

## MANAGEMENT OF VICHARCHIKA (PHOTODERMATITIS) WITH THE COMBINATION TREATMENT (SHODHANA & SHAMANA) THROUGH AYURVEDA – A CASE STUDY

Dr. Manisha Vaman Davkare\*<sup>1</sup>, Dr. Sourabh Deshmukh<sup>2</sup> and Dr. Subhash Jamdhade<sup>3</sup>

<sup>1</sup>Assistant Professor Department of Kayachikitsa, Dayabhai Maoji Majithiya Ayurved Mahavidyalaya, Yavatmal – 445001, Maharashtra. India.

<sup>2</sup>HOD & Associate Professor Department of Kayachikitsa, Mahatma Gandhi Ayurveda College, Hospital & Research Centre, Constituent College of Datta Meghe Institute of Medical Sciences (Deemed to be University), Wardha – 442001, Maharashtra, India.

<sup>3</sup>HOD & Associate Professor Department of Kayachikitsa, Dayabhai Maoji Majithiya Ayurved Mahavidyalaya, Yavatmal – 445001, Maharashtra. India.

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### \*Corresponding Author

**Dr. Manisha Vaman  
Davkare**

Assistant Professor  
Department of Kayachikitsa,  
Dayabhai Maoji Majithiya  
Ayurved Mahavidyalaya,  
Yavatmal – 445001,  
Maharashtra. India.

### ABSTRACT

**Background:** Contact dermatitis is one of the most common skin disorders. The word Photodermatitis is described as, Photo means “light” and Dermatitis indicates “inflammation” of the skin. Photodermatitis symptoms and signs are linked to *Vicharchika*, a form of *shudra kushta* in Ayurveda. The Ayurveda therapy in photodermatitis with the help of special treatment modalities gives long-lasting results and also prevents recurrence. The present case report depicts the effect of the combination of Ayurvedic therapy (*Shodhana & Shamana*) on *Vicharchika*. **Material & Method:-** The present study deals with the case of 42 yrs female who came to OPD of Kayachikitsa having complaints of blackish discolouration after coming from outside, itching & swelling over bilateral upper limbs. Patients were diagnosed with *Vicharchika* that is can be correlated with

Photodermatitis and the treatment was given accordingly such as *Shodhana* (Body purification treatment), *Shamana* (Alleviating treatment) & *Sthanik chikitsa*. **Results:-** Patient got relief from the symptoms. **Conclusion:-** Better results can be achieved in *Vicharchika* by a combination of Ayurvedic Modalities like *Shodhana Chikitsa* and *Shaman Chikitsa* along with *Bahirparirmarjana Chukitsa* (External application)

**KEYWORDS:** *Kshudra kushta*, Photodermatitis, *Vicharchika*.

## INTRODUCTION

Photodermatitis, also known as sun poisoning or photoallergic dermatitis, is a type of allergic contact dermatitis in which the allergen must be activated by light to sensitize the allergic response and create a rash or other systemic consequences when exposed repeatedly.<sup>[1]</sup> It causes a variety of photo dermatoses by definition, and it's also used to treat some of them as well as a variety of other skin conditions. There are 3 convection wavebands UVC (280-300nm), UVB (300-320nm), and UVA (320-400nm). Both UVB & UVA may induce rashes in individuals who have delicate, thin skin & in the majority of instances both wavebands are active. The rash is caused by exposure to the sun. The face, nose, and cheeks (but omitting the eyelids, an area under the chin, and an area in the shadow of the nose), as well as the dorsal of the forearm and the hands, will be affected by the sun.<sup>[2]</sup>

Ayurvedic Samhitas define *Vicharchika* (dermatitis) as a form of *Shudra Kushta* (Psoriasis). *Kandu* (itching), *pidaka* (eruptions), *shyava* (blackish discolouration), and *bahusrava* (oozing) are the key indications and symptoms of *Vicharchika* as described by Acharya Charaka. Photodermatitis may be linked to Rupa, which was given by Acharya.<sup>[3]</sup>

