



LITERARY REVIEW ON 'SAPTACHATUSHKA IN CHARAK SAMHITA'

Dr. Abhishek Singh^{1*} and Dr. Asha Thapliyal²¹P.G Scholar, Samhita Evam Siddhant, Uttaranchal Ayurvedic College Dehradun.²P.G Scholar, Panchakarma, UAU Gurukul Campus, Haridwar.

*Corresponding Author: Dr. Abhishek Singh

P.G Scholar, Samhita Evam Siddhant, Uttaranchal Ayurvedic College Dehradun.

Article Received on 04/02/2024

Article Revised on 24/02/2024

Article Accepted on 14/03/2024

ABSTRACT

Ayurveda is a comprehensive health science dealing with its own fundamental principles. To understand these fundamental principles, Acharyas adopted several methods to make common people understand the Shastra (science). The main purpose of Ayurveda is to maintain the health of the healthy individual and treatment of the diseased individual. *Charaka Samhita* is the oldest and the most authentic treatise on Ayurveda and is the ancient medical science. The whole *Charaka Samhita* is divided into eight Sthana. Among them Sutra sthana is described first. The Sutra possessing such a broad speculum are collected to comprehend the Samhita or Tantra. But the essence of the Samhita is extracted in its Sutra sthana only. Among the eight Sthana, Sutra sthana serves as the brain of the whole treatise because it governs and represents other Sthana also. Thus, it is also known as *Slokasthan*.^[1] The Sutra Sthana is (First section on fundamental principles) deserves the same place as the head deserves in the human body.^[2] This important section lays the foundation for the whole Samhita by describing the basic principles. The word *Sutra* literally means a short sentence which has deep meaning. The Sutra Sthana consists of thirty chapters, grouped into eight logical contexts. The first seven *Chatushka* (or tetrads, i.e., groups of four), while the last one is a group of two chapters (sangrahadvaya).

KEYWORDS: Ayurveda, Chathushka, Charaka Samhita, Charaka Sutrasthana.

Review Methods

Literary review methods were followed throughout the study. Mainly focussed on *Charaka Samhita* and its Commentaries, Articles related to *Chatushka* and *Chatushka Methodology*.

INTRODUCTION

Charak samhita has divided the 30 chapters of *Sutrasthana* in 7 *Chatushka*. *Sutrasthana* is the base for whole Samhita. *Sutra Sthana* is first and functions as the brain of the whole treatise because it supervises and represents other *Sthana* also. The Sutra is a broad spectrum of comprehension of Samhita or Tantra and again subdivided into *Sapta Chatushka* (Seven quadrates) each consisting of four chapters.^[3] The word *Chatushka* means; one, which is comprised of 4 parts or the collection of 4 different subjects, forming a group. It is referred to the group of 4 chapters having a compilation of knowledge related to a specific subject. The *Chatushka* are denoted as *Mahartha* = *Maha* + *Artha*.^[4] The *Maha* and *Artha* both terms elaborate the vitality of *Chatushka* more than that the *Maha* and *Artha* are the synonym of Heart; this word appropriately narrates the exact position and importance of *Chatushka* in *Samhita*. *Chatushka* is a unique scribing methodology that also provides evidences of the practical approach of *Charaka Samhita*.

Chatushka are as the heart of the text providing the nourishment to rest of *Samhita*. The method of *Chatushka* was adopted so as to conglomerate the similar descriptions under one heading. It is the building block of *Sutrasthana* and collected in the form of four chapters of different aspects but related with a common theme. The *Chatushka* are designed in particularly aiming to fulfill the *Dwaya - Prayojana* of Ayurveda *Swasthasya Swasthya rakshna m* and *Aturasya Vikara Prashamanam*. This is the base for the division of 7 *Chatushka*.^[5]

Table 1: Showing Chatuska and Adhyaya in chatuska.

