

A STUDY OF EFFICACY OF PATHYA GHRUT IN MADATYAYA**Dr. Sameer Deshpande¹ and Dr. Mrunal Tiwari^{2*}**¹M.D.(Ayu), Agad Tantra.²M.D.(Ayu), Kayachikitsa.Article Received on
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ABSTRACT

Madatyaya is a disorder produced by madya. The properties of Madya are similar to visha and exact opposite to oja. Due to madya, many symptoms are noted Mada, Moha, hrudvyatha, aruchi, trushna, jvara, etc. Chakradutta has mentioned Pathya gruthato treat Mada. In order to find the efficacy of Pathya grutha against the common symptoms developed due to Madatyaya, this study was conducted. 60 diagnosed patients at rehabilitation centre were included in this study. Assessment was done and the study showed moderate improvement with Pathya grutha.

KEYWORDS: *Madatyaya, Pathya gruta, Madya.***INTRODUCTION**

Madatyaya or alcohol induced disorders are a major problem all over the world. The person invariably gets addicted due to the heavy and prolonged intake of alcohol and further develops dependence. Alcohol abuse interferes with the drinker's health, social relationships, economic stability and the sufferings are unfathomable. This creates disability, decreased productivity, accidents, crimes, family disorientation and economic and psychological crises and lastly death in all the classes of the society.

Common symptoms in Madatyaya are Moha, Hrudvyatha, aruchi, trushna, jvara, shirashula, parshwashula, sandhishula, jrumbha, vepana, shramashwasa, urovibhandha, kasa, hikka, shwasa, kampa, cchardi, atisara, hrullasa, bhrama, pralap, asata darshana.^[1] Until now no research work has been done on common symptoms. So this topic was selected. Pathya ghruta is mentioned to be beneficial in Madatyaya in Chakradutta.^[2]

AIM OF THE STUDY

To study the efficacy of Pathyaghrutin Madatyaya.

MATERIALS AND METHODS

60 patients were selected fulfilling the inclusion criteria and were included in the study. The clinical trial was conducted at Vyasnmukti Manasopachara Kendra at Solapur. Patients were admitted for 3 months and all the patients had a daily regime which includes yoga and exercise. Besides this, they had individual and group counselling sessions as per the schedule.

Pathya ghruta–Hiradawas collected and authentication was done. Preparation of the formulation was done as per appropriate reference from Charak Chikitsasthana 24/177-78.

Analysis-The drug Hiritaki was tested.

- 1) Loss on drying at 105⁰C: 8.60%.
- 2) Total ash content: 2.94%.
- 3) Acid insoluble extractives: 0.19%.
- 4) Alcohol soluble extractives: 41.8%.
- 5) Test for heavy metals as Pb: Negative.

For formulation the following tests has been done

1. Colour: Yellowish grey
2. Odour: Pleasant, free from odours
3. Rancidity: Negative
4. Weight per ml: 0.9218 gm
5. Refractive Index @250C: 1.4541
6. Iodine value: 28.5
- 6) Saponification value: 230
7. Acid value: 2.5 %
8. Peroxide value: 0.14meq/kg
9. Free fatty acids: 1.25 %
10. Total fatty matter: 95.7 %

STUDY DESIGN

Type of study

- a) clinical study.

b) Randomized single blind method.

Inclusion Criteria

- 1) Male patients having maximum lakshana.
- 2) Age group -18 to 60.
- 3) Patients taking madya more than 90 ml at one time with the frequency more than 2 times /week for 2 years regularly.
- 4) Lab parameters –Serum bilirubin and LFT will be included.

Exclusion Criteria

- 1) Age below 18yrs and more than 60yrs were not included.
- 2) Female patients were not included.
- 3) Patients with high risk diseases e.g. severe jaundice, ascitis.
- 4) Hypertensive patients with B.P. more than 140/90 mm of HG.
- 5) Cardiac disorders like liver cirrhosis, acute hepatitis, liver tumours etc.
- 6) Endocarditis.
- 7) Severe stage of liver cirrhosis, acute hepatitis, liver tumours. Etc.
- 8) Patients taking Madya (alcohol) for less than 2yrs.

