



## Research Article

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# Ayurvedic Principles to Prevent & Management of Life Style Disorders

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## Abstract

**Background of Study:** Ayurved prajoynam “Swasthasya Swasthya Rakshanam” Prevention & “Aturasya Vikar Prashmanam”<sup>1</sup> manage the disorders for a healthy life..To follow the Panchakarma, Rasayan, Vajikaran for uttam santan, Ritucharya, Dincharya, Sadvrata satvavjaya. In the Present Era modern life style, Over stress, Lack of exercise, Heavy work load, viruddha ahara vihar, Smoking, Alcohol, Pollutions, Consumption of unhealthy and preserved food, Competition to others reduces individual happiness, impaired digestive and metabolism, reduces immune system, dysfunction of body affected human life and it turns to variety of life style disorders like Dyslipidemia, Hyperacidity, Khalitya, Palitya, Acne, Pigmentation, Hypertension, Paralysis, Strok, Cardiovascular disease, Hypothyroidism Diabetes, Haemorrhoids, Copd, Pcod, Infertility, Cancer etc. In word of ayurveda dosha dhatu vaisamyata creates disorders so ayurveda play important role in promoting the health by establishing homeostasis between dosha-dhatu-mala with the help of three pillars Ahara, Nidra, Brhamcharya and following the proper life style advises, dietary management, panchakarma, rasayana etc.

**Keywords:** Ayurvedic principles, Healthy life, Life style disorders, Panchakarma.

## INTRODUCTION

Ayurveda is recognize and ancient system which describes various way to make the healthy life. Ayurveda consist of two words Ayu means Life & Veda means knowledge that is complete knowledge of life, so that the Ayurveda is the only one system of science which learns to lives a healthy life. In ayurveda life is a fusion of body (sarir-panchmahabhut), sense (indriya), satva (mind), atma (consciousness)<sup>[2]</sup>. There are four life paths like Hitayu is beneficial life, Ahitayu is detrimental life, Sukhayu is content state of health and mind, Dukhayu is sorrowful state of health and mind. These four types of ayu<sup>[3]</sup> as described as a methodical way on how to live life & provides insights on what causes an imbalance for life to go out of balance there by causing suffering & misery. Life is concordance with the principles of right living and determine root causes of suffering & unhappiness. To fulfil the healthy life (hitayu-sukhyu) the theory of tri upstamba Ahara, Nidra and Bramhacharya<sup>[4]</sup> are three pillars of life & play a key role in the maintenance of health & long healthy life span. They support tri stambh Vata, Pitta, Kapha of body and also tri guna satva, raja, tama. But in present condition of era every people running in competitive race and no follow any rules of life no perfect time to eat food & sleep with modern life style, over stress aggressive to mind that affects to body as well as prakrati resulting Doshaisamyata. If continue unhealthy life style leads to Doshaisamyata, Agni bala vaisamyata (impaired digestion and metabolism), Strotodusti (Dysfunction of body channels), harassment of satva (impaired mental condition) causing various types of life style disorders. Classical ayurveda texts having good intervention to prevent and manage of Doshaisamyata, Dhatu dusti gat roga as life style disorders like dietary management by Ahara-vihar, Sansodhan upkrama by Panchakarma, sanshman upkrama by Rasayana, daivya vyapashraya and satvavjaya following with din charya, ritu charya, sadvrit, achar rasayan.

## Aim

Ayurvedic principles to prevents & management of life style disorders.

## Objective

1. To evaluate the Basic Principles of Ayurveda for healthy life.
2. To evaluate the Ayurvedic management of life style disorders

## MATERIAL & METHODS

**Materials:** Ayurvedic classical texts, journals, internet

**Methods:** Literary review

1. Nidan parivarjanam
2. Ahar-Vihar
3. Panchakarma (detoxification)
4. Rasayana(rejuvenation)
5. Vajikaran
6. Ritucharya
7. Dincharya

8. Sadvrat (ideal routine)
9. Aachar rasayan (way of good conduct)
10. Daivya vyapashrya chi
11. Satvavjaya.

### Etiopathogenesis of life Style Disorders

**Tridosha:** Doshas are bioenergies composed of two of the great five element (panchmahabhoot) that govern our mind, body & spirit. The three dosha can be considered as the three models of body structure. Our dosha or our prakrati is our state of natural balance. Any deviation from that natural balance will result in disease.

