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Review Article

ARSHOGHNA (ANTI-HEMORRHOIDAL) HERBAL DRUGS OF RAJNIGHANTU: A LITERARY REVIEW

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ABSTRACT

Ayurveda plays vital role in curing *Arsha* (Hemorrhoids) without surgical intervention there are so many herbal drug having *Arshoghna* property. Many treatment modalities have been explained in *Brihatrayi* (*Charak, Sushruta, Vagbhata*) and *Laghutrayi* (*Sharangdhara, Bhavaprakash* and *Madhav Nidan*). In *Rajnighantu* *pandit Narahari* mentions numerous drugs acting on hemorrhoids. The present study is designed to screen the drugs with *Arshoghna, Visheshat, Gudajapaham, Raktarshara, Gudaraktahruta, Gudankurnash, Gudartinash, Vatarshahara* properties. Out of 789 herbal drugs 38 were described in for the treatment of hemorrhoids throughout the text of *Rajnighantu*.

In *Arshas* management the systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining *Agni* and *Srotas* in equilibrium. Among all the *Arshoghna* drugs are described in *Rajnighantu*, maximum drug are *Tikta* or *Katu* or *Kasaya rasa Pradhana* and most of the drug is *Usna* in *Viryas*. It can also be said that the drugs having *Katu, Tikta, Kashaya rasa, Guru, Tikshna* and *Ksharaguna, Ushnaviryas* and *Katuvipaka* play major role in the treatment of *Arsha*.

KEYWORDS: *Arshoghna dravyas, Anti-hemorrhoidal Herbs, Rajnighantu, Pandit Narahari.*

INTRODUCTION

Many drugs have been mentioned in Ayurveda classics. *Rajnighantu* is one important lexicon of plant drugs. It is one of the latest *Nighantus* belonging to 17th century A.D and contains most of the newly added drugs and their properties. It is considered as "king of all the *Nighantus*". This book is known with the names "Abhidana Chudamani" and "Nighantu raja" The author was the first to give importance to *Dravyaguna* and included *Dravyaguna* in *Astanga Ayurved* showing the prime importance of plant drugs in Ayurvedic treatments. Another important aspect is it deals with name of the plants in various languages. This is the first lexicon which recognized the importance of nomenclature of plants. He introduced many new plants. Being a learned physician and grammarian the material is well discussed and arranged. Hence *Rajnighantu* was selected for the study to note the drugs mentioned for the treatment of *Arsha*.

Lifestyle diseases refer to diseases that result because of choices people make in their life. They are mostly common in developed nations where people are inclined towards eating unhealthy foods, having a sedentary lifestyle and

unhealthy habits like smoking and drinking alcohol.¹

Hemorrhoids are considered as *Arshas* in *Ayurveda*. There are six types of *Arshas* mentioned in the texts - those caused by *Vata, Pitta, Kapha, Rakta* and *Sannipata* and the congenital one told by *Acharya Sushruta*. In unrestrained persons, by aforesaid exciting factors particularly *Viruddha* (incompatible food), *Adhyashana* (eating before previous food is digested), *Striprasanga* (sexual intercourse), *Utkatukasana* (squatting position), *Prusthayana* (riding), *Vegavidharana* (suppression of natural urges) etc., *Doshas*-singly, dually, all or associated with blood are aggravated and spreads to chief passages, move downwards, reach anal folds and after vitiating them produce fleshy growths particularly in those having deficient digestive power; these tuber-like growth by rubbing with grass, wood, stone, clod, cloth etc. or by the excessive contact of cold water develop further which are known as hemorrhoids.² Premonitory symptoms of piles include *Anne-ashradha* (aversion to food), *Krucchatpakti* (digestion with difficulty), *Amlika* (hyperacidity), *Paridaha* (generalized burning

sensation), *Vishtambha* (wind formation), *Pipasa* (thirst), *Sakthisadana* (weakness in legs), *Atopa* (flatulence), *Karshya* (emaciation), *Udgarabahulya* (belching), *Akshnokshavathu* (swelling in eyes), *Antrakujana* (gurgling sound in bowels), *Gudaparikartana* (cutting pain in anus), *Pandurogaashanka* (doubt of anemia), *Grahaniroga*, *Kasa* (cough), *Shwasa* (dyspnoea), *Balahani* (debility), *Bhrama* (giddiness), *Tandra* (drowsiness), *Nidra* (excessive sleep) and *Indriyadourbalya* (weakness of sense organs).³

The disease piles, complicated with thirst (*Trushna*), anorexia (*Arochaka*), colic (*Shula*), severe haemorrhage (*Atiprasrutashonita*), edema (*Shopha*) and diarrhea (*Atisara*) brings end to the patient.⁴

AIMS AND OBJECTIVES

To collect the information regarding the drugs mentioned as *Arshoghna* in Rajanighantu.

