

A Review On Ayurvedic Management Of Kitibha Kushta (PSORIASIS)

¹Dr. V.Sravani, ²Dr. T. Bullaiah, ³Dr. Y. Ratna priyadarshini.

1. PG scholar, Final year, Department Of Kayachikitsa, Dr. N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh.
2. GUIDE- Professor & Head Of The Department, Department Of Kayachikitsa, Dr. N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh.
3. CO-GUIDE- Assistant Professor, Department Of Kayachikitsa, Dr. N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh.
vurlasravani@gmail.com

ABSTRACT

Skin being a barrier protects underlying tissue from physical, chemical and biological toxic agents besides performing its active functions and cellular activity. WHO classified skin disease under 'Psycho-cutaneous disease' emphasizing relation between skin and mind. In Ayurveda '*Kushta*' is the term used to denote skin diseases. Kitibha Kushta or Psoriasis in patients creates an enormous psychological stress over disease, as it is said that itching is stronger symptom. Skin diseases are commonly observed due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. This disease having higher recurrence rate, utility of drugs in modern science has increased risk of hepatotoxicity and nephrotoxicity, giving an advantage to Ayurveda to help the patient with its non-toxic treatment which includes Nidana parivarjana, Pathya sevana, Sodhana and Samana.

KEYWORDS: Kitibha Kushta, Psoriasis, Pathya sevana, Sodhana, Samana.

INTRODUCTION

In Ayurveda '*Kushta*' is the term used to denote skin diseases. Vitiating of tridosha followed by affliction of twak, rakta, mamsa and lasika leads to *Kushta*¹. These seven factors that are involved in disease formation are considered as 'Sapta dravya sangraha'² of *Kushta*. *Kushta* is classified into- Mahakushta -7, Kshudrakushta-11. Psoriasis is a chronic inflammatory, hyper proliferative skin disorder characterised by well-defined erythematous plaques which are scaly particularly affecting extensor surfaces and scalp usually following relapsing and remitting course caused by genetic causes, psychological stress and environmental triggers (in a genetically predisposed subject)^{5,19}. Further classified into 4 categories Plaque Psoriasis, Guttate Psoriasis, Erythrodermic Psoriasis and Pustular Psoriasis. Based on similarities of clinical features and Etiological factors Plaque Psoriasis is similar to Kitibha Kushta in Ayurveda. *Kitibha kushta* is one among Kshudra kushta a vata-kaphaja disorder. Characterised by Syava varnam, Khinakhara sparsa, Parushyam³, Sravi, Vrittam, Ghanam, Ughrakandu⁴.

NIDANA²⁰⁻²⁸:

The etiological factors of *Kushta* which includes *Kitibha kushta* may be classified into following groups:

- I. Ahara hetu
 - II. Vihara hetu
 - III. Achara hetu
- i. **AHARA HETU:** Viruddhahara i.e, Intake of Gramya, Audaka and Anupa Mamsa, sour food items and Mulaka and Lashuna with Ksheera, Use of fish, lemon and milk together, honey and meat after taking hot diet and vice-versa etc., and Mithyahara - Excessive use of navanna, dadhi, matsya, amla, lavana, madhu, phaanita tila, ksheera and guda, Adhyasana, Asatmyahara. Acharya Charaka stated that, substances that act as antagonistic to 'Dehadhatu' are 'Vairadhika'. The diet which is opposite to 'Ashtau ahara vidhi viseshayatanani'

- ii. **VIHARA HETU:** Mithyavihara- Doing physical exercise and do take sun bath after heavy meals, perform sexual intercourse during indigestion, to do exercise or to perform sexual intercourse after snehapana and vamaana, sudden change from cold to heat or heat to cold without following rules of gradual change, daysleep, entering into cold water immediately after one is affected with fear exhaustion and sunlight. Vega dharana- Withholding of the natural urges i.e, chardi vega, mutra and purisha vega etc.
- iii. **ACHARA HETU:** Papa Karma, Vipra guru tiraskara, Sadhu Ninda, Use of money and material acquired by unfair means, Killing the virtuous person

PURVARUPA²⁷⁻³⁵:

- Aswedanam – Absence of perspiration
- Atiswedanam – Excessive sweating
- Parushyam – Roughness
- Rukshata – Dryness
- Vaivarnyam – Discoloration
- Kandu – Itching sensation
- Suptata – Numbness
- Paridaha – Burning sensation
- Kharatwa – Coarseness

RUPA³⁵⁻³⁷:

- Shyava varna – Blackish discoloration
- Khinakhara sparsa – Dry and Coarse in touch
- Parushatva – Roughness
- Srava – Exudative
- Vritta – Round lesion
- Ghana – Thickened patches
- Kandu – Severe itching
- Snigdha – Unctuous.

SAMPRAPTI³⁸:

Kushta is caused by morbidity of 7 factors i.e., tridoshas, viz. vata, pitta & kapha vitiates 4 dhatus of the body viz. twak, rakta, mamsa and lasika which are called as ‘Saptadravya Sangraha’. Due to indulgence of nidana, aggravation of doshas in general and vata-kapha in particular occurs results in production of ama and dhatu shaithilya. The vitiated dosha along with ama move through tiryakgata sira and get settled into the twak and mamsa along with vitiated rakta and lasika, this leads to obstruction in rasvaha, raktavaha, mamsavaha and svedavaha srotas producing its symptoms. If kushta is not treated in this phase it further progress to deeper dhatus.

