



Shatapushpa Taila: An Ayurvedic Formulation for Menstrual Problems

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Abstract

Disease and modern world are mimic to each other. *Ayurvedic* medicines are becoming increasingly popular with having many benefits in chronic disorders in today's era. Shatapushpa (an Ayurvedic herb) commonly known as dill. It grows annually and is known for its aromatic leaves and seeds. It enhances female health, boosts breast milk production, soothes joint pains, cures urinary complaints, calms boils and swellings and manages PCOS. According to Acharya Kashyapa in Kalp Sthana, Shatapushpa is just like nectar to the women who suffer from menstrual problems like amenorrhea, menometrorrhagia, oligomenorrhoea, infertility, early menopause, absence of menarche etc. Shatapushpa can be used in powder, decoction and oil form. In this article we will discuss about *Taila* (oil) form of Shatapushpa and their action on menstrual problems. Acharya Kashyapa and Charaka mentioned the preparation of Shatapushpa Taila and its *Taila* should be used in the form of Nasya, Pana, Snehana, Abhyanga, and Basti.

Keywords: Shatapushpa; Menstrual problems; Taila; Kashyapa

Introduction

Our modern lifestyle i.e. sedentary lifestyle creates many health issues because of increasing stress and over eating of junk foods. According to Ayurvedic concept, Agni is the prime and ultimate factor in the process of maintenance of life [1]. Improper functioning of Agni can cause many diseases. Menstrual problems is a major problem faced by many women's in today's era because of their sedentary lifestyle which causes vitiation of Agni and Mana both which further affects Dhatu and develop unbalancing of hormones. For these problems Acharya Kashyap mentions Shatapushpa as nectar [2]. Shatapushpa (*Anethum graveolens*) also known

as dill or soya. It grows annually. The seeds of Shatapushpa enriched with aromatic characters and are flat, small and very light in color. It is known for its spice and essential oil. It is used by Egyptian doctors 5000 years ago. In the middle ages, it was in use to protect against witchcraft and Greeks used this plant for getting sleep.

Shatapushpa contains essential oils, proteins, carbohydrates, fatty oil, moisture, fiber and mineral elements such as calcium, potassium, magnesium, phosphorous, sodium, vitamin A and niacin. Essential oil contains carvone, limonene, and a-phellandrene. This plant has anti-convulsion, anti- cramp, anti-emetic, antimicrobial, anti-inflammatory,

gastric, analgesic and mucosal protective properties and used to increase progesterone concentration. According to Bhavprakash Nighantu, it states that the different names of Soya are Shatapushpa, Shatahva, Madhura Karvi, Missi, Atilambi, Sitchatra and Sahintchatra [3]. It aggravates *Pitta* and promotes digestive fire and having pungent taste with hot potency. This manages fever, Vata, Kapha, pain and eye diseases.

Acharya Kashyapa has described the effect of Shatapushpa in Beejotsarga. The *Rasa* and *Virya* of Shatapushpa described in Kashyapa Samhita are different from *Dravya Guna Vigyana* [4]. In Kashyapa Samhita, *Rasa* is Madhura and *Virya* is Ushana while in *Dravya Guna*, *Rasa* is Katu, Tikta and *Virya* is Ushana. It effects on Vata and Kapha Dosha and have Artavajanana properties. In Charaka Samhita, this herb is used in decoction enema (*Asthanapanopaga*) and oil enema (*Anuvasananopaga*) therapy. According to Kashyapa Samhita, Shatapushpa have rejuvenating and intellect promoting properties.

According to reference of Acharya Kashyap [2], Shatapushpa *Taila* is prepared as follows: 100 Pala i.e. 4.8 Kg of Shatapushpa is mixed in 5 Drona i.e. 61.14 L of Jala and heated till it gets reduced to Chaturamsha i.e. 1/4th. Then cool down and filtered the Kwatha.