*Vicharchika* is a *Kapha* condition in which *Kapha* accumulates and aggravates in the *Annavaha Srotas*, overflows in the *Rasavaha and Raktavaha Srotas*, and relocalizes in the *Mamsavaha Srotas*, resulting in swelling, itching, and exudate, according to Acharya Charaka. According to proportional variation, association, and position of *Doshas*, different forms of *Kushtha* (Psoriasis) with comparable causal elements have different presentations in terms of pain, colour, symptoms, effects, name, and therapy. All skin diseases are *Sannipatika* by nature, according to Acharya Charaka, but the presentation varies depending on the dominance of specific *Doshas*.<sup>[4]</sup>

**Case Details:-** A 42 yrs old females patient approached with complaints of hyperpigmentation(*shyava*), burning sensation (*Daha*), swelling over both upper extremities itching over the area(*kandu*). since 6-7 days.

**History:-** the patient had the same symptoms 6 months before

No H/O DM and HTN

***Ashtavidha Pariksha***

*Nadi* (Pulse) – 78/min

*Mala* (stool) – *Asamyak*

*Jivha*(tongue) – *Saam*

*Sparsha* (touch) - *Ushna*

*Shabda* (Speech) – *Spashta*

*Mutra* (urine) – *Samyaka*

*Akruti* (body proportion) – *Madhyam*

*Drik* (eyes) – No pallor icterus

**O/E**

GC Fair, afebrile

Pulse – 78/ min

BP – 130/80mmHg

**S/E**

RS – AE = BS

CVS – S1S2 (N)

CNS – conscious & oriented

P/ A – Soft & non-tender

Stool – unsatisfactory

**Personal History**

*Ahar* –(diet) – Vegetarian

*Nidra* (sleep) – disturbed due to a burning sensation

*Vyasan* (habit) – Tea habit

Occupation – a housewife who does farming work

*Bala* – *Madhyam*

*Agni* – *Agnimandya*

**Skin Examination**

Inspection – Shape – irregular shaped

Colour – black

Lesion – Plaque

Palpation - Warmth in touch with rough texture

**Sign** – Auspitz signs positive

### Lab Investigation

**Blood routine** – Normal

Rest other system findings as normal

**Samprapti Ghatak**<sup>[5]</sup>:- (pathogenesis)

**Dosha** – Vata- Kapha

**Dushya** – Ras, Rakta, Mamsa, Lasika

**Strotas** – Rasavaha, Raktavaha, Mamsavaha

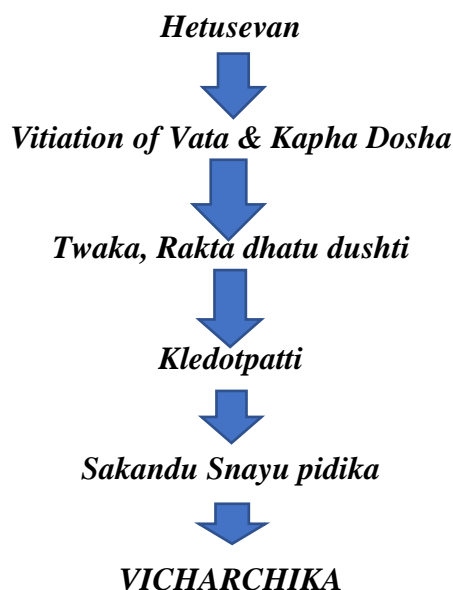
**Strotodushti** – Sanchaya vrutti

**Udhbhavasthana** – Twaka, Mamsa

**Vyaktasthana** – Ubhaya hasta Pradesh

**Sadhyasadhyata** – Sadya

**Samprapti**<sup>[6]</sup>



### MATERIALS AND METHODS

- Treatment plan given- *Shodhana & Shamana Chikitsa* were given to the patient
- When the patient approached OPD of Kayachikitsa – *Shodhana* did -plan for *Vaman* first – 15 days
- After 15 days internal medication (*shaman chikitsa*) was given—for 2months
- After 2 months *Virechana* procedure was planned – 15 days
- After 15 days internal medication (*shaman chikitsa*) was given---- for 2 months

- Total treatment was given 5 months

### 1) *Shodhana Chikitsa*

*Shodhana chikitsa* was given with *Virechana karma* in proper sequence of *Purva*, *Pradhana*, & *Pashyat karma* (Table no. 1 & 5)

