

SWASTHVRUTTA IN SHALAKYA TANTRA - A LITERARY REVIEW

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ABSTRACT

Ayurevda is a science which gives healthy life of healthy person, and treatment to diseased person. There are 3 pillars of ayurveda as ahara, nidra & brahmacharya. We have to maintain our daily regiments & seasonal regiments also to have healthy long life. Ayurevda classics has nidana (Causative factors) for every different diseases. For particular In Shalakya tantra some ahara - viharaj precautions can save from very serious diseases like hearing loss, blindness, Migraine & other serious disorders also. The article has very useful information about maintaining healthiness of eye, ear, nose, throat and head region.

KEYWORDS: Brahmacharya, Nidana, Ahara-viharaj, Precautions, Migraine.

INTRODUCTION

Since this ancient discipline believes in the principles of "Aturashya Vikar Prasamanam" (treatment of ill person) and "Swasthasya Swasthya Rakshanam" (maintaining health of healthy individuals), *Ayurveda* focuses on restoring and promoting overall health.^[1]

One of the eight specialised disciplines of surgical procedures and treatments in *Ayurveda* is *Shalakya Tantra*. The diagnosis and treatment of conditions affecting the head and neck, which includes the eyes, ears, nose, throat, and oral cavity, are its main areas of focus. Conversely, *Swasthavritta* is a distinct branch of *Ayurveda* that focuses on preventative medicine and preserving general health and well-being; it is not a particular component of *Shalakya Tantra*.

Swasthavritta encompasses various lifestyle practices, dietary guidelines, daily routines, and seasonal regimens to promote health and prevent diseases. The teachings of *Swasthavritta* are essential for everyone, not just those seeking treatment for specific ailments.

Swasthavritta fulfill aim of 'Swasthasya Swasthyraksanam', the person who follows rules of *Swasthavritta* acquires good physical and mental health, complexion, compact body, luster, happiness, longevity and disease free state. The concept of *Swasthavritta* helps to establish equilibrium of *Dhatus* and *Doshas* therefore maintain normal physiological functioning of body.

Acute otitis media, allergic and infectious rhinitis, acute tonsillitis, pharyngitis, and nutritional deficient eye

disorders are among the many common ENT (ear, nose, and throat) disorders.^[2]

Without seeing, a person is as worthless as an insect, regardless of other physical attributes such as strength or attractive look.

Efforts should be made by everyone to protect one's eyesight regularly. Even if a blind person is wealthy, day and night are equal to him, and the entire world appears to be pointless.^[3]

Many eye disorders have been caused by changes in lifestyle, pollution, excessive use of computers and mobile phones, inconsistent sleeping patterns, inappropriate daily and seasonal routines, physical inactivity, incorrect body posture and a disrupted biological clock.

Various Hetu and Pathya –Apathya related to *Netra*, *Karna*, *Nasa*, *Shiro*– *Vikaras* are also mentioned in detail by *Acharya Sushruta*.

It's important to note that both *Swasthavritta* and *Shalakya Tantra* are integral parts of *Ayurveda*, each serving unique purposes in promoting health and treating diseases. Consulting an experienced *Ayurvedic* practitioner is crucial to receiving personalized advice and treatments based on individual health needs and conditions.

Here are some of the key elements that *Swasthavritta* includes.

- 1) *Dinacharya* (Daily Routine),
- 2) *Ritucharya* (Seasonal Regimen),
- 3) *Aahara* (Diet),
- 4) *Vihara* (Lifestyle),
- 5) *Nidra* (Sleep),
- 6) *Sadvritta* (Ethical Conduct).

While *Swasthavritta* provides general guidelines for maintaining good health, *Shalakya Tantra* deals with specific diseases and conditions related to the head and neck region, such as eye disorders, ear problems, sinusitis, dental issues, and more. *Ayurvedic* treatments and surgical procedures are applied in *Shalakya Tantra* to manage these conditions.

Dincharya- Daily Routine- Following a disciplined daily routine that aligns with the natural rhythms of the day, such as waking up early, cleansing practices, physical exercises, meditation, and regular meal timings and some other modalities which helps to balance our Body and Mind.

