



**ROLE OF SHAMAN TREATMENT ALONG WITH AHAR VIHAR IN DYSLIPIDEMIA  
(MEDOROGA)**

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**ABSTRACT**

Dyslipidemia is an emerging serious health abnormality associated with co-morbidities including CVD that continues to be the leading cause of death worldwide. It is characterized by an increase in cholesterol, triglycerides, LDL levels, and a decrease in HDL levels. In present era, the way of life has changed drastically due to inactive sedentary life & excessive carbohydrate & fatty diet throughout the world. Because of these factors, the accumulation of Fat (*Meda-Dhatu*) occurs immensely. Dyslipidemia is the main disposing factor for the atherosclerosis, and the atherosclerosis is the main pathogenesis factor for cardiovascular disease. In *Ayurvedic* view, dyslipidemia is considered under *Medoroga* & can be considered similar to aggravated *Dusta Meda Dhatu* in the body which is caused due to hypo function of *Medo-Dhatwagni* leading to *Medovaha Srotodusti Vikara*. **Aim & Objective:** To study the various formulations and drugs described for *Medoroga* (Dyslipidemia) as *Shaman Chikitsa* in *Ayurveda* along with proper *Aahar & vihar*. **Materials and Methods:** The classical texts of *Ayurveda* and modern medicine, Journals, and Research articles from Google Scholar, PubMed, etc. were selected for the study. **Observations and Discussion:** The research studies conducted on *guggulu* formulations, *Arogyavardhini vati*, *Triphala*, *Trikatu*, *Arjun*, *Yava* & many more preparations showed significant improvement in lipid levels which may be due to their *Katu*, *Kashaya Rasa*, *Ushna*, *Teekshna Guna* and *Lekhana*, *Deepana*, *Pachana* properties that help in reducing aggravated *Kapha* and *Meda* along with *Nidan-parivarjana* i.e avoidance of improper *Aahar vihar sevan*. **Conclusion:** Dyslipidemia can be effectively managed with various formulations given in *Ayurveda* with proper *Aahar vihar sevan*.

**KEYWORDS:** Dyslipidemia, *Medoroga*, Shaman Chikitsa, proper *Aahar & vihar*

**INTRODUCTION**

Dyslipidemia is the imbalance of lipids such as cholesterol, low-density lipoprotein cholesterol, (LDL-C), triglycerides, and high-density lipoprotein (HDL). This condition can result from diet, tobacco exposure, or genetic and can lead to cardiovascular disease with severe complications. Lipids, such as cholesterol or triglycerides, are absorbed from the intestines and are carried throughout the body via lipoproteins for energy, steroid production, or bile acid formation. Major contributors to these pathways are cholesterol, low-density lipoprotein cholesterol (LDL-C), triglycerides, and high-density lipoprotein (HDL). An imbalance of any of these factors, either from organic or nonorganic causes, can lead to dyslipidemia.<sup>[1]</sup> History is essential in identifying high-risk individuals. Most importantly, social history would include tobacco use or specific details about diet.

Risk factors includes<sup>[2]</sup>

- Family history of dyslipidemia.
- Current cigarette smoking.
- Diabetes mellitus.
- Hypertension.
- Obesity (BMI>30 kg/m<sup>2</sup>).
- Atherosclerosis.
- Family history of premature coronary artery disease.
- HIV infection.
- Erectile dysfunction.
- Chronic kidney disease (eGFR < 60ml/min/1.73 m<sup>2</sup>).
- Abdominal aneurysm.
- Chronic obstructive pulmonary disease.
- Clinical manifestations of hyperlipidemias (xanthelasma, xanthomas, premature arcus cornealis).
- Hypertensive disorders of pregnancy

