

THERAPUTIC EFFECTS OF AYURVEDA FRUITS

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ABSTRACT

In Ayurveda different types of fruits and their medicinal values has been explained by acharyas. Acharya Bhaishajyaratnakara said while explaining pathya the ideal fruits in different diseases. These fruits will nourish Rasadisaptadhatu and nutrition and acts as preventive and health promotive. These fruits like Amalaki, Draksha etc, will also acts Rasayana.

Keywords: Ayurveda, Phala, Fruits, Active principles, Nutrition, Samhita, Nighantus etc.

INTRODUCTION

Ayurveda is the only science which guides about healthy regimens, wholesome diet to live healthy, happy and long life. The science given more importance to Ahara, Nidra and Bhramacharya. Food is the main cause for the health as well as diseases. In the present era because of excess use of Junk food, lack of nutrition leading to different Nutritional deficiency disorders. In Ayurveda Samhitagranthas many number of

Fruits and their therapeutic effect has been explained by Acharyas.

The body is nourished by the food which is named as Shareera. The health of the body is depend on wholesome and nutritious food otherwise leads to different diseases.

Nutrition is defined as the organic process of nourishing or being nourished; the processes by which an organism assimilates food and uses it for growth and maintenance.¹

Nutrition is related to improved Infant, Child, Maternal health, stronger

immune system, safer pregnancy and childbirth lower risk of Non-communicable disease such as Cardiovascular disease, Diabetes mellitus and so on which gives longevity.

The aim of Ayurveda is "**swasthasya swasthya rakshanam, aaturasya vikara prashamanam**" To maintain the health of a healthy person by following proper food and to cure the diseases.

Acharya Charaka explained "**Phalavarga**" in Anapanavidhimadhyaya of Sutrasthana 27th chapter. Acharya Sushruta in Anapanavidhimadhyaya of Sutrasthana 46th chapter. Acharya Vagbhata said Annaswarupavijnaneeya of Sutrasthana 6th chapter. Different **Phalavarga:** Dadima Amalaka Badara Kola Karkandu Souveera Sinchitika Kapittha Matulunga Amra Amrataka Karamarda Priyala Naranga Jambeera Lakucha Bavya Paravata Vetrphala Pracheenamalaka Tintidka Koshamra Amleeka.⁶

According to Bhavamishra **Amradi Phalavarga** ⁷

- **Amra:** Madhura Kashayarasa, Vrushya, Snigdha, Sukhakara, and Balakara, Guru, Vatanashaka, Hrudhya

fruits their benefits has been explained in respective chapters.^{2, 3, 4}

This article throwing light on different fruits which has been explained in amhitagrantas, Nighantus and in respective diseases context, its benefits, Nutrient value, Fruit of choice in specific disease like Dadima in Grahaniroga, Draksha in Panduroga, Kapittha in Madhumeha, Nutrition, Research, Mode of action etc, has been discussed.

Table showing Phalavarga according to Acharya Vagbhata ⁵

Draksha, Dadima	Kadali,	Vrukshamla
Kharjura, Panasa,	Narikela,	Peelu
Parushaka,	Amrata,	Matulunga
Kashmarya,	Badara,	Bhallataka
Phalgu,	Badama,	Palevata
Sleshmataka,	Abhishuka,	Kola
Akarota,	Mukulaka,	Karkunda
Nikochaka, Bilva, Kapittha		Amleeka
Jambu and Amra		

Varnyakara, Sheeta, Pittakara and Agnivardhaka.

- **Kapittha:** Kashaya, Sangrahi Laghu, Lekhana, Pakva- Guru, Kantya, Trishna, Hikka, Vatapittahara.
- **Draksha:** Madhura, Kashayayasa, Saraka, Sheetala, Netrya, Brumhana, Guru, Swarya, Malamutra pravrittikara, Vrushya, Ruchya, Pushtikara. Trishna, Jwara, Vatarakta, Mutrakrichra,

Kamala, Raktapitta, Daha, Shosha, Madatyaya.

