



Review Article

REVIEW ON AROGYA CHANDRIKA ATHAVA KUDUMBA VAIDYAN - A LITERARY TREASURE OF AYURVEDA

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ABSTRACT

Kerala has made significant contribution to Ayurvedic literature. The traditional medical knowledge, gained from years of critical observations and clinical experiences has been documented by the great physicians. The medical literature of Kerala can be classified as, commentaries of the original texts as well as independent works based on these texts, compilation works by details of *Oushada yogas* and *Kriyakramas* from the *Vaidyas*. The text book of regional literature are rich source of information's like formulations and treatment modalities based on geographical, climatic and cultural situations of various regions, based on their thoughts and lifestyle. This text *Arogya chandrika athava kudumba vaidyan* written by Sri Swami Sachidananda is an important work both from medical and poetic merits. The book was written in Malayalam language because it is specially meant for the native physicians of Kerala. It is a user- friendly text for the guidance of students and physicians. The uniqueness of the text is that it has mentioned simple and potential treatments for common diseases. The text is enriched with grammatical styles like *Vritha*. The text addresses the preventive as well as curative concept of Ayurvedic thoughts. *Arogya chandrika athava kudumba vaidyan* can be considered as an important contribution from Kerala's regional literature to the Ayurveda community. The present paper is to critically analyze the subject matter of the text *Arogya chandrika athava kudumba vaidyan*. This will definitely enrich the literary data base of Ayurveda.

INTRODUCTION

Ayurveda, the knowledge of longevity is the traditional healing modality of the Vedic culture from India. The fundamental principles are laid down in *Ayurveda Samhitas* which are store houses of information. As the evolvement of Ayurveda took place gradually, it got enriched with due course of time period. According to the need, the scholars of Ayurveda went on narrating the simpler but elaborative descriptions which are helpful in understanding the basic principles of Ayurveda.

Kerala has made significant contribution to Ayurvedic literature. The traditional medical knowledge, gained from years of critical observations

and clinical experiences has been documented by the great physicians. The medical literature of Kerala can be classified as, commentaries of the original texts as well as independent works based on these texts, compilation works by details of *Oushada yogas* and *Kriyakramas* from the *Vaidyas*. The text books of regional literature are written in regional languages like Malayalam for their wide acceptance. They are rich source of information's like formulations and treatment modalities based on geographical, climatic and cultural situations of various regions, based on their thoughts and lifestyle. The books were written with a purpose to provide a concise and simplified version of *Cikitsa* to the physicians of Kerala. The knowledge hidden in regional textbooks should be adopted by the entire science community and brought to main stream practice for further development.

The text *Arogya chandrika athava kudumba vaidyan* written by Sri Swami Sachidananda is an important work both from medical and poetic merits. The simplicity and importance of the formulations mentioned in this book make it special in every sense. It is a user- friendly text for the guidance of students

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and physicians. The uniqueness of the text is that it has mentioned simple and potential treatments for common diseases.

About the Author and Period

Sri Swami Sachidananda is the follower of Sree Narayana Guru. He belonged to the Sreenarayana Asramam Peringottukara. He had significant contributions to medical as well as historical field with original books, commentaries and translations. His important works are *Kavita manjari*, *Sukumara Bhaskaram*, *siddha vaidyam* etc. This text 'Arogya Chandrika Athava Kudumba Vaidyan' was first published in May 1957 which was printed at Sree Narayana Press.

Subject Matter of Arogya chandrika athava kudumba vaidyan

- ❖ The book consists of two parts, *Purva vibhaga* and *adhakaya vibhaga*. *Purva vibhaga* deals with healthy life style of a person.
- ❖ Even though it is tabulated to have 22 chapter, in the available printed copy, chapter 10 to 18 are found to be missing.
- ❖ *Adhakaya vibhaga* describes treatment for various diseases. It includes 42 chapters.

