



**SUCCESSFULLY MANAGED CASE OF AMASHAYAGATA VATA THROUGH  
AYURVEDIC CHIKITSA SUTRA PRINCIPLES WITH VAMANA KARMA AND  
SHADDHARANA CHURNA – A CASE REPORT**

**Dr. Bharadwaj Turlapati\*<sup>1</sup>, Dr. Kiran M. Goud<sup>2</sup>, Dr. Shreyas D. M.<sup>3</sup> and Dr. Vinaykumar K. N.<sup>4</sup>**

<sup>1</sup>PG Scholar, Department of PG Studies in Panchakarma, Sri Kalabyraveswaryaswamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India– 560104.

<sup>2</sup>Professor and Principal, Department of PG Studies in Panchakarma, Sri Kalabyraveswaryaswamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India– 560104.

<sup>3</sup>Reader, Department of PG Studies in Panchakarma, Sri Kalabyraveswaryaswamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India– 560104.



\*Corresponding Author: Dr. Bharadwaj Turlapati

PG Scholar, Department of PG Studies in Panchakarma, Sri Kalabyraveswaryaswamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India– 560104.

Article Received on 09/10/2023

Article Revised on 29/10/2023

Article Accepted on 19/11/2023

**ABSTRACT**

Ayurveda is a science of life which defines health from the point of equilibrium of dosha, Agni, dhatu, Mala kriya and cheerful Atma, Manas and indriyas.<sup>[1]</sup> Shareera has been said to be formed mainly from Dosha, Dhatus and mala.<sup>[2]</sup> Vata, Pitha and Kapha are the three shareerika doshas.<sup>[3]</sup> Roga is said to be the disequilibrium of the doshas.<sup>[4]</sup> Among these three vata has been given prime importance and has been stated as “Tantra yantra dhara”.<sup>[5]</sup> also separate chapter has been dedicated for the diseases caused by vata (Vatavyadi) in all of brihatrayees. Gata vata is a pathological condition explained in brihatrayees which is caused when Vata due to various aharaja, viharaja, karmaja and manasika hetus, gets vitiated in the shareera. This vitiated vata moves and localizes in a specific sthana leading to depletion in the normal functioning of that sthana. This is understood as gata vata. Gata-situated in or gone to any state or condition or fallen into. Under pathological condition doshas behave in different patterns with regard to their spread, direction of spreading & area of localization & manifestation.<sup>[6]</sup> Amashaya gatavata is a type of ashaya-gatavata where the vitiated vata is lodged in the amashaya and produces a set of symptoms.<sup>[7]</sup> in the Gastrointestinal tract. A case of 65years old male patient has been presented with symptoms of *amashayagata vata* since two and half years, for which he visited various allopathic clinics and was managed conservatively and had found no relief from his gastrointestinal symptoms. He was successfully managed by Ayurvedic treatment principles with *Vamana karma* and *shaddharana churna* and obtained complete relief from the symptoms. Assessment was done based on the signs and symptoms before and after the treatment and on one month follow-up.

**KEYWORDS:** *Ayurveda, Vata Vyadhi, Amashayagatavata, Vamana karma, Shaddharana churna, Gastrointestinal disease.*

**INTRODUCTION**

In Ayurveda, proper functioning of *Shareera* depends on the equilibrium of *doshas*, *dhatus* and *malas*. Various *aharas* and *acharas* in *Dina charya* and *Rtu charya* have been elaborately mentioned in the *samhitas*. Indulging in any *aharas* and *viharas* other than those mentioned in these chapters of *samhitas* will lead to *dosha kopa* and further manifests as a disease. *Vata* is said to be having upper hand among the three *doshas* in causing any pathology in *shareera* when compared to *Pitha* and *Kapha*.<sup>[8,9]</sup> Various factors that cause vitiation of *vata* have been mentioned in detail in *samhitas*.<sup>[10,11]</sup> *Vata* is of 5 types – *Prana, Udana, Apana, Vyana* and *Samana*,

*sthanas* of each type of *vata* have been mentioned in *samhitas*.<sup>[12,13]</sup> When these five *vatas* reside in their respective *sthanas* optimally, they perform their functions properly and they do *dharana* of *deha* without morbidity.<sup>[14,15]</sup>

