



A Case Study – Mukhadushika (Acne Vulgaris) in View of Panchakarma Management

KEYWORDS

Mukhadushika, KshudraRoga, Acne Vulgaris, Shalmali Thorn, Kapha, Vata, Rakta, Yuvanpidika, Shodhana, Shamana, Nidanparivarjana.

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ABSTRACT Mukhadushika is a type of KshudraRoga described in Ayurvedic classics. The classical symptoms of Mukhadushika described in Ayurveda resembles with Acne Vulgaris. Since ages, acne vulgaris has always been one of the most burning problems of the adolescents. The shalmali thorn like eruptions on the face of adolescent due to vitiation of Kaapha, Vata, and Shonita called as Mukhadushika or Yuvanpidika. In allopathy Acne Vulgaris is a chronic inflammatory disorder of sebaceous follicles characterised by the formation of comedones, papules and pustules, less frequently nodules or cysts. Allopathic treatment includes treatment for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. But these therapies give serious side effects like nephrotoxicity, hepatotoxicity and bone marrow depression. So it is necessary to find out effective and safe treatment for Acne Vulgaris and Ayurveda is for it which plays important role through its principles i.e. Shodhana, Shamana and Nidanparivarjana. It is a unique and long lasting result providing treatment for better life of the patient. For present study we have reported an 18 years old male patient having symptoms of mukhadushika since last 2 years. He had severe papules (shalmali thorn like eruptions) with itching and pustules with pus discharge on cheeks and forehead. There was no significant past history of any other chronic illness. The patient was treated with Vamana, Virechana, Raktamokshan and lepa followed by oral medication. The improvement was significantly increased during course of Panchakarma.

Introduction:-

Everyone wants to look his face beautiful, clean & attractive. Even a small spot on the face especially of younger ones causes worry. "Mukhadushika" is one of the culprits, which disturbs physical & psychological states of youngsters. In Ayurveda all skin diseases are grouped under a broad heading of kshudraroga, and Mukhadushika is one of the diseases among kshudraroga. According to Ayurveda eruptions look like Shalmali thorns (shalmalimalabarica) and appearing on mukha (face). Doshas involved are kapha, vata & shonita, according to some acharayas Meda. It is also known as Yuvanpidika means found in young age. In modern science, it is correlated with acne vulgaris. Prevalence of acne is 80-90% in adolescence. These skin lesions occur when there is a change in the skin cell units known as pilo-sebaceous units that contains sebaceous glands a substance called sebum and a hair follicle. When dead skin builds up and clog these units a breakout or lesion is likely to occur.

Line of Ayurvedic treatment for Mukhadushika:-
Ghritapana (oral administration of medicated ghee)

Shodhana – Vamana (emesis) and virechana (Purgation), both are also recommended one after the other.

Shamana Aushadha (Medication) – Both external and internal medication is carried out.

In panchakarma, among shodhana therapy, Vamana is principle treatment for kaphadosha. Acharya Charak defined Vamana as a process in which waste products or toxins (doshas) are eliminated through upper channels that is mouth. Apakwa pitta and kapha are forcibly expelled out through upper route according to Acharya Sharangdhara. In virechana, pitta and kapha are expelled out through

lower route that is anus. Asvatadoshayogavahi, means it functions according to accompanying kapha and pitadosha. Mahatiktakaghrita, Aarogyavardhinivati, musta, shunthichurna & lepa these are medications prescribed for patient. All these medications are used for the pacification of vata and kaphadosha & raktadosha. These drugs mainly possess katu and tikta properties. Thus, purification mechanism in combination with oral medication and nidanparivarjana (avoidance of etiological factor) would be helpful in treatment of "Mukhadushika".