S.N	Chatuska	Name of Chapters			
1	Bhesaja	Deerghanjiviteeya Adhyaya	Apamarga Tanduliya Adhyaya	Aragvadhiya Adhyaya	Shadvirechana Shatashritiya Adhyaya
2	Swasthya	Matrasiteeya Adhyaya	Tashyasiteeya Adhyaya	Navegandharania Adhyaya	Indryopakramaniya Adhyaya
3	Nirdesh	Khuddakachatuspada Adhyaya	Mahachatuspada Adhyaya	Tistraisaniya Adhyaya	Vatakalakaliya Adhyaya
4	Kalpana	Sneha Adhyaya	Sweda Adhyaya	Upakalpaniya Adhyaya	Chikitsapravritiya Adhyaya
5	Roga	Kiyantahshiraseeya Adhyaya	Trisothiya Adhyaya	Astodariya Adhyaya	Maharoga Adhyaya
6	Yojana	Astauninditiya Adhyaya	Langhanabrimhanya Adhyaya	Santarpaniya Adhyaya	Vidhisonitiya Adhyaya
7	Annapana	Yajjahpurushiya Adhyaya	Atreyabhadrakapyiya Adhyaya	Annapanavidhi Adhyaya	Vividhashitapitiya Adhyaya

Bheshaja Chatuska (four chapters on medicines)

The first tetrad is also known as *Bheshaja* or the *Aushadha* (medicine) *Chatuska*. This tetrad deals with various medicines to be used in various forms either externally or internally

- The first chapter *Deerghanjiviteeya Adhyaya*^[6] (also the first chapter of Charaka Samhita), explains important concepts such as *Ayu, Samanya, Vishesh, Dravya, Guna, Karma, Tridosha (Vata, Pitta and Kapha), Rasa* (taste), *Shad padartha siddhanta* (six basic principles), etc. which are integral to *Ayurveda* and used extensively throughout Charak Samhita. Besides these technical terms, the first chapter describes various medicines, like *Phalini Dravya* (therapeutically useful fruits as drugs), *Moolini Dravya* (therapeutically useful roots as drugs), *Mahasneha* (four kinds of fats), *Lavana* (salts), various types of *mutra* (urine) and *ksheera* (milk). The chapter emphasizes on the rational use of medications, since indiscriminate use of even good medicines can cause more harm than good. The chapter then goes on to explain the important concept of *Trisutra* (three principles of *Ayurveda*) i.e. *hetu* (causes), *linga* (signs and symptoms) and *aushadha* (medicine).
- The second chapter of *Bheshaja Chatuska* (*Apamarga Tanduliya Adhyaya*)^[7] deals specifically with herbs and medicines to be used during and after *Panchakarma* (five methods of bio- purification) and 28 types of *yavagu* (medicated gruels). Thus, the first two chapters of this tetrad describe various medicines to be used internally.
- The third chapter (*Aragvadhiya Adhyaya*)^[8] advocates the use of topical medications, medicines to be applied externally and effective power & unguents, i.e., *lepa* etc.
- The fourth chapter (*Shadvirechanashatashritiya Adhyaya*)^[9] provides details of five sources of decoctives, five varieties of pharmaceutical preparation, fifty *Mahakashaya* (or five classes of groups of ten medicines, and six hundred evacuatives) to be used in various diseases. Overall, this *Chatuska* provides a list of drugs to be used in various forms in a variety of diseases.

Swastha Chatuska (four chapters on preservation of health)

The second tetrad is the *Swastha Chatuska* that deals with important guidelines to be followed by healthy individuals to maintain their health.

- The first chapter of this tetrad, (*Matrashiteeya Adhyaya*)^[10] deals with *matra* of food to be taken for proper digestion and the daily regimen to be followed by healthy individuals to maintain their health.
- The second chapter, (*Tasyashiteeya Adhyaya*)^[11] recommends changes one should make in his/her daily habits and lifestyle i.e. clothing, food habits, exercise etc., depending upon the season, to stay healthy.
- The third chapter, *Naveganadharaniya Adhyaya*,^[12] explains the importance of suppressible and non-suppressible urges in the human body, diseases due to non-suppressible urges and their treatment and explains about *vyayama*, favorable and unfavorable, description of constitution of body by birth, preventive methods for disease, uses of *panchakarma*, *rasyana*, *vajikarana*, uses of curd etc.
- *Indriyopakramaniya Adhyaya*,^[13] the last chapter *Swastha Chatuska*, deals with *pancha panchaka indriya* and *sadvritta* (general code of conduct). Besides maintaining his own health, *sadvritta* also helps the individual in maintaining healthy relations with other individuals, thus helping maintain harmony in the society at large.

Nirdesha Chatuska (four chapters on guidelines for healthcare management)

The third tetrad, *Nirdesha Chatuska*, is about instructions to health care providers.

