

ROLE OF AYURVEDA AND YOGA IN PSYCHOSOMATIC DISORDERS**Dr. Vimla Sidar*¹, Dr. Pradip Kumar Suryawanshi², Dr. Anita Sharma³**MD Scholar¹, Associate Professor², Professor³

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ABSTRACT

Psychosomatic term is known as relation between psycho (mind) and soma (body). So Psycho-somatic disorders are manifestation of physical imbalance in which emotional components have strongly influence. A psychosomatic disorder involves both the body and mind. Most common causes are stress, anxiety and depression. The psychic factors like *Kama*, *Krodha*, *Shoka*, *Bhaya*, *Chinta*, *Lrshya*, etc. in *Ayurveda* detail description of psychic (*Manasik*), somatic (*Sharirik*) and psychological disorders (*Manodaihika Vyadhi*). The *Ayurveda* recommended specific *Dinacharya* and *Ritucharya* along with *Ahara* and *Vyayam* to control mental illness. *Ayurveda* treatment of *Manovikara* involves approaches like; *Shirodhara*, *Manasamitra Vataka*, *Nidanaparivarjana*, *Shodhana*, *Shirovasti*, *Tailam*, *Shiroabhyangam*. And suggests *Daivavyapashreya*, *Yuktivyapashreya*, and *Satvavajaya Chikitsa*. The normal functioning of *Mana* can be best achieved by *Sadvritta* and *Achar-Rasayan* which overall develops *Sattvapravriti* and help in brain restoration process. The *Yoga* and the *Ayurveda* are the main branches based on *Vedic* spiritualism related to our mind and body. *Yoga* is related to the development of mind and through self – control, muscle and body control, breath control and meditation. This article summarizes role of *Ayurveda* and *Yoga* in psychosomatic disorders.

INTRODUCTION

Health is a complete state of physical, mental, and social well – being and not merely absence of disease or infirmity.^[1]

According to *Susruta* – *Man* is said to be *Svastha* who's *Dosas*, *Agnis*, *Dhatus*, *Malas* and their activities are normal, his saul, sense organs and mind are calm / clear, is called *Svastha* healthy person.^[2]

The term psychosomatic is derived from the Greek word *psyche* and *soma*. “*Psyche*” in earlier times meant “soul or mind” which now also implies “behaviour” “*Soma*” refers to physical organism of the body.

Psyche (mind) and *Soma* (body) –A psychosomatic disorder involves both the body and mind. *Psyche* stands for mind and *Soma* stands for body, these diseases have physical symptoms originating from mental or emotional causes. Most common causes are stress, anxiety and depression.

The psychic factors like *Mama* (luster), *Krodha* (anger), *Shoka* (grief), *Bhaya* (fear), *Chinta* (stress), *Lrshya* (envy), etc. are regulated by the body itself within physiological limit, which is defined as *Prakruta Manasika- Bhava*, when these *Bhava* are crossed the physiological limit termed as *Manasika –Vikara* or psychic disorder. In *Ayurveda* detail description of

psychic (*Manasik*), somatic (*Sharirik*) and psychological disorders (*Manodaihika vyadhi*).

Both body and mind are the locations of disorders as well as pleasures. The balanced use is the cause of pleasure.^[3]

Ayurveda aims at curing the diseases as well as to prevent them forever in our body. Prevention is always better than cure for this *Ayurveda* recommends *Pathyapathya*, *Dincharya*, *Ritucharya*, *Achara Rasayan*, *Sadvritta palana*. *Sadvritta* and *Achara Rasayan* directly or indirectly promote physical, mental, emotional and spiritual health. Cessation mental modification or *Chitta Vrittis* due to mind, intellect and ego.^[4]

Yoga is related to the development of mind and body through self – control, muscle and body control, breath control and mediation.

Yoga for psychological disorders– Relaxation exercises that can cure psychological disorders. *Yoga* can help the relieve these mental issues. Simple breathing exercises and *Asanas* that will relax your mind can be practiced on a daily basis.