Dinacharya has been several *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, *Asthang Sangraha* etc. we have also referred the various website and scientific journals to collect information regarding current researches on the relevant topics, articles etc.

Activities under *dincharya*

1. *Brahmuhurte jagarana*.
2. *Malotsargavidhi*.
3. *Danta Dhevan Jihvanirlekhana Evam Achmana*.
4. *Anjana*
5. *Nasya*
6. *Kavala Evam gandhush*
7. *Dhoomapana*
8. *Abyanga*
9. *Vyayam*
10. *Udawartana*
11. *Snana*
12. *Bhojanavidhi*

1. *Brahmuhurte jagarana*^[4]

ब्राह्मेमुहूर्तउत्तिष्ठेत्स्वस्थोरक्षार्थमायुषः। (अ.ह.सूत्रस्थान. 2/1)

Two *Muhuratas*, or one hour and thirty-six minutes, before sunrise is the walking time for a healthy person. Early morning awakenings promote greater physical, mental, and spiritual health by providing more time for beneficial practices including *yoga*, *pranayam*, *Dhyana*, *Atmagyana*, *Paramatma gyana*, and study. Stress is decreased, intelligence is enhanced, and a happy life is provided. It maximises the benefits of improved immunity. It will help to improve your Eye health as well as Ear, nose and Throat related problem.

2) *Malotsargavidhi*

Two significant things *Vachamniyam* by keeping silence with concentration it helps to complete evacuations of stool and urine.

Evacuation should be done when urge is felt. Urge should not be suppressed otherwise it will cause *Shirahshoola*, *Apana vayu Urdhavagti*, *Kartanvata peeda*, evacuation should not be done forcefully otherwise it will cause *Arsha*, rectal prolapse and anal fissure.

It will help to reduce the chances of eye diseases like *abhishtanda* (Conjunctivitis), *Adhimantha* (Glaucoma), *Shiroroga* and *Mukha* related issues like *Mukhapka* (Stomatitis) etc.

Because in *Ayurveda* All disease arise from Stomach, When our Stomach is clean with time than no any disease occurs.

3) *Danta dhavan jihvanirlekhana evam achmana*

Brushing the teeth by herbal twigs or tooth powders with *Tikta*, *Kahsaya*, *Katu rasa* reduces the *Nihantigandham*, *Vairasyam*, *Jihwa-Danta-Malam*. It will help to reduce mouth diseases are caused by mainly *Kapha Dosha*, so *Katu*, *Tikta* and *Kashaya Rasa* helpful to prevent most of the oral disease. After the brushing, powder of *Kushtha*, *Trikatu*, *Triphala* and *Trijataka* mixed with Honey should be applied to tooth and gum.

4) *Anjana*^[5]- (Collyrium)

There are basically 2 types of *Anjanas* mentioned in the classics. Them being *Sauviranjana* and *Rasanjana*.

Sauviranjana is a special collyrium, which is to be applied on a daily basis which makes the eyelids look unctuous and beautiful. It gives clarity of vision and the three colours of the eye are maintained properly, i.e., the health of the eye ball is maintained properly. As these actions indicate that this particular collyrium might increase the *Kapha Dosha*, eye being a *Pitta Sthana*, the *Acharyas* have mentioned about another collyrium.

Rasanjana -This is to be applied on a weekly basis to reduce the *Kapha* increased in the eye due to daily usage of *Sauviranjana*. In our day to day life, we can practice the *Anjana Karma* which is a part of the *Kriyakalpa* by application of natural *Kajal* made from the soot of the lamp on a daily basis and application of *Daruharidra Anjana* on a weekly basis.

The eyes benefit from the use of *Sauviranjana* (antimony sulphide collyrium) every day and *Rasanjana* (*Berberis aristata* extract) every fifth or seventh day. Both of these remedies assist maintain the eyes clear by eliminating *Kapha Dosha* from the eyes through tears. From the inner to the outer canthus, *anjana* is applied. It purifies the eyes of people, making them shine as brightly as the moon in a clear sky. The dissolution and emptying of the

stored vitiated *Kapha* is associated with *Anjana's* activity. It maintains *Netra srotas* in good condition, widens blood vessels, and improves blood flow. Therefore, the best easy ophthalmic treatment to avoid eye ailments is to constantly do *Anjana* as *Dinacharya*.

