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# A CLINICAL AND COMPARATIVE STUDY OF *MANADYA GUDIKA & SHOBHANJANADI KWATH* IN THE MANAGEMENT OF *YAKRITPLEEHA VIKAR*

**\*[1]Dr. Janmajay Sidar and [2]Dr. Pramod Kumar Baghel**

[1]P.G.Scholar, Department of Kayachikitsa, Shri Narayan Prasad Awasthi Govt. Ayurved College Raipur (C.G.) Pin-492001.

[2]Lecturer, Department of Kayachikitsa, Shri Narayan Prasad Awasthi Govt. Ayurved College Raipur (C.G.) Pin-492001.

**\*Corresponding Author: Dr. Janmajay Sidar**

P.G.Scholar, Department of Kayachikitsa, Shri Narayan Prasad Awasthi Govt. Ayurved College Raipur (C.G.) Pin-492001.

**ABSTRACT**

The liver is the largest organ and gland in the human body and it is responsible for both metabolism and detoxification. *Acharya Charak* and *Sushruta* mention that the *Yakrit* (liver) and *Pleeha* (spleen) are the two organs that originated from *Shonita* (blood) in Ayurveda. Both *Yakrit* (liver) and *Pleeha* (spleen) are roots of the *Shonitvaha Srotsa*. According to Ayurveda *Ranjaka pitta,* which is found in the liver and spleen, is responsible for *Rakta dhatu's* (blood) production. As a result, hepatomegaly and splenomegaly should be treated with *Rakt Dhatu* in mind. To treat hepatomegaly and splenomegaly, 15 of the herbal contents in *Manadya Gudika* and 5 of the herbal contents in *Shobhanjanadi Kwath* are used. *Giloya, Pippali Chitrak* and *Shobhanjan,* are the main hepatoprotective, carminative, and blood purification drugs used in this *Shastriya Aushadh Yog*. An evidence-based medicine, that can benefit other *Vaidyas* and the medical community for the treatment of hepatomegaly and splenomegaly. **Aim:** A Clinical and Comparative Study of *Manadya Gudika* and *Shobhanjanadi Kwath* in the Management of *Yakritpleeha Vikar.* **Design:** This study was conducted as a prospective, open-level clinical, interventional, & comparative trial with before and after treatment with the administration of *Manadya Gudika* (1 gm per day) and *Shobhanjanadi Kwath* (40 ml per day) for a period of 90 days with a follow up of 15 days. **Method:** This is a study with a sample size of 22 patients in each group (Group A and B). A total of 44 patients with hepatomegaly and splenomegaly were chosen from the O.P.D. of Shri Khudadad Dunga ji, Govt. Ayurved College Hospital Raipur (C.G.) between the ages of 18 and 60. **Results:** The clinical study showed highly significant results in relieving the clinical symptoms of *Yakrit vikar* (Hepatomegaly) and *Pleeha vikar* (Splenomegaly).

**KEYWORDS:** Ayurved, *Yakritpleeha Vikar,* Hepatomegaly and Splenomegaly.

## INTRODUCTION

Our Ayurveda is the oldest book among the many oldest books in the world. This Scripture is eternal. It is a subsidiary of *Atharvaveda. Acharya Kashyap* has accepted Ayurveda as the fifth Veda.[1] Diseases and their effects have been around ever since human life originated in the universe. In the present, with hard work and a busy schedule, human beings are not able to properly follow the natural principles of staying healthy. due to which he always suffers from physical ailments. Ayurveda is being widely used for happiness and good health. Ayurveda considers the root cause of the origin of all substances on the basis of *Panchamahabhuta* principles and treats all living beings on the basis of this *Panchamahabhuta* principle. *Acharya Charak, Sushruta,* and *Vagbhatta* count *Udar Roga* among the *Ashtha Maharoga* (major diseases).[2][3][4] **"रोगाः सर्वेऽपि**

**मन्देऽग्नौ सुतरामुदराणि तु"।** *(AH.Ni.12/1)*The diseases caused by *Agni vikriti* are on the rise as a result of the consumption of contaminated food *(Dushita Aahara).* The root cause of the origin of all diseases is *Agnimandya,* which causes abdominal disease. *Human society is widely affected by Yakrit (liver) and Pleeha (spleen) disorders.* Human society is widely affected by *Yakrit (liver)* and *Pleeha (spleen) disorders. Acharya Charak* explains the symptoms of both hepatomegaly and splenomegaly in *Chikitsa Esthan* 13/38. These symptoms are *Dourbalya, Arochaka, Avipaka, Varchomutragrah, Tamahpravesha, Pipasa, Aangamarda, Chhardi, Murchha, Aangasad, Kasa, Shwasa, Mridujwar, Aanah, Agninasha, Karshya, Aasyavairasya, Parvabheda, Kosthavata, Shoola, Aruna, Neel-Haridra Vaivarnta and Rajimad.*[5] In the Ayurvedic treatment, along with many classical medicines, there is a special description of *Aahar-Vihar*

and *Anupan,* using which liver and spleen disorders can be safely treated.

## AIM

A Clinical and Comparative Study of *Manadya Gudika & Shobhanjanadi Kwath* in the management of *Yakritpleeha Vikar.*"

## OBJECTIVES

* Clinical study of *Manadya Gudika* and *Shobhanjanadi Kwath* in liver and spleen disorders.
* To study the effectiveness of *Manadya Gudika* and *Shobhanjanadi Kwath* in liver and spleen disorders.
* Analyzing the results of statistical data obtained from the study of the therapeutic effect of *Manadya*

*Gudika* and *Shobhanjanadi Kwath* in liver and spleen disorders.
* Drawing conclusions on the basis of symptoms described in modern texts and experimental tests.