- Inflammatory bowel disease

It is manifested by elevation of the total cholesterol, the "bad" low-density lipoprotein (LDL) cholesterol, very low density lipoprotein (VLDL) cholesterol and the triglyceride concentrations, and a decrease in the "good" high-density lipoprotein (HDL) cholesterol concentration in the blood. It is also known as hyperlipoproteinemia, because these fatty substances circulate in the blood attached to protein. Many of the heart diseases are clearly associated with rise in the level of serum lipids, the condition known as Dyslipidemia which further leads to atherosclerosis. Hereditary factors may be involved in its cause too. Many scholars have performed some clinical researches in Hyperlipidemia/ Dyslipidemia and suggested correlations with it, like *Rasagata Sneha Vriddhi*, *Raktagata Sneha Vriddhi*, *RasaRaktagata Sneha Vriddhi* and *Medoroga*.<sup>[3]</sup> In many ancient

literatures, Medoroga is described in details. Some of the etiological factors include a bad lifestyle plan, lack of physical activity, taking advantage of day sleep, and following a *Kapha*-inducing diet and carbohydrate food choices. An overabundance of *Kapha* and *Meda Sadharmi Ansha* (similar qualities) are the etiological factors, resulting in *Kapha* dominance *Dosha Virddhi*, which leads to *Mandagni* (diminished digestive fire). As a result, there is the formation of *Ama* that travels directly to *Medodhatu*, and along with *Kapha*, it causes *Vriddhi* of *Apachita Meda*. It causes *Srotasavrodha*, which obstructs the path of *dosha*, thus *Vayu* comes into the *koshtha* causing enhancement of *jatharagni* (an excessive increase of digestive fire), which induces food cravings and overeating, ultimately leading to *Medoroga*.<sup>[4]</sup> Some previous research works have been performed on management of Medoroga with special reference to Dyslipidemia which are given below in table.

Sr.No.	Name of researcher & institute	Topic
1.	Umesh Kumar Sapra, 2007, IPGT and RA, Jamnagar <sup>[6]</sup>	A Clinical Study Of Hyperlipidemia And The Effect Of Panchatikta Ghana In Its Management-A Double Blind Study
2.	Gajendra Kumar, Amita Srivastava, Surinder Kumar Sharma and Yogendra Kumar Gupta, 2012 All India Institute of Medical Sciences, New Delhi	Safety and efficacy evaluation of Ayurvedic treatment ( <i>Arjuna</i> powder and <i>Arogyavardhini Vati</i> ) in dyslipidemia patients: A pilot prospective cohort clinical study
3.	Shivam Joshi, 2013, IPGT and RA, Jamnagar	A Comparative clinical study of Asanadi Ghanavati and Gomutra Haritaki Vati in Kapha Medo Margavarana w.s.r. to Dyslipidemia
4.	Padhar Bharatkumar Chhaganbhai, 2014, IPGT and RA, Jamnagar	A Comparative Clinical Study of Tryoshnadiguggulu and Lasuna in Management of Dyslipidemia
5.	<ul style="list-style-type: none"> <li>• Deepak BSR,</li> <li>• Sri Dharmasthala</li> </ul> Manjunatheshwara College of Ayurveda and Hospital, Thanniruhalla, Hassan, Karnataka <sup>[7]</sup>	Randomized controlled, open labeled study of a herbal preparation, lekhaneeya mahakashaya ghanavati in dyslipidemia patients
6.	DR. SANDEEP SINGH ET; ALL IAMJ: 4(05); April;- 2016	A Clinical Study On Hyperlipidemia With Medohar Guggulu And Lekhaniya Mahakashaya
7.	Bilyan et al. World J. of Pharm. Res. 5 (4), 1570- 1580 Year 2016	Clinical Study On The Efficacy And Safety Of Tryushnadi Guggulu In Medoroga With Special Reference To Dyslipidemia
8.	Pathak Rajneesh, 2017, GAAC,Ahmedabad	A Comparative Clinical Study on Lekhaniya Mahakashaya ghan vati & Mustadi Ghan Vati in the Management of Dyslipidemia
9.	Sarada Ota et al Journal of Research in Ayurvedic Sciences, VOL.2(1)12-19, Jan-Mar. 2018;	Evaluation of Vyoshadi Guggulu and Haritaki Churna in the Management of Dyslipidemia: A Multicenter Prospective Clinical Study.
10.	Tejas Kakade et.al., IJAM, 11 (2),265-270, July 2020	Study in the Effect of Yavavati in the Management of Dyslipidemia.
11.	Anjali Sharma etal. AYUSHDHARA, September -, Vol 7, Issue 5 October 2020	A comparative clinical efficacy study of Triphala kwath and Trikatu capsules in the management of Medoroga w.s.r to dyslipidemia
12.	Phull, Rekha 2023, Parul University	To Evaluate the Efficacy of Yavalauha Churana in the Management of Dyslipidemia an Open Labeled Randomized Controlled Clinical Trial
13.	Rekha, 2023, Kala Ashram Ayurved Medical College and Hospital Gogunda, District Udaipur (Rajasthan)	A classical drug review on <i>Triphala – Aragwadhadhi Kashaya</i> w.s.r to <i>Medadhatu Dushti</i> (dyslipidemia)

