

Effect of *Champakadi Agad* in the Management of *Shitapitta* w.s.r. to Urticaria - A case study

Case report

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Abstract

Introduction: *Shitapitta* is a skin ailment that was first reported in *Madhava Nidan* which can be correlated to urticaria. It is a disorder characterized by symptoms comparable to Insect and scorpion bite, such as wheals resembling those from a wasp sting, itching, pain, fever, and burning feeling. *Champakadi Agad* is one of the Ayurveda formulations listed in Chapter 37/71-72 of *Ashtanga Hridaya Uttarasthana* by *Acharya Vagbhata*. *Agadas* are used to cure a variety of toxic conditions. **Aims:** To study the effect of *Champakadi agad* for local as well as internal use in case of *Shitapitta*. **Case Report:** This article is a case study about a 24 yrs old female patient who came to the OPD of Panchakarma Dept of Dr. D. Y. Patil College and hospital, Pimpri, Pune complaining of itchy skin, raised reddish bumps over the skin along with burning and pricking pain over her both palms and cheeks. She was treated with *Champakadi Agad's* Local application for 30 days. Results after 30 days was found satisfactory. With no negative side effects, the therapy methods significantly reduced the disease's indications and symptoms. **Discussion:** This is a case study based on the management of *Shitapitta* (Urticaria). This study established the role of *Champakadi Agad* in the treatment of *Shitapitta* (Urticaria). **Conclusion:** The treatment of *Shitapitta* by Ayurvedic measures has been thoroughly examined and discussed here. Her progression is also shown here, step by step. This case study will encourage further research and aid in the development of an ayurvedic treatment protocol for *Shitapitta* (Urticaria).

Keywords: *Shitapitta*, Urticaria, *Champakadi Agad*, *Keeta-Luta Visha*, Ayurvedic Formulations.

Introduction

"*Shitapitta-Udarda-Kotha*" results when the *tri-doshas* (*Vata*, *Pitta* and *Kapha*) become vitiated, with blood (*Rakta dhatu*) as its base, it is characterized by raised, itchy pimples, and a dark red skin rash. *Shitapitta* develops as a result of exposure to chilly environments, ingestion of harmful substances (allergens), and consumption of an unwholesome food and lifestyle. (1) Urticaria is defined by contemporary medical science as hives brought on by a hypersensitive allergic trigger. Wheals are caused by inflammation and fluid buildup under the skin brought on by the histamine and other substances present (2). Acute urticaria is prevalent at a rate of roughly 12.5-23.5%. Yet the actual prevalence is thought to be significantly higher given that milder instances frequently go untreated. The frequency of cholinergic urticaria in people between the ages of 16 and 35 is 11.2%. The estimated prevalence of physical urticaria in healthy persons is 44.6%, which is

frightening and necessitates prompt medical intervention. (3) This ailment has no specific, satisfactory treatment listed in the literature of contemporary medicine. the primary focus of treatment is solely symptomatic management. In contrast, *Ayurveda* describes a variety of formulas for treating different poisons. A formulation named *Champakadi Agad* is listed in *Ashtanga Hridaya Uttaratantra* Chapter 37/71-72 for the treatment of poison due to insect and scorpion bites. (4) Although This reference is not directly related to *Shitapitta* but the symptoms that appear in case of *Shitapitta* are similar to *Keetaluta damshan lakshana* like *toda*, *daha*, *paka*, *Varati damshana* like *pidaka* etc. (5) In this study a 24 year-old female patient with *Shitapitta* was treated at the OPD of Panchakarma Department at Dr. D. Y. Patil College of *Ayurved* and Research Centre, Pimpri, Pune by using the *Champakadi Agada*, as described in *Ashtanga hridaya Uttarsthana*, locally and internally. This study discusses the thorough case history findings and the observed results.

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Aim

To study the effect of *Champakadi agad* for local application and internal consumption (orally) in case of *Shitapitta*.

