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### “Role Of *Guduchyadi Churna* On *Rajonivrutti Avastha* With Special Reference To Postmenopausal Syndrome”- A Review Of Literature

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#### ABSTRACT

Menopause is defined retrospectively as the time of the Final Menstrual Period (FMP), followed by 12 months of amenorrhea. Post menopause describes the period following the final menses. In Ayurveda, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of *Vata* predominance & *Dhatukshaya* (depletion of tissue) and it occurs at the age of 50 years. The menopause is permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. The age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status, age at menarche, or number of prior ovulations. Factors that are toxic to the ovary often result in an earlier age of menopause; for example, women who smoke experience an earlier menopause. Women who have had surgery on their ovaries, have had a hysterectomy, despite retention of their ovaries, may also experience early menopause. In U.K. average age for menopause is 52 (National Health Service) while in the U.S.A, it is 51 (National Institute of Aging). About 1/5<sup>th</sup> women in India experience menopause before the age in 41, but average age is 50 years and about 10% women seek medical advice during menopause. Premature ovarian failure is defined as menopause before the age of 40 years. It may be idiopathic or associated with toxic exposure, chromosomal abnormality, or autoimmune disorder. ‘*Guduchyadi Churna*’ drug can be effective in the management of Postmenopausal Syndrome and can be an effective, safe, promising and cost effective remedy.

Keyword: *Rajonivrutti*, Postmenopausal Syndrome, *Guduchyadi Churna*.



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## INTRODUCTION:

The age at menopause appears to be genetically determined and is unaffected by race, socioeconomic status, age at menarche, or number of prior ovulations. Factors that are toxic to the ovary often result in an earlier age of menopause; for example, women who smoke experience an earlier menopause. Women who have had surgery on their ovaries, have had a hysterectomy, despite retention of their ovaries, may also experience early menopause<sup>1</sup>. In U.K. average age for menopause is 52 (National Health Service) while in the U.S.A, it is 51 (National Institute of Aging). About 1/5<sup>th</sup> women in India experience menopause before the age in 41, but average age is 50 years<sup>3</sup> and about

10% women seek medical advice during menopause. Menopause is defined retrospectively as the time of the Final Menstrual Period (FMP), followed by 12 months of amenorrhea. Post menopause describes the period following the final menses<sup>2</sup>. In *Ayurveda*, this phenomenon is considered as a natural process due to aging and not associated with any serious health problems. Menopause is a state of *Vata* predominance & *Dhatukshaya* (depletion of tissue) and it occurs at the age of 50 years<sup>4</sup>. '*Guduchyadi Churna*' drug can be effective in the management of Postmenopausal Syndrome and can be an effective, safe, promising and cost-effective remedy

## MATERIALS AND METHODS:

In order to determine in current body of scientific evidence supporting the therapeutic effect of '*Guduchyadi Churna*' in case of *Rajonivrutti* (Postmenopausal Syndrome), the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of '*Guduchyadi Churna*' in human subjects.

### REVIEW:

Menopausal syndrome is a fact of multi-factorial etiopathogenesis with symptoms of varying degree from very mild to very severe and distressing, disturbing the routing life of the women. The women are running in the critical phase in their

**Table: Contains of *Guduchyadi Churna*:**

aging phenomenon i.e. late middle or early old age also. Single drug formulation may treat a fraction of symptoms but not the whole symptoms of menopause. Postmenopausal Syndrome or *Rajonivrutti Avastha* is comprises of several *Lakshana* (Signs and symptoms) of all *Dhatukshaya*. (depletion of tissue) Moreover there is vitiation of two *Dosha* along with *Manasikdosha* and *Agni* (digestive fire) is decreasing.

**DRUG REVIEW**<sup>5-42</sup>: *Guduchyadi Churna* : It is explained in Y.R. Uttarakandha 24, by Dr.Indradevatripati&D.S.Tripati,edition 1<sup>st</sup>Chkambha series office ,Varanasi (P) p.No-892

Sl.no.	Ingredients	Scientific name	Useful parts
1.	<i>Guduchi</i>	<i>Tinospora cordifolia</i> Willd.	Stem
2.	<i>Apamarga</i>	<i>Achyranthes aspera</i> Linn.	Whole plant
3.	<i>Vidanga</i>	<i>Embelia ribes</i> Burm.f	Fruit
4.	<i>Shankhapushpi</i>	<i>Convovulus pluricaulis</i> Chois.	Whole plant
5.	<i>Vacha</i>	<i>Acorus calamus</i> Linn.	Root
6.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Fruit
7.	<i>Sunthi</i>	<i>Zingiber officinale</i> Rosc.	Stem
8.	<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd.	Root

## GUDUCHI

**Botanical name:** *Tinospora cordifolia* Wild

**Natural order:** Menispermaceae

**Classical name:** *Guduchi, Amrita, Giloy, Gulancha, Gulbel, Madhuparni, Chhinnaroha, Galu, Shindhilkudhi, Kondhalin, Vatsadhani, Tantrika.*