**Table 1**

Dosha	Mahabhoot	Functions	Life style disorders
Vata	Vayu + akash	Any type of movements in body, mobility, respiratory pulse, movements of communication like nervous system, thoughts etc	Paralysis, strok, Muscular dystrophy, copd, depression
Pitta	Tej + jala	Brings transformative energy in body, chemical activities, metabolism like digestive system, blood circulation, skin beauty etc	Hyperacidity, dyslipidemia, hypertension, hair fall, premature greying, acne, pigmentation, psoriasis etc
Kapha	earth + jala	Brings cohesion to the body & is responsible for the muscles, connective tissue & fat, anabolic activities	Diabetes, atherosclerosis, hypothyroidism, infertility, pcod etc

**Triguna:** Ayurveda as a holistic philosophy teaches us quite simply that every thing that we do affects our health. An over view of three guna in ayurved psychological principles.

**Table 2**

Guna	Quality	Affected characters	Prevention
Satva	Mode of purity, Goodnourishing, harmonious, ultimate goal of mind	fear, anxiety, restlessness, worry due to moving out of satva with modern life style	Meditation, pranayamsatsang, satvavjaya,
Raja	Mode of passion or activity, initiative	Agressivness, angry, jealous, hurted due to disturb rajo guna with rajsik diet, completion	Cooling therapy with sheetalparishek, forgiveness, meditation
Tama	Mode of lethargy, slow going, passivness	Destruction, selfishness, dependency, heaviness in mind due to tamsik diet	Excercise, walking, meditation,

**Sapta Dhatu:** Dhatu are basically the body tissues which are responsible for the functioning of the body system & organs. According to ayurveda dosha dhatu mala mulam hi shariram<sup>[5]</sup> it means dosha are the biological forces which work through the medium dhatus & mala. Dhatu and Mala are structural units & Dosha are the energy form. These dhatu are seven

in number. In the manufacture of plasma (ras) affects the quality of blood (rakta) which turn affect the muscles (mans dhatu) each tissue type has its own agni which detemine metabolic changes in the tissue & forms by product which are either used in the body or excreted.

**Table 3**

Dhatu	Functions	Updhatu	Dosha & Dhatu mala	Related life style disease	Ayurvedic management
Ras (plasma & lymphatic)	nourishment	Breastmilkmenstrual blood	Kapha Sweat, tears, saliva	Hypothyroidism, diabetes, hair fall	Langhan, pachan vaman, rasayan sevan
Rakta (blood)	life	Blood vessels Tendons	Pitta	Skin disease Hypertension CVS disease	Raktamokshan siravedh, jalaukavcharan, virechn
Mansa (muscular tissue)	strength	Muscles Fat Skin	Kapha Ear wax, nosy crusts	Goiter, lipoma Arbud, granthi	Vaman, virechan Sastra kshar agnikarma
Meda (adipose tissue)	lubrication	Joints Ligaments	Kapha Sweat smegma	Obecity, dandruff Acne, lipoma	Sodhan, vaman, langhan, pachan, exercise,
Asthi (bony & skeletal tissue)	support	Teeth	Vata Hair, nail	Osteoarthritis Teeth, nails, hair disorders	Sodhan, niruh anuvasan, tiktksheer basti
Majja (bonemarrownerve tissue)	Generation filling	-	Vata Secretation Sebaceous gland & eyes	Giddiness, spinal disorders	Sodhan, virechan Basti, exercise
Sukra (generativ tissue)	reproduction	Ojas	Kapha smegma	Infertility Beej dosha	basti, virechan, rasayan, vajikaran

**Etiology:** In ayurveda basically the three causes of any type of disease asatmendriarth sanyog, pragyapradh & parinam. In which pragyapradh is main causative factor of life style disorders. Eating unhealthy food, preserve food, fast food, energy drinks, sedentary living, smoking, alcohol. stress, poor sleeping, urbanization added with altered eating habit, poor exposure to sun light & fresh air, & never detoxify body then dosha vata, pitta, kapha imbalance, khavaigunyata and generate related dhatu dusti occur life style disease.

**Synonyms:** Disease of civilization, Disease of longevity.

#### **AYUTVEDIC MANAGEMENT OF LIFE STYLE DISORDERS-**

The basic therapeutic approach is that alone is the right treatment which makes for health & he alone is the best doctor who free one from disease. Ayurveda has two aspect of treatment preventive & therapeutic. These are-

**1. Nidan Parivarjan-** Nidan parivarjan is to avoid the known disease causing factors in diet & life style of the patients. It inhibits the prognosis of disease like vata vardhak ahar vihar is restricted in vataj disease.