## MATERIALS AND METHODS

### Study Design

As a prospective, open-level clinical, interventional, and comparative trial, *Manadya Gudika* (1 gm per day) and *Shobhanjanadi Kwath* (40 ml per day) were administered for a duration of 90 days, with a follow-up of 15 days, before and after treatment. The sample size for this study is 22 patients, 22 in each group (Group A and B). From the Kayachikitsa OPD of Shri Khudadad Dunga ji, Govt. Ayurved College Hospital Raipur (C.G.), 44 patients with hepatomegaly and splenomegaly between the ages of 18 to 60 were selected.

| No. | Group A | Group B |
|---|---|---|
| **No. of Patient** | 22 Patient | 22 Patient |
| **Age** | 18 to 60 | 18 to 60 |
| **Washout Period** | 7 Days | 7 Days |
| **Follow-up** | 15 Days | 15 Days |
| **Medicine** | *Manadya Gudika*(250mg x 2tab/ BD) *Ushnodak* (Lukewarm Water) | *Manadya Gudika*(250mg x 2tab/ BD ) *Shobhanjanadi Kwath* (20ml /BD) |
| **Duration** | 90 Days (3 month) | 90 Days (3 month) |
| **Patient selection Center** | Patient selected from the Kayachikitsa OPD of Shri Khudadad Dunga ji, Govt. Ayurved College Hospital Raipur (C.G.) | |
| *Pathya- Apathya* **was followed by both groups.** | | |

### Drug concept

The main ingredient used in this is the use of various *kalpas* of *Mankand,* which are specified in liver and spleen diseases. *Saindhav* salt has been used in *Manadya Gudika* and *Shobhanjanadi Kwath,* which gives strength to fire with its *Ushana* and *Tikshana* properties. *Kshara*

used in *Manadya Gudika* and *Chitrak* used in *Manadya Gudika* and *Shobhanjanadi Kwath,* are by nature the ones that lighten and enrich the digestive fire. According to *Manadya Gudika's falshruti, "Yoga: Parikaro Namnah Hygnisandipana: Parh,"* it works on the digestive enzymes *(Pachkagni).*

**Contents of the *Manadya Gudika*[6]** *(Chakradatta- pleeha-yakrit chikitsa adhyaya 38/17)-*

| No | Contents | Botanical Name | Guna | Rasa | Vipak | Virya | Pryojyang |
|---|---|---|---|---|---|---|---|
| 1- | **Mankand** | *Alocasia indica* | *Guru, Snigdh* | *Madhur* | *Madhur* | *Sheeta* | *Kand, Patra* |
| 2- | **Apamarg** | *Achyranthes aspera* | *Laghu Rukshya Tikshana* | *Katu, Tikta* | *Katu* | *Ushna* | *Panchang* |
| 3- | **Guduchi** | *Tinospora cordifolia* | *Rukshya, Guru* | *Tikta* | *Madhur* | *Ushna* | *Panchang* |
| 4- | **Vasa** | *Adhatoda vasica* | *Laghu, Rukshya* | *Tikta, Kashaya* | *Katu* | *Sheeta* | *Panchang* |
| 5- | **Shalparni** | *Desmodium gangeticum* | *Guru, Snigdh* | *Madhur Tikta* | *Madhur* | *Ushna* | *Panchang* |
| 6- | **Pippali** | *Piper longum* | *Laghu, Snigdh* | *Katu* | *Madhur* | *Anushna Sheeta* | *Phala* |
| 7- | **Chitrak** | *Plumbago zeylanica* | *Laghu Rukshya Tikshna* | *Katu* | *Katu* | *Ushna* | *Mula* |
| 8- | **Shunthi** | *Zingiber officinale* | *Guru Rukshya, Tikshana* | *Katu* | *Katu* | *Ushna* | *Kand* |

| 9- | *Talpushapa* | *Borassus flabellifer* | *Laghu, Snigdh* | *Madhur* | *Madhur* | *Sheeta* | *Pushpa* |
|---|---|---|---|---|---|---|---|
| 10- | *Saindhav Lavan* | चक्षुष्यं सैन्धवं हृद्यं रुच्यं लघ्वग्नि दीपनम्। स्निग्धं समधुरं वृष्यं शीतं दोषघ्न मुत्तमम्।। (सु.सू. 46/315) | | | | | |
| 11- | *Vida Lavan* | सक्षारं दीपनं सूक्ष्मं शूलहृद्रोगनाषनम्। रोचनं तीक्ष्णमुष्णं च विडं वातानुलोमनम्। (सु.सू. 46/317) | | | | | |
| 12- | *Sauvarchal* | लघु सौवर्चलं पाके वीर्योष्णं विशदं कटु। गुल्मषूल विबंधघ्नं हृद्यं सुरभि रोचनम्।। (सु.सू. 46/318) | | | | | |
| 13- | *Yavakshar* | ज्ञेया वन्हिसमौ क्षारौ स्वर्जिकायावशूकजौ। शुक्रश्लेष्मविबंधार्शोगुल्म प्लीहविनाशनौ।। (सु.सू. 46/325) | | | | | |
| 14- | *Gomutra* | गव्यं समधुरं किंचित् दोषघ्नं क्रिमिकुष्ठनुत।। (च.सु.1/103) | | | | | |
| 15- | *Madhu* | वातलं गुरू शीतं च रक्तपित्तकफापहम्। सन्धातृच्छेदनं रूक्षं कषायं मधुरं मधुर।। (च.सु. 27/245) | | | | | |