Yoga and *Ayurveda* based on the Indian philosophy- Indian philosophy is based on spiritualism, which is

known as *Adhyatma* in Sanskrit language. *Adhyatma* means the study of soul which is the base of our life.

The *Yoga* and the *Ayurveda* are also two different fields having one and the same origin of *Vedic* tradition, parallel but inter-related to each other aiming at the same thing to enable individual, the highest aim of our life, through the perfect development of body, intellect and mind.

Man aim of *Ayurveda* is to attain pious acts (*Dharma*), wealth (*Artha*), desire (*Kama*) and salvation (*Moksha*) by health. Ill health takes away the health and happiness from like.^[5]

Aim and objective

1. To assess the role of *Ayurveda* in psychosomatic disorders.
2. To assess the role of *Yoga* in psychosomatic disorders.
3. To study the concept of psychosomatic disorders as one of the *Manodaihika Vyadhi*.

MATERIALS AND METHODS

Classical text books of Ayurved, Text books of contemporary science, published articles from journals and authentic websites yoga books.

List of psychosomatic disorders

These diseases have physical symptoms originating from mental or emotional causes. Most common causes are stress, anxiety and depression.

The psychic factors like *Kama*, *Krodha*, *Shoka*, *Bhaya*, *Chinta*, *Irshya*, etc. mental symptoms like *Unmad*, *Apasmar*, *Mada*, and *Murccha Anidra*.

- **Mental symptoms dominants disorders**

Unmad (psychosis), Apasmar (epilepsy) Mada (psycho-enuresis), Murccha (fainting), Anidra (insomnia) etc.

- **Somatic disorders due to psyche**

Bhayaj, Shokaj Atisar (nervous diarrhea), Kamaj, Jwar (nervous pyrexia).

- **Respiratory disorders:-** Tamaka swasha (bronchial asthma).
- **Gastrointestinal disorders:-** Peptic ulcer, Grahani (Irritable bowel syndrome), Colonic disorders as Vivandha (constipation) or Atisar (diarrhea), Bhuktadwasha (Anorexia nervosa).
- **Skin disorders:-** Anutjata (Urticaria), Ekakusghtha (Psoriasis).
- **Disorders of muscles and joints:-** Amavata (Rheumatoid arthritis),
- **Endocrine disorders:-** Hyperthyroidism, Madhumeha (diabetes mellitus)

Role of Ayurveda in Psychosomatic disorders

Ayurveda is the science of life with the aim of attaining health and curing diseases of ill.^[6]

Charaka emphasises on the importance of maintenance of health of healthy person and curing the disease of the ill.^[7]

Chikitsa Sutra

The former type of morbidity is quieted by medications, spiritual and physical and the latter by religions, philosophy, fortitude, remembrance and concentration.^[8]

Traumatic diseases fall into two categories –some affecting the mind and others the body, their management is also done in two ways. The bodily trauma is to be managed on the lines of other somatic diseases and mental trauma is to be managed by the provision of desired objects as pleasant word etc.^[9]

The best treatment procedures to cure *Manodosa* (psychological diseases) are *Dhi* (ability to separate good from bad, real from unreal) *Dhairya* (courage or capability to face any unwarranted situation) and *Atmadi Viznana* (spiritual knowledge).^[10]

Ayurveda has kept the treatment schedule of almost all *Manasika* (psychiatric disease), and *Sharirika* (somatic) diseases under the three main categories:-

- 1) *Daivavyapashreya Chikitsa*,
- 2) *Yuktivyapashreya Chikitsa*, and
- 3) *Satvavajaya Chikitsa*^[11]

1) *Daivavyapashreya Chikitsa* (Spiritual therapy/Divine therapy)

This mode of treatment depends upon faith. The word “*Daive*” refers to non physical causes i.e. those relating to divinity or a deity or Devine or celestial derived from the root “*Di*” i. e. to shine. It also means destiny, fate or fortune- i.e. that is not known- *Adrsta*. The term *Daivavyapashreya* therefore relates to all the unknown circumstances i.e. existing human knowledge. *Daiva* also relates all that which is acquired before birth by the descent in the long course of natural evolution.^[12]

Daivavyapashreya Chikitsa includes *Mantra*, *Aushadi*, *Mani*, *Mangala*, *Bali*, *Upahara*, *Homa*, *Niyama*, *Upavasa*, *Pranipata*, *Yatragamana* etc.^[13]

a. **Mantra** (incantation):- Use of sacred hymns or words having spiritual potency.