To analyze their properties mentioned.

MATERIALS AND METHODS

Materials

Rajnighantu original text was searched for the drugs, having the property of *Arshoghna*, and was tabulated to analyze the properties of those drugs.

Method

The *Arshoghna* property was used with various synonyms also like *Arshoghna*, *Visheshat Gudajapaham*, *Raktarshara*, *Gudaraktahruta*, *Gudankurnash*, *Gudartinash*, *Vatarshahara* etc. So all the drugs mentioned have these properties were identified and tabulated to know their source identify and the properties.

After obtaining the list of the drugs the properties of the drugs will be analysed for *Rasa panchaka* and analyzed systematically.

Table 1: List of *Arshoghna* mentioned in *Rajanighantu*

S.No	Name of the drug	Botanical name/family	Gunas	Karma	Reference
1	<i>Jimutak</i>	<i>Luffa echinata</i> Roxb. Cucurbitaceae	<i>Tikta</i> , <i>Katurasa</i> <i>Ushnavirya</i>	<i>Pandu</i> , <i>Kaphapaha</i> , <i>Durnama</i> , <i>swasha</i> , <i>Kashaghni</i> , <i>Kamala</i> , <i>Mutranasini</i>	<i>Guduchyadivarga</i> 60
2	<i>Saliparni</i>	<i>Desmodium gangeticum</i> DC. Fabaceae	<i>Tiktaras</i> <i>Guru</i> <i>Ushnavirya</i>	<i>Vatadosanut</i> , <i>Visamajwra</i> , <i>Prameha</i> , <i>Arsha</i> , <i>Sopha</i> , <i>Santapanasana</i>	<i>Satahwadivarga</i> 20
3	<i>Apamarga</i>	<i>Achyranthes aspera</i> Linn. Amaranthaceae	<i>Tikta</i> , <i>Katurasa</i> <i>Ushnavirya</i>	<i>Kaphanasana</i> , <i>Arsha</i> , <i>Kandu</i> , <i>Udara</i> , <i>Amaghna</i> , <i>Raktaroga</i> , <i>Hrudroga</i> , <i>Grahi</i> , <i>Vantikrut</i>	<i>Satahwadivarga</i> 91
4	<i>Mahabala</i>	<i>Sida rhombifolia</i> Linn. Malvaceae		<i>Hrudroga</i> , <i>Vatarsha</i> , <i>Sophanasini</i> , <i>Sukrabrudhikari</i> , <i>Balya</i> , <i>Visamajwaraharani</i>	<i>Satahwadivarga</i> 100
5	<i>Hapusa</i>	<i>Juniperus communis</i> Linn. Coniferae	<i>Katu</i> , <i>Kasayarasa</i> , <i>Guru</i> <i>Ushnavirya</i>	<i>Slesmabalasajit</i> , <i>Pradara</i> , <i>Udara</i> , <i>Vidvandha</i> , <i>Sula</i> , <i>Gulma</i> , <i>Arshahara</i>	<i>Satahwadivarga</i> 115
6	<i>Kakamaci</i>	<i>Solanum nigrum</i> Linn. Solanaceae	<i>Katu</i> , <i>Tiktaras</i> <i>Ushnavirya</i>	<i>Kaphansani</i> , <i>Sula</i> , <i>Arsha</i> , <i>Sophadosaghni</i> , <i>Kusta</i> , <i>Kanduharini</i>	<i>Satahwadivarga</i> 135
7	<i>Chunchu</i>	<i>Corchorus fascicularis</i> Lam. Tiliaceae	<i>Madhura</i> , <i>Kasayarasa</i> <i>Ushnavirya</i>	<i>Malasosaka</i> , <i>Guma</i> , <i>Vibandha</i> , <i>Udara</i> , <i>Arsha</i> , <i>Grahanirogaharini</i>	<i>Satahwadivarga</i> 145
8	<i>Brihatchunchu</i>	<i>Corchorus litorius</i> L. Tiliaceae	<i>Katu</i> , <i>Kasayarasa</i>	<i>Malarodhni</i> , <i>Gulma</i> , <i>Sula</i> , <i>Udara</i> , <i>Arsha</i> , <i>Arati</i> , <i>Visaghni</i> , <i>Rasayani</i>	<i>Satahwadivarga</i> 147
9	<i>Kshudracha chanchu</i>	<i>Corchorus depressus</i> Stocks	<i>Madhra</i> , <i>Katu</i> , <i>Kasaya</i> ,	<i>Dipani</i> , <i>Sula</i> , <i>Gulma</i> , <i>Arshasamani</i> ,	<i>Satahwadivarga</i> 149

