

# Ayurvedic Perspective of Karnini Yoni Vyapad

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**Abstract—** *Karnini Yoni vyapad is one of the common diseases of the women in their reproductive phase disrupting their normal functioning, quality of life and interpersonal relationship. Some of the symptoms of karnini yoni vyapad are white discharge per vagina, low back ache, abdominal pain and dysuria. However, more often the symptoms are over looked making the women suffer and complicate the treatment procedure. Hence proper counseling and awareness is important regarding the disease, symptoms and complications. Aims and Objectives: To study the detailed concept of Karnini yoni vyapad as mentioned in all the Ayurvedic classics. Materials & Methods: It is a conceptual study; materials were collected from different Ayurvedic classics and literatures related to the topic. In this study all the perspective of Karnini yoni vyapad are studied from various classical references and findings are critically evaluated and analyzed. The Ayurvedic perspective of treatment protocol for Karnini yoni vyapad is based on correction of kapha and vata dosa which is the root cause of the vyadhi and offers excellent remedy which is safe and economic with promising outcome.*

**Index Terms-** *Karnini Yoni Vyapad, Samprapti Lakshana, Patho-Physiology, Chikitsa.*

## I. INTRODUCTION

The health of a nation depends upon the health of women because the healthy and happy women lay the first step of a prosperous nation. A female's multifaceted life undergoes series of physiological changes in each and every phase. Any feeling of physical and psychological factor directly influences her attitude and efficacy. Her active reproductive phase is bestowed with highest orientation of physical and psychological balance for maintenance of harmony in her. Owing to complicated structure of the female body, women are subjected to a large number of complaints connected with genital organs. These ailments are frequently of an extremely distressing character. Apart from attending natural processes of

menstruation, pregnancy and menopause; one of the most inconvenient diseases is *Karnini yoni vyapad* with symptoms of discharge per vagina, itching, low backache, abdominal pain, dysuria and ultimately infertility which in turn leads to psychological issues. Ayurveda has explained woman's health in detail and emphasized on all the preventive as well as curative measures to preserve it in the healthiest state. That is why different gynecological disorders are discussed vividly in Ayurvedic classics under the common heading of *Yonivyapad*. *Karnini Yoni vyapad* which is one among twenty *yonivyapads* is a common problem of the females in the reproductive age group; has got a detailed patho-physiology and treatment in the classical literature of Ayurveda.

## II. AIMS AND OBJECTIVES

To study the detailed concept of *Karnini yoni vyapad* as mentioned in all the Ayurvedic classics.

## III. MATERIALS & METHODS

It is a conceptual study; materials were collected from different Ayurvedic classics and literatures related to the topic.

## IV. REVIEW OF THE DISEASE

Classics of Ayurveda describe most of the gynaecological problems as *yonivyapad*. The disease *karnini* is mentioned as one of *yonivyapad* under twenty type of *yonivyapad* in Charaka Samhita chikitsa sthana. Other classics like Sushruta Samhita and Astanga Samgraha also mentioned clearly about it. But there are many other diseases in which the symptoms of *karnini* are described as symptoms. Acharyas mentioned 20 types of *yonivyapad*. Charaka Samhita, Sushrut Samhita, Astanga Sangraha, Astanga

Hriday mentioned detailed description about yoni vyapad whereas Bhava prakash described 20 yoni rogas in detail but did not mention the number of yoni roga in sloka. (Ca.Su. 19/3, Ca.Chi. 30/7, Ca. Chi. 30/37, Su. Ut. 38/5, A.S.Ut. 38/32, Ka. Sam. Su. 27/56, Y.R.Yoniroga)

20 types of Yoni vyapads mentioned by different Acharyas: (Table 1)