Objective

- To study the properties of the contents of *Champakadi agad*.
- To study the effect of *Champakadi agad* in *Shitapitta*.

Materials and Methods

Place of study Panchakarma Department OPD, Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune.

Case presentation

The *Shitapitta* case study presented here shows effective Ayurvedic treatment.

Patients information

A female patient, age 24 years, with registration number- R293019 arrived to Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune.

Present Medical History

The patient came complaining of Itching over both hands palm and cheeks, burning sensation over the region along with pricking pain, roughness of the skin and skin discoloration. Patient has had these issues for six months.

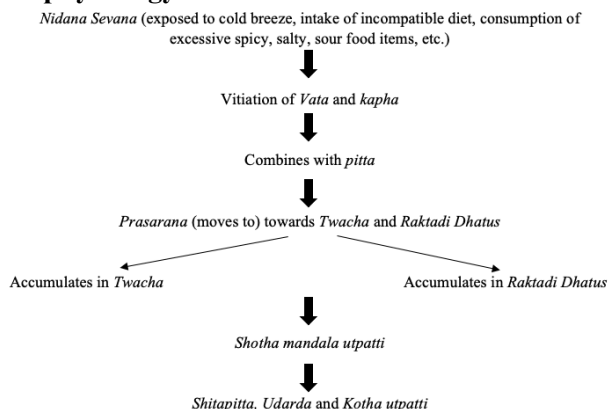
Past history

The patient was healthy prior to six months. Nonetheless, the patient has experienced itching, burning sensation, pricking pain, roughness and discoloration of a plantar aspect of the palm of the hands and cheeks ever since. Lesions appears abruptly when in contact to cold atmosphere or due to consumption of non veg food items like fish, egg etc. lasts for 15-20 minutes to 2 hours and disappears on its own and reappears in some other parts of the body. She has taken a variety of allopathic oral and local medications. Yet, there was little to no relief. She sought management at Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune.

Previous history

Not noteworthy; no significant disease in the past.

Pathophysiology



In the current case, the patient is exhibiting symptoms that are largely skin-related, such as *Varati damshanavat sotha* (swelling similar to insect bite) and *kandu*,(itching) which are brought on by *kapha* vitiation, *toda* (Pricking pain) and *rukshata* (dryness), which are caused due to *vata* vitiation, and *daha* (burning sensation) and *vivarnata* (discoloration), caused by *pitta* vitiation. As all the three dosas are aggravated, it may be considered as a *Tridoshajanya vyadhi* with *rasa* and *rakta* as its *dusyas*.

Diagnosis

In this disease diagnosis was done on the basis of her signs and symptoms. After observing all the parameters like itching, burning pain, reddish discoloration and pricking pain it was concluded that the patient was suffering from *Shitapitta* which as per modern lines can be co-related with Urticaria.

Treatment protocol involved is explained in detail in the upcoming paragraphs.

Personal history

Table 1: Patients Personal History

Name-XYZ	Bala- Madhyama (Average)	Prakriti- Kapha Vata
Age- 24	Appetite:- Good	BP- 120/80mm of Hg
Sex- Female	Addiction- None	Weight- 58 kg
Material status- Unmarried	Bowel habit:- Regular	Height- 162cm
Occupation- Student	Sleep- Adequate	

Table 2: Ashtavidha Pariksha

Nadi (Pulse)- 76/min	Shabda (Speech)- Prakrit
Mutra (Urine)- Prakrit	Sparsh (Touch)- Prakrit
Mala (Stool)- Prakrit	Drik (Vision)- Prakrit
Jivha (Tongue)- Sama (Coated)	Akruti (Built)- Madhyama

Treatment plan

The patient was treated on OPD basis Therapeutic Intervention

Medicine, diet and regimen are the three fundamentals of Therapeutic intervention. The complete medication consists of use of *Champakadi Agad* for internal and external use along with specific diet and regimen to be follow for 1 month. Details of all the symptoms, treatments, results, diet and regimen are given in a tabular form (Table 3).

