



Review of Yavagu Kalpana in Charaka Samhita

Name of 1st Author: - Dr. Sonal Gaurav Somani - MD Scholar,

Name of 2nd Author: - Dr. Mohan R. Joshi - Professor, HOD

Name of Department - Ayurved Samhita and Siddhant.

Name of organization- Tilak Ayurved Mahavidyalaya, City-Pune, 411011, Country- India

Abstract: *Yavagu*, One of *Aahara Kalpana* is elaboratory used for preventive and curative purposes in *Samhitas*. It appears with many synonyms and indications in *Charaka Samhita*. The study was planned to compile, compare, and critically analyse. *Yavagu* in *Charaka Samhita*. All references related to *Yavagu* are compiled and critically studied.

There are a total of 103 references found in *Charaka Samhita*. *Yavagu* is used for diet, *Anupan*, *Akanthpaan* in *Panchakarma*, and treating diseases. Out of 103 references, 72 are for therapeutic use. The 28 references from 72 are explained in chapter *Ch. Su. 2 Apamarga Tanduliy* and other remaining references were found in treatments of different diseases like *Jwara*, *Raktapitta*, *Atisara*, *Udara*, etc. 7 references where *Yavagu* and *Manda* are used as *Anupana* of *Ghrita* like *Nilinyadi ghrita*, *Chitrak ghrita*, etc. In *Panchakarma* 8 references, for *akanthapana* in *shodhana* by different drugs like *madanphala*, *dhamargava*, etc., in different diseases like *Gulma*, *Ghrahani*, etc., according to conditions. Also, 16 references of *Yavagu* as a diet are found in *Garbhini paricharya* (ANC), or *Agnimandya* due to fasting in *Grahani*, etc. Maximum use of *Yavagu* is seen in *Atisara* and *Adhog Raktapitta* disease.

According to *Charaka Yavagu* acts as *Laghu*, *ushna*, *Agnideepaka*, *doshanulomaka*, etc. So in diseases where *Agnimandya* is the main cause, *Yavagu* helps as *deepaniya pachaniya* is used for dietary and therapeutic use. So *Yavagu Kalpana* is a key element in the preventive and curative in treating diseases.

Index Terms – *Yavagu*, *Charaka Samhita*, *Ayurveda*, *Ahara kalpana*.

INTRODUCTION:-

In *Charaka Samhita*, *Yavagu* is *Ahara Kalpana* used to take care of *Agni* – used to treat *Agnimandya* and many diseases. It is *Aahariya Kalpana*, used like *pathya ahara* or prepared with medicines to treat disease. It has Nutritional and medicinal values. *Yavagu qualities* explained by *Charaka* is *Laghu*, *Agnideepana*, *Vata*, *Mutra*, *Purisha*, *Doshha anulomana*, *Swedaniya*, *Drava*, *Ushna*, etc. It is used after *Vamana*, *Langhana* to accelerate *Jathragni* same as *Samidha* accelerates *Yadyna Agni*. So this *Aahara Kalpana* is very important in treating diseases.

While going through a search about *Yavagu*, got studies like “Clinical study of *Panchakola Siddha Yavagu* in management of *Agnimandya*”¹ “A review article on *Yavagu - Yavagu a Pathya Kalpana*”² “Importance of *Yavagu* in treatment”³ “Critical Analysis of *Pathya W.S.R. Yavagu Kalpana*”⁴ “*Panchakola Siddha Yavagu* (medicated rice gruel) in Management of *Vatarakta*”⁵ “A contemporary study of *Yavagu* (prepared from Rice) as *Pathya Kalpana*”⁶ “Neutraceuticals in Ayurveda w.s.r. to *Yavagu*”⁷ “Twenty-eight *Yavagus* - in Clinical Practice”⁸ “Application of *Pippalyadi Yavagu* - In clinical Practice”⁹ “*Yavagu* For *Atisara*”¹⁰ A whole study about *yavagu* has not been seen. How many references and where does *Charaka Acharya* use *yavagu*, and in how many ways can *yavagu* be used? All these things were not seen. Hence, the study is done to see How *Yavagu* explained by *Charakacharya* in different forms, works on different diseases?

Aim and Objective: - Review of *Yavagu Kalpana* in *Charaka Samhita*.

