



**APPRAISAL OF AYURVEDA IN PREVENTIVE HEALTH CARE-A COMPREHENSIVE  
REVIEW**

**S. K. Giri<sup>\*1</sup>, Sanghamitra Patnaik<sup>2</sup>, Shashidhar H. Doddamani<sup>3</sup> and Raghavendra Naik<sup>4</sup>**

<sup>1,3</sup>Research Officer (Scientist 2).

<sup>4</sup>Research Officer (Ayurveda), Regional Ayurveda Research Institute for Metabolic Disorders, Jayanagar Bangalore - 11.

<sup>2</sup>Professor and HOD, Dept. of Panchakarma, Sushruta Ayurveda Medical College and Hospital, Prashanti Kutheera, Jigani, Bengaluru.

**\*Corresponding Author: Dr. S. K. Giri**

Research Officer (Scientist 2).

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**ABSTRACT**

Innate desire for health, longevity and disease free life gave birth to an Immortal science known as Ayurveda, Upanga of Atharva Veda and regarded as fifth Veda. This is one of the world's oldest medicine system which mainly emphasis on prevention and health promotion. The science which deals with Ayu and which provide Ayu. The prime motto of Ayurveda is "Swasthyasya Swasthya rakshyanam and Aturasya Vikara prasamanam". means maintain health and to treat the disease. So the first aim is prevention of the disease and promotion of health. Here in this article, role of Ayurveda in prevention of disease is highlighted on the basis of Ayurvedic principles.

**KEYWORDS:** Preventive, Swasthya, Vikara, Dukha, Sukha.

**INTRODUCTION**

Ayurveda adopts the holistic approach to the entire science of life, health and cure. The areas of Ayurveda are specially immunology, rejuvenation, nutrition and higher consciousness which mainly highlights prevention of positive health. Ayurveda deals with two words. Ayu + veda. Again Ayu → A + yuja. "A" means entire "yuja" to combine. So "Ayu" as a whole the entire span which combine birth to death. 'Veda' to obtain the knowledge. Hence Ayurveda stands for codified system of life and health science or knowledge of life which implies wholesome and unwholesome for life, creates happiness and unhappiness for life and duration of life. It also popularly known as Astanga Ayurveda and Trisutra Ayurveda. Astanga Ayurveda<sup>[1]</sup> signifies its 8 branches that is Kaya chikitsa (General medicine), Bala chikitsa (Paediatrics), Graha chikitsa (demonology), Urdhawanga (ENT), Shalaya chikitsa (Surgery), Damstra (Toxicology), Jara (Geriatric), Brushan (Aphrodisiac).

Trisutra or Tristhuna Ayurveda implies it's 3 basic principles – Hetu sutra (Aetiology), Linga sutra (Symptomatology), Ousadha sutra (Medicines).

Ayurveda is mainly based on Pancha Bhoutika Sidhanta i.e. "Yat Pinde Tat Bramhanda". Entire Prakruti (environment) is made up of 5 Maha Bhuta. Khiti, Ap, Teja marut, vyoma and human body also made up of 5 Maha Bhuta.

There are 13 factors which are responsible for health (Swasthya) and disease (Vyadhita).

**Doshas (3);** Vata resembles (Acetylcholine), Pitta resembles (Catecholamines), Kapha resembles (Histamines).

**Dhatus (7);** Rasa – Serum, Rakta – Blood, Mansa – Muscle tissue, Meda – Fat tissue, Asthi – Bone tissue, Majja – Bone marrow, Sukra – Semen.

**Malas (3);** Purisha – Faeces, Mutra – Urine, Sweda – Sweat.

Equilibrium of all these factors is health. Better health can be achieved by preventing the disease which is the root way of human happiness and wellness. Better health and wellness is necessary for the prosperity of the individual as well as the prosperity of nation. Better health can be achieved by following the basic fundamental principles of Ayurveda.

**Basic fundamental principles of treatment**

Chikitsa is mainly based on<sup>[2]</sup> "Dhatu Samya Kriya Chokta Tantrasyasya Prayojanam"

- To maintain the equilibrium of Dhatu ie tissue element.
- To maintain health and cure diseases.<sup>[3]</sup>

- To provide nourishment (Brumhana) to the decreased doshas, to suppress the (samana) slightly aggravated doshas and excrete in greatly aggravated dosa and to protect the normal dosha.<sup>[4]</sup>

The last chikitsa sutra ie “Samah Paripalya” – protect the normal doshas ie preventive measures is the prime principle of treatment of Ayurveda. Because “Prevention is better than cure” and “Health is Wealth”.