Selected Internal Ayurvedic Drug

Champakadi Agada 250mg three times a day orally after meal with water as *anupana* for 14 days initially, dose then reduced to two times a day for the upcoming 14 days.

Selected External Ayurvedic Drug

Champakadi Agad Local application twice a day for 1 month.

Mentioned in *Ashtanga Hridaya Uttarsthana* chapter 37 sloka no:- 71-72 by *Acharya Vagbhatta*, *Champakadi Agad* consists of 6 herbal drugs *Haridra*,

daruharidra, patanga, Manjistha, Nata (Tagar) and keshar in equal quantity along with honey and ghee added with it.

Rasapanchaka of all the ingredients are given in the list below:- (7.8)

Table 3: Details of the ingredients of Champakadi Agad

Sr. No.	Dravya (Drug)	Latin Name	Rasa (Taste)	Guna (Property)	Veerya (Potency)	Vipaka (Metabolic Property)	Karma (Action)
1	Haridra	<i>Curcuma longa</i> Linn.	Tikta Katu	Ruksha Laghu	Ushna	Katu	Kaphapittahara, Varnya, Twak Doshhar, Mehaghna.
2	Daruharidra	<i>Berberis aristata</i> DC	Tikta	Ruksha Laghu	Ushna	Katu	Varnya, Twak Doshhar, Mehaghna, Netra-Karna- Mukha Roganashak.
3	Patanga	<i>Caesalpinia sappan</i> Linn.	Madhura Tikta	Ruksha	Sheeta	Katu	Pittakaphahar, Vrana- Asrahar, Dahanashan.
4	Manjistha	<i>Rubia cordifolia</i> Linn.	Madhura Tikta	Guru	Ushna	Katu	Vishahar, Vranaropak, Kushtahar, Mehahar.
5	Nata (Tagar)	<i>Valeriana wallichii</i> DC	Madhura	Snigdha Laghu	Ushna	Katu	Tridosahar, Visha, Apasmar,
6	Kesar (Nagkesar)	<i>Mesua ferrea</i> Linn.	Kashaya	Laghu	Ushna	Katu	Kaphapittashamak, Kushtahar, Visarpahar, Vishaghna.
7	Honey	<i>Apis mellifera</i>	Madhura Kashaya	Laghu Ruksha Tikshna	Sheeta	Madhura	Vishagna, Krimigna, Hrudya, Shodana, Kaphagna.
8	Go- Ghrita	Cows Ghee	Madhura	Guru, Snigdha, Mrudu	Sheeta	Madhura	Agnidagdha, Vishavikara, Mada, Visarpa, Apasmara, Grahani.

Churna was prepared following the *churna* preparation literature mentioned in *Ashtanga Hrudaya Uttarstan and Sharangadhar Samhita*, Equal quantities of all the ingredients were taken and these were mixed with honey and ghee to form a paste like consistency. Pills were prepared out of this and the remaining paste was then advised to be used locally.

Pathya and Apathya were also advised to be followed during the treatment period. It consisted of *Ahar* and *Vihar* (Diet and regimen to be followed).

Pathya (Things to follow)

- **Ahar (Diet)**- Green leafy vegetables, Fresh Fruits etc.
- **Vihar (Regimen)**- Sleep of at least 8 hours daily, Yoga and pranayama.

Apathya (Things to avoid):-

- **Ahar (Diet)**-Junk food, Salty and spicy food, ice cream, fast food, chips etc.
- **Vihar (Regimen)**- *Divaswapna, Ratri Jagaran*, excessive exposure to cold, example- use of air conditioner.

Patient was given treatment for 1 month and then results were observed.

