

**THE ROLE OF GARBHINI PARICHARYA AND SUTIKA PARICHARYA FOR
MATAINANCE OF HEALTH OFMOTHER AND OFFSPRING**Bhagyashree A. Kolhe^{1*} and Vaishali D. Bhosale²¹PG Scholar, Kriya Sharir.²Associate Prof. (MD) Kriya Sharir.

*Corresponding Author: Dr. Bhagyashree A. Kolhe

PG Scholar, Kriya Sharir.

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ABSTRACT

In every woman's life pregnancy and motherhood is the most important and stress is considered as root cause of progeny. *Garbhini* and *Sutika Paricharya* is nothing but the care given to women during her pregnancy and postpartum mostly through *Aahara*, *Vihara* and *Auhadhi*. *Mithyaachara* during this period definitely result in disease which are difficult to cure. In *Ayurveda* food is considered to be the best source of nourishments as well as medication for pregnant and Lactating woman. *Ayurveda* described *Paricharya*, that helps in the development of foetus, healthy growth and gives health and care to mother. The main intension of advising *Garbhini* and *Sutika Paricharya* is *Paripurnatya* (providing growth of mother and fetus), *Anupaghata* (pregnancy without complications), *Sukhaprasava* (for healthy delivery and healthy child). In *Garbhini* and *Sutika paricharya* explains detail about dietary regimen, substances that are beneficial to pregnancy (*Garbathapak dravyas*) and postpartum. The substances that are harmful (*Garbhoghhatkar bhavas*) and their effects on the offspring. Present article consists of comprehensive references about dietary, medicinal and behavioural regimen for pregnant women and lactating women in different *Ayurvedic* classics and texts, its medicinal importance, Do's and Don'ts in antenatal and postnatal period.

INTRODUCTION

In *Ayurveda*, *Garbhasanskar* starts before conception and life begins at the very first moment. In day to day practice as pregnancy and child birth are sensitive issue for woman herself and her family. The health of women is especially important because womanhood represent the ability to bare the fetus in the womb and to deliver it in a healthy status, she has to bring up the child properly and then she contributes to the overall health of the society.

In the modern world women has to manage the dual role both as house wife and as professional. The physiological condition where conception and growth of fetus occurs in the womb for the maintenance of species, pregnancy is one of the milestones in women's life. *Ayurveda* described month wise *Garbhini Paricharya* that helps in the development of foetus, healthy growth and gives health and care to mother.

The term *Sutika* starts following the expulsion of the placenta until complete physiological recovery of body, it means maternal physiological and anatomical changes return to the non- pregnant state. The postpartum period divides into three arbitrary phases, acute phase the first 24 hours after delivery of the placenta, early- up to 7 days, and late- up to 6 weeks to 6 months. Each phase has its

unique clinical considerations and challenges.

Mother and her newborn as it is the most vulnerable time during day after birth. Lack of care in this time period may result in death or disability. About 39% of neonatal deaths occur on the first day of life in India, about 57% during the first three days and the majority of maternal deaths occur between the third trimester and the end of the first week after birth. The WHO guidelines on postnatal care recommend essential routine postnatal care for all mothers and their newborns, extra care for low birth weight and small babies, and early identification and referral or management of emergency conditions. The guidelines further recommend postnatal visits within 6 to 12 hours after birth, and follow-up visits from 3 to 6 days, at 6 weeks, and then at 6 months.^[1]

In current scenario, the changing lifestyle and modern food habits leads to neglect even of our basic necessities of food. So *Garbhini* and *Sutika* should be taken care of very meticulously. Body on the physical level is the product of food we intake on day to day basis. The awareness about the food items, their quantity, quality and nutritional value is increasing gradually and also the popularity of fast food is greater due to fast life, desire for food and most of bounded to do such things, which

adversely affect the health.

So the best preventive medicine and support of the natural healing process is diet and lifestyle. *Garbhini paricharya* and *Sutika Paricharya* are the daily regimen one has to follow in the most important days of antenatal and postnatal period of their life. So *Garbhini* and *Sutika* should be taken care of very meticulously. The care of the pregnant woman and lactating women reflects on the quality and health of the offspring. Dietary and behavioural regimen especially specified for pregnant women and lactating women is an important aspect of antenatal care and postpartum care. It facilitates easy delivery, healthy postpartum period and healthy offspring.