Contents of Purva vibhaga are

- *Grantha prayojanam* – Utility of text
- *Arogya Siksha Samgraham* – Health education
- *Sisu paripalanam* – Child care
- *Vayu* – Air
- *Vellam* – Water
- *Aharam* – Food and its practices
- *Viharam* – Habits and regimens
- *Urakkam* – Sleep
- *Suddhi* – Purification
- *Sadacharam* – Moral principles
- *Dahana karma* – Digestive process
- *Rakta parivaham* – Circulation of blood
- *Arogyam* – Health retention
- ❖ Thus, it covers almost all the basic physical, mental and spiritual aspects of *Swasthyam* in terms of Ayurvedic fundamentals.

Contents of the Adhakaya vibhaga are

- *Jwara cikitsa* – Fever management
- *Sanni cikitsa* – Seizure management
- *Raktapitta cikitsa*– Management of menorrhagia
- *Asrugdharadi cikitsa*– Management of menorrhagia
- *Kasa swasa hidhmadi cikitsa* – Management of cough and hiccup
- *Kshayaroga cikitsa*– Management of wasting diseases
- *Swarasada cikitsa*– Management of Swarasada

- *Arochaka bhaktarodha aruchi cikitsa*– Management of anorexia
- *Chardi cikitsa*– Management of vomiting
- *Hridroga cikitsa*– Management of heart disease
- *Trishna madatyayadi cikitsa*– Management of thirst etc.
- *Arsoroga cikitsa*– Management of piles
- *Atisara grahani roga cikitsa*– Management of loose stools
- *Vishuchika cikitsa*– Management of *Vishuchika*
- *Mutrakrichra asmari cikitsa*– Management of dysuria
- *Prameha cikitsa*– Management of diabetic conditions
- *Vidradhi cikitsa*– Management of abscess
- *Vridhi cikitsa*– Management of hernia
- *Gulma sooladi cikitsa*– Management of *Gulma*
- *Mahodara cikitsa*– Management of ascites
- *Sopha panduvadi cikitsa*– Management of edema
- *Visarpa cikitsa*– Management of cellulitis
- *Masuri cikitsa*– Management of vesicles
- *Pitakadi cikitsa*– Management of carbuncles
- *Seethapitha cikitsa*– Management of urticaria
- *Kushtaswitra cikitsa*– Management of skin diseases
- *Krimi cikitsa*– Management of worm infestation
- *Vata cikitsa*– Management of *Vatarogas*
- *Vatasonitha cikitsa*– Management of rheumatic diseases
- *Avaranavayu cikitsa*– Management of *Avarana*
- *Krishha cikitsa*– Management of emaciation
- *Sthoola cikitsa*– Management of obesity
- *Dhatu kshaya cikitsa*– Management of wasting
- *Vandhya cikitsa*– Management of infertility
- *Kapharoga cikitsa*– Management of *Kapha*
- *Pittaroga cikitsa* – Management of *Pitta*
- *Vajeekaranavum rasayanavum* – Aphrodisiac
- *Vrana pratishedam*– Management of abscess
- *Phiranga cikitsa* – Management of syphilis
- *Sleepada cikitsa*– Management of lymphangitis
- *Kuzhinakha cikitsa*– Management of nail problems
- *Gandhaka prayogam*
- ❖ This text *Arogya chandrika athava kudumba vaidyan* is enriched with grammatical styles like *Vritha*. The *Vrithas* and *Ganas* mentioned in the first section of the book are *Gatha*, *Vanjippattu*, *Pana*, *Geethakam*, *Kurathi*, *Kalyani* etc.
- ❖ The *Vrithas* and *Ganas* mentioned in the second section of the book are *Kurathi*, *Karanatmaka*, *Keka*, *Annanada* etc.
- ❖ The most repeated *Vritha* is *Gatha*.

- ❖ The text addresses the preventive as well as curative concept of Ayurvedic thoughts.

Chapter Discussion

Chapter 1- *Grantha prayojanam*: Utility of text.

- The chapter begins with an auspicious introduction in the form of a prayer for the attainment of success.
- After the *Mangalacharanam*, at the beginning of the treatise, the author discusses the benefits of studying the text for a healthy and happy life and advocates its recitation from school classes itself for bringing up a healthy generation.