Group A: Trial group

30 patients were included in this group.

- 1) Patients of Group A were given Pathya ghruta -20 ml twice daily with food for 2 months, while following the above said regime.
- 2) Follow ups were taken on 10th, 20th, 30th, 60th day respectively.

Group B: Control group

30 patients were included in this group only with daily regime

1. Patients of group B were not given medicine or trial drug.
2. They were observed for 2 months by taking follow up every 10 days up to 1 month and then after 1 month.
3. During this period patients were given similar daily regime of the centre which includes early morning yoga and exercise in the evening.

DOSAGE SCHEDULE

1.	Treatment	Pathya ghruta
2.	Time of administration	With meals twice lunch and dinner
3.	Matra (dose)	20ml
4.	Anupana	Koshna jala
5.	Duration	2 months

Counselling by experts

Simple but regular counselling on individual, spouse and family level was done to all patients. Patients were made aware about the hazards of Madaya. The nature of disorder was emotional problems.

Period of treatment

Patients received treatment for 2 months.

CRITERIA FOR ASSESSMENT

Sr. No.	Symptom	Gradation Index
1.	Moha	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
2.	Hrutvyatha	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
3.	Aruchi	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
4.	Trushna	1=Ishat trushna 2=Muhurmuhu trushna 3=satat trushna –Jalasevanottar samadhan 4=satat trushna –jalasevanottar asamadhan
5.	Jvara	1= occasionally 2=once a week 3=Frequently 4=continuous
6.	Shirashula	1= occasionally 2=once a week 3=Frequently 4=continuous
7.	Parshwashula	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
8.	Sandhi asthishula	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
9.	Jrumbha	It is rugnasanvedya, which was assessed during prashna pariksha. 0=yes 1=no
10.	Shramshwasa	1= Dyspnoea after moderate to severe work 2=Dyspnoea after mild to moderate work 3=Dyspnoea after mild work

		4=Dyspnoea at rest
11.	Urovibhandha	It is rugnasanvedya, which was assessed during prashna pariksha.0=yes 1=no
12.	Kasa	1= occasionally 2=once a week 3=Frequently 4=continuous
13.	Hikka	It is rugnasanvedya, which was assessed during prashna pariksha.0=yes 1=no
14.	Shwas	It is rugnasanvedya, which was assessed during prashna pariksha.0=yes 1=no.
15.	Nidranasha	1=less than 8 hrs 2=less than 6 hrs 3=less than 4 hrs 4=less than 2 hrs
16.	Kampa	1=occasional 2-frequent 3=- continuous but not disturbing daily routine 4=continuous and disturbing daily routine
17.	Cchardi	1=1/2 vega 2=2/3 vega 3=3-5 vega 4=5 or more vega
18.	Hrullas	1=nausea 2=nausea and excessive salivation 3=nausea with regurgitation 4=frequently vomiting
19.	Bhrama	1=Kwachit bhrama 2=Cheshtapascat bhrama 3=Nirantar bhrama apitu asansthiti sthiratva 4=nirantar bhrama apitu asansthiti asthiratva
20.	Pralap	1=absent 2=occasionally 3=frequently 4=continuous
21	Asata darshan	It is rugnasanvedya lakshana, which was assessed during prashna paariksha 0-No 1-Yes

OBSERVATIONS

Table 1: incidence of age.

Age (yrs)	Group A		Group B	
	No.of patients	%	No of patients	%
18-30	5	16.66	4	13.33
31-40	14	46.66	21	70
41-50	7	23.33	2	6.66
51-60	4	13.33	3	10

Table 2: Incidence of occupation.

Occupation	Group A		Group B	
	No.of patients	%	No.of patients	%
Business	3	10	4	13.33
Teacher	2	6.66	-	-
Agriculturist	3	10	1	3.33
Driver	2	6.66	2	6.66
Student	2	6.66	3	10
Labour	12	40	11	36.66
Service	4	13.33	8	26.66
Mechanic	2	6.66	1	3.33

Table 3: Incidence of type of alcohol.

