



# COMPREHENSIVE COLLECTION OF RASAUSHADHIES IN ATYARTAVA

**Dr. Konkar Sattwashree<sup>1</sup>, Dr. Kirkire Rashmi<sup>2</sup>, Dr. Parab Rupali<sup>3</sup>**

1 PG scholar Dept.Rasashastra and Bhaishajya Kalpana, Gomantak Ayurved Mahavidyalaya, Shiroda, Goa

2 PG scholar Dept.Rasashastra and Bhaishajya Kalpana, Gomantak Ayurved Mahavidyalaya, Shiroda, Goa

3 PG scholar Dept.Rasashastra and Bhaishajya Kalpana, Gomantak Ayurved Mahavidyalaya, Shiroda, Goa

Under the guidance of

Dr Samant Aditya, Professor Dept.Rasashastra and Bhaishajya Kalpana, Gomantak Ayurved Mahavidyalaya, Shiroda, Goa and Dr. Patki Geeta, Professor and HOD Dept. Streeroga and Prasutitantra, Gomantak Ayurved Mahavidyalaya, Shiroda, Goa

Email: [sbkonkar@gmail.com](mailto:sbkonkar@gmail.com)

Key words: Rasaushadhies, Atyartava, Menorrhagia, Raktastambhana

## ABSTRACT

Atyartava is a commonest among gynaecological complaints in women. (Prevalence rate in India is 17.9 %.) Atyartava (Menorrhagia) can be defined as excessive and prolonged bleeding during menstruation or intermenstrual bleeding from uterus. Being a main cause of so many hidden pathologies it can leads to severe anaemia which may hamper women's daily routine with number of symptoms. And may be life threatening too. So fast acting, easily palatable drugs with fixed calculated doses for early raktastambhana is the need of the present condition.

There are so many kalpas found in different forms described in Ayurveda texts regarding Atyartava. But Rasaushadhies which are tasteless and are fast acting with smaller doses are said to be more effective. After going through some samskaras (which converts the materials into Nano particles) they are easily assimilated into the body. Rasaushadhies help in Raktastambhana in Atyartava quickly and regularize normal menstruation, according to Prakruti and improves overall health of the women.

So compilation of various Rasaushadhies with their action on Atyartava in different manner are discussed in the present paper.

## INTRODUCTION

During reproductive years (approx..14 - 50) in a human female cyclic bleeding from uterus occurs in every month for 4 to 5 days which is considered to normal Menstruation. According to Vagbhatacharya appearance of uterine bleeding in female occurs from the age of 12 years, lasts upto the age of 50 years for three days of every month called Artava.<sup>1</sup> Increase in its quantity and its pravrutti in anrutkal called Atyartava. It is one of the Rakta pradoshaja vikara and it is characterized by Artavatipravrutti, deerghkal pravrutti, Anrutkala pravrutti, Adhovankshana Pradesh Daha, Shroni, Prushtha, Kukshishoola,<sup>2</sup> Angamarda etc.

If compared with all above symptoms it can be correlated with the term Menorrhagia in modern literature. It is estimated that approximately 30% of women complain of menorrhagia.<sup>3</sup> It is the type of menstrual abnormality in which extreme menstrual blood loss in women of different ages. This condition is due to the imbalance in oestrogen and progesterone hormone results in excessive production of endometrium and irregular shedding of it cause heavy menstrual bleeding.

रजः प्रदीर्यतेस्मर्त प्रदरस्तेन्स स्मत् : | च. चच. ३०/२०९

This excessive loss of blood hampers her daily routine, her efficacy in work, lead to severe Anaemia which may be life threatening. Having regular menstruation without any complication is important for woman's reproductive as well as overall health. Thats why treatment including fast acting, easily palatable drugs for the purpose of early Raktastambhana is required. Rasaushadhi can fulfil this need. Hence this present review article is compilation of some Rasaushadhies which are indicated in Atyartava / Pradara.

may be intermenstrual caused may be due to DUB, Uterine polyp, cervical endometriosis and Cervical CA.

### Aims and objectives

Analysis of action of Rasaushadhies in Atyartava and compilation of various Rasaushadhies mentioned in classics regarding Atyartava.

### Materials and Methods

Review of literature from Brihatrayee and other Ayurvedic classics related to Rasaushadhies in Atyartava and from e-sources are compiled.