**AIM AND OBJECTIVES**

This review is conducted with the aim to study the various formulations and drugs described for Medoroga (Dyslipidemia) as *Shaman Chikitsa* along with *Ahar Vihar* in *Ayurveda*.

**MATERIALS AND METHODS**

The classical texts of Ayurveda and modern medicine, Journals, and Research articles from Google Scholar, Pub-med etc. were searched from Google scholar, PubMed and Research gate.

**OBSERVATION AND DISCUSSION**

Dyslipidemia, according to current thinking, is a disorder of lipoprotein metabolism, with the liver serving as the

mainstay. As previously indicated, *Dhamani Praticaya* is a form of *Santarpanjanya* & *Apatarpana* is main line of treatment of *santarpanjanya* diseases. *Aama Pachan* and boosting *Agni* are the fundamental concepts for treating dyslipidemia. The major goal of treating Medoroga is to break the pathogenesis, which includes *Nidana Parivarjana*, restoration of *Medodhatv agni* to its normal state, balancing vitiated *Doshas*, i.e. *Kapha* and *Vata*, and correcting vitiated *Medovahasrotas* & *Medodhatu*. *Aptarpana Chikitsa* mainly includes *Lekhana* and *Karshana* of aggravated *Meda Dhatu*. Drugs indicated above have *Deepana*, *Pachana*, *Lekhana*, and *apatarpana* properties are mainly indicated in the management of *Medoroga*.

**Treatment Modalities in Medoroga**

1. *Nidana Parivarjana* (Avoidance of the etiological factors) – Patients with Dyslipidemia/Medoroga should follow some do's & don't which are given below in table<sup>[5]</sup>,