- The first chapter *Khuddakachatuspada Adhyaya*,^[14] deals with four aspects of therapeutics) *vaidya* (physician), *dravya* (medicine), *upasthata* (caretaker) and *rogi* (patient). Four qualities of each of these aspects and prime importance of the physician among all of them.
- The next chapter, *Mahachatuspada Adhyaya*,^[15] explains the classification of diseases on the basis of prognosis. It is recommended in this chapter that the

treatment should only be initiated after thorough diagnosis and identification of the disease, and the physician should refrain himself from treating the incurable diseases.

- The third chapter, *Tistraishaniya Adhyaya*^[16] deals with 8 types of triashanas, three types of desires, strength, causes of diseases, their types, pathways, physicians, four fold methods of test of investigation (pramana), establishment of rebirth theory (purnajanama) and therapies.
- The last chapter, *Vatakalakaliya Adhyaya*^[17] deals with the good and bad qualities/functions of *vata*, *pitta*, and *kapha*. A physician should have a thorough knowledge of the guidelines provided in this tetrad to succeed in his field.

Kalpna Chatuska (four chapters on therapeutic purification procedures)

The next tetrad, *Kalpanachatuska*, deals with the application of medicines in the form of various therapeutic purification procedures either in healthy or in diseased individuals.

Shodhana (bio-purification procedures) is an important concept of Ayurveda prescribed for removal of toxic wastes from the body. To prepare the patient for bio-purification, he has to go through specific pre-shodhana procedures, such as *snehana* (internal application of *sneha* (fat)) and *swedana* (sweating), to mobilize toxic wastes within the body and excrete them out of the body.

- The first chapter, *Snehadhyaya*^[18] provides the guidelines for proper use of *sneha* (lipids) either for *shodhana* or for *shamana* (to appease/palliation) purposes. A patient who has successfully completed the *snehana* procedure is now subjected to *swedana* procedure.
- The next chapter, *Swedadhyaya*^[19] explains the various types of *swedana* (fomentation) recommended for various diseases. *Snehana* and *Swedana* help the toxins to move towards the gut from where they will be expelled out of the body either through *Vamana* (therapeutic emesis) or *Virechana* (therapeutic purgation).
- The next chapter, *Upakalpaniya Adhyaya*^[20] emphasizes on how a physician should be well equipped before administering any *shodhana* procedure to any of the patients. This chapter provides the outline for a fully equipped hospital and standard *vamana* and *virechana* procedures.
- The last chapter of this tetrad, *Chikitsaprabhritiya Adhyaya*^[21] depicts the importance of *shodhana* over *shamana* therapy. The details of properly / improperly administered *shodhana* procedures are discussed here. Important concepts like *shuddha chikitsa* (pure form of treatment) and *svabhavoparamavada* (theory of natural destruction) etc. have also been described in this chapter.

Roga Chatuska (four chapters on classification of diseases)

The fifth *Chatuska* is about *roga* (disease). As the name suggests, this tetrad provides a (brief) list of diseases that are extensively mentioned throughout Charak Samhita.

- The first chapter *Kiyanta Shiraseeya Adhyaya*^[22] provides the details of diseases like *shiroroga* (diseases of the head), *hridroga* (cardiac diseases), *oja*, eighteen types of *kshaya* (loss of body tissues), *vidradhi* (abscess) and *madhumeha* (a clinical condition similar to diabetes mellitus).
- The next chapter, *Trishothiya Adhyaya*^[23] elucidates various types of edema.
- The third chapter, *Ashtodariya Adhyaya*^[24] reveals the types of about 48 diseases that are caused by a combination of *doshas*.
- The last chapter, *Maharoga Adhyaya*^[25] is exclusively dedicated to the diseases caused by single dosha (*vata*, *pitta* or *kapha*).

Yojana Chatuska (four chapters on guidelines for management of diseases)

The sixth *Chatuska*, *Yojanachatuska*, deals with aspects of treatment of various diseases.