Observations and Results

Table 4: Timeline of the treatment

Date	Symptoms	Treatment	Diet	Regimen
02-12-2022	- Itching, burning sensation, pricking pain, roughness and discoloration of a plantar aspect of the palm of the hands and cheeks.	1. Tab. <i>Champakadi Agad</i> 1 tab 3 times daily for 7 days. 2. <i>Champakadi Agad</i> Local Application 3 times a day.	Consume Green leafy vegetables, Fresh Fruits etc. Avoid Junk food, Salty and spicy food, ice cream, fast food, chips, etc.	Patient was advised to Sleep of at least 8 hrs daily, Yoga and <i>pranayama</i> . <i>Divaswapna, Ratri Jagaran</i> , excessive exposure to cold, for example- use of air conditioner.
9-12-2022	No improvement	1. Tab. <i>Champakadi Agad</i> 1 tab 3 times daily for 7 days. 2. <i>Champakadi Agad</i> Local application 3 times a day.		
16-12-2022	Discoloration decreased with decrease in burning and itching.	1. Tab. <i>Champakadi Agad</i> 1 tab 2 times daily for 7 days. 2. <i>Champakadi Agad</i> Local application 3 times a day.		
23-12-2022	Improvement. No episode of urticaria.	1. Tab. <i>Champakadi Agad</i> 1 tab 2 times daily for 7 days. 2. <i>Champakadi Agad</i> Local application 2 times a day.		
30-12-2022	Improvement. No episode of urticaria.	1. Follow the diets and regimen for at least 1 month.		

Figure 1: Skin Condition Before Treatment



Figure 2: Skin Condition After Treatment



Since lesion size fluctuated significantly from one to the next and lesion number varied with each new emergence, other objective characteristics such as lesion size and number were not taken into account.

Results

Table 5:

Sl. No.	Symptoms	Before treatment	Day 1	Day 7	Day 14	Day 21	Day 27
1	Itching	4	4	4	3	1	0
2	Burning Sensation	3	3	3	2	1	0
3	Pricking Pain	3	3	2	2	1	1
4	Discoloration	4	4	4	3	1	0

Discussion

The present study is a case analysis centered on the Ayurvedic approach to managing *Shitapitta*. The role of Ayurvedic Herbal drug in the management of *Shitapitta* is very well established in this study. The prescribed therapeutic regimen comprised the administration of *Champakadi Agada*, with both topical and oral administration being advised for the patient. The *Champakadi Agada*, initially elucidated in the *Ashtanga Hrudaya*, is composed of equal proportions of *Haridra*, *Daruharidra*, *Pattanga*, *Manjistha*, *Nata*, and *Keshara*. These constituents are further blended with honey and ghee, resulting in a paste-like consistency. The aforementioned substance underwent subsequent compression into tablet form. It was recommended to orally consume these pills in conjunction with applying the paste locally. The treatment of *Keeta Loota Visha Damshana* has been mentioned by *Acharya Vagbhata*. Typical dermatological symptoms associated with *Keeta* and *Loota Visha* encompass *Kandu* (pruritus), *Visarpa* (cellulitis), *Vikleda* (suppuration), and *Vrana* (ulceration), among others. (9,10). Considering *Shitapitta*, it is one of the *tvakvikara*, symptoms of which are caused by *Tridoshaprakopa*. *Varati Damstavat Sotha* and *Kandu* are caused by *Kapha*, *Shula* by *Vata*, and *Daha* and *vivarnata* by *Pitta*. The etiopathogenesis and signs and symptoms also indicate that the *Rasa* and *Rakta* dhatus are primarily involved, hence *Rasarakta prasadak*, *Vishaghna*, *Rakta stambhak*, *Vranaropaka*, and *Tridoshashamak dravyas* must be included in the treatment.