Materials and Methods

Place of Study:-

R. A. Podar Medical College (Ayu.) Hospital, Worli, Mumbai – 18.

Case Report:-

In the present case study, an 18 year old male patient of Mukhadushika (Acne vulgaris) is successfully treated with Ayurvedic management. An 18 years old patient with Registration no. 847 came to OPD no. 15 of Rognidan Department, Hospital, Worli, Mumbai-18, Maharashtra, India with chief complaint of

Papules, pustules on face

Pain over a papules, pustules

Itching over papules, pustules

Oiliness over face

Discoloration of face

Redness of face

Patient had above complaints since two years. Associated

symptom was constipation.

History of present illness:-

Patient was normal two years back. But, since patient has been suffering from shalmali like eruptions (acne) on cheeks, frontal region, pain and itching all over eruptions, oiliness of face, spots on the face region. Simultaneously, he was suffering from constipation, physical and mental stress. He had taken treatment of allopathic medicine for years but did not get relief. There was no significant past history of any type of illness found.

Treatment Plan:-

The treatment was carried out in two phases.

First Phase:-

First phase included *sanshodhana karma* (purification mechanism) i.e. *Vamana* (Process of vomiting)*virechana* (process of purgation) *Raktmokshana* (*Jalawakacharna*, blood letting)

It was strictly followed & *Purvakarma* and *Paschatkarma* (Before and after *vamana* and *virechana* respectively). Total period required for this process is 60 days.

Second Phase:-

After, *Shodhana* second phase of treatment initiated in form of oral medication & *Nidan*, *Parivarjana*. The composition of oral administration of drugs was *Aarogyavardhini Vati*, *Kaishor Guggul*, *Chandanadi Churna* for local application. *Gandharva haritaki* for 2 months.

Preparation and Process of Vamana and Virechana:-

As a *Mukhadhushika* is chronic and relapsing in nature and also there is involvement of *Vata*, *Kapha* & *Shonita*. Hence, *Shodhana* is required for such chronic diseases. In Ayurveda "*Shodhana*" is one of the most important treatments which consist of mainly elimination of aggravated *Doshas* from body. By *Panchakarma* these *Doshas* (toxins and waste materials) should be eliminated from nearest route of body.

Purvakarma (*Deepana Pachana*):-

It is very important and essential process before any purification process. *Amadoshas* present is *Shakha* undergoes digestion for removal of *Amadosha* adhered to the *Strotasas* should undergo the process of digestion through *Deepana Pachana*. Thus, *doshas* (toxins) can be easily eliminated outside the body through *Vamana*. Hence, patient was administered & *Musta Churna* and *Shunthi Churna* in dose of 3 gms thrice a day for 5 days with lukewarm water.

Snehapana (*Oleation*):-

"*Snehapana*" (oleation) therapy was carried out in patient after 5 days of *Deepana Pachana* process. *Aacharya Charak* quotes that *Kapha* glides fluently towards *koshta* through the body, which is kept ready by oleation & fomentation.

For this purpose "*Mahatiktaka Ghrita*" was administered in a dose of increasing order of 30ml, 60ml, 90ml, 120ml, and 150ml with lukewarm water for 5 days respectively. The patient was kept on semi liquid hot diet with less quantity during these days.

Sarvang Abhyang (whole body massage) with oil and *swedan* (fomentation) after completion of oleation therapy on 7th day patient was subjected to *sarvangabhyang*

(whole body massage) and *sarvang swedan* (fomentation) for 20-25 mins or until profuse perspiration occurred. The patient was advised for complete rest on this day and to eat *kaphavardhaka* & *abhishyandi* diet in the evening like *Dahibhaat* & *dahivada*.

Pradhana Karma:-

Vamana:- On this day, the patient was kept on nil by mouth (NBM) till the process of "*Vamana*" start. *Abhyanga* along with *Swedana* was given to the patient. *Phanta* of *Yashtimadhu* (*Glycyorhiza Glabra*) as *Vamanopaga* (helpful for omitting) which as was prepared by using *Vashtimadhu Bharada* (coarse form) 750 mg mixed with 5 ltr of hot water.