- The first chapter of this tetrad, *Ashtaninditiya Adhyaya*^[26] describes eight types of people who are marginalized (or ridiculed) in the society due to their physical features. Out of these eight, only two i.e. *atisthoola* (morbidly obese) and *atikrisha* (emaciated) are described in detail because of their clinical significance along with their symptomatology and treatment.
- The next chapter, *Langhanabrimhaniya Adhyaya*^[27] describes six types of treatment i.e. *langhana* (fasting), *brimhana* (nourishing therapy), *snehana*, *swedana*, *rukshana* (medical treatment for reducing fat) and *stambhana* (astringent therapy) – primarily for managing *atisthoola* or *atikrisha* conditions, but also indicated for various other conditions described later in the Samhita. Out of these six, mainly two therapies i.e. *langhana* and *brimhana* have been described in greater detail.
- The third chapter, *Santarpaniya Adhyaya*^[28] deals with diseases caused due to over-nourishment or under-nourishment along with their treatment.
- The last chapter of this *Chatuska*, *Vidhishonitiya Adhyaya*^[29] deals with diseases that are not cured by any of the above-mentioned therapies and termed as diseases due to vitiation of *rakta* (blood). Such diseases, along with their etiology, symptomatology and treatment have been described in this chapter. Emergency treatment is also in this *Chatuska*. Overall this tetrad deals with all types of treatment modalities that find extensive reference across the Samhita.

Annapana Chatuska (four chapters on food and beverages)

The last *Chatuska* is *Annapana Chatuska*.

- The first chapter, *Yajjahpurushiya Adhyaya*^[30]

brings forth the important perspective of the origin of human beings and the origin of diseases. This chapter also describes 155 entities (*Agrya*, or entities considered best in their category of drugs, food articles, bio-purification procedures, etc.), and 84 fermentative products that are important for healthy as well as diseased individuals.

- The next chapter *Atreyabhadrapyaya Adhyaya*,^[31] describes in detail the concept of Ayurvedic pharmacology in the form of *rasa* (taste), *veerya* (drug potency), and *vipaka* (final conversion of food/drug) after the action of *jatharagni* (digestive power) and *prabhava* (specific action of a drug). This chapter also throws light on the important concept of *viruddha ahara* (incompatible diet) which seems to be the primary cause of many diseases even today.
- The third chapter, *Annapanavidhi Adhyaya*,^[32] provides details of Ayurvedic dietetics. This chapter details a wide variety of food and beverages, along with their medicinal values. i.e. classification of diets, pulses, fleshes, vegetable, milk, water etc.
- The last chapter, *Vividhashitapitiya Adhyaya*,^[33] deals with important concepts such as formation of body tissues from the diet consumed, immunity and immune-compromised individuals, diseases originated from various body tissues, and migration of dosha from *shakha* (periphery or the tissue elements) to *koshtha* (central part of the body or alimentary tract) and vice versa.

Sangraha Adhyaya (two chapters on brief summary)

The last two chapters are termed as *Sangrahadvaya*.

- The first of these two chapters, *Dashpranayataneeya Adhyaya*^[34], deals with the ten locations in the human body where *Prana* (life) resides. Besides this important concept, the chapter also details the attributes of a *pranabhisaravaidya* (a physician who protects the life) and a *rogabhisaravaidya* (a physician who aggravates the disease and takes away the life of the patient).
- The last chapter, *Arthedashmahamooliya Adhyaya*,^[35] deals with a variety of subjects such as the importance of *Arth* (hridaya-heart), ten major blood vessels or channels from the heart, the definition of *ayu* (combination of four entities i.e. body, mind, soul and senses) and its four types, Ayurveda, the aim of Ayurvedic science, and its method of study etc.

DISCUSSION

- In a *Bhesaja Chathuska*, the chapter 1 to 4, gives fundamental and basic concepts related to the particular subject matter. The second and third chapters contributed more detailed knowledge on the subject and the fourth gave concluding remarks.
- The second *Chathuska* is *Swasthavritta Chathuska* composed in chapters 5 to 8, health advice is noticed which is required for maintaining good health. 5th chapter *Mathrashiteeyadhyaya* starts with

quantitative dietetics, daily routines and concept of *Swastha* and basic factors for maintaining a healthy life. 6th chapter *Tasyashiteeyadhyaya* deals with seasonal regimens to maintain good health. The 7th chapter deals with the importance of *Dharaneeya* and *Adharaneeya vegas* in preventing disease. 8th chapter *Indriyopakramaniya* gives description about controlling sense organs, mind and good conduct in entirety.

