



ANTIHEAMORRHOIDAL DRUGS USED IN AYURVEDA: A LITERARY REVIEW

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ABSTRACT

In Ayurvedic Grantha, Veda, Samhita and Lexicons there are many treatment modalities have been explained for various diseases. In A.P.I. there is collection of these drugs. Under the Drugs & Cosmetics Act, the Ayurvedic Pharmacopoeia of India (A.P.I.) is the book of standards for single drugs included therein and the standards prescribed in the Ayurvedic Pharmacopoeia of India is official. Ayurveda plays vital role in curing Arsha (Haemorrhoids) without surgical intervention there are so many herbal drug having Arshoghna property. In Arshas management the systemic medicines act by improving appetite, regularize bowel habits, astringent action on blood vessels and maintaining Agni and Srotas in equilibrium. Total number of arshoghna single drugs mentioned in A.P.I. part I is 97 and total number of formulations having arshoghna property in A.P.I. part II is 32. The present study is designed to screen all drugs mentioned in Ayurvedic Pharmacopoeia of India (A.P.I.) used for treatment of Arsha.

KEYWORDS: *Arsha, A.P.I., Antiheamorrhoids, Ayurveda.*

INTRODUCTION

India, due to its unique variety of geographical and climatic factors, had a rich and varied flora of medicinal plants since the Vedic period. No wonder that of a total number of over 15,000 plant species in India about 2000 are known to have medicinal properties and some of them are used even as home-remedies in the rural and remotest parts of the country. The Ayurvedic system of medicine has been prevalent in India since the Vedic period, and still remains the mainstay of medical relief to over 60 per cent of the population of the nation. In earlier times the practitioners of Ayurveda (Vaidya) were themselves collecting herbs and other ingredients and preparing medicines. For the purpose of acquiring raw materials Vaidyas now depend on commercial organizations trading in crude herbal drugs. Likewise, with passage of time a number of Ayurvedic Pharmaceutical units have come up for the manufacture of Ayurvedic drugs and formulations on commercial scale.^[1]

To ensure control over the production and sale of medicines the Drug and Cosmetic Act 1940 was accordingly amended in 1964. According to this act the manufacture should be carried under prescribed hygienic conditions, under the supervision of a person having a prescribed qualification, the raw material used in the preparation of drugs should be genuine and properly identified and the formula or the true list of all the

ingredients contained in the drugs, should be displayed on the label of every container. Under the Drugs & Cosmetics Act, the Ayurvedic Pharmacopoeia of India (A.P.I.) is the book of standards for single and is official. If considered necessary these standards can be amended and the Chairman of the Ayurvedic Pharmacopoeia Committee authorised to issue such amendments. In A.P.I. there are monographs mentioned for each drug. In monographs of A.P.I. Title, Names of the drugs, Introductory paragraph, Synonyms, Italics, Odour & taste, Mesh number, Weights & measures, Identity, purity & strength, Quantities to be weighed for assays & tests, Constant weight, Constituents, Percentage of solutions, Temperature, Solutions, Reagents & solutions, Solubility, Therapeutic uses & important formulations and Doses.^[1]

Haemorrhoids are swollen blood vessels around the anus. Haemorrhoids may protrude externally or be internal to the body. Although haemorrhoids are definitely irritating and sometimes debilitating, they are almost never life threatening or a symptom of something worse.^[2]

For haemorrhoids many drugs have been mentioned in Ayurveda classics. A disease which tortures patient's vital force (Prana) as enemy is called as Arsha according to Ayurveda.^[3] In modern day to day life of urgency and emergency patients neglects proper diet and lifestyle habits. It ends in reducing digestive fire (Agni) or

making it abnormal (Mandagni). Mandagni means patient is not able to digest food material at proper speed and time. It results in accumulation or stagnation of half digested food material (Aam) in the form of stool inside or throwing it before time in watery or semisolid form

which disturbs doshas at ano-rectal region. To treat these diseases completely one need to know the root cause and try to eradicate it. Ayurveda correctly explains the physiology, pathology and treatment of these diseases.

Table 1: API PART I VOLUME I^[1]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Arka	<i>Calotropis procera</i>	Asclepiadaceae	Leaf	250-750 of the drug in powder form
2.	Citraka	<i>Plumbago zeylanica</i>	Plumbaginaceae	Root	1-2 g of the drug in powder form
3.	Goksura	<i>Tribulus terrestris</i>	Zygopyllaceae	Fruit	3-6 g of the in powder form
4.	Haritaki	<i>Terminalia Chebula</i>	Combretaceae	Fruit	3-6 g of the drug in powder form
5.	Lavanga	<i>Syzygium aromaticum</i>	Myrtaceae	Flower	0.5-2.0 g of the drug in powder form
6.	Nyagrodha	<i>Ficus bengalensis</i>	Moraceae	Stem bark	3-6 g of the drug in powder form
7.	Tvak	<i>Cinnamomum zeylanica</i>	Lauraceae	Bark	1-3 g of the drug in powder form
8.	Tvakpatra	<i>Cinnamomum Tamala</i>	Lauraceae	Leaves	1-3 g of the drug in powder form

Table 2: API PART I VOLUME II^[4]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Apamarga	<i>Achyranthes aspera</i>	Amaranthaceae	Whole plant	20-50 of the drug for decoction
2.	Bhallataka	<i>Semecarpus anacardium</i>	Anacardiaceae	Fruit	1.2 g of the drug in Ksirapaka
3.	Cavya	<i>Piper retrofractum</i>	Piperaceae	Stem	1-2 g of the drug in powder form
4.	Kakamaci	<i>Solanum nigrum</i>	Solanaceae	Whole plant	5-10l of the drug in juice form
5.	Kozuppa	<i>Portulaca oleracea</i>	Portulacaceae	Whole plant	3-6 g of the drug in powder form
6.	Mulaka	<i>Raphanus sativus</i>	Brassicaceae	Whole plant	20-40l. of the drug in juice form
7.	Mulaka	<i>Raphanus sativus</i>	Brassicaceae	Root	15-30l. of the drug in the juice form
8.	Murva	<i>Marsdenia tenacissima</i>	Asclepiadaceae	Root	2-6 g. of the drug in powder form 10-20. of the drug for decoction
9.	Palash	<i>Butea monosperma</i>	Fabaceae	Stem bark	5-10 g. of the drug in powder form

Table 3: API PART I VOL III^[5]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Agnimantha	<i>Clerodendrum phlomidis</i>	Verbenaceae	Root	12-24 g. of the drug in powder form for decoction
2.	Aralu	<i>Ailanthus excelsa</i>	Simarubaceae	Stem bark	1-3 g
3.	Arka	<i>Calotropis procera</i>	Asclepiadaceae	Stem bark	0.5-1 g. in powder form
4.	Asthisamhrta	<i>Cissus quadrangularis</i>	Vitaceae	Stem	10-20 l. (Svarasa) 3-6 g. (Powder)
5.	Cangeri	<i>Oxalis corniculata</i>	Oxalidaceae	Whole plant	5-10 ml. (Svarasa). It is also used externally
6.	Cirabilva	<i>Holoptelea integrifolia</i>	Ulmaceae	Fruit	1-4 g
7.	Danti	<i>Baliospermum montanum</i>	Euphorbiaceae	Root	1-4 g. of the drug in powder for
8.	Draksa	<i>Vitis vinifera</i>	Vitaceae	Fruit	5-10 . of the drug
9.	Eranda	<i>Ricinus communis</i>	Euphorbiaceae	Seed	1/2 - 3 g. (Powder)
10.	Gambhari	<i>Gmelina arborea</i>	Verbenaceae	Stem	5-10 g. of the drug for decoction
11.	Hapusa	<i>Juniperus communis</i>	Cupressaceae	Fruit	2-6 g. in powder form
12.	Jati	<i>Jasminum officinale</i>	Oleaceae	Leaf	10-20 . of powder for decoction
13.	Kataphala	<i>Myrica esculenta</i>	Myricaceae	Fruit	3-5 g
14.	Kataphala	<i>Myrica esculenta</i>	Myricaceae	Stem bark	3-5 g
15.	Kosataki	<i>Luffa acutangula</i>	Cucurbitaceae	Whole plant	5-10
16.	Langali	<i>Gloriosa superba</i>	Liliaceae	Tuberous root	125-250 . of purified drug
17.	Lasuna	<i>Allium sativum</i>	Liliaceae	Bulb	3 - g. of the drug
18.	Manjistha	<i>Rubia cordifolia</i>	Rubiaceae	Stem	2-4 g. of the drug
19.	Patala	<i>Stereospermum sauveolens</i>	Bignoniaceae	Root	5-10 g. (Powder) 25-50 ml. (Decoction)
20.	Falgu	<i>Ficus hispida</i>	Moraceae	Fruit	10-20
21.	Falgu	<i>Ficus hispida</i>	Moraceae	Root	1-3 g. of the drug in powder form
22.	Raktapurnanava	<i>Boerhavia diffusa</i>	Nyctaginaceae	Root	1-3 g. of powder. 10-20 ml. (Fresh Juice)
23.	Sakhotaka	<i>Streblus asper</i>	Moraceae	Stem bark	1-3 g. (Powder). 10-20 g. (for decoction)
24.	Salaparni	<i>Desmodium gangeticum</i>	Fabaceae	Root	5 -10g. of the drug in powder form. 10-20 g. for decoction
25.	Simpasa	<i>Dalbergia sisso</i>	Fabaceae	Heartwood	5 -10 g. of the drug in powder form. 10 -20 g. for decoction
26.	Surana	<i>Amorphophallus campanulatus</i>	Araceae	Corm	2-10 g. of the drug in powder form

Table 4: API PART I VOLUME IV^[6]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Adhaki	<i>Cajanus cajan</i>	Fabaceae	Seed	-
2.	Aklari	<i>Lodoicea maldivica</i>	Arecaceae	Endosperm	5-10 of the drug in powder form
3.	Bilva	<i>Aegle marmelos</i>	Rutaceae	Stem bark	15-30l
4.	Gambhari	<i>Gmelina arborea</i>	Verbenaceae	Stem bark	3-5 gm
5.	Karcura	<i>Curcuma zedoaria</i>	Zinziberaceae	Rhizome	1-3 g of the drug in powder form
6.	Mahanimba	<i>Melia azadarach</i>	Meliaceae	Stem bark	5-10gm
7.	Mayakku	<i>Quercus infectoria</i>	Fagaceae	Galls	1-3 g of the drug in powder form
8.	Palash	<i>Butea monosperma</i>	Fabaceae	Flower	3-6 g of the drug in powder form
9.	Palash	<i>Butea monosperma</i>	Fabaceae	Gum	0.5 to 1.5 gm
10.	Palash	<i>Butea monosperma</i>	Fabaceae	Seed	2 g of the drug in powder form
11.	Pippali	<i>Piper longum</i>	Piperaceae	Fruit	1-3gm
12.	Shigru	<i>Moringa oleifera</i>	Moringaceae	Stem bark	Stem bark juice 10-20ml, stem bark powder 2-5gm
13.	Talamuli	<i>Curculigo archoides</i>	Amaryllidaceae	Rhizome	3-7 g of the drug in powder form
14.	Tumburu	<i>Zanthoxylum armatum</i>	Rutaceae	Fruit	2-4gm
15.	VARshabhu	<i>Trianthema portulacastrum</i>	Aizoaceae	Root	2-5 g of the drug in powder form
16.	Vishamushti	<i>Strychnosnux-vomica</i>	Fabaceae	Seed	60-125 mg powder of the sodhita drug

Table 5: API PART I VOLUME V^[7]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Asphota	<i>Vallis Solanacea</i>	Apocynaceae	Root	3-6gm
2.	Bastantri	<i>Argyrea nervosa</i>	Convolvulaceae	Root	3-5gm
3.	Canda	<i>Angelica archangelica</i>	Apiaceae	Root	1-3gm
4.	Gandira	<i>Coleus forskohlii</i>	Lamiaceae	Root	3-5gm
5.	Himsra	<i>Capparis spinosa</i>	Capparidaceae	Root	1-3gm
6.	Karkasa	<i>Momordica dioica</i>	Cucurbitaceae	Root	3-6gm
7.	Kebuka	<i>Costus speciosus</i>	Zingiberaceae	Rhizome	3-6g
8.	Latakaranja	<i>Caesalpinia bonduc</i>	Caesalpinaceae	Seed	1-3g
9.	Lavaliphala	<i>Phyllanthus acidus</i>	Euphorbiaceae	Fruit	10-20gm
10.	Meshashringi	<i>Gymnema sylvestre</i>	Asclepiadaceae	Leaf	3-6gm
11.	Nimba	<i>Melia azadirachta</i>	Maliaceae	fruit	1-2 g powder 5-10 drops of oil
12.	Palash	<i>Butea monosperma</i>	Fabaceae	Seed	0.5 to 1gm
13.	Palash	<i>Butea monosperma</i>	Fabaceae	Flower	3-6 g
14.	Piluh	<i>Salvadora persica</i>	Salvadoraceae	Fruit	3-6 g
15.	Piluh	<i>Salvadora persica</i>	Salvadoraceae	Leaf	3-6 g
16.	Piluh	<i>Salvadora persica</i>	Salvadoraceae	Root bark	10-20 g for decoction
17.	Putikaranja	<i>Caesalpinia crista</i>	Caesalpinaceae	Stem bark	50- 100 ml in the form of decoction.
18.	Vanda	<i>Dendrophthoe falcata</i>	Loranthaceae	Fruit	10-20 ml

Table 6: API PART I VOLUME VI^[8]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Aranyasurana	<i>Synantheria sylvatica</i>	Araceae	Tuber	5 to 10 g after Shodhan in powder form
2.	Asthishrinkhala	<i>Cissus quadrangularis</i>	Vitaceae	Aerial part	Swarasa : 10 to 20 ml Adrakalka : 10 to 20 g
3.	Dhava	<i>Anogeissus latifolia</i>	Combretaceae	Fruit	Powder : 5 to 10 g
4.	Dhava	<i>Anogeissus latifolia</i>	Combretaceae	Stem bark	Kvatha : 30 to 50 ml
5.	Elavalukam	<i>Prunus avium</i>	Rosaceae	Root	Powder : 1-3gm
6.	Erandakarkati	<i>Carica papaya</i>	Caricaceae	Root	Powder : 2-6 gm
7.	Goksura	<i>Tribulus terrestris</i>	Zygophyllaceae	Whole plant	Powder: 3-6 g Decoction: 50-100 ml
8.	Jalakumbhi	<i>Pistia stratiotes</i>	Araceae	Whole plant	Powder : 3-5 g Juice : 10-20ml
9.	Kesaraja	<i>Wedelia chinensis</i>	Asteraceae	Whole plant	Powder : 3-6 g
10.	Matsyapatrika	<i>Merremia tridentata</i>	Convolvulaceae	Whole plant	Powder : 3-6 g

					Juice : 5-10 ml
11.	Patrasnuhi	<i>Euphorbia nivulia</i>	Euphorbiaceae	Latex	Latex : 125- 250 mg
12.	RaktaCitraka	<i>Plumbago indica</i>	Plumbaginaceae	Root	Powder : 0.5- 2 g
13.	Salaparni	<i>Desmodium gangeticum</i>	Fabaceae	Whole plant	Powder :6-12g Juice :50- 100 ml
14.	Saurabhanimba	<i>Murraya koenigii</i>	Rutaceae	Leaf	Powder : 3-6 g Juice : 10-20 ml
15.	Sitivaraka	<i>Celosia argentea</i>	Amaranthaceae	Seed	Powder : 3-6 g
16.	Slipadarikanda	<i>Typhonium trilobatum</i>	Araceae	Tuber	Powder :5-10 g daily dose after Sodhan
17.	Tuvaraka	<i>Hydnocarpus pentandra</i>	Flacouritiaceae	Seed	Powder : 1- 3 g
18.	Vanya- Asvagola	<i>Plantago lanceolata</i>	Plantaginaceae	Fresh Leaf	Leaf juice : 5-10ml
19.	Vetra	<i>Calamus rotang</i>	Arecaceae	Rhizome	Decoction : 50-100 ml Powder : 5-10 g
20.	Vrntamlaphala	<i>Garcinia pedunculata</i>	Guttiferae	Fruit rind	Juice : 5-10 ml
21.	DarusitaTaila	<i>Cinnamomum zeylanicum</i>	Lauraceae	Oil	1-3 drops
22.	Madhu	<i>A. Indica</i>	Apidae	Honey	1- 10 ml
23.	Sarkara	-	-	Sugar	5-30 g
24.	Sarsapa Tail	<i>Brassica campestris</i>	Brassicaceae	Oil	5-10 ml

Table 7: API PART IV VOLUME VII^[9]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Tuttha	-	-	-	15-30 mg

Table 8: API PART I VOLUME VIII^[10]

S. No.	Name	Botanical Name	Family	Useful Part	Dose & Forms
1.	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit	3-6 g drug in powder form
2.	Kalamegha	<i>Andrographis paniculata</i>	Acanthaceae	Aerial	1-3 g of the drug in powder form
3.	Satavari	<i>Asparagus recemosus</i>	Liliaceae	root	3-6 g of the drug

Table 9: API PART II VOLUME I^[11]

S. No.	Name	Dose & Forms	Ref.
1.	Bhallatakadi modaka	2-5 g daily in divided doses	AFI, Part- I, 3:21
2.	Citraka haritaki	6-12 g daily in divided dose	AFI, Part- I, 3:10
3.	Pugakhanda	12 g daily in divided doses	AFI, Part- I, 3:17
4.	Avipattikara curna	10 g daily in divided doses	AFI, Part-I, 7:2
5.	Pusyanug curna	6 g daily in divided dose	AFI, Part-I,7:23
6.	Panchtikta ghrita	12 g daily in divided dose	AFI, Part-I,6:26
7.	Apamarga ksara	125-500 mg daily in divided dose	AFI, Part-I,10:2
8.	Kalyanaka ksara	1 g daily in divided dose	AFI, Part-I,10:10

Table 10: API PART II VOLUME II^[12]

S. No.	Name	Dose & Forms	Ref.
1.	Abhayarista	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part- I, 1:1
2.	Asokarista	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part- I, 1:5
3.	Asvagandhadyarista	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part- I, 1:6
4.	Dasamularista	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part-I, 1:18
5.	Draksasava	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part- II,1:1
6.	Kumaryasava(B)	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part-I,1:13
7.	Lohasava	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part-I,1:32
8.	Pippalyadyasava	15-30 ml orally with equal amount of	AFI, Part-I,1:22

		water after meals twice a day	
9.	Rohitakarista	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part-I,1:31
10.	Usirasava	15-30 ml orally with equal amount of water after meals twice a day	AFI, Part-I,1:8
11.	Madhusnuhi rasayana	6-12 g twice a day	AFI, Part-I,3:19
12.	Bhaskaralavana curna	2-5 g in divided doses	AFI, Part-I,7:27
13.	Narasimha curna	2-5 g in divided doses	AFI, Part-I,7:18
14.	Dadimadi ghrta-A	6-12 g Twice a day	AFI, Part-I,6:19
15.	Dadimadi ghrta-B	6-12g Twice a day	AFI, Part-I,6:19
16.	Tiktaka ghrta-A	6-12 g Twice a day	AFI, Part-I,6:13
17.	Tiktaka ghrta-B	6-12 g Twice a day	AFI, Part-I,6:13
18.	Saptavimsatika	2-3 g daily in divided doses	AFI, Part-I,5:11
19.	Triphala guggulu	2-3 g daily in divided doses	AFI, Part-I,5:5
20.	Yogaraja guggulu	2-3 g daily in divided doses	AFI, Part-I, 5:7
21.	Ksara sutra	-	SusrutaSamhita Cikitsa-Sthana-17/26-30 CakradattaArsa Cikitsa-148

Table 11: API PART II VOLUME III^[13]

S. No.	Name	Dose & Forms	Ref.
1.	Asvagandhadi lehya	6-12 g with milk	AFI, Part-I, 3:2
2.	Sukumar ghrta	6-12 g per day in divided doses with warm water/milk	AFI, Part-I, 6:44
3.	Punarnavadi mandura	1-2 g per day in divided doses	AFI, Part-I, 19:1

DISCUSSION

Drugs from whole A.P.I. were screened for the antipyretic action. In A.P.I. part I there are total 600 monographs out of which arshoghna property is present in 104 monographs. In A.P.I. part I volume I there are 80 monographs out of which 8 monographs are having arshoghna property, in A.P.I. part I volume II there are 78 monographs out of which 9 monographs are having arshoghna property, in A.P.I. part I volume III there are 100 monographs out of which 26 monographs are having arshoghna property, in A.P.I. part I volume IV there are 68 monographs out of which 16 monographs are having arshoghna property, in A.P.I. part I volume V there are 92 monographs out of which 18 monographs are having arshoghna property, in A.P.I. part I volume VI there are 101 monographs out of which 24 monographs are having arshoghna property, in A.P.I. part I volume VII there are 21 monographs out of which 1 monographs are having arshoghna property, in A.P.I. part I volume VIII there are 60 monographs out of which 3 monographs are having arshoghna property. In A.P.I. part II there are total 152 monographs out of which arshoghna property is present in 32 monographs. In A.P.I. part II volume I there are 50 monographs out of which 8 monographs are having arshoghna property, in A.P.I. part II volume II there are 51 monographs out of which 21 monographs are having arshoghna property, in A.P.I. part II volume III there are 51 monographs out of which 3 monographs are having arshoghna property.

CONCLUSION

In the present study we studied all drugs mentioned in Ayurvedic Pharmacopoeia of India (A.P.I.) to find out drugs having Arshaoghna property. Total number of

arshoghna single drugs mentioned in A.P.I. part I is 97 and total number of formulations having arshoghna property in A.P.I. part II is 32.

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