Ayurvedic formulations are categorised in two groups 1. Kashaushdhies (purely formed from herbs) 2. Rasaushdhies, these are the formulations contains various metals and minerals in it.

Internal administration of metals and minerals in unprocessed form can prove toxic, hence they undergo few complicated steps like Shodhana, Bhavana, Marana, etc. Due to which they are free from toxins and proved more effective. Herbomineral formulations possess longer shelf life due to their micronized preparation. (2424 article meenu swaminath scrpt2)

### Tabulation of various Rasaushdhies mentioned in classics in the treatment of Pradara.

#### 1.Pradarantaka Rasa<sup>4</sup>

Bhaishajya Ratnavali 66/49-51 pg.no.1033

Ingredients :

Matra: 1-2 Ratti

Probable mode of action

Pradarantak ras has a direct reference for Asrugdar. It contents drugs having Kashaya, tikta rasa, laghu-ruksha guna, tridoshaghna with pradarnashak property. Kashaya and tikta rasa exert astringent property thereby helps in reduction of bleeding.

	drugs	quantity	doshagnata	karma
1	shuddha parada	1 shana	tridosha shamaka	rasayana, vajikarana, dusadhyavyadhinashaka, vayasthapana
2	shuddha gandhaka	1 shana	pitta shamaka	agnipeepaka, rasayana
3	vanga bhasma	1 shana	kaphashamaka	balya, rasayana, laghu, dipana-pachana, vatavikaranashaka
4	raupya bhasma	1 shana	vatapittashamaka	sheetala, saraka, lekhana, ruchiprada, bruhana
5	kharpar bhasma	1 shana	kaphapitta shamaka	pradarnashaka
6	varatika bhasma	1 shana	pittashamaka	dipana-pachana, agnimandyanashaka
7	loha bhasma	3 tola	pittashamaka	balya, rukshya, lekhana, yogavahi, rasayana, pradarnashaka, raktamansakostika
8	ghrita kumari swarasa	q.s.	kaphapitta shamaka	guru, snigdha, pichhila

**2.Sarvangasundara Rasa<sup>5</sup>**

Bhaishajya Ratnavali 66/52-55 pg.no.1034

Ingredients :

Bhavana : Jala

Matra : 2 Ratti

	drugs	quantity	doshagnata	karma
1	abhraka bhasma	1 pala	vata-pittashamaka	rasayan, vajikara, deepan, pachan, prameha nashak, mastishka balya, shwas-kasahara
2	shuddha tankana	1 karsha	kapha-vatashamaka	stripushpajanana, balya
3	twak churna	2 masha	vatakapha nashak, pitta shamak	vedanasthapak, raktashodhak
4	ela churna	2 masha	tridosahara	balya, deepan, pachan, dahashamaka
5	patra churna	2 masha	kaphashamaka	garbhashaya shaitihilyaghna, deepana
6	shuddha karpura	2 masha	tridoshashamak	vedanasthapan, raktavahini sankochak
7	jatamansi churna	2 masha	tridoshashamaka	shothahara, balya
8	jatikosh churna	2 masha	vata-kaphashamaka	vedanasthapan, shothahara
9	ushira	2 masha	kapha-pittashamaka	raktastambhaka, raktaprasadaka
10	musta	2 masha	kapha-pittaghna	raktasthit agnivaradhan, raktaprasadana, garbhashaya samkochaka
11	nagakeshara	2 masha	kapha-pittashamaka	shonitasthapan, deepana
12	lavanga	2 masha	kaphagna, pittashamak	shoolahara, deepan, pachan, vatanulomak
13	kushtha	2 masha	kapha-vatashamaka	vedanasthapan, raktashodhaka
14	triphala	2 masha	tridoshashamaka	anulomaka

	drugs	quantity	doshagnata	karma
1	shuddha parada	1 part	tridosahara	rasayana, yogavahi, balya
2	shuddha gandhaka	1 part	kaphavatashamaka	deepana, pachana, rasayana
3	naga bhasma	1 part	tridosahara	deepana, shukrala, balya, vajikara
4	rasanjana	3 parts	kaphapittahara	pradarahara, netrarogahara
5	lodhra churna	6 parts	kaphapittahara	raktapittahara, pradarahara
6	vasa swarasa	q.s.	kaphapittahara	pradara - raktapittahara