**Vernacular name:** Sanskrit : *Amritavalli, Amrita*

**English :** Moonseed

**Hindi :** *Giloe, Gurcha*

**Bengali :** *Gulanacha*

**Parts used:** Stem

**Ayurvedaproperties:** *Rasa: Tikta, Kashaya*

- **Guna:** *Guru, Snigdha*
- **Virya:** *Usna*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Tridoasa shamaka*
- **Rogagnata:**
- *Jwara* (fever), *Vatarakta* (gout), *Prameha* (DM), *Kushtha* (skin disease), *Agnimandhya*, *Trishna* (thirst), *Daha* (burning sensation), *Kasa* (cough), *Krimi* (worms), *Chhardi* (vomiting), *Arshas* (piles), *Netravikara* (eye disorders), *Hridroga* (Heart disorders)
- **Karma:** *Rasayana* (Rejuvenation), *Tridosashamaka*, *Medhya* (Nootropic), *Jvarahara* (Antipyretic), *Dahaprasamana* (burning sensation), *vedanasthapana* (Pain killer), *Kushthaghna*, *Hridya* (Heart tonic)

*,Raktashodaka, Raktavardhaka, Jwaraghna* (Antipyretic) *mootrajanana*, (Diuretic) *Madhumeha*, (DM) *Deepana*, (Appetizer) *Pachana* (Digestive), *Chhardinigrhana*, (Antiemetic) *Anulomana, Balya*. (Tonic)

**Action and uses:** *Jwara* (fever), *Vatajwara* (fever because of *vata*), *Vatarakta* (gout), *Amlapitta* (hyper acidity), *Prameha* (diabetes), *Trishna* (thirst), *Kushtha, Pandu, Kamala*. It is useful in burning sensation, hyperdipsia, helminthiasis, dyspepsia, vomiting, flatulence, acid gastritis, jaundice, haemorrhoids, meno-metrorrhagia, intermittent fever, asthma, filarial, diarrhoea and eye diseases.

**Chemical constituents:** A diterpenoid of columbin type- tinosporin is isolated from plant ( sci. Cult. 26: p.140, 1960; Chem. Abstr.61:12331 b, 1964). Tinosporide and cordifolide (Sci.Res.1:177, 1964). Tinosporidine and beta- Sitosterol isolated stems; cordifol, heptacosanol and octacosanol reported from the leaves (Comp. Ind. Med. Plants vol.2 p.679). A new furanoid diterpene- tinosporide from stems ( Ind. J. Chem; 16B:317, 1978 & Chem. Abstr. 93.72009c, 1980), 18- norclerodene glucose- tinosporide- from stem wood is reported (phytochem. 28:273, 1989 & Chem. Abstr.112:211629; 1990). Five diterpene furan glycosides, viz., cordifolisides A-E and two phenyl propane glycosides are isolated from aq. Extracts (Gangan et al; 1994). Isocolumbin, tetrahydropalmatine, magnoflarine and palmatine

were isolated from roots (Sarma et al; 1998). Ref. Dravya Guna vijnana, Author Dr J.L.Sastry, Chaukhambha orientalia, Varanasi, edition:2015, page no. 39).

**Pharmacological activities:** Hypoglycemic, CNS depressant, antibacterial, antimicrobial, Antipyretic, anti-inflammatory, antiaarthritic, antiallergic, hepatoprotective, analgesic, immunosuppressive, immunostimulant, antineoplastic, antistress, antidiabetic, antitumour, adaptogenic, antileishmanial, antioxidant, antiendotoxic, hypotensive, diuretic.

**Important formulation:** *Amritarisa, Amritottara Kvatha Churna, Guduchi Taila, Guducyadi Churna, Guduchi Sattva, Chinnobhavadi Kvatha Churna.*

### APAMARGA

**Botanical name:** *Achyranthus aspera* Linn.

**Natural order:** **Amaranthaceae**

**Classical name:** *Apamarga, Shikhari, Adhashalya, Mayuraka, Aghata, Kharamanjari, Latajeera, Apang, Utterana, Pratyakapushpa, Katalani, Durgraha, Kinihi, Markati.*

**Vernacular name:** **Sanskrit** : *Mayura, Mayuraka*

**English** : Prickly Chaff Flower

**Hindi** : *Chirchita, Latjira*

**Bengali** : *Apamarga*

**Parts used:** Whole plant

**Ayurveda properties:** **Rasa:** *Katu, Tikta*

- **Guna:** *Laghu, Ruksha, Tikshna*
- **Virya:** *Ushna*
- **Vipaka:** *Katu*
- **Doshaghната:** *kaphavatahara*
- **Rogagnata:** *Agnimandhya(weak digestion), Adhmana,(Flatulence) Arsha(Piles), Apachi, Kandu,(Itching) Dadru(Psoriasis), Chhardi(Vomiting), Udarashula(Abdominal pain), Hridruja(cardiac pain), Udara,*

*Mutrakriccha(Dysuria), Visucika(Cholera), Nadivrana*

- **Karma:** *Agnideepaka,(appetizer) Pittasharaka, Pachaka,(Digestive) Vamaka,(Emetic) Chhedana (excision), Shothahara,(anti-inflammatory) Vedanasthapana (pain killer), Lekhana,(scrapping), Kaphanissaraka, Mutrala,(diuretic) Kushthaghna, Krimighna, Raktavardhaka, Raktashodhaka(blood purifier), Vishaghna, (anti-toxic)Rochan, Kandughna etc.*