Before start of *Vamana* patients general examination was done, pulse, blood pressure was monitored. Then he was administered lukewarm *Godugdha* (milk of cow) till he felt that his stomach was filled completely (1.5 ltr). The *Vvamanayoga prepared* that contained the drugs *Mandanphala Phanta* (*Randia dumetorum*) 50ml, *Yashtimadhu Phanta* (*Glyciraza glabra*) 50ml, *Saindhava* 3gm (sodium chloride), honey 20ml .

This yoga was administered, after 25 minutes of administration of *Vamaka* yoga, patient was follow for *Vamanavega* (act of vomiting) to commence on his own. Monitoring of B.P. and pulse during vomiting was done. Time and quantity of administration of *Vamanopaga Dravyas*, acts of vomiting (major, moderate or minor) and amount of vomits along with the contents were noted. The process was continued till patient was undergone through 6 major & 3 minor omitting acts (*vegas*). When the appearance of vomitus composed of *pittadosa*, the procedure was stopped.

Paschat Karma (Process After Vomiting) :

Dhumapana-

After rest of 15mins, *Dhoomapana* was given with stick made of *Aguru* (*Aquilaria agallocha*) for 9 times by each nostril of patient.

Sansarjana Karma -

In this dietic and behavioural restrictions were given to patient. As patient was undergone in *Madhyam* (moderate grade) of purification (6 major and 3 minor *vega*) of *Vamana*, 5 days regimen of the dietic and behavioural restriction advised for him. The sequence of regimen was planned as *Peya*, *Vilepi*, *Akrita Mudga Yusha*, *Krita Mudga Yusha*, rice with *Mamsarasa* were served for *2Aaharkaala* (diets).

Virechana-

After 7days rest after *Sansarjana karma*, *Snehapana* therapy was carried out again as before for 4days, as *Smyaka Snighdha lakshanas* appeared earlier which was followed by *Sarvang Abhyanga* (Whole body massage with oil) and *Sarvanga Swedana* (Fomentation) for 2 days. The patient was advised to take *Kaphavardhaka* and *Pitta Vardhakaahara* like Tomato soup or Panipuri, in the evening on the second day of *Abhyanga* and *Swedana*.

Pradhan Karma:-

On the day of *Virechana* patient was kept Nil By Mouth (NBM), till the process of *Virechana* start. *Abhyanga* along with *Swedana* was given to the patient. *Triphala* (*Embolica officinale*, *Terminalia bellerica* *Terminalia chebula*) and *Aargwadha* (*cassia Fistula*) *kwatha* 100ml, *Eranda Tail* (Castor oil) 10ml, *Abhayadi Modaka* 2tablets, this *yoga* was given to patient. After 1 hour of administration of *Vire-*

chana yogas, patient was followed for *Virechana Vega* (acts of purgations) to commence on his own. Time and quantity of administration of *Virechana Dravyas*, acts of *Virechana* (major, moderate and minor), amount of stool along with its consistency colour and other symptoms were noted. The process was continued till patient was undergone through 16 major and 3 minor purgation acts (*Vegas*). When appearance of stool was composed of *Pitta* and *Kapha* and also patient felt tired but light, the procedure was stopped. *Sansarjana karma* was followed as in *Vamana karma* for 2 *Aaharakaala* (2 diets) as *shuddhi* (purification) was *madhyama* (moderate).

Raktamokshana:-

After *Virechana Apathya* done by patient, 2 papules appeared on the cheek region of the patient. Hence *Acharya Shushruta* advised *Raktamokshana* (blood Letting) for *Shonitadushti, Jalaukaavacharana*.

(application of leech on papules) carried out. At the interval of 7 days, 3 sittings carried out and patient got relief from papules.