Example:- In Indian society it is in practise that use of mantra in the people bitten by snakes or scorpion or wall lizards or like poisonous animal.^[14]

b. **Aushadi** (tying of herbs):- Contact with or mere touch of some potent herbs ambulates.^[15]

Example:- Tyting *Sahadeva mula* to the head in *Visma jwara rogi*.

c. Mani (wearing gems)

The touch of precious stones and gems – influence of actinic rays of radioactive substances is probably indicated here.

Example: Immersion of precious stone in the *Chandana Jala* wherein *Jvara Rogi* has been directed to touch this water to abate the temperature.^[16]

d.) Mangala (propitiatory rights):-The influence of auspicious ceremonies invoking the blessings and good wishes of others.

e.) Bali (oblations):- Practise of self denial and sacrifice.

f.) Upahara (offerings):- Feeding of lower animals and poor feeding etc as a symbol of mercy and comradeship with the helpless and distress.

g.) Homa (sacrifice):- Sacrifice of ghee and fragrant substances accompanied by auspicious prayers. Fire is considered as a visible symbol of god.

h.) Niyama (vows):- Practice of healthy habits and religious observances conducive to cleanliness and self control.

i.) Prayachitta (ceremonial penitence):- Atonement for evaded committed in the past either knowingly or unknowingly.

j.) Upavasa (fasting):- Fasting as a means of self purification of mind the body.

k.) Swastyayana (prostration):- Benediction after presentation of offerings.

l.) Pranipata (surrender):-Falling prostrate on the ground as a symbol of humanity and self surrender

m.)Yatragamana (pilgrimage):-Visiting sacred places in order to divert the attention of the patient towards pious thinking and also to promote the influence of the change of climate change of scenery and physical exercise. In fact, all pilgrimage places are really health resorts, with their beautiful scenery and pure water from springs or reverse for bathing and drinking.^[17]

This mode of *Chikitsa* is recommended in mental disorders, where the cause is invisible or idiopathic origin. In such condition it advocates to be faithful to god and praying the super natural pourers to get heals. All these measures cause effect by virtue of their *Prabhava*.^[18]

2)Yuktivyapsraya Chikitsa

Measures undertaken, keeping in the *Dosa Dushya Samurchan* of any disease can be considered as *Yuktivyapasraya Chikitsa*. Means that it deals with appropriate administrations of *Ahara*, *Aushada* and *Vihara*.^[19]

For practical purpose *Yuktivyapasraya Chikitsa* can be classified into-

1) *Dravyabhuta chikitsa* 2)*Adravyabhuta Chikitsa*.^[20]

Ahara and *Aushada* can be incorporated into *dravyabhuta chikitsa*, *vihara* and some other *upayas* can be incorporated into *Adravyabhuta Chikitsa*.

Ahara: Foods like *Kshira*, *Ghrta*, *Draksa*, *Panasa*, *Mandukaparni*, *Bhranmhi*, *Kapitta* (wood apple), *Matulunga*, *Kakmachi*, *Mahisha Mansa*, *Kurma Mansa*, *Brahi Mans* (peacock meat) and other are recommended for beneficial in various mental disorders.

Aushada: Under drug therapy, it is said that most of the mental disorders where tridoshas are deranged along with *Manasika Doshas* viz *Rajas* and *Tamas*. That is the reason why *Sodhana* therapy is strongly recommended in *Manasika Vikaras* since they play vital role in maintaining internal environment, buffer systems (blood and tissue fluids) and in homeostasis of the body. Hence *Vamana*, *Virechana*, *Vasti Karma* and *nasya* are strongly recommended according to doshas.