### The Diagnostic tools of Ayurveda

“Rogamadyou parikhyeta Tadanantaram ousadham”  
Pariksyā karino hi kusala bhavanti”<sup>[5]</sup>

First the physician should examine the patient vividly then he should start treatment then only he can become the successful physician.

- Dwividha - Darshana (Inspection), Sparsana (Palpation)
- Trividha Darsana (Inspection), Sparshana (Palpation), Prasna (Interrogation),
- Chaturvidha Darsana (Inspection), Sparshana (Palpation), Prasna (Interrogation), Yukti (Hypothesis).
- Panchavidha Darsana (Inspection), Sparshana (Palpation), Thepanna (Percussion), Shravana (Auscultation), Prasna (Interrogation).
- Sadvidha<sup>[6]</sup> - Panchagyanendriya (5 sense organs), Prasna (Interrogation).
- Astasthana<sup>[7]</sup> - Nadi, Mutra, Mala, Jihwa, Sabda, Sparsa, Druk, Akruti.
- Dasavidha<sup>[8]</sup> - Prakruti, Vikruti, Sara, Samhanana, Ahara Sakti, Vyayam Sakti, Pramana, Satmya, Satwa, Vayah.

### Preventive health care

Preventive health is the modification of food and lifestyle based on the condition to move towards a state of optimal health. Preventive health care involves measures taken to stay free from diseases without medication.

In Ayurveda Arogya is considered as Sukha ie Su + kha. ‘Su’ indicate proper state and Kha means channels. So Arogyata or Health is proper state of all the channels of the body and ‘Vikara Avastha’ or disease state is

### I. Dinacharya (Daily routine)<sup>[12]</sup>

Ayurveda recommends a daily routine with good hygiene, moderate exercise, and healthy diet, efficient elimination of waste and positive mental outlook. We should start our day with

	Daily routine	Significance
1	Getting up from bed in Brahma muhurtha ie. 45 minutes before sunrise	Maintain the balance of tridosa hence equilibrium of body. Brahma means knowledge (Gyana). So this is the suitable time for Adhyayana (Reading).
2	Nasa pana or Usha pana - drink water either through nose or orally, that should not too hot and too cold by keeping it in tamrapatra in night time and take in morning i.e. Usha (Before sunrise)	Cleanses the GIT mainly equilibrium of Tridosha, acts as rejuvenator, enhances eye power, prevents aging, cures almost all sorts of disease.
3	Shoucha (Passing of natural urges)	Prevents all the disease and makes the body healthy. To initiate urge drinking coffee, cigarette smoking, chewing

“Dukha” ie Duh + kha or deranged state of channels of the body.<sup>[9]</sup>

### Health according to Ayurveda

“Sama dosha Samagnisiha Samadhatu Malakriya Prasannatmandriya swasthya ityabhidhiyati”<sup>[10]</sup>

Health is equilibrium state of Dosa, Dhatu, Mala (13 factors) and Agni (13 types responsible for digestion and metabolism) and pleasant state of Atma (soul), Indriya (sense organ) and Mann (mental state or mind).

So ‘Swasthya’ is “Swa Swasthana Sthithi” – Proper state of every element of body.

### Health according to W.H.O

Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

So, according to Ayurveda and W.H.O. health is nothing but physical, mental and social well being.<sup>[11]</sup>

Ayurveda emphasis on 3 upastambha (pillars) i.e. Ahara (Food), Nidra (Sleep) and Brahmacharya (regulated social behaviours) for positive health.

In ayurveda special branch is there for prevention of disease i e Swasthya vritta which means establishing oneself in good habits i.e. one should avoid excess of everything i.e. “Ati Sarvatra Varjayet”.

### SWASTHA VRITTA

Swastha vritta highlights grossly 5 factors for preventive purpose.

- Daily routine (Dina charya) and seasonal activities (Ritu charya) to prevent illness.
- Ritu Sodhana – Seasonal purification for detoxification of body by excreting deposited toxin for the purpose of srotasodhana ie. Cleaning of all systems of body.
- Rasayan or Rejuvenation of the system to enhance health and quality of life.
- Achara Rasayana and Sadvritta
- Yoga