**Contents of the *Shobhanjanadi Kwath*[7]** (*Chakradatta- pleeha-yakrit chikitsa adhyaya 38/08*)-

| No | Contents | Botanical Name | *Guna* | *Rasa* | *Vipak* | *Virya* | *Pryojyang* |
|---|---|---|---|---|---|---|---|
| 1- | *Sahijan* | *Moringa oleifera* | *Laghu, Rukshya Tikshana* | *Katu, Tikta* | *Katu* | *Ushna* | *Twak* |
| 2- | *Pippali* | *Piper longum* | *Laghu, Snigdh* | *Katu* | *Madhur* | *Anushna Sheeta* | *Phala* |
| 3- | *Chitrak* | *Plumbago zeylanica* | *Laghu, Rukshya, Tikshana* | *Katu* | *Katu* | *Ushna* | *Mula* |
| 4- | *Saindhav* | चक्षुष्यं सैन्धवं हृद्यं रुच्यं लघ्वग्नि दीपनम्। स्निग्धं समधुरं वृष्यं शीतं दोषघ्न मुत्तमम्।। (सु.सू. 46/315) | | | | | |

### Inclusion Criteria
- People aged 18 to 60 were chosen.
- Patients exhibit classic signs and symptoms of *Yakrit* and *Pleeha vikar,* according to Ayurvedic and modern texts:- *Yakrit Vridhi, Pleehavridhi, Alpakshudha, Mridujwar, Dourbalya, Mandagni* and *Aruchi*

### Exclusion Criteria
- People below 18 and above 60 are not selected.
- Liver abscess (Pyogenic and Amoebic)
- Cirrhosis of liver
- liver failure
- Ischemic heart disease
- Chronic renal failure
- Nephrotic syndrome
- Sickle cell anemia
- Severe HTN [B.P. more than 150/100]
- Hepatocellular or any other carcinoma
- Portal hypertension
- Tuberculosis
- Ascites
- HIV - Positive
- Type 1 DM
- Cancer
- Sexual Transmitted Disease.

### MATERIALS AND METHODS

Patients had clinical examinations. The clinical signs and symptoms were thoroughly evaluated. All patients who received treatment had records and were followed up on. The patient gave his or her written permission. Using standards, the therapy's effectiveness was evaluated.

**Subjective criteria:** *Yakrit Vridhi, Pleehavridhi, Alpakshudha, Mridujwar, Dourbalya, Mandagni* and *Aruchi.*

### Objective Criteria
- LFT - Liver Function Test-
SGOT (AST)
SGPT (ALT)
Serum Alkaline phosphatase
Serum bilirubin - Total, Direct, Indirect
Total protein, albumin, globulin
- CBC
- Blood sugar level: Fasting & PP
- USG (Ultrasonography)
- Urine - routine and microscopic

**Criteria for Assessment**

| No. | Symptoms | Grade – 0 | Grade – I | Grade – II | Grade – III |
|---|---|---|---|---|---|
| 1. | *Yakritvridhi* (Hepatomegaly) | Not palpable | Below 2 c.m. Right hypochondrium | 2 – 5 c.m. Right hypochondrium | >5 c.m. Right hypochondrium |
| 2. | *Pleehavridhi* (Splenomegaly) | Not palpable | 1-3 c.m. Mild enlargement | 4-7 c.m. Moderate enlargement | >7 c.m. Severe enlargement |
| 3. | *Raktalpta* (Anaemia) | Normal HB % 12-18 gm% | 10.1-12 gm% | 8.1-10 gm% | < 8gm% |
| 4. | *Jwar* (Fever) | Normal temperature 98-99 °F | 99.1-100 °F Mild fever | 100.1 – 103 °F Moderate fever | > 103 °F High fever |
| 5. | *Mandagni* (Loss of Appetite) | Normal Appetite | Over day 1 Time Breakfast 1 Time Meal | Over day 1 Time Meal | Eating small quantity once a day. |
| 6. | *Chhardi* (Vomiting) | No Vomiting | Nausea but no vomiting. | Vomiting at any time 1-2 times a week. | Vomiting 3 times or more a week. |
| 7. | *Aruchi* (Anorexia) | Generally desire to eat. | Eating 2 times a day when there is little desire. | Eating once a day when there is little desire. | Eating once a day even if you don't feel like it. |

**Drug Identification:** All the raw drugs were verified by the Department of Dravyaguna of the Government Ayurveda College, Raipur (Chhattisgarh).

**Statistical analysis:** Paired **"t"** Test and independent **"t"** Test, Wilcoxon Rank Sum Test and Mann Whitney U Test.

**IEC Certificate:** The patient was selected on the basis of the certificate obtained by Institutional Ethics Committee (IEC/2020/152 DATE 06/10/2020). GOVT. AYURVED COLLEGE, RAIPUR (Chhattisgarh)- 492010

**CTRI Certificate:** Trialed on the basis of CTRI No.: CTRI/2021/11/038245 [Registered on: November 25, 2021] and Acknowledgement Number - REF/2021/09/047398.

**Washout period:** 07 days

**Potential functionality of drugs** *(Sambhavita Karmukta)*
On the basis of the *Vatashamak, Kaphvatashamak,* and *Tridoshashamak* properties of *Manadya gudika,* which remove the symptoms of *vata* and *kapha dosha* in liver and spleen disorders. *Kshar* has been used in this yoga. which does the work of *Lekhan karma* and *Chhedan karma.*[8][9]

The properties of *Pippali, Chitrak* and *Guduchi* in the constituent substances strengthen the functioning of the liver. The main components used are calcium, potassium, phosphorous, ascorbic acid, iron, zinc, and magnesium, which are present in *Mankanda* and from which the liver produces different types of enzymes.[10] Vitamins B, C and E are found in *Shobhanjan Patra,* which provides nutrition to the body. Using *Manadya Gudika* and *Shobhanjanadi Kwath* together increases their effect. because the constituent substances of both medicines are the same.