Observation and discussion:-

During the 60 days of course i.e. *Vamanadi*, patient had reported 70-80% improvement in his symptoms. He had got 50% relief from itching. The *Shalamali Thron* (acne) like eruptions suppressed to 80%. Oiliness of face improved by 40%. Redness of face reduced to 60%. Also patient had developed normal bowel habit. The treatment regime was planned in two phases. In the initial phase of management patient was undergone through *Vamana, Virechana* and *Raktamokshana Karma*. Expel out the morbid *Doshas* from the body is the main principle of the therapy. It acts mainly on *Vitiated Doshas* of *Mukhadushika* that is *Kapha, Vata*, and *Shonita*. *Mahatikta Ghrita* was administered in increasing manner in *Purvakarma*.

Ghee carries property of drug without leaving its own property. The ingredients are *Saptaparna* (*Alstoniascholaris*), *Ativisha* (*Aconitum heterophyllum*), *Shampak* (*Cassia fistula*), *Kutaki* (*Picrorrhizakurroa*), *Patha* (*Cissampelos pareira*), *Musta* (*Cyperus rotundus*), *Ushir* (*Andropogon muricatus*), *Triphala* (*Emblia officinalis*), *Terminalia chebula*, *Terminalia belerica*), *Patola* (*Trichosanthes dioica*), *Nimba* (*Azadirachta indica*), *Parpataka* (*Fumariaparvi flora*), *Dhanwayasa* (*Alaghi mouroum*), *Chandana* (*Santalum album*), *Pippali* (*Piper longum*), *Padmaka* (*Prunuscira soidus*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberi saristata*), *Vacha* (*Acorus calamus*), *Vishala* (*Citrullus colocynthis*), *Shatavari* (*Asparagus racemosus*), *Sariva* (*Hemidesmos indicus*), *Krishna Sariva* (*Ichnocarpus frutescens*), *Vasa* (*Adhatoda vasica*), *Murva* (*Clematis triloba*), *Guduchi* (*Tinospora cordifolia*), *Kiratatikta* (*Swerita chirata*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Trymamana* (*Gentian kurroa*), *Goghrita* (*Butyrum deparatum*) etc. The drugs possess *Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tiktarasatmaka* and *Katuvipaka*. It was observed that the action of drugs was mainly due to properties of these drugs which have *Dipan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna*, and *Varnya* mechanism of actions. They acted mainly for the eradication of *doshas* from shakha (whole body) and brought them into *Koshtha* (stomach). It also pacified the symptoms like itching, discoloration and oiliness due to aggravated *Vata* and *Kapha doshas*.

The main components of *Vamana* and their actions are as follows - *Madanaphala* (*Randia dumetorum*) in small doses acted as nauseant and provided useful as a nervine calm-

native and antispasmodic during vomiting process. *Yashtimadhu* i.e. *Glycyrrhiza glabra* helped to lower the increasing blood pressure during the strenuous *Vamana* process. It also acts as smooth muscle relaxant. *Saindhava* i.e. Sodium Chloride was said to be the best in helping the process of emesis. According to *Acharya Vagbhata*, it possesses the properties like *Vishyandi, Aruksha, Sukshma, Ushna, Vyavayi*. *Acharya Indu* clears that it increases secretions through channels, penetrates the minute channels and spread quickly to the whole body. *Madhu* was effective in breaking the *Avarana* (shield) of fat tissue without aggravating the *vata*.

Components of virechana yoga and their action are as follow:-

Triphala kwatha Amalaki (*Emblia officinale*) was *tridosahara* and *Vibandhanashaka* action like *Haritaki* (*Terminalia chebula*) and *Bibhitaki* (*Terminalia belerica*) had *Rechaka* (laxative) action.

Eranda Tail (*Ricinus communis*) acted as *Adhibhaghara, Virechaka, Kruminissaraka* and also did *shodhana* of *Kapha* in *Aamashaya*.