		Tiliaceae	Usnavirya	Vibandhakrit	
10	Prasarini	<i>Merremia tridentate</i> Hall.F Convolvulaceae	Tiktarasa Guru Usnavirya	Arsha, soyathuhanti, malavistambaharini	Parpatadivarga 38
11	Kshudramlika	<i>Oxalis corniculata</i> Linn. Oxalidaceae	Amlarasa, Usnavirya	Varhnivardhani, Ruchikrud, Grahanidosa, Durnamaghni, Kaphapaha	Parpatadivarga 102
12	Yavani	<i>Trachyspermum ammi</i> Sprague Linn. Apiaceae	Katu, Tiktarasa, Usnavirya	Vatarsha, Slesmanasini, Sula, Adhamana, Krimi, Chardimardani, Dipani	Pipalyadivarga 40
13	Chitraka	<i>Plumbago zeylenica</i> Linn. Plumbaginaceae	Usnavirya, Katuvipaka	Sotha, Kaphapaha, Vata, Udara, Arsha, Grahani, Krimi, Kandunasana	Pipalyadivarga 45
14	Gadlavan	Himalayan black salt	Esadamlaras, Usnavirya	Malapaham, Dipana, Kapha, Vataghna, Arshaghna, Kostasodhana	Pipalyadivarga 99
15	Vrukshamla	<i>Garcinia indica</i> Chois. Clusiaceae	Amla, Kasayarasa, Usnavirya, Katuvipaka	Kapha, Arshaghna, Truna, Vata, Udara, Hrudroga, Gulma, Atisara, Vranadosanasini	Pipalyadivarga 124
16	Amlavetas	<i>Gracinia pedunculata</i> Roxb. Clusiaceae	Amla, Kasayarasa, Usnavirya	Vatajit, Kapha, Arsha, Srama, Gulmaghna, Arochakahara	Pipalyadivarga 128
17	Danti	<i>Baliospermum montanum</i> Muell.- Arg. Euphorbiaceae	Katurasa, Usnavirya	Sula, Ama, Twagdoshasamani, Arshavrana, Asmari, Salyasodhini, Dipani	Pipalyadivarga 160
18	Sarvakshar	Alkaline substances	Kshriyaguna	Chakshusa, Vastisodani, Gudavarti, Krimighna, Mala Visodhini, Mukhavisodhini	Pipalyadivarga 258
19	Mulaka	<i>Raphanus sativus</i> Linn. Cruciferae	Katurasa, Tikshna, Usnavirya	Grahi, Dipana, Durnama, Gulma, Hrudroga, Vataghna, Ruchida	Mulakadivarga 16
20	Balamulaka	<i>Raphanus sativus</i> Linn. Cruciferae	Tiktarasa, Tikshna, Usnavirya, Madhura/Katu vipaka	Mutradosahara, Swasa, Arsha, Kasa, Gulma, Kshya, Nayanaruja, Navisulaghna, Kanthya, Balya, Ruchya, Malavikritihara	Mulakadivarga 22
21	Bansa	<i>Bambusa arundinacea</i> Willd. Poaceae	Amla, kasaya, Kincittiktarasa, Sitavirya	Mutrakrichra, Prameha, Arsha, Pitavikara, Daha, Raktavikara	Mulakadivarga 36
22	Raktarasona	<i>Allium sativum</i> Linn. Liliaceae		Hitroga, Jirnajwara, Kukshisula, Vibandha, Gulma, Aruchi, Mutrakrichra, Sotha, Arsha, Kusta, Vatavikara, Krimiroga, Kapkavikara	Mulakadivarga 54
23	Surana	<i>Amorphophallus campanulatus</i> Blumi. Areceae	Katurasa	Ruchya, Dipana, Pachana, Krimi, Kaphavatapaha, Swasa, Kasa, Vamana, Arsahara, Sula,	Mulakadivarga 64

