

**A REVIEW ON SHARANGDHAR SAMHITA W.S.R. TO BHAISHAJYA
KALPANA**

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ABSTRACT

In *Ayurveda Bhaishajya Kalpana* is a branch which is entirely devoted to drug formulations. *Sharangdhara Samhitha* is one of the important *Ayurvedic* literature related to the same. Since the drug manufacturing part is elaborately described in this, it is considered as an authentic text book of *Bhaishajya Kalpana*. It is one of the pioneering work included in *Laghutrayee*, the other two *samhita's* are *Bhavaprakasha & Madhava nidana*. *Acharya Sharngadhara*, who is son of *Damodara* considered as the author of this *Samhita*. He has not only furnished any information about himself or his other works, but also giving out his name as the author at the commencement of the text. *Sharngadhara Samhita* composed of 3 *khandas* in which 32 chapters and 2600 verses

or *shlokas* are explained. This book is designed in a simple and easy language to serve as a handbook and thus it is very useful to the Scholars and Practitioners.

KEYWORDS: *Sharangdhar Samhita, Bhaishajya Kalpana, Laghutrayee.*

INTRODUCTION

Ayurveda is a *Shastra* which including the description of diseases and treatment lie embedded in may *Ayurvedic* treatises which have been written and revised since many centuries. Some

additions have been made to older treatises by the new authors along time to time. It have been added to ancient medical science by enriching with new diseases, new treatment, new medicine and new formulations. So this help to add more fullness and comprehensiveness to this Science.

Sharngadhara Samhita is a Classical text book included in *Laghutrayee*. It stands as a best example of *Ayurvedic* literature of ancient India. From the subject matter of the text, it has been found that author had followed mainly *Charaka Samhita*, *Susruta Samhita* and some *Rasashastra granthas*. Since the drug manufacturing part is elaborately dealt in this, it is considered as an authentic text book of *Bhaishajya Kalpana*. The aim of this text is to explain many useful formulations, which were therapeutically experienced by Physicians to cure diseases of different types.

Author

Acharya Sharngadhara^{[1],[2]}, son of Damodara is considered as the author of this text. Different opinion exists among scholars about the author, as there is no personal information regarding this in the text. There are quotations in the first and last chapters of the text, which denotes that it has been written by *Acharya Sharngadhara*.^[3] Each chapter ends with a prose which proves the previous opinion.

Period: *Sharngadhara Samhita*^{[4],[5]} is assigned to the early part of 14th century A.D.

Commentaries and Commentators

1st Sanskrit commentary: *Bopadeva*^[6] (14 A.D).

Sharngadhara Deepika: Vaidya Adhamalla^[7] (14 A.D).

Goodartha Deepika: Kasirama Vaidya^[8] (16 A.D).

Ayurveda Deepika^[9]: Rudrabhatta (17A.D) - Available only for *Madyama* and *Uthara khanda*.

Translations

English translation: Professor Srikanta Murthy.

Hindi translation: 'Jivanaprada' – by Dr. Shailaja Shrivastava.

Contents

Sharngadhara Samhita consists of 32 chapters and 2600 verses.

It has 3 parts or *Khandas*.

Purva khanda – 7 chapters and 585 verses.

Madhyama khanda – 12 chapters and 1261 verses.

Uttara khanda – 13 chapters and 682 verses.

Purva khanda

Chapter 1 - Paribhasha

- *Manaparibhasha* is explained elaborately in this chapter, with various terms and synonyms.
- 2 types of *Mana* are explained. (1) *Kalinga* (2) *Magadha* (best).
- *Chaturguna mana* is explained here. *Masha, Tanka, Aksha, Bilwa, Kutava, Prasta, Adaka, Rasi, Goni* and *Khari* are quadruples successively.
- Basic principles of *Bhaishajya Kalpana (Adharabhuta siddhanta)* explained for the first time in this *samhita*. Method for *Kutava patra nirmana, Dravya sangrahana vidhi* with *shushka* and *ardra dravya parimana* for the formulations etc are explained.

Table no 1: Ardra shushka dravya parimana according to mana.