5) *Nasya*^[6]

“नस्येनरोगाःशाम्यन्तिनराणामूर्ध्वजत्रुजाः ।

इन्द्रियाणांचवैमल्यंकुर्यादास्यंसुगन्धिच ॥५४॥

हनुदन्तशिरोग्रीवात्रिकबाहूरसांबलम् ।

वलीपलितखालित्यव्यङ्गानांचाप्यसम्भवम् ॥५५॥” (Su. Chi. 40/54-55)

Nasya cures the diseases of organ above shoulder of human being get relieved. Instillation of oil in nose avoids the entry of dust particles into the nasal tract. The olfactory nerve endings are seen on cribriform plate of ethmoid bone. *Nasya dravyas* triggers the nerve ending and send the message to the CNS because of this the organ of above shoulder keeps healthy.

6) *Kavala and Gandoosha*^[7]

It prevents and treats problems of the throat and oral cavity. Oral cavity circulation improves as a result of the *Kavala* and *Gandoosha* treatment. The *Kavala* gargling treatment has a soothing effect on the mouth mucosa and strengthens the cheek and face muscles.

7) *Dhoomapana*^[8]

Dhumapana is scientific, rational & logical approach in the drug delivery system specially in respiratory system. By *Dhumapana* the drug reaches the desired site of action directly & thus initiate as immediate action.

- *Dhumapana* functions as an expectorant, shields the mucosa, liquefies secretions that are growing, etc. By directly stimulating the respiratory secretions, *Dhumapana* volatile oil increases them when taken orally or inhaled with steam.

8) *Abhyanga*^[9]

Abhyanga enhances vision and prevents ailments of the head, foot, and ears. By improving the lymphatic, artery, and venous flow, *abhyanga* strengthens the skin and increases its colour, texture, and local tissue quality. *Abhyanga* improves blood flow throughout the body, oxygenates the brain, and promotes sleep.

***Shirobhyanga* (Head massage):**-*Shiroabhyanga* eliminates diseases of head. Makes hairs grows well, soft, long, thick, *Snigdha* and black, rejuvenates the *Indriyas*, induces good sleep.

***Karnapuran*:**- *Karnapuran* with oil prevents the diseases of Ear. It prevents the diseases of *Hanu* (Chin), *Manya* (Neck region), *Shira* (Head) and *Karnashoola* (Earache). Daily instillation of oil in ear helps to keep away from *Vataj Karnaroga*.

***Padabhyanga* (Foot massage with oil)^[10]:**- Eye diseases can be prevented using *Padabhyanga* with oil or *Goghrit*. It is recommended that *padabhyanga* be used to treat sleep disorders, improve vision, relieve weariness, treat numbness in the feet, and soften the feet.

9) ***Vyayam***- Daily exercise or *Yoga* practice in morning hours helps to maintain efficiency of lungs, increases circulation thus clears blockage, prevent digestive problems and cure numbness especially related to the sense organs.

Eye exercises for healthy eye^[11]

Ex. 1- **Palming** (eye concealing)- Eye relaxation can be achieved by closing and concealing the eyes with hands so as not to expose them to light.

Ex. 2- **Light exposure** (solarization) - Nowadays, in the time of domination of sunglasses, we are hardly accustomed to the intense light or its rapid change. It can hardly be rationally explained why we need to wear dark glasses on the nose in sunny days. The process of adoption of proper responses to light is one of the basic methods in the art of conscious vision. For the eyes to see properly and remain in the state of unwinding and relaxation, the sunlight is indispensable.

Ex.3- **Blinking**- The large amounts of dust in the air gather also on the surface of our eyes, therefore the regular and unimpeded blinking is essential to purify and moisten the eyes.