				<i>Gulmasamana, Raktadosakrut</i>	
24	<i>Vastuka</i>	<i>Chenopodium album</i> Linn. Chenopodiaceae	<i>Madhurarasa, Sitavirya, Kshriya, Esatamla</i>	<i>Tridosajit, Rochanajwarahara, Mahaarshanasaka, Mala, Mutrasodhaka</i>	<i>Mulakadivarga 123</i>
25	<i>Changeri</i>	<i>Oxalis corniculata</i> Linn. Oxalidaceae	<i>Katurasa, Usnavirya</i>	<i>Rocana, Pachana, Dipana, Kaphavatarsha, Sangrahi, Atisarajit</i>	<i>Mulakadivarga 148</i>
26	<i>Kuduhunchi</i>	<i>Momordica tuberosa</i> Cogn. Cucurbitaceae	<i>Tiktarasa, Usnavirya</i>	<i>Ruchikara, Dipna, Pathya, Raktaaniladosakara, Arshaghna, Malarodhavisodhana, Yonidosaghna, Garvhashrava, Visapaha</i>	<i>Mulakadivarga 221, 222</i>
27	<i>Agnimantha</i>	<i>Premna mucronata</i> Roxb. Verbenaceae	<i>Katu, Tiktarasa, Usnavirya</i>	<i>Vatakaphapaha, Sopha, Slesma, Agnimandya, Arsha, Vidvibandha, Adhmana</i>	<i>Prabhadhradivarga 23</i>
28	<i>Ajasrungi</i>	<i>Dolichandrone falcata</i> Seem Bignoniaceae	<i>Katu, Tiktarasa</i>	<i>Kaphajarsha, Sula, Sophajit, Cakshusa, Swasa, Hridroga, Visa, Kasa, Kustajit</i>	<i>Prabhadhradivarga 33, 34</i>
29	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i> Wall. Apocynaceae	<i>Katu, tikta, Kasayarasa, Usnavirya</i>	<i>Atisarajit, Raktapitaghna, Twagdosa, Arshanasana</i>	<i>Prabhadhradivarga 54</i>
30	<i>Karaskara</i>	<i>Strychnos nuxvomica</i> Linn. Loganiaceae	<i>Katu, Tiktarasa, Usnavirya</i>	<i>Kustavinasana, Vatavikara, Raktavikara, Kandu, Kaphavikara, Arsha, Vranapaha</i>	<i>Prabhadhradivarga 143</i>
31	<i>Bhalataka</i>	<i>Semecarpus anacardium</i> Linn.F. Anacardiaceae	<i>Katu, Tikta, Kasayarasa, Usnavirya</i>	<i>Krimi, Kapkavatahara, Udara, Anaha, Prameha, Durnamanasana</i>	<i>Amradivarga 68</i>
32	<i>Pilu</i>	<i>Salvadora persica</i> Linn. Salvadoraceae	<i>Katu, Kasaya, Madhura, Amlarasa Sara</i>	<i>Gulma, Arshasamaka, Dipan</i>	<i>Amradivarga 84</i>
33	<i>Aruk</i>	<i>Prunus persica</i> Batsch. Rosaceae	<i>Madhurarasa Sitavirya</i>	<i>Arsha, Prameha, Gulma, Raktavikaranasaka</i>	<i>Amradivarga 99</i>
34	<i>Bijapura (seed)</i>	<i>Citrus medica</i> Linn. Rutaceae	<i>Tiktarasa</i>	<i>Kapharsha, Sothasamaka, Pathya</i>	<i>Amradivarga 150</i>
35	<i>Sallaki</i>	<i>Boswellia serrata</i> Roxb. Burseraceae	<i>Tikta, Madhura, Kasayarasa</i>	<i>Grahi, Kusta, Raktavikara, Kaphavikara, Vatavikara, Arsha, Vranadosa, Aratinasana</i>	<i>Amradivarga 195</i>
36	<i>Devadaru</i>	<i>Cedrus deodara</i> Roxb.Loud. Pinaceae	<i>Tiktarasa, Snigdha Usnavirya</i>	<i>Kaphavatajit, Amadosa, Bivandha, Arsha, Prameha, Jwaranasana</i>	<i>Chandanadivarga 29</i>
37	<i>Guggulu</i>	<i>Commiphora mukul</i> Engl. Burseraceae	<i>Katu, Tiktarasa, Usnavirya</i>	<i>Kaphavatajit, Kasa, Krimi, Vatavikara, Udararoga, Pliharoga, Sotha, Arshaghna</i>	<i>Chandanadivarga 105</i>
38	<i>Nalika</i>	<i>Ipomoea aquatic</i>	<i>Tikta,</i>	<i>Krimi, Vatajaudara,</i>	<i>Chandanadivarga</i>