### 2) *Shamana chikitsa*

*Shamana chikitsa* given using *Arogyavardhini*, *Shatadhauta ghrita*, *Amalaki*, *Rasayana* & 777 oil for local application. (Table no. 4)

**Table no. 1: Showing protocol of *Vaman*.<sup>[7]</sup>**

	Procedure	Medicine	Dose	Duration	Route
<i>Purva Karma</i>	<i>Deepana-pachana</i>	<i>Trikatu churna</i>	3gm-3gm before a meal with <i>koshna jala</i>	3days	Oral
	<i>Snehapana</i>	<i>Panchtikta ghrita</i>	1 <sup>st</sup> day- 30ml 2 <sup>nd</sup> day- 60ml 3 <sup>rd</sup> day- 90ml 4 <sup>th</sup> day- 120ml 5 <sup>th</sup> day - 150ml 6 <sup>th</sup> day- 180ml 7 <sup>th</sup> day- 200ml	7 days	Oral
	<i>Sarwanga snehana f/b Nadi sweda</i>	<i>Marichyadi tail dashmool decoction/ kwath</i>	Sufficient quantity	2 days after <i>Snehapan</i>	<i>For Snehan</i>
<i>Pradhana Karma</i>	<i>Vaman</i>	<i>Madanaphala yoga</i>	<i>Antaranakha mushti matra</i>	For 1 day (on 12 <sup>th</sup> day at morning after <i>snehapana</i> & <i>swedana</i> )	Oral
<i>Pashchat karma</i>	<i>Dhumapana</i>	With Aguru stick	--	5-10 min	Both nostrils
	<i>Sansarjana karma</i>	<i>Peya, vilepi, akruta mudgayusha, kurta mudgayusha</i> Normal diet	--	7 days	Oral

## OBSERVATION

Table no. 2: Table showing the evaluation of *Samyak Vamana Lakshana*.

Sr. No.	<i>Maniki Shudhi</i> (measurements) MI	<i>Antiki shuddhii</i> (no. of vegas)	<i>Vegiki Shuddhhi</i> (symptoms)	<i>Laingiki shuddhii</i> (symptoms)
<i>Vamana</i>	Intake – 3000 Output - 3600	<i>Pittantaka Vamana</i>	8	No bleeding, <i>Kaphachandrika</i> present in vomitus

Table no. 3: *Sansarjana Krama*.

Day	Morning	Evening
1 <sup>st</sup> day	----	<i>Peya</i>
2 <sup>nd</sup> day	<i>Peya</i>	<i>Peya</i>
3 <sup>rd</sup> day	<i>Vilepi</i>	<i>Vilepi</i>
4 <sup>th</sup> day	<i>Vilepi</i>	<i>Akrita yush</i>
5 <sup>th</sup> day	<i>Krita yush</i>	<i>Krita yush</i>
6 <sup>th</sup> day	<i>Akrita mamsa ras</i>	<i>Krita mamsa ras</i>
7 <sup>th</sup> day	<i>Akrita mamsa ras</i>	<i>Samanya bhojan</i>

Table no. 4: *Shamana aushadhi & Bahirparimarjana chikitsa*.

Sr.no.	Medicine	Dose	Anupana	Route	Duration
1	Tab. <i>Arogyavardhini</i>	125mg 2 tab. Two times a day	Water	Oral	1 month
2	<i>Shatadhuta ghrita</i>	L/A Two times per day	---	External application	1 month
3	777 oil	At night	---	External application	1 month
4	<i>Amalaki Rasayana</i>	1tsf twice a day after meal	Milk	Oral	1 month
5	<i>Triphala churna</i>	Sufficient quantity	With warm water	External application for <i>Dhawan</i>	7 days
6	<i>Patolrohinyadi Kashaya</i>	20ml two times a day after meal	Warm water oral	Oral	1 month

Table no. 5: Showing the protocol of *Virechana*.