**Action and uses:** *Arsas (piles), Rakta arsas (bleeding piles), Visucika (diarrhoea), Nadivrana (sinus), Atyagi (bhasmaka), Sastraksata (wound), Shula,(pain) Udara Roga, Apaci, Kandu(itching), Medoroga. Apamarga root taken with milk overcomes dysuria. Decoction of Apamarga, Kakajangha, Kokilaksha and Suparnika induces sleep (HS.3.15.6). A pair of leaves of Apamarga introduced into the vagina relieves pain instantaneously (GN.6.6.15. Application of the paste of the roots of Apamarga and Punarnava (Borrehevia diffusa) removes vaginal pain during puerperium*

**Chemical constituents:** Betaine, Achyranthine, hentriacontane, ecdysone, aldosterone, inocoteron, oleanolic acid, glycosides and Achyranthes saponins A, B, C, D.

**Pharmacological Activities:** Antihypertensive, Antidiabetic, Abortifacient, Diuretic, Antileprotic, Purgative, anti-implantation, vasodilator, cardiac stimulant (seed saponins), cardiac depressant (achyranthine), Spasmolytic, Hypoglycemic and Antifungal.

**Important formulations:** *Apamargakshara, Apamargakshara Taila, Abhaya Lavana, Agastya haritaki, Gudhapippali, Jyotishmati Taila, Mahashankha vati.*

**VIDANGA****Botanical name:** *Embelia ribes* Burm.f.**Natural order:** Myrsinaceae**Classical name:** *Vayavidanga, Vidanga, Krimighna, Chitratandhula, Bhabhiranga, Viggala, Vella, Krimihara, Jantughna***Vernacular name:** Sanskrit : *Jantughna, Krimighna,***English :** Embelia fruit**Hindi :** *Vayavidanga, Bhabhiranga, Baberang***Bengali :** *Vidang***Parts used:** Fruit**Ayurveda properties:**

- **Rasa:** *Katu, Kashaya*
- **Guna:** *Laghu, Ruksha, Tikshna*
- **Virya:** *Ushna*
- **Vipaka:** *Katu*
- **Doshagnata:** *Kaphavata shamak*
- **Rogagnata:** *Deepana (appetizer), Vishaghna(anti-toxic), Krimiroga, Udara roga, Adhman(Flautence), Shola(abdominal pain), Kushtha,(skin disease) Agnimandya, Ajirna, Vibandha(constipation), Aruci, Medoroga, Prameha(DM), Vaivarna(discoloration)*
- **Karma:** *Krimighna, Pachana(digestive), Anulumana, Mootrajanana,(Diuretic) Sulahara(pain killer), Adhmanahara, Vibandhahara, Vishaghna(anti toxic), Rucya, Medohara, Mehahara, Garbhanirodhaka, Varnya, Rasayana(rejuvenation) and Kushthaghna.*

**Action and uses:** *Krimi*(worm infestation), *Kushtha* (skin disease), *Rasayana* (rejuvenating), *Visa roga, Shula, Udararoga, aadhmana*. Water boiled with *Vidanga* and added with the same should be used as drink. It destroys worms and disorders caused thereby (BP.Ci.7.23). Those who take *Vidanga, Bhallataka* and *Shunthi* with ghee and honey cross over the turbulent stream of old age and

diseases (A.H.U.39.152).

**Chemical constituents:** Rruits yielded Embelin, Quercitol, Tannin, an alkaloid Christembine, Iodoembolin, Bromoembolin, Embelic acid, Fatty ingredients, Volatile oil, Vilangin.

**Pharmacological activities:** Estrogenic, antihelmintic, antigungal, antioxidant, hepatoprotective, Anticonvulsant, immunostimulant, antiimplantation, antiovolatory, hypotensive, antipyretic, diuretic, antispermatogenic, antiandrogenic, anticancer.

**Important formulations:** *Vidangadi churna, Abhayarishta, Kasisadi ghrita, Vidanga taila, Kaishore guggulu, Vidangarishta, Vidanga Lauha, Vidagadi Lauha, Vayashadi guggulu.*

**SHANKHAPUSHPI****Botanical name:** *Convolvulus pluricaulis* Chois**Natural order:** Convolvulaceae**Classical name:** *Shankhapushpi, Kshirapushpi, Mangalyakusuma, Shankhahuli, Sangkhavel, Shankhaveli, Vanvilasini, Tilaki, Shankhavya, Shankhacusuma.***Vernacular name:** Sanskrit: *Shankapushpi***English:** Speed wheel**Hindi:** *Shankhahuli***Bengali:** *Shankhapushpi***Parts used:** Whole herb**Ayurveda properties:**

- **Rasa:** *Kashaya, Katu, Tikta*
- **Guna:** *Snigdha, Pichila, Guru, Sara*
- **Virya:** *Shita*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Tridoshagna*
- **Rogagnata:** *Vatapittavikara, Anidra (insomnia), Ajeerna (indigestion), Daha, (burning sensation) Shoukradourbalya, Manasika Vikaras(mental disorders), Unmada, (insanity) Apasmara(epilepsy),*

*Dourbalya*(debility) *Kushtha*(skin disease) , *Krimi*(worms), *Visavikara*,(toxic effects) *Kasa*,(cough) *Swarabheda*(hoarshness of voice) , *Pooyameha*.