Ingredients

S.no	Ingredients	Latin Name	Family	Rasa Panchaka	Karma
1	Shatapushpa	<i>Anethum sowa</i> Kurz.	<i>Umbelliferae</i>	Rasa- katu, tikta Guna- laghu, ruksha, tikshna Veerya- ushna Vipaka- katu	Kaphavatashama Artavajanana Vatanulomana
2	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers.	<i>Menispermaceae</i>	Rasa- tikta, kashaya Guna- guru, snigdha Veerya- ushna Vipaka- madhura	Tridoshshamaka Vednasthapana Rasayana
3	Gokshura	<i>Tribulus terrestris</i> Linn.	<i>Zygophyllaceae</i>	Rasa- madhura Guna- guru, snigdha Veerya- sheeta Vipaka- madhura	Vatashamaka Vednasthapana Garbhasthapana
4	Guggul	<i>Comiphora mukul</i> Hook ex. Stocks.	<i>Burseraceae</i>	Rasa- tikta, katu Guna- laghu, ruksha, tikshana, vishada Veerya- ushna Vipaka- katu	Tridoshshamaka Shothahara Vednasthapana Artavajanaa
5	Karpura	<i>Cinnamom camphora</i> Nees & Eberm	<i>Lauraceae</i>	Rasa- tikta, katu, madhura Guna- laghu, tikshana Veerya- sheeta Vipaka- katu	Tridoshshamaka Raktautkleshaka Vednasthapana
6	Vacha	<i>Acarus calamus</i> Linn.	<i>Araceae</i>	Rasa- tikta, katu Guna- laghu, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka and pittavardhaka Vednasthapana Shothahara

To this Kwatha, the common drugs said in Dhatri Chikitsa (PRAKSHEPAKA) each 1 Pala i.e. 48 gram are mixed and cooked again. Then 1 Adaka i.e. 3.73 liter Tila Taila and Chaturguna i.e. 14.92 liters Dugdha is mixed and cooked well. It will cook until Tailavashesha remains. This Taila is cooled and filtered.

According to Acharya Charaka in Madhura Skanda, total 85 drugs are mentioned in this Skanda where Shatapushpa is one of them [5]. According to Acharya Charaka, if these drugs are capable of cutting, then cutting them into pieces and if they are capable of penetrating, then after doing small piercing, wash them with water and keep them in a clean plate, mix milk and water and cook it. When lot of water dries up, the juice of medicine comes out in water and milk does not burn, then take off the fire and filter it hot. Then mix Taila, Vasa, Majja or Rabb in it and cooked it well.

Material and Methods

Shatapushpa *Taila* preparation according to Acharya Kashyapa [2] (Table 1).