- **Kharjura:** Sheetaveerya, Madhurarasa, Madhuravipaka, Snigdha, Ruchikara, Hrudya, Kshatakshayahara, Guru, Tarpaka, Raktapittahara, Pushti, Vishatmbi, Shukrakaram, Balaya, Chardihara, Jwaratisara, Trishna, Kasa Shwasahara. Mada, Murcha.

Hrudhyagana ⁸

Acharya Charaka said Hrudhyaganasa are-

Aamramaratakalakuchakaramardavruk shamlamalavetasa kuvala badaradadima matulunga

The fruits like Amalaki, Dadima, Kapittha, Draksha, Jambu, Kharjura, Phalgu, Amra, Chinchu and Nimbuka gunakarma, Medicinal value, Nutritional Pharmacological Action Chemical Constituent and Indication has been discussed here.

Gunakarma: Amla, Madhura, Kashaya, Tikta and Katurasa, Guru, Ruksha and Sheetaguna, sheetaveerya, Madhuravipaka and Doshagnata Tridoshashamaka.

Action: Deepana, Pachana, Ropana, Trishna, Grahi, Mutrala, Jwaraghna, Balya, Hrudhya and Shothaghna.

Pharmacological Action: Anti diarrheal, Anti hermetic, Antifungal, Antibacterial, Antioxidant and Anti diabetic.

Chemical Constituents: Tannin, Carbohydrates, Proteins, Riboflavin, Thiamine, Vitamin- C and Citric acid.

Nutrition: Rich in Vitamin C, Calcium and Tannin.

Indication: Mukharoga, Kantharoga, Aruchi, Agnimandhya, Thrishna, Amlapitta, Atisara, Pravahika, Jwara and Krimiroga.

1. AMALAKI: ⁹⁻¹²



Latin name: *Emblica officinalis*
Linn, Family: Euphorbiaceae,
English: Indian Gooseberry.

2. DADIMA: ⁹⁻¹²



Latin name: *Punica granatum*
Linn, Family: Punicaceae, **English:** Pomegranate

Gunakarma: Madhuramla
kashayarasa, Laghusnigdha
guna, anushnaveerya
vipaka madhuramla and Doshaghnata
Tridoshashamaka.

Action: Ruchya, Grahi, Kantya,
Lekhana, Vishaghna and
Vatanulomaka.

Pharmacological Action:
Antibacterial and Anticarcinogenic.

Chemical Constituents: Flavonoids
C- glucosoids, Stigmesterol, Alkaloids,
Linolenic acid, Protein, Vitamin-C and
Osthenol.

Nutrition: Proteins, Carbohydrates
and Minerals Calcium, Iron,
Magnesium, Phosphorus and vitamins.

Indication: Ajeerna, Aruchi,
Agnimandhya, Atisara, Pravahika,
Grahaniroga, Arshas, Prameha,
Raktapitta, Shwasa, Hikka,
Karnashoola and Nertraroga.

Madhuramlakatu vipaka, Doshaghnata
Vatapittashamaka.

Action: Hridhya, Anulomana, Medhya,
Kantya, Raktaprasadana, Vrushya,
Mutrala, Balya, Brumhana and
Chakshushyaya.

Pharmacological Action:
Hepatoprotective, Antioxidant, Cardio
protective, Breast cancer suppressor &
Antibacterial, Anti ulcer and Tumour
inhibitory.

Chemical Constituents: Linoleic
acid, Glycosoid, Biflavonoids, Tannic
acid, Glucose, Fructose and Galactose.

Nutrition: Calcium, Phosphorus and
Iron.

Indication: Bhrama, Madatyaya,
Trishna, Chardi, Vibandha, Grahani,
Gulma, Kamala, Panduroga, Vatarakta,
Raktapitta, Kshaya, Kasa, Swasa,
Jwara. Mutrakrichra and Twakroga.

4. DRAKSHA: 9-12

3. KAPITTHA: 9-12



Latin name: *Limonia acidissima*
Linn, Family: Rutaceae, **English:**
Wood apple

Gunakarma: Madhur, Amla,
Kashayarasa, Guruguna, Sheetaverya,



Latin name: *Vitis vinifera* Linn,
Family: Vitaceae, **English:** **Dry**
Grapes

Gunakarma: Madhurarasa,
Snigdha, Gururidhu, Laghu, Vipaka, Doshaghnata

Sheetavverya, Madhuravipaka
Doshagnata Vatapittashamaka.