Sr. No.	Ahar (food items)	Vihar (behavior)
Do's	<p>-Intake of regular and balanced diet.            -Increase the intake of high fiber diet,            - Use of Barley (<i>Yava</i>), Sorghum (<i>Jowar</i>), Indian gooseberry (<i>Amla</i>), Honey (<i>Madhu</i>) and Butter milk (<i>Takra</i>), Green gram (<i>Moong</i>), Horse gram (<i>Kulathi</i>), Bengal gram (<i>Chana</i>) and Spilt Red Gram (<i>Arhar</i>).            - Use of lukewarm water (<i>Ushnodaka</i>) for drinking.            -Consume plenty of fruits, vegetables and low fat, low calorie diet rich in whole grain, high fiber and nuts.            -Use garlic and onion in diet.</p> <p><b>1.Suka Dhanya (Cereal grain) Pathya:</b> <i>Purana Shali, Yava, Laja, Kodrava, Priyangu, Shyamak, Nivara, kanguni. koradushaka, Prashatika</i>  <b>2. Shami Dhanya (Pulses): - Pathya:</b> <i>Mudga, Rajamasha, Kulatha, Chanaka, Masur, Adhaki, Makusthaka.</i>  <b>3.ShakaVarga (Vegetables): Pathya:</b> <i>Patol, Shigru, Surasa, Vrunataka, Katutikta, Adraka, Rasatmaketc., Evaruka, Mulaka, Grajjan.</i>  <b>4.PhalaVarga (Fruits): Pathya:</b> <i>Kapittha, Jambu, Amalki, Ela, Bibhitaki, Haritaki, Maricha, Pippali, ErandKarkati, Ankola, Narang, Bilvaphala.</i>  <b>5.DravaVarga: Pathya:</b> <i>Honey, Takra, Tila &amp; Sarshapa Tail, Ashava Arista, Surasava, Jeerna Madhya.</i>  <b>Mamsa Varga: Pathya:</b> <i>- Rohita Matsya</i></p>	<p>-Increase the physical activity i.e. exercise aerobic regularly &amp; physical activity such as brisk walking.            -Manage stress by meditation, involvement in spiritual activities, listening to soothing music or etc.            -Maintain healthy body weight and waist circumference.            -Get regular medical checkups.            -Reduce dietary sodium intake to no more than 100 mmol per day (approximately) 2.4 g of sodium or 6g of sodium chloride) per day.</p>
Don't	<p>-Intake of saturated fats and cholesterol in excess amount.            -Canned food products,            -Junk food like burger, pizza, cold drinks and fried food items.</p> <p><b>1.Suka Dhanya (Cereal grain) Apathya:</b> <i>- Godhum Naveen Dhanya (Shali)</i>  <b>2.Shami Dhanya (Pulses): - Apathya:</b> <i>Masha, Tila</i>  <b>3.ShakaVarga (Vegetables): Apathya:</b> <i>- Kanda Shaka,</i>  <b>4.PhalaVarga (Fruits): Apathya:</b> <i>Madhura, Rasatmak</i>  <b>5.DravaVarga: Apathya:</b> <i>Milk preparations (Dugdha, Dhadhi, Sarpi), Ikshuvikara</i>  <b>6.Mamsa Varga: Apathya:</b> <i>Aanupa, Audaka, Gramya Mamsa Sevana</i></p>	<p>-Smoking/Tobacco cessation,            -Quit alcohol.            -Daytime sleep, anger, anxiety, hyper activity, over exertion.            -Sleeping immediately after taking meals            - Sedentary lifestyle.</p>

For dyslipidemia, diet which is *Laghu*, *Ruksha*, *Kaphamedohara* and *Srotoshodhana* property should be followed while; *Guru*, *Snigdha*, *Kaphamedokara* and *Abhishyandhi* food should be avoided. According to *Bhaisjya Ratnawali*, *Pathya* for *Hridroga* are *Dadima*, *Shunthi*, *Yavani*, *Patol* etc while *Apathya* are *Ksheer Vikruti*, *Dadhi*, *Guru Bhojan* etc. Using healthy diet rich in complex carbohydrates, vegetables, and fruits seasoned with adequate quantity of spices with minimum amount of oils and fats are ideal for management and prevention of dyslipidemia.

2. *Upavasa* (fasting) – Patients with Dyslipidemia should consume very light and easily digestible food preferably vegetarian diet.

3. *Samsodhana chikitsa* (Bio-cleansing therapies) – *Vaman* (Therapeutic emesis) & *Vamaka Aoushadhi*: *Madanaphala Choorna Ikshu Rasa*, *Virechan* (Therapeutic purgation) & *Virechana Aoushadhi*: *Trivruta Awleha*, *Ichhabhedhi Rasa*, *Jalodarari Rasa*, *Shatsakara Choorna*, *Panchasakara Choorna*, *Triphala churna*, **Basti** : *Lekhan Basti* (Medicated enema), *Kshara Basti* are advised for the management of *Medoroga*. Others are *Rooksha Udwartana*.