**Table 01: Classification of total patients selected according to Age.**

| No. | Age | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | 18-20 | 0 | 2.27% | 1 | 4.54% | 1 | 2.27% |
| 2. | 21-30 | 3 | 13.63% | 3 | 13.63% | 6 | 13.63% |
| 3. | 31-40 | 7 | 36.36% | 9 | 40.9% | 16 | 36.36% |
| 4. | 41-50 | 5 | 18.18% | 3 | 13.63% | 8 | 18.18% |
| 5. | 51- 60 | 7 | 29.54% | 6 | 27.27% | 13 | 29.54% |

**Table 02: Classification of total patients selected according to Gender.**

| No. | Gender | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Male | 16 | 72.72% | 15 | 68.18% | 31 | 70.45% |
| 2. | Female | 6 | 27.27% | 7 | 31.81% | 13 | 29.54% |

**Table 03: Classification of total patients selected according to Religion.**

| No. | Religion | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Hindu | 22 | 100% | 22 | 100% | 44 | 100% |
| 2. | Muslim | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Siksh | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Christian | 0 | 0 | 0 | 0 | 0 | 0 |

**Table 04: Classification of total patients selected according to Residence.**

| No. | Residence | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1- | Urban | 18 | 81.82% | 16 | 72.73% | 34 | 77.27% |
| 2- | Rural | 4 | 18.18% | 6 | 27.27% | 10 | 22.72% |

**Table 05: Classification of total patients selected according to Marital status.**

| No. | Marital status | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Married | 16 | 72.72% | 18 | 81.82% | 34 | 77.27% |
| 2. | Single | 5 | 22.72% | 4 | 18.18% | 9 | 20.46% |
| 3. | Widower | 1 | 4.56% | 0 | 0% | 1 | 2.27% |

**Table 06: Classification of total patients selected according to Education.**

| No. | Education | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Uneducated | 1 | 4.54% | 0 | 0% | 1 | 4.54% |
| 2. | Primary school | 3 | 13.63% | 4 | 18.18% | 7 | 31.81% |
| 3. | Middle school | 4 | 18.18% | 3 | 13.63% | 7 | 31.81% |
| 4. | High school | 5 | 22.72% | 7 | 31.81% | 12 | 54.54% |
| 5. | Higher secondary | 6 | 27.27% | 5 | 22.72% | 11 | 50% |
| 6. | Graduation | 3 | 13.63% | 3 | 13.63% | 6 | 27.27% |
| 7. | Post-graduation | 0 | 0% | 0 | 0% | 0 | 0% |

**Table 07: Classification of total patients selected according to Economic status.**

| No. | Economic status | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Below middle class | 10 | 45.45% | 06 | 27.27% | 15 | 36.36% |
| 2. | Middle class | 12 | 54.54% | 15 | 68.18% | 29 | 61.36% |
| 3. | Above middle class | 0 | 0% | 1 | 4.55% | 01 | 2.28% |

**Table 08: Classification of total patients selected according to Diet.**

| No. | Diet | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | _Shakahari_ | 05 | 22.73% | 03 | 13.64% | 08 | 18.18% |
| 2. | _Sarvahari_ | 17 | 77.27% | 19 | 86.36% | 36 | 81.81% |

**Table 09: Classification of total patients selected according to _Aaharvidhi._**

| No. | _Aaharvidhi_ | Number of patients | | | | total | Percentage |
|---|---|---|---|---|---|---|---|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | _Samshan_ | 4 | 18.18% | 3 | 13.63% | 7 | 15.9% |

| 2. | *Adhayashan* | 3 | 13.63% | 4 | 18.18% | 7 | 15.9% |
|----|--------------|---|--------|---|--------|----|--------|
| 3. | *Virudhashan* | 8 | 36.36% | 7 | 31.81% | 15 | 34.09% |
| 4. | *Pramitashan* | 3 | 13.63% | 2 | 9.09% | 5 | 11.36% |
| 5. | *Vishmashan* | 4 | 18.18% | 6 | 27.27% | 10 | 22.72% |

**Table 10: Classification of total patients selected according to Addiction/Habit.**

| No. | Addiction/Habit | Number of patients | | | | total | Percentage |
|-----|-----------------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Tea | 5 | 22.72% | 4 | 18.18% | 9 | 20.45% |
| 2. | Tea- Tobacco | 3 | 13.63% | 5 | 22.72% | 8 | 18.18% |
| 3. | Coffe | 1 | 4.54% | 0 | 0% | 1 | 2.27% |
| 4. | Tea- Alcohol | 9 | 40.9% | 11 | 50% | 20 | 45.45% |
| 5. | Cigratee- Alcohol | 4 | 18.18% | 2 | 9.09% | 6 | 13.63% |

**Table 11: Classification of total patients selected according to *Agni*.**

| No. | *Agni* | Number of patients | | | | total | Percentage |
|-----|--------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | *Samagni* | 3 | 13.63% | 3 | 13.64% | 6 | 13.64% |
| 2. | *Vishmagni* | 7 | 31.83% | 4 | 18.18% | 11 | 25% |
| 3. | *Mandagni* | 12 | 54.54% | 15 | 68.18% | 27 | 61.36% |

**Table 12: Classification of total patients selected according to *Dehaprakriti*.**

| No. | *Dehaprakriti* | Number of patients | | | | Total | Percentage |
|-----|----------------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | *Vatapitaja* | 3 | 13.63% | 3 | 13.63% | 6 | 13.63% |
| 2. | *Vatakaphaja* | 7 | 31.82% | 6 | 27.27% | 13 | 29.54% |
| 3. | *Kaphapittaja* | 12 | 54.55% | 13 | 59.1% | 25 | 56.83% |

**Table 13: Classification of total patients selected according to *Sara*.**

| No. | *Sara* | Number of patients | | | | total | Percentage |
|-----|--------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | *Pravar* | 0 | 0% | 1 | 4.54% | 1 | 2.27% |
| 2. | *Madhayam* | 18 | 81.82% | 14 | 59.09% | 32 | 72.72% |
| 3. | *Avar* | 4 | 18.18% | 7 | 31.81% | 11 | 27.27% |

