

## A CRITICAL REVIEW ON GRAHANI CHIKITSA WSR TO VANGASENA SAMHITA

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## ABSTRACT

Gastro-intestinal disorder is one among the existing health concerns in present era. Ayurveda emphasizes on correction of Agni whose vitiation is the prime reasons for all disease especially GI disorders. GrahaniRoga is one among Mahagada as explained by all Acharya. Ama or PakvaMalapravritti, Balakshaya, AlasyaTrshna, Aruchi, Jwara, Daurbalya, Asthi-Parshwaruk, Chirakalanubandhi Parshwa- Uru- Greeva Vedana are the common clinical features of Grahani Roga. Treatment of Grahani Roga includes both Shamana Chikitsa and Shodhana Chikitsa. Vangasena Samhitha can be considered as the best Ayurvedic treatise of medieval India. It is one of those which is more practical oriented and can be used as a handbook by Clinicians. Vangasena's 'Chikitsasarasangraha' has elaborately explained the Nidana, Samprapti, Lakshana, Pathya-Apathya and various yogas that can be helpful in treating Grahani. Here special emphasis has been given on Takra as pathya as well as Takra Yoga. Present article makes an attempt to review the Grahani Roga along with therapeutic applicability of various yoga W.S.R to Vangasena's 'Chikitsasarasangraha'.

**KEY WORDS:** Grahani Roga, Vangasena, Chikitsasarasangraha, Gastro intestinal Disorders.

## INTRODUCTION

Ayurveda being 'Science of Life' helps in promoting the health of an individual as well as treating the diseased ones. The main reason for the cause of any disease is the vitiation of Agni leading to further vitiation of Doshas. Hence it is aptly said, Agni is the main cause for any disease.

Grahani is the seat for Agni. It is named so as it does Grahana(receiving) of food. Any distortion caused to Agni is the main reason for the manifesting of Grahani Roga. Grahani Roga is one among Asta Maha Gada as explained by Acharya Vagbhata.

The symptoms of Grahani Roga can be correlated to Irritable Bowel Syndrome. IBS is a common Gastro-intestinal disorder that affects the stomach and intestine. Common symptoms include pain in abdomen, gas formation, bloating, constipation or diarrhoea or both. In severe conditions there can be incomplete evacuation of bowel, stools along with mucus and severe bloating of abdomen due to gas.

Almost all Acharyas have explained about Grahani Roga and its management. We can find references of the same from Samhitha Kaala to most recent authors. Special emphasis on Grahani Roga is seen in medieval period.

Acharya Vangasena has also elaborately explained in his book Vangasena Samhita or Chikitsasara Sangraha.

Time period of the author is 12<sup>th</sup> century. He was a resident of Kantika town which was situated in Vanga Desa. Total no of verses are 11,572 verses arranged in 104 chapters. Specialities of the book include: <sup>[1]</sup>

- 1<sup>st</sup> Chapter – Consists of general introduction viz. definitions of Nidana Panchaka, Rogi Pariksha, Ritu Prakarana, Prakriti, Padachatushtaya, Mana Paribhasha and Enumeration of diseases.
- 2<sup>nd</sup> to 82<sup>nd</sup> Chapters – Set aside to the Nidana, Lakshana, Samprapthi and treatment pertaining to Ashtangas of Ayurveda.
- From 83<sup>rd</sup> chapter – Detailed explanation about Panchakarma, Swasthavritta and Dravyagunadhikara.