Ex.4 – **Eye Massage**- This exercise is aimed at improving the flow of energy in the eyeballs and head. It relies on the ancient Chinese tradition of acupuncture and is especially helpful when we begin to be tired mentally.

Dhyanam

Meditation in peaceful atmosphere at lonely place in morning time helps to boost strength of mind thus provide relief in mental disorders including anxiety, stress, depression, insomnia and relaxes whole body physically as well as mentally thus cure weakness and fatigue.

10) ***Snanam*^[12]**- *Snanam* (Bath) Generally, the sense organs get freshness with bath. The temperature mechanism is maintained and blood circulation is kept intact. Hot water is preferably for body bath and cold water for head bath. Hot water for head bath will adversely affect the hair and eyes.

***Ritucharya* - (Seasonal regimen)**

1) ***Rituacharya*^[13] (Seasonal regimen)** is the ancient *Ayurvedic* practice and is comprised of two words, “*Ritu*” which means season and “*charya*” which means Regimen or discipline. *Ritucharya* consists of lifestyle and *ayurvedic* diet routine to cope with the bodily and mental impacts caused by seasonal

changes as recommended by *Ayurveda*. *Ritucharya* Adapting lifestyle and diet according to the changes in seasons to maintain balance and prevent seasonal illnesses.

As per *Ayurveda* there are 6 seasons (Ritus) They are

- *Hemanta* (Early winter)
- *Sisira* (Extreme winter)
- *Vasantha* (Spring)
- *Greeshma* (Summer)
- *Varsha* (Rainy)
- *Sharadha* (Autumn)

Ritu	Months	Pathya Ahara(Recommended Diet) & Vihara (Regimen)	Apathya Ahara (Restricted Diet) & Vihara(Regimen)
<i>Hemanta</i>	Margshirsh and Pausha (Mid November - Mid January)	Substances having <i>Snigdha</i> , <i>Amla</i> & <i>Lavana Rasa</i> . <i>Udaka mamsa</i> , <i>Anupa Mansa</i> for fatty person. <i>Bileshya Mansa</i> and <i>Prasaha mansa</i> Regular intake of <i>Gorasa Vikruti</i> <i>Ikshu rasa</i> <i>Vasa, taila</i> <i>Navodana</i> Luke Warm Water. Vihara:- <i>Abhyanga</i> <i>Utsadana</i> <i>Murdini taila</i> <i>Jentaka Sveda</i> <i>Atapa Sevana</i> . Residing in celler Hot Chambers, middle of the house.	Avoid foods and drinks which are light and causes vitiation of vata. Stormy weather Less than the required quantity of food. <i>Udamantha</i> (<i>Saktu</i> mixed with water).
<i>Sishira Ritu</i>	(Mid January – Mid March)	All the measures prescribed for <i>Hemanta Ritu</i> are also holds good during <i>Shishira ritu</i> .	Foods and Drinks which pissess <i>Katu</i> , <i>Tikta</i> and <i>kasaya rasa</i> . Aggravates <i>Vata</i> . Light food substances. Cold substances.
<i>Vasanta Ritu</i>	(Mid March- Mid May)	Take food with <i>Yava</i> , <i>Godhuma</i> , Meat of <i>sarabha</i> , <i>sasa</i> <i>Ena</i> , <i>Lava</i> , <i>Kapinjala</i> . Recommended to drink, Harmless alcoholic beverages like <i>Sidu</i> , <i>Madvika</i> Etc. Vihara- <i>Vyayama</i> Powder Massage(<i>Udvartana</i>) Medicated Fumes(<i>Dhumapana</i>)Mouth Gargles(<i>Kavala</i>) Use of Warm water for washing and Bathing.	Avoid <i>Guru</i> , <i>Madhura</i> , <i>Amla</i> And <i>Snigdha Dravya</i> Avoid Day Sleep.
<i>Grishma Ritu</i>	(Mid May- Mid July)	Food and drinks having <i>Madhura Rasa</i> , <i>Sita Gun</i> , <i>drava</i> and <i>Snigdha</i> . To Take <i>Shita Mantha</i> mixed with sugar Meat of animal and birds dwelling in arid region Ghee Milk	Substances having <i>lavana</i> , <i>amla</i> <i>katu</i> , <i>ushana</i> and <i>Vyayama</i> .