MATERIAL AND METHOD

Ayurvedic classics were reviewed and compiled in this article.

Aim

To study role of *Garbhini* and *Sutika Paricharya* for maintenance of health of mother and offspring.

Objectives

1. To study the role of *Garbhini* and *Sutika Paricharya* from Ayurvedic text.
2. To study role of *Garbhini* and *Sutika Paricharya* for maintenance of health of mother and offspring.

Review of literature

According to ayurveda there are *Stree vishishta sharir kriya* which can be described as- *Raja Pravrut-Raja Nivrutti*, *Garbha dharana- Grbha nishkraman*, *Stanyautapatti- Stanyapravartan*.

Charaka Acharya mention that the pregnant woman who deserve healthy and good-looking child should avoid *Ahitakar Aahara* and *Vihara*, protect herself by using congenial diet (*Hitakar Ahar*) and mode of life.^[2]

Proper digestion of food in *Garbhini* is done by *Agni*, a good *Aahar rasa* and *Rasa Dhatu* is formed. This *rasa dhatu* is taken up to the heart and it is disturbed in the body with the help of *Dashadhamani* and *Vyan vayu*. *Rasa dhatu (Rasa Prasadbhag)* is divided in three parts,

1. Nutrition of pregnant women.
2. Nourishment and Formation of breast milk.
3. Nourishment to fetus.

Garbhini Rasvahnadi is connected to *garbhanadi*, this transfer *Aahar rasa* to *garbha*. *Garbhavruddhi* occur by

Masanumasik paricharya for garbhini

Months	Charak ^[7]	Sushrut ^[8]	Harit ^[9]	Vagbhata ^[10]
1 st month	Non medicated Kshir (Anupasankrita)	Madhur sheetaldrava, Aahara.	Madhu yashti parushaka and madhuka pushpa with navaneeta and	medicated Kshira timely inspecific quantity. First twelve day takeghrit medicatedwith

the *upsnehan*, all *Anaga pratyanga* develop by *Upsnehan nyay*.

Rasa is *Prasadabhag* of properly digested food. Proper nutrition of a person is depending on *Rasa* so everyone should protect this *rasa dhatu* for good health. If proper *rasa dhatu* is not formed or any dysfunction is occurred in circulation of *rasa dhatu* of mother that may cause bad effects on growth of fetal and fetal growth hampered. *Ashtang sanghrahakar* said that since welfare and contraindication for *garbhini* and *garbha* are identical, hence the *garbhini* should use desired congenial diet and proper life style, avoiding factors likely to harm the fetus.^[3]

According to *Kashyapa*, which *Aanapana* consumed by *Garbhini* is *satmya* (acquired) to her child. There should not be excessive thinking about *deshha*, *kala* and *agni matra* regarding *Aanapana* of *garbhini* but same time these are not neglected.^[4]

Susruta has advised that the *garbhini* from the very first day of pregnancy should remain happy, religious, with ornaments, with clean & white garments and she should quite & clam, perform religious rites, do auspicious deeds and worship goddess, *brahmanas* and *yajaka*. Her sleeping and sitting place should be soft, not be very high, possess elevated upper portion for head rest and should be perfect and comfortable. She should be use *hrudhya*, *depaniya*, *drava*, *madhur*, and *snighadha* substances treated with appetizing things this mode of life should be continued till delivery.

Her house is being fumigated (*Dhupita*), where worships are being performed (*Archita*), is free from insects, vedic hymns (*Bramhaghosha*) are being recited by *Brahmanas* and songs and instruments are being played. *Grbhini* should wakeup at early morning (*Prat-ruthaya*) and after her *saucha snana* and her daily routine she should follow & worship (*Gurudevachana*) and worship the rising sun with *gandha dhupa*, *ardhya*, *jappa*.^[5]