Dosha	Charaka	Sushruta	Vagbhata
Vataja	Vatiki, Acarana, Aticarana, Prakcarana, Udavartini, Putraghni, Antarmukhi, Sucimukhi, Suska, Sanda Yoni, Mahayoni	Udavartini, Vandhya, Vipluta, Paripluta, Vatala	Vatiki, Prakcarana, Aticarana, Vamini, Udavritta, Jataghni, Antarmukhi, Suska, Sandi, Mahayoni
Pittaja	Paittiki, Raktayoni, Arajaska	Rudhiraksara, Vamini, Sramsini, Putraghni, Pittala	Paittiki, Raktayoni
Kaphaja	Slaismiki	Aryananda, Karnini, Acarana, Aticarana, Sleshmala	Slaismiki
Sannipataja	Sannipatiki	Sanda, Phalini, Mahati, Sucivakra, Sarvaja	Sannipatiki
Vatapittaja	Paripluta, Vamini	-----	Lohitaksaya, Paripluta
Vatakapahaja	Upapluta, Karnini	-----	Upapluta, Karnini
Krimi ja	-----	-----	Vipluta

Bhava prakash following Sushruta has substituted Anandcarana or Carana and Andini in place of Acarana and Phalini respectively. In Yogaratnakar

description is identical to that of Madhava Nidan.

Aetiology of Yoni vyapad in general: (Table 2)

Charaka(Ch a.chi.30/7-8)	Sushruta(Su. Ut.38/3-6)	Astanga Sangraha (A.S.Ut. 38/32) Astanga Hridaya (A.H.33/27-28)	M.N / BP/ YR
Mithya achar Pradusta artava Bija dosha Daiva kopa	Mithyachara Pradusta artava Bija dosha Daivakopa Atimaitihuna With ruksha, durbala, bala stree.	Dusta bhojan Bisam anga shayan Ati maitihun Dusta artava Apadravya prayoga Bija dosha Daivata.	Fol lowe d char ak.

Brief description about each of them is given below:

- 1) **Mithyachara:**  
A) Abnormal diet or *mithyachar*: *Mithyachar* means improper diet. Abnormality in diet refers to excessive meal or inadequate diet along with unwholesome and unhygienic and incompatible food causes disturbances in gastrointestinal system, vitiates *dosas* thus influence nourishment or general health of the woman and produce different types of diseases.  
B) Abnormal mode of living or *mithyavihar*: *Mithyavihar* means improper conduct. It is also very important factor for maintenance of health. Vigorous exercises, running, keeping awake until late hours, carrying heavy loads, excessive riding, walking long distances, suppression of natural urges etc can disturb the *vata* and causes *vata prakopa*. The mental factors like anger, grief, fear and psychological factors like unsatisfactory or disturbed intercourse and excessive exposure to sunlight, heat etc can cause *pitta prakopa*. Day sleep, laziness and sedentary habits are *kapha prakopaka viharas*.
- 2) **Pradusta Artava:** The word 'Artava' refers to female hormone, ovum and menstrual blood. So if any abnormality found regarding these then definitely that will cause menstrual disturbances and cause *yonivyapad*.
- 3) **Beeja dosha:** In Ayurveda, the term 'beeja' is used to denote the sperm and ovum. If abnormal *beeja* will be there then the offspring will

be defective. The congenital defects of vagina like *suchimukhi* and *sandi* are due to defectiveness of the *beeja*. Acharya Charaka has described about *bija bhaga*, *bija bhagaavayava*. Acharya Vagbhata also has clearly described similar to Acharya Charaka. 4) *Daiva*: Acharya Charaka has explained that the effect of what is done during the previous life is known as *Daiva*. The effect of what is done during the present life is known as *purushakara*. In such condition where specific *dosha dushya sammurchana* is not demonstrable, it is believed that influence of supernatural power is the causative factor of the disease. *Yoni rogas*, in which causes cannot be found, it can be said that the disease is caused by *daiva* or super natural power.