*Gata vata* is pathological condition where the vitiated *vata* gets lodged in any *kha vaigunya* formed in *shareera*. *Gata vata* is of two types – *Ashaya gata vata* and *dhatu gata vata*. *Amashaya gata vata* is one such *ashaya gata vata* mentioned in the classics that is characterised by the symptoms such as – *hrd, nabhi, parshwa, udara, thrishna udgara, visuchika,*

*kasa, kanta asya sosha and shwasa.*<sup>[16]</sup>

## MATERIAL AND METHOD

### Methods

#### Centre of study

- SKAMCH &RC Vijaynagar, Bengaluru.
- Simple Random single case study.
- A case report as follows – A 65yrs old Male patient approached the Panchakarma OPD of SKAMCH&RC with

**Chief complaints** of nausea, bloating, frequent sour belching, constipation, pain in abdomen and lower back, breathlessness and cough, which used to aggravate on taking food and used to relieve on taking medications since two and half years aggravated since 2-3months.

**History of present illness:** A 65 years old male patient was apparently asymptomatic before 2 and half years since then developed above mentioned complaints for which he has been taking allopathic medications prescribed from various nearby clinics got admitted in various hospitals in view of sudden onset of vomiting 3-4times, was finding only temporary relief on using the medications which again used to aggravate on discontinuing those medications. Since last 3-4months, the patient has reduced intake of food due to above condition and was experiencing weight loss and general weakness. Hence, came to OPD of SKAMCH&RC to take ayurvedic treatment on suggestion of one of his friends.

#### Past history

Patient was a k/c/o Type2 Diabetes mellitus since ~ 10years on Tab. Vildapride 50 twice daily. Hypertension since ~ 10years on Tab. Cilacar 10mg twice daily. Hypothyroidism ~ 5years on Tab. Thyronorm 50mcg once daily. IHD – S/P PTCA (2019) on Tab. Rozalet 10/75 once daily. BPH since ~2years on Tab. Silfast 8mg once daily. BPPV since ~2years on Tab. Vertin 16mg (sos)

#### Family history

– Nothing contributory

#### Medication history

– Patient has taken Syrup Gaviscon for 2months and discontinued on advice of physician. Tab famotid 20mg with Tab cintodac for 2months and discontinued on advice of physician.

#### Personal history

Diet - Mixed  
Appetite – Decreased

Bladder - 4-5times /day, 2-3times/night  
Bowel – once a day, constipated, feels incomplete evacuation of bowel  
Sleep – usually sound sleep 6-7hrs, occasionally disturbed due to gastric irritation.  
Habits – Non-smoker; Non-alcoholic; Tea – 4-5times a

day since 30years; coffee – 2-3times a day;

#### Examination of patient

##### General examination

- Built - Moderate
- Nourishment – Moderately Nourished
- Pallor - Absent
- Icterus - Absent
- Cyanosis - Absent
- Clubbing - Absent
- Lymphadenopathy - Absent
- Edema - absent
- Tongue - Coated
- Temperature - 98.6 F (afebrile)
- Pulse - 74 bpm
- B.P - 130/80 mm of Hg
- RR - 18 cycles / min
- Height – 165 cm
- Weight - 56kg
- BMI – 20.6

##### Systemic examination

- Respiratory system: Bilateral equal air entry, Normal vesicular breath sounds present.
- Cardiovascular system: S1-S2 sound heard, No murmurs.
- Central nervous system: Oriented to time, place and person.
- Per Abdomen: Soft, epigastric and mild umbilical region tenderness, no organomegaly.

#### ATURA BALA PRAMANA PAREEKSHA

**Prakruti:** Vata Pithaja

**Vikruti:** Madhyama

1. **Dosha:** vata pradhana tridosha
2. **Dushya:** Rasa
3. **Prakruti:** vata
4. **Desha:** Sadharana
5. **Kala:** varsha rtu, chronic history
6. **Bala:** Madhyama
7. **Sara:** Madhyama

**Samhanana:** Madhyama

**Pramana :** Madhyama

**Satmya:** Vyamishra, Madhyama

**Satva:** Madhyama

**Aharashakthi:** Abhyavaharanashakti: Madhyama;

**Jarana shakti:** Avara

**Vyayamashakthi:** Madhyama

**Vaya:** Vriddha

**Investigations:** Upper Gastro-endoscopy s/o Small Hiatus Hernia; Lax LES; Oesophagitis Grade 'A' – done in 2021. [Shown in Figure no.1]

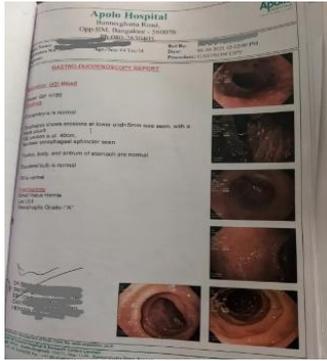


Figure 1: Diagnosis.