- *Nirdesh Chatuska* is placed after the *Swastha Chatuska* as it gives complete diagnostic methodology right from the qualities of the physician to the characteristics features of *Prakrita* and *Vikrita Doshas*. It provides instructions to the physician so that he can succeed in his field.
- The *Kalpana Chatuska* is placed in the fourth position, the major portion of this *Chatuska* deals with the application of medicines in the form of various therapeutic purification procedures either in healthy or in diseased individuals. Before *panchakarma* (purification therapy) *purvakarma* procedures such as *snehana*, *swedana* should be done to mobilize toxic wastes in the body and excrete them out.
- *Roga Chatuska* is designed to explain the complete collection of knowledge of the process of *Dhatu-Vaisamy* in a concise manner. It fully contributes to that necessity of understanding the entire pathogenesis disease.
- *Annapana Chatuska* is the one where the various types of foods, food materials & various ways of preparing food are told. The proper production and maintenance of Dhatus mainly requires complete knowledge regarding dietary regimen because “*Pranah Pranabhutam Annam*” For that purpose *Annapana Chatuska* is described after *Yojana Chatuska*.

CONCLUSION

Ayurveda is the most sacred science of life, beneficial to humans and organism, both in this world and beyond this world. It is made up of two words i.e., *Ayu* (life) and *Veda* (knowledge). *Ayu* is the combination of body, sense, mind and reincarnating soul.^[36] *Charaka Samhita* is one of the major treatises of *Brihatrayi*. At Present, it has become an identity of Ayurveda. *Charaka Samhita* is the basic concept of Ayurveda; its main aim is to prevent and cure disease and improve the life span. The *Sutra Sthana* also reads as a free-flow text, with each chapter linked logically with the preceding and succeeding chapters in some way.

Chatuska is also sub-grouped under three headings.

- To maintain health: *Swastha* and *Annapana Chatuska*
- To cure disease: *Bhesaja* and *Roga Chatuska*
- For fulfillment of both objectives: *Nirdesh*, *Kalpana* and *Yojana Chatuska*

REFERENCES

1. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 30, Sutrasthan, Shlok no-46,Page 570
2. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 30, Sutrasthan, Shlok no-45,Page 570
3. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 30, Sutrasthan, Shlok no- 36-45,Page 570
4. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter30 , Sutrasthan, Shlok no-46, Page 570
5. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter30 , Sutrasthan, Shlok no26- ,Page 565
6. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 1, Sutrasthan, Shlok no-1,Page 1
7. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 2, Sutrasthan, Shlok no-1,Page 50
8. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 3, Shlok no- 1,Page 60
9. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 4, Sutrasthan, Shlok no-1,Page 68
10. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 5, Sutrasthan, Shlok no-1,Page 102
11. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 6, Sutrasthan, Shlok no-1,Page 143
12. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 7, Sutrasthan, Shlok no-1,Page 163
13. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 8, Sutrasthan, Shlok no-1,Page 189
14. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 9, Sutrasthan, Shlok no-1,Page 207
15. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter10 , Sutrasthan, Shlok no-1,Page 215
16. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter11 , Sutrasthan, Shlok no-1,Page 223
17. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter12 , Sutrasthan, Shlok no-1,Page 252
18. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter13 , Sutrasthan, Shlok no-1,Page 263
19. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter14 , Sutrasthan, Shlok no-1,Page 285
20. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter15 , Sutrasthan, Shlok no-1,Page 305
21. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter16 , Sutrasthan, Shlok no-1,Page 321
22. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter17 , Sutrasthan, Shlok no-1,Page 332
23. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter18 , Sutrasthan, Shlok no-1,Page 366
24. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter19 , Sutrasthan, Shlok no-1,Page 380
25. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter20 , Sutrasthan, Shlok no-1,Page 387
26. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter21 , Sutrasthan, Shlok no-1 ,Page 397
27. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter22 , Sutrasthan, Shlok no- ,Page 412
28. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 23 , Sutrasthan, Shlok no-1,Page 421
29. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 24 , Sutrasthan, Shlok no-1 ,Page 427
30. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 25 , Sutrasthan, Shlok no-1 ,Page 441

31. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 26 , Sutrasthan, Shlok no-1 ,Page 464
32. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 27 , Sutrasthan, Shlok no-1 ,Page 500
33. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 28 , Sutrasthan, Shlok no-1 ,Page 544
34. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 29 , Sutrasthan, Shlok no-1 ,Page 553
35. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 30 , Sutrasthan, Shlok no-1 ,Page 558
36. Dr. Bramhanand Tripathi, Charak Samhita, Chaukhamba Surbharati Prakashan, Varanasi, Edition-2020, Chapter 1 , Sutrasthan, Shlok no-42 ,Page 14