Materials and Methods:-

Literary references from *Charaka Samhita* related to *Yavagu* were collected from all *sthana*. Previous work done about *Yavagu Kalpana* from *Charaka Samhita* from all the *sthana*, was search on google search, PubMed, etc. search engines. All articles were studied. All *Yavagu* in *Charaka Samhita* references compile, compare, and critically analysed. All collected references were studied to classify the *Yavagu* as per *Annapana* (diet), *Anupana*, *Medicine*, and *Panchkarma* use. *Charaka* explained about *Yavagu* indications, contraindications, and qualities of *Yavagu*, in *Chikitsa sthana chapter 3 Jwara Chikitsa*.

Results:-

- Commentary on *Charaka* by *Yogindranath sen*¹¹ explained that *Yavagu* and *peya* are synonyms. So in many places *Charaka* used the word *Peya* to *Yavagu Kalpa*. *Chakrapani*¹² explained that nowhere *pramana* (measurement) of *Dravya* is explained by *Charaka* as it should be taken as per *dosh*, *Agni*, and *bala*, of the patient by *Vaidya*. *Yavagu* dietary formulation is prepared with *Tandul* (Rice) or boiled grains in water or *kwatha* or *swarasa* etc. various liquids as per need.

- *Charaka* explained the qualities, uses, and contraindications of *Yavagu* in Ch.Chi.3/149-154.
- *Yavagu qualities*¹³- As *Yavagu* is prepared with medicines, it works as *Laghu* and *Agnideepana*. It is *Anulomana* of *Vata* (Flatus), *Mutra* (Urine), *Purisha* (Faeces), and *Doshas*. It is liquid and hot and causes sweating. It is watery so it reduces thirst in *Jwara*. It helps to sustain the *Prana* due to its nourishing property. It produces lightness due to laxative properties. Mainly for *Jwara* patients, *Yavagu* is beneficial and brings down *Jwara*. So in the beginning, only *Peya* should be administered.
- Indications of *Yavagu*¹⁴- While explaining *Yavagu* indications, *Charaka* explained that *Yavagu* prepared with medicine at the proper time after *Vamana*, *Langhana*. Use *Yavagu* for 6 days or till *Jwara* becomes mild. *Yavagu* accelerates *Jatharagni* same as *Samidha* accelerates *Yadynagni*.
- Contraindication of *Yavagu*¹⁵-*Jwara* is caused by the intake of alcohol, in alcoholism, a person addicted to alcohol in the summer season. In the condition of dominant *Pitta Kapha*, in *urdhwaga Rakta-Pitta*.
- *Charaka Samhita* has 103 references of *Yavagu*, divided them as per uses - 16 references for *Annapana* (diet), 7 are *anupana*, 72 references for medicinal use, and 8 references related to *Panchkarma*. 7 references where *Yavagu* and *Manda* are used as *anupana* of *Ghritha*. As *Yavagu* is light and *Agnideepaka*, *Drava*, and *ushna* will help to digest *ghrita*.
- *Yavagu* prepared by different medicines work to treat diseases - about 72 references of *yoga* are found in *Charaka Samhita*, which shows different working action like *deepana*, *pachan*, *grahi*, *bruhana*, *karshana*, *rukshana*, *bhedana*, *shoolnashaka* (pain relief), *Raktapitta nashaka*, *Arsha*, *Atisara nashaka*, etc.
- The *yogas* about 18 are on *Atisara* and 2 references about diet in *Atisara* so a total out of 103 - 20 references is on *Atisara chikitsa*. 7 *yoga* and 1 diet and 1 *panchkarma* (*Vamana*) total of 9 references on *Raktapitta* were found.
- *Charaka* used *Peya* words instead of *Yavagu*. While explaining *Yavagu*, at 3 places that are - 28 *Yavagu* in Ch. Su. 2, 10 *Jwaranashaka Yavagu* in Ch. Chi. 3, and *Raktapitta nashaka yoga* in Ch. Chi 4. Here may be *Charaka* wants thin *Yavagu* which is *Peya*.