Chapter 2- *Arogya Siksha samgraham*: Health education

- Explains the role of *Nirmala vayu* (clean air), *Nirmala vellam* (clean water) and *Nirmala ahara* (clean food).
- Description of *Malina vayu*, *Jala* and *Ahara* (contaminated air, water and food) is also there.
- Advocates avoiding *Athi ahara* (excessive food).
- Explains about eating food according to *Matra* (dose) by filling half portion of stomach with food, one fourth with water and leaving the remaining one fourth portions free.
- Advices daily *Vyayama* (exercise), proper sleep etc.

Health in general is discussed in this chapter.

Chapter 3 - *Sisu paripalanam*: Child care

- Care of new born child is detailed in this chapter.
- The importance of breast milk, food items according to age, time of feeding, role of sleep in child health, importance of pampering the child, training of good habits and developing moral principles in a child etc. are mentioned.

Chapter 4 - *Vayu*: Air

- Discussion on the role of environmental health especially that of inhaling air is dealt here.
- One who inhales the polluted air is considered as *Sadathura* (always having disease).
- The oxygen inhaled by living beings is named as *Jeeva bashpam* while carbondioxide exhaled is termed as *Angaraka vata*.
- Also mentioning about the photosynthesis is found in this section.

Chapter 5 - *Vellam*: Water

- The quality of water from different source is explained here.
- *Ganga jalam* is considered as the best.
- The peculiarity of vitiated *Jala* is discussed in detail.
- This chapter also explains the method for water purification.

Chapter 6 - *Aharam*: Food and its particles

- *Dhanya varga* (grains and cereals) are considered as *Satwika ahara*.
- *Mamsa* (meat) is considered as *Rajasa* and *Tamasa guna ahara*.

- Advices the wise use of *Mamsahara* too.
- The food with ghee is advised as best, with meat is considered as mediocre, and with butter milk is considered as worst.
- Advices to avoid sugar, jaggery and salted fish or meat.

Chapter 7 - *Viharam*: Habits and regimens

- Main topic of discussion is about *Vyayama* (exercise).
- For men *Kalari* (martial arts) and for women *Nrthya* (dance) is advised.
- There is mentioning of different types of games helps in giving physical exertion.

Chapter 8 - *Urakkam*: Sleep

- Proper balanced sleep, its benefits, improper sleep its ill effects, and compensatory methods etc. are dealt in this chapter.
- Advices 2 *Yama* sleep for a healthy individual and an additional half *Yama* for an unhealthy person.

Chapter 9 - *Suddhi*: Purification

- The purity of body, mind and speech is dealt in this section.
- Personal cleanliness ideas like *Vastra shudhi*, *Deha Shudhi*, etc. are mentioned.

- Only the seven lines of this chapter are available.

Chapter 10 to chapter 18 is found to be missing.

Chapter 19 - *Sadacharam*: Moral principles

- *Sadvritta* is discussed in details.
- Importance of respecting the elders, teachers etc. is given.
- Ask to avoid the blind copying of western lifestyles, role of belief in god, serenity of mind etc. are dealt in this chapter.

Chapter 20 - *Dahana karma*: Digestive process

- Digestion of food, division to nourishing fluid and waste, concept of *Dhatu poshana*, *Rasa samvahana*, segregation of waste materials etc. are detailed in this chapter.

Chapter 21 - *Rakta parivaham*: Circulation of blood

- Here the circulatory as well as the respiratory process are mentioned.
- The arteries are termed as *Rohinis* and veins are termed as *Neelinis*.
- Their pathways, functions and properties are explained.

Chapter 22 - *Arogyam*: Health retention

- It is mentioned that, for a healthy happy life with a long life- span one should maintain proper mental, physical and spiritual good habits throughout their life.

Contents of the *Adhakaya vibhaga* are

Chapter 1 - *Jwara cikitsa*: Management of fever

- The chapter mentions the superiority of *Jwara* among the diseases.