• **Karma:**

*Rasayana*(Rejuvenation),*Tridosashamaka*, *Medhya* (Nootropic), *Jvarahara* (Antipyretic), *Dahaprasamana* (burning sensation) ,*vedanasthapana* (Pain killer) ,*Kushthagha* ,*Hridya*(Heart tonic) ,*Raktashodaka*, *Raktavardhaka*, *Jwaraghna* (Antipyretic) *mootrajanana*,(Diuretic) *Madhumeha*,(DM) *Deepana*,(Appetizer) *Pachana*(Digestive) , *Chhardinigrhana*,(Antiemetic) *Anulomana*, *Balya*.(Tonic)

- **Action and uses:** *Medhyarasayana* (intellect promoter), *Unmad* (insanity), *Apasmara* (epilepsy) *Vrisya*(aphrodisiac) , *Kantivardhaka*, *Balya*(tonic) , *Kushthagha*, *Krimighna*, *Visaghna*(anti toxic) , *Kasahara*,(anti tussive) *Swarya*. *Shankhapushpi* is *rasayana* (rejuvenating) specially promoting intellect (CS.Ci.3.31). *Ghee* 10.24 kg should be cooked with three times juice of *Shankhapushpi* along with milk. By its regular use even the dull becomes sharp and intelligent (A.H.U.39.47). Old *Ghee* cooked with *Brhmi* juice, *Vacha*, *Kushtha* and *Shankhapushpi* alleviates insanity and epilepsy (CS.Ci.10.25)

**Chemical constituents :** Shankhapushpine, 6-methoxy-7-hydroxycoumarin, n-hexacosanol, Carbohydrate-D-glucose, Maltose, Rhamnose, Glacial acetic acid, Scopoletin, Beta sitosterol, E-sitosterols, Tropane alkaloids, Kaemferol, Convoline, Convalidine, Convolvine, Confoline, Convosine, Tetratriacontanoic acid.

**Pharmacological activities:** Sedative, hypotensive, hypolipidemic, antifungal, hypoglycaemic, anti-convulsant, anti-oxidant, anti-depressant and anti-ulcerogenic.

**Important formulations:** *Guduchyadi Churna*

(YR), *Brahmi Ghrita*, *Brahmi Vati*, *Brahma Rasayana*, *Saraswata Churna*, *Agastya Haritaki Rasayana*, *Jeevaniya Ghrita*, *Shankhapushpi Panaka*.

**VACHA**

**Botanical name:** *Acorus calamus*Linn.

**Natural order:**Araceae

**Classical name:***Vacha*, *Ugragandha*, *Swaragrantha*, *Golomee*, *Vekhandha*, *Vaja*, *Varcha*, *Varaja*, *Vaya*, *Karunaka*, *Vasambho*, *Kshudrapatra*, *Shataparvika*,*Mangalya*.

**Vernacular name:Sanskrit:** *Ugragandha*, *Ugra*, *Shadh-grantha*

**English :** *The Sweet Flag*

**Hindi:** *Bach*, *Gora-bach*

**Bengali:** *Bach*

**Parts used:**Rhizome

**Ayurveda properties:***Rasa: Katu, Tikta*

- **Guna:** *Laghu*, *Tikshna*
- **Virya:** *Ushna*
- **Vipaka:** *Katu*
- **Doshagnata:** *Kaphavatashamaka*
- **Rogagnata:** *Unmada*(insanity) , *Apasmara*,(epilepsy) *Sthoulya*(obesity) , *Murchha*(syncope) , *Agnimandya* (weak digestion) , *Ajirna*(indigestion) , *Arsas*(piles), *Krimi*(worms) , *Udarasula*(abdominal pain), *Jwara*(fever), *Adhmana*,(flatulence)*Vibandha*(constipation) , *Mukharoga*, *Swarasada*, *Atisara* (diarrhea) and *Mutradosha*.(urine disorders)
- **Karma:** *Medhya* (nootropic), *Lekhana*, (scraper) *Vamaka* (emetic) , *Dipana* (appetizer) , *vedanasthapana* (Pain killer) ,*Kushthagha* ,*Hridya* (Heart tonic) ,*Raktashodaka*, *Raktavardhaka*, *Jwaraghna* (Antipyretic) *mootrajanana*,(Diuretic) *Madhumeha*, (DM) *Deepana*,(Appetizer)

*Pachana* (Digestive) , *Chhardinigrahana*,  
(Antiemetic) *Anulomana* ,*Bhutaghna*,

**Action and uses:** *Rasayana* (Rejuvenation), *Apasmara* (Epilepsy), *Sotha* (oedema), *Suryavarta*, *Visamajwara* (malaria) *Shula* (pain), *Shvasa* (asthma) , *Kasa* (cough) , *Vibandha* (constipation), *Unmada* (insanity) , *Aadhmana*, *Karna Srava*, *Smriti daurbalya* (weak memory) By using for a month *Vacha* with milk or *ghee* or oil one becomes invincible for pathogenic agents and endowed with sharp intellect and sweet voice (AH.U.39.164). One who keeps the nodular piece of *Vacha* in mouth day and night gets rid of the diseases of mouth (HS.3.46.31).