Discussion:-

Yavagu – As Annapana (diet) –

Yavagu - One Sneha pravicharana out of 24¹⁶-When only *Sneha* can't be taken, then it should be given with *ahara Kalpana*. *Yavagu* is one of the *ahara Kalpana* which is *laghu*, *drava*, *ushna*, and *Agnideepak*, and gets digested easily. If use *Sneha* along with *yavagu* then *Sneha* will also get digested easily with *yavagu*. So *yavagu* is described as one of *Sneha pravicharna*. In *Samsarjana Krama*¹⁷ is used in *Panchkarma* after *shodhana Karma*. In *Panchkarma*, due to *snehapana* and *shodhana* of *dosha* causes *agnimandya*. To take care of *Agni*, *ahara* should be *laghu*, *Agnideepak*, and easily digestible and *Yavagu* has all these qualities so *Charaka* used *yavagu* in *samsarjana Krama*.

Yavagu - Mudha Garbha treatment¹⁸-After surgical treatment in *mudha garbha*, *Yavagu* is used. *Yavagu* is *laghu*, *drava*, *ushna*, *Agnideepak*, sustain *prana*, and covers thirst. For *Bruhana* (nourishment), to keep strength (*balaraksha*), to absorb excess moisture (*kleda*) of *dosha* and *dhatus yavagu ahara Kalpana* is advised by *Charaka*. In **8th-month Garbhini Paricharya**¹⁹-*Oja* is not stable in this month. *Garbhini* feels fresh sometimes and sometimes she becomes dull. As *garbha* is grown well, nourishment is properly required. That's why *Yavagu* prepared with milk and mixed with ghee is advised. This nourishes and support *prana garbha* and *garbhini* both. Also keeps good health of *Garbhini* and gives birth to excellent health, voice, and good complexion to the child.

In ***Adhog Raktapitta***²⁰, when there is no *vata prakopa* after *koshata shuddhi* *Yavagu* is advised. *Yavagu* gives support to *Agni* and *prana* in this condition. In ***Gulma***²¹-*Vataj* or *Pittaj* or *Kaphaj Gulma* if *aam* is their cause, first *langhana* is advised and then after *Agnideepana yavagu* is advised. In ***Dushyodara*** (*Ascites*)²² if all the treatments failed then at last *sarpa visha* (snake poison) was advised. *Sarpa visha* is *Ashu* and *Pramathi* in properties which breaks the *sanghata* of *vimargag* and *leen dosha* in *dhatus*. In this way, the *shodhana* of these *doshas* from the body is done. To recover *Agni* and support *bala* and *prana* cow's milk and *Yavagu* are useful.

Arsha, Atisara, Grahani²³main cause is *Agnimandya*. For *Agni Raksha*, *Sneha bhrushta* (roasted in *Sneha*) *Shaka* (Vegetables), *Yavagu*, *Mansaras*, *Yush*, etc. are useful. If ***Agnimandya is due to Fasting (Upvas) in Grahani***²⁴, then *Yavagu* with *ghrita* can be used. *Ghritha* mixed with *Yavagu* like *laghu aahar kalpana* works as *Balya*, *Agnideepak*, and *bharuhana*. *Madhur* (Sweet), *Medovardhak* (fatty), and *Kapha Vardhak guru ahara* is advised in ***Atyagni*** patients. So that it will not create any side effects on the body. For this *Yavagu* with *Ghritha* or *Yavagu* with *Madhuschista* can be given in the diet. *Yavagu* will take care of *Agni*, *prana*, and *balam* (strength) whereas *ghrita* and *madhuschishta* are heavy to digest and will take care of ***Atyagni***. In ***Kasa***²⁵-If the patient is *Durbal* (weak), *Kshama* (tired without any work), or *Hatanal* (weak *Agni*) then the patient should be given *Yavagu* to eat. *Yavagu* is *laghu*, *drava*, and *ushna*, easily digestible, and gives nourishment and strength to patients.

Atisara²⁶ at appropriate meal time, if the patient is hungry give *laghu Ahara* (Light food) like *Yavagu*. That will enhance appetite, stimulate *Agni* and give strength to the patient. *Agni* has an important role in the treatment of *atisara* as *Samprapti* of *atisara* starts with *Agnimandya*. Depending upon the patient's *satmya*, give *Buttermilk*, *Kanji* (sour drink), or *Yavagu* (thick gruel), *Tarpan*, an Alcoholic drink, or *Honey*. Then gradually give *Yavagu*, *Vilepi*, and *Khada Yusha* by preparing them with *deepan* (digestive), and *Ghrahi* (astringent) drugs explained in Ch. Su.2. ***Trishna***²⁷ due to fasting (*upwas*) or due to indigestion of *Sneha* in an improper way give *yavagu*. *Yavagu* will extinguish *Agni* and also nourish the body. In ***the atiyoga of Vamana***²⁸, if speech problem or other disorder of *vata* give *Yavagu* made with *ghee* and meat soup. This will do *Vata*