Type of alcohol	Group A		Group B	
	No.of patients	%	No. Of patients	%
Whisky	7	23.33	5	16.66
Brandy	2	6.66	1	3.33
Mixed	7	23.33	8	26.66
Country.liquor	14	46.66	16	15.33

Table No 4: Incidence of Quantity of Alcohol.

Quantity (ml)	Group A		Group B	
	No of patients	%	No. Of patients	%
180-360	3	10	2	6.66
360-540	7	23.33	8	26.66
540-720	18	60	15	50
720 & above	2	6.66	5	16.66

Table 5: Incidence of Frequency of Alcohol.

Frquency per day	Group A		Group B	
	No. Of patients	%	No. Of patients	%
1-2 times	2	6.66	2	6.66
2-3 times	4	13.33	5	16.66
3-4 times	4	13.33	6	20
Round the clock	20	66.66	17	56.66

Table 6: Incidence of Duration of Alcohol Consumption.

Duration (in yrs)	Group A		Group B	
	No. of patients	%	No. of patients	%
1-5	5	16.66	4	13.33
6-10	8	26.66	8	26.66
11-15	13	43.33	10	33.33
16-20	2	6.66	6	20
21-25	2	6.66	2	6.66

Table 7: Incidence of Dilution of Alcohol.

Dilution	Group A		Group B	
	No. of patients	%	No. of patients	%
Diluted	27	90	27	90
Undiluted	3	10	3	10

Table 8: Incidence of Food With Alcohol.

Food	Group A		Group B	
	No. Of patients	%	No. of patients	%
With food	24	80	26	86.66
Without food	6	20	4	13.33

Table 9: Incidence of Food After Alcohol.

Food	Group A		Group B	
	No. Of patients	%	No. Of patients	%
Veg	5	16.66	4	13.33
Mixed	25	83.33	26	86.66

Table 10: Incidence of Symptoms.

SYMPTOM	Group A		Group B	
	No. Of patients	No. Of patients	No. Of patients	No. Of patients
Moha	20	21		
Hrudvyatha	25	24		
Aruchi	29	28		
Trushna	28	25		
Jvara	19	15		
Shirshula	25	20		
Parshwashula	22	20		
Sandhi Asthishula	25	18		
Jrumbha	22	21		
Shramashwasa	25	20		
Urovibandha	22	24		
Kasa	18	20		

Hikka	16	18
Shwasa	20	20
Nidranasha	25	26
Kampa	24	28
Cchardi	26	23
Hrullas	26	28
Bhrama	28	20
Pralapa	21	20
Asata darshan	16	20

STATISTICAL ANALYSIS

For calculating results from symptoms within groups before and after treatment Wilcoxon test (equivalent to Paired t-test) was used.

For results in between groups, Mann-Whitney test (equivalent to Unpaired t-test) was used.

For investigations, calculating results within groups before and after treatment Paired t-test was used whereas for results in between groups, unpaired t-test was used.

Group – A is trial group.

Group –B is Control group.

Moha	BT		AT		Relief	Wilcoxon signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	1.00	.00	.80	.41	20.0	2.000	0.046Sig
Group B	.90	.30	.76	.43	15.6	1.134	0,257 NS

Moha	Mean difference Score	Sd	Mann Whitney Z	P
Group A	.2000	.41039	.270	.787NS
Group B	.1429	.57321		

Hrudvyatha	B T		AT		Relief %	Wilcoxon Signed Ranks test Z	P
	Mean Score	Sd	Mean Score	Sd			
Group A	1.00	.00	.72	.45	28.0	2.646	0.008
Group B	1.00.	.00	.88	.33	12.0	1.732	0.083

Hrudvyatha	Mean difference Score	Sd	Mann Whitney Z	P
Group A	.2800	.45826	1.332	0.183NS
Group B	.1250	.33783		

Aruchi	B T		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	1.00	.00	.17	.38	83.0	4.899	<0.001 HS
Group B	1.00	.00	.75	.44	25.0	2.646	0.008 Sig

Aruchi	Mean difference Score	Sd	Mann Whitney Z	P
Group A	.8276	.38443	4.338	<0.001 HS
Group B	.2500	.44096		

