

A CLINICAL STUDY TO EVALUATE THE EFFECT OF *SHUDDHA GHRITA* AND *CHITRAKA VATI* ON *VATAJA AGNIDUSHTI (SAMANA VATA)*

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ABSTRACT

In *Ayurvedic* treatment, more importance given to *Agni*. Normal functioning of *Agni* is depends on *Vata Dosha (Samana Vata)*. Vitiated *Samana Vata* is the important cause of *Vataja Agnidushti*. Which have symptoms like, food taken get digested sometime but sometime not, *Adhaman* (flatulence), *Antrakujana* (increased peristaltic sound), *Udarashula* (pain in abdomen) etc. Inter relation between *Agni* and *Vayu Mahabhuta* is explained in classics. This study is planned to evaluate the effect of *Shuddha Ghrita* as *Snigdha Dipana* while *Chitraka Vati* as *Ruksha Dipana* for the treatment of *Vataja Agnidushti (Samana Vata)*. Patients having signs and symptoms of *Vataja Agnidushti* attending O.P.D of Basic Principles department, IPGT&RA hospital, Jamnagar having the age between 25 – 60 years was included in study. Observations obtained during study reveal that main causative factors of *Vataja Agnidushti* are responsible for augmentation of *Ruksha* (ununctuousness) and *Ushna* (hot) properties of *Agni*. In patients treated with *shuddha ghrita*, highly significant results were seen all the cardinal symptoms of *Vataja Agnidushti*, in *Kadachit Pachyate Samyaka Kadachit Na Vipachyate* (77.42%), *Adhmana* (84%), *Antrakujana* (87.5%), *Udarashula* (83.33%). *Shuddha Ghrita* gave better efficacy on *Vataja Agnidushti* as well as in pacification of vitiated *Samana Vata* while *Chitraka Vati* showed comparatively less efficacy.

Keywords: *Agni, Chitraka Ghrita, Guna Samana Vata, Snigdha, Ruksha.*

INTRODUCTION

Ayurvedic classics believe that *Agnidushti* (impaired digestion) is the root cause of all the diseases.¹ *Vata Dosha* especially *Samana Vata* is one of the important factor which is responsible for normal functioning of the *Jatharagni*.² When vitiated *Samana Vata* influences *Jatharagni*, it hampers the normal process of digestion and condition thus produced called as *Vataja Agnidushti* (impaired digestion due to vitiated *Samana Vata*). *Vataja Agnidushti* have

sign and symptoms like *Kadachit Pachyate Samyaka Kadachit Na Vipachyate* (irregularity in digestion), *Adhmana*, *Antrakunjana*, *Udarashula* etc.^{3,4,5} Causative factors like *Ruksha*, *Laghu*, *Sheeta*, *Tikshna Guna Yukta Ahara Sevana*, *Ratrijagarana*, *Vishamashana* etc.^{6,7}

According to the conceptual part of the research work entitled “Applied concept of *Panchavidha Vata* in relation to their *Panchabhautika* conjugation and configuration”, it is

postulated with evidence that *Samana Vata* has predominance of *Ruksha Guna* (among the other *Vata Gunas*) due to predominance of *Teja Mahabhuta* in its configuration (after *Vayu* and *Akasha Mahabhuta*). Predominant, *Teja Mahabhuta* potentiates specifically *Ruksha Guna*. Hence clinical study is based on hypothesis,

Does Samana Vata possess predominance of Ruksha Guna and Teja Mahabhuta in it?

For this the disease condition of *Vataja Agnidushti* was selected which is produced by vitiation of *Samana Vata* with *Ruksha Guna* predominance in it. The condition of *Vataja Agnidushti* should be relieved more effectively by drug having predominance of opposite *Guna* i.e. *Snigdha Guna*. Hence clinical study is conducted by giving *Shuddha Ghrita* in group "A" and *Citraka Vati* in group "B" for assessment through the *Upashaya-Anupashaya*.

Aim & objective:

1. To evaluate the efficacy of *Shuddha Ghrita* in *Vataja Agnidushti*.
2. To evaluate the efficacy of *Citraka Vati* in *Vataja Agnidushti*.
3. To compare the efficacy of both the groups i.e. *Upashaya-Anupashayabhyam Pariksha*.

Ethical Clearance:

Study was approved by Institutional Ethics Committee, wide letter no. PGT/7-A/Ethics/2011-12/2087 dated 5/9/2010, S. No. 01.

"CTRI" Registration:

This Clinical trial is registered in Clinical Trial Registry of India (CTRI), ref. no. CTRI/2012/12/003229 [Trial Registered Retrospectively on: 17/12/2012].