**2. Ahar Vihar-** In ayurveda ahar vihar (pathya-apathya) is very important to prevents and manage of life style disease. Ahar is considered as prana<sup>[7]</sup> (basis of life) in ayurved charak samhita. The importance of diet can be understood with the fact that it has been called is mahabhaishya<sup>[8]</sup> in kasyap samhita. In ayurveda it has been clearly mentioned that food should be taken keeping in mind & the rule that one part of stomach should be filled up with solid food, the second part with liquid & third part should be left empty for proper actions of dosha. The asta ahar vidhi vishesaytan is prakrti, karan, sanyog, rashi, desh, kal, upyog sanstha & upyokta which determine the utility of food.

General pathy ahar-1. Anna varga-wheat, bajra, rakt shali, mash 2.dugdha-cow, goat 3.phala-draksha 4.jala- ushna jala, shrit shit jala 5.madya-sura, madira, amla kanji 6.mansh-kukkut 7.mutra-cow, horse, elephant 8.sak varga-jivanti, shigru, patol, rasona etc.

Pathya vihar-Atap sevan (expose to sun), mridu saiya (soft bed), ushnodak snan (bath with lukewarm water, meditation, pranayam, dhyan

Apathy ahar-Ayurveda also describe eighteen types of dietary incompatibilities (viruddha ahar) which should be avoided to maintain health. hot, spicy, oily food, un ripe food, preserved food, viruddha ahar, fastly, slowly eat food, adhyasan, vishmasan, ajeernsan, pramitanan etc

Apathy vihar-night awakening, day sleep, anxiety, etc

**3. Panchakarma (Detoxification)-** Ayurveda is only science which has incorporated different detoxification methods in daily routine. this works as preventive as well as curative.

Panchakarma is a collection of five active procedures of bio purification. These are 1.vaman therapeutic emesis (mainly kaphaj disorders) 2.virechan-therapeutic purgation (mainly pittaj) 3.aasthapan basti-therapeutic decoction enema (mainly vataj & kaphaj disorders) 4.anuvasan basti-therapeutic oil enema(vataj) 5.nasya-nasal medication (mainly kaphaj & tridosaj) In sushrut samhita mention raktamokshan-blood letting by siravedh, leech therapy ( for toxic blood mainly pittaj, rakta disorders).

Supportive & others main procedures-1.snehan (oiling) its two type 1.internal-intake of medicated ghee duration 3 or 5 or 7 days before planning of vaman & virechan.2.external- Massage with medicated oil according to dosha. It include in daily routine to prevent disease and mange to special vata vyadhi, muscular disorders.

2.swedan-medicated decoction steam to dissolving toxins in body & eliminate out side by sweat. It preventing and managing role to life style disorders.

3.sirodhara-medicated oil constantly the duration of 15 min on forehead. It prevents psychosomatic disease and relaxing in mind.

Panchakarma used in order to cleans the body channels ( dhatu gat stroto suddhi) to eliminate toxins (ama vish) out of body & brings homeostasis of bio humors tridosha(vata, pitta, kapha) & manas dosha (raja, tama) to obtain psychosomatic beneficial effect which further leads to chemical balance inside the bio system thus provides the normal chemical & electrical environment in all over body system like digestive, excretory, nervous, reproductive, circulatory, lymphatic system etc.& ultimately restore the dosha dhatu samyata.when its done properly these gives rejuvenate the body & increase the longevity of healthy life.

**4. Rasayana (Rejuvenation)-** It is a Sanskrit word consist of Rasa (nutrition) & ayan (path) which refers to nutrition and its transportation in body channels (stroto prasadan). Rasayan therapy essentially refers to the process of tissue nourishment & rejuvenation. "Labhopyo hi sastadinam rasadinam rasayanam"<sup>[9]</sup> rasayana has comprehensive scope to positive nutrition, immunomodulator, longevity & sustence of mental & sensorial competence by promotion of mental & physical health also rejuvenation activity. Many rasayan describe in ayurveda according to essentiality like medhya rasayan for developing brain, hridya rasayan for being a good cardiac activity, twachya rasayana for healthy skin as well as good cosmetic etc. Rasayan karma affords a preventive role against all range of life style disease through improved metabolism, promote immunity, improve endocrine, exocrine secretion, antioxidant action, anti aging, haemopoitic effect, adaptogenic action, anabolic action & neuroprotective action at molecular level.