**Table 14: Classification of total patients selected according to *Samhanan*.**

| No. | *Samhanan* | Number of patients | | | | Total | Percentage |
|-----|------------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | *Sthula* | 1 | 4.54% | 2 | 9.09% | 3 | 6.81% |
| 2. | *Madhyam* | 17 | 77.28% | 15 | 68.18% | 32 | 72.72% |
| 3. | *Krish* | 4 | 18.18% | 5 | 22.73% | 9 | 20.46% |

**Table 15: Classification of total patients selected according to *Deha-Pramana*.**

| No. | *Deha-Pramana* | Number of patients | | | | Total | Percentage |
|-----|----------------|--------------------|---|---|---|-------|------------|
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | *Pravar* | 2 | 9.09% | 2 | 9.09% | 4 | 9.09% |
| 2. | *Madhayam* | 14 | 63.64% | 16 | 72.7% | 30 | 68.18% |
| 3. | *Avar* | 6 | 27.27% | 4 | 18.18% | 10 | 22.72% |

**Table 16: Classification of total patients selected according to *Satmya*.**

| No. | *Satmya* | Group "A" | Percent | Group "B" | Percent | total | Percentage |
|-----|----------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Pravar* | 0 | 0% | 1 | 4.54% | 1 | 2.27% |
| 2. | *Madhayam* | 20 | 90.9% | 18 | 81.82% | 38 | 86.36% |
| 3. | *Avar* | 2 | 9.09% | 3 | 13.64% | 5 | 11.36% |

**Table 17: Classification of total patients selected according to *Satva*.**

| No. | *Satva* | Group "A" | Percent | Group "B" | Percent | Total | Percentage |
|-----|---------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Pravar* | 1 | 4.54% | 1 | 4.54% | 2 | 4.54% |
| 2. | *Madhayam* | 16 | 72.73% | 14 | 63.64% | 30 | 68.18% |
| 3. | *Avar* | 5 | 22.73% | 7 | 31.82% | 12 | 27.27% |

**Table 18: Classification of total patients selected according to *Aahara Shakti*.**

| No. | *Aahara shakti* | Group "A" | Percent | Group "B" | Percent | Total | Percentage |
|-----|-----------------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Pravar* | 1 | 4.54% | 2 | 9.09% | 3 | 6.81% |
| 2. | *Madhayam* | 8 | 36.36% | 9 | 40.9% | 17 | 38.63% |
| 3. | *Avar* | 13 | 59.09% | 11 | 50% | 24 | 54.54% |

**Table 19: Classification of total patients selected according to *Vyayam Shakti*.**

| No. | *Vyayam Shakti* | Group "A" | Percent | Group "B" | Percent | Total | Percentage |
|-----|-----------------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Pravar* | 1 | 4.55% | 3 | 13.63% | 4 | 9.09% |
| 2. | *Madhayam* | 8 | 36.36% | 9 | 40.92% | 17 | 38.63% |
| 3. | *Avar* | 13 | 59.09% | 10 | 45.45% | 23 | 52.27% |

**Table 20: Classification of total patients selected according to *Aaharaj Nidan*.**

| No. | *Aaharaj Nidan* | Group "A" | Percent | Group "B" | Percent | total | Percentage |
|-----|-----------------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Atisnigdh* | 8 | 36.36% | 6 | 27.27% | 14 | 31.81% |
| 2. | *Abhishyandi* | 5 | 22.72% | 9 | 40.90% | 14 | 31.81% |
| 3. | *Guruanna* | 6 | 27.27% | 3 | 13.63% | 9 | 20.45% |
| 4. | *Paryushita Bhojana* | 3 | 13.63% | 4 | 18.18% | 7 | 15.90% |

**Table 21: Classification of total patients selected according to *Viharaj Nidan***

| No. | *Viharaj Nidan* | Group "A" | Percent | Group "B" | Percent | total | Percentage |
|-----|-----------------|-----------|---------|-----------|---------|-------|------------|
| 1. | *Bhojan ke turant bad Savari karna* | 4 | 18.18% | 5 | 22.72% | 9 | 20.45% |
| 2. | *Bharvhan* | 2 | 9.09% | 3 | 13.63% | 5 | 11.36% |
| 3. | *Bhojnottar Sharirik Chestaen* | 5 | 22.72% | 5 | 22.72% | 10 | 22.72% |
| 4. | *Ativyavay* | 3 | 13.63% | 4 | 18.18% | 7 | 15.9% |
| 5. | *Atimarg-gaman* | 8 | 36.36% | 5 | 22.72% | 13 | 29.54% |

**Table 22: Classification of total patients selected according to *Chirkalita* (Chronicity).**

| No. | *Chirkalita* | Number of patients | | | | total | Percentage |
| --- | --- | --- | --- | --- | --- | --- | --- |
| | | Group "A" | Percent | Group "B" | Percent | | |
| 1. | Below 1 Year | 2 | 9.09% | 3 | 13.64% | 5 | 11.36% |
| 2. | 1 to 2 Year | 13 | 59.09% | 14 | 63.63% | 27 | 61.36% |
| 3. | Above 2 Year | 7 | 31.82% | 5 | 22.73% | 12 | 27.27% |