**3.Pradararipu Rasa<sup>6</sup>**

Rasa Chandanshu, Yoga Ratnakara/Pradara

Vruddha Nighantu Ratnakara /Streeroga

Ingredients :

Matra : 6 Ratti Anupaan : Madhu

**4.Pradarari Rasa<sup>7</sup>**

Bhaishajya Ratnavali 66/57-61 pg.no.1034

**Ingredients :**

	drugs	quantity	doshagnata	karma
1	vanga bhasma	1 part	kaphaghna	rasayana, medhya, vranahara
2	loha bhasma	1 part	kaphapittaghna	balya, varnya, vryshya, medhya
3	shuddha ahiphen	1 part	kaphaghna(latex) vataghna(seeds)	raktastambhaka, shoolaprashamana
4	shadguna jarita gandhaka	1 part	rasayana, tridoshashamaka	sarvarogahara
5	rasasindoor	1 part	tridoshahara	rasayana, vajikara, balya
6	raktotpala	1 part	kaphapittaghna	raktastambhaka,dahaprashamana,balya, varnya, medhya
7	raktachandana	1 part	kaphapittaghna	shodhaka, rakta stambhaka, dahaprashamna
8	ashokatwaka kwatha	q.s.	kaphapittghna	raktastambhaka, mutrala, shodhaka, shothahara, dahaprashamana

Anupana : Ashokatwak kwatha, Guduchi kwatha,Vasatwak kwatha, Mustakwatha, Raktachandana kwatha

The main action of this formulation is on menstrual bleeding disorders like Rakta pradara, Shwetha pradara. With all its constituents helps in stopping of bleeding and regulates the health of the individuals. Ashoka kwatha which is used in both as bhavana and anupana for the formulation the main action of this is on uterine muscles and ovaries which helps to regulate ovarian function

**5.Shilajatu Vatika<sup>8</sup>**

Bhaishajya Ratnavali 66/68-73 pg.no.1035

**Ingredients :**

Shuddha Parada, Shuddha Gandhaka one Pala each Bhavana of Kutaja Kwatha for two days thereafter add Shuddha Shilajatu Churna and Sita 8 Pala each and then add Vamshalochna, Pippali, Amalaki, Karkatshrungi, Kantakari mool and twak, Twak, Ela, Patra churna 1 pala each

	drugs	quantity	doshagnata	karma
1	shuddha parada	1 part	tridoshahara	rasayana, yogavahi, balya
2	shuddha gandhaka	1 part	kaphavatashamaka	deepana, pachana, rasayana
3	shuddha shilajatu churna	8 part	tridoshahara	rasayana, yogavahi
4	sita	8 part	vata-pittashamaka	balya, dahashamaka
5	vamshalochana	1 part	vata-pittaghna	raktapittahara, sthaulyahara
6	pippali	1 part	kaphavatashamaka	rasayana, vajikarana, raktavardhaka, vrushya
7	amalaki	1 part	tridoshahara, pittashamaka	balya, dahashamaka,shonitastha pana, garbhashaya balya
8	karkatashrunji	1 part	kaphavatashamaka	deepana, vatanuloman, shothahara
9	kantakari	1 part	kaphavatashamaka,	vedanasthapana, shothahara, garbhashaya samkochakara (beeja)
10	twak churna	1 part	vatakaphanashaka	garbhashaya samkochakara
11	ela churana	1 part	tridoshahara	deepana, anulomana, dahashamaka
12	patra churna	1 part	vatakaphaghna	garbhashaya shaithilyaghna, deepana
13	kutaja kwatha	q.s.	kaphavatashamaka, tridoshaghna	deepana, raktashodhana, raktastambhana,

Matra : 1-2 Masha

Anupana : Dadimaswarasa, Dugdha, Pakshimansarasa, Suvasita Jala

**6.Pradarantaka Loham<sup>9</sup>**

Rasendra Sar Sangraha/Rasarajsundar...Pradara

B.R.66/79-83 pg.no.1035

Ingredients :