Acharya Yogratnakara has enlisted following food stuff beneficial for *garbhini* *Sali* and *sastika* rice, *mudga*, *godhuma*, *laja*, *navneeta*, *ghrita*, *kshira*, *rasala*, honey, sugar, *panasam* (jackfruit), banana, *amalaki*, *draksha* & sweet substances, anointment with cooling agents, musk, sandal & camphor, moonlight bath, *abhayanga*, soft bed, cool air, gratifying edibles, embracing beloved and other pleasing mode of life along with desired food.^[6]

			madhu followed by Madhurpayas (sweetened milk)	saliparni and palasa, Suvarna and rajat siddhajala.
2 nd month	Kshir medicated with Madhuraushadha.	Madhur sheetal, drava aahar.	Madhur kshir with kakoli	Kshira medicated with Madhura aushadha.
3 rd month	Kshira with madhu and sarpi.	Madhur sheetal, drava aahar, specially cooked Shashtri rice with milk.	Krushara	Kshira with madhu and sarpi
4 th month	Kshira with navaneet (oneaksha)	Pleasant food with Kshira, navaneet, hridya anna along with jangal mamsarasa.	Odanam	Kshira with navaneeta
5 th month	Kshir with Sarpi	Odana with kshir, meat of wild animal along with food. Kshir with sarpi	Payasa (rice cooked with milk and sweetened)	Kshir with Sarpi
6 th month	Kshir with sarpi medicated with Madhur Aushadha	Sarpi or yavagu medicated with gokshura	Madhur dadhi	Kshir and sarpi medicated with Madhur aushadha
7 th month	Kshira and sarpi medicated with Madhur Aushadha	Sarpi medicated with Prthakparnyadi Ghrita	Ghrita and Khanda	Kshira and sarpi medicated with Madhur aushadha
8 th month	Kshir, yavagu and sarpi	Anuvasan basti and asthapan basti. After this till prasava snigdha yavagu and jangal mamsa rasa.	Ghrita purak	Kshira, yavagu and sarpi. Anuvasan basti and asthapan basti after this till prasava snigdha yavagu and jangal mamsa rasa.
9 th month	Anuvasan basti and yoni pichu	-	Vividha annapan	Mansa rasa odan with ghrita, Anuvasan basti and yoni pichu.

Garbhoghathkar bhava (Contraindicated things)

Acharya Charka advised that Garbhini should avoid use of Tikshana aushadha, exercise and coitus. She should avoid the use of Guru, Tikshana substances, violent activities & an experience person also said that another Garbhoghathkar bhavas are also harmful for fetus like wearing of red garments, use of narcotics substances and alcohol, ride over vehicle, use of excessive meat & harmful substances to Indriyas because these are the harmful factors to the fetus. The instruction from the old ladies she should not be neglected.^[11]

Sushrutacharya says that from the day of conception the Garbhini should avoid coitus, exercise, excessive satiation, emaciation, Divaswap and Jagrana, Shoka, riding on vehicle, fear, seating in Uttakatanam (squatting position), avoid Snehana, bloodletting and suppression of natural urges. She should not touch dirty, deformed & disabled persons, avoid foul smelling, bad looking substances, exciting stories, should not eat dried, stale, putrefied food, visiting of lonely place, hunted tree, cremation ground, promote anger and disgrace, talking in high pitch etc. all these things are harmful to the fetus. She should avoid Abhayanga and Udsadana & fatigue

herself.^[12]

In Ashtangrudya mention that, she should avoid Aati maithun, Aayas, Guru pravaranam, Bharam, Guru pravaram, Aakal jagaran, sitting in Uttakatanam, Shoka, Krodha, Bhaya, Vegdharan, Upawas, Adhava, use of Tikshna, Ushna, Guru, Vishtambhi aahar, Raktanivasanam, use of Madya & Mansa, Uttanshayanam, Raktamokshan, Shodhana, and Basti up to eighth month should not be used; these are the contraindications to the pregnant women.^[13]

Acharya Kashyap has given different type of contraindication that is she should not look at declining moon & sun and both Rahu and Ketu. Knowing solar or lunar eclipse, she should perform religious rites & offer to free the planets from the clutches of Grahas. She should not have spits with guests, offer alms to bagger's instead of turning them out, perform oblation of ghrita in burning fire for pacification, should not oppose full ewer, ghrita, garland and pot filled with ghrita or curd should not tai anything from thread, She should not remain for long in acutely flexed posture and carry heavy weight for long, avoid tremoring, excessive laughing and trauma etc,

use of cold water and garlic is also contraindicated.^[14]