8	Daruharidra	<i>Berberis aristata DC.</i>	<i>Berberidaceae</i>	Rasa- tikta, kashaya Guna- laghu, ruksha Veerya- ushna Vipaka- katu	Vedanasthapana Shothahara Raktashodhaka Works on Yakrit
9	Manjistha	<i>Rubia cordifolia Linn.</i>	<i>Rubiaceae</i>	Rasa- tikta, Kashaya, madhura Guna- guru, ruksha Veerya- ushna Vipaka- katu	Kaphapittashama Shothahara Artavajanana Raktprasadan
10	Lavang pushpa	<i>Syzygium aromaticum Linn.</i>	<i>Myrtaceae</i>	Rasa- tikta, katu Guna- laghu, snigdha Veerya- sheeta Vipaka- katu	Kaphapittas hamaka Raktautkles haka
11	Sariva	<i>Hemidesmus indicus R. Br.</i>	<i>Asclepiadaceae</i>	Rasa- madhura, tikta Guna- guru, snigdha Veerya- sheeta Vipaka- madhura	Tridoshsha maka Raktashodh ak Shothahara Garbhastha pana
12	Bala	<i>Sida cordifolia Linn.</i>	<i>Malvaceae</i>	Rasa- madhura Guna- laghu, snigdha, pichilla Veerya -sheeta Vipaka- madhura	Vatapittashamaka Vednasthapana Shothahara Balya
13	Bilva	<i>Aegle marmelos Corr.</i>	<i>Rutaceae</i>	Rasa- Kashaya, tikta Guna- laghu, ruksha Veerya- ushna Vipaka- katu	Kaphavatas hamaka Vednasthapana Shothahara
14	Gambhari	<i>Gmelina arborea Linn.</i>	<i>Verbenaceae</i>	Rasa- tikta, Kashaya, madhura Guna- guru Veerya- ushna Vipaka- katu	Tridoshshamaka Shothhara Garbhastha pana
15	Patala	<i>Stereospermum suaveolens DC.</i>	<i>Bignoniaceae</i>	Rasa- tikta, kashaya Guna- laghu, ruksha Veerya- ushna Vipaka- katu	Tridoshshamaka Vednasthapana Shothhara
16	Brihati	<i>Solanum indicum Linn.</i>	<i>Solanaceae</i>	Rasa- katu, tikta Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Raktashodhaka Vednasthapana Shothahara
17	Kantakari	<i>Solanum xanthocarpum Schrad & Wendl.</i>	<i>Solanaceae</i>	Rasa- katu, tikta Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Raktashodhaka Vednasthapana Shothahara
18	Shalaparni	<i>Desmodium gangeticum DC.</i>	<i>Leguminosae</i>	Rasa- madhura, tikta Guna- guru, snigdha Veerya- ushna Vipaka- madhura	Tridoshshamaka Shothahara Shonitasthapana Angmardprashman
19	Vasa	<i>Adhatoda vasica Nees.</i>	<i>Acanthaceae</i>	Rasa- tikta, kashaya Guna- ruksha, laghu Veerya- sheeta Vipaka- katu	Kaphapittashamaka Vednasthapana Shothahara
20	Rasna	<i>Pluchea lanceolata C. B. Clarke.</i>	<i>Compositae</i>	Rasa- tikta Guna- guru Veerya- ushna Vipaka- katu	Kaphavata shamaka Vednasthapana Shothahara
21	Khushtha	<i>Saussurea lappa C.B. Clarke.</i>	<i>Compositae</i>	Rasa- tikta, katu, madhura Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Vednasthapana Artavajanana

22	Laghu Ella	<i>Lesser cardamom Maton.</i>	<i>Zingiberaceae</i>	Rasa- katu, madhura Guna-laghu, ruksha Veerya- sheeta Vipaka- madhura	Tridoshshamaka
23	Shatavari	<i>Asparagus recemosus Willd.</i>	<i>Liliaceae</i>	Rasa- madhura, tikta Guna-guru, snigdha Veerya- sheeta Vipaka- madhura	Vatapittashamaka Vednasthapana
24	Trivrita(shya ma)	<i>Ipomoea turpenth Silva Manso.</i>	<i>Convolvulaceae</i>	Rasa- tikta, katu Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphapittasamsdhana Sukhvirechana
25	Khadira	<i>Acacia catechu Wild.</i>	<i>Leguminosae</i>	Rasa- tikta, kashaya Guna-laghu, ruksha Veerya- sheeta Vipaka- katu	Kaphapittashamaka Shonitastha pana
26	Twak	<i>Cinnamomum zeylanica Blume.</i>	<i>Lauraceae</i>	Rasa- katu, tikta, madhura Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Pittavardhaka Raktautkleshaka Vednasthapana
27	Katphala	<i>Artocarpus intagrefolia Linn.</i>	<i>Moraceae</i>	Rasa- madhura, kashaya Guna-guru, snigdha Veerya- sheeta Vipaka- madhura	Vatapittashamaka
28	Punarnava	<i>Boerhavia diffusa Linn.</i>	<i>Nyctaginaceae</i>	Rasa- madhura, tikta, kashaya Guna- laghu, ruksha Veerya- ushna Vipaka- madhura	Tridoshshamaka Raktavardhaka Shothahara
29	Katuki	<i>Picrorhiza kurroa Royle ex Benth.</i>	<i>Scrophulariac eae</i>	Rasa- tikta Guna- laghu, ruksha Veerya- sheeta Vipaka- katu	Kaphapittahara
30	Vidharikanda	<i>Pueraria tuberosa DC.</i>	<i>Leguminosae</i>	Rasa- madhura Guna- guru, snigdha Veerya- sheeta Vipaka- madhura	Vatapittashamaka Shonitasthapana
31	Agnimantha	<i>Premna muceronata Roxb.</i>	<i>Verbenaceae</i>	Rasa- tikta, katu, Kashaya, madhura Guna- laghu, ruksha Veerya- ushna Vipaka- katu	Kaphavatas hamaka Vednasthapana Shothahara Raktashodhaka
32	Kapittha	<i>Feronia elephantum.</i>	<i>Rutaceae</i>	Rasa- madhura, amla Guna-guru, snigdha Veerya- sheeta Vipaka- madhura	Vata pitta shamaka
33	Gunja	<i>Abrus precatorius Linn.</i>	<i>Leguminosae</i>	Rasa- tikta, kashaya Guna-laghu,ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Vednasthapana
34	Kullatha	<i>Dolichos biflorus Linn.</i>	<i>Leguminosae</i>	Rasa-kashaya Guna- laghu, ruksha, tikshana Veerya-ushna Vipaka- amla	Kaphavatas hamaka Pittavardhaka Raktavardhaka
35	Yava	<i>Hordeum vulgare Linn.</i>	<i>Poaceae</i>	Rasa- madhura Guna- ruksha, mridu Veerya- sheeta Vipaka- katu	Tridoshsha maka Medohara
36	Agaru	<i>Acularia agallocha Roxb.</i>	<i>Thymelaeaceae</i>	Rasa-katu,tikta Guna-laghu,ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphavatas hamaka Shothahara Vednasthapana
37	Akshodaka	<i>Juglans regia Linn</i>	<i>Juglandaceae</i>	Rasa- madhura Guna- guru, snigdha Veerya- ushna Vipaka- madhura	Vatashamaka Raktadoshsh ara