Mana	Ardra	Shushka
<i>Gunja to kudava</i>	<i>Sama</i> (equal)	<i>Sama</i> (equal)
<i>Prasta to Tula</i>	<i>Dwiguna</i> (double)	<i>Sama</i> (equal)
<i>Tula onwards</i>	<i>Sama</i> (equal)	<i>Sama</i> (equal)

- *Chandana grahya niyama* is explained. i.e. *Sweta Chandana* is used for *Churna, Sneha, Asavarishta, Avaleha* and *Gudika*. But for *Kashaya* and *Lepa Rakta chandana* is used.

Table no 2: Saveeryatavadhi of Aushadhi kalpanas.

Sr.No	Kalpanas	Saveeryatavadhi
1	Raw drugs	1 year
2	<i>Choorna</i>	2 months
3	<i>Gudika</i> and <i>Avaleha</i>	1 year
4	<i>Ghrita</i> and <i>Taila</i>	4 months
5	<i>Laghupaka oshadhi</i>	1 year
6	<i>Arishta, dhatu</i> and <i>Asava</i>	infinite

Table no 3: Anukta viseshokta grahana of materials.

Kala – Prabhata (Morning)	Anga – Jata(Root)	Bhaga - Samya (Equal)
<i>Patra – Mrit Patra (MudPot)</i>	<i>Drava – Jala</i>	<i>Taila – Tila Taila</i>

Chapter 2 – Bhaishajyakhyanaka

- This chapter deals with the 5 *Bhaishajya kalas* and their indications.

Table no 4: *Bhaishajya kalas* and their indications.

Sr No.	<i>Bhaishajya kala</i>	Indications
1	<i>Suryodaya (Prabhata)</i>	<i>Pitta</i> and <i>kapha</i> disorders, <i>Vireka</i> , <i>Vamana</i> , <i>lekhana</i> .
2	<i>Divasa bhojana</i>	<i>Apana vata</i> disorders: before the meals. <i>Samana vata</i> disorders and <i>mandagni</i> : in between the meals. <i>Aruchi</i> : mixed with meals. <i>Vyana Vata</i> disorders: after the meals.
3	<i>Sayantana bhojana</i>	<i>Hikka</i> , <i>Kampa</i> and <i>Akshepa</i> : before and after the meals. <i>Udanavata</i> disorders and <i>Swarabhanga</i> : <i>grasa</i> and <i>grasantara</i> . <i>Prana vata</i> disorders: after the meals
4	<i>Muhurmuhu</i>	<i>Chardi</i> , <i>Hikka</i> , <i>Swasa</i> , <i>Gara</i>
5	<i>Nishi</i>	<i>Urdwajatru vikara</i> , <i>lekhana</i> , <i>brimhana</i> , <i>pachana</i> , <i>shamana</i>

- *Ritus* and their corresponding *Surya* months, *Chaya*, *Prakopa* and *Prasama* of *Tridoshas* etc are explained.
- *Yamadamshttra*: it is a period of 16 days, i.e. last 8 days of *Kartika* month and 8 days of *Agrayana (marga sheersha)* month. During this period one can be healthy, only if he is *swalpabhukta*.

Chapter 3 – *Nadipariksha*

- This chapter deals with the examination of *Nadi* (pulse) in various physiological and pathological conditions of the body. *Dhamani* situated at the *mula* of *angushta* (i.e. wrist) is known as *jeevasakshini* (radial artery). Physician should recognize the health and ill health of a person from his *Nadi*.
- *Subha* and *Asubha dhuta lakshanas* and *Swapna lakshanas* are also mentioned here.

Chapter 4 – *Deepanapachanadi Vidhi*

- Definition of pharmaceutical terms like *Deepana*, *Pachana*, *Shamana* etc with examples are explained in this chapter.

Chapter 5 - *Kaladikakhyana*

- Description of Anatomy and Physiology of human body is given in this chapter. *Kala*, *Aashaya*, *Dhatu*, *Mala*, *Upadhatu*, *Twak* are 7 in number. 7th layer of *twak* is known as

Stula. Term ' *Tila* ' is mentioned instead of *kloma*, which is the *mula stana* of *Jalavahi sira*. Term ' *Jeevaraktasaya* ' is used to denote Heart.