MATERIALS AND METHODS

Patients having the clinical signs and symptoms of '*Vataja Agnidushti*' attaining the O.P.D. and

I.P.D. of I.P.G.T. & R.A. were selected without any bar of cast, religion, occupation and sex.

Research Design:

- It was an open comparative clinical trial.
- Special Research proforma was prepared.

Criteria for selection:

- Patients suffering from the signs and symptoms of '*Vataja Agnidushti*'.
- Patients having the age between 25 – 60 years.

Criteria for exclusion:

- Patients having age less than 25 yrs. and more than 60 yrs.
- Patients suffering from any other systemic disease.
- Patients having any established pathology of *Mahasrotas*.

Grouping and sampling:

Patients were randomly divided in two groups. Patients of Group A were administered with *Shuddha Ghrita* in 10 ml dose twice a day at *Samana Kala* (just before the meal) with first bolus of meal for the duration of 2 weeks. Patients of group B received *Citraka Vati* with dose of 1 gm twice a day with luke warm water at *Samana Kala* for the duration of two weeks.

Investigations: Routine pathological tests as blood, urine, stool etc. were carried out to assess the actual status of patient and to rule out any other pathology. *Sama Nirama Purisha Pariksha* was carried out for assessing the function of *Jatharagni*.

Assessment criteria: The assessment was done on the basis of relief found in the cardinal signs and symptoms of the disease before and after treatment. Percentage improvement in the sign and symptoms has been assessed by scoring and grading pattern. State of *Agni* and *Purisha* has also been assessed after treatment. The following criteria were made to assess total effect of therapy.

Total effect of therapy:

Complete Remission: 100 % relief

Marked Improvement: 75 -100% relief

Moderate Improvement: 50-75% relief

Mild improvement: 25-50% relief

Unchanged: 0-25% relief

OBSERVATIONS & RESULTS

Total 31 patients were registered in this work among them 30 patients completed the treatment and 1 patient dropped out. Among 30 patients, maximum patients belonged to 25-30 and 31-40 years of age group (36.67%) and males (66.67%). The maximum patients in this study were having *Laghu Guna* (96.67%) and *Ruksha Guna* (93.33%) dominant *Ahara*. Diet amount was not specific (60%), *Vishamashana* (100%), food intake time was not fixed (100%), taking water before food (80%), *Ratrijagarana* (66.67%), *Kshudha Vegavidharana* (86.67%) and Tension (26.66%). Maximum patients had unsatisfactory evacuation of their bowl (83.33%), irregular bowel habit (73.33%). *Avara Jaranashakti* (30%), *Avara Abhyavaharana Shakti* (40%), *Avara Ruchi* (23.33%).

In maximum patients there was more than month chronicity (60%), onset is gradual (83.33%), course was continuous (53.33%). The symptoms of *Vataja Agnidushti* observed among the patients of both groups were *Kadachit Pachyate Samyaka Kadachit Na Vipachyate* (100%), *Adhmana* (100%), *Antrakujana* (100%), *Udarashula* (100%) and associated symptoms like *Udaragaurava* (100%), *Malabaddhata* (80%), (Table no.1).

Effect of Shuddha Ghrita: In patients of Group A, highly significant results were seen in *Kadachit Pachyate Samyaka Kadachit Na Vipachyate* (77.42%), *Adhmana*

(84%), *Antrakujana* (87.5%), *Udarashula* (83.33%), *Udaragaurava* (86.67%) and *Malabaddhata* (80%). *Shuddha Ghrita* had provided highly significant results in *Abhyavaharana Shakti* (71.42%), *Jaranashakti* (69.23%), *Ruchi* (77.78%), sticky stool (76.92%), foul smelling stool (76.19%), stool with loose consistency (80%) and Presence of undigested food particles in stool (73.33%). *Kati Sthambha*, *Angamarda*, *Pindikovdestana* showed insignificant changes. (Table 2, 3, 4, 5)

Effect of Chitraka vati: In Group B, highly significant results were seen in *Kadachit Pachyate Samyaka Kadachit Na Vipachyate* (36.36%), *Adhmana* (32.14%), *Antrakujana* (37.03%), *Udarashula* (45.46%), *Jaranashakti* (32.35%), sticky stool (60%) and stool with loose consistency (69%). *Chitraka Vati* had provided Significant results in *Udaragaurava* (46.67%) and *Malabaddhata* (42.85%), *Abhyavaharana Shakti* (23.81%), *Ruchi* (42.10%), foul smelling stool (44.4%) and Presence of undigested food particles in stool (55%). *Kati Sthambha*, *Angamarda*, *Pindikovdestana* showed insignificant changes. (Table 6, 7, 8, 9)