*Karnini Yoni Vyapad*: *Karnini yoni vyapad* is regarded as one among 20 *yoni vayapad* and is characterized by elevated lesion at *garbhasaya greeva*. The lesion is said to resemble pericarp of lotus flower in appearance. The *karnini* is chronic illness of the *garbhasaya greeva mukha* (uterine cervix).

Etymology of the word *Karnini*: The word *karnini* is derived from “*karnin*” which refers to having ears, relating to ears, barbed, furnished with knots. (Sir Monier-Williams dictionary and Amarkosha 3.3.15)

*Karnika* in ayurvedic literature-

- कर्णिकामितिकणिकाकारग्रन्थिम्॥ (Ch.chi. 30/27, Chakrapani)

A mass lesion identical to pericarp of lotus flower.

- कणिकामासकन्दी (Su.ut. 38/15,17. Dalhana)

Bulbous protuberance of flesh is *karnika*.

- कर्णिकांपद्मकर्णिकातुल्यमासाङ्कुरमित्यर्थः। (A.S.Ut38/51, Indu)

The minute elevations or sprouts of flesh simulating the pericarp of lotus flower are called as *karnika*.

- इकणिकामांसकन्दाकारग्रन्थिः (M.N. 62/8,10, Madhukosh)

Protuberance simulating bulbous mass of flesh is known as *karnika*.

- यौनौगर्भशयद्वारमुखे (A.S.Ut 38/51, Indu)

The word *yoni* refers to the whole female genital organ. In the context of *karnini yoni vayapatyoni* the site of lesion is specified as *garbhasaya dwara mukha*.

References of *Karnini Yonivyapad* in various classics: Brihat trayee ( Ca.Ci 30/27-28, Su.U.38/15-17,A.S.U. 38/51, A.H. U. 33/50-51), Madhava Nidan (part 2,chapter 62, 8-10) Bhava Prakasha (Chikistasthana 7/11-13)& Yoga Ratnakara (Yoni Rogadhikar 12)

Aetiology of *Karnini Yoni vyapad*: Charaka Samhita: (Ca.Chi. 30/27-28, Ca.Chi. 30/27, Chakrapani) Due to straining during labour in the absence of labour pains, the *vayu* obstructed by fetus, withholding *kapha* and getting mixed with *rakta* produces *karnini* in *yoni*, which obstructs the passage of *raja*. Due to presence of *karnika*, this condition is termed as *karnini* is the opinion of Acharya Charaka. Susruta Samhita: (Su.Ut. 38/15,17, (Su.Ut. 38/15 & 17, Dalhana) Acharya Susruta says that vitiated *kapha* along with *rakta* produces *karnika* (a small muscular ball) in *yoni*. Other features of vitiation of *kapha* i.e. unctuousness and itching etc. are also present. Astanga Hridaya and Astanga Samgraha: (A.S.Ut.38/51 & A.H.Ut. 33/50-51, (A.S.Ut.38/51 Indu) Both the Vagbhatas have followed Acharya Charaka. Indu while clarifying the description says that due to premature ejaculation of fluid brought about by untimely straining, the aggravated *vayu* withholding *kapha* and *rakta* produces *karnika* in *yoni* which obstructs the passage of *raja*. Premature ejaculation of fluid brought about by untimely straining refers to either normal excretion of reproductive system of woman coming at the end of orgasm or else deliberate discharge of urine by woman to deceive her husband. In a woman undesirous for coitus above both the discharges i.e. secretions from reproductive system and urine are seen. Vitiated *kapha* solidifies *rakta*, gives it a shape of abnormal muscular structure, which is propelled by *vayu*. This structure obstructs or constricts the orifice of uterus (cervix), thus the deposited *sukra* (semen and \or sperms) does not ascend upwards resulting into absence of fertilization. The shape of this growth resembles pericarp of lotus or muscular sprouts.