	Procedure	Medicine	Dose	Duration	Route
<i>Purva karma</i>	<i>Deepan -Pachana</i>	<i>Amapachaka vati</i>	500mg tab two times/day with <i>koshna jala</i>	3days	orally
	<i>Snehapana with</i>	<i>Panchtikta ghrita</i>	1st day- 30ml 2nd day-	7days	Oral

			60ml 3rd day- 90ml 4th day- 120ml 5th day - 150ml 6th day- 180ml 7th day- 200ml		
	<i>Sarwang Snehana f/b Nadi Sweda</i>	<i>Marichyadi tail</i>	Sufficient quantity		External application
<i>Pradhana karma</i>	<i>Virechana</i>	<i>Trivrutta leha &amp; Triphala kwath</i>	40gm & 1500ml	2 days after Snehapana	Oral
<i>Pashchyat Karma</i>	<i>Sansarjana karma</i>	<i>Peya, Vilepi, akrita yusha, krita yusha</i>	--	5days	Oral

Table no. 6: *Sansarjana Krama*.

Day	Morning	Evening
1 <sup>st</sup> day	----	<i>Peya</i>
2 <sup>nd</sup> day	<i>Peya</i>	<i>Vilepi</i>
3 <sup>rd</sup> day	<i>Vilepi</i>	<i>Akrita yusha</i>
4 <sup>th</sup> day	<i>Krita yusha</i>	<i>Akrita mamsa rasa</i>
5 <sup>th</sup> day	<i>Krita mamsa rasa</i>	<i>Samanya bhojana</i>

**Observation**Table no. 7: Table showing the evaluation of *Samyak Virechan Lakshana*.

Sr. No.	<i>Maniki shuddhi</i>	<i>Antiki shuddhi</i>	<i>Vegiki shuddhi</i>	<i>Laingiki shuddhi</i>
<i>Virechana</i>	<i>Trivrutta leha – 40 mg  Triphala kwath – 1500ml</i>	<i>Kaphantaka virechana</i>	12	No dehydration <i>samyaka virechana</i> done

**OBSERVATION AND RESULTS****Gradation<sup>[8]</sup>****1) Vaivarnya (Deep Black reddish discolouration)**

Normal colouration	0
Near to normal which looks like normal colour to a distant observer	1
Reddish discolouration	2

Slight black reddish discolouration	3
Blackish discolouration	4

## 2) *Mandal* (Erythema)

Normal skin	0
Faint/ near to normal	1
Blanching + red colour	2
No blanching + red colour	3
Red colour + subcutaneous	4

## 3) *Rukshata* (Dryness)

No line while scrubbing with nail	0
Faint line by scrubbing with nail	1
Lining & even words can be written by nail	2
Excessive rukshata leading to kandu	3
Rukshata leading to crack formation	4

## 4) *Srava* (Oozing)

No srava	0
Mild srava after itching	1
Moderate srava after itching	2
Severe srava after itching	3

## 5) *Daha* (Burning sensation)

No daha	0
Mild daha	1
Moderate daha	2
Severe Daha	3

## 6) *Shoth* (Swelling)

No swelling	0
Mild swelling	1
Moderate swelling	2
Severe swelling	3

## Observation & Results

	Before	After
<i>Vaivarnya</i> (blackish discolouration)	++++	---
<i>Daha</i> (burning sensation)	++++	---
<i>Shoth</i> (swelling)	+++	----
<i>Ruksha</i> (dryness)	+++	----
<i>Srava</i> (oozing)	++	----
<i>Mandal</i> (erythema)	++	----



## DISCUSSION

Other *Nidanas* like *Madya Sevana*, *Mamsa Sevana*, *Adhika Vyayama*, *Ratrijagarana*, *Adhika Chinta*, and lead to *Kushta*. *Chikitsa* was offered based on the *Lakshans and Nidanas* such as *Deepana*, *Pachana*, *Shodhana*, and *Vamana* following the *Purva karma*, *Pradhan karma*, and *Paschyat karma* sequences, as well as *Shaman oushadhi* and *Bahiparimarjan Chikitsa*.

### ***Shodhan Probable Mode of Action*<sup>[9]</sup> (*Vamana karma & Virechana karma*)**

*Dipana- Pachana* was given with *Trikatu Churna* for three days in *Purva karma*.

This is primarily an *Agni Vardhaka Amadosha Nashaka*.

For the objective of *Abhyantar snehan*, which pacifies *Vata Dosha*, *Snehapana* was given with *Panchatikta Ghrita* for 7 days.