shaman and doshanuloman and help to regain the body to normal. In **Vata disorder if Ushna Vasti** (Host enema) is given it leads to anorectal burning as an adverse effect. In this condition give *Drakshambu and Trivruta Kalka* which do doshanuloman and remove *Pitta*, stool, and *Vata*. After cleaning the body gives *Yavagu* with sugar²⁹

Yavagu - As Anupan -

In *Charaka Samhita*, during the study, it has been found that in many places *Yavagu* is used as *Anupan* of different *Ghritas*. As it is known *Ghrita* is a *guru* (heavy) in digestion, *Yavagu* is *laghu* and easy to digest. *Ghrita* given with *yavagu* also gets easily digestible and gets absorbed in the body. *Nilinyadi Ghrita*³⁰ used in *Vataj Gulma* - its *anupana* is *Yavagu* and *Manda*. Its action is Purgative. *Yavagu* helps in *Vata doshanuloman*, *Agnideepak*, helps to digest *ghrita*, and takes care of *Agni*. In *RajYakshama*³¹ - **Ghrita is prepared with Meat juice (Mansaras), Dashmuladi Ghrita, Panchkoladi Ghrita, and Rasnadi Ghrita**. These four *Ghritas* used whose *anupana* is *Yavagu*. In *Rajyakshma*, the Patient's strength decreases day by day, *Agni* is also low and *prana raksha* is important. These *ghritas* help in *Rajyakshma* but if *Agni* is not good and *Ghritas* don't get absorbed in the body they will be of no use. That's why *Yavagu* is used as an *anupan*. *Chitrak Ghrita*³² in *Arsha, Atisara, Vataj gulma, Prameha*. All These diseases' main cause is *Agnimandya*. *Yavagu* prepared with buttermilk used as *anupan* to take care of *Agni*. *Chitrak ghrita* with this *Yavagu* helps to enlighten *Agni*. In bleeding *Atisara*³³ **Indrayava Kalka Siddha ghrita** with *yavagu manda* stops bleeding. In *Atisara, Pravahika*³⁴ - **Kutaj Phal Siddha ghrita, Amla ghrita, Shatpal ghrita, and Puran ghrita** - for all these *Yavagu* and *Manda* are used as *Anupan*. In *Atisara, Pravahika* - *Aam* and *agnimandya* are there so *Aampachan, doshanuloman, and malanuloam* are required rather than *stambhan*. Therefore *Yavagu* helps in *aampachan* by taking care of *Agni*, helping in the absorption of *ghritas, doshanuloman, and malanuloman*.

In the above study, it has been seen - all these diseases' root cause is *Agnimandya*. *Yavagu, Manda* helps in *Agni Deepan* as these are *laghu, drava, ushna, easily digestible*. *Ghrita* also gets absorbed in the body and can work though there is *agnimandya*.

Yavagu in Panchkarma:-

Panchakarma is *Shodhan Chikitsa*. During the *Shodhan* of the body, severe *Agnimandya* develops. That *Agnimandya* should be covered with different *Aahar Kalpana* as explained in *Samsarjana Krama*. *Yavagu* is one important part of *Samsarjana karma*. *Yavagu* is used in *Panchakarma* in many different ways to take care of *Agni* too. *Yavagu* is included in *Panchkarma Dravya Sangraha*³⁵. In *Rajyakshma, Kapha*³⁶ is prominent with excessive expectoration of *Kapha* & patient is strong - *Vamana* is advised. For this *Vamana* use *Yavagu* with milk or licorice or *Yavagu* mixed with emetic nuts or medicine mixed with ghee. When there is *Pakva avastha in kaphaj pratishaya*³⁷ - use *Yavagu* prepared with *tila, mash, milk*, and emetic nuts after *snehana* is done. After preparation of the patient for *Vamana*³⁸, use *Yavagu* with a ghee empty stomach. Then give *Vamana with Madanphala and Yashtimadhu kwatha*. *Yavagu* helps to take care of *Prana* in the process of *vamana*. In patients with *Raktapitta and Hrud-daah*³⁹, it is advised to use *Yavagu* prepared with milk and *Madanphala*. **Sukumar patients with increased Pitta and Kapha** give *Vamana* with *Ghreya yoga of Madanphala*. During the *Vamana*, the process use **Haridra Siddha Krushara or milk or Yavagu saindhav gud Fanita for Vamana**⁴⁰. Use **Dhamargava Ghreya yoga for Vamana** with a full stomach of *Meat soup or milk or Yavagu*⁴¹. *Yavagu* prepared with rice with *Danti dravanti*⁴² is used for Purgative.