**Chemical constituents:** Rhizome of *Vacha* contains 1.5 to 3.5% of volatile oil, Starch, Resin (2.5%), and Tannin. Volatile oil contains asaradehyde, Asarone, and eugenol. Other constituents include beta asarone, Calamenol, Calamene, Calamenone, Methylene eugenol, alpha pinene and camphene.

**Pharmacological activities:** Vermifuge, carminative, tranquilizer, sedative, hypothermic, anticonvulsant, carcinogenic, antimicrobial, anthelmintic, insecticidal, antibacterial and CNS depressant.

**Important formulations:** *Ashwagandharishta*, *Vachadi Taila*, *Vacha Lasunadi Taila*, *Sarasvata Churna*, *Sarasvata Rista*, *Manasmitra Vataka*, *Candra Prabha Vati*, *Khadiradi Vati*, *Hinguvacadi Churna*.

### HARITAKI

**Botanical name:** *Terminalia chebula* Retz.

**Natural order:** Combretaceae

**Classical name:** *Haritaki*, *Abhaya*, *Pathya*, *Chetaki*, *Rohini*, *Haimavati*, *Shiva*, *Hare*, *Halilaja*, *Karakkai*, *Putana*, *Vayastha*, *Kayastha*

**Vernacular name:** Sanskrit : *Abhaya*, *Kayastha*, *Shiva*, *Pathya*, *Vijaya* (Not *Bhaaga*)

**English :** *Myrobalan*

**Hindi :** *Harre*, *Harad*, *Harar*

**Bengali :** *Haritaki*

**Parts used:** Fruit

**Ayurveda properties:**

- **Rasa:** *Kashaya pradhana*, *Pancharasa lavanavarjita*
- **Guna:** *Laghu*, *ruksha*
- **Virya:** *Usna*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Tridosahara*, specially *vatashamaka*
- **Rogagnata:** *Vatavyadhi*, *Shotha-vedanayukta vikara* (inflammatory conditions) , *Vrana* (wound) , *Mukharoga*, *Kantharoga*, *Nadi daurbalya*, *Mastishka daurbalya* (brain disorders), *Netrabhishyanda* (conjunctivitis), *Drishtimandya* (diminution of vision.) *Indryadaurbalya* (diminished senses), *Agnimandya*, *Shoola* (pain) , *Anaha*, *Gulma* (abdominal tumour) , *Vibandha*, (constipation) *Arsha* (piles) , *Kamala* (jaundice) , *Yakritpleeha vridhi* (spleen-liver enlargement), *Krimiroga*, *Hriddaurbalya* (cardiac inefficiency) , *Vatarakta* (gout) , *Raktavikara*, *Shotha* (inflammation) , *Pratishyaya* (sinusitis) , *Kasa* (cough) , *Swarabedha*, *Hikka* (hiccups) , *Swasa*, (asthma) *Sukrameha*, *Shwetapradara* (leucorrhoea) , *Mootrakrichchhra*, (dysuria) *Mootraghata*, *Ashmari* (stone) , *Kushtha* (skin disease), *Visarpa*, (erysipelas) *Vishama jwara*, (malaria) *Jeernajwara* (chronic fever)
- **Karma:** *Rasayana* (Rejuvenation), *Tridosashamaka*, *Medhya* (Nootropic), *Jvarahara* (Antipyretic), *Dahaprasamana* (burning sensation) , *vedanasthapana* (Pain killer) , *Kushthaghna* , *Hridya* (Heart tonic), *Anulomana*, *Krimighna*, *Kaphaghna*, *Vrishya* (aphrodisiac) , *Grahi*, *Prajasthapana*, *Mootrala* (diuretic) , *Kushthaghna* (antileprosy) , *Mridurechana*

(soft purgatives) , *Shonitasthapana*, *Garbhashayashothahara*, (anti-inflammatory), *Yakrituttejaka*. (hepatic stimulants).

**Action and uses:** *Rasayana*, *Parinama sula* (duodenal ulcer), *Vatavyadhi* (disorder of *vata*), *Atisweda* (excessive sweating), *Vibandha* (constipation), *Chhardi* (vomiting), *Arsas* (piles), *Shotha*, *Arsha*, *Aruci*, *Hridroga*, *Kasa*, *Pandu*, *Prameha*, *Udavarta*, *Vibandha*, *Jirnajvara*, *Visamajvara*, *Siroroga*, *Tamaka svasa*, *Gulma*, *Udararoga*, *Haritaki* fried in ghee should be taken followed by intake of ghee. It provides firm strength in the body (AH.U.39.148). In *prameha*, *Haritaki* powder should be taken with honey (As.Ci.14.5). *Haritaki*, *Pippali* and *Shunthi* is known as 'trisama', which promotes digestive power and prevents thirst etc.