- Properties and Types of *Doshas* are explained, in which there is a difference in the names of 5 *Kaphas*. *Malas* and *Upadhatus* of *Dhatus* are also explained.
- Physiology of Respiration is explained with new terms like *Vishnupadamrita* and *Ambara piyusha* (both to mean Oxygen). *Srishtikrama* for Respiration is also explained in this chapter.

Chapter 6 – *Aharadi Gati*

- Digestion and metabolism of food is explained in this chapter.
- Detailed description of Posology is given in this chapter.

Table no 5: Description of Posology.

Age	Dose (<i>kalka</i> and <i>churna</i>)
1 month	1 <i>Ratti</i> (with <i>ksheera</i> , <i>kshoudra</i> , <i>sita</i> and <i>ghrita</i>)
2nd month onwards - 1st year	Increase by 1 <i>Ratti</i> (monthly)
1st year	1 <i>Masha</i>
Upto 16 years	Increase by 1 <i>Masha</i> (yearly)
16 – 70 years	16 <i>Masha</i>
Above 70 years	Decrease by 1 <i>Masha</i> (yearly)

- For *Kashaya*, 4 times of the above dose should be given.
- Loss of different biological factors according to the stages of life is described.

Table no 6: Different biological factors according to the stages of life.

<i>Balya</i> – 10 yrs	<i>Vridhhi</i> – 20 yrs	<i>Chavi</i> – 30 yrs
<i>Medha</i> – 40 yrs	<i>Twak</i> – 50 yrs	<i>Drishti</i> – 60 yrs
<i>Shukra</i> – 70 yrs	<i>Vikrama</i> – 80 yrs	<i>Budhi</i> – 90 yrs
<i>Karmendriya</i> – 100 yrs	<i>Chetana</i> – 110 yrs	<i>Jeevita</i> – 120 yrs

- Age specifications for different *Kriyakramas* are also explained in this chapter.

Table no 7: Different *Kriyakarmas* with age specification.

<i>Kriya krama</i>	Age
<i>Anjana, Lepa, Snana, Abhyanga, Vamana, Pratimarsa</i>	From birth itself
<i>Kavala</i>	after 5 yrs
<i>Nasya</i>	after 8 yrs
<i>Virechana</i>	after 16 yrs
<i>Maidhuna</i>	after 20 yrs

Chapter 7 - Rogaganana

- Enumeration of almost all diseases are given in this chapter.
- While explaining *Krimi*, a special type known as *Snayuka krimi* of *kapha rakta* origin is mentioned.
- 3 types of *Stri doshas* are mentioned; *Adaksha purushotpanna*, *Saptmi vihita* and *Daivaja*.
- 4 types of *Upadravas*; due to *Seeta*, *Ushna*, *Salya* and *Kshara*.
- According to *Sharngadhara*, *Nanatmaja rogas* are of 4 types; i.e. *Vataja*-80, *Pittaja*- 40, *Kaphaja*-20 and *Raktaja*-10.

Madhyama Khanda**Chapter 1- Swarasaadi Kalpana**

- *Pancha vidha Kashaya kalpanas*, *Swarasa* preparation methods and dose of both *sagni* and *niragni* methods are explained along with *prakshepa dravyas* and its dose to be taken.
- Different types of *Swaras* with their indications also explained in this chapter.
- *Putapaka Vidhi* is given in this chapter.

Chapter 2- Kwathaadi Kalpana

- Method of preparation, synonyms, dose & time of administration, *prakshepa* drugs & their dose according to *Doshas* as well as individual doses are explained.
- 80 *Kashaya yogas* with indications are mentioned.
- *Upakalpanas* of *Kwatha kalpana* like *Pramathya*, *Paniya*, *Ushnodaka* & *Ksheerapaka* with examples and *Anna kalpanas* like *Yavagu*, *Vilepi*, *Peya*, *Bhakta* & *Manda* are also explained.