- Gives stage wise management of fever.
- Explain *Kwatha* (decoction) formulations in accordance with the *Doshadishtana* of *Jwara*.
- It explains the *Yoga - Neeli muladi gulika*.
- Also there is explanation of time for taking bath after *Jwara*

Chapter 2 - Sanni cikitsa: Seizure management

- The chapter explains different *Yogas* for *Sroto shodhana* as well as for awakening a patient with *Sanni*.
- *Yoga* explained is *Mukka mukdukadi gulika*.

Chapter 3 - Raktapitta cikitsa; Management of bleeding disorders

- Explains the management of bleeding through upper orifices and lower orifices
- Discusses the role of *Adalodaka* (*Adathoda*).

Chapter 4 - Asrugdharadi cikitsa: Management of menorrhagia

- Management of excessive bleeding per vagina and leucorrhoea is dealt in this chapter.

Chapter 5 - Kasa swasa hidhmadi cikisa; Management of cough and hiccup

- Explanation of the *Yogas* like *Dashamula katutraya*, *bala jeerakadi* and methods to control hiccup, remedy for *Swarasada* etc. are in the chapter.

Chapter 6 - Kshayaroga cikitsa: Management of wasting diseases

Discusses the

- The treatment principle for *Kshaya*.
- Role of goat's meat in wasting.
- Processing method of goat's meat for desired effect,
- *Kashaya* and *Ghritha* for *Urakshata*.
- Formulations mentioned are *Sasavasa ghritham*, *Churnamrutam*, *Dhawantharam gulika*.

Chapter 7 - Swarasada cikitsa: Management of Swarasada

- Gives *Nasya yogas*, *leha yogas* and *kakamachi prayoga* for management of *swarasada*.

Chapter 8- Arochaka bhaktarodha aruchi cikitsa: Management of anorexia

- Mentions different simple but effective *Yogas* for *Arochaka*, *Aruchi*, *Bhaktarodha* and also for increasing *Agni bala* etc.

Chapter 9- Chardi cikitsa: Management of vomiting

- Explains formulations for *Doshadhishtana chardi cikitsa*.
- Mentions the treatment for *Raktha chardi*.

Chapter 10- Hridroga cikitsa: Management of heart diseases

- Gives formulations which are mentioned to alleviate the *Hridroga* just like the clouds are ruined by the wind.

Chapter 11- Trishna madatyayadi cikitsa: Management of thirst, alcoholism etc.

- Mentions *Kwatha yoga* with easily available drugs for the management of thirst, alcoholism etc.
- Both these conditions are mentioned as *Vata paittika*.
- Explains the *Yoga of Dhatryadi ghritha*.

Chapter 12- Arsoroga cikitsa: Management of piles.

- Explains simple remedies that can control bleeding or non-bleeding piles.

Chapter 13- Atisara grahani roga cikitsa: Management of loose stools

- Mentions formulation for diarrhea, *Mukkudi yogas* like *Vyoshadi mukkudi*, *Padadi kashayam*, *Induppu kanam churnam* etc.
- Explains the treatment principle of *Grahani* as *Adyathil pachanam*, *Madhya- Samgraham*, *Anthya- Deepanam*.

Chapter 14- Vishuchika Cikitsa: Management of Vishuchika

- Explains *Langhana* (depletion therapy) as the first line of treatment.
- Gives simple *Yogas* with one or two easily available drugs for the associated symptoms like abdominal pain, thirst, stiffness and burning sensation, belching, nausea etc.
- Gives the *yoga of Vilwadi gulika*.

Chapter 15- Mutrakrichra asmari cikitsa: Management of dysuria

- Explains *Ksheera paka yogas* for dysuria, *Kashaya yoga* for urinary tract infection, and an effective *Yoga* for breaking kidney stones.

Chapter 16- Prameha cikitsa: Management of diabetic conditions

- Explains simple formulations for *Prameha*, and the effectiveness of these *Yogas* were high lightened with a simile of elephant and lion.
- Mention about *Sodhana* in *Balavan prameha rogi*.

Chapter 17- Vidradhi cikitsa: Management of abscess

- For *Apakva vidradhi*, *sopha cikitsa* and for *Pakwa vidradhi*, *Vrana cikitsa* is indicated.
- Advices purgation and also *Lepas* helping in *Paka* of *Vidradhi* etc.

