12 is taken as study drug.
- ❖ Single drug completely works on the principle of *rasa, guna, veerya, vipak* and *prabhav* and when composed drug formulation is used it acts by many ways to dissolve pathology.
- ❖ Any formulation which is used in a

disease must possess *Vyadhi Pratyanyik* drug for that particular disease.

- ❖ The classical reference of *Charakotka Arshoghna Mahakashaya* possesses *Arshoghna* effect hence these drugs will directly act upon the formed pathology.
- ❖ *Arsh* is *tridoshaj vaat* dominating *vyadhi* and in *sushka arsh vaat* and *kapha* are dominating in nature. Maximum drugs of *Arshoghana Mahakashaya* are *vaat* and *kapha shamak* and the *kashaya* of these drugs will automatically provide *dosh pratayanik* therapeutic effect in case of *sushk arsh*.

Bilva : *Vaat Kapha Shamak*

Chitrak: *Vaat Kapha Shamak*

Shunthi : *Vaat Kapha Shamak*

Ativisha : *Tridosh Shamak*

Haritaki : *Tridosh Shamak*

Daruharidra : *Vaat Kapha Shamak*

Vacha : *Vaat Kapha Shamak*

Chavya : *Vaat Kapha Shamak*

Hence these drugs used together in *kashaya* form will break the pathology of *sushk arsh* which is *vaat, kapha* in nature.

- ❖ Also the drugs which should be used for *sushk arsh* management must possess *deepan, pachan, anuloman, sanshaman* qualities.
- ❖ The *deepan, pachan* action is achieved by *chitrak, adrak* like drugs as they belong to *Dipaniya Gun (Charak Sanhita)*. These drugs correct *mandagni* status and break the steps of pathology of disease.
- ❖ *Vaat anuloman* is disturbed in *arsh* which is the main cause of pain in the *guda* region. The therapeutic effect of *vaat anuloman* is achieved by purgative action of *Haritki* which *Tridoshshamk* and also laxative in nature. It's used will lessen the pressure on rectal veins and hence reduce the symptoms of *gudavedana* and *guda shoth*.
- ❖ *Lekhaniya* qualities of *chitrak, ativisha* and *daruhridra* have definitely brought marked reduction in the sign of *masankur* as all these drugs belong to *Lekhaniya Gan (Charak Sanhita)*.
- ❖ *Kashaya rasa of Kutaj, Dhanyasa, Daruharidra* and *Haritaki* help in the reduction of *Gudastrav*.
- ❖ To summarise we can say that drugs directly dissolve the pathology of *sushk*

arsh and overcome the associated symptom of these.

CONCLUSION

- ❖ *Arsha* is a problem related to age, dietary factors and also on occupation. It is a terrible condition in which patient avoid defecation due to fear of unbearable pain and fresh bleeding because of straining.
- ❖ *Arsha* as described in the classics comes under the heading of *Mahagadas*. It appears at *Guda* region which is *Sadhyopranahar Marma*.
- ❖ In humans the erect position results in very high pressure on valve less rectal venous plexus which make human prone to this disease.
- ❖ It is estimated that 50% of population above the age of 30 have this problem.
- ❖ Vitiation of *Apana Vayu* is the main factor to produce this disease but other causative factors also play much role in the disease formation like *vegavidharana, ati ushna tikshan* and *mansa aahara, utkutasana* etc.
- ❖ Now a days fast food, irregularity in food taking, working in sitting position for long time and stressful life definitely

play a major role in formation of haemorrhoids.

- ❖ In the *Bheshaj Chikitsa* of *Arsha*, the patients always remain free from hazardous complications of *shastra Agni* and *Kshara* treatment modality.
- ❖ The therapeutic effect of formulation *Charakokta Arshogna Mahakashaya* is observed digestive, appetizer, *anulomaka vedanashamak* and hence *Arshoghna*.
- ❖ No side effect or after effect are observed.
- ❖ The therapy is easy to administer and also not very expensive.

In *Charakokta Arshogna Mahakashaya* maximum drugs have *Ushna, Tikshana* properties.

- ❖ Dose of *Charakokta Arshogna Mahakashaya* was 40ml BD.
- ❖ Statistically significant result are found in symptoms like *Gudvedana, malavibandh, sparshashtav, shoth* and *strava*.
- ❖ Hence study drug together acted specifically with its therapeutic effect of *Deepan, Pachan, Vaatanuloman,*

Vedana sthapan, Lekhan at various levels of pathology of disease with a single aim of treating various clinical manifestations. This entire study was planned for the *Bhaishaja Sadhya Arsha* but for further research, some modifications in the treatment schedule should be done. *Charakokta Arshogna Mahakashaya* is used in form of kashaya and has given wonderful results in *Sushk Arsh*. This kashaya can be prepared in other forms of *Aushad kalpanas* and can be proved clinically better form in disease *Arsh*.

- Clinical efficacy *arshoghana Mahakashaya* in *stravi arsh* can be studied.
- Comparison of efficacy of *arshoghana Mahakashaya* in both *sushk* and *stravi arsh*.
- Drugs of *Arshoghna Mahakashaya* can be used as *lepa* as external application.
- Drugs of *Arshoghna Mahakashaya* can be used in form of *sneha kalpana*.
- Fumigation of drugs of *Arshoghna Mahakashaya* can be used along with internal application of *kashaya*.

- Drugs of *Arshoghna Mahakashaya* can be used as a single drug therapy.
- *Arshoghna Mahakashaya* can be used in form of *vati* also.

Sky is the limit so there are and there can be a lot of procedures or *kalpanas* which can be used to shape drugs of *Arshoghna Mahakashaya* in thousands of ways for future use, for better results and better form.

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