**Table 23: Table showing the intensity and improvement of symptoms before and after treatment of liver and spleen disorder in 22 patients of group "A".**

| | | Group "A" | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S.N. | Symptoms | Before treatment | | | | | After Treatment | | | | | % Relief |
| | | $G_0$ | $G_1$ | $G_2$ | $G_3$ | Total | $G_0$ | $G_1$ | $G_2$ | $G_3$ | Total | |
| 1 | Hepatomegaly | 0 | 15 | 7 | 0 | 29 | 8 | 13 | 1 | 0 | 15 | 48.28 |
| 2 | Splenomegaly | 0 | 22 | 0 | 0 | 22 | 8 | 14 | 0 | 0 | 14 | 36.36 |
| 3 | Anaemia | 10 | 11 | 1 | 0 | 13 | 10 | 11 | 1 | 0 | 13 | 0.00 |
| 4 | Fever | 0 | 18 | 4 | 0 | 26 | 5 | 17 | 0 | 0 | 17 | 34.62 |
| 5 | Loss of Appetite | 0 | 5 | 9 | 8 | 47 | 9 | 9 | 4 | 0 | 17 | 63.83 |
| 6 | Vomiting | 0 | 19 | 3 | 0 | 25 | 13 | 9 | 0 | 0 | 9 | 64.00 |
| 7 | Anorexia | 0 | 3 | 10 | 9 | 50 | 12 | 7 | 3 | 0 | 13 | 74.00 |

**Table 24: Statistical analysis of medical work done for 90 days in different symptoms of liver and spleen disorder in 22 patients of group "A".**

| S.N. | Symptoms | Mean | | Mean Difference | Relief % | Z-value | p-value | Remark |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| | | BT | AT | | | | | |
| 1 | Hepatomegaly | 1.32 | .68 | 0.64 | 48.48 | 3.50 | 0.00 | HS |
| 2 | Splenomegaly | 1.00 | .64 | 0.36 | 36.00 | 2.82 | 0.005 | HS |
| 3 | Anaemia | .64 | .64 | 0 | 0.00 | 0.00 | 1.00 | NS |
| 4 | Fever | 1.18 | .77 | 0.41 | 34.75 | 2.71 | 0.007 | HS |
| 5 | Loss Appetite | 2.14 | .77 | 1.37 | 64.02 | 4.04 | 0.00 | HS |
| 6 | Vomiting | 1.14 | .41 | 0.73 | 64.04 | 3.77 | 0.00 | HS |
| 7 | Anorexia | 2.36 | .59 | 1.77 | 75.00 | 4.23 | 0.00 | HS |

**Table 25: Table showing the intensity and improvement of symptoms before and after treatment of liver and spleen disorder in 22 patients of group "B".**

| | Group "B" | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Symptoms | Before treatment | | | | | After Treatment | | | | | % relief |
| | $G_0$ | $G_1$ | $G_2$ | $G_3$ | Total | $G_0$ | $G_1$ | $G_2$ | $G_3$ | Total | |
| Hepatomegaly | 1 | 15 | 6 | 0 | 27 | 15 | 7 | 0 | 0 | 7 | 74.07 |
| Splenomegaly | 15 | 6 | 1 | 0 | 8 | 21 | 1 | 0 | 0 | 1 | 87.50 |
| Anaemia | 7 | 13 | 2 | 0 | 17 | 9 | 13 | 0 | 0 | 13 | 23.53 |
| Fever | 6 | 11 | 3 | 2 | 23 | 15 | 7 | 0 | 0 | 7 | 69.57 |
| Loss Appetite | 0 | 3 | 10 | 9 | 50 | 12 | 9 | 1 | 0 | 11 | 78.00 |
| Vomiting | 11 | 7 | 4 | 0 | 15 | 15 | 6 | 1 | 0 | 8 | 46.67 |
| Anorexia | 0 | 0 | 14 | 8 | 52 | 9 | 13 | 0 | 0 | 13 | 75.00 |

**Table 26: Statistical analysis of medical work done for 90 days in different symptoms of liver and spleen disorder in 22 patients of group "B".**

| | Group "B" | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Symptoms | Mean | | Mean Difference | Relief % | t-value | p-value | Remark |
| | BT | AT | | | | | |
| Hepatomegaly | 1.23 | 0.32 | 0.91 | 73.98 | 3.60 | 0.00 | HS |
| Splenomegaly | 0.36 | 0.05 | 0.31 | 86.11 | 2.65 | 0.008 | HS |
| Anaemia | 0.77 | 0.62 | 0.15 | 19.48 | 1.34 | 0.18 | NS |
| Fever | 1.05 | 0.32 | 0.73 | 69.52 | 3.55 | 0.007 | HS |
| Loss Appetite | 2.27 | 0.50 | 1.77 | 77.97 | 4.17 | 0.00 | HS |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Vomiting | 0.68 | 0.36 | 0.32 | 47.06 | 2.64 | 0.008 | HS |
| Anorexia | 2.27 | 0.59 | 1.68 | 75.01 | 4.28 | 0.00 | HS |

**Table 27: Table showing percentage of improvement in intensity of symptoms after treatment of liver and spleen disorder in total 44 patients of group "A" and group "B".**

| No. | Symptoms | Group "A"relief % | Group "B"relief % |
|---|---|---|---|
| 1. | Hepatomegaly | 48.48% | 73.98% |
| 2. | Splenomegaly | 36.00% | 86.11% |
| 3. | Anaemia | 0.00% | 19.48% |
| 4. | Fever | 34.75% | 69.52% |
| 5. | Loss Appetite | 64.02% | 77.97% |
| 6. | Vomiting | 64.04% | 47.06% |
| 7. | Anorexia | 74.00% | 75.01% |