**AMASHAYA GATAVATA****Treatment**

**Day 1-7:** Shaddarana churna 1tsp bid with ½ glass ushna jala before food x 1 week.

**Observations** – Patient felt 80% relief of the symptoms. Hence Patient was posted for vamana karma: Poorvakarma.

**Day 8-10:** Sadyo Snehapana done with Sukumara

**Vamana karma**

Akantapana Dravya	No. of glasses (x 200ml)	Time	Observation
Ksheera	4	6.26am	Patient feels fullness upto throat level.

**Vamana yoga:** Madanaphala Kashaya yoga.

**Quantity:** 6gms of shodhitha madanaphala-pippali

churna.

**Time:** 6.30am

Observation	Time of appearance
Roma harsha	6.35am
Sweda pradurbhava	6.36am
Kukshiradhmana	6.38am
Hrullasa	6.40am
Aasya samsrava	6.43am

Time	Vamanopaga	No. of Glasses (x 200ml)	No. of Vegas	Time	Content
6.45am	Yastimadhu siddha Phanta	3	1 vega	6.47am	Ksheera+phanta
6.48am	Yastimadhu siddha Phanta	3	1 upa vega	6.50am	Ksheera+phanta+ Aushadha
6.52am	Yastimadhu siddha Phanta	1	1 vega	6.53am	Ksheera+phanta+ kapha
6.54am	Yastimadhu siddha Phanta	3	1 vega	6.56am	Ksheera+phanta+ kapha
6.57am	Yastimadhu siddha Phanta	5	1 vega	6.59am	Ksheera+phanta+ kapha
7.06am	Saindhava jala	5	1 vega	7.08am	Jala+pitha
7.12am	Saindhava jala	5	1 vega	7.15am	Jala

Antiki	Maniki	Vegiki	Laingiki
Pitha antha	Avara	06	Samyak

**Vyapada:** None.

**Vamana Tatkaleena Paschat Karma**

- **Mukha panipada prakshalana:** done with sukoshna jala
- **Kavala graha:** Sukoshna saindhava jala
- **Dhoomapana:** given at 7.45am.

Vitals after Vamana karma. Blood pressure – 110/70

gritham for 3 days [40ml, 100ml, 150ml] with ushna jala as anupana and necessary parihara instructions were given.

**Day -11:** Samyak Snigha lakshanass was attained and patient was posted for vishrama kala - Sarvanga abhyanga with Moorchita tila taila for 35mins followed by Sarvanga Mridu baspa swedana. Kaphautkleshakara ahara were advised and necessary instructions were given.

**Day – 12:** Sarvanga abhyanga with Moorchita tila taila for 35mins followed by Sarvanga Mridu baspa swedana.

**Pradhanakarma**

Vamana poorva tatkaleena nireekshana: Malapravrutti – passed stool in the morning. Nishasupti – had sound sleep previous night. Sujeernanna – appreciated by the patient. Vitals before Vamana karma. Blood pressure – 130/70 mmhg Pulse rate – 75/min Respiratory rate – 18/min.

Temperature – 98.4 F

mmhg Pulse rate – 85/min Respiratory rate – 18/min

Temperature – 98.4 F

**Day 13-17:** Peyadi Samsarjana krama was advised to the patient for 5days.

**Day 18-24:** Shaddarana churna 1tsp bid with ½ glass ushna jala before food for 1 week.

**RESULT**

Based on the subjective scoring of the patient before and after the treatment, [where grading is given from 0 to 10]

(0 - not causing any hinderance in performing day to day activities and 10 – unable to perform day to day activities due to the symptom).