Madhavanidana, Bhavaprakasa and Yogaratnakara: They followed Susruta. (M.Ni. 62/8, 10; B.P.CI 70/11, 13; Y.R. Yonirogadhikar 12)

Nidan: (Table 3)

Nidan	Ca	Su	Ah	As
Excessive straining or bearing down the pain during parturition	+	+	+	+
Straining for manifested urges	-	-	-	+
Straining to urinate with the feeling of urge for micturition	-	-	-	+
Suppression of orgasm during sexual intercourse	-		-	+
Premature straining for orgasm during sexual intercourse	-	-	-	+

**Samprapti:** By the incriminatory effect of the etiological factors causes vitiation of *vata dosha* in the female genital tract. The vitiated *vata dosha* afflicts the *sleshma* and *rakta* in the *garbhasaya dwara*. By the combined effect of vitiated *dosha* and *rakta dhatu* undergoes organization and in turn leads to development of minute elevations like that *granthi* of *mamsa*. This lesion appearing like a pericarp of the lotus is known as *karnini yoni vyapad*. **Dhosha Dusti in Karnini Yoni Vyapad:** Though predominant vitiation of *vata* and *kapha dosha* is specified, involvement of all the three *doshas* is to be considered in the pathogenesis of *karnini yoni vyapad*. Due to specific etiological factor which causes vitiation of *vata dosha* in the female genital tract, *prakapa* of *apana vayu* is contended. The vitiated *apana vayu* in turn disturbs the *kapha dosha* and *rakta dhatu* at the location of *garbhasaya dwara* continuing the pathogenesis. Due to cohesive effect of vitiated *kapha dosha* and *rakta dhatu* undergo organization and develop as minute elevation resembling ‘*mamasa ankura*’. *Rakta* being the seat of *pitta dosha*, in variably this leads to vitiation of *pitta dosha*.

**Dhatu Dusti in Karnini Yoni Vyapad:** As the two liquid *dhatu*, *rasa* and *rakta* are disturbed in the body, invariable abnormality of this two is contended in *karnini yoni vyapad*, as *kapha* and *rasa dhatu* have

*asraya asrayi bhava sambandha* invariable involvement of *rasa dhatu* is observed. The symptoms of *yoni kandu* and *yoni srava* in patient suffering from *karnini yoni vayapad* are indicating the involvement of *rasa dharu*. The symptoms like *sarakta yoni srava*, the appearance of projecting lesion at the *garbhasaya dwara* are pathogenic indicative of abnormality of *rakta dhatu*.

**Srota Dusti in Karnini Yoni Vyapad:** *Yoni* is the part and parcel of *artava vaha srota* that include the *garbhasaya dwara*. As the *karnini yoni vyapad* is the disease of *yoni*, pathological involvement of *artava vaha srotas* can be very well explained in *karnini yoni vapad*. The symptoms like *yoni srava*, *yoni kandu*, *artava dusti*, *vandhatwa* etc. symptoms are suggestive of involvement of *artava vaha srotas* in this disease.

**Sanchara Sthana of Dhosha:** The distribution of symptoms like *katisula*, *udarasula*, *yoni srava*, *yoni kandu* etc. indicate morbid *dosha* circulate in the *kati*, *yoni* and *udara* region.

**Vyakti Sthana:** The typical lesion resembling *mamsa ankura* at *garbhashaya dwara* indicates the *garbhashaya dwara* as the *vyakti sthana*. The lesion may be visualized by the *yoni vranekshana yantra* (speculam) (A.S.Su. 34/9)

Samprapti Ghatak: (Table 4)

Dosha	Vata and kapha ( Charak) kaphaja ( Susruta)
Dushya	Rasa , Rakta and Mamsa
Srotas	Rasavaha, raktavaha, artavavaha and mamsavaha
Srotodusti	Sanga
Adhithana	Garbhashaya greeva mukha
Roga marga	Abhyantara roga marga
Sanchara sthana	Kati and udara

Samprapti of Karnini Yoni Vayapat: (Table 5)