After *Sodhana*, *Siro Vasti*, *Pichu Dharana*, *Siro Dhara*, *Nasya Karma* *Chikitsas* are more important in treating *Manasika Vikara*.

❖ In sleeplessness, irritability, hypertension, *Pichudharana* with *Bala* or *Bhrahmi Taila* is more effective.

❖ *Sirovasti* with *Ksira Bala* and *Bhrahmi Taila* are mostly useful in improving memory, mental stability, in reducing mental irritability and induces sleep apart from other neurological disorders.

❖ *Nasya Karma* is also highly effective as *Sajna Proabodaka* and for its *Medhya* effect (*Navana*, *Pratimarsa*) because the medicine in *Nasya* directly enters to CSF via olfactory roots. *Anjana* is also the best method of *Sajna Prabodhakara* in the CSF of hysterical disorders.

❖ When *Sodhan* is properly done, *Samana Aushada* and *Rasayana* are given.

Vihara:- Different *Viharas* are prescribed under *Chikitsa* of many diseases to promote the *satva guna* for **example:-**

► *Chandra Darsanam* (Exposure to moon light), *Manoanukulakata* (listening to stories and music), these special measures mentioned under *Rakta Pitta Chikitsa* causes *pitta Samakam* as well as *Ahladanam* to the mental faculty there by promoting *Satva Guna*.

► Musical therapy, Meditation (*Tapasya*) etc in *Rajyakshma chikitsa*, *Manoahladakara Vihara*, *Mano Prasannakara* measures like using scented perfumes etc in *Priyanari Sparsa* (touching the beloved lady). *Smarana* of *Himalayas*, flowers, moon light etc in *Trasana Chikitsa*, listening to devotional stories (*Prasastha Katha*), *Mega Garjana* etc in *Madatyaya Chikitsa* are the different psychotic aspects in the treatment of many diseases.^[21]

Adravyabhuta chikitsa

The drugs are generally not prescribed under this mode of treatment. Specific measures or *upayas* are employed in this *Chikitsa* for both *Saririka* and *Manasika* disturbances.

The Upayas are:- 1) *Bhayadarsana* (Causing fright), 2) *Vishmapana* (causing surprise) 3) *Vishmarana* (obsigation of memory) 4) *Kshobana* (Administration of *Shock*) 5) *Harsana* (causation of elation of spirits) 6) *Bharthsana* (threats), 7) *Vadhan* (thrashing) 9) *Bandhan* (bindings), 10) *Swapna* (induction of mind massage).

These upayas are successfully employed in many psychological disorders for Example:-

Bhayadarsana - *Unmada*, *Vishmapana* - *Hicca roga*
Vismarana - *Vishama jwara*, *Harsana* - *Ksaya*
Bandhana - *Snake bite* etc.^[22]

Ayurvedic Drug Spectrum in manasa roga ^[23]		
Rasovshadis		
1)	<i>Smriti sagar ras</i>	<i>Smriti nasa</i> , <i>Chittodvega</i> , <i>Vibhransh</i> , <i>Anidra</i> , Hysteria
2)	<i>Unmada gojakesari ras</i>	mild – moderate affective Disorders
3)	<i>Brihat kasturi bhairava has ras</i>	Febrile and psychological fever
4)	<i>Chintamani chaturmuka ras</i>	Hysteria
Gutika/ Vati		
1)	<i>Manasa mitra vatakam</i>	Loss of memory, anxiety, Tensions, psychogenic insomnia
2)	<i>Bramhi vati</i>	Best drug of choice in Psycho-somatic disorders like Psoriasis
Asavarishta		
1)	<i>Saraswatarista</i>	Best brain tonic Convulsions, hysteria, Weak memory, Depression, epilepsy.
2)	<i>Dhanwantararista</i>	Convulsive disorders.
3)	<i>Draksharista</i>	Loss of appetite, general Symptoms in all <i>manasika Vikara</i>
Ghritam		
1)	<i>Kalyanaka ghritm</i>	Hysteria, epileptic fits.
2)	<i>Bramhi ghritam</i>	Epilepsy, psychosomatic Diseases
	<i>Saraswata ghritam</i>	Nerving tonic, vocal deficiency
Tailas		
	<i>Chandanadi tail</i>	External application on head, Headache
	<i>Bramhi tail</i>	Cooling for the head, anxiety.