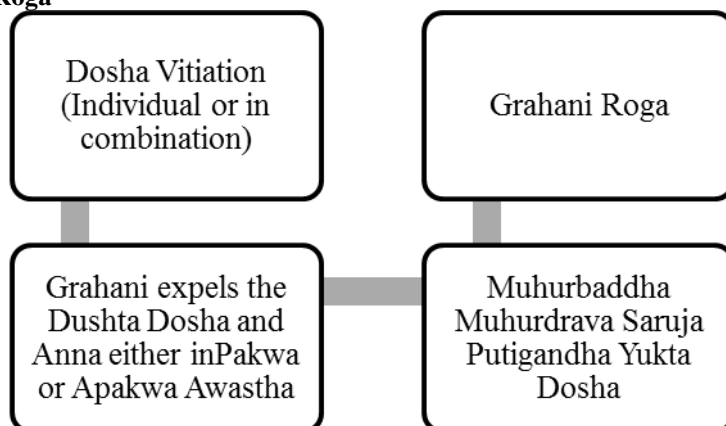
## MATERIALS AND METHODS

**Nidana** for Grahani Roga according to Acharya Vangasena are Katu-Tikta-Kashaya Bhojana, Atiruksha-Atisheeta bhojana, Pramitashana, Atyadhwagamana, Vega Nigrahana, Ati Maituna etc. The **Poorvarooopa** of Grahani Roga include Trishna, Alasya, Balakshaya, Kaya Gourava, Vidaha, Chirat Annapaka etc. **Lakshana** of Grahani Roga are Muhur Baddha- Muhur Drava Mala Pravritti(Pratyatma Lakshana), Shushka Khara Paka of

Anna, Kanthasya Sosha, Hrutpeeda, Karshya, Shabdha Phenavat Varchas, Punah Punah Vrajat Varchas.

**Upashaya** of Grahani Roga include Langhana, Deepana, Atisaravat Bhesaja, Ajeernavat Upachara.<sup>[2]</sup>

### Samprapti of Grahani Roga<sup>[2]</sup>



### TREATMENT OF GRAHANI ROGA

Vangasena has given an elaborate explanation both Shodhana as well as Shamana Chikitsa for Grahani

Roga. Chikitsa Yogas are classified according to Dosha. Details of Yogas is given in Table 1 to Table Treatment of Vataja Grahani.<sup>[3]</sup>

**Table 1: Shamanoushadhi indicated for Vataja Grahani.**

YOGA	INGREDIENTS
PIPPALYADI CHURNA	Pippali, Brihati, Vyaghri, Yava Kshara, Kalingaka, Chitraka, Sariva, Paata, Shati, Pancha Lavana,
INDRAYAVADI CHURNA	Indrayava, Hingu, Ativisha, Vaca, Souvarchala Lavana, Abhaya, Darvi, Granthika Moola
SHUNTYADI CHURNA	Shunti, Indrayava, Pippali, Brihati Dwaya, Chitraka, Sariva, Paata, Kshara, Pancha Lavana
HINGWASHTAKA CHURNA	Yavani, Vyosha, Saindhava, Jeeraka Dwaya, Hingu
DHANYAKADI KWATHA	Dhanyaka, Ativisha, Udichya, Yavani, Musta, Nagara, Bala, Dwiparni, Bilwa
CHITRAKADI GULIKA	Chitraka, Pippalimoola, Kshara Dwaya, Pancha Lavana, Vyosha, Hingu, Ajamoda, Chavya
DWIPANCHAMULYADI GHRITA	Dwipanchamoola, Sarala, Devadaru, Nagara, Pippali, Pippalimoola, Chitraka, Gajapippali, Sanabeeja, Yava, Kola, Kulattha, Swarji Kshara, Yava Kshara, Pancha Lavana, Aranala, Dadhi, Souveeraka, Ghritha
PANCHAMULYADI GHRITA	Panchamoola, Abhaya, Vyosha, Pippalimoola, Saindhava, Rasna, Saara Dwaya, Ajaji, Vidanga, Shati, Ghritha, Shuta, Matulunga Swarasa, Ardraka Swarasa, Shushkamoolaka kwatha, Kolambu, Chukrika, Dadima Swarasa, Takra Mastu, Suramanda, Souviraka, Tushodaka, Kanji, Ghritha
MAHADAGNI GHRITA	Chavya, Chitraka, Paata, Tejovati, Kana, Pippali Moola, Musta, Nisha, Yashti, Ashphota, Malati, Karaveera, Saptaparna, Karanja, Arka, Tapasa, Akshotaka, KALKA DRAVYA Katuka, Ativisha, Pippali, Vidanga, Musta, Vatsakabeeja, Yavakshara, Swarji Kshara, Vidavalana, Saindhava Lavana, Dadhi Mastu, Ghritha.
SHUNTI GHRITA	Shunti kalka, Ghritha
BRIHATCHANGERI GHRITA	Nagara, Pippalimoola, Chitraka, Gaja Pippali, Svadamshtra, Pippali, Dhanya, Bilwa, Paata, Yavanika, Changeri Swarasa, Dadhi, Ghritha