		tobacco should be avoided. Ushnodaka (Warm water) is best.
4	<b>Danta dhavana and Jihwa Nirlekhana</b> (Brushing of teeth and tongue cleaning)	Dasanasamskara churna, Katu, Tikta Kasaya rasayukta churna is more preferable because it prevents the deposition of sharkara (tartar) in the tooth. It prevents the foul smell of the mouth and tastelessness, body becomes fresh.
5	<b>Anjana</b> (Collyrium)	Cleanse the eye, eyelashes and keep it oily.
6	<b>Nasya</b> (Nasal medication) Commonly used Anutaila	It cures all sorts of disease specifically diseases of upper part of the body, makes the nasal mucosa strong and prevent infection.
7	<b>Gandusha</b> (Keeping the oil or decoction in mouth without moving) Commonly used warm water, irimedadi taila.	Strengthen the shoulder, flourishes the skin of face and sense organs reduces wrinkles, clear the voice i.e. prevent infection
8	<b>Tambula sevan</b> (Betel leaves with Jatiphala, Lavanga, Khadira chuna etc.	Prevent foul smell of mouth, enhances taste, prevent cardiac diseases.
9	<b>Vyayama (Exercise)</b> – upto Ardhasakti	To keep body and mind in balance state.
10	<b>Udvaartana</b> (Augmentation)	Reduces kapha meda. It opens pores, enhance bhrajaka pitta which liquefy sub cutaneous fat and reduces weight.
11	<b>Snana (Bath)</b> – Lower part of the body with warm water and shira snana with cold water because cool brain and warm feet is healthy sign.	Enhances digestive capacity, Ayu (longevity), pusti (nourishment) and extraction of toxin, keeps mind calm with facilitate circulation.
12	<b>Ahara</b> – Two times in a day. It should be ushna (hot), snigdha (unctuousness); one should take when he is hungry, light diet in night time.	Pure food keeps the body and mind pure. “Ahara shudhou satva shuddhih, Satva shudhou dhruvah smrutih” (Chhandogya Upanishad chapter 6)
13.	<b>Sadvartana</b> - Healthy discussion with good people	Enhances knowledge and peace of mind.
14	<b>Nidra</b> -Early to bed and early to rise. The person working in night shift should take rest in the morning in empty stomach and take an oil massage and have warm water bath, will free from all ill effects.	Provide good health, improve quality of life and happiness.

Following all these principles improves quality of life and keep the body disease free.

### Rutu charya (Seasonal regimen)

Entire year is divided into 2 kalas.

**Adana Kala** (Sun more powerful), Shisira (cold season), Vasantha (spring), Grishma (summer).

**Visarga** – (Moon is more powerful), Varsha (raining), Sharat (autumn), Hemant (winter).

According to change in climate our digestive capacity and strength and availability of the food in nature also changes. So accordingly we should change our diet and regimen. Then body will slowly adjust with nature and climatic change.

In Ayurveda proper diet and regimen according to season is mentioned. By following that we can live a disease free life.

## II. Ritu Sodhana (Seasonal purification)<sup>13</sup>

(Time for dosha deposition / aggravation / excretion)

Doshas	Sancharya	Prakopa	Nirhamana / Procedure
Vata	Grishma	Varsha	Varsha - Vasthi (Enema) Sraavana (July – August)
Pitta	Varsha	Sarat	Sarat - Virechana (Purgation), Margashira (Nov – Dec)
Kapha	Hemanta	Vasanta	Vasanta - Vamana (Emesis) In the month of Chaitra i.e. March – April, Tikshna, Nasya(nasal inhalation), Tikhnagandusa(mouth washing).

By undergoing seasonal purification the person can avoid rutu janita disease.

### Ritu Sandhi<sup>14</sup>

The last week of previous ritu and the first week of coming ritu, that period is called Ritu Sandhi which is the suitable time to leave the diet and regimen of

previous ritu and adopt the diet regimen of coming season in Padansika Krama (1/4<sup>th</sup>). So, by following this, the body becomes sthira.

### Yamadamstra<sup>[15]</sup>

The last eight days of kartika and first eight day of margashira is called as yamadamshttra. During this period, people should take less diet to remain healthy.

Ayurveda accept by undergoing Vasantika Vamana, Tikshna nasya in the month of March and April, Saradiya virechana and Rakta mokshana in the month of November and December and Basti therapy in the month of July and August, the person can become free from different sorts of Ritu janitha vyadhi and also the immunity power becomes more. So Panchakarma activates body's natural processes and eliminates mala (waste) from the body. Hence by undergoing ritu shodhana in proper season, the life expectancy of individual can be increased. Ritu shodhana activate immune system by providing proper nutrition to all tissue elements due to srotoshuddhi by activating the function of cytotoxin, T cells and helper T cells. So, it causes maintenance of health.

### III. Rasayana therapy

Rasayana therapy (rejuvenatio) affords a comprehensive and metabolic restoration. Rasayana provide long life, prevent ageing and diseases, good memory, improve complexion, good voice and strength. It helps us to reach utmost healthy state. Rasayana indicates rasa+ ayana means nourishment to all the channels of the body. Rasayans are micronutrient.