38	Indravaruni	<i>Citrullus colocynthis</i> Schrud	<i>Cucurbitaceae</i>	Rasa- tikta Guna- laghu, ruksha, tikshana Veerya- ushna Vipaka- katu	Kaphapittah ara Raktashodh aka
39	Saindhav lavana	Rock salt		Rasa- Guna- Veerya- Vipaka	
40	Meda & Mahameda Ashwgandha	<i>Withania somnifera</i> Dunal.	<i>Solanaceae</i>	Rasa- tikta, katu, madhura Guna- laghu, snigdha Veerya- ushna Vipaka- madhura	Kaphavatas hamaka Shothahara Vednasthapana Raktashodhaka Yonishoolhara
41	Kakoli & Ksheerakakoli Shatavari	<i>Asparagus</i> <i>recemosus</i> Willd	<i>Liliaceae</i>	Rasa- madhura, tikta Guna- guru, snigdha Veerya- sheeta Vipaka- madhura	Vatapittashamaka Vednasthapana
42	Jivaka Vidari	<i>Puperia tuberosa</i>	<i>Fabaceae</i>	Rasa- madhura Guna- guru, snigdha Veerya- sheeta Vipaka- madhura	Vatapittash amaka
43	Tila Taila				
44	Go Dugdha				
45	Draksha	<i>Vitis vinifera</i> Linn.	<i>Vitaceae</i>	Rasa-madhura Guna-guru, snigdha, mridu Veerya-sheets Vipaka-madhura	Vatapittash amaka Garbhastha pana
46	Haridra	<i>Curcuma longa</i> Linn.	<i>Zingiberaceae</i>	Rasa-tikta, katu Guna-laghu, ruksha Veerya-ushna Vipaka- katu	Tridoshshamaka Vednasthapana Raktavardhaka
47	Ushira	<i>Vetiveria</i> <i>zizanioides</i> Linn.	<i>Graminae</i>	Rasa-tikta, madhura Guna- laghu, ruksha Veerya-sheets Vipaka-katu	Kaphapittas hamaka
48	Shankhapushpi	<i>Convolvulus</i> <i>pluricaulis</i> Choisy	<i>Convolvulaceae</i>	Rasa-tikta Guna-snigdha, pichilla Veerya-sheets Vipaka- madhura	Tridoshsha maka Keshvardhaka Prajasthapana
49	Chandana	<i>Santalum album</i> Linn.	<i>Santalaceae</i>	Rasa-tikta, madhura Guna- laghu, ruksha Veerya-sheets Vipaka-katu	Kaphapittas hamaka Raktashodha ka
50	Haritaki	<i>Terminalia chebula</i> Retz.	<i>Combretaceae</i>	Rasa-panchrasa (Kashaya pradhana) Guna-laghu, ruksha Veerya-ushna Vipaka-madhura	Tridoshsha maka Shothahara Vednasthap anaGarbhashay shothahara
51	Bhibhitaki	<i>Terminalia bellirica</i> Roxb.	<i>Combretaceae</i>	Rasa-kashaya Guna- laghu,ruksha Veerya-ushna Vipaka-madhura	Tridoshshamaka Shothahara Vednasthapana
52	Amalaki	<i>Emblica officinalis</i> Gaertn.	<i>Euphorbiaceae</i>	Rasa- panchrasa (amla pradhana) Guna- guru, ruksha, sheets Veerya- sheets Vipaka- madhura	Tridoshsha maka Garbhastha pana
53	Ashwagandha	<i>Withania somnifera</i> Dunal.	<i>Solanaceae</i>	Rasa- tikta, katu, madhura Guna- laghu, snigdha Veerya- ushna Vipaka- madhura	Kaphavatas hamaka Shothahara Vednasthap ana Raktashodh aka Yonishoolhara