Probable Mode of Action of the used medicinal Plants are mentioned below

Haridra: As stated in *Ayurveda*, it has a *tikta* (bitter), *katu rasa*. *Laghu* (light) and Hot Potency (*ushna*) are its qualities. It is *Pittashamak* because of the bitter taste, and *Kapha Shamak* because of the heated potency, post-digestive impact, and bitter taste. The after-digestion impact (*vipaka*) is *katu* (pungent). As stated in *Ayu scriptures*, *Haridra* is extremely beneficial as a pain reliever, digestive aid, and wormicidal. Moreover, it has a particular anti-coagulant activity that makes it useful for treating skin problems, anaemia, wound healing, and bleeding disorders. *Tikta* (bitter) taste boosts all *doshas* strength, including physical strength.

Assessment Criteria

On a grade of '0-4' with '0' being {minimum symptoms and complications} and '4' having {maximum complains}.

Clinical features	Symptoms	Grade
Itching	Continuous severe itching disturbing routine and sleep	4
	Severe itching with scratch marks	3
	Mild itching persists all day	2
	Mild itching occasionally	1
	No itching	0
Burning sensation	Burning Sensation occurs continuously for more than 24 hrs.	4
	Burning Sensation occurs continuously for 24 hrs.	3
	Burning Sensation occurs after an interval of 24 hrs.	2
	Burning Sensation occurs occasionally in 24 hrs.	1
	No Burning Sensation	0
Pricking pain	Severe Pricking Pain	4
	Moderate Pricking Pain	3
	Mild Pricking Pain	2
	Occasional Pricking Pain	1
	No Pricking Pain	0
Reddish discoloration	Severe Reddish discoloration (5-6 patches)	4
	Moderate Reddish discoloration (3-5 patches)	3
	Mild Reddish Patches (2-3 patches)	2
	Mild reddish Patches (less than 2)	1
	No redness at all	0

Moreover, it lessens blood toxicity. It also has *jantughna* and *kandughna* properties, and as a result, it is employed in many cases of skin problems. (11). In *Charak Samhita* it is mentioned in *yogas* used for treatment of *Tritiya* (12) and *Astam Visha vega* (13). It is included in *Vishaghna mahakasaya* (14).

Daruharidra: It has *Tikta rasa*, *Laghu Ruksha Guna*, *Usna Veerya*, and *Katu Vipaka* in it. It has *vra na ropana*, *vra na sodhan*, *twakdosha hara*, and *rakta sodhak* and *rakta stambhak* qualities. As a result of berberine, a chemical component recognized for its antibacterial, antifungal, antiviral, antioxidant, and anti-inflammatory capabilities, *Kandu kushtahara*, *visarpahara*, and *vishahara* qualities are also stated. Used as *rasanjana* to cure eye disorders (15). By the virtue of the above mentioned qualities it becomes an ideal choice for curing *Shitapitta*.

Manjistha: *Pitta*, which is the primary contributor to skin conditions, is reduced by *Manjistha's Kasaya* and *Madhura rasa*. *Manjistha's Guru guna* subdues *laghu guna* of *vata*, whereas *Manjistha's Ruksha guna* relieves *snigdha guna* of *pitta*. Traditional and recorded uses of *manjistha* states that it operate as powerful blood purifiers, antioxidants, anti-acne, anti-inflammatory, and antibacterial qualities, which shows its significance in promoting skin health. (16) In *Charak Samhita* it is mentioned in *yogas* used for treatment of *Tritiya Visha vega*. (12) It is also included in *Vishaghna mahakasaya*. (14)

Pattanga: Due to its *sheeta virya* it is believed to have *daha prasamana* properties, (17) other than this it is *vra na ropaka* (17), it has anti-microbial and anti-inflammatory properties. (18)

Nata (Tagar): The sedative and anxiolytic properties of *tagar* have been observed to induce relaxation in the central nervous system, resulting in a reduction of anxiety and the promotion of deep sleep. (19) This is particularly beneficial for patients with skin disorders, as they often experience heightened tension due to changes in their skin. Additionally, the substance's antimicrobial and antibacterial properties contribute to the treatment of skin disorders by facilitating the proliferation of beneficial microorganisms within the body. (20) It possesses both *vishaghna* and *vra na shodhaka* properties. (21)

Nagkeshar: It has *Kushthahara*, *Visarpahara*, *Vishaghna*, *rakta stambhana* properties (22). Also mentioned to have antifungal, anti-inflammatory, anthelmintic properties (23) making it an ideal candidate in case of treating *Shitapitta*.