On comparison between two groups, *Shuddha Ghrita* (group A) showed highly significant results in *Kadachit Pachyate Samyaka Kadachit Na Vipachyate*, *Adhmana*, *Abhyavaharana Shakti* as compared to *Chitraka Vati* (group B). *Shuddha Ghrita* showed significant results in *Antrakujana*, *Jaranashakti*, *Ruchi*, foul smelling stool as compared to *Chitraka Vati*. In symptoms like *Udarashula*, *Udaragaurava*, *Malabaddhata*, *Kati Sthambha*, *Angamarda*, *Pindikovdestana*, sticky stool, stool with loose consistency and presence of undigested food particles in stool showed statistically similar

effect on comparison between two groups (Table 10, 11, 12)

In overall effect in *Shuddha Ghrita* (group A), 20% patient got moderate improvement and 80% patients got marked improvement. In *Chitraka Vati* (group B), 6.67% patients remain unchanged, 73.33% patients got mild improvement, 20% patients got moderate improvement. (Table 13)

DISCUSSION:

In this study, maximum patients belonged to 25-30 and 31-40 years of age group (36.67%), People of these groups are very much worried about their educational problems, earning problems, and also some familiar problems so that they might be not following the proper dietary regulations. Maximum patients were males (66.67%), it reveals that males are more prone to irregularities in diet, lifestyle due to responsibility of family. The maximum patients in this study were having *Laghu Guna* (96.67%) and *Ruksha Guna* (93.33%) dominant *Ahara*, all these *Gu a* responsible for vitiation of *Vata (Samana Vata) as Vata Dosha in body possesses similar Gunas*. Maximum i.e. 60% patients had not specific diet amount, it signifies vitiation of *Vata Dosha*. As in *Vataja Agnidushti*, *Jatharagni* doesn't get proper stimulation by vitiated *Samana Vata* hence diet amount of maximum patients was not fixed. Due to *Vishamashana* (100%), *Agni* become feeble and doesn't digest the food properly. In maximum patients, food intake time was not fixed (100%), due to their occupation or lack of health awareness. Maximum patients were taking water before food (80%), which directly leads to *Agnidushti*.⁸ Maximum patients had history of *Ratrijagarana* (66.67%) which is one of the causative factor for vitiation of *Samana Vata*.⁹ And vitiated *Vata* gives irregular stimulation to *Agni* which leads to *Vataja Agnidushti*. *Kshudha Vegavidharana*

(86.67%) is also cause *Samana Vata* vitiation and thereby *Vataja Agnidushti*. Maximum i.e. 26.66% patients suffering from tension, it indicate that emotional status has very important role in the digestion process and *Vataja Agnidushti*. Maximum patients had unsatisfactory evacuation of their bowl (83.33%), irregular bowel habit (73.33%), this data indicates that *Vataja Agnidushti* has very distinctive relation with the bowel and it affects the bowel quite often. Data showed that *Avara Jaranashakti* found in 30%, *Avara Abhyavaharana Shakti* in 40% and *Avara Ruchi* in 23.33%, in *Vataja Agnidushti*, person is not willing for the food and it results into reduction in *Abhyavahara a Shakti*. Further due irregular and feeble state of *Agni*, the food consumed is not getting digested properly i.e. the *Jaranashakti* and *Ruchi* also gets hampered. In maximum patients there was more than month chronicity (60%), onset is gradual (83.33%), course was continuous (53.33%), this data reveals that most of patients ignoring the *Vataja Agnidushti* condition as minor health problem due to lack health awareness. The 100 % patients were suffering from symptoms like *Kadachit Pachyate Samyaka Kadachit Na Vipachyate, Adhmana, Antrakujana, Udarashula*. This indicates that these are the cardinal symptoms of *Vataja Agnidushti*.

In this study, the percentage relief observed was higher and statistically highly significant in patients treated with *Shuddha Ghrita* (Group A). This data supports the hypothesis that *Vataja Agnidushti* is the condition caused by vitiation of *Samana Vata* with *Ruksha Guna* predominance and hence comparatively better effect was obtained by *Shuddha Ghrita* having *Snigdha Guna* (opposite to *Ruksha Guna*).

In patients treated with *Chitraka Vati* (Group B), the absence of *Snigdha Gu a* in *Chitraka Va i* makes it incapable to act on *Vataja*

Agnidushti effectively, hence percentage relief obtained in group B was less.