**Chemical constituents:** Anthraquinone glycoside, chebulinic acid, chebulagic acid, tannic acid, terchebin, tetrachebulin, vitamin C (fruits); arachidic, behenic, linoleic, oleic, palmitic and stearic acids (fruit kernels); chebulin (flowers); 2-alpha-hydroxymicromeric acid, maslinic acid and 2-alpha hydroxyl ursolic acid (leaves)

**Pharmacological activities:** Antimicrobial, antifungal, antibacterial, antistress, antispasmodic, hypotensive, hypolipidemic, anthelmintic, purgative, cytoprotective, cardiogenic, antihelmintic, antihepatitis B virus activity, inhibitory activity against HIV-1 protease.

**Important formulations:** *Triphala churna*, *Triphaladi Taila*, *Abhayarishta*, *Agastya haritaki rasayana*, *Citraka Haritaki*, *Danti Haritaki*, *Dasamula Haritaki*, *Brahma Rasayana*, *Abhaya Lavana*, *Pathyadi Lepa*.

## SHUNTHI

**Botanical name:** *Zingiber officinale* Rosc.

**Natural order:** Zingiberaceae

**Classical name:** *Mahaushadha*, *Nagara*, *Sunthi*,

*Visvabhesajya*, *Sringbera*, *Sonth*, *Janjavila*, *Katubhadra*, *ardrika*, *Ardraka*.

**Vernacular name:** Sanskrit: *Aushadha*, *Muhaushadha*,

**English:** *Ginger root*, *Ginger*

**Hindi :** *Sonth*

**Bengali:** *Suntha*, *Sunthi*

**Parts used:** Dry rhizome

**Ayurveda properties:**

- **Rasa:** *Katu*
- **Guna:** *Laghu*, *Snigdha*
- **Virya:** *Ushna*
- **Vipaka:** *Madhura*
- **Doshagnata:** *Vatakaphashamaka*
- **Rogagnata:** *Ajirna*, (indigestion) *Amavata* (*Rheumatoid arthritis*), *Agnimanghya*, *Chhardi* (vomiting), *Anaha*, *Sula* (pain) , *Vibandha* (constipation) , *Shool* (elephantiasis) *Shool vatakaphahara*, *Shopha* (inflammation), *Kasa*, (cough) *Hikka*, (hiccups) *Grahani roga*, (sprue) *Sheet-pitta* (urticaria) , *Pandu jwara* (Anemic fever) , *Pratishyaya* (sinusitis), *Deepana* (appetizer), *Karnashoola*. (ear pain)
- **Karma:** *Vatakaphashamaka*, *Anulomana*, *Deepana* (appetizer), *Pachana* (digestives) , *Rochana*, *Vrishya* (Aphorodiasic) , *Jwaraghna* (antipyretic) , *Sothahara* (anti-inflammatory) , *Hridya*, *Amadoshahara*, *Arshoghna*, *Vedanasthapana* (pain killer) etc.

**Action and uses:** *Agnimandya* (loss of appetite), *Aruci* (anorexia), *Arsas* (haemorrhoids), *Sitapitta* (urticaria), *Parinamasula* (duodenal ulcer), *Sotha* (oedema), *Sira sula* (headache), *Visucika* (diarrhoea). *Shvasa*, *Adhmana*, *Aamavata*, *Pandu*, *Udararoga*.

**Chemical constituents:** Heptane, Octane, Isovaleraldehyde, nonanol, ethyl pinene, camphene, beta pinene, sabinene, myrcene, limonene, beta



phellandrene, 1,8 cineole, alfa-farnesene, beta-farnesene, gingerol, hexahydrocucurmin, gingerone A, B & C, resin, starch, thiamine, riboflavin, niacin, vitamin C, carotene,

**Pharmacological activities:** Anti-allergic activity, Anti inflammatory, hypolipidemic, antibacterial, antiemetic, antifungal, antipyretic, antiplatelet, antitumoral, hypoureemic, antidepressant, hepatoprotective, hypoglycaemic, inhibition of prostaglandin release, analgesic activity, antioxidative effect and bioavailability enhancing activity.

**Important formulations:** *Trikatu, Erandapaka, Panchakola Churna, Abhayarishta, Ashwagandharishta, Shunthi Ghrita, Rasanadi Jwatha, Saubhagyashunthi, Saubhagya Vati, Vaishvanara Churna.*

### SHATAVARI

**Botanical Name:** *Asparagus racemosus* Willd

**Natural Order:** Liliaceae

**Classical Names :** *Shatapadi, Bahusuta, Atirasa, Mahodari, Narayani, Shataveerya, Shatamooli, Bhiru, Indivari, Vari, Urdhwakantika, Rishyaprokta, Pivari.*