	Forsk. Convolvulaceae	<i>Katurasa,</i> <i>Tikshna,</i> <i>Sitavirya,</i> <i>Mahuravipaka</i>	<i>Arsha, Sulaghni,</i> <i>Malasodhni</i>	156
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RESULTS

The above identified drugs were analyzed for the *Rasapanchaka* (*Rasa, Guna, Virya* and *Vipaka*) and the following are noted:

Table 2: Herbs according to *Rasapanchaka*

<i>Rasa</i>	Number of drugs
<i>Madhura</i>	6
<i>Amla</i>	7
<i>Lavana</i>	0
<i>Katu</i>	18
<i>Tikta</i>	19
<i>Kashaya</i>	13

It is observed that, of the total drugs mentioned as *Arshoghnatikta rasa dravya* are maximum in number (19) followed by *Katu rasa dravya* (18) and *Kashaya rasa dravya* (13). *Madhura* (6), *Amla* (7) and *Lavana* (0) in number. This is indicating that the drugs with *Tikta, Katu* and *Kashaya rasa* play major role in the treatment of *Arshas*.

Table 3: Herbs according to the *Virya*

<i>Virya</i>	Number of drugs
<i>Ushna</i>	26
<i>Sita</i>	4

Most of the drugs mentioned are *Ushnavirya* in nature (26) and only a few are *Sheetavirya* (4).

Table 4: Herbs according to the *Vipaka*

<i>Vipaka</i>	Number of drugs
<i>Katuvipaka</i>	1
<i>Madhuravipak</i>	2

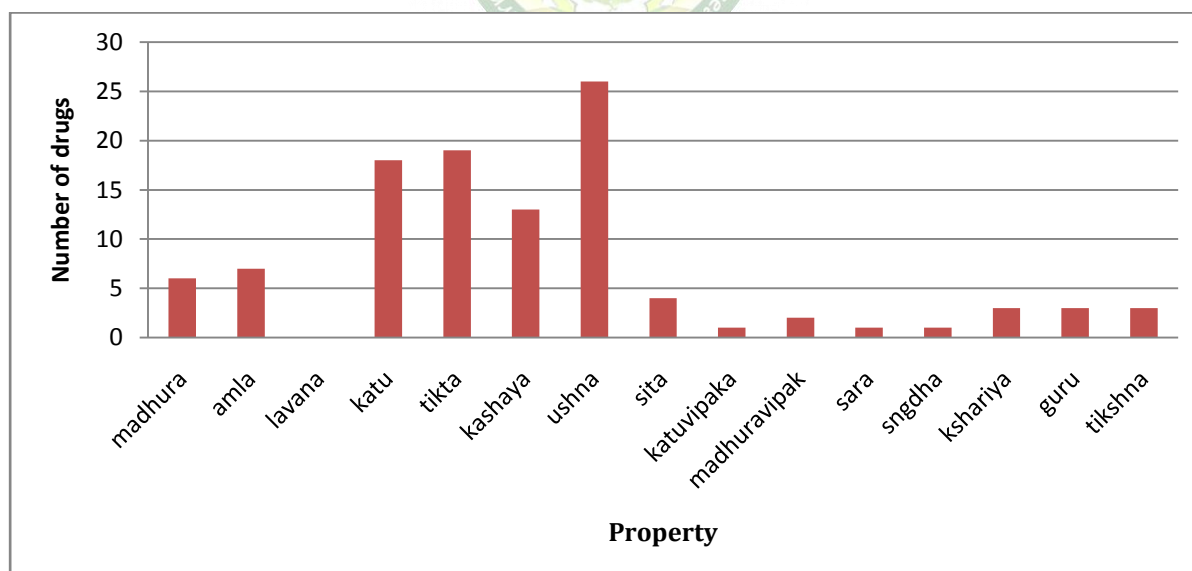
Madhura (2) and *Katuvipaka* (1) *dravyas* are mentioned to have the property of *Arshoghna*.

Table 5: Herbs according to the *Guna*

<i>Guna</i>	Number of drugs
<i>Sara</i>	1
<i>Snigdha</i>	1
<i>Kshariya</i>	3
<i>Guru</i>	3
<i>Tikshna</i>	3

Kshara (3), *Guru* (3) and *Tikshna* (3) *Gunadravya* are mentioned to be mostly acting on the *Arshas*.

Figure 1: Indicating the number of drugs in each element of *Rasapanchaka*



DISCUSSION

Rajanighantu has given unique consideration to the disease *Arsha* (haemorrhoids) and used various drugs to treat this disease. Present study deals with extensive variety of drugs from *Rajanighantu*. Author has determined on herbal drugs rather than other diversity of group. *Pandit Narahari* directly

mentions the *Karma* or action of these following drugs as *Arshoghna*.

Drugs from whole *Rajnighantu* were screened for the action *Arshoghna* (anti-hemorrhoid). Obtained data were presented as per anti-hemorrhoid action with respect to herbal origin drugs which belongs to different

Vargas (chapter wise) classification with corresponding reference.

Out of 789 herbal drugs 38 were described in for the treatment of hemorrhoids, only 1 belongs to *Guduchyadivarga*, 8 of drugs from *Satahwadivarga*, 2 belong to *Parpatadivarga*, *Pipalyadivarga* has 7, *Mulakadivarga* 8 are stated, *Salmalyadivarga* and *Karaviradivarga* 0, *Prabhadhradivarga* 4, 8 in *Amradivarga*, and *Chandanadivarga* 3 were used for the treatment of *Arsha*.

It is observed that, of the total drugs mentioned as *Arshoghna tikta rasa dravya* are maximum in number (19) followed by *Katu rasa dravya* (18) and *Kashaya rasa Dravya* (13). *Madhura* (6), *Amla* (7) and *Lavana* (0) in number. *Katu rasa* are *Agnidipana*, *Soyathunasana* and *Rochayatiasanam*⁵. *Tikta rasa* are *Arochakaghna*, *Dipana* and *Pachana*⁶. *Kasaya rasa* are *Ropana*, *Sosana* and *Stambhana*⁷. This is indicating that the drugs with *Tikta*, *Katu* and *Kashaya rasa* play major role in the treatment of *Arshas*. As *Arshas* is a *Raktadoshajavyadhi* and *Mamsajavyadhi* it requires *Tikta* and *Kashaya rasa dravya* to reduce the *Raktadosha* and *Katu rasa* helps to reduce the *Mamsajadoshas*. They also are *Laghu* and help for treating the indigestion caused in the *Arshas*.

Most of the drugs mentioned are *Ushnavirya* in nature (26) and only a few are *Sheetavirya* (4). *Ushnavirya* destroys constipation and expels the stools freely and also helps to reduce the haemorrhoids especially if the haemorrhoids are dry. *Sheetaviryadravyas* help in the bleeding piles for stopping the excessive blood flow.

Madhura (2) and *Katuvipaka* (1) *Dravyas* are mentioned to have the property of *Arshoghna*. *Madhura* and *Katuvipaka* can be considered to reduce bleeding piles and dry piles respectively. *Amlavipaka* increases *Pitta* and *Raktadosha* there by worsening the disease hence *Amla rasa dravyas* may not have been mentioned.

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Kshara (3), *Guru* (3) and *Tikshna* (3) *Gunadravya* are mentioned to be mostly acting on the *Arshas*. *Ksharaguna* helps to burn the extra mass formed in the pile mass and reduce burn the pile mass. *Guru* and *Tikshnaguna* help to expel the faeces properly.

In management of *Arshas*: The systemic medicines act by improving appetite, regularize bowl habits, astringent action on blood vessels and maintaining *Agni* and *Srotas* in equilibrium.

CONCLUSION

From the present study it can be concluded that 38 drugs were mentioned in *Rajanighantu* acting on *Arshas*. It can also be said that the drugs having *Katu*, *Tikta*, *Kashaya rasa*, *Guru*, *Tikshna* and *Ksharaguna*, *Ushnavirya* and *Katuvipaka* play major role in the treatment of *Arsha*. As the study is purely theoretical, it requires clinical correlation of the mentioned drugs.

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