**Table 28: Statistical analysis of laboratory test of 3 months (90 days) in 22 patients of group "A" of *Yakritpleeha vicar*.**

| | | Group "A" | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **S.N.** | **Parameter** | **Mean** | | **Mean Difference** | **Relief %** | **SD (±)** | **SE** | **t-value** | **p-value** | **Remark** |
| | | **BT** | **AT** | | | | | | | |
| 1 | Hb% | 11.94 | 12.0 | 0.064 | 0.50 | 0.37 | 0.078 | 0.81 | 0.43 | NS |
| 2 | SGOT | 46.41 | 43.55 | 2.86 | 6.16 | 2.68 | 0.57 | 5.02 | 0.00 | HS |
| 3 | SGPT | 40.0 | 34.95 | 5.045 | 12.63 | 13.69 | 2.91 | 1.73 | 0.09 | NS |
| 4 | ALK PHOSEPHATAS | 11.70 | 9.86 | 1.84 | 15.73 | 1.12 | 0.24 | 7.67 | 0.00 | HS |
| 5 | B Total | 1.35 | 1.28 | 0.077 | 5.19 | 0.138 | 0.027 | 2.84 | 0.01 | S |
| 6 | B Direct | 0.43 | 0.39 | 0.037 | 9.30 | 0.24 | 0.05 | 0.75 | 0.46 | NS |
| 7 | Protein Total | 7.12 | 7.08 | 0.045 | 0.56 | 0.67 | 0.15 | 0.32 | 0.75 | NS |
| 8 | Albumin | 4.59 | 4.51 | 0.08 | 1.74 | 1.13 | 0.24 | 0.32 | 0.75 | NS |
| 9 | Globulin | 2.52 | 2.55 | 0.03 | 1.19 | 1.29 | 0.27 | 0.12 | 0.91 | NS |
| 10 | ESR | 19.72 | 19.68 | 0.05 | 0.20 | 7.08 | 1.51 | 0.03 | 0.98 | NS |
| 11 | RBS | 122.40 | 119.63 | 2.77 | 2.26 | 5.22 | 1.11 | 2.49 | 0.02 | S |
| 12 | BSPP | 118.13 | 113.40 | 4.73 | 4.00 | 2.69 | 0.57 | 8.23 | 0.00 | HS |

**Table 29: Statistical analysis of laboratory test of 3 months (90 days) in 22 patients of group "B" of *Yakritpleeha vicar*.**

| Group "B" | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **S.N.** | **Parameter** | **Mean** | | **Mean Difference** | **Relief %** | **SD (±)** | **SE** | **t-value** | **p-value** | **Remark** |
| | | **BT** | **AT** | | | | | | | |
| 1 | Hb% | 11.73 | 12.09 | 0.36 | 3.07 | 0.43 | 0.08 | 3.99 | 0.001 | HS |
| 2 | SGOT | 37.22 | 34.59 | 2.64 | 7.07 | 2.09 | 0.44 | 5.94 | 0.00 | HS |
| 3 | SGPT | 39.90 | 37.05 | 2.86 | 7.14 | 3.06 | 0.65 | 4.39 | 0.00 | HS |
| 4 | ALK PHOSEPHATAS | 11.74 | 9.81 | 1.96 | 16.44 | 1.32 | 0.28 | 6.86 | 0.00 | HS |
| 5 | B Total | 1.36 | 1.11 | 0.25 | 18.38 | 0.241 | 0.052 | 4.79 | 0.00 | HS |
| 6 | B Direct | 0.44 | 0.39 | 0.06 | 11.36 | 0.05 | 0.02 | 4.89 | 0.00 | HS |
| 7 | Protein Total | 7.37 | 6.65 | 0.73 | 9.77 | 0.51 | 0.11 | 6.59 | 0.00 | HS |
| 8 | Albumin | 4.64 | 3.98 | 0.66 | 14.22 | 0.59 | 0.126 | 5.20 | 0.00 | HS |
| 9 | Globulin | 2.61 | 2.66 | 0.06 | 1.92 | 0.81 | 0.17 | 0.31 | 0.76 | NS |
| 10 | ESR | 22.86 | 19.22 | 3.64 | 15.92 | 1.59 | 0.338 | 10.73 | 0.00 | HS |
| 11 | RBS | 126.36 | 121 | 5.36 | 4.24 | 7.61 | 1.62 | 3.30 | 0.003 | HS |
| 12 | BSPP | 118.14 | 113.63 | 4.50 | 3.82 | 4.48 | 0.95 | 4.71 | 0.00 | HS |

**A.T. –** After treatment          **B.T. –** Before treatment
**H.S. –** Highly significant          **S –** Significant
**N.S –** Non significant          **Hb –** Hemoglobin
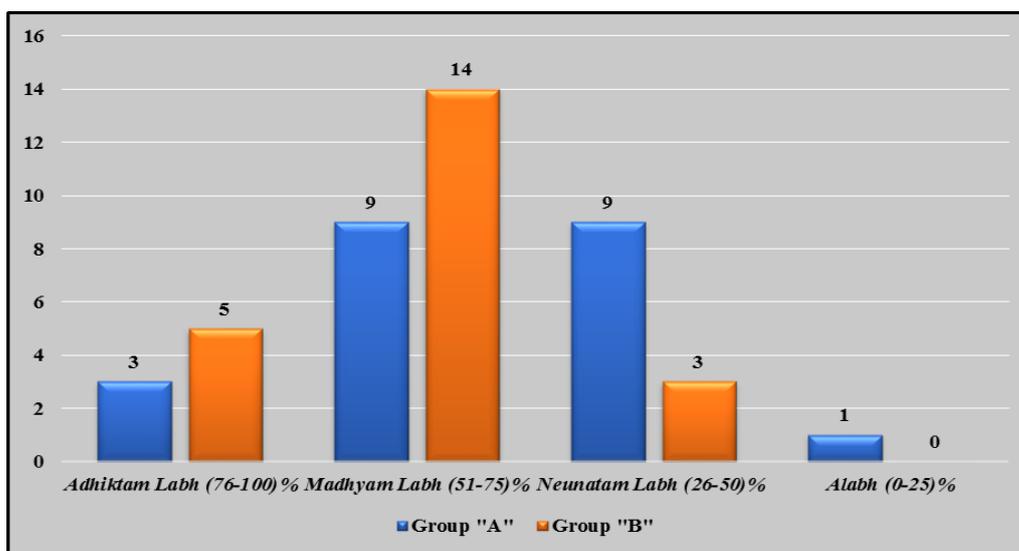**TLC –** Total leucocyte count          **ESR –** Erythrocyte sedimentation rate
**BSR –** Blood sugar random          **BSPP –** Blood sugar post prandial