4. *Vyayama* (Physical exercise).

5. *Samana chitikitisa* (Drug Therapy): The therapy which could not excreted the *Dosha* from body could not disturb the equation of balanced *Dosha* and simultaneously bring equilibrium to imbalance of *Dosha* is called *Shamana* and is of Seven types i.e. *Pachana*, *Dipana*, *Ksudha Nigraha*, *Trusha Nigraha*, *Vyayama*, *Atapa Sevana* and *Maruta Sevana* (As. Su. 24/9). Among

the *Sat-Upakramas*, *Langhana* and *Rukshana* can be administered for *Samshamana* purpose having *Ruksa Guna* dominance in them (Cha. Su. 22/4). Alleviation of *Vata*, *Pitta* and *Kapha* especially *Samana Vayu*, *Pachaka pitta* and *Kledaka Kapha* along with depletion of *Medo-dhatu* by increasing *Medo-dhatvagni* is main goal of treatment in *Medoroga*. Administration of *Guru* and *Apatarpana chikitsa* which possess additional *Vata Sleshma* and *Medo-naasaka* properties is considered for *Samshamana* therapy (Cha. Su.21/17,18).<sup>[9]</sup> Plenty of herbal and herbo-mineral preparations are in the practice which strengthens the cardiovascular system, act as cleansing agents for the microcirculatory channels (*sroto-sodhaka*) and aid in lipid metabolism. *Gangadhar* added *Guru*, *Ruksa* and *Ushna* properties, most suitable to alleviate *Vata*, *Sleshma* and *Meda*. *Katu*, *Tikta* and *Kasaya Rasa* can be used for treatment of *medoroga* and *Dasavidha Langhana* therapy is mentioned or the same by *Charaka* (Ca. Su.23/8-25).<sup>[10]</sup> In *Ashtanga Samgraha* usage of *Laghu*, *Ushna*, *Ruksa*, *Tikshna*, *Sara*, *Kathina*, *Vishada*, *Khara* and *Sukshma Guna* are suggested for *medoroga* management as they possess *Kapha-nashaka* and *medohara* actions. (As.Su.1/38-40). *Charaka* mentioned *Lekhaniya Dashemani Dravyas* (Cha. Su.4), while in 38th chapter of *Sushruta Sutra*, various groups of drugs like *Varunadi Gana*, *Sala-Saradi Gana*, *Rodhradi Gana*, *Arkadi Gana*, *Muskadi Gana*, *Trushana* etc. are described as *Medonaashaka*. The following drugs/formulations may help in the prevention and management of lipid metabolism related complications in the patients of *Medo roga*, are given below in table.