The study shows that, in *Panchkarma Yavagu* is used for *Akanthpana*. *Yavagu* is *laghu, ushna, drava, doshanulomak*. Hence *Yavagu* helps to remove *doshas* by supporting *Prana* and helping for proper *shodhana* with the help of *emetic and purgative* drugs.

Yavagu - Yog in Chikitsa:-

Yavagu prepared with different medicines is used for the treatment of different diseases. A total of 72 references to medicinal *yoga* are found. 28 *yavagu*⁴³ prepared with medicines to treat respective diseases are explained by *Charaka* to treat different diseases. *Yavagu* is used as *aahara Kalpana* so that patients can easily take it and get treated. **Panchkola Yavagu**⁴⁴ - *Pippali, Pippalimool, Chavya, Chitrak, Nagar - Agni Deepak, Shool nashak*. *Panchkola Yavagu*⁴⁵ - After the last *basti*, *Panchkola Yavagu*⁴⁶ with *ghee, oil, and majja* is used in *Sutika paricharya*. *Panchkola Yavagu*⁴⁷ is also used in *Arsha, Atisara, Vataj Gulma, Shopha, Hrudrog, and Mandagni*. *Panchkola Siddha yavagu* is *doshanuloman, laghu, ushna, drava, easy to digest*, and helps in extinguishing *Agni*. That's why, this *Yavagu* is used in *samsarjana krama* after *shodhana* (*Vaman, Virechana*). After the last *basti* in *shodhana* of *krimi* in *krimi chikitsa*. In *sutika paricharya*, if *sutika* is hungry this *yavagu* is used as *Agnideepak, shool nashak, and nourishes* to keep her strength.

Arsha, Atisara, Vataj Gulma, Shopha, Hrudrog, Mandagni - In all these diseases *Agnimandya* is there so this *yavagu* is useful. So *Yavagus* are used as *Agnideepak* and *shoolnashak* in different diseases. All *Amla dravya* used in this *Yavagu*⁴⁸ are *pitta vardhak* and propels moistens, and digest food. *Takra* (buttermilk) is used as it is *ghrahi* in nature. This *yavagu* also works as *ghrahi*. So this *yavagu* is explained as *pachan* and *ghrahi*. *Panchmool* (*Bruhat Panchmool*) *Siddha Yavagu*⁴⁹ works as *Vata Shamak, Agnideepak, drava, ushna, and doshanulomak* used in *Vataj Atisara*. This *Yavagu Siddha* with medicine⁵⁰ works as **pitta shelshmaj atisara**. These all sheet (cold) *dravyas* help in *shaman* of *raktaj atisara*⁵¹. **Ativisha Siddha yavagu**⁵² is used in *aamaj atisara* as this works as *aampachan* and *Agnideepan*. In *Pittaj Jwara*⁵³, cold **Amla dravya sidhha yavagu** with honey is explained. *Yavagu*⁵⁴ is explained to stimulate digestion, clean up the mouth, increase taste and decrease anorexia. In *siddhi sthana*, **six different yogas** are explained for *Atisara chikitsa*⁵⁵. As we saw above in *Atisara chikitsa*, *yavagu* is used with different medicines in different conditions. In *Atisara* the main cause is *Agnimandya*. In *Charaka Samhita*, **12 different yavagu**