3) Satvavajaya Chikitsa

The term '*Satvavajaya*' implies therapeutics for mental or emotional disturbances.^[24]

It means that restrain mind from desire for unwholesome objects. This is the achieved by increasing *Satva* to subdue the exaggerated *rajas* and *tamas*.^[25]

The body is like a chariot. The senses are like horses and mind is like the reins. Only by holding firmly to the reins one can keep control. If we do not control these senses i.e. horses, they will drag us away. *Satvavajaya* like of therapy enables one to have control over his senses.

Mental disorders caused by *Kama*, *Shoka*, *Bhaya* etc. the principles described under *Satvavajaya Chikitsa* are the key for modern psychotherapies or psycho-behavioural therapies.

All psycho therapeutic principles described in Ayurveda can be summarized as follows

- Asvasana
- Manobuddhi smriti samyojana
- Mana prasada kriyas
- Yadartha jnana samyojana
- Udwegakari kriyas
- Bhaya vishmayadhi
- Sanjana prabodana

- Prati dwandwa chikitsa
- Preeta manasa
- Matagrandha patina
- Satsanga^[26]

• Bhodhana (Educating the patient/counselling)

Dhyana, *Samadhi* and finally for keeping mental health and prevent from further episodes. *Dinacharya*, *Riyucharya*, *Sadavritta* and *Achara Rasayanas* are prescribed.

• *Pratidwandwa Chikitsa* is rewarding and punishing where as *Udwegakari Kriyas*, *Bhaya*, *Vishmaya*, *Trasana* any severe trauma to the brain produces, a loss of memory for immediately preceding events on which electro convulsive therapy (ECT) is originated.

• Keeping all these principles in view *Satvavajaya Chikitsa* can be directed.

- To divert the mind and make the person to involve with commitment in other activity.
- To initiate *Bhakti* or regard/ strengthen his believes in *Ishta Daivam* and advice him to leave upon the god to look after things for the benefit of him by which he doesn't rethink frequently.^[27]

Rasayana drugs

Rasayana drugs such as *Amalaki, Haridra, Guduchi* etc. May act antioxidant agents and can cure various kinds of *Manashik rogas* caused by senility.

Medhyarasayana drugs (*Sankhapuspi, Guduchi, Yastimadhu, Mandukaparni*) and other *rasayana* drugs (*Bala, Nagbala, Shilajit* etc.) may be very much effective. *Rasayana* is the seventh branch out of the eight branches in Ayurveda.

Medhya Rasayana drugs have a definite role in the treatment of psychiatric and psychosomatic diseases.

Improvement in physical qualities: *Rasayana* can also help to regain youthfulness, longevity, complexion, voice, strength, etc, and cure fatigue, Intolerance and excess sleep.

Role of yoga in psychosomatic disorders

Role of yoga is all-round personality development in physical, mental, emotional, spiritual and intellectual level.^[28]

Yoga techniques are more beneficial without causing any side effects.

Relaxation Techniques

- Relaxation technique, Yoga, Autohypnosis, Meditation. Individual psychotherapy, Yogic Relaxation Techniques,
- *Asanas* (Physical postures), *Pranayama* (Breath control), *Nadi Shodhana, Ujjayi Pranayama, Yoga Nidra* (Technique of Yogic Relaxation) *Dhyana* (Meditation).

Asana

Stable and comfort table posture is asana.^[29]

The *Asanas* are the method to achieve perfect mental and physical relaxation. *Asanas* help to reduce stress, and some give strength to body against triggering factors. So, Stress releasing *Asanas* are meditative *Asanas* give mental relaxation, such as-

- *Sukhasana, Swastikasana*, with *Chin* or *Gyana Mudra* and chanting of *Om Kara*. Even relaxing postures like-
- *Shithil Tadasana, Shithil Dhandasana, Shavasana* and *Makrasana* help to reduce the physical and psychological stressors.
- *Pavanmuktasana, Vajrasana, Shashankasana*, and *Paschimottan Asana, Vajrasana, Tadasana* (Stress releasing remedies).