In *Abhayadi Modaka, Haritaki* and *Aamlaki's Anulomaka, Danti* is *Tikshna Virechaka, Trivruta* has *Virechaka prabhava, Pippali* is *Pitta Virechaka* and *Maricha* has *Pramathi* property. Along with *pitta rechana, kapha samshodhana* and *vata anulomanaka*. *Abhaydi Modaka* is *Katu Rasa, Tikshna Guna* and *Ushna Virya* with *Katu Vipaka*. *Doshas* expel out through anal route (*Gudamarga*) as *Virechaka dravyas* have *Jala* and *Pruthvi Mahabhuta pradhanya* and have *Adhobhaghara prabhava*. Thus *Vamana* and *Virechana* pacified itching, diminished redness of face, reduced oiliness, depressed shalma lithron like eruptions and mildly normalized the discoloration.

Raktamokshana it's action

As there is *Shonitadushti*, in *Raktamokshana* impured blood sucked by *Jalauka* (leech). And suppressed the burning and eruptions.

In second phase of treatment, the patient was administered with oral medications like *Arogyavardhini-vati, Kaishorguggulu* and for local application *Chandanadi lepa*. *Arogyavardhini Vati* contains *Shuddha Parada* (Herbal Purified Mercury), *Shuddha Gandhaka* (Herbal Purified Sulphur), *Shuddha Loha* (Purified Iron), *Abhrakabhasma* (Purified Mica), *Tamrabhasma* (Purified Copper), *Triphala, Shuddha Shilajit* (Asphaltum), *Shuddha Guggulu* (*Commiphoramukul*), *Twaka* of root of *Chitraka* (*Plumbago zeylanica*), *Kutaki* (*Picrorrhiza kurroa*) all are pasted in *swarasa* (juice extract) of leaves of *Nimba* (*Azadirachta indica*). It was administered in a dose of 500 mg twice a day with lukewarm water after meal. This leads to delay of movements of stool which further results in production of organic toxins and get absorbed in interstitial skin, *Rakta Mansadi Dahtu* which affects *grahani* (duodenum) means directly indigestion. Thus *Arogyavardhini Vati* worked as purifactory agent for large intestine *Rasayana* for duodenum and mainly purifier for toxins in large intestine.

The second content of oral medication is *Kaishor Guggulu* containing *Trikatu* (*Zingiber officinale, Piper longum* and *Piper nigrum*) *Churna* (powder form), *Amalaki* (*Emblia officinale*) was *tridosahara* and *Vibandhanashaka* action like *Haritaki* (*Terminalia chebula*) and *Bibhitaki* (*Terminalia belerica*) had *Rechaka* (laxative) action, *Guduchi* (*Tinospora*

cardifolia) as a *Tikta Rasatmaka Raktaprasadaka*. Danti is *Tikshna Virechaka*, *Trivruta* (*Operculin ipomoca*) has *Virechaka Prabhava*, *Shuddha Guggulu* (*Commiphora mukul*) *Vatghana*. *Vidanga* (*Embelia Ribes*) *Raktaprasadaka*, *Varnya*, *danti* (*Baliospermum montum*) *Raktashdaka*, *Kaphapittahara*.

For external use *Chandanadi Lepa* used containing *Chandana* (*Santalum alba*) *Raktaprasadaka*, *Varnya*, *Dahashamaka*, *Ushir* (*Vetiveria zizanioidis*) *Raktaprasadaka*, *Twagdosahar*, *Guduchi* (*Tinispora Cordifolia*) *Vatakaphaghna*, *Raktaprasadaka*,

Sariva (*Hemidesmus indicus*) *Dahaprashamaka*, *Raktaprasadaka*, *Twachya*, *Haridra* (*Curcuma Longa*) *Varnya*, *Raktaprasadaka*

Side by side *Shodhana* and *Shaman* therapy patient was advised to avoid Non vegeterian foods (chicken, eggs, mutton, fish etc.) Fast food (vadapaav, pizza, samosa) fermented food (Idali, Uttapa, dosa) *Katu*, *Amla Rasa* (dahivada, spicy food), contaminated water and environment.