Honey: Numerous *in vitro* studies have demonstrated the robust antimicrobial properties of honey sourced from various regions, specifically targeting bacteria that are pertinent to skin health. Furthermore, several *in vitro* investigations have indicated the potential of honey to modulate the immune system of the skin (24).

It possesses *Vishagna*, *Krumigna*, and *vranaropana* qualities (25). *Acharya Susruta* has mentioned that in *Dwitiya Visha vega Chikitsa* prepared *agada* should be used with *Madhu* and *Ghruta*. (26)

Ghruta (Cow Ghee): *Ghruta* contains the antioxidants vitamin E and vitamin A. Ketone bodies are effectively reduced and the body is shielded from oxidative harm with their assistance. Vitamin A has been found to possess the potential to mitigate the occurrence of blindness. *Ghruta*, a substance known for its presence in various food sources, contains beta-carotene, a well-established compound with antioxidant properties. The substance possesses *Vishahara*, *Twachya*, *Ojo vardhak*, *snehana*, and *rasayan* characteristics (28). Documented in cases of *agni dagdha*, *visha vikara*, *visarpa* etc. According to *Acharya Susruta*, in the treatment of *Dwitiya Visha vega*, a prepared *agada* should be administered with the addition of *Madhu* and *Ghruta*. Honey serves as both a content and *anupana* in the context of several *vishagna yogas*.

Majority of these ingredients possess *Katu Vipaka*, *Ushna Veerya*, *Tikta*, *Madhura*, *Katu Rasa*, and *Vishaghna*, *Twakdosha hara*, *Shothahar*, and *Raktashodhak Karma*

After the completion of the treatment it was observed that the signs and symptoms significantly decreased and the patient had no reported attacks of *Shitapitta*. Itching was probably reduced due to the *haridra's tikta katu rasa*, *usna virya*, *kapha samak* and *kandugna* properties and *daruharidra's Tikta rasa*, *Laghu Ruksha Guna*, *Katu Vipaka* and *Usna Veerya*, it also has *twakdosha hara*, *rakta sodhak*, *kanduhara*, *kusta hara* properties which may reduce the aggravated *kapha dosha*.

Burning sensation originated from *pitta* may be reduced due to *haridra's Pittashamak* properties due to its bitter taste, *manjista's Madhura guna*, *Pattanga's sita virya* it is resulting in *daha prasamana* properties. Pricking pain which is due to *vata* vitiation may be relieved due to *manjistha's guru guna* and discoloration may be reduced due to *haridra's tikta rasa*, *daruharidra's raktasodhak* properties, *vra na sodhana* properties. In addition to the aforementioned benefits, the *Sanskaranuvartanam* property of this *ghruta* enhances the properties of every ingredient it is combined with.

These individual ingredients have a variety of pharmacological effects, including analgesic, antifungal, antibacterial, and anti-inflammatory properties. Also, *tagar* in this preparation will help in reducing the stress in these patients. Thus, external and internal administration of this medicine is proven to show desired results in case of *Shitapitta*.

Conclusion

This is a single case study, but this study can give a ray of hope for developing a standard Ayurvedic Protocol for the treatment of *Shitapitta* (Urticaria). There is genuine need for the development of treatment policies for *Shitapitta* because *Ayurvedic* texts contains

various preparations which are yet to be verified and modern medicine does not have any specific treatment for this condition, it advises the use of anti-histamines that helps in suppressing the disease for some time but, does not cure it from the roots. For that further extensive studies are needed to be carried out in a larger sample sizes. Future Researchers may carry on this study to set up the required protocol.

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