**5. Vajikaran (Aphrodisiacs)-** Vajikaran or vrishya chikitsa is a one of eight major speciality of astang ayurved. It is concerned with aphrodisiacs, virility & improving health of progeny. As per charak samhita by proper use of these formulation one becomes endowed with good attractive physique, potency, strength & complexion & sexually potent. This is helpful in many commen sexual dysfunction, infertility, premature ejaculation & erectile dysfunction. Vajikar drugs are also used for high potentate bija (sperm & ovum) being a uttam santati (healthy baby) after detoxify of body.

**6. Sadvrat –** Ayurveda is an ancient science there are many secrets in ayurvedic knowledge for the happy living. There is a separate chapter<sup>[10]</sup> that is good conduct or ethical regimen for the balance of life to prevent various life style disorders. There are simple moral principle & the right conduct that is applicable to all people of all the times & place. If we violate or ignore these guideline we are going to suffer ultimately. In short sadvrat is good mental conduct, good social conduct, good personal conduct, good moral conduct & good religious conduct. It gives "arogyam indriyavijayam" means achieve good health & self control

**7. Aachar Rasayan-** It is unique concept in ayurveda that implies moral ethical & behavioural conduct. Truth nonviolence personal & public cleanliness, mental & personal hygiene, compassion & yogic life style. These behaviour brings about rejuvination in the body mind system. Like as truthfulness, freedom from anger, non indulgence in alcohol, nonviolence, calmness, sweet speech, engaged in meditation, cleanliness, charitable religious, respectfull to others, loving, compassionate balance in wake fullness & sleep, using ghee regularly, knowing the measure of time & place, controlling the senses, keeping the company of elders & positive attitude, devotion to vedic scriptures. One who adopts such conduct gain all benefits of achar rasayan therapy. It behavioural rasayan is most important to current life.

**8. Dincharya (Daily Routine)-** There are several things to implement in daily life that make to feel healthy, happy & full of energy. Ayurveda describe the rule of conduct to be daily life style after leaving bed seeking perfect health & sound body. Daily routine in shortly 1 morning- waking up at brhma muhurt (2 hrs before sun rise) due to a lots of satva (purity) 2.Tooth brushing- tooth brush should be made of a fresh twig of nimb, khadir, karanj due to prevent dental disorders. 3.scraping of coated tongue by gold, silver, copper or wood. 4.gurgles with medicated oil to being healthy gums. 5.Eye & mouth wash with trifala decoction to prevent eye disease, wrinkles, pigmentation. 6.Collyrium with strotonjana 7.Tambul sevan to cleans mouth. 8.Head massage to make strong hair roots & relaxing brain. 9.Pouring oil in ear cavity 10. Body massage 11.parishkek- affusing the body removes fatigue. 12.Physical Exercise to make body

strength. 13. Massage with chRNA (body scrub) to make vata kapha balance. 14. Padabhyang 15. Bath 16. moisturizing 17. Prey 18. Lunch (10-12am) 19. After noon-sadvrit 20 Evening prey 21. Dinner (6-8 pm) 22. Chankraman (walking) 23. Ratricharya (early to bed). This life style to prevent various life style disorders.

**9. Ritucharya-** Ritu the season classified by different features expresses different effects on the body as well as environment. As adaptation according to the changes is the key for survival, the knowledge of ritucharya (regimen for various seasons) is important. People do not know or ignore the suitable type of food stuff, dressing & other regimen to be followed in particular season this leads to derangement of homeostasis & causes various life style disorders. Ritucharya in shorts 1-adan kal (jan to june) consist of shisir, basant, grishm. body strength decreasing in manner. 2-visarg kal (july to dec) consist of varsha, sharad, hemant body strength increasing in manner. Knowledge of ritucharya is also need to detoxification of body according to aggravation of dosha in different ritu like in basant (feb-march) for vaman in kaphaj prakop, sharad (oct-nov) for virechan in pittaj prakop & varsha (july-aug) for basti in vata prakop.