Chapter 3- Phanta Kalpana

- Method of preparation, dose, *prakshepa* drugs & their dose, 3 *yogas* of *Phanta kalpana* etc are explained.
- Different types of *Phanta kalpana* with their indications also explained in this chapter.
- *Mantha kalpana* (*Upakalpana* of *Phanta*) with examples are also explained.

Chapter 4- Hima Kalpana

- Method of preparation, dose & some examples of *Hima kalpana* are explained.
- Different types of *Hima Kalpana* with their indications also explained in this chapter.

Chapter 5- Kalka Kalpana

- Method of preparation, synonyms, dose, *prakshepa* drugs with their dose and 17 *Kalka yogas* are explained.
- Different types of *Kalakas* with their indications also explained in this chapter.
- *Vardhamana Pippali prayoga* is mentioned here.

Chapter 6- Churna Kalpana

- Method of preparation of *Churna*, dose, *prakshepa dravya matra* and 53 *Churna yogas* are explained.
- Properties of *Anupana*, dose for *Churnadi kalpanas*, *Bhavana pramana* etc. are also explained.

Chapter 7 - Gutika Kalpana

- Method of preparation, dose, *prakshepa* drugs, 21 *Gutika yogas* etc are mentioned.
- *Guda Chatushtaya prayoga* is explained here.
 - 1) *Guda + Shunti – Ama.*
 - 2) *Guda + Pippali – Ajeerna.*
 - 3) *Guda + Jeeraka – Mutrakrichra.*
 - 4) *Guda + Abhaya – Arsha.*

Chapter 8- Avaleha Kalpana

- Method of preparation & *anukta pramana* of sweetening agents, *Avaleha siddhi lakshanas*, *Anupanas* & 7 *Avaleha yogas* are explained.

Chapter 9 - Sneha Kalpana

- Method of preparation, *Kwatha* preparation for *sneha kalpana* (depending on the nature & *pramana* of *kwathya dravya*) etc are explained.
- *Sneha paka lakshanas*, 3 *Sneha pakas* & their indications, amount of *Kalka* according to the type of *drava dravya*, dose are explained.
- 16 *Ghrita yogas* & 33 *Taila yogas* are also explained.

Chapter 10 - Sandhana Kalpana

- Definition, method of preparation, difference between *Arishtasavas*, dose, *anukta mana* of ingredients of *Arishtasavas*, 13 *Arishta* & *Asava yogas*, etc are explained.

- *Madya bhedas* like *Seedhu*, *Sura*, *Varuni*, *Shukta*, *Tushambu*, *Souveera*, *Kanjika* & *Sandaki* are also explained.

Chapter 11- *Dhatu Shodhana Marana*

- *Dhatu*s are enumerated as: 1) *Swarna*, 2) *Thara*, 3) *Ara*, 4) *Tamra*, 5) *Naga*, 6) *Vanga*, 7) *Tikshnaka*. *Shodhana* & *marana* of 7 *dhatu*s are explained.
- *Sapthopadhatus*, their *shodhana* & *marana* methods are mentioned.
- Common *Satwapatana* method of *Dhatu*s, *shodhana* & *marana* methods of *Ratna*.
- *Mandura*, *Kshara kalpana* etc are also explained.

Chapter 12- *Rasadhyaya*

- *Shodhana of Rasa*, *Gandhaka* & *Darada*, *Hingulotta Parada nirmana*, *Mukhakarana of Parada*, *Gandhaka jarana*, 4 methods *Parada marana* etc are explained.
- 9 *dhatu*s & their relation with *nava grahas*, 9 *Maha visha* drugs & 7 *Upavisha* drugs, *Jayapala* & *Vatsanabha shodhana* etc are also explained in this chapter.
- 46 *Rasa yogas* are explained. Some of them are, *Swayamagni rasa*, *Suchikabharana rasa*, *Anjana rasa*, *Vajeekarana yogas* like *Madanakamadeva rasa* & *Kandarpasundara rasa*.