SAMPRAPTI GHATAKAS:

Table No. 1: Showing Samprapti Ghatakas of Kushta:

Dosha	Tridosha
Dushya	Twak, Rakta, Mamsa, Lasika
Agni	Jatharagni & Dhatwagni mandya
Srotas	Rasa, Rakta & Mamsavaha
Srotodushti	Sanga & Vimargagamana
Udbhavasthana	Ama pakvashaya
Sanchara	Sarva shareera
Adhistana	Tvacha
Vyadhi marga	Bahya
Swabhava	Chirakari

SADHYASADHYATHA: Krichrasadhya

CHIKITSA⁴²⁻⁴⁴:

Chikitsa of Kitibha kushta is three fold which includes Sodhana, Samana followed by Pathya sevana. As Kitibha kushta is a vata-kaphaja disorder intake ghee internally followed by emetic therapy might be helpful. Depending on dosha dominance the treatment should be selected i.e, vata- vasti, pitta- virechana, kapha-vamana. Sodhana therapy should be given for several times depending on roga bala and rogi bala for better elimination of excessively vitiated doshas. Patient should be given sneha such as oil/ghee etc, to drink after elimination of doshas from gastro intestinal tract (by emesis or purgation). Oleation therapy should be given only after morbid doshas are eliminated from the body otherwise it may result in aggravation of the disease.

Sodhana Chikitsa:

- ❖ Deepana Pachana: Chitrakadi vati, Agnitundi vati, Hingwastaka churna etc.
- ❖ Snehapana: Panchatikta ghrta for 5days on increasing doses of 30ml, 50ml, 80ml, 120ml and 140ml respectively can be adjusted according to the agni bala of the patient.
- ❖ Sarvanga abhyanga/ Bahya snehana with Nimbadi taila or nalapamaradi taila or marichadi taila or taila followed by nadi sweda for 3days
- ❖ Pradhana karma includes Virechana, Vamana and Vasti depending on the doshic dominance of disease accordingly.
- ❖ Samsarjana karma: Darvi, brhati, sevya, patola, madana, kalinga, yava, musta etc.

Samana Chikitsa:

- ❖ If rogi bala is low and is not capable to undergo sodhana chikitsa then that person is given samana chikitsa.
- ❖ Persons who underwent Sodhana karma are indicated to Samana after completion of sodhana karma.

List of Samana Aushadi:

- ❖ Aushadha- Khadira is the best drug for treatment of Kushta. Khadirastaka kwatha, Rasanjana prepared of daruharidra kashaya with cow's urine, intake of abhaya with trikatu, guda and tila taila for one month, Mustadi churna, Gandhaka Rasayana, Amrutabhallathaka etc.
- ❖ Churna – Mustadi Churna, triphaladi churna, Kustadi churna, Hapusadi churna, Lauha rasayana, Ayaskriti.
- ❖ Asava – Triphalasava, Madhvasava, Lodhrasava.
- ❖ Arista – Kanakabindvarista, Khadirarista.
- ❖ Kashaya – Khadirasta kwatha, Patoladi Kashaya.
- ❖ Vati – Pathyadi Gutika, Mandura Vataka, Chandraprabhavati, Arogyavardhini vati.
- ❖ Guggulu – Kaishora guggulu, Mahayogaraja guggulu, Eka vimsatika guggulu
- ❖ Ghrta – Patola ghrta, Panchatikta ghrta, Mahatiktaka Ghrta.
- ❖ Bahya Snehana – Svetakaraviradya taila, Marichadi taila, Nimbadi taila.

Pathya Sevana⁴⁰:

- ❖ Ahara – Light and Wholesome food, leafy vegetables with bitter taste, food preparations and medicated ghee prepared by boiling with bhallathaka, triphala and nimba, old cereals etc.
- ❖ Vihara – Khadira decoction bath, Siddarthaka Snana, upavasa, Trsna, Atapa sevana, Maruta sevana, Deva and guru pujana.

DISCUSSION

Kushta is the term which is used to denote all skin diseases. *Kitibha kushta* is one among the 18 types of kushtas, specifically a type of Kshudra kushta, with Kapha & Vata dosha dominance in particular and involves vitiation of Rakta in general. Psoriasis can be correlated with different varieties of Kushta. Though it appears as if some of the symptoms of Psoriasis are found in various Kshudra kushta, a careful review suggests that symptoms of *Kitibha kushta* are considered to have more similarity with that of Psoriasis symptoms. Though *Kitibha kushta* is a type of Kshudra kushta, in the present scenario Psoriasis is a severe skin disease which is Kricchra sadhya. Psoriasis is a non-infectious, chronic inflammatory skin disease characterised by well-defined

erythematous plaques with silvery white scale with a predilection for extensor surface and scalp, and a chronic fluctuating course. Its incidence is 2-3% of world's population.

Table No. 2: Comparison between Kitibha Kushta and Psoriasis:

S.No.	Lakshanas of Kitibha Kushta	Signs & Symptoms of Psoriasis
1.	Aruna varna, Rakta Krishna varna	Erythema
2.	Shyavata	Hyperpigmentation
3.	Khinakhara sparsa	Hyperkeratinisation
4.	Rukshata	Dryness
5.	Prashantani cha punahpunarutpadyante	Recurrence
6.	Kandu	Mild to moderate itching
7.	Vritta	Circumscribed lesions
8.	Ghana	More involvement of body parts