**10. Daivya Vyapasrya Chikitsa-** It include mantra, ausdhi & different mani dharan according to jyotish, spiritual use of ayurvedic hurbs & gems, mangal karma (propitiatory), bali (offering oblations), home (yagya), prayashit (ceremonial penances), upvas (fast), swastyayan (ritual social activity) mention in ayurveda classics. All these activities directly or indirectly generate a positive energy on mind (manas). It promotes psychosomatic health and prevent various type of life style disorders related to mind like as Depression, Anxiety etc.

**11. Satvavjaya Chikitsa-** “Dhi dhrya aatmadi vgyanam manasodhi param”<sup>[11]</sup> & “mano nigrha” is the treatment of mind. In ayurveda clearly mention “shariendriya satva aatma samyoge dhari jivitam” in definition of life. And even in the definition of swasthya a person is called healthy not only when his dosha, dhatu, mala and agni are in equilibrium condition but also his manas like prasannatmendriya manah should be in normal condition. In the presence of atma for proper & healthy functioning of sarir (body) & indriya (sens) with manas satva (mind) play a major role. So satvavjaya chikitsa is most important to live a healthy life. It essential to have a line of treatment of mental disease also pschyosomatic life style disorders.

## RESULTS

A faulty life style is proved to work at multiple levels to influence susceptibility to many life style disorders. Ayurvedic intervention is targeted towards complete physical, psychological & spiritual<sup>[13]</sup> wellbeing which makes it a wonderful option in treating life style disorders.

## DISCUSSION

Every individuals constitution has its own unique balance of the tri dosha. This balance of dosha indict the healthystate of body. The wrong diet, habits, lifestyle, incompatible food combination, seasonal changes repressed emotions & stress factors can allact either together or separately to change the balance of tridosha. According to the etiological factors tridosha undergo vitiation leading hypo function of agni (responsible for digestive & metabolic process) & as a result it produce Ama (improperly metabolized toxic component). This ama being sticky in nature blocks the circulatory channels (srotas), there by inhibits nourishment of tissue by the nutrient fluids. This ama gets mixed up with the dosha to causes different morbidities, the further production of ama can be prevent & cure by adopting modified life style & various panchakarma procedures. Some lifestyle disease to control by panchakarma such as 1.Vaman- hyper acidity, hypothyroidism, copd, chronic rhinitis, acne, pigmentation, dandruff, obesity etc 2. Virechan- hypothyroidism, diabetes, obesity, anaemia, skin disease, hair fall, infertility, infective pathology etc 3. Basti – hemiplegia, paralysis, ankylosing spondylitis, all vata disorders, infertility etc 4. Nasya – headache, depression, insomnia etc 5. Rakta mokshan – skin disease, pittaj disorders, any obstructive pathology in blood circulation, primary cancer etc. In the factors involved in pathogenesis of these life style disorders are reviewed on the basis of

ayurveda. The symptoms shows ras dusti, kapha dusti, agni mandta, rakta dusti, mansa, meda dusti etc.

## CONCLUSION

There is a great need of time of globalization of ayurvedic principles of charak, sushrut, vagbhatta in the references to prevent and cure the life style disorders. In charak samhita section sutra sthan fully describe “swastha chataska”<sup>[14]</sup> personal hygiene for maintenance positive health including matrasitiya chapter (ahar description), tasyasitiya (ritucharya), naveganna dharniya ( should not suppress natural urges) & indriyopkramneeya (sadvrat) are completely related to healty life style its most important to ayurvedic physician. Charak in its section chikitsa starts with an exhaustive chapter on rasayan therapy dealing with physiological, pharmacological, therapeutical & clinical aspect of rasayan. Charak appears to have correlated this with the fundamental principle of ayurveda as related to concept of ras samvhan, concept of dhatu, agni, bala, srotas etc. Charak kalpa & siddhi sthan is completely for detoxification of body through panchakarma. In sushrut samhita also describe two type of rasayan kamaya rasayan for prevent and naimittik rasayan for cure of disease. Sushrut chikitsa anagat badha pratishedha chapter is fully describe daily routine for healty life style. Vagbhatta also says in astang sangrah & hridaya to the same.

It is now considered that most of the chronic disorders like diabetes, bronchial asthma, hypertension, copd, obesity, chronic liver disease, psoriasis, arthritis, dyslipidemia, cancer etc are occurring due to pragyapradh refers to faulty life style

So ayurveda texts play an important role in promoting the health & prolonging the life span by establishing homeostasis between dosha dhatu mala. It helps to keep disease free. With ayurvedic system of medicine to promote the psychosomatic health to reduce the morbidity and reduce burden society.

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