Rasayana should be taken after ritu sodhana for better effect.

It acts as immune modulator by eliminating the free radicals from the body. It acts as an antioxidant to prevent cellular damage.

In the present scenario, the hectic life style, anxiety, stress, strain, depression, improper food habit, atomospheric pollution, lack of exercise, sleep, mental disturbances provide the place for the formation of

doshas (free radicals) which cause cell damage. During this condition Rasayan therapy act as antioxidant, immuno modulator to prevent early ageing and to give healthy happy and long life. It is classified in several ways. According to Dalhana,, it is of 3 types.<sup>[16]</sup>

**A.1. Kamyā Rasayan** – which enhances the bala, budhi and soundarya etc.

- Sri Kamyā (Beauty) – Haritakyadi rasayana, Vidanga rasanaya, Tiladi rasayan.
- Medha Kamyā (Intellect) – Jyotismati, Vacha, Brahmi ghrita.
- Ayu Kamyā (Longevity) – Amalaki, Guduchi etc.

**2. Naimittika Rasayan** (Vyadhi nimitta) – to treat the diseases.

Example – Agastya haritaki – Kasa  
Gandhak rasayan – Skin disorders.

**3. Ajasrika Rasayan** – Daily routine – Ksheera ghrita abhyasa of (Aja) goat.

**B.** Rasayana is also classified based on

- Dravya bhuta** (Administration of medicine)
- Adravya bhuta** (Achara rasayan – Good conduct)

**C. i. Sodhana (Ritu)** (Jala nasya, Nimba taila nasya)

**ii. Samana (Medicine)** (Chyavana prasha, Triphala rasayana).

**D.i. Kutipravesika** (living in specific cottage).

**ii. Vatatapika** (normal life).

**iii. Dronipravesik** (special procedure).

By regular intake of these rasayan, it can prevent the serious disorders like cancer, heart disease, kidney disorder etc.

### Specific rasayana in specific srotas related disease (Certain examples of Naimittika rasayana)

Srotas are the biological system or biological channels through which the body function occurs. The vitiation of these srotas breaks the healthy and manifested disease. Specific rasayana benefits srotas related disease.

Specific srotas	Specific rasayana
Pranavaha srotas (Respiratory system)	Agastyaharitaki rasayan, Nagabala rasayan, Sarpiguda, Vyaghri haritaki, Chyavanaprasha.
Udakavaha srotas (Lymphatic system)	Pippali, Guggulu
Annavaaha srotas (G.I. T)	Chitraka ghrita, Narikela khanda, Puga khanda, Panchamrita parpati, vardhamana pippali.
Rasa vaha srotas (Circulatory system)	Yogaraja guggulu, Shiva gutika, Brahmi ghrita, Vardhamana pippali, Ashwagandha, Amalaki, Shilajatu.
Raktavaha srotas (Skin and VD)	Shiva gutika, Gandhaka rasayana, somaraji rasayana, Bhallataka rasayana, Bola parpati, Bhrangaraja, palandu.
Mamsa Asti majja vaha srotas (Musculo skeletal disorder)	Kaishora guggulu, Sudha guggulu, Lasuna kalka, Bruhat chhagaladi ghrita, Lakshadi guggulu, shankha, shukti.

Medavaha srotas (Fat and adipose disorders)	Shilajatu rasayana, Amruta guggulu, Haritaki.
Shukravaha srotas (Reproductive system)	Phala ghrita, shatavari ghrita, Atmagupta, madhusnuhi rasayana,
Purishavaha srotas (Excretory system)	Vidanga rasayana, lashuna rasayana
Mutravaha srotas (Urinary tract disorders)	Shiva gutika, Shilajit.
Svedavaha srotas (Excretory system)	Shiva gutika, pippali rasayana, vardhamana pippali
Manavaha srotas (Psychic disorders)	Brahmi ghrita, Medhya rasayan, Saraswataristha.

### Some common rasayana which can be practised daily

- **Jala Nasya** - Water kept in Tamra patra (Copper vessel) should be taken in the next morning.
- **Medhya rasayan (To enhance intellect)** – Nirantara adhyayan (regular reading), Paratantra Avalokana (read other sciences), Tadvidya sambhasa (seminars), Acharya seva, Satavari rasayan.
- **Vayah Sthapana (To prevent ageing process)**
  - a. Sitala jala, Ksheera, Madhu, Ghrita sevana either one, two, three or four in the morning.<sup>[17]</sup>
  - b. Ritu haritaki<sup>[18]</sup>  
Haritaki with Saindhava – Varsha  
Haritaki with Sarkara – Sarat  
Haritaki with Sunthi – Hemant  
Haritaki with Pippali – Shisira  
Haritaki with Madhu – Vasant  
Haritaki with Guda – Greeshma.
  - c. Amalaki rasayan, Bhringaraj rasayan, Tila rasayan – For beauty – Krishna taila with amalaki or haritaki.
  - d. Abhyanga with Bala taila, Ashwagandha taila
  - e. Shamana snehapana with Ashwagandha ghrita, Satavari ghrita.
  - f. Mahamratyunjaya mantra japa enhances longevity (Agnipurana)