Treatment of Pittaja Grahani<sup>[4]</sup>

**Table 2: Shamanoushadhi indicated for Pittaja Grahani.**

YOGA	INGREDIENTS
RASANJANADI CHURNA	Rasanjana, Ativisha, fruit and bark of Vatsaka, Nagara, Dhataki
NAGARADI CHURNA	Nagara, Ativisha, Musta, Dhataki, Rasanjana, fruits and bark of Vatsaka, Bilwa, Paata, Katuka
BHUNIMBADIYA CHURNA	Bhunimba, Katuki, Vyosha, Musta, Indrayava, Chitraka, Vatsaka Twak
PATHADYA CHURNA	Paata, Bilva, Chitraka, Trikatu, Jambu, Dadima, Dhataki, Katuka, Ativisha, Musta, Darvi, Bhoonimba, Vatsaka
PATHADI KWATHA CHURNA	Paata, Vatsaka Beeja, Chitraka, Shunti
CANDANADI GHRITA	Chandana, Padmaka, Usheera, Paata, Murva, Syonaka, Vaca, Sariva, Asphota, Saptaparna, Atarushaka, Patola, Udumbara, Ashwatha, Vata, Plaksha, Kapithaka, Katukarohini, Musta, Nimba. KALKA DRAVYA Kiratatikta, Indrayava, Bhumyamalaki, Pippali, Utpala
KIRATADI GHRITA	Kiratatikta, Vaca, Trayamana, Trikatu, Chandana, Padmaka, Usheera, Darvi Twak, Katurohini, Kutaja Twak and Phala, Musta, Yavani, Devadaru, Patolapatra, Nimbapatra, Ela, Saurashtri, Ativisha, Vacha, Madhushigru Beeja, Murva, Parpataka
MASURADI GHRITA	Masurana, Jala, Bilwa, Ghrita
KALINGA GHRITA	Kalinga Phala Kalka, Ghrita

Treatment of Kaphaja Grahani include<sup>[5]</sup>

**Table 3: Shamanoushadhi indicated for Kaphaja Grahani.**

YOGA	INGREDIENTS
PIPPALYADI CHURNA	Pippali Moola, Yava Kshara, Swarji Kshara, Matulunga, Abhaya, Rasna, Shati, Maricha, Nagara
VYOSHADI CHURNA	Vyosha, Amra Twak, Kutaja Twak
BHALLATAKA KSHARA	Bhallataka, Trikatu, Triphala, Lavana Traya
DURALABHADI KSHARA	Duralabha, Dwikaranja, Saptaparna, Kutaja, Vacha, Madana, Murva, Paata, Aragvadha, Gomuta
BHUNIMBADI KSHARA	Bhunimba, Rohini, Katuka, Patola, Nimba, Parpata, Mahisha Mutra
HARIDRADI KSHARA	Haridra, Daruharidra, Vacha, Kushta, Chitraka, Katurohini, Mustaka, Ajamutra
MAHAKSHARA	Yavakshara, Saindhava Lavana, Bhallataka, Trivrut, Chitraka, Triphala, Snuhi Ksheera, Arka Ksheera, Taila, Ghrita
VARTAKA GUTIKA	Sudha Khanda, Saindhava Lavana, Sauvarchala Lavana, Vida Lavana, Vartaka, Arka, Bilva, Chitraka
MADHVARISHTA	Madhu, Vidanga, Pippali, Vamshalochana, Nagakesara, Maricha, Twak, Ela, Patra, Kachoor, Kramuka, Ativisha, Harenu, Ela, Tejohva, Pippalimoola, Chitraka.
MADHUKAPUSHPASAVA	Madhukapushpa, Vidanga, Chitraka, Bhallataka, Manjista, Madhu, Ela, Mrunala, Guggulu, Chandana, Agaru Dhoopana
DASAMOO LASAVA	Dwipanchamoola, Rajani, Jeevaka, Rishabaka, Chitraka, Guda, Madhu, Priyangu pushpa, Manjishta, Vidanga, Madhuka, Pippali, Lodhra, Savaraka.
PINDASAVA	Pippali, Guda, Vibhitaki, Yava
BRIHAT CHITRAKA KSHARA GHRITA	Brihati Kshara, Chitraka Kshara, Ghrita