Chapter 18- Vridhi cikitsa: Management of hernia

- First line of management is high lightened as *swedana* (sudation).
- *Lepa yogas* and *Kashaya yogas* like *Ulli vettadukadi* etc. are mentioned.

Chapter 19 - Gulma sooladi cikitsa: Management of Gulma

- Explains *Swedana* and unctuous *Virechana* for *Gulma* and also role of control of *Vata dosha* in the management of *Gulma*.

- Gives much simple *yoga* for *Soola haratwa* (management of abdominal pain).

Chapter 20- Mahodara cikitsa: Management of ascites

- Explains the logic of application of *Virechana* in *mahodara*.
- Gives *Kwatha yogas* and *Leha yogas* for *Virechana*.
- Gives *yogas* like *Manibhadra leham*, *Gomutrahareetaki* etc.

Chapter 21 – Sopha panduvadi cikitsa: Management of edema

- Mentions different *Yogas* for *Sopha*, *Pandu*, *Kamala*

Chapter 22- Visarpa cikitsa: Management of cellulitis

- Gives two simple *Yogas* for *Visarpa*.

Chapter 23- Masuri cikitsa: Management of vesicles

- Gives *Kashaya yogas*, advices *Virechana* and *Madhura anna*.
- Gives important *Gulika yoga* for controlling vesicles in the primary stage itself.
- Advices the presence of neem as a positive factor in prognosis.
- Use of *Nalpamaradi* oil is recommended.
- Describes *Kshudra masurika* as a difficult condition to manage. But author mentions *Lepa yogas* for it too.
- When the disease subsides, recommends *Lepa* of neem and turmeric paste while bathing.

Chapter 24- Pitakadi cikitsa: Management of carbuncles

- Explains *Jeevanthyadi kashya yoga* for its management.
- Gives *Chandanadi yoga* for the management of pustules.

Chapter 25- Seethapitha cikitsa: Management of utricaria

- Advices *Cittamruthu kashayam* and *Goghrita lepam*. If it is again persisting recommends purgation and use of *Tiktaka ghritam*.

Chapter 26- Kushtaswittra cikitsa: Management of skin diseases

- *Triphaladi*, *Karingali*, *Nimbadi* and *Kanikonna Kashaya yoga* for skin diseases.

Chapter 27- Krimi cikitsa: Management of worm infestations.

- Recommends *Sodhana* at first followed by bitter, hot food regimens.
- *Panchakola kashayam*, *Kattu chena khalam* and use of *Gomutra* are advocated.
- Use of *Kattu kaypa*, *Oma* and papaya is recommended.

Chapter 28 – Vata cikitsa: Management of Vata rogas

- Use of *Ashtavarga kashaya* for *Vata samana*, *Prasarani* for *Apabahuka*, *Gomutra guggulu* for *Urusthambha*, *Chukka chundadi* for *Ardita* etc., are mentioned.
- *Snigdha dhooma yoga* is given for *Swedana*.
- *Gandharvahasthadi kashayam*, *Chukka chundadi kashayam*, *Panchamoola ksheera paka*, *Ksheera bala tailam* etc., are also mentioned in the chapter.

Chapter 29 – Vatasonita cikitsa: Management of rheumatic diseases

- Treatment guide line is given as external oleation, internally *Ghritha* and then bloodletting.
- Advices different modalities like leeching, *Prachanam* and *Sira vedham*.
- Gives *Yogas* of *Sidharthaka ghritha*, *Cittamruthu ghritha*, *Kokilaksha niryuham*, *Pinda tailam*, *Perumpampu vasa* etc.

Chapter 30 – Avaranavayu cikitsa: Management of Avarana

- For *Vata* with *Pitta avarana*, after assessing the symptoms *Seetha* and *Ushna upakramas* can be given.
- Gives *Jeevaniya ghritha yogas*, *Panchakola kashaya dhara* etc.
- *Vata* with *Kaphavarana* go for *Sodhana* and use of *Sarshapa* and *Taila* in food.
- If there is *Vayu* with *Pitta kapha avarana* then go for *Pitta samana*.
- *Vata* with *Rakta avarana* go for *Rakta pitta cikitsa*.