Trushna	B T		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean Score	Sd	Mean score	Sd			
Group A	2.68	.94	2.25	.88	16.0	1.896	0.058NS
Group B	2.08	.86	2.00	.76	3.8	0.540	0.589NS

Trushna	Mean difference Score	Sd	Mann Whitney Z	P
Group A	.4286	1.16837	1.143	0.253 NS
Group B	.0800	.81240		

Jwara	B T		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean Score	Sd			
Group A	1.95	.78	2.00	.81	0.0	0.276	0.783 NS
Group B	2.27	.79	2.27	.88	0.0	0.0	1.0 NS

Jwara	Mean difference Score	Sd	C	P
Group A	-.526	.77986	0.291	0.771 NS
Group B	.0000	.53452		

Shirashula	B T		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.28	.84	2.16	.68	5.3	0.966	0.334 NS
Group B	2.40	1.04	2.30	.92	4.2	0.351	0.726 NS

Shirashula	Mean Difference score	Sd	Mann Whitney Z	P
Group A	.1200	.66583	.544	0.586 NS
Group B	.1000	.96791		

Parshwashula	B T		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean Score	Sd			
Group A	2.05	.99	1.27	.82	38.0	2.846	0.004 Sig
Group B	1.00	.00	0.75	.44	25.0	2.236	0.025 Sig

Parshwashula	Mean Difference Score	Sd	Mann Whitney Z	P
Group A	.7727	1.02036	1.789	0.074 NS
Group B	.2500	.44426		

Sandhi Asthishula	BT		AT		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.32	.85	2.36	.86	0.0	.577	0.564 NS
Group B	1.00	.00	.89	.32	11.0	1.414	0.157 NS

Sandhi Asthishula	Mean Difference score	Sd	Mann Whitney Z	p
Group A	-.0400	.35119	1.416	0.157NS
Group B	.1111	.32338		

Jrumbha	B T		AT		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	1.00	.00	.95	.21	5.0	1.000	0.317NS
Group B	1.00	.00	.86	.35	14.0	1.732	0.083NS

Jrumbha	Mean Difference score	Sd	Mann Whitney Z	P
Group A	.0455	.21320	1.086	0.277 NS
Group B	.1429	.35857		

Shramshwas	B T		AT		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean Score	Sd	Mean score	Sd			
Group A	2.40	1.04	1.4	1.19	41.7	3.601	<0.001HS
Group B	2.05	.94	2.05	.75	0.0	0.042	0.967 NS

Shramshwas	Mean Difference Score	Sd	Mann Whitney Z	P
Group A	1.000	.91287	3.191	0.001Sig
Group B	.0000	.97333		

Urovibandha	B T		A T		%Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	1.00	.00	.45	.51	55.0	3.464	0.001 Sig
Group B	1.00	.00	.75	.44	25.0	2.449	0.114 NS

Urovibandha	Mean Difference Score	Sd	Mann Whitney Z	P
Group A	.5455	.50965	2.029	0.042NS
Group B	.2500	.44233		

Hikka	BT		A T		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.13	.88	1.75	.93	17.8	1.857	0.063 NS
Group B	1.78	.64	1.72	.57	3.4	0.333	0.739NS

Hikka	Mean Difference score	Sd	Mann Whitney Z	P
Group A	.3750	.71880	1.331	0.183NS
Group B	.0556	.72536		

Shwasa	BT		AT		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.35	.93	1.65	.74	29.8	2.977	0.003Sig
Group B	1.90	.71	1.80	.61	5.3	0.577	0.564NS

Shwasa	Mean Difference score	Sd	Mann Whitney Z	P
Group A	.7000	.80131	2.451	0.014Sig
Group B	.1000	.78807		

Nidranasha	BT		AT		% Relief	Wilcoxon Signed Ranks test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.00	.86	1.88	.88	6.0	1.342	0.180NS
Group B	1.92	.84	1.92	.68	0.0	0.122	0.903NS

Nidranasha	Mean Difference Score	Sd	Mann Whitney Z	P
Group A	.1200	.43970	1.044	0.296NS
Group B	.0000	.97980		