Action: Deepana, Pachana,
Stambhana, Dahaprashamana and
Chardinigraha.

Pharmacological Action:
Hypoglycaemic, Antiviral, Anti fertility,
Anti inflammatory and Antipyretic.

Chemical Constituents: Glucosids,
Sucrose, Tannin, Gallic acid, Malic and
Oxalic acid, Oleanolic acid, Seed- 4-
beta-glucoside, 5-hydroxymethyle.

Nutrition: Iron, Calcium, Magnesium,
Potassium and Phosphorus helpful in
proper development.

Indication: Ajeerna, Agnimandhya
Atisara, Pravahika, Grahaniroga,
Twakroga, Raktapitta, Raktapradara,
Raktatisara, Madhumeha, Phiranga
and Upadamsha.

5. JAMOON/ JAMBU: 9-12



Latin name: *Syzygium cumuni*
Linn, Family: Myrtaceae, **English:**
Indian blackberry

Gunakarma: Kashaya, Madhura,
Amlarasa, Laghu, Rukshaguna,
Sheetaveerya, Katuvipaka and
Doshagnata Pittashamaka.

Action: Deepana, Pachana,
Stambhana, Dahaprashamana and
Chardinigraha.

Pharmacological Action:
Hypoglycaemic, Antiviral, Anti fertility,
Anti inflammatory and Antipyretic.

Chemical Constituents: Glucosids,
Sucrose, Tannin, Gallic acid, Malic and
Oxalic acid, Oleanolic acid, Seed- 4-
beta-glucoside, 5-hydroxymethyle.

Nutrition: Proteins, Carbohydrates,
Minerals, Tannin and Vitamins.

Indication: Ajeerna, Agnimandhya
Atisara, Pravahika, Grahaniroga,
Twakroga, Raktapitta, Raktapradara,
Raktatisara, Madhumeha, Phiranga
and Upadamsha.

6. KHARJURA: 9-12



Latin name: *Phoenix sylvestris*
Roxb, Family: Arecaceae, **English:**
Date

Gunakarma: Madhurarasa,
Snigdha gura, Sheetaveerya,
Madhuravipaka and Doshagnata
Vatapittashamaka.

Action: Snehana, Anulomana,
Raktashodhaka, Mutrala, Vrushya,

Balya, Brumhana and Dahaprashamana.

Pharmacological Action:

Aantibacterial, anti-inflammatory, anti-diabetic, anti-asthamatic, nephroprotective, hepatoprotective and aphrodisiac activities. Fruit contains anthocyanins, phenolics, sterols, carotenoids, and flavonoids.

Chemical Constituents: Sterols, Carotenoids, Procyanidins and Flavonoids

Nutrition: Proteins, Vitamins, Carbohydrates and Calcium.

Indication: Madatyaya, Murcha, Bhrama, Gridhrasi, Vatavyadhi, Trishna, Chardi, Krimi, Atisara, Kasa, Swasa, Hikka, Mutrakrichra, Shotha and Kshaya.

7. ANJUR/ PHALGU: 9-12



Latin name: *Ficus carica* Linn,

Family: Moraceae, **English:** Figs

Gunakarma: Madhurarasa, Guru, Snigdthaguna, SheetaVeerya, MadhuraVipaka

and Doshaghnata Vatapittashamaka.

Action: Vrunaropana, Raktashodhaka, Stambhana, Krimighna, Balya,

Brumhana, Deepana, Pachana and Rochana.

Pharmacological Action:

Antibacterial, Antifungal, CNS and Cardiac stimulant, Cardio tonic, Antipyretic, Antioxidant, Hypoglycaemic and Diuretic.

Chemical Constituents: Amino acids, Gallicacids, Citric, malic acid, Riboflavin, Vitamin-C and Tannin.

Nutrition: Proteins, Carbohydrates, Minerals and Iron.

Indication: Atisara, Pravahika, Raktapitta, Krimi, Prameha, Hridroga, Aruchi and Agnimandhya.