**Vernacular Names:** Sanskrit: *Shatavari*

**English:** Wild asparagus

**Hindi:** *Shatawar, Satamuli*

**Bengali:** *Satavari*

**Parts Used:** Root

**Ayurveda Properties :** *Rasa: Madhura, Tikta*

**Guna:** *Guru, Snigdha*

**Virya:** *Sita*

**Vipaka:** *Madhura*

**Doshagnata:** *Vatapittashamaka*

**Rogagnata :** *Rasayana (Rejuvenator) , Dourbalya (Debility), Shukrakshaya (Oligozoospermia) , Stanyakhsaya, (Decreased milk production) Mutrakrichchhra (Dysuria), Arsha (Piles), Vatavikara, grahani (Sprue) , Gulma (Abdominal tumour), Manasika vikara (Mental disorders), Hridayoga (Cardiac disorders) , Shotha (inflammation) , Amlapitta, Raktapitta, Kshaya, Drishtimandya (diminished vision).*

**Karma:** *Rasayana (Rejuvenator) , Pittashamaka, Grahi, Sukrala, Nadibaladayaka, Garbhaposhaka, Mootrala, (diuretic) Stanyajanana (galactogogue), Balya (tonic) , Medhya (nootropic) , Vedanasthapana (pain killer) Chakshushya (promotion of Eye health), Raktapittashamaka, etc*

**Action and Uses:** *Stanya vardhanartha (galactogogue) Rasayana (rejuvenative), Swarabheda (hoarseness of voice). In intrinsic haemorrhage and diarrhoea-Shatavaryadi ghrita, Shatavari in piles and diarrhoea, Shatavari juice mixed with honey in biliary colic, Shatavari powder with cold water in dysuria, Shatavari with milk as galactogogue, and Shatavari cooked with ghee and decoction as rasayana etc. The roots are bitter, sweet, emollient, cooling, nervine tonic, constipating, ophthalmic, anodyne, aphrodisiac, diuretic, carminative, appetiser, stomachic, antispasmodic and tonic. They are useful in nervous disorders, dysentery, tumours, inflammations, burning sensation, hyperdipsia, ophthalmopathy, nephropathy, hepatopathy, strangury, burning micturition, throat infections, tuberculosis, cough, bronchitis, gleet, gonorrhoea, cardiac debility, leucorrhoea, leprosy, epilepsy, fatigue, hyperacidity, haemorrhoids, hypertension, abortion, agalactia and general debility.*

**Chemical Constituents:** Sarsapogenin, Saponin A4-A7, glycosides of quercetin, rutin, hyperoside in flower and fruits, diosgenin, quercetin 3-glucuronide in leaves, sitasterol and stigmasterol along with their glucosides, two spirostanolic and furostanolic saponins and saponin, 4 saponins, viz, Shatavarin I to IV, Polycyclic alkaloids, asparagamine A and disaccharide in roots are reported.

**Pharmacological activities:** Antioxytotic (Shatavarin IV), diuretic, galactogogue, anticancer, antifungal, hypotensive, antiamebic, nematocidal, gastric-sedative, antidyseric, spasmodic to uterus, anticoagulant, antiabortifacient (shatavarin I), enzymatic, hypoglycaemic and phagocytic.

**Important formulations:** *Shatvaryadi Churna, Shatavaryadi Ghrita (CS.Ci.4.95-96), Puga*

*Khanda, Phalaghrita, Narayana Taila, Guduchyadi Taila, Shatamoolyadi Lauha, Brihatashwagandha Ghrita, Eranda paka, Shatavari Garbhachintamani Rasa, Brihatchagaladya Ghrita, Vishnu Taila.*

## DISCUSSION:

### PROBABLE MODE OF ACTION OF 'GUDUCHYADI CHURNA':

#### ACCORDING TO AYURVEDA CONCEPTS:

'Guduchyadi Churna' is having mainly *Katu, Tikta, Kashaya Rasa (bitter-pungent-astringent taste)* and 3 drugs are *Katu Vipaka; Ushna Virya; Laghu, Snigdha, Tikshna Guna* and *Vata-Kaphashamaka* effects. The drug is also having *Rasayana (rejuvenator), Dipana (appetizer), Pachana (digestive) Anulomana, Vayasthapana(anti-ageing), Balya(tonic) and Medhya(nootropic)* properties. In the 'Guduchyadi Churna' like *Guduchi, Apamarga, Vidanga, Vacha, Haritaki* and *Shunthi* which are having *Usna Virya; Laghu, Ruksha Guna* of *Apamarga, Vidanga, Haritaki* and *Prabhava* possess *Dipana (appetizer), Pachana (digestive) and Vatanulomana* properties in the drug helps in regulation of *Agni* and combating *Agnivaishamaya*. But in spite of *Dipana (appetizer), Pachana (digestive), Anulomana* properties they have *Tridosahara* activities like *Guduchi, Shankhapushpi, Haritaki; and Shunthi, Vacha, Vidanga, Apamarga* is *Kapha-Vatashamaka* and *Shatavari* is *Vata-Pittashamaka*. This 'Guduchyadi Churna' due to its properties like *Madhura Rasa* and *Madhura Vipaka; Snigdha & Guru Guna; Sita Virya* of *Shatavari* and *Sita Virya & Madhura Vipaka* of *Shankhapushpi; Madhura Vipaka* of *Guduchi, Haritaki, Shunthi* act as *Rasayana, Balya, Vayasthapana, Medhya* and *Vata-Pitta Shamaka* and helps in *Dhatu* formation & keeps the body free from *Jara /aging*. The ingredients of 'Guduchyadi Churna' like *Shunthi, Vacha, Vidanga, Apamarga* having *Kapha-Vatashamaka* due to their *Katu Rasa & Ushna Virya* properties. *Shankhapushpi* shows *Rasayana (rejuvenator), Dipana (appetizer), Pachana (digestive) Anulomana,*