SACHAYA	Nidana like undue straining during.....
↓	
PRAKOPA	Vitiation of <i>apana vayu</i> in <i>kati</i> and surrounding region
↓	
PRASARA	Circulation of <i>apana vayu</i> in <i>kati</i> and <i>udara</i> region

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STANA SAMSHRAYA	Vata dosha localizing in garbhasaya greeva and disturbing kapha and rakta
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VAKTI	→Karnini yoni srava, Yonikandu, Katisula, Udarasula, Mutradaha Organization of rakta due to cohesive activity of kapha leading to karnini
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BHEDA	-→ Artavadusti, Vandiyatwa. Typical lesion simulating karnika obstructing at the garbhashaya dwara.
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*Purva Rupa*: No specific *purvarupa* of *karnini yoni vyapad* is explained in treatises. Therefore the general principles of understanding the *purva rupa*, the vague manifestation of *rupa* in the initial stages should be considered as *purvarupa* of *karnini yoni vyapad*.

Lakshan of *Karnini Yoni Vyapad*: (Table 6)

Lakshana	Ch.Sam.	Su.Sam.	As. San.	As. H.
<i>Yoni Karnika</i>	+	+	+	+
<i>Yoni Srava</i>	-	+	-	-
<i>Yoni Picchilata</i>	-	+	-	-
<i>Yoni Kandu</i>	-	+	-	-
<i>Yoni Shitalata</i>	-	+	-	-
<i>Rajomarg Avoradhan</i>	+	-	+	+

Madhava Nidan, Bhavaprakash and Yogaratnakara followed Acharya Susruta.

*Upadrava*: There is no any particular complication mentioned for *karnini yoni vyapad*. But whatever complication mentioned for *yonni vyapad* in general can be considered as the complication of *karnini yoni vyapad*. (Ca.Chi.30/37)

Acharya Charaka said that yoni of women afflicted with *dosas* or diseases suffer from –*Bandhyatwa, Arsha, Pradar, Gulma*. Acharya Vagbhata added *stambha & sula* to the list of complication.

Prognosis<sup>1</sup>: The 5 types of *yonni vyapad* developing due to vitiation of all the 3 *dosas* are *asadhya*. Madhava Nidan, Bhava Prakash, Yoga Ratnakar mentioned same.

Though specific *Sadhya-Asadhyata* is not being mentioned for the disease *Karnini yoni vyapad*, but it may be considered as *sadhya* or *krichha Sadhya* on the basis of duration of the disease.

Management: Ayurveda advices 3 types of therapies like *antahparimarjan, bahiparimarjana & shastra pranidhana*<sup>2</sup>. Internal medicaments like *churna, kalka, vati, kashaya* etc. come under *antahparimarjana*. Local therapies like *abhyanga, swedan, parisheka* etc. come under *bahiparimarjana, shastra pranidharan* therapy includes all surgical procedures like *agnikarma, ksharakarma* etc.<sup>3</sup> Again the whole treatment procedure is divided into 3 groups *samsodhan, samshamana & nidan paribarjan*. *Samsodhan* includes internal & external purification. *Samsaman* is a therapy used to balance the imbalanced & vitiated *dosas* by using different measures. *Nidan paribarjan* is considered as the avoidance of the causative factors.

General Management: *Yoni vyapad* does not occur without vitiation of *vata*, thus *vata* should be normalized first, only then treatment for other *dosas* should be done.<sup>4,5,6</sup> The management prescribed for disorders of *vata* should be used to treat *yonni vyapad*.<sup>4,5</sup> All the *panchakarma* therapy should be used in proper sequence. Drugs used in these procedures should be according to the vitiated *dosa*. Then *uttara basti* should be given on the basis of vitiated *dosa*.<sup>6</sup> After proper cleansing and *snehana* other measures like *uttara basti, picchu, abhyanga, parisheka, pralepa* etc should be used.<sup>4,5,8,9</sup>