Bhavana : Jala

Anupana : Sharkara, Ghruta, Madhu

	dravya	quantity	doshaghната	karma
1	loha bhasma	1 part	kaphapittaghna	balya, varnya, vryshya, medhya
2	tamra bhasma	1 part	kaphapittaghna	yakruta uttejaka, pittashodhan, deepan, balya
3	abhraka bhasma	1 part	vata-pittashamaka	rasayan, vajikara, deepan, pachan, prameha nashak, mastishka balya, shwas-kasahara
4	vanga bhasma	1 part	kaphaghna	rasayana, medhya, vranahara
5	varatika bhasma	1 part	pittashamaka	
6	shankha bhasma	1 part	vata-pittashamaka	deepana-pachana, shoolaghna
7	shuddha haratala	1 part	kapha-pittaghna, tridoshaghna	kusthahara, rasayana, raktavikarghna
8	triphala	1 part	tridoshaghna	agnidipan
9	trikatu	1 part	tridoshashamaka	deepana, anulomana, dahashamaka, balya
10	ela	1 part	tridoshashamaka	deepana, anulomana, dahashamaka
11	vidari beeja	1 part	vata-pittaghna	shonitasthapana
12	lavanapanchaka	1 part	kapha-vata shamaka	deepana pachana
13	chavya	1 part	kapha-vata shamaka	shoolahara, krumihara
14	chitraka	1 part	vata-kaphashamaka	tivra garbhashaya samkochaka
15	vidanga	1 part	vata-kapha nashaka	raktagnidipak, krimighna
16	pippali	1 part	tridoshaghna	rasayana, vajikarana, raktavardhaka, vrushya
17	hribera	1 part	kapha-pittashamaka	raktaprasadana, dahashamaka
18	kushtha	1 part	vata-kaphahara	vraha shodhana, ropana, raktashodhaka
19	vacha	1 part	kapha-vatahara	deepana, pachana, arshoghna
20	kachura	1 part	kaphavata nashak	grahi, shoolaghna, raktashodhak
21	patha	1 part	tridoshashamaka	shothahara
22	devdaru	1 part	kapha-vatahara	vraha shodhaka

**7.Pradarari Loham<sup>10</sup>**

B.R. 66/74-78 pg.no. 1035

Ingredients :

Kutajatwaka 1Tola in 2 Drona Jala is Heated and when kwatha gets boiling then add

	dravya	quantity	doshaghната	karma
1	kutaja twaka kwatha	q.s.	kaphavatashamaka, tridoshaghna	deepana, raktashodhana, raktasthambhana
2	manjistha	1 part	kapha-pittahara	raktastmbhaka
3	lajjalu	1 part	kapha-pittahara	raktastambhan, vranaropana
4	shalmali	1 part	tridoshaghna	dahashamaka, shothahara,
5	patha	1 part	tridoshashamaka	shothahara
6	bilvaphala majja	1 part	vata- kaphahara	deepana, grahi

7	musta	1 part	kapha-pittaghna	raktasthit raktaprasadana, samkochaka	agnivardhan, garbhashaya
8	dhataki	1 part	kapha-pittanashaka	pradara nashaka	
9	atasi	1 part	vatashamaka, kaphapitta vardhaka	grahi, anulomaka	
10	abhraka bhasma	1 part	tridoshashamaka	rasayan, pachan, mastishka	vajikara, prameha balya, shwas- kasahara
11	loha bhasma	1 part	kaphapittaghna	balya, varnya, vryshya, medhya	

Matra : one Kol

Anupana : Kushamool jala

### 8.Chandrakala Rasa<sup>11</sup>

R.R.S.,Yo.R.

Ingredients :

	drugs	quantity	doshagnata	karma
1	musta kwatha	48 parts	kapha-pitta shamak	grahi, deepan, trishna shaman, pitta- jwarahara
2	dadima swarasa	48 parts	tridoshahara	grahi, deepan, tarpana, vrushya, trishna , daha, jwara
3	durva swarasa	48 parts	kapha-pitta shamak	daha, trishna hara, jivaniya, vrushya
4	ketaki phant	48 parts	kapha-pitta shamak	chakshushya, jwaraghna, medhya, raktapittahara
5	sahadevi kwatha	48 parts	kapha-vata shamak	grahi, pittashamak, jwarahara, nidrakara, shukrala, vishghna
6	kumari swarsa	48 parts	tridoshahara	bhedana, rasayana, balya, chakshushya, raktapitta, jwara
7	pittapapda kwatha	48 parts	kapha-pitta shamak	pachan, balya
8	satavari moola swarasa	48 parts	vata-pitta shamak	rasayana, vayasthapana, balya, vrushya, pittahara
9	tadamoola kwatha	48 parts	vata-pitta shamak	vrushya, rasayana, bruhan, pittahara, jwarahara.
10	drakshadi phanta	48 parts	vata-pitta shamak	virechanopaga, bruhan, vrushya, mutrala,