yog are explained only for different conditions in Atisara. Also like Atisara in Arsha, Grahani, Gulma, Pliha, shophya, Hrudrog, and Mandagni the main cause of diseases is Agnimandya. So **six different yogas** of yavagu are used to treat diseases and extinguish Agni⁵⁶. Also in Grahani chikitsa⁵⁷ **five yogas** of Yavagu Siddha with different aahar dravyas like curd, kapittha swaras, chukrika, vrikshamla, and dadima rasa explained in treating these diseases. **Yavagu Siddha with medicine**⁵⁸ is explained to treat kaphaja grahani helps in increasing Agni⁵⁹. Yavagu explained in **Udar Roga**⁶⁰ (Ascites) which takes the care of Agni and helps to regain the place of Pitta, Kapha, and Anila. Two yogas to **treat Arsha and rakta arsha (bleeding piles)**⁶¹ are explained. In this also Yavagu takes care of Agni and gives support to prana. Jwara - In jwara main hetu is Agnimandya. After Vaman or Langhana or after 6 days when jwara comes down and becomes mrudu, Yavagu⁶² is used in Jwara to extinguish Agni. Ten different types of Yavagu are explained to treat Jwara and different conditions in Jwara. Along with dravya guna and yavagu guna, it becomes easy to take care of Agni and treat jwara. In Urdwag Rakta Pitta treatment first langhan and then tarpan treatment should be done.

In **Adhog Rakta Pitta** treatment without langhan give tarpan and Peya to take care of Vata dosha. Also helps as it is ahariy Kalpana and takes care of prana as rakta is infected and goes out of the body. Seven different yog⁶³ is explained which are Yavagu Siddha with medicine that helps in treating Rakta Pitta. In different conditions of **Hikka Shwasa and along with different diseases like hrudrog**, pushkaradi Yavagu⁶⁴ is explained. Hingwadi Yavagu, Dashmuladi Yavagu, and Pushkaradi Yavagu are used. These Yavagu are Agnideepak and doshanulomak helps to break samprapti. In **Kasa**, as Yavagu is Drava, ushna, swedaniy, Vatanulomak, doshanulomak, Agni deepan helps to treat Kasa with shwasa, Pinasa, Pandu, Kashaya, shotha, Karna shool. In Kaphaj Mutrakrucha yavagu⁶⁵ prepared with medicine helps to treat it.

Conclusion: - Yavagu as aahara (diet) used at (16) places as Anupana (7), Medicine (72), and Panchkarma (8) has many actions presented and cure diseases. When we want *Agni Deepana* and *doshanulomana* action and the balam of patients is less, we can use only *Yavagu* as a diet. Yavagu takes care of his *Prana* or *Yavagu* prepared with medicines to treat disease. If the patient is Kshin (weak), agnimandya is there due to disease or shodhan, Yavagu aahar. Kalpana is very useful. An easy way and most effective dietary medicine are Yavagu.