8. AMRA: 9-12



Latin name: *Mangifera Indica*

Linn, Family: Anacardiaceae,

English: Mango

Guna karma: Madhurarasa, Guru, Snigdthaguna,

Sheetaveerya, Madhuravipaka and Doshaghnata Vatapittashamaka.

Action: Pittakara, Thishnashamaka and Rochaka.

Pharmacological Action: Anti inflammatory, Antifungal, Immuno modulator,

Ant oxidative and insecticide.

Chemical Constituents: Vitamin C, Riboflavin, Proteins, Carbohydrates, Carotenes, Malic, Lactic, oxalic and citric acid.

Nutrition: Proteins, Carbohydrate, Minerals Calcium, Tannin and Vitamins.

Indication: Aruchi, Agnimandhya, Arshas, Atisara, Jwara, Pratishyaya, Kasa, Shotha, Vatavyadhi, Twakroga, Netraroga and Karnaroga.

9. CHINCHA: 9-12



Latin name: *Tamarindus indica*

Linn, Family: Caesalpiniaceous,

English: Tamarind

Gunakarma: Madhuramlarasa, Gururukshaguna, Ushnaveerya, Amlavipaka and Doshaghnata Vatashamaka.

Action: Deepana, Pachana, Rochana, Anulomana, Malabedaka, Trishna and Shramahara.

Pharmacological Action: Anti inflammatory, Antifungal, Immuno modulator, Ant oxidative and insecticide.

Chemical Constituents: Vitamin C, Riboflavin, Proteins, Carbohydrates, Carotenes, Malic, Lactic, oxalic and citric acid.

Nutrition: good source of minerals like copper, potassium, calcium, **iron**, selenium, zinc and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. **Iron** is essential for red blood cell production and as a co-factor for cytochrome oxidases enzymes. Functions for enzyme metabolism in the human body, including **thiamin**, vitamin-A, folic acid, riboflavin, niacin, and vitamin-C.

Indication: Aruchi, Trishna, Vamana Agnimandhya, Shoola, Yakritvikara and Krimi.

10. NIMBU: 9-12



Latin name: *Citrus Limon* Linn,

Family: Rutaceae, **English:** Lemon

Gunakarma: Amlarasa, Guru, Teekshna Guna, Ushna Veerya, Amla Vipaka and Doshaghnata Kaphavatashamaka.

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Action: Deepana, Pachana, Rochana and Anulomana.

Pharmacological Action: antioxidant, anti-inflammatory, antiallergic, antiviral, antiproliferative, antimutagenic and anticancer activities.

Chemical Constituents: including polyphenols, terpens and tannins and Citric acid.

Nutrition: Vitamin-C, Fibre and Potassium.

Indication: Aruchi, Trishna, Vamana Agnimandhya, Shoola, Yakritvikara and Krimi.

Table showing Roganusara Phala ¹³⁻¹⁴

SL. NO	DISEASE	NAME OF THE FRUITS
1.	Hridroga	Kadaliphala, Draksha, Chinch, Dadima and Madhuramara phala.
2.	Panduroga	Amalaki, Pakvamra and Draksha
3.	Atisara, Grahani	Dadimadwaya, Jambuphala and Kapittha
4.	Amlapitta	Kapittha, Dadima and Amalaki.
5.	Vrushya/Rasayana	Kharjura, Amrataka, Draksha, Abhishuka, Akshot, Nikochaka, Kadali, Amra and Panasaphala
6.	Arshas	Amalaki, Jambeera, Kapittha and Nimbhuka
7.	Raktapitta	Dadima, Kharjura, Amalaki, Draksha and Kapittha
8.	Rajayakshma	Drakshaphala, Panasaamraphala, Amalaki and Kharjura
9.	Kasa, Shwasa and Hikka	Matulunga, Draksha, Pakva Kapittha and Jambeera.
10.	Chardi	Jambeera, Amra, Draksha, Kapittha, Dadima, Bijapura, Jatiphala and Narikela
11.	Madatyaya	Matulunga, Parushaka, Kharjura, Dadima, Narikela and Draksha
12.	Daharoga	Draksha, Parushaka, Narikela, Kharjura
13.	Unmada, Apasmara	Narikela, Draksha, Kapittha, Panasa, Parushaka and Swadu dadima
14.	Vatavyadhi	Parushaka, Jambeera, Badara, Draksha, Naranga, Dadimadwayam, Badara
15.	Shoola	Amra, Draksha and Kapittha
16.	Madhumeha	Kharjura, Kapittha, Udumbara and Amalaki
17.	Eye, ENT	Amalaki, Haritaki, Vibhitaki, Draksha. Kadali, Amra, Matulunga, Draksha, Dadima, Narikela and Kapittha.