Single Drugs	Compound Drugs	Medohara Gana mentioned in classical literature	Others
<i>Guduchi</i> , <i>Vidanga</i> , <i>Vacha</i> , <i>Haritaki</i> , <i>Madhu</i> , <i>GuggulNirgundi</i> , <i>Chitraka</i> , <i>Katuki</i> , <i>Haridra</i> , <i>Musta</i> , <i>Kushta</i> , <i>Daruharidra</i> , <i>Ativisha</i> , <i>Chirbilva</i> , <i>Pippali</i> , <i>Sunthi</i> , <i>Varuna</i> , <i>Shigru</i> , <i>Tarkari</i> , <i>Bilva</i> , <i>Agnimantha</i> , <i>Asana</i> , <i>Taala</i> , <i>Aguru</i> , <i>Kadali</i> , <i>Priyala</i> , <i>Bhurja</i> , <i>Ashoka</i> , <i>Lashuna</i> , <i>Chitraka</i> , <i>Yava</i> , <i>VachaDhava</i> , <i>Khadhira</i> , <i>Moorva</i> , <i>Kuchandana</i> , <i>Arka</i> , <i>Karanja</i> , <i>Amalaki</i> , <i>Jotishmati</i> , <i>Kalinga</i> , <i>Arjuna</i> , <i>Madhuka</i> , <i>Aswatha</i> , <i>Bhallataka</i> , <i>Udumbara</i> , <i>Palasha</i> , <i>Jambu</i> , <i>Lodhra</i> ,	<i>Medohara Guggul</i> , <i>Navak Guggul</i> , <i>Triphala Guggul</i> , <i>Trigunadi Guggul</i> , <i>Arogyavardhini Vati</i> , <i>Chandraprabha Vati</i> , <i>Punarnavadi Kwatha</i> , <i>Shilajativadi Vati</i> , <i>Vidangadi Churna</i> , <i>Takrarishta</i> , <i>Trikatu</i> , <i>Navayasa lauha</i> etc.  <b>Dipana:</b> 1) <i>Shunthi</i> 2) <i>Pippali</i> 3) <i>Maricha</i> 4) <i>Pippalimoola</i> 5) <i>Chitraka</i> 6) <i>Lashuna</i> 7) <i>Panchakola</i> <b>Pachana:</b> 1) <i>Hingwashtaka churna</i> 2) <i>Trikatu churna</i> 3) <i>Lavanabhaskara churna</i> 4) <i>Lashunadi vati</i>	<i>Varunadi Gana</i> , <i>Arkadi Gana</i> , <i>Lekhaniya Gana</i> <sup>[8]</sup> , <i>Shalasaradi Gana</i> , <i>Tryushana</i> , <i>Ushakadi Gana</i> , <i>Asanadi Gana</i> , <i>SurasadiGana</i> , <i>Vatsakadi Gana</i> , <i>Vacha Haridradi Gana</i> , <i>Nyagrodhdi Gana</i> , <i>Lodhradi Gana</i> , <i>Mushkadhi Gana</i> , <i>Vatsakadi Gana</i>  <b>Medhya Medhya</b> drugs reduce stress and improve memory. When stress is relieved, person will not consume increased quantity of food. <i>Medhyavati</i> , <i>Saraswatarista</i> , <i>Vacha-choorna</i> , <i>Shankha-pushpi</i> , <i>Yashtimadhu</i> , <i>Choorna</i> , <i>Guduchi Kashaya</i> , <i>Bramhi swarasa</i>	<b>Anti-atherogenic</b> 1) <i>Kanchanara Guggulu</i> 2) <i>Triphala Guggulu</i> 3) <i>Amrita Guggulu</i> 4) <i>Lashuna kalpa</i> 5) <i>Arjuna - Arishta</i> 6) <i>Maricha-choorna</i> <b>Rakta-prasadaka:</b> 1) <i>Mahamanjishtadi Kashaya</i> 2) <i>Mahatiktaka Kashaya</i> 3) <i>Sarivadyasava</i> 4) <i>Chandanasava</i> 5) <i>Guggulutiktaka Kashaya</i> <b>Blood Thinners:</b> 1) <i>Guggulu Kalpa</i> 2) <i>Lashuna Kalka</i> 3) <i>Maricha Churna</i> 4) <i>Vishatinduka Vati</i> <b>Coronary vasodilators:</b> 1) <i>Guggulu Kalpa</i> 2) <i>Lashuna Rasayana</i>

## CONCLUSION

Each Ayurveda medicine & *Aahara Dravya* has specific pharmacological actions like, some act on *Agni Deepan Pachana*, some on *Srotoshodhana* property, some directly act on *Medo Dhatu*. This study provides lipid lowering drugs & *Pathya Aahara Vihar* in prevention and management of dyslipidemia as per *Ayurveda* and research evidences. It can be concluded that some medication along with *pathya ahar vihar* (Diet and lifestyle modification) can be helpful to manage such type of diseases and prevent their side effects.

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