#### TRIDOSHAJA GRAHANI

The Nidana and Lakshna of all the Tridoshaja Grahani is similar to all the three Doshas. Treatment of Tridoshaja Grahani are as follows<sup>[6]</sup>

**Table 4: Shamanoushadhi indicated for Tridoshaja Grahani.**

YOGA	INGREDIENTS
SHATAVARI GHRITA	Shatavari, Chandana, Padmaka, Utpala, Priyangu, Paata, Pippali, Sthira, Bilwa, Ajamoda, Ativisha, Samanga, Jeevanti, Indrayava
ARUSHKARA (BHALLATAKA) GHRITA	Arushkara, Hingu, Kana, Yashtimadhu, Putika-Karanja, Shunti, Maricha, Gajapippali, Ajaji, Chavya, Ruchaka, Chitraka moola, Vidanga, Deepyaka, Yavakshara, Hingu, Trikatu, Vacha, Dhanyaka, Changeri, Dashamoola.

**SAMGRAHA GRAHANI**

Lakshana include Aantra Koojana, Alasya, Dourbalya, Sadana, Drava-Tanu-Sita-Snigdha- Amayukta-Picchila-Sashabdha-Sakativedana yukta Mala Pravrutti. This type

of Grahani aggrivates in Divakaala, allivates in Ratrikaala. Frequency of the episodes include once in 15,30,10 day interval or daily. Yogas indicated for Samgraha Grahani are listed in below table.<sup>[7]</sup>

**Table 5: Shamanoushadhi indicated for Samgraha Grahani.**

YOGA	INGREDIENTS
Masura Yusha	Masura
Nagaradi Kwatha	Nagara Churna, Bilva phala kalka
Brihati Kwatha	Brihati
Masura Ghrita	Shunti, Ajaji, Bilva Kalka.

There are few other formulations mentioned in Vangasena Samhita which can be broadly classified as GUDA KALPANA, GHRITA KALPANA, CHURNA KALPANA, SANDHANA KALPANA, AVALEHYA

KALPANA, KWATHA KALPANA AND SAARA KALPANA.

Other Shamanoushadhi Yogas indicated for Grahani<sup>[8]</sup>

**Table 6: Guda Kalpana Yoga.**

YOGA	INGREDIENTS	INDICATION
KALYANA GUDA 1	Amalaki Swarasa, Guda, Pippalimoola, Jeeraka, Chavya, Vyosha, Gajapippali, Hapusha, Ajamoda, Vidanga, Saindhava, Triphala, Yavani, Patha, Citraka, Dhanyaka.	Sarva Grahani Vikara, Swasa, Kasa, Swarabheda, Shotha, Vandhya nasha, Pumsatwakara.
KALYANA GUDA 2	Vidanga, Pippalimoola, Triphala, Dhanyaka, Chitraka, Maricha, Indrayava, Ajaji, Pippali, Gajapippali, Pancha Lavana, Ajamoda, Tila taila, Dhatri Phala Swarasa, Guda.	Mandagni, Jwara, Murcha, Mutrakruchra, Arochaka, Gatrashoola, Kasa, Swasa, Bhrama, Kshaya, Kushta, Arsha, Kamala, Meha, Gulma, Udara, Bhagandara, Pandu.
KALYANA GUDA 3	Chitraka, Amruta, Changeri, Chavya, Pippalimoola, Nagara, Bilva, Dhataki, Pata, Hribera, Punarnava, Kutaja Twak, Lodhra, Ardraka swarasa, Musta, Prasanna, Amla Kanjika, Guda	Agni Mandya, Grahani Dosha Shoolagna, Shotha, Pandu, Swasa, Kasa, Jwara, Arsha, Pleeha, Gulma, Udara
KALYANA GUDA 4	Mastu, Aranala, Changeri Swarasa, Amalaki Swarasa, Tila taila, Guda, Vatsaka, Ativisha, Kushta, Dhataki, Rasanjana, Vyosha, Pippalimoola, Devadaru, Chavya, Chitraka, Kshara, Pancha Lavana	Swasa, Kasa, Grahani, Meha, Gulma, Udavarta, Hridroga, Sopha, Pandu, Pachana, Agni Deepana,
KUSHMANDA GUDA	Pakwa Kushmanda, Sarpi, Pippali, Pippalimoola, Chitraka, Gajapippali, Dhanyaka, Vidanga, Nagara, Maricha, Triphala, Ajamoda, Kalinga, Ajaji, Saindhava Lavana, Trivrut, Taila, Guda, Amalaki Swarasa	Grahani, Kushta, Arsha, Bhagandara, Jwara, Aanaha, Hridroga, Gulma, Udara, Visuchika, Kamala, Pandu, Vimshati Prameha, Vatashonita, Visarpa, Rajayakshma, Halimaka, Hita for person who is Vyadhi Ksheena, Vayah Ksheena, Strishu Ksheera,