				hridya, jwara, trishna, raktapitta
--	--	--	--	--

	drugs	quantity	doshagnata	karma
1	shuddha parada	1 part	tridoshghna	yogavahi, rasayana, deepana
2	tamra bhasma	1 part	kapha-pittahara	yakruta uttejaka, pittashodhan, deepan, balya
3	abhraka bhasma	1 part	tridoshashamak	rasayan, vajikara, deepan, pachan, prameha nashak, mastishka balya, shwas- kasahara
4	shuddha gandhaka	1 part	pitta vardhak	rasayan, deepan, pachan, balya
5	kutaki churna	1 part	kapha-pitta shamak	bhedana, hridya, deepan
6	guduchi sattva	1 part	pittashamak	deepan, pachan, kushta, daha, raktarshahara
7	parpata churna	1 part	kapha-pitta shamak	pachan, balya
8	ushira churna	1 part	vata-pittaghna	balya, jwarghna, vishghna, raktaprasadan, dahashamak, mutrajanan
9	madhavi churna	1 part	tridoshghna	pittashamak, dahashamak, kshayahara
10	shweta chandana churna	1 part	kapha-pitta shamak	raktaprasadan, pittashamak, vrushya, varnya, vishghna
11	shweta sariva churna	1 part	tridoshahara	shukrala, jwarahara, dahashamak, prameha, pradara nashak, vishahara

### 9. Kamdugha Rasa<sup>12</sup>

RasayogaSagara

	dravya	quantity	doshagnata	karma
1	mouktika bhasma	1 part	tridoshaghna	shonitasthapana, deepana, vrushya
2	pravala bhasma	1 part	tridoshaghna	lekhana, deepana, pachana, grahi
3	mukta shukti bhasma	1 part	tridoshaghna	shoolaghna, deepana
4	varatika bhasma	1 part	pittashamaka, kaphavatashamaka	deepana, pachana, grahi
5	shankha bhasma	1 part	vatakaphaghna	deepana, pachana,shoolaghna
6	gairika	1 part	vata-pittashamaka	raktapradarnashana, vranaropaka
7	guduchi sattva	1 part	pittashamak	deepan, pachan, kushta, daha, raktarshahara

Matra : ¼ th -1/2 gm

Anupana : dugdha Sharkara

### 10. LaghuMaliniVasant<sup>13</sup>

	dravya	quantity	doshagnata	karma
1	rasaka	2 parts	tridoshaghna	yogavahi, raktapradarnashana
2	maricha	1 part	vatakaphashamaka, pittavardhaka	deepana, pachana
3	navaneeta	q.s.	vatapittashamaka	deepana, balya
4	nimbu swarasa	q.s.	tridoshaghna	hridya, raktashuddhikara

Matra : 1-2 gunja ( 1/10<sup>th</sup> to 1/5<sup>th</sup> gm)

Anupana Madhu, Pippali

**11. Bolbaddha Rasa<sup>14</sup>**

Vru.Yo.T./Vru.Ni.R.

	dravya	quantity	doshagnata	karma
1	guduchi sattva	1 part	pittashamaka	deepan, pachan, kushta, daha, raktarshahara
2	shuddha parada	1 part	tridoshashamaka	yogavahi, rasayana, deepana
3	shuddha gandhaka	1 part	deepana, pachana, rasayana	rasayana, agnideepana
4	bola churna	3 parts	tridoshahara	shothahara, vedanasthapana, stambhana
5	shalmali twaka swarasa	q.s.	tridoshashamaka	shonitasthapana, stambhana, grahi, shothahara

Sadharna Anupana Madhu

प्रदरं च प्रमेहं च मुत्रकृच्छ्राश्मरी जरेत

Bolbaddha rasa possess Madhura, tikta, Kashaya rasa as predominant rasa, laghu, snigdha as predominant guna, sheeta veerya and Madhura vipaka mainly. So, it has deepana, pachana, agnivaradhana, raktastambhana & tridoshashamaka, anti-inflammatory properties which helps to normalising the vitiated doshas and reduces the symptoms of asrigdara. Also, agnivaradhana and pachana help in metabolism of estrogen which helps to reduce the asrigdara.