In *Vicharchika*, it reduces *Kharata* (dry scaling), *Parushata*, and *Shyawa Varna* (whitish discolouration). *Sarvanga Abhyanga* was performed using a *Marichyadi tail*. It has antiseptic, antifungal, anti-inflammatory, The anti-immunomodulatory property primarily lowers skin dryness and hydration while also improving blood circulation.

In the form of *Nadi Swedan*, *Sarwanga swedan* is given. It transports the doshas from *Shakha to koshta*, allowing them to be eliminated & clears the *strotas* of blockage also.

***Vamana*** (purification method) is advised for *Kapha* predominant sickness in *Samhitas*, while *Vicharchika* (dermatitis) is a *Kapha* predominant variety of *Kushta* (Psoriasis). *Vamana* is a bio cleansing of the body that primarily boosts *Kapha doshanashaka* and *Agni* (digestive fire), improves the immune system, and aids in the prevention of disease reversal. *Agni Deepana* is being worked on by *Samsarjana Krama*.

*Vata Dosha* increases after the *Vamana* process; to avoid increased *Vata Dosha*, *Abhyanter Snehana* is recommended in *Kushta*, hence *Shamana Sneha* with *Panchatikta Ghrita* is provided. Because *Kushta* is a *Raktaprdoshaj Vikar* described by Acharya Charak, special attention to *Raktadhatu* is required when treating it. The primary sites of *Rakta Dhatu* formation are *Yakrita and Pleea*. *Vasa* (*Justica adhatoda*), *Nimb* (*Azadirachta indica*), *Patola* (*Trichosanthes dioica*), and *Amrita* (*Tinospora cordifolia*) have hepatoprotective properties. These medications work on the *Rakta Dhatu's* development site, disrupting *Kushta's* underlying pathophysiology. These medications have a potent antiproliferative

effect on T-cells, which play an important part in the aetiology of psoriasis, as well as reducing keratinocyte growth.

**Virechana** relieves vitiated *pitta dosha* and aids in the elimination of vitiated *Kapha dosha*. It also corrects *dushit rakta dhatu*, which causes *vatanulomana* and *strotoshodhana*, reducing burning, oozing, and itching pain. *Virechana* is a natural cleansing agent that clears transportation pathways. Many fluids will be expelled, which may aid in the reduction of inflammatory mediators and therefore symptoms.

#### ***Panchatikta Ghrita's mode of action***<sup>[10]</sup>

Because *Kitibha Kushta* is considered a *Kshudra Kushta*, *Kushtahar* medicines, as well as immunity-boosting therapies, may be effective for this morbid disease. Bhaishajya ratnavali, *Kushtaadhyaya* explains *Panchatikta Ghrita*. *Kushthaghna* is present in all of the constituents. *Ghrita* is *Vata pitta Shamaka*, *Tvachya*, and has the unique ability to absorb the qualities of other substances when they are given to it. As a result, *Panchatikta Ghrita* is more effective.

#### ***Arogyavardhini vati***

It is mostly used in *Kushta roga* as a herbomineral composition. The *Kutaki*(*Picrorhiza kurrooa*) is the main element in *Arogyavardhini Vati* and also Triphala (haritaki, Amalaki, Bibhitaki), *Shudha shilajit*, *Shudha guggul*(*Commiphora Mukul*), *Eranda*(*Ricinus communis*), and minerals such as *Shudha Parada* (purified mercury), *Shudha Gandhaka* (purified sulphur), *Lauha bhasma* (an iron compound in ash form), *Abhraka bhasma* (mica in ash form), and *Tamra bhasma* (copper compound) are (*Azadirachta indica*)

*Patra swarasa*, As a result, *Arogyavardhini Vati* has *pitta virechana*, *Tridoshashamaka*, *deepana*, *pacahana*, *kushtaghana*, and *kandughna* qualities. As a result, it aids in dosha balance and causes *agnivardhana*, *bhedana*, *malashodhana*, and *vatanulomana*. Because it contains *kushtaghna* and *kandughna*, it aids in the relief of symptoms as well as the breaking of the disease's *samprapti* (pathology).