BAHUSHALI GUDA	Trivrit, Kiratatikta, Nikumba, Swadamshttra, Chitraka, Sahti, Vishala, Musta, Shunti, Vidanga, Haritaki, Bhallataka, Surana, Vruddhadaru, Vidari kanda, Kiratatikta, Trivrit, Citraka, Musta, Ela, Maricha, Twak, Nagakesara, Guda	Vata-Pitta-Kapha-Dvidoshaja-Sannipataja Grahani, Kamala, Kushta, Meha, Arsha, Pandu, Bhagandara, Swayathu, Gulma
MAHAKALYANA GUDA	Pippali, Pippalimoola, Chitraka, Gajapippali, Dhanyaka, Vidanga, Yavani, Maricha, Triphala, Ajamoda, Nilini, Jeeraka, Pancha Lavana, Aragvadhya, Twak, Patra, Sukshma ela, Upakunchika, Nagara, Indrayava, Mridvika, Trivrit, Guda, Tilataila, Amalaki Swarasa	Sarva Grahani Roga, Prameha, Uroghata, Pratishyaya, Dourbalya, Agnidoshha, Jwara, Dhatu Ksheena, Vayah Ksheena, Putrada

## GHRITA KALPANA

Ghritha Kalpana has been highlighted by Acharya Vangasena

**Table 7: Ghritha Kalpana Yoga.**

YOGA	INGREDIENTS	INDICATION
CANGERI GHRITHA	Changeri Swarasa, Ghritha, Ajaksheera, Vyosha, Bilva, Kapitha, Samanga, Dhataki, Musta, Ajaji, Ativisha, Mocharasa, Dhanyaka, Utpala, Baala, Bala, Yavani, Chitraka, Paatha, Granthika, Dadima.	Grahani, Arshas, Shoola, gulma, Jwara, Aruchi, Krimi, Gudabhrmsha, Yakrit-Pleehamaya, Sarvatisaara.
BRIHAT CANGERI GHRITHA	Pippali, Nagara, Paatha, Swadamshttra, Gandhari, Pippalimoola, Vyosha, Chavya, Chitraka Changeri Swarasa, Sarpi, Dadhi	Grahani, Arshas, Gulma, Hridroga, Shotha, Pleeha, Udara, Mutrakrichra, Jwara, Kasa, Hikka, Aruchi, Swasa, Sadana, Parshwashoola,
ASHTAPALA GHRITA	Tryushana, Triphala, Guda, Sarpi	Agni Mandya
BILVADI GHRITA	Bilva, Chitraka, Chavya, Ardraka, Shringavera, Ajya, Ajadugdha	Grahani, Shotha, Agnisaada, Aruchi
BRUHAT MASURADI GHRITA	Masura, Ghritha, Pippali, Pippalimoola, Chavya, Chitraka, Nagara, Ksheera	Tridoshaja Grahani, Pravahika, Agnimandya