Sl. No.	Amashaya gata vata laxanas. (acc to Acharya charaka)	Before Treatment	After Upashaya- Anupashaya	After Treatment	AFTER Follow-UP
1.	Hrid ruk	0	0	0	0
2.	Nabhi ruk	7	2	0	0
3.	Parshva ruk	7	2	0	0
4.	Udara ruk	7	2	0	0
5.	Trishna	0	0	0	0
6.	Udgara	6	3	0	0
7.	Visuchika	0	0	0	0
8.	Kasa	5	3	0	0
9.	Kanta sosha	0	0	0	0
10.	Asya sosha	0	0	0	0
11.	Shwasa	7	4	0	0

Patient feels completely relieved from all his symptoms such as nausea, bloating, frequent sour belchings, breathlessness & cough.

**DISCUSSION**

Three *doshas* in our body occupy certain *sthanas* (seats) in the body with specific *moola sthana* (main seat). *Gata vata* occurs when *Vata dosha* which is vitiated, travels all over the body and resides in *khavaigunya* which is present in our body other than the seat of *vata*. *AmashayagataVata* is caused due to the trespassing of vitiated *Vata* into *Amashaya* which is said to be a *sthana* belonging to *Kapha* (and *pitta*). *Vata* is considered to be an *agantu dosha* as long as *amashaya* is concerned. After this illegal entry, the vitiated *Vata* causes painful and troublesome symptoms in the stomach, large intestine and chest organs i.e. Heart and lungs.

Though the case is presented with history of multiple conditions, the present chief complaints resemble **AMASHAYA GATAVATA lakshanas**. After thorough examination of the patient with necessary investigations and clinical examinations, patient was taken up for treatment.

*Chikitsa* principles of *amashayagata vata* has been mentioned in the *vata vyadhi adhyayas* in all *brihatrayees*.<sup>[17,18,19]</sup> Here, the patient has been managed under the same *chikitsa* principles. Firstly, he was given *Shaddharana churna* [1tsp(~6gms) twice daily with warm water before food for 1 week]. This was given as *upashaya anupashaya* for which he has responded well with alleviation of symptoms upto 60% of intensity further confirming our diagnosis. [Treatment Day 1-7]

To make sure the condition does not reoccur, patient was planned for *shodhana karma* as it is mentioned in the *samhitas* that *shodhana karma*, when performed appropriately removes the disease from its root, making sure there is no relapse of the same.<sup>[20]</sup>

*Vamana karma* is mentioned as the *shodhana karma* to be adopted in the condition of *Amashaya gata vata*. Though *vrudha avasta* and *hridroga* have been mentioned in the general contra indications of *Vamana karma*,<sup>[21]</sup> Acharya Charaka himself states these are general contraindications but physician should administer appropriate panchakarma therapies using *yukti* when required.<sup>[22]</sup> Hence based on *Roga Rogi bala* assessed through *Dashavidha pareeksha*, patient was posted for Mridu *Vamana karma*.

*Shaddharana churna*,<sup>[23]</sup> consists of equal quantities of 6 herbal drugs - *Chitraka* (*Plumbago zeylanica*), *Indrayava* (seeds of *Holarrhena antidysenterica*), *Patha* (*Cissampelos pariera*), *Katuka* (*Picrorhiza kurroa*), *Ativisha* (*Aconitum heterophyllum*),

*Abhaya* (*Terminalia chebula*); Herbs like *Hareethki*,<sup>[24]</sup> *Chitraka*,<sup>[25]</sup> *Ativisha*,<sup>[26]</sup> *Indrayava*,<sup>[27]</sup> *kutuka*,<sup>[28]</sup> have the *pachana* and *deepana* properties hence patient was not advised for any other medications for *Pachana* and *deepana* as *poorvakarma* for *Vamana karma*.

Patient was started on *Shodhananga Snehapana*. As mentioned in the classics, patient in *vrudha avasta* should be given *sadyosnehana*,<sup>[29]</sup> owing to less bala and less tolerance capacity of the stress caused in *snehapana*. Also, as the *doshas* are already in the *koshta* (in *amashaya*) patient was not required to be given *snehapana* till *Twak snigdha*. Hence, *Sadyo snehapana* was given to the patient. *Lavanayuktha Sneha* is a form of *Sadyo snehapana*.<sup>[30]</sup> *Sukumara gritha*,<sup>[31]</sup> was given for the purpose of *sodhananga snehapana* owing to its beneficial effects in *vit vibandha* and improving gastrointestinal health. Added with a pinch of *saindhava lavana*. As per the descriptions of commentator of *Astanga Hridaya*, *sadyosnehana* usually takes upto 3-4 days for imparting *snigdha lakshanass* in the patient.<sup>[32]</sup> Here, patient was given *snehapana* for a period of 3 days [Treatment Day 8-10] till *snigdha varchas* and *asamhata varchas* appeared.