Table1: Preparation of Vamana

Ingredients	Quantity
Madanphala Phanta (Randi adu-mentorium)	50 ml
Yashtimadhu Phanta (Glycirriza G labra)	50 ml
Saindhav (Sodium Chloride)	3 gram
Madhu (Honey)	25ml

Table 2: Oral drugs, their Composition, Doses and Exact effect

Name of drug Compound	Ingredients	Dose	Frequency	Duration	Exact effect
Arogyavardhini Vati	<i>Shuddha Parada</i> , <i>Shuddha Gandhaka</i> , <i>Abhrakabhasma</i> , <i>Tamrabhasma</i> , <i>Triphala</i> , <i>Shuddha Shilajit</i> , <i>Shuddha Guggul</i> , <i>Chitrakmulatwaka</i> , <i>Kutaki</i> all pasted in <i>swarasa (rasa)</i> of Leaves of <i>Nimba</i>	2tab (500mg each)	Twice a day	6 months	<i>Amadoshanashak</i> , Hepatoprotective, <i>Vata</i> and <i>Kaphanashaka</i>
Kaishor Gugglu	<i>Triphala</i> , <i>Amruta</i> , <i>Gugglu</i> , <i>Guda</i> , <i>Guduchi</i> , <i>Trivruta</i> , <i>Vidanga</i> , <i>Danti</i> ,	2tab (500 mg each)	Twice a day	3 months	<i>Raktaprasadaka</i> , <i>Vataghna</i> , <i>Ruksha</i> , <i>Rechaka</i>
Chandanadi Lepa	<i>Chandana</i> , <i>Ushira</i> , <i>Guduchi</i> , <i>Mangishta</i> , <i>Sariva</i> , <i>Haridra</i>	As per requirement	Twice a day	3 months	<i>Raktaprasadaka</i> , <i>Varnya</i> , <i>Twachya</i> ,

Steps in Process of <i>Vamana</i> and <i>Virechana</i>	Mechanism	Exact effect showed
<i>Dipana Pachana</i>	Removal of <i>Amadosha</i> Increase in <i>Agni</i>	<i>Ama-doshanashaka</i>
<i>Snehapana</i>	Pacification of <i>Vatadosha</i> Decrease in Burning Sensation Reduction in pain at eruptions	<i>Vata-doshashamaka</i>
<i>Abhyanga</i>	Decrease in redness Decrease in eruptions	<i>Vatadosha Shamaka</i>
<i>Sarvanga Swedana</i>	Removal of Obstruction Increase in <i>Swedana</i>	<i>Strotas Shodhana</i> (Purification of system)
<i>Vamana</i>	Reduction in Itching Pacification of <i>Kaphadosha</i>	<i>Kaphadosha Shodhana</i>
<i>Dhumapana</i>	<i>Kaphadosha</i>	<i>Shiro Virechana</i>
<i>Virechana</i>	Reduction in itching, discolouration, Pacification of <i>Kaphadosha</i> and <i>Pittadosha</i>	<i>Pitta doshashodhana</i>
<i>Raktamokshana</i>	Reduction in eruption, redness, pacification of <i>shonitadosha</i> .	<i>Shonitadosha Shodhana</i>

Figure 1: First visit of Patient to OPD



Figure 2: Visit of patient after Shodhana (Vamana)



Figure 3: Visit of patient after Shodhana(Virechana)



Figure 4: Visit of patient after(Raktamokshana)



CONCLUSION

Mukhadushika (Acne Vulgaris) though it is a chronic and relapsing disease difficult to manage, proper management at proper time, give significant relief. In present case, the treatment was Significant relief. In present case, the treatment was Found very effective in treating *Mukhadushika*.

There was 70 to 80% relief in signs and symptoms After *Shodhana* therapy and after oral medication and *Nidana-parivarjana* 90% relief .

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