*Vayasthapana(anti-ageing), Balya(tonic) and Medhya (nootropic) properties Vrishya(aphrodisiac), Nadibalya, Manashikavikaraka(mental disorders), Hridya,(heart tonic) Nidrajanana, Tridosahara* properties and sedative, hypotensive, anti-depressant, Anti-convulsant and antioxidant activities. *Guduchi* also possesses *Rasayana (rejuvenator), Dipana (appetizer), Pachana (digestive) Anulomana, Vayasthapana(anti-ageing), Balya(tonic) and Medhya(nootropic) properties Vedanasthapanana Balya& Tridosahara* properties and CNS depressant, hypoglycemic, anti-stress, adaptogenic, diuretic, analgesic-anti-inflammatory, antimicrobial & anti-oxidant activity. All drugs present in 'Guduchyadi Churna' are *Rasayana (rejuvenator)* and act on *Manovaha Srotas* for which vitiated *Manas Doshas* are returns back to its normal condition and helps in reducing psychological symptoms associated with Postmenopausal Syndrome. Presents of *Shankhapushpi, Haritaki* and *Shunthi* in 'Guduchyadi Churna' may helps in Sexual problems as they are having *Rasayana (rejuvenator) & Vrishya (aphrodisiac)* activity and further research is needed to get the Significant result in Postmenopausal Syndrome statistically. Due to all these properties together 'Guduchyadi Churna' is able to relieve symptoms of *Dhatukshaya, vitiated Vata-Pitta-Kapha, Agnivaishamaya* and *Manovahasrotas (psychological)*.

#### ACCORDING TO MODERN SCIENCE:

Mode of action of 'Guduchyadi Churna' also depends upon properties and pharmacological action of their ingredients of the drug. The pharmacological actions of the ingredients are –

1. *Guduchi*: Hypoglycemic, CNS depressant, antibacterial, anti-microbial, Anti-pyretic, anti-inflammatory, anti-arthritic, anti-allergic, hepato-protective, analgesic, immunosuppressive, immune-stimulant, anti-neoplastic, anti-stress, anti-tumour, adaptogenic, antileishmanial, antioxidant, anti-endotoxic, hypotensive, diuretic

2. *Apamarga*: Antihypertensive, Anti-diabetic, Abortifacient, Diuretic, Anti-leprotic, Purgative, anti implantation, vasodilator, cardiac stimulant (seed saponins), cardiac depressant (achyranthine), Spasmolytic, Hypoglycaemic and Antifungal
3. *Vidanga*: Estrogenic, antihelmintic, antifungal, antioxidant, hepato-protective, Anticonvulsant, immune-stimulant, antiimplantation, antiovolatory, hypotensive, antipyretic, diuretic, antispermatic, anti-androgenic and anticancer.
4. *Shankhapushi*: Sedative, hypotensive, hypolipidemic, antifungal, hypoglycaemic, anti-convulsant, anti-oxidant, anti-depressant and anti-ulcerogenic.
5. *Vacha*: Vermifuse, carminative, tranquilizer, sedative, hypothermic, anticonvulsant, carcinogenic, antimicrobial, anthelmintic, insecticidal, antibacterial and CNS depressant
6. *Haritaki*: Antimicrobial, antifungal, antibacterial, antistress, antispasmodic, hypotensive, hypolipidemic, anthelmintic, purgative, cytoprotective, cardiogenic, antihelmintic, antihepatitis B virus activity, inhibitory activity against HIV-1 protease
7. *Shunthi*: Anti-allergic activity, Anti inflammatory, hypolipidemic, antibacterial, antiemetic, antifungal, antipyretic, antiplatelet, antitumoral, hypoureemic, antidepressant, hepatoprotective, hypoglycaemic, inhibition of prostaglandin release, analgesic activity, antioxidative effect and bioavailability enhancing activity.
8. *Shatavari*: Antioxytotic (Shatavarin IV), diuretic, galactagogue, anticancer, antifungal, hypotensive, antiamebic, nematocidal, gastric-sedative, antidysentric, spasmodic to uterus, anticoagulant, antiabortifacient (shatavarin I), enzymatic, hypoglycaemic So, the drug '*Guduchyadi Churna*' can be effective on somatopsychological and other symptoms of Postmenopausal Syndrome by its various pharmacological actions.

## CONCLUSION:

'*GuduchyadiChurna*' would be better choice in Postmenopausal Syndrome with osteoporosis. the drug can be used in the management of

Postmenopausal Syndrome with Diabetes Mellitus. '*GuduchyadiChurna*' is an effective, safe, promising and cost effective remedy

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