**12. Bolaparpati Rasa<sup>15</sup>**

R.Ch., Ras Raj Sundar, Ras Kama Dhenu, Yoga Ratnakara Purvardha, Raktapitta Adhyaya /Pradara, Siddhodaya

	dravya	quantity	doshagnata	karma
1	shuddha parada	1 part	tridoshashamaka	yogavahi, rasayana, deepana
2	shuddha gandhaka	1 part	tridoshahara	rasayana, agnideepana
3	bola churna	1 part	tridoshahara	shothahara, vedanasthapana, stambhana

Matra 6ratti

Anupana : Mishri, Madhu

**DISCUSSION :**

*Atyartava* is very common in day to day practice hormonal therapy is the treatment suggested in modern practice as we all aware of the hazards of long term use of hormones.

One should try some potent, fast acting ayurvedic drugs having good effects but less harm.

*Rasaushadies* have nice effects in *Atyartava*.

In therapeutics mercury is used as a bio enhancer rather than a drug.

Herbal preparations require higher dosage, non palatability and less shelf life.

To overcome these limitations *Rasaushadies* are best alternatives because they are fast acting, palatable, easily acceptable and effective in small dosages and have long shelf life without losing their potency.

**RESULTS AND CONCLUSION :**

Above study shows that the *Rasaushadhies* are found very useful in treatment of *Atyartva*.

These are made with highly effective ingredients like *Parada* and other *Bhasmas* which acts on *Rasavaha Strotas* and *Raktavaha Strotas* helps in *Samprapti Bhang* of *Atyartva* and cure it. They are found *Balya* and *Rasayan* for the female reproductive system as well.

**REFERENCES :**

1. Dr. Bhaskar Govind Ghanekar (ED), Commentary : Ayurved Rahasya Dipika, Hindi Commentary on Sushrut Samhita, Sharir Sthana, Chpt. 2/18, Meharchand Lachamandas, Page 25.
2. Dr. Bhaskar Govind Ghanekar (ED), Commentary : Ayurved Rahasya Dipika, Hindi Commentary on Sushrut Samhita, Sharir Sthana, Chpt. 2/18, Meharchand Lachamandas, Page 26-27.
3. D C Dutta. Text book of Gynaecology. Hirlal Konar.5thedition.Kolkatta: New Central Book Agency; 2008.page no 181.
4. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/49-50, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1033.
5. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/52-56, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1034.
6. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/62, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1034.
7. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/57-61, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1034.
8. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/68-73, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1035.
9. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/79-83, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1035.
10. Kaviraj Shree Ambikadatta Shastri commentator, Shree Rajeshwar Datta Shastri (ED), Commentary Vidyotini, Hindi Commentary on Bhaishajya Ratnavali Chpt. 66/74-78, Pradarrog Chikitsa, Chaukhamba Prakashan, Page 1035.
11. Gangavishnu Shreekrishnadas, Commentary Bhasha, on Vagbhata kurta Rasa Ratna Samuchyaya, Chpt. 13/5-14, Raktapitta Rog, Laxmivyankateshwar Kalyan Publication, Page 326.
12. Vaidyaratna G. A. Phadake, Siddhaushadhi Sangraha, Chpt. 15, Publisher Rohini Phadake, 7<sup>th</sup> Edition Jan 2013, Page 67.
13. Vaidyaratna G. A. Phadake, Siddhaushadhi Sangraha, Chpt. 43, Publisher Rohini Phadake, 7<sup>th</sup> Edition Jan 2013, Page 179.
14. Navinadas Chhaganlal Shah, Bharat Bhaishajya Ratnakara, Vol. 3, Bakaradi Rasa Prakaranam, Shlok No. 4753, B. Jain Publisher, Reprint 2022 Page 606-607.
15. Mahadev Chimanaji Aapate, Yogaratnakara, Granthank 4, Aayasakshara Publication, Raktapitta Chikitsa, Page 163.