		Shali rice.	
Varsha Ritu	(Mid July- Mid September)	Use Honey in General for preparing diet, drinks and other food substances. Take food only <i>Amla, Lavana Rasa</i> and <i>Sneha guna</i> to pacify <i>Vata</i>. To maintain the power of digestion old cereals like <i>Yava, Godhuma</i> and <i>shali rice</i> is to be given along with the processed <i>Jangala Mansa Rasa</i> and <i>Yusha</i>. One should Drink <i>Madvika</i> or <i>arista</i> Type of Lipuors: Rainwater, Boiled & Cooled Water, Well Water And Lake Water mixed with Little honey. Vihara- To go for <i>Pragharsana, Udvartana, Snana</i>. Recommended to wear perfumed garlands, light and clean clothes. Reside in such a place that is free from moisture and cold weather.	Avoid taking <i>Udamantha</i> (Parched paddy flour mixed with water and ghee). Sleeping in daytime. Sleeping in the open air during nighttime by exposing cold breezes and dews. River water Heavy exercise. Exposing to sun.
Sharada ritu	(Mid September- Mid November)	Food and drinks contain <i>Madhura</i> and <i>tikta rasa</i>: <i>Laghu guna</i> and <i>shita Virya</i> are advised quantity and when the person feels hunger. Meat of <i>Lava, Kapinjala, Ena, Aurabhra, Sarabha</i> and <i>sasa</i>. <i>Shali dhania, Yava, Godhuma</i>. Vihara- To conquer the vitiated <i>pitta, tikta ghruta pana</i>. Spending the evening time by enjoying moonlight seated on the terrace, radiant and decorated with neat dress, flower & pearl garland, sandal pastes etc. <i>Virechana karma Raktamokshana</i>	Exposing to sun. Intake of muscle fat and oil. Sleeping in the open air during nighttime by exposing cold breezes and dews. Meat of aquatic animals as well as the animals and birds living in marshy land. Alkaline Substances. Curd. Sleeping in day time Winds blowing from eastern direction.

2) **Aahara (Diet)**^[14]: Emphasizing a balanced diet that includes fresh, seasonal, and natural foods with appropriate nutritional value, while avoiding excessive intake of heavy, oily, and processed foods.

Beneficial grains

For mitigating *Kapha* and *Pitta* – *Yava, Godhuma, Shali rice, Shashtika, Kodrava, Mudga* etc, Which are old, should be used along with plenty of *Purana Ghruta*. In

Addition to this *Yusha, Peya, Vilepi* of *Kulatha* mixed with *Ghruta* Should also be used.

Beneficial vegetable

Surana, Patola, Vartaka, Karvella, Unripe banana, mulaka, punarnava, kakamachi, Ghrutakumari, Dhanyaka, Dadima, draksha and other items having similar properties.

Regular Use of Meat Of animals of desert is also beneficial.

Lodhra, Triphala, Madhu, Chandana, Karpura, Breast milk, *Sharkara, Saindhava* as well as *Tikta* and *laghu* i.e. easily digestible food items are also beneficial.

Only five green vegetables (Shaka- pancham) – *Jeevanti, Vastuka, Matsyakshi (Jalapimpali), Meghanada (tandulaja)* and *punarnava* are advised to be used.

Rain water should be used for drinking.

3) Vihara (Lifestyle): Encouraging a balanced lifestyle that includes adequate physical activity, regular exercise, and proper rest.

- Avoid direct wind
- Wear Cap & sunglasses while moving outside into dust or hard sunlight
- Instil 1 drop of cow ghee in both nostrils while moving outside.
- Wear ear plug while moving in high level of sound area, like DJ Parties, Heavy sound machineries.

4) Nidra (Sleep): Promoting sufficient and restful sleep to allow the body to rejuvenate and heal.

5) Sadvritta (Ethical conduct): Following ethical and moral principles to maintain mental and emotional well-being.

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