***Patolrohinyadi Kashaya***

<i>Patol</i>	<i>Trichosanthes dioica</i>	1 part
<i>Katurohini</i>	<i>Picrorrhiza kurroa</i>	
<i>Chandana</i>	<i>Santalum album</i>	
<i>Madhusrava</i>	<i>Marsdenia tenacissima</i>	
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	
<i>Patha</i>	<i>Cycle peltate</i>	

In the *ashtanga hrudaya*, *Patoladi Kashaya* is referenced under the *Shodhnadi gana*. It contains *tikta ras dravyas*, which help in *raktadhatu prasadhana* by soothing the vitiated *Kapha and pitta doshas*. It has *kushtaghna*, *jwaraghna*, and *vishghna* qualities. It relieves itching, discolouration, and burning sensations in a variety of skin conditions. It can also help with liver detoxification. The liver is a crucial organ for *Raktadhatu* and good functioning. It has a *Amapachana and Agni vardhana* properties, which help digestion and stimulate hunger.

**777 oil**

It's popular in the *Kushta* (Psoriasis). Because of their calming effects, *Shweta indrajao* (*Wrightia tinctoria Roxb.*) and *Narikela* (*Caicos Nucifera L*) are used as moisturizers. Skin thickness, itching, dryness, red spots, and silvery scales are all symptoms of *Kushta* (Psoriasis). Both substances work well to relieve dryness, irritation, tenderness, and swelling. It softens the skin and decreases its width. It has anti-inflammatory, ant pruritogenic, antiulcerogenic, and demulcent properties. It's used to treat all varieties of psoriasis, as well as dry skin, dandruff, and fungal infections.

***Triphala kwath***

It is readily available and reasonably priced. *Haritaki*(*Terminalia chebula*), *Amalaki*(*Embllica Officinalis*), and *Bhibhitaki*(*Terminalia bellirica*) are all found in *Triphala*. It has anti-inflammatory, antiviral, antibacterial, antioxidant, and antioxidant properties, as well as astringent properties. It has *Krimighna* (homicidal) and *Vranaropaka* (wound healing) characteristics, according to Ayurveda.

*Dhawan* is another type of *Prakshalana* (cleaning). *Triphala Dhawan* aids in the reduction of inflammation, itchiness, and leakage.

***Amalaki Rasayana***

The fruit *Amla* (*Phyllanthus Emblica/ Emblica Officinalis*) is used to make *Amalaki Rasayana*. The fruits of *Amla*, which are extensively employed in Ayurveda, help to

strengthen the body's defences against sickness. Antioxidant, antipyretic, analgesic, immunomodulatory, cytoprotective, antitussive, and gastroprotective properties are all found in *Amalaki rasayan*.

### *Shatadhauta ghrita*

It has *sukshma*, *Madhur rasa*, *Sheet Veerya*, *Madhur Vipaka*, and *dahashamak* characteristics. It functions as a *Vranaropak* (wound healing)).

*Shatdhaut ghrita* has all of the aforesaid *pitta shaman* qualities. As a result, it successfully relieves *Vicharchika's* indications and symptoms. Furthermore, *ghrita* is a well-known immune booster, and it is this quality of *Shatdhaut ghrita* that contributes to an increase in local cell immunity. This is the underlying cause of symptom recurrence in individuals treated with *Shatdhaut Ghrita*. *Ghrita* is high in vitamins A, D, E, and K. Vitamins A and E are antioxidants that protect the body from oxidative damage. Vitamin A protects the body's epithelial tissue. It also contains 4-5 per cent linolenic acid, an essential fatty acid that helps the human body grow properly. Because of *ghrita's* lipophilic activity, it can be transported to a target organ and then delivered to the mitochondria, microsome and nuclear membrane inside the cell.

### CONCLUSION

*Vicharchika* is becoming more and more common every day. *Shodhana* and *Shamana* therapies are used in Ayurvedic medicine to treat *Vicharchika*. *Shodhana* therapy is widely used in treatment because it aids in the correction of the basic pathogenic elements of *Pitta* and *Rakta*. *Vamana* as well as *Virechana Karma* appears to play a vital role in the prevention and cure of *Vicharchika*, according to several research findings. It's important to remember that *Shodhana* & *shaman* therapies aren't just a cure for psoriasis; it's also preventative measures.



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