The practice of these *Asanas* brings about a number of physiological and biochemical changes in the abdominal viscera and endocrinal glands.

Pranayama

Pranayama imparts benefits by enhanced blood supply and oxygen supply to the brain, balance the sympathetic and parasympathetic nervous system there by restore the homeostasis and reduce anxiety and stress level.^[30]

- *Nadi shodhana, Shitli Pranayama, Bhramari Pranayama, Ujjayi Pranayama*.

(It helps in body and mind relaxation by increase oxygen supply to brain)

Meditation

“Om” *Kara* meditation is helpful in breathes awareness.

Deep concentration in a particular thought or region like heart the seat for chakras in which, mind is in state of complete concentration *Ekagra* is called as *Dhyana* (meditation).^[31]

It is of 2 types- 1. *Saguna dhyana* 2. *Nirguna dhyana*

1. *Saguna Dhyana*- Meditation by concentrating over idols or symbol is *Saguna Dhyana*.

Controlling breathing and concentration over desired god in the mind for sixty ghatika. This will endow the practitioner with *Astaisvarya* like *Anima, Mahima*, etc. It is known as *Saguna Dhyana*.

2. *Nirguna dhyana*

Meditation by concentrating over soul (*Atma*) is *Nirguna Dhyana*.^[32]

Effects of Meditation on the body and mind – Oxygen consumption level drops to 16 – 18% within first few minutes of meditation. After meditation it comes to normal level. Comparing oxygen consumption level between sleep and hypnosis, it can be concluded that, meditation produces a state of rest, deeper than sleep relaxation during hypnosis. The reduction in the consumption of oxygen and excretion of CO_2 is due to reduced metabolic activity air breathed and also the rate of breathing.^[33]

Yoga Nidra

Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation which has been derived from Tantric classics.

It has been found extremely effective technique for the prevention and management of hypertension, Diabetes Mellitus, Coronary Artery Disease and other lifestyle disorders and is being practiced in the various clinical setups with fruitful results.

DISCUSSION

Prevention is better than cure, and according to *Ayurveda Nidana parivarjan* is best option for prevention.

Ayurveda is based on the principle of promotion of psychosomatic health by reducing the psychosocial stress and via the process of Immune modulation. Non-pharmacological *Rasayanas* as described in *Ayurveda* boost immunity and help to keep the body and mind in the best of its health.

Various other treatments are described detail in *Ayurveda* for healthy person to maintain his health and disease

person to be cured, as *Rasayana* therapy specially *Acharya Rasayana* (follow up all the code and conduct of living, *Sadvritta* (good conduct-based on personal cleanness of the mind and body, *Swasthavritta* (follow up code of the hygiene), *Medhya Rasayana* (mental health promoting Promotion of total health, happiness, harmony and four human intellects i.e. rational, creative, emotional and spiritual are major benefits of Yogic practices. Relaxation is most common *Yogic* practice that most patients need in order to improve their physical condition. *Yoga* is an India's oldest scientific and perfect spiritual discipline and is a method of training the mind and body for discovering spiritual truths.

Yoga is science of life which offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense.

CONCLUSION

The aim was to identify underlying cause of disease and the management through *Yoga* and *Ayurveda*. These diseases have physical symptoms originating from mental or emotional causes. Most common causes are stress, anxiety and depression. The effect of stress over these diseases can be taken care by variety of relaxation and stress reduction activities. They include: *Daivavyapashreya Chikitsa*, *Yuktivyapashreya Chikitsa*, and *Satvavajaya Chikitsa*, Meditation–*Yoga asana & Pranayama*, Prayer, listening to music, looking at pleasant scenes or art, body scan exercises, guided imagery. These exercises need to be practiced regularly to be effective. *Yoga Nidra* is a very useful procedure for taking care of the variety of stressors. Its effectiveness can be enhanced by combining it with Life style modification technique.

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