Chapter 31- Krisha cikitsa: Management of emaciation

- Advocates regular use of *Aswagandha* and black *Tila*.

Chapter 32- Sthoola cikitsa: Management of obesity

- Advocates exercise, use of *Tila taila* or equal quantity of water and honey in the early morning.

Chapter 33 – Dhatu kshaya cikitsa: Management of wasting

- *Yashti amukkuradi yoga*, *Ikshu gokshuradi churna* etc. for the condition.

Chapter 34- Vandhya cikitsa: Management of infertility

- Advices use of *Peralin mottu*, *Nagappu churnam*, *Velli naraka beejam*, *Aswagandha churnam* etc.

Chapter 35 - Kapharoga cikitsa: Management of Kapha rogas

- Gives two effective *Yogas* like *Cittamruthu kwatha* and *Avana ver kwatha*.

Chapter 36 – Pittaroga cikitsa: Management of Pitta rogas

- Mentions a simple *yoga* *Cittamrithu* with sugar or ghee.

Chapter 37- Vajeekaranavum rasayanavum: Aphrodisiac

- Explains *yogas* such as *yashtyadi*, *amrita nooradi*, *mulam karpooradi* etc.

Chapter 38 - Vrana pratishedam: Management of abscess

- *Veppin kashaya* for *Vrana*, *Chayilya* and *Tutha* for *Dushta vrana*, *Kanjiraver dhara*, *Jatyadi tailam* etc. are mentioned.

Chapter 39 - Phiranga roga: Management of syphilis

- *Cittamruthu kashayam*, *Cheenappavu yogas*, *Aragwadadi kashayam* etc. are mentioned

Chapter 40 - Sleepada cikitsa: Management of lymphangitis

- Causes are given as walking in polluted land or drinking polluted water.
- It should be treated before eighteen months for complete cure.
- *Virechana* with *Gomutra kadukka*, *Kashaya* with *Periya*, external application with *Nonganam* oil etc. are mentioned.

Chapter 41 - Kuzhinakha cikitsa: Management of nail problems

- At first bloodletting is advised for toe nail fungus
- Use of *Kanjiraver dhara*, *Vrana tailam* and *Turisu* with butter is advised.

Chapter 42 - Gandhaka prayogam

- Explains the *Pathya* regimens for *Gandhaka prayoga*.
- Purified *Gandhaka* should be used along with cow's ghee for two weeks.
- Use milk and rice soup with milk.
- Avoid bath.
- Food with *Intupp* and pepper can be used.
- Then for the next one week, use *Tiktaka ghrita*.
- And again *Pathya karma* is advised for the following one week.
- Thus 41 days of careful regimen will remove the skin diseases which are difficult to cure.

The text ends with purification procedure of *Gandhaka* with cow's ghee and milk.

Practical aspects of Arogya chandrika athava kudumba vaidyan

- The book is beneficial where instant relief is needed in few of the specific conditions.
- The drugs mentioned in this book are easily available in the surroundings.
- Formulations with minimal number of drugs are mentioned in this book.
- The text can be used for home remedy and as a first aid for many common diseases.

Demerits of the text

- The pathology and symptomatology are least explained for diseases.
- *Matra* (posology) is not mentioned.
- In *Purva vibhaga*, some of the chapters are missing in the available printed version.

CONCLUSION

- The book deals primarily with simple remedies for common diseases.
- The book is arranged in two sections. The basic health related regimens and ideas as its *Purva vibhaga* and the treatment of all most all common diseases as its *Adhakaya vibhaga*.
- The first part of the text includes all the basic factors needed for healthy and peaceful life like the concept of food, sleep, exercise, the quantity of air that we inhale etc. The second section includes therapeutic remedies for common diseases in a simple way.
- The text addresses the basic principle of Ayurveda in preventive and curative aspect.
- The text is enriched with very simple formulations which can be prepared out of easily available drugs.
- *Arogya chandrika athava kudumba vaidyan* can be considered as an important contribution from Kerala's regional literature to the Ayurveda community.

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