**Table 30: Table showing overall effect of 90 days treatment of liver and spleen disorder in total 44 patients of Group "A" and Group "B".**

| Result percentage | Group "A" | | Group "B" | | Total | |
|---|---|---|---|---|---|---|
| | Number of patients | Percent | Number of patients k | Percent | Number of patients k | Percent |
| *Adhiktam Labh* (76-100) | 3 | 13.63% | 5 | 22.72% | 8 | 18.18% |
| *Madhyam Labh* (51-75) | 9 | 40.9% | 14 | 63.63% | 23 | 52.27% |
| *Neuntam Labh*(26-50) | 9 | 40.9% | 3 | 13.63% | 12 | 27.27% |
| *Alabh* (0-25) | 1 | 4.54% | 0 | 0% | 1 | 2.27% |
| Total | 22 | | 22 | | 44 | |



### Pathya Apathya

To cure any disease, as well as medicines, there is a need for diet, so the following diet was followed in the selected patients:

- Consume boiled water only.
- Consume half a litre of lukewarm water after waking up in the morning.
- Stay in the red light of the sun for 15 minutes in the morning. (Keep in mind that light should fall on most parts of the body.)
- Consume hot water (200ml), lemon (5 ml), *saindhav* (500 mg), and turmeric (1 gram) after half an hour of *Yoga/Pranayama/Aasan*/Morning walk.
- Use *saindhav* (500 mg) + ginger (3 grams) 10 minutes before meals.
- Consume 1 *Aamla* daily, especially.
- Use home ground spices, of which *Methi, Dalchini, Jeera, Haldee, Heeng, Ajavaayan, Lahasun, Kalimirch, Adarak* etc. should be consumed regularly. (Do not use garam masala.)
- Drink boiled water in sufficient quantity (4-5 litres) during the day.
- Do not drink water immediately after having food.
- Drink water only when you feel thirsty after 30 minutes of eating.

(Drinking water immediately after eating does not allow proper digestion of food.)

- After 1 hour of eating, drink half to 1 litre of water. (So that we can stop the lack of water in the body at night.)

### DISCUSSION

Enlargement of the liver Due to the accumulation of *Kapha, Kleda,* and *Meda* in the liver, as a result of obstruction and *Aama Visha,* the growth of the liver is due to the increase in *Ras* and *Raktadhatu* contamination. This *Sama Rasa-Rakta Dhatu* comes to an end due to the high percentage of *Katu* and *Tikta rasa* in *Shobhanjanadi Kwath.* In this *Aushadh yoga*, by exploiting the *Snigdhata* and *Dravta* of the *meda* accumulated in the liver cells, it digests the *Aam*, which improves the functioning of the cells. This drug, by its *Sukshama Tikshana, Ushana* properties, removes the source of obstruction arising from *Sama Kapha*. In this way, *Manadya Gudika* and *Shobhanjanadi Kwath* suppress liver enlargement.

*Atimadyapan, atisnigdha* consumption of *guru Aahar* and the side effects of various chemicals and drugs all lead to liver function impairment, causing metabolic

activities to become irregular and fat to accumulate in liver cells. They seem to damage cells by lying dormant in the body for long periods of time. Because of the medicine's *Sukshama Tikshana, Ushana*, and other properties, fat accumulation in the liver is prevented [11]. By which the toxic elements are able to come out from the liver due to the removal of the source of obstruction *(Shrotasavrodha).*

## CONCLUSION

In the modern era, unhealthy diets for various types of health, overuse of medications, and liver and spleen disorders are affecting the health of ordinary people. *Acharya Charaka* has described *Udar roga* (abdominal disease) under *Ashtamahagada*[12] .Out of the eight types of this *Udar roga* (abdominal disease), the symptoms have been described in detail while describing liver and spleen disorders. In *Manadya Gudika* and *Shobhanjanadi Kwath, Katu* and *Tikta ras* predominant substances have been used in the constituent substances, which disintegrates the attainment. The drugs used in these are cough suppressants, *tridoshamak,* carminatives, and cough suppressants. The synonym of *Guduchi* is *Jvaranashini.* antipyretic, hepatoprotective, antibacterial, and antimicrobial. does the work of It works as *tridoshamak, medhya, rasayana, rakta shodhak, jwarhar,* and *medohar.* It is clear from the beneficial improvement percentage of the symptoms of both groups of patients, like *agnimandya, aruchi, and anah,* that according to *Maanadya Gudika's falshruti,* **"योगः परिकरो नाम्ना ह्यग्निसन्दीपनः परः"** by performing the work of *agnisandipana,* it worked to bring the *Agni* into equilibrium. *Kasthaushadhi* was used in *Manadya Gudika* and *Shobhanjanadi Kwath,* which are easily available. These do not contain metals of any kind, so the chances of any toxicity or side effects are extremely low. For this reason, it can be used for a long time in liver and spleen disorders. Ayurveda holds that the right diet for a particular disease is just as effective as medication. As prevention is better than cure, everyone should avoid *apathy* and follow *pathya* according to the shastras for a particular disease.

## RESULT

In the research work, group "B" *(Maanadya Gudika and Shobhanjanadi Kwath)* patients got more benefits as compared to group "A" *(Maanadya Gudika and Ushnodak).* Because the contents of *Maanadya Gudika* and *Shobhanjanadi Kwath* are similar, they have a synergistic effect on liver and spleen disorders.

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