References:-

- ¹ More S. D., Dwivedi R.R., Clinical study of Panchakola Siddha Yavagu in management of Agnimandya, Ayu Wolters Kluwer- Med know Publication 2011 Jan- Mar;32(1): 70-75
- ² Mishra B. R., Kursange N. R., Mishra A. B.. A Review Article on Yavagu(a semi-solid soup) A Pathya Kalpana In Ayurveda, JAISMS, 2(04),151-154
- ³ Ekta D., Dubey S., Shrivastava S., Khichariya S.D. Importance of Yavagu in Treatment, IAMJ (Sep. 2017), 5(9)
- ⁴ Singh Jai Kumar, Nanda P., Dayal S. M., Critical analysis of Pathya w.s.r. Yavagu Kalpana, Ayushdhara, Vol. 6, issue 4, July - August 2019/Articles
- ⁵ Mohan A., Vineeth P K, Arun M.,Panchkola Siddha Yavagu (medicated rice gruel) in Management of Vatarakta Published by MDPI -Biol. Life Sci. Forum Oct 2021, 6(1), 22
- ⁶ Nayak A. P., Kumar N.,Dubey M, Agarwal V, A contemporary study of Yavagu (prepared from Rice) as Pathya Kalpana Ayurpharm Int.Alli Sci., Vol 2 No.1(2013) 9-13
- ⁷ Sharma R., Gupta N., Sharma V. B., Singh U., Nutraceuticals in ayurveda w.s.r. to Yavagu, IRJA&Y, Vol 3 issue No.2(Feb 2020),26-32
- ⁸ Bedekar Chitra, Twenty Eight Yavagus-In Clinical Practice, Ayurveda Magazine issue no.6, Nov 2021 P.No.6-8
- ⁹ Bedekar Chitra, Application of Pippalyadi Yavagu-In Clinical Practice, Ayurveda Magazine issue no.8 Jan 22 P.No14-17
- ¹⁰ Bedekar Chitra, Yavagu for Atisara, Ayurveda Magazine issue no.10 Mar 2022 P.No.12-13
- ¹¹ Singh R.H., Charaka Samhita with Ayurveda Dipika commentary, Chaukhamba Surbharati Prakashan, Varanasi p.no 50
- ¹² ibdi 11
- ¹³ Vd. Kushwaha Harish Chandra Singh, The Charaka Samhita, published by Chaukhambha Orientalia, Varanasi, First edition 2009, reprint edition 2017, Chikitsa sthana 3/151-153
- ¹⁴ ibdi13, Chikitsa sthana 3/149,150
- ¹⁵ ibdi13, Chikitsa sthana 3/153-154
- ¹⁶ ibdi13, Ch. Su.13/23-25
- ¹⁷ ibdi13, Ch. Su.15/16
- ¹⁸ ibdi13, Ch. Sha.8/32
- ¹⁹ibdi13, Ch. Sha.8/32
- ²⁰ ibdi13, Ch. Chi. 4/60-61
- ²¹ ibdi13 Ch. Chi. 5/135-136
- ²² ibdi13 Ch. Chi. 5/135-136
- ²³ ibdi13, Ch. Chi. 14/244,246
- ²⁴ ibdi13, Ch. Chi. 15/208, Ch. Chi. 15/225
- ²⁵ ibdi13, Ch. Chi. 18/142
- ²⁶ ibdi13, Ch. Chi. 19/23-25
- ²⁷ ibdi13, Ch. Chi. 22/52
- ²⁸ ibdi13, Ch. Siddhi. 6/56
- ²⁹ ibdi13, Ch. Siddhi. 8/16-19
- ³⁰ ibdi13, Ch. Chi. 5/108,109
- ³¹ ibdi13, Ch. Chi. 8/171,172
- ³² ibdi13, Ch. Chi. 12/58, 59
- ³³ ibdi13, Ch. Chi 19/79

- ³⁴ ibdi13, Ch. Chi.19/79-116
- ³⁵ ibdi13, Ch. Vi 8/135,136
- ³⁶ ibdi13, Ch. Chi.8/118,119
- ³⁷ ibdi13, Ch. Chi 26/155
- ³⁸ ibdi13, Ch. Kal.1/14
- ³⁹ ibdi13, Ch. Kal.1/17
- ⁴⁰ ibdi13, Ch. Kal.1/19
- ⁴¹ ibdi13, Ch. Kal.4/10
- ⁴² ibdi13, Ch. Kal. 12/19
- ⁴³ ibdi13, Ch. Su. 2/18-33
- ⁴⁴ ibdi13, Ch. Su. 2/18
- ⁴⁵ ibdi13, Ch. Vi 7/19
- ⁴⁶ ibdi13, Ch. Sha 8/48
- ⁴⁷ ibdi13, Ch. Chi 8/60-61
- ⁴⁸ ibdi13, Ch. Su. 2/19
- ⁴⁹ ibdi13, Ch. Su 2/19
- ⁵⁰ ibdi13, Ch. Su. 2/20
- ⁵¹ ibdi13, Ch. Su. 2/21
- ⁵² ibdi13, Ch. Su. 2/22
- ⁵³ ibdi13, Ch. Chi. 3/187
- ⁵⁴ ibdi13, Ch. Chi. 8/124,125
- ⁵⁵ ibdi13, Ch. Siddhi 8/38, 8/40, 8/441,442
- ⁵⁶ ibdi13, Ch. Chi. 8/60,61
- ⁵⁷ ibdi13, Ch. Chi.15/114
- ⁵⁸ ibdi13, Ch. Chi 15/141,145
- ⁵⁹ ibdi13, Ch. Chi 15/141,145
- ⁶⁰ ibdi13, Ch. Chi 13/165,166
- ⁶¹ ibdi13, Ch. Chi 14/92 & 208
- ⁶² ibdi13, Ch. Chi 3
- ⁶³ ibdi13, Ch. Chi 4/44-48
- ⁶⁴ ibdi13, Ch. Chi 17/ 101-104
- ⁶⁵ ibdi13, Ch. Chi 18/182