Person should take food after digestion of previous food, avoid suppression of natural urges, follow Brahmacharya and Ahimsa. It enhances Ayu and Budhi. So all these rasayan yogas or procedure possess anti oxidant effect, Immuno modulator effect. Hence allows the person to lead a good, happy and disease free life.

### Acharya Rasayana<sup>[19]</sup>

- Speak truth (Satya vadi)
- Avoid anger (Akrodha)
- Non violence (Ahimsa)
- Avoid alcohol
- Kind to all (Dayaban)
- Sleep in proper time and awake in proper time.
- Pay regards to Guru, Brahma, Acharya.
- Should be free from all sorts of bad things – Ersa, Krodha, Ahamkara etc.
- Have the capacity to control all sense organs.
- Engage oneself to read Dharma shastra etc.

By following all these things causes normal psychological activity → which cause normal hormonal balance → normal anabolic activity → Oja budhi → enhance immunity → Psychoneuro immunity. Mental health leads physical health.

Hence Acharya Rasayan reduces stress and prevent release of free radicals, so it acts in psychic disorders. Thus by following **Acharya rasayana one can get rejuvenating action without taking any medication.**

### IV. Sadvritta (Good conduct)<sup>[20]</sup>

- ✓ Avoid all bad conducts.
- ✓ Adopt all good conducts

### V. Yoga<sup>[21]</sup>

Yoga which is the fruit of teachings of the ancient sages is the first and foremost science of self realisation. It is the spiritual practice through meditation to take us beyond the sorrow and ignorance of the world. By practicing yoga we can leave our ego bound identity and can enter into our immortal self. The root word of yoga is “yuj” means to unite means yoga leads to the union of an individual consciousness with the universal consciousness. Yoga and ayurveda are sister sciences. And intergral part of the great system of vedic knowledge which states that whole universe in onself and the key to cosmic knowledge lies within our own mind and heart. Yoga provides the key to all spiritual development and ayurveda shows us how to attain optimal health not for after enjoyment but to practice a wholesome foundation and sufficient energy and deals with the remedy of all sorts of disease as well as the prescription of lifestyle regimen.

The Ayurvedic knowledge of Doshas and Pranas helps us use medication for healthy and balancing purposes where as the yogic knowlwdge of mind and gunas help us use meditation for self realisation. The fundamental principle of yoga has four broad classification i.e. Karma yoga (utilisation of body), jnana yoga (Utilisation of mind), Bhakti yoga (utilisation of emotion) and kriya yoga (utilisation of energy).

The widely practiced yoga sadhana for healthy and wellness are yama (resistance), niyama (observance), Asana (a stable awareness of ones structural existence), Pranayama (awareness of the flow of in-breath and out-breath), pratyahara (dissociation of ones consciousness from sense organ), Dharana (concentration), Dhyana (meditation), Samadhi (integration), bandha and mudra (certain physical guesture) and shat karmas (detoxification procedure) yuktayukta ahara (food habits for healthy living), mantra (divine consciousness), japa (medicative repletion of mantra), yukta karma (right action for healthy living).

Yoga is the application of vedic wisdom for self realisation and Ayurveda is the Vedic method for healing with right living. Yoga provides the means for purification of mind (chitta shuddhi) and Ayurveda provides us specifically purification of body (Deha shuddi) for optimal health and energy.

### CONCLUSION

In the present era, in this striving race for achievement of success in personal as well as professional career every individual needs positive health. So, Ayurveda emphasises on Dinacharya, Ritucharya, Ritu Sodhana, Rasayan, Sadvritta, Achara rasyana and yoga as preventive health care. Renewed attraction of new generation towards natural resources as opened new horizon for the exploration of Ayurveda like natural health sciences. The tales of Ayurveda had given more emphasis on health. Hence,  
 “Sarvamanya parityajya shareeramanupalayedatah  
 Tadabhava hi bhavanam sarvabhavasharirinan”

Means first one should take care of health. In forthcoming era Ayurveda may be explored with the modern scientific approach for better leads in Health care.

“जीवम शरदः शतम्, पश्येम शरदः शतम्, मोदाम शरदः शतम्”

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