Though the results in Group B are looking statistically highly significant in case of some symptoms but they are may be due to the Agni Guna of Chitraka and presence of luke warm water which was given as Anupana and also might be due to the general instructions of 'Pathya-Apathya' and 'Nidanaparivarjana' in both the groups.

Probable Mode of Action of Shuddha Ghrita: Shuddha Ghrita by virtue of its Snigdha Guna effectively pacify the vitiated Samana Vata and thereby correct the disease condition Vataja Agnidushti.

Probable Mode of Action of Chitraka Vati: Chitraka Vati due to its Ruksha Guna unable to pacify the vitiated Samana Vata effectively and thus showed less improvement in Vataja Agnidushti.

CONCLUSION

From the present study it can be concluded that Shuddha Ghrita and Chitraka Vati have Deepana, Pachana actions but Shuddha Ghrita is more effective than Chitraka Vati in Vataja Agnidushti by virtue of its Snigdha Guna. From this it is interpreted that in Vataja Agnidushti, Samana Vata is predominantly vitiated with its Ruksha Guna.

Table 1: General Observations

Observation maximum	Number of Patients		Total	Percentage (%)
	Group A	Group B		
Age (25-30 years)	04	07	11	36.67
Age (31-40 years)	07	04	11	36.67
Sex (Male)	09	11	20	66.67
Aharaja nidana (Laghu Dravya Atisevana)	15	14	29	96.67
Aharaja nidana (Ruksha Dravya Atisevana)	14	14	28	93.33
Non specific diet amount	10	08	18	60.00
Vishamashana	15	15	30	100.00
Food intake time (Not Fixed)	15	15	30	100.00
Drinking water before food	13	11	24	80.00
Viharaja nidana (Ratrijagarana)	10	10	20	66.67
Vegavidharana (Kshudha)	13	13	26	86.67
Mansika nidana (Chinta)	03	05	08	26.66
Unsatisfactory evacuation of bowl	12	13	25	83.33
Irregular defecation	10	12	22	73.33
Avara Abhyavaharana Shakti	06	06	12	40.00
Avara Jaranashakti	03	06	09	30.00
Avara Ruchi	03	04	07	23.33
Chronicity of chief complaints (more than month)	08	10	18	60.00
Onset (gradual)	12	13	25	83.33
Course (continuous)	08	08	16	53.33
Kadachit Pachyate Samyaka Kadachit Na Vipacha-	15	15	30	100.00

chyate				
Adhmana	15	15	30	100.00
Antrakujana	15	15	30	100.00
Udarashula	15	15	30	100.00
Udaragaurava	15	15	30	100.00
Malabaddhata	10	14	24	80.00

Table 2: Effect of Shuddha Ghrita on chief complaints (Group A)

Chief Complaints	N	% Re- lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
Kadachit Pachyate Samyaka Kadachit Na Vipachyate	15	77.42	2.067	0.467	0.507	0.131	12.220	< 0.001
Adhmana	15	84	1.667	0.267	0.507	0.131	10.693	< 0.001
Antrakujana	15	87.5	1.600	0.200	0.507	0.131	10.693	< 0.001
Udarashula	15	83.33	1.200	0.200	0.378	0.0976	10.247	< 0.001

Table 3: Effect of Shuddha Ghrita on associated complaints (Group A)

Associated Com- plaints	N	% Re- lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
Udaragaurava	15	86.67	1.000	0.133	0.352	0.0909	9.539	<0.001
Malabaddhata	10	80	1.000	0.200	0.422	0.133	6.000	<0.001
Kati Sthambha	5	60	1.000	0.400	0.548	0.245	2.449	= 0.070
Angamarda	6	50	1.000	0.500	0.548	0.224	2.236	= 0.076
Pin ikovde ana	4	50	1.000	0.500	0.577	0.289	1.732	= 0.182

Table 4: Effect of Shuddha Ghrita on Agni (Group A)

Complaints	N	% Re- lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
Abhyavahara a Shakti	15	71.428	1.400	0.400	0.378	0.0976	10.247	< 0.001
Jaranashakti	15	69.23	1.733	0.533	0.414	0.107	11.225	< 0.001
Ruchi	15	77.78	1.200	0.267	0.258	0.067	14.000	< 0.001

Table 5: Effect of Shuddha Ghrita on Malasamata (Group A)

Complaints	N	% Re- lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
Sticky stool	13	76.92	1.000	0.231	0.439	0.122	6.325	<0.001
Foul smelling	15	76.19	1.400	0.333	0.258	0.0667	16.000	<0.001

Loose consistency	15	80	1.000	0.200	0.414	0.107	7.483	<0.001
Presence of undigested food particles	15	73.33	1.000	0.267	0.458	0.118	6.205	<0.001