Specific Management: *Uttarabasti* with the oil treated with *jivaniya* group of drug should be given.<sup>10,11</sup> A *varti* with *kustha, pippali*, tender leaves or *arka agra*, and rock salt; pestle with *aja mutra* should be applied locally.<sup>12,13</sup> All the measures capable of suppressing the *kapha* should be used.<sup>12,13</sup> *Varti* prepared with *sodhana* drugs should be used.<sup>14,15</sup>

Internal Medicine: (Table 7)

Churna	Ghrita	Kwath	Asava
Pushyana g churna Pippalya di churna	Phala ghrita Brihat satawa ri ghrita	Nyagrodha di kwath Maharasna di kwath	Patrangasa va Lodhrasava

External Medicine: (Table 8)

Picchu :	Varti:	Prakshal an:	K al ka :	Basti:
With udumba radi taila.  With dhataky adi taila	Pippaly adi varti Arkadi varti Khadir adi varti. Sodhan varti (with kustha, pipali, arkagr a and saindh ava)	Kariradi kwath Decoctio n of Rajabrik shadi group of drugs. Continuo us flow of kwath of guduchi, triphala, danti. With kwath of triphala mixed with takra, gomutra, sukta.	Sy a m a (tr iv rit )	Palash niruha basti Guduchyadi rasayan basti Satawaryadi anuwasan basti Baladi yamak anuwasan basti Dhatakyadi taila anuwasan basti Katu ras pradhan drugs with gomutra uttara basti. Jivanadi dravya sadhita taila uttara basti

*Pathya*: Use of *taila*, *sidhu*, *yavanna*, *pathyarista* (*abhayarista*) are congenial.<sup>16</sup> Use of *asava*, *arista*, *lasuna* and diet having abundance of milk and *mamsa ras*.<sup>17</sup> For woman, *lasuna* acts like nectar.<sup>18</sup>

*Apathya*: *Manda* is contraindicated in case of *yonni rogas*.<sup>19</sup>

### DISCUSSION

A healthy woman is a promise of a healthy family and a woman's health status is a complex arrangement controlled by a range of factors headed by her

reproductive system. The concept of a healthy yoni has been asserted in various phases of a woman's life from puberty to marriage to child birth and thereafter. Description about yoni is found in Ayurveda along with the diseases related to this yoni as *yonni vyapad*. The concepts of almost all gynecological disorders are well written in classics. The term *Yonni Vyapad* includes majority of gynecological disorders in Ayurveda. Total 20 types of *yonni vyapads* were mentioned by all Acharyas. *Karnini Yonni Vyapad* is one of those *yonni vyapad*. From the conceptual point of view, it can be said that the disease *Karnini yonni vyapad* is caused by vitiation of *vata* and *kapha* dosha predominantly along with association of *pitta dosha*. By the incriminatory effect of the etiological factors like straining during labour without labour pain, suppression of natural urges etc. causes vitiation of *vata dosha* in the female genital tract. The vitiated *vata dosha* afflicts the *sleshma* and *rakta* in the *garbhashaya dwara*. By the combined effect of vitiated *dosha* and *rakta dhatu* undergoes organization and in turn leads to development of minute elevations like *mamsa ankura* and *granthi* which seems to be a description of nabothian follicles. The site of growth is described in *garbhashaya dwara mukha* (cervix)

### CONCLUSION

*Karnini Yonni vyapad* is one of the common disease of the women in their reproductive phase disrupting their normal functioning, quality of life and interpersonal relationship. Some of the symptoms of *karnini yonni vyapad* are white discharge per vagina, low back ache, abdominal pain and dysuria. However, more often the symptoms are over looked making the women suffer and complicate the treatment procedure. Hence, proper counselling and awareness is important regarding the disease, symptoms and complications. The Ayurvedic perspective of treatment protocol for *Karnini yonni vyapad* is based on correction of *kapha* and *vata* dosa which is the root cause of the *vyadhi*, thus offers excellent remedy which is safe and economic with promising outcome.

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