Hrullasa	BT		A T		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.13	1.10	1.09	.73	48.8	3.482	<0.001HS
Group B	2.18	.86	2.18	.81	0.0	0.0	1.0NS

Hrullasa	Mean Difference score	Sd	MannWhitney Z	P
Group A	1.0435	.97600	3.814	<0.001HS
Group B	0.000	.72008		

Bhrama	BT		AT		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
Group A	2.00	1.04	1.56	1.15	22.0	2.598	0.009Sig
Group B	2.10	1.07	.85	.85	4.8	0.312	0.755NS

Bhrama	Mean Difference score	Sd	MannWhitney Z	P
Group A	.4400	.71181	1.816	0.069NS
Group B	.1000	1.02084		

Asata darshan	BT		AT		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean Score	Sd	Mean Score	Sd			
Group A	1.00	.00	.94	.24	6.0	1.0	0.317NS
Group B	1.00	.00	.75	.44	25.0	2.236	0.025Sig

Asata darshan	Mean Difference Score	Sd	MannWhitney Z	P
Group A	.0588	.24254	1.551	0.121NS
Group A	.2500	.44426		

Symptoms	%Relief Group A	%Relief Group B
Moha	20.0	15.6
Hrudvyatha	28.0	12.0
Aruchi	83.0	25.0
Trushna	16.0	3.8
Jvara	-0.0	0.0
Shirashula	5.3	4.2
Parshwashula	38.0	25.0
SandhiAshthishula	-0.0	11.0
Jrumbha	5.0	14.0
Shramshwasa	41.7	0.0
Urovibandha	55.0	25.0
Kasa	22.8	7.1
Hikka	17.8	3.4
Shwasa	29.8	5.3
Nidranasha	6.0	0.0
Kampa	7.8	-0.0
Chhardi	53.9	0.0

Hrullas	48.8	0.0
Bhrama	22.0	4.8
Pralap	2.7	6.7
Asata darshan	6.0	25.0

Overall Effect	No. of symptoms	
	Group A	Group B
No change(25%)	13	17
Mild change (25% -49%)	5	4
Moderate change (50%-74.9%)	2	0
Good change (75% +)	1	0

Statistical Analysis of investigations within groups before and after treatment

Invest	Group	Mean	Std.Deviation	Unpaired t	P value
Total Bilirubin	Control	1.2880	.11868	2.42	p<0.05 Sig
	Trial	1.0655	.27670		
Direct Bilirubin	Control	.4050	.07367	2.62	p<0.05 Sig
	Trial	.3020	.1128		
Indirect Bilirubin	Control	.8830	.06343	1.12	p>0.05 NS
	Trial	.8135	.18966		
SGPT	Control	41.50	15.284	2.40	p<0.05 Sig
	Trial	25.55	17.981		
SGOT	Control	36.10	10.525	2.92	p<0.01 Sig
	Trial	20.35	15.222		
Alkaline phosphatase	Control	95.80	26.080	2.82	p<0.01 Sig
	Trial	59.85	35.658		

RESULT AND DISCUSSION

According to observations made in this study, it can be stated that most of symptoms of Madatyaya are seen in patients having history of taking madya for more than 5 years.

Samanya lakshanas of madatyaya compromises symptoms occurring due to all three doshas. In severity of symptoms may be due to withdrawal of alcohol. In trial group some symptoms are decreased after treatment but they have same effect in control group also. So statistically cannot prove efficacy.

Incidence of symptoms

Study showed that 66.66% of people from trial group and 70% of people from control group shows.

Moha symptom.83.33% of people from trial group and 80% of people from control group shows Hrudvyatha symptom. The P value is not significant. So the given drug has no specific action on moha and hrudvyatha.

96.66% of people from trial group and 93.33 % of people from control group show symptom aruchi. 93.33% of people from trial group and 83.33% of people from control group shows Trushna symptom. 63.33% of people from trial group and 50% of people from control group shows Jvara symptom. Pathya gruta showed effectiveness on aruchi while no significant effect on Trushna and Jvara.