## OTHER KALPANA

**Table 8: Churna, Sandhana, Rasa and Avaleha Kalpana Yoga.**

KALPANA	YOGA	INGREDIENTS	INDICATION
CHURNA KALPANA	KAPITTASHTAKA CHURNA	Yavani, Pippalimoola, Chaturjataka, Nagara, Maricha, Chitraka, Ajaji, Dhanyaka, Souvarchala, Vrikshamla, Dhataki, Pippali, Bilwa, Dadima, Deepyaka, Sita, Kappitha	Atisara, Grahani, Kshaya, Gulma, Gudamaya, Swasa, Kasa, Aruchi, Hikka
SANDHANA KALPANA	MADHUKAPUSHPA ASAVA	Madhukapushpa Swarasa, Madhu	Sarva Grahani
RASA KALPANA	SARA KALPA	Loha Patra, Sh.Manashila, Sh.Swarnamakshika, Sarpi, Taila, Triphala Kwatha, Takra, Vyosha, Ajamoda, Chitrakamoola, Pippali, Saindhava Lavana, Vidanga	Grahani, Arsha, Shotha, Parinama Shoola, Agni Deepaka
AVALEHA KALPANA	APARAJITA AVALEHA	Ativisha, Kutajatawak, Bhringaraja moola, Ajaksheera, Shunti, Ativisha, Musta, Indrayava	Grahani, Atisara



## DISCUSSION

Vangasena's 'Chikitsasarasangraha' can be considered as the best Ayurvedic treatise of medieval India. It is one of those treatise which is more practical oriented. The author has covered almost all the Vyadhi we can find a systematic arrangement of the same. Vangasena has followed Vrindamadhava and Chakradatta, but we can find references of many new formulations as well.

Agni Dushti and Ama are the prime cause of Grahani Roga. Faulty life styles including unwholesome diet, stress, sleep irregularities and not practicing Sadvratta are the leading causative factors of Grahani Roga. Shamanoushadhi has great effect against these Nidana and is easier for administration. Most of the formulation mentioned in Grahani Chikitsa of Vangasena is having Karma like Amapachana and Agni Deepana. They are easy to prepare and are readily available in the market as well.

## ROLE OF TAKRA IN GRAHANI CHIKITSA

Takra prepared out of Godadhi is Sangrahi, Laghu, Deepana and Tridosha Shamaka. Acharya has given an elaborate explanation about the same in this chapter It is used as Pathya, Aushadha as well as Anupana in Grahani Roga. For instance Takra along with Shunti Churna is given in increasing dose until Agni Deepana as Aushadha. As a Pathya, when the Grahani Roga subsides, person is given normal diet along with Takra. Haritaki Twak Churna along taken with Takra as Anupana allivates Grahani associated with Ama and Rakta.<sup>[9]</sup>

## IMPORTANCE OF GUDAPAKA KALPANA IN GRAHANI ROGA

Purana Guda(jaggery) is one among the sweetening agents used for Avaleha Kalpana. Guda has the properties like Ruchikara, Pathya, Agnideepana, Mutrala and Mala Shudhikara, Swadhishta, Pushtikara, Rasayana. Thus when administered in Grahani patients by its Laghu Guna it is easy for digestion, as it is Tridoshagna, it can be useful in all kind of Grahani. It is Malashuddhikara thus tackles Muhurbaddha and Muhurdrava Mala Pravritti. As it Pushtikara and Rasayana it gives strength to the Grahani Avayava.<sup>[10]</sup>

## CONCLUSION

Gastro-intestinal disorder is one among the existing health concerns in present era. Ayurveda emphasizes on correction of Agni whose vitiation is the prime reasons for all disease especially GI disorders. Grahani Roga is one among Mahagada as explained by all Acharya. Vangasena's 'Chikitsasarasangraha' has elaborately explained the Nidana, Samprapti, Lakshana, Pathya-Apathya and various yogas that can be helpful in treating Grahani. Here special emphasis has been given on Takra as pathya as well as Takra Yoga. By considering the foresaid factors Vangasena Samhita can be used as a handbook by Clinicians in their Practice.

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