*Vishrama kala* was posted for the patient on the next day. *Sarvanga abhyanga* with *Moorchita taila* for 35mins,<sup>[33]</sup> followed by *baspa swedana* was given. *Kapha utkleshakara aharas* like curd rice, curd vada, *dudh peda*, *rasmalai* were advised for the patient depending on his *abhyavara shakti* on the day of *vishrama kala* [Treatment Day 11].

*Mridu Vamana karma* was posted for the patient on the next day after *Sarvanga abhyanga* with *Moorchita taila* and *baspa swedana*. *Akantapana* was given with *ksheera*, as *akanta pana* is to be given in case of patient being in *vridha avasta*.<sup>[34]</sup> *Vamana aushadha* used here was *Madanaphala Kashaya yoga*, as *madanaphala* is the *sresta vamaka dravya*.<sup>[35]</sup> *Madhanaphala Kashaya yoga* was given. [Treatment Day 12].

*Tatkaaleena Paschatkarma* in the form of *Mukha pani paada prakshalana*, *kavala graha* were done and *dhumapana* was given with *haridra khanda* after 1 *muhurta* as mentioned in the classics.<sup>[36]</sup> *Peyadi samsarjana* was advised in the form of *Ganji*, Green gram soup, Green gram *pongol*, *Rice rassam* were advised for 2 *anna kalas* each in view of *madyama veigiki shuddi* of the patient.<sup>[37]</sup> Patient was given an option of taking Chicken soup in the last *anna kala* but patient was inclined to taking *rice rassam* instead. [Treatment Day 13-17].

Patient was advised to undergo investigations like CBC (Complete Blood Count), FBS (Fasting Blood Sugars), PPBS (Post Prandial Blood Sugars), Thyroid profile, and to stop all his on-going allopathic medications [which are mentioned in the past history and medication history]. He was advised to monitor his Blood pressure and GRBS daily in the evening time and was advised to take his blood pressure medication [if bp was > 160/100mmhg and diabetic medications >300mg/dl]. Patient had not had his Blood pressure levels above 140/90 nor GRBS levels above 300mg/dl, so he has not used his allopathic medications since the time of *snehapana*. Patient was advised to repeat blood investigations like CBC (Complete Blood Count), FBS (Fasting Blood Sugars), PPBS (Post Prandial Blood Sugars), Thyroid profile, after *samsarjana krama* and to consult his general physician to resume his previous medications.

Patient was assessed on the day after *samsarjana krama* [Treatment Day 18] and was found to be relieved from all the symptoms like nausea, bloating, sour belchings, constipation, pain in abdomen and lower back, breathlessness and cough.

After *samsarjana krama*, patient was prescribed *shadharana churna* again for a period of 1 week [Treatment Day 18-24] as mentioned in the *chikitsa sutra* of *amashaya gatavata*,<sup>[38]</sup> and was advised regarding *pathya apathyas*.

Patient was completely relieved from the symptoms when

assessed After treatment (Day 24) and on first month follow up (Day 54).

## CONCLUSION

*Amashayagata vata* is one of the Gastrointestinal diseases that we come across in opd which often goes undiagnosed. A Patient who was suffering from the symptoms of nausea, bloating, sour belchings, constipation, pain in abdomen and lower back, breathlessness and cough, which used to aggravate on taking food and used to relieve on taking medications since two and half years which got aggravated since 2-3months approached us and was diagnosed as *Amashaya gata vata* and was managed as per the *chikitsa* principles given in the classics. Patient was 65years old and was having multiple associated conditions like h/o IHD-S/P PTCA, Diabetes Mellitus type 2, Hypertension, Hypothyroidism, Benign prostrate hypertrophy, Benign paroxysmal positional vertigo for which he was on regular medications; Patient was posted for *Mridu Vamana karma* followed by *shaddharana churna* after necessary investigations and clinical examinations to assess Roga Rogi bala and patient had no complications during or after the intervention. Thus, Ayurvedic management with *Mridu Vamana karma* followed by *shaddharana churna* orally, gave a significant result in all the symptoms of *Amashayagata vata* with no recurrence.