Uttara khanda

Chapter 1- *Snehapana Vidhi*

- 4 basic Types of *sneha*, their time of application, their mutual combinations, *sneha yonis*, best *sneha* among each group, Indications and contraindications of *Snehapana*, *Samyag Snigdha*, *Atisnigdha* and *Heena snigdha lakshanas* and their *Upakramas* are explained.
- *Snehapana matra* can be decided based on the *bala* of *Dosha*, *Kala*, *Agni* and *Vaya*. i.e. for *deeptagni* – 1 *pala*, *Madhyamagni* – 3 *karsha* and *Jaghanyagni* -2 *karsha*.
- *Sadya sneha yogas*, *Snehajeerna lakshanas* and *upakramas*, *apathyas* during *sneha sevan* etc are explained.

Chapter 2 – *Sweda vidhi*

- Classifications, Indications and contraindications of *Sweda*, Procedures of 4 types of *sweda*, i.e. *Tapa*, *Ushma*, *Upanaha* and *Drava swedas* are given.

Chapter 3 - Vamana Vidhi

- Indications and contraindications of *Vamana*, dose of different *Vamana dravyas*, procedure and paschat karma of *Vamana*, *Samykvamita*, *Ativamita* and *Heena vamita lakshanas*, *Pathya apathyas* after *Vamana*, benefits of *Vamana* are explained.
- 3 *Vamana vegas*: *Uttama* - 8, *Madhyama* – 6 and *Avara* – 4.
- In cases of *Vamana*, *Virechana* and *Sonitamoksha*, *Prasta mana* is considered as 13 ½ *pala*.

Chapter 4 - Virechana Vidhi

- Indications and contraindications of *Virechana*, doses of *Virechana dravyas* are explained.
- *Samyak virikta*, *Durvirikta* and *Ativirikta lakshanas* and their remedies, Benefits of *Virechana* and some *Virechana yogas* etc are explained.

Chapter 5 – Basti Vidhi

- Indications and contraindications of *Anuvasana basti*, *Basti yantra* , *Basti netra*, procedure of *Anuvasana basti* etc are explained.
- *Anuvasana Basti matra*: *Uttama* -6 *pala*, *Madhyama*-3 *pala* and *Heena*-1 ½ *pala*.
- *Samyak Anuvasita lakshanas*, *Paschat karma*, Benefits, *Vyapat* and *Chikitsa*, *Pathyapathyas* of *Anuvasana* etc are also explained.

Chapter 6 - Niruha Basti Vidhi

- Indications and contraindications, preparation of *Basti dravya*, procedure of *Niruha basti*, *Suniruda* and *Durniruda lakshanas* etc are explained.
- *Niruha Basti matra*: *Uttama* – 1 ¼ *prasta*, *Uttama* – 1 ¼ *prasta* and *Heena* – 3 *kutava*.
- Different types of *Bastis* are explained like *Dosha hara vasti*, *Sodhana vasti* etc.

Chapter 7 - Uttarabasti Vidhi

- *Uttarabasti* administration method, *uttarabasti netra pramana*, *sneha matra* for *uttarabasti*, indications and contra-indications of *uttarabasti* etc are explained in this chapter.

Chapter 8 - Nasya Vidhi

- 2 Types of *Nasya*; 1. *Rechana (karshana)*, 2. *Snehana (brimhana)*
- *Virechana nasya matra*:- *Uttama*: 8 *Bindu*, *Madhyama*: 6 *Bindu* & *Adhama*: 4 *Bindu*.

- Indications & contraindications of *nasya*, *samyak*, *heena* & *ati suddha lakshanas* of *nasya*.
- Some *nasya yogas* with indications are also explained. For eg: *Kumkuma nasya*, *Mashadi nasya*, *Marichadi nasya* etc.

Chapter 9 - *Dhumapana Vidhi*

- Types of *Dhumapana*; 6 types: 1) *Shamana* 2) *Brimhana* 3) *Rechana* 4) *Kasaghna* 5) *Vamana* 6) *Vranadhupana*.
- Indications & contraindications of *Dhumapana*, *Dhuma nadi* & its length for each type of *Dhumapana*, *Dhuma varti nirmana* method & Methods of *Dhumapana* are explained.