83.33% of people from trial group and 66.66% of people from control group shows Shirashula symptom. 73.33% of people from trial group and 66.66% of people from control group shows Parshwashula symptom. 83.33% of people from trial group and 60 % of people from control group shows sandhiasthi shula. It did not showed effectiveness on Shirashula, Parshwashula and Sandhiasthi shula.

73.33% of people from trial group and 70% people from control group shows Jrumbha symptom. 83.33% of people from trial group and 66.66 %people from control group shows Shramashwasa symptom. While 73.33% of people from trial group and 80% people from control group shows Urovibandha symptom. The trial drug did not show effectiveness on Jrumbha, Shramashwasa and Urovibandha symptom.

60% people from trial group and 66.66% people from control group shows Kasa symptom. While 53.33% from trial and group & 60% of people from control group have Shwas symptom. Pathya grutha was effective on Kasa and not effective on shwasa.

83.33% of people from trial group & 86.66% of the people from control group have Nidranasha. While 80% of people from trial group & 93.33% of the people from control group have Kampa. Pathya grutha did not show effectiveness on Nidranasha and Kampa.

86.66% of people from trial group & 76.66% of the people from control group have Chhardi, while 86.66% of people from trial group & 93.33% of the people from control group have Hrullasa symptom. The drug was significantly effective in Hrullasa and Chhardi.

93.33 % trial group & 66.66% of the people from control group have Bhrama, while 70% of people from trial group & 66.66% of the people from control group have Pralapa symptom. 53.33% of people from trial group & 66.66% of the people from control group have Asata darshana symptom. The trial drug was not effective on Bhrama, Pralapa and Asata darshana symptom.

Mode of action of pathya ghrut

Main ingredients of Pathya ghruta are haritaki and Ghruta

- 1) Haritaki is mentioned as pathya. It has deepana, pachan, rasayana, dhatushodhan, anuloman, kledashoshan karma. It is mainly kaphavatashamak.
- 2) Ghruta is best amongst all snehas. It has same properties of oja. So it is ojovardhak, dhatuwardhak, and ayuwardhak. Ghruta is also agnideepak. It has snigdha, sthira, preenan gunas.

CONCLUSION

The efficacy of Pathya Ghruta was found on the basis of observations.

Summary of Symptoms

Pathya ghruta had best effect on aruchi as it is Deepaka and Pachaka. It was also very effective on hrullas as it is anulomaka and also have preenana guna. It has moderate effect on shramashwasa, kasa, shwasa, and cchardi. In all these symptoms kaphavatashamak, anulomaka, dhhatuwardhak and rasayan karmas of Pathya ghrut are beneficial. It has mild effect on hikka, moha, hrudvyatha, parshwashula and urovibhandha. It showed no effect on jvara, nidranasha, trushna, shiirshula and sandhi asthi shula and asata darshan.

Summary of investigations**Liver Function test**

Total Bilirubin, Direct bilirubin and Indirect Bilirubin levels were reduced in trial group having Pathya Grutha. SGPT and Alkaline Phosphatase were also decreased. Pathya grutha was useful in reducing the increased values of LFT.

Hence it can be concluded that Pathya grutha was effective in many symptoms of Madatyaya.

Abbreviations

A.H.Chi.: AshtangaHridayaChikitsasthana♣

A.H.Ni. :AshtangaHridayaNidanasthana♣

A.S.Su. :AshtangaHridayaSutrasthana♣

Cha.Chi. :CharakSamhitaChikitsasthana♣

Cha.Su. :CharakSamhitaSutrasthana♣

Ka.Si. : KashyapSamhitaSiddhisthana♣

Ka.Chi. :KashyapSamhitaChikitsasthana♣

Ma.Ni.Pu. :MadhavaNidanaPurvardha ♣

Ma.Ni.U. :MadhavaNidanaUttarardha ♣

Sha.Pu. :SharangadharSamhitaPurvkhanda ♣

Sha.Ma. :SharangadharSamhitaMadhyakhanda ♣

Su.Su. :SushrutaSamhitaSutrasthana ♣

Su.U. :SushrutaSamhitaUttaratantra ♣

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