Table 6: Effect of Chitraka Vati on chief complaints (Group B)

Chief Complaints	N	% Re-lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
<i>Kadachit Pachyate Samyaka Kadachit Na Vipachyate</i>	15	36.36	2.200	1.400	0.414	0.107	7.483	< 0.001
<i>Adhmana</i>	15	32.14	1.867	1.267	0.507	0.131	4.583	< 0.001
<i>Antrakujana</i>	15	37.03	1.800	1.133	0.617	0.159	4.183	< 0.001
<i>Udarashula</i>	15	45.46	1.467	0.800	0.617	0.159	4.183	< 0.001

Table 7: Effect of Chitraka Vati on associated complaints (Group B)

Associated Complaints	N	% Relief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
<i>Udaragaurava</i>	15	46.67	1.000	0.533	0.516	0.133	3.500	= 0.004
<i>Malabaddhata</i>	14	42.85	1.000	0.571	0.514	0.137	3.122	= 0.008
<i>Kati sthambha</i>	5	40	1.000	0.600	0.548	0.245	1.633	= 0.178
<i>Angamarda</i>	8	37.5	1.000	0.625	0.518	0.183	2.049	= 0.080
<i>Pin ikovde ana</i>	6	50	1.000	0.500	0.548	0.224	2.236	= 0.076

Table 8: Effect of Chitraka Vati on Agni (Group B)

Complaints	N	% Relief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
<i>Abhyavahara a Shakti</i>	15	23.81	1.400	1.067	0.488	0.126	2.646	= 0.019
<i>Jaranashakti</i>	15	32.353	2.267	1.533	0.458	0.118	6.205	< 0.001
<i>Ruchi</i>	15	42.105	1.267	0.733	0.516	0.133	4.000	= 0.001

Table 9: Effect of Chitraka Vati on Malasamata (Group B)

Complaints	N	% Re-lief	Mean		S. D.	S. E.	't'	P
			B.T.	A.T.				
Sticky stool	12	60	1.250	0.500	0.452	0.131	5.745	<0.001
Foul smelling	14	44.4	1.286	0.714	0.514	0.137	4.163	= 0.001
Loose consistency	13	69	1.000	0.308	0.480	0.133	5.196	<0.001
Presence of undigested food particles	10	55	1.100	0.500	0.516	0.163	3.674	= 0.005

Table 10: Comparative effect of therapy on chief and associated complaints in both groups

Symptoms	Df	Mean	Diff.	't'	P
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		Gr. A	Gr. B			
<i>Kadachit Pachyate Samyaka Kadachit Na Vipachyate</i>	28	1.600	0.800	0.800	4.733	< 0.001
<i>Adhmana</i>	28	1.400	0.600	0.800	4.320	< 0.001
<i>Antrakujana</i>	28	1.400	0.667	0.733	3.556	= 0.001
<i>Udarashula</i>	28	1.000	0.667	0.333	1.784	= 0.085
<i>Udaragaurava</i>	28	0.867	0.467	0.400	2.479	= 0.019
<i>Malabaddhata</i>	22	0.800	0.429	0.371	1.876	= 0.074
<i>Kati sthambha</i>	8	0.600	0.400	0.200	0.577	= 0.580
<i>Angamarda</i>	12	0.500	0.375	0.125	0.436	= 0.670
<i>Pin ikovde ana</i>	8	0.500	0.500	0.000	0.000	= 1.000

Table 11: Comparative effect of therapy on Agni in both groups

Symptoms	Df	Mean		Diff.	't'	P
		Gr. A	Gr. B			
<i>Abhyavahara a Shakti</i>	28	1.000	0.333	0.667	4.183	<0.001
<i>Jaranashakti</i>	28	1.200	0.733	0.467	2.928	= 0.007
<i>Ruchi</i>	28	0.933	0.533	0.400	2.683	= 0.012

Table 12: Comparative effect of therapy on Malasamata in both groups

Symptoms	Df	Mean		Diff.	't'	P
		Gr. A	Gr. B			
Sticky stool	23	0.769	0.750	0.0192	0.108	= 0.915
Foul smelling	27	1.067	0.571	0.495	3.316	= 0.003
Loose consistency	26	0.800	0.692	0.108	0.637	= 0.529
Presence of undigested food particles	23	0.733	0.600	0.133	0.678	= 0.504

Table 13: Total effect of therapy

Category	Group A		Group B	
	N	%	N	%
Unchanged	0	0	1	6.67
Mild improvement	0	0	11	73.33
Moderate improvement	3	20	3	20
Marked improvement	12	80	0	0
Complete Remission	0	0	0	0

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