Chapter 10 – *Gandushadi Vidhi*

- Types of *Gandusha* and *Pratisarana*, *Hinayoga* and *Atiyoga* of *Gandusha*, some *Gandusha*, *Kabala* and *Pratisarana yogas* etc are explained.

Chapter 11 – *Lepadi Vidhi*

- 3 types of *Mukha Lepas* and their *Pramanas* (thickness) are explained; *Doshaghna*- $\frac{1}{4}$ *Angula*, *Vishaha*- $\frac{1}{3}$ *Angula* and *Varnya*- $\frac{1}{2}$ *Angula*.
- Many *Lepa yogas* for different diseases are explained; eg: *keedaghna lepa*, *lepa* for *Palita*, *Indralupta* etc.
- 4 types of *Murdha Taila* explained; i.e. *Abhyanga*, *Parisheka*, *Pichu* and *Basti*.
- Detailed description of *Sirobasti vidhi* and *Karnapurana vidhi* etc are given.

Chapter 12 - *Shonitavisrava Vidhi*

- Quantity of blood to be let in *Raktamoksha* is 1 *prasta* / $\frac{1}{2}$ *prasta* / $\frac{1}{4}$ *prasta*.
- *Shuddha* and *Dushta rakta lakshanas*, indications and contraindications, various methods for *Raktasrava* according to *Doshas* etc are also explained.

Chapter 13 - *Netra Prasadana Karma*

- 7 *Netra kalpanas* are explained in this chapter. They are *Seka*, *Aschotana*, *Pindi*, *Bidalaka*, *Tarpana*, *Putapaka* and *Anjana*.
- Indications, contra indications, dosage, time and duration all *netra karmas* along with examples are explained.

Specialities of *Sharangdhar Samhita*^{[10],[11],[12]}

- *Nadipareeksha vidhi* is explained for the first time in this text as a method for diagnosis of diseases.
- It is the first book describing method of Respiration mentioning special terms like *Ambarapeeyusha & Vishnupadamrita*.
- Detailed description of *Saveeryatavadhi* of formulations are given in *Prathama khanda*.
- Pharmacological terms are clearly defined in *Deepanapachanadi vidhi adhyaya*.
- Enumeration of diseases are done in a systematic manner in the *Rogaganana* chapter. *Raktaja nanatmaja vyadhis* are explained for the first time here. *Snayuka krimi roga* has been recognised for first time in this text.
- Chronological *kshaya* of different biological factors like *Balya, Vriddhi* etc in different decades of life are explained in systematic manner.
- Detailed description of different *kalpanas* are seen in *madhyama khanda*.
- Drugs like *Ahiphena, Akarakarabha, Jatiphala, Bhanga* etc are incorporated into *Ayurvedic* materia medica.
- *Soochikabharana Rasa prayoga* - a new mode of administration of drug directly into blood stream through an artificial wound is explained.
- Frequent use of *visha dravyas* like *Vatsanabha, Vishamushti, Jayapala* etc in therapeutics.
- *Parshni daha* in *Vishuchika, Agnikarma* in *Andakosha vriddhi, stanika dahana karma* in *Yakrit & Pleeha* disorders are explained.
- 7 methods of *Anagni Swedas* (*Niyudha, Margagamanam, Gurupravaranam, Ksudha, Chinta, Vyayama & Bhara*) are given.
- 1 *Prasta* is considered equivalent to 13 ½ *palas* in the context of *Vamana, Virechana* and *Rakthamokshana*.
- *Virechana yogas* like *Abhayadi modaka, Shadrithu virechana yogas* etc are explained.
- 14 *Pratimarsa nasya kalas* and 7 *Netra kalpanas* are also explained.

CONCLUSION

Collecting many precious stones from the ocean of *Ayurveda*, *Acharyas* like *Agnivesa, Susruta, Vagbhata, Harita* etc composed various *samhitas*. *Acharya Sharngdhara* collected few efficient formulations from these *Samhitas* and prepared this treatise. This *Samhita* is mainly written for the men who have short life span and poor intelligence, by which they can't understand the whole literature of *Ayurveda*.

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