Functions of Active principles and

Nutrition: 15, 16, 17, 18

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- **Tannin:** Accelerate blood clotting, reduce blood pressure, decrease

serum lipid level, and modulate immune responses and antimicrobial activity.

- **Vitamin C:** Powerful antioxidant helps to lower blood pressure, help to reduce uric acid in blood, improve the absorption of iron and reduce risk of heart disease.
- **Calcium:** To build and maintain strong bones, proper functioning on heart muscles, nerves, prevent high blood pressure, protect against breast cancer.
- **Minerals:** Sodium, Potassium, Chloride, Calcium, Phosphorous, Magnesium, Sulphur.
- **Sodium:** Fluid balance, Nerve impulse transmission and muscle function.
- **Potassium:** Helps to regulate fluid balance, Muscle contractions, nerve signals, reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones, relief from anxiety and stress.
- **Chloride:** Fluid balance, maintain proper blood volume, blood pressure, pH of body fluids.
- **Calcium:** To build strong bones, for proper functioning of heart, muscles, nerves, in high blood pressure.
- **Phosphorous:** Build strong bones and teeth, filter out waste in kidney, managing energy storage, assess, maintain and repair tissue and cells. Produce D.N.A and R.N.A, body's genetic building blocks.
- **Magnesium:** Involved in biochemical reactions of body, boosts exercise performance, benefits against type 2 diabetes mellitus, can lower the blood pressure, anti-inflammatory benefits, prevents migraines, and reduces insulin resistance.
- **Sulphur:** Antibacterial effects against the bacteria that cause acne help to promote the loosening and shedding of skin.
- **Linoleic acid:** support of heart health, reduces total and L.D.L Cholesterol, improves insulin sensitivity and blood pressure.
- **Glycosides:** Antioxidant activity, Anticancer and anti tumour activity, Hepato protective activity, anti-inflammatory activity, anti diabetes activity, Antiviral activity, Antibacterial activity, Antifungal activity.
- **Oleanolic acid:** Anticancerous effects, Anti diabetic activity, Antimicrobial activity, Hepatoprotective activity, Antihypertensive activity, Antioxidant activity, Anti-inflammatory potential.

- **Gallic acid:** Antifungal, antiviral properties, antioxidant properties, cytotoxicity against cancer cells.
- **Mallic acid:** Boosts sport performance, improve body's absorption of creatinine, promote energy production, increase exercise endurance, help fight off muscle fatigue.
- **Lactic acid:** Control of intestinal infections, improved digestion of lactose, control of some types of cancer, control of serum cholesterol levels.
- **Oxalic acid:** No much good health effects, it's a normal end product of metabolism in a number of plant tissues, additional consumption may cause stone formation.
- **Amino acid:** Greater fat burn, building blocks of protein, prevents muscle damage, reduce mental fatigue, and improve muscle recovery, synthesis of hormones and neurotransmitters.
- **Riboflavin:** Helps the body to breakdown carbohydrates, proteins, fats to produce energy, allows oxygen to be used by the body.

DISCUSSION:

- Acharyas have been explained different types of Fruits in different

context exclusively. In Bhaishajyaratnavali best pathya fruit is said in different diseases while explaining pathya apathya like Dadima in Grahaniroga, Draksha in Panduroga and so on.

CONCLUSION:

- Many numbers of fruits said by acharyas among them Amalaki fruit is said to be Sadapathya consists different active principles and Nutrition which acts preventive and health promotive.
- Amalaki, Udumbara, Kapittha, Jambu and Kharjura are said to be best pathya fruit in most common disease like Madhumeha and so on.

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