Table 1: Preparation of Shatapushpa Taila according to Acharya Kashyap.

Method of Preparation

Materials required

- Murchhitt Til Taila: 25 Liter
- Go-dughdha: 30 Liter
- Kalka: Shatapushpa-8kg, Rest Each Drug-80 gm
- Kwatha: Shatapushpa-20 kg, rest each drug-120 gm 16 times of water reduced to one-fourth.

Preparation of Taila

Day 1

- Shatapushpa is taken in amount of 22 kg and rest of drugs in taken in amount of 120 gm each.
- All drugs are done Yavkuta and 16 times of water have been added.
- Then Kwatha is prepared till the amount of water is reduced to one-fourth in Madhayama Paak.

Day 2

- The rest of Shatapushpa – 8 kg and along with remaining each drug in amount of 80 gm each is taken.
- Yavkut is done with the help of Kharala and furthermore water is added in required amount to obtain *Kalka*.

Day 3

- Kwatha and *Kalka* were prepared.
- Now Kwatha, Go-dughdh, Kalka and Murchhitt Til-Taila are mixed together and kept for Madhayama Snehapaka.
- Sneha Paka Siddha Lakshana: (For Madhyampaka)
- Vartivat Sneha Kalka: Kalka attains perfect wick shape when rolled between thumb and index finger.
- Shabda Hino Agni Kshiptaha: No sound when subjected to fire.
- Gandha, Varna, Ras Otpattihi: Odor, color and taste of added drugs is appreciable in the Sneha.
- Phenodgama Taila: Appearance of foam in Taila.

Therapeutic uses of Madhyam Snehapaka (Table 2).

Charaka Samhita	Basti, Pana
Sushruta Samhita	Nasya, Abhyanga
Ashtang Hridayam	Basti, Pana
Sharangdhar Samhita and Bhaishajya Ratnavali	All Purposes

Table 2: Therapeutic uses of Madhyam Snehapaka.

Analysis of Rasa Panchaka of all ingredients

- **Rasa:** Madhura (28 drugs), Amla (2 drugs), Lavana (1 drug), Katu (15 drugs), Tikta (36drugs), Kashaya (14 drugs).
- **Guna:** Laghu (32 drugs), Ruksha (28 drugs), Snigdha

(18 drugs), Guru (17 drugs), Tikshna (14 drugs), Pichilla (2 drugs), Mridu (2 drugs), Vishada (1 drug), Sheeta (1 drug).