## Declaration of patient consent

Authors certify that they have obtained patient consent form, where the patient has given his consent for reporting the case along with the images and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

## REFERENCES

1. Sushruta, Dalhana, Gayadasa. *Sutra Sthana* Chapter *doshadhatumalakshayavridhi vijaneeyam adhyaaya* Verse 41. In: Acharya YT, Narayana Ram (Edi.). *Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary*. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 75.
2. Sushruta, Dalhana, Gayadasa. *Sutra Sthana* Chapter *doshadhatumalakshayavridhi vijaneeyam adhyaaya* Verse 03. In: Acharya YT, Narayana Ram (Edi.). *Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary*. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 67.
3. Vagbhata, Arunadatta, Hemadri. *Sutra Sthana* Chapter *ayushkameeya adhyaaya* Verse 06. In: Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya (Edi.). *Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary*. Edition. Varanasi Chaukhambha Subharti Prakashana, 2017; 06.
4. Vagbhata, Arunadatta, Hemadri. *Sutra Sthana*

- Chapter *ayushkameeya* adhyaya Verse 20. In: Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya (Edi.). Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary. Edition. Varanasi Chaukhambha Subharti Prakashana, 2017; 14.
5. Agnivesha, Charaka, Chakrapanidatta, *Sutra sthana*, Chapter *Vata kalakaleeya adhyaya*, Verse 08, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 79.
  6. Sushruta, Dalhana, Gayadasa. *nidana Sthana* Chapter *vatavyadi nidana adhyaaya* Verse 21. In: Acharya YT, Narayana Ram (Edi.). Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 261.
  7. Sushruta, Dalhana, Gayadasa. *nidana Sthana* Chapter *vatavyadi nidana adhyaaya* Verse 22. In: Acharya YT, Narayana Ram (Edi.). Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 261.
  8. Yogarathnakara, Vaidhya Sastri. Chapter *Vatavyadhi Nidana*, Verse. 24. In: Bhisagratna, Brahmasankar Mishra with Vidhyodini Hindi Commentary. Reprint Edition. Varanasi: Chaukhambha Prakasana, 2015; 502-48.
  9. Agnivesha, Charaka, Chakrapanidatta, *Chikitsa sthana*, Chapter *Vatavyadhi chikitsa adhyaya*, Verse 15-18, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 617.
  10. Agnivesha, Charaka, Chakrapanidatta, *Chikitsa sthana*, Chapter *Vatavyadhi chikitsa adhyaya*, Verse 5-10, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 616.
  11. Agnivesha, Charaka, Chakrapanidatta, *Chikitsa sthana*, Chapter *Vatavyadhi chikitsa adhyaya*, Verse 11, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 616.
  12. Agnivesha, Charaka, Chakrapanidatta, *Chikitsa sthana*, Chapter *Vatavyadhi chikitsa adhyaya*, Verse 27, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 617.
  13. Agnivesha, Charaka, Chakrapanidatta, *Chikitsa sthana*, Chapter *Vatavyadhi chikitsa adhyaya*, Verse 91, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 621.
  14. Vagbhata, Arunadatta, Hemadri. *Chikitsa Sthana* Chapter *Vatavyadhi chikitsa* Verse 14. In: Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya (Edi.). Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary. Edition. Varanasi: Chaukhambha Subharti Prakashana, 2017; 28: 21/14.
  15. Sushruta, Dalhana, Gayadasa. *Chikitsa Sthana* Chapter *vatavyadi Chikitsa adhyaaya* Verse 03. In: Acharya YT, Narayana Ram (Edi.). Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 420.
  16. Agnivesha, Charaka, Chakrapanidatta, *Sutra sthana*, Chapter *chikitsaprabruteeya adhyaya*, Verse 20-21, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 97.
  17. Agnivesha, Charaka, Chakrapanidatta, *siddhi sthana*, Chapter *panchakarmeeya siddhi adhyaya*, Verse 08-09, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 687.
  18. Agnivesha, Charaka, Chakrapanidatta, *siddhi sthana*, Chapter *panchakarmeeya siddhi adhyaya*, Verse 24-28, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 690.
  19. Sushruta, Dalhana, Gayadasa. *Chikitsa Sthana* Chapter *vatavyadi Chikitsa adhyaaya* Verse 04. In: Acharya YT, Narayana Ram (Edi.). Sushruta Samhita with Nibandhasangraha, Nyayachandrika Commentary. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 420.
  20. Sharma PV Dhanya Varga. In: Sharma PV, Sharma PV, editors. Kaideva Nighantu. Reprint edition. Varanasi Chaukhambha Orientalia, 2009; 45.
  21. Sharma PV Dhanya Varga. In: Sharma PV, Sharma PV, editors. Kaideva Nighantu. Reprint edition 2009. Varanasi Chaukhambha Orientalia, 2009; 217.
  22. Sharma PV Dhanya Varga. In: Sharma PV, Sharma PV, editors. Kaideva Nighantu. Reprint edition 2009. Varanasi Chaukhambha Orientalia, 2009; 207.
  23. Sharma PV Dhanya Varga. In: Sharma PV, Sharma PV, editors. Kaideva Nighantu. Reprint edition 2009. Varanasi Chaukhambha Orientalia, 2009; 165.
  24. Sharma PV Dhanya Varga. In: Sharma PV, Sharma PV, editors. Kaideva Nighantu. Reprint edition 2009. Varanasi Chaukhambha Orientalia, 2009; 207.
  25. Vagbhata, Arunadatta, Hemadri. *Sutra Sthana* Chapter *snehavidhi* adhyaya Verse 39. In: Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya (Edi.). Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary. Edition Varanasi: Chaukhambha Subharti Prakashana, 2017; 251.
  26. Vagbhata, Arunadatta, Hemadri. *Sutra Sthana* Chapter *snehavidhi* adhyaya Verse 42. In: Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya (Edi.). Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary. Edition. Varanasi: Chaukhambha Subharti Prakashana, 2017; 252.
  27. Anonymous. (Edi.), Sahasrayoga, Chapter *Taila Prakarana*, K.Nishteswar. Reprint Edition Varanasi: Chowkhambha Surabharathi Prakashana, 2006; 108-59.
  28. Vagbhata, Arunadatta, Hemadri. *Sutra Sthana* Chapter *snehavidhi* adhyaya Verse 42 (Hemadri's

- commentary). In: Pt. Hari Sadashiva Shastri Paradakara Bhishagacharya (Edi.). Astanga Hridaya with Sarvanga Sundari and Ayurveda Rasayana Commentary. Edition Varanasi: Chaukhambha Subharti Prakashana, 2017; 252.
29. Patil VC. Principles and Practice of Panchakarma. New Delhi: Chowkhambha Publication, 2019; 127.
30. Vruddha Vagbhata, Indu. *Sutra Sthana*, Chapter *vamanavirechanavidhi adhyaya*, Verse. 10. In: Dr. Shivprasad Sharma (Edi.), Ashtanga Sangraha with Sasilekha Commentary. Reprint Edition: Varanasi: Chowkhamba Krishnadas Academy, 2019; 204.
31. Agnivesha, Charaka, Chakrapanidatta, *kalpa sthana*, Chapter *madanakalpa adhyaya*, Verse 13, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 653.
32. Vruddha Vagbhata, Indu. *Sutra Sthana*, Chapter *vamanavirechanavidhi adhyaya*, Verse. 21. In: Dr. Shivprasad Sharma (Edi.), Ashtanga Sangraha with Sasilekha Commentary. Reprint Edition: Varanasi: Chowkhamba Krishnadas Academy, 2019; 206.
33. Agnivesha, Charaka, Chakrapanidatta, *sutra sthana*, Chapter *upakalpaneeya adhyaya*, Verse 16, In YT (Edi.), Charaka samhita with Ayurveda deepika commentary, Reprint Edition, Varanasi Chaukhambha Orientalia, 2015; 95.
34. Sushruta, Dalhana, Gayadasa. *Chikitsa Sthana* Chapter *vataavyadi Chikitsa adhyaaya* Verse 03. In: Acharya YT, Narayana Ram (Edi.). Sushrutha Samhita with Nibandhasangraha, Nyayachandrika Commentary. Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan, 2017; 420.