In *Harita Samhita* has mention contraindicated things such as, use of pulses, edibles producing burning sensation, sour substances, hot milk, clay, Surana, garlic and onion. Surana and other constipating edible should be taken with their juices. She should avoid coitus, exercise, anger, grief and walking etc. By avoiding these things it gives happiness to the women.^[15]

❖ **Dietetics effect on the fetus according to acharya charak^[16]**

1. Use of *Ushana* or poor quantity of food - Intrauterine death of fetus or premature delivery.
2. Use of alcohol daily - Over thirsty, Short memory & flicking mind.
3. Often use of iguana (godha) meat - Suffers from bladder stone, *Shanarmeha*
4. Use of pork meat - Red eyes, rough body hair and obstructed breathing.
5. Using daily fish - Fixed eyes or delayed blinking of eye lids.
6. Daily excessive use of sweet stuff, except milk - Suffers from the *Prameha*, obesity & child become dumb.
7. Daily excessive use of sour stuff - Suffers from *Raktapitta*, skin and eye disorders.
8. Daily excessive use of salty food - Early wrinkling, *Khalitya & Palitya*.
9. Daily excessive use of bitter food - Weak, oligospermia & infertility.
10. Daily excessive use of pungent food stuff - Suffers from emaciation, edema, weak, and poor digestive power.
11. Daily excessive use of astringents food stuff Suffers from *Anaha & Udavarta*.

❖ **Lifestyle in Pregnancy and Effect on fetus**

1. Sitting in squatting position, suppression of natural urges, excessive exercise- Intrauterine death of fetus, premature delivery.
2. Trauma & compression in lower abdomen, peeping in deep well, riding in jerking vehicle - Premature delivery & abortion.
3. Sleeping in supine position- Umbilical cord encircles the neck of fetus and troubles it.
4. Night walking or sleeping in uncovered place - Child becomes *Unmatta*
5. Indulges quarrels and oral fights – Epileptic.
6. Over indulgence in sex - Deformed, lazy, henpecked.
7. Always distressed - Short lived & less digestive power.
8. Constantly worried, psychologically malevolent - Nature of troubling others, jealous and henpecked.
9. Thief - Industrious, spiteful.
10. Intolerant - Insidious, furious.
11. Over sleepy - Sleepy, poor digestive power.

Importance of garhini paricharya

Charakaacharya while focusing on the benefits of this

dietetic regimen prescribed for the woman having normal development of fetus, mentioned that by following this, the pregnant woman remains healthy and delivers the child possessing good health, energy or strength, voice, compactness, skin and nail become soft, woman gains strength and complexion and she delivers with ease at proper time a desired, excellent, healthy child possessing all the qualities and long life. and is much superior to other family members.

In addition to it, *Acharya Charaka* and *Vagbhat* described that by the use of this regimen from first to ninth month, her *garbhadharini* (fetal membranes or vaginal canal), *kuksi* (abdomen), sacral region, flanks and back become soft, *vayu* moves into its right path or direction.

In *Ashtanga Sangraha* mention that faeces, urine and placenta are excreted or expelled out easily by their respective passages.

Susrutaacharya did not describe the benefits of *Garbhini paricharya* separately. But he had mentioned about the significance randomly in the month wise regimen like- by adopting the regimen the fetus attains good growth, *vayu* moves in right, the pregnant lady becomes unctuous, strong and delivers the child easily without complications.

The woman who has delivered child and expelled placenta completely called *Sutika*, there are different statement present in different *Samhitas* about different phases of *Sutika*, during this period *sutika* is served with special care called *Sutika Paricharya*.

Due to the growing foetus in uterus, all the *dhatu* in the body become *ksheen* and *shithil*. *Pravahan vedana*, *raktklednisruti*, cause the body of *Sutika* to become weak. Due to all above factors she become susceptible to any disease and it becomes very difficult to treat the disease in *sutika* because of altered physiology.

Acharya Sushrut mention, not giving breast feeding to infant in following condition, The child should not be made to suck the breasts of mother who is hungry, aggrieved, tired, has vitiated *dhatu*s, pregnant, suffering from fever, excessively emaciated or obese and using semi-cooked and incompatible food. Moreover, the child should not suck the breasts when drug taken by him is not digested because there is risk of aggravation of *doshas*, drugs and malas.

For the management of these conditions and prevention, *Sutika Paricharya* (dietary and habitual regimen) during postpartum period was mentioned.

Principle of sutika paricharya

Samanya Sutika Paricharya according to different *Acharya* for achieved the principle *Vatashaman*, *Garbhashayshodhan*, *Agnideepan*, *Koshtashodhan*, *Pachan*, *Raktavardhan*, *Balak poshan* (*Stanyavardhan*),

Yoni Sanrakshan (Vrani and Grahabdha), Dhatupushti, Balya.

Sutikaparicharya: From very first day of Sutika till 10 – 12 days.

	Charaka^[17]	Sushruta^[18]	Vagbhata^[19]	Kashyapa^[20]
Vihara	1.Abhyanga 2.Udara vestana 3. Parisheka	1Abhyanga (sarvadaihika with Bala Taila) 2Parisheka(Vatahara Aushadha-Badradarvadi kashaya etc)	1.Abhyanga (Sarvadaihika and at Yoni, Tailamardana - with Bala Taila) 2.Udara abhyanga 3.Udarvestana 4.Parisheka with ushna jala 5.Udvartana 6.Avagaha (jeevaniya, Madhura, bruhmaneya Varga aushadi siddha)	1kukshi,parashva prusta abhyanga, samvabhana, in nubjashayana. 2Rakshoghna dravya 3Udara vestana 4Balatailapurita ushna charmavana asana 5Yoni swedana 6Suthika snana (ushnajala) 7Dhupana(kusta, guggulu,agaru, ghrutha) 8Vishranti
Ahar for 3 rd -7 th days	1.Snehapana (pippalyadi gana) 2.yavagu pana (pippalyadi gana)	1.Ushna gudodaka (pippalyadi gana)3-4 days. 2.Sneha or ksheera yavagu(vidari ganasadgita dravya)	1Sneha pana (pippayadi dravya with saindhava) or 2Ushna gudodaka / vatahara with kwatha 3Yavagu or Ksheera yavagu Pana (pippalyadi or Vidari ganadravya) 4 Peya (purvoktha dravya)	1Manda pana 2Hita bhojana 3Sneha yavagu pana (pippali, nagara dravya lavana rahita) 5-7 days.
7 th – 11 th days	Swastha vritha palana	1.Jangala mamsa rasa 2.Shali bhojana. 3.Yava, kola, kulathayusha.	1Lahu annapana 2Yusha pana (yava,	Yavagu pana- (lavana,Sneha, aushadha,Yuktha)
12 th day			1.Jangala mamsarasa 2.Jeevaneeya, Madhura Bruhmaneeya, balya, vatahara, dravya sadhita annapana	1.kulatha yusha 2.jangala mamsa rasa 3.gritha bharjita shaka(kusumanada, mulaka,earvaruka) 4.snehana,swedana, ushna, jalasevana

After 12 Days

Use of *Ghruta, taila* or *Kwath* prepared by using *jeevaniya, Bruhaniya, Madhura, Vatahar Dravya* is advisable for *Abhangya, Udvartan, Parishek, Avagahana. Laghu annapana* should be given for consumption these might act as a *Dhatuwardhan* and help to maintain proper lactation.

Pathya (Do's)

- 1) *Sutika* should use *hitkar aahar* and *vihar*.
- 2) *Sutika* should have bath with warm water.
- 3) Adequate sleep.
- 4) *Abhyanga* should be done with lukewarm water oils and *Parisek, Avagahana* with always lukewarm water.
- 5) For drinking, boiled water should be used.
- 6) *Udaravesthana* should be done.
- 7) Diet must contain *Garbhashayashodhan, Sthanyavardhaka, Stanyajanana, Vataharadravya*.

- 8) Use birth control measures.

Apathya (Don'ts)

- 1) Use of excessive or poor quantity of food.
- 2) Daily excessive use of sour, salty, bitter food.
- 3) Cold water, cold wind
- 4) Night awaking.
- 5) Physical and oral fight.
- 6) Anger, fear, Always distressed.
- 7) Constantly worried, psychologically malevolent.
- 8) Sleep immediately after lunch.
- 9) Atapsevan
- 10) Panchakarma.

Importance of *sutika paricharya*

Generally, complete involution of the genital organs takes place after 1^{1/2} months. As there is disturbed state of doshas and dhatus, any variation in *Aahar* and *Vihar* can lead to diseases and impact on offspring, which nutrition

depends upon mother breast milk. These diseases are very difficult to treat as immunity is less.

Menarche - parturition - puerperium - menstruation is a cyclical chain in healthy women. These four conditions are dependent on each other. Pregnancy is dependent on regular menstruation and ovulation. So to restore normal physiology for subsequent deliveries, the women should be healthy anatomically and physiologically, taking into consideration the importance of women health it is very necessary to manage the puerperium as described in ayurvedic texts.

Clinical significance of *Sutika paricharya*^[21]

In *Sutika agni* is *manda*, *agnideepana* is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of *brimhana* drugs. The drugs which are used instantly after delivery are *agnivardhaka* by their nature.

- 1) Use of *snehana* suppresses *vata*.
- 2) *Uttama rasa* produces *uttamastanya* which depends on quality of *agni*.
- 3) *Yava*, *Kola laghu annapaana* is advised after 5 days, this form of food helps to replenish *Dhatu*.
- 4) Advise for the usage of *mamsa rasa* & *brimhanadravyas*, using *jeevaniya* or *brimhaniya* or *madhuradravyas*. This might act as *dhatuwardhaka* and helps to maintain proper lactation.
- 5) *Abhyanga* recommended by using *bala taila* in *nyubja* position, which might help to restrain vitiated *vata*, spiralling the abdominal muscles.
- 6) *Parisechana* by using *kwatha* prepared by *vataharadravyas* act as *vedanahara*, *kledahara*.
- 7) *Udara pattabandhana* Wrapping the abdomen with long and clean cloth, which in turn helps abdomen to retrieve its normal position and there is no accumulation of *vata* in vacant sites.
- 8) *Dhupana* as *rakshoghna* and *vedanahara* is mentioned by using *kushtha*, *guggulu* and *agaru*.

DISCUSSION

As Ayurveda we know is more preventive science *Dincharya*, *Rutucharya*, *Garbhini Paricharya*, *Sutika Paricharya* is described in different classical text, In modern science it means nursing and service, hence, *Garbhini* and *Sutika Paricharya* means nursing taking care of women and ultimately of offspring.

It is important for *garbhini* to follow *Pathya* – *Apathya* in *Sagarbhaavstha*, her *aahar vihara* should be favourable for *garbha poshan* otherwise it can cause adverse effect on *garbha*. Mother should handle very carefully in pregnancy and lactation, there are many changes in *garbhini* for adaptation of growing fetus. The *garbhini* desire is too intense for food craving, sometimes these food craving are psychological even. the unwholesome thing may be given to her added with wholesome one in every time to satisfying her desire,

these desire and improper following of *garbhini paricharya* impact on fetus like low birth weight baby, premature baby, intrauterine death, umbilical cord get twisted around neck of fetus, the fetus delivered untimely with injury.

The desires of fetus express through mother, this good desire not to ignore, in case the desire repeatedly ignored, there may impact on fetus. Thus there are profound changes in whole body system of mother, maternal health reflect on foetal health and also affect intrapartum and postpartum period. So good antenatal and postnatal care resulting good maternal and infant outcome. To achieve this goal *Garbhini* and *Sutika Paricharya* was described. In these systematic description includes, *Aahar* (Dietary regimens), *Vihara* (Behavioral pattern/ Activities), *Aushadhi* (Medication), Do's and Don'ts.

So it is important to follow *Pathya* – *Apathya* in *Sagarbhaavstha*, her diet and life style should be favorable for fetal nourishment and otherwise it can cause adverse effect on fetus, pregnant lady, lactating mother.

CONCLUSION

Prevention is better than cure, so following proper Ayurvedic regimen guideline *Garbhini* and *Sutika paricharya* from conception till postpartum period will nourish the pregnant lady and help in proper growth and development of the foetus. It also helps facilitate normal delivery with ease and without much pain, tension, fatigue and complications as well as improve the physical and psychological condition of the pregnant and achieve healthy infant, after that following *Sutika Paricharya*, women regain all the strength, she become physical, mental, physiologically well.

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