- **Veerya:** Ushna (28 drugs), Sheeta (23 drugs).
- **Vipaka:** Katu (27 drugs), Madhura (22 drugs), Amla (1 drug).

Discussion

Proper functioning of Agni balances the both body and mind. Its dysfunction affects the whole body because when we take Ahara (meal), Agni digest it and divided into two parts i.e. Sara and Kitt Bhaga. Rasa Dhatu is first Dhatu which is produced soon after digestion and it is the essence of the food that circulates all over the body and nourishes all the Dhatus. It circulates in the Sharira since conception to death. Its prime site is Hridayam and Dasha Dhamanya, and in the same way, Manas Adhithana is Hridayam. An affliction of Manas directly affects Rasa Dhatu, Hridya and Rasavahasrotas.

The emotional factors like excessive thoughts, stress, fear, anger etc. leads to vitiation of Rasavahasrotas. On considering the Rasapradoshaja Vikaras most of the causative factors are unwholesome food and lifestyle related [6]. So if we follow sedentary lifestyle i.e. improper intake of Ahara(Diet) and Vihara(stress, fear, anger etc.) causes unbalancing of Doshas (Samana Vayu, Pachaka Pitta and Kledaka Kapha) which leads to dysfunctioning of Agni and Mana which further affect the Rasa Dhatu and Rasa Dhatu affects Uttarutadhatu causes many gastrointestinal, metabolic, psychological disorders. Menstrual problems is one of them which is developed by unbalancing of hormones and reason behind this is sedentary lifestyle (Apathaya Ahara and Vihara) which causes vitiation of Agni and Mana further Rasa Dhatu and its Updhatu i.e. Artava and Stanya. The term Artava has two meaning like ovum and menstrual blood both (Table 3,4).

Deepana and Pachana	Proper digestion of food and balancing of Agni
Brimhani	Anabolic action
Balya Pushti	Provide strength
Varnagni Vardhini	Promoter of nutrition complexion and fire
Rutupravartini	Initiator of menstrual cycle
Yoni Shukra Vishodhini	Purifies reproductive organ in females and spermatic fluid in male
Putraprada	Help in achieving conception

Table 3: Pharmacological action of Shatapushpa (Vata Kapha Shamakaii)[2].

Dysmenorrhea	It relieves dysmenorrhea due to inhibition of prostaglandin production and antispasmodic action
Amenorrhea, Oligomenorrhea and Menorrhagia and Menopause	Because of their Phytoestrogen activity. They can be beneficial in both hyper estrogenic and hypo estrogenic state in the body.
Infertility	Its Madhura, Brihana, Balya and Rasayana properties increase the thickness of endometrium and responsiveness of endometrium to bear conception.
Lactation	It has capacity to increase the production of milk and can be used as galactagogue
PCOS	Due to Katu Rasa and Ruksha Tikshna Gunaproperty, it removes the obstruction in Srotas and cures the Uplepa produced by Kapha and dilates the passage by Lekhana Karma

Table 4: Benefits of Shatapushpa in various menstrual problems.

If Shatapushpa Taila is given in a form of Anuvasana Basti

According to Charaka, proper administration of Anuvasana Basti gives following symptoms- Return of administered enema with fecal matter without any obstruction, purifies body elements such as Rakta (Blood), Buddhi and Indriya (clarifies intellect and senses), imparts sound sleep, causes lightness and strength in the body[7].

If Shatapushpa Taila is given in a form of Nasya

Appropriate administration of Shirovirechana gives rise to lightening of the chest and head, clarity of the senses and cleaning of the micro channels of the body [8].

Conclusion

Healthy menstrual cycle is very important factor for women's conception and production of new generations. Keeping above facts in mind we will conclude that sedentary lifestyle (Apathaya Ahara and Vihara) is important factor for vitiation of Agni and Mana which further affects Dhatus and develop many menstrual problems. Shatapushpa is herb with wide range of constituents and many pharmacological effects and works as a wonder drug in restoring health as well as various gynecological disorders suffered by most of the females in the present era. It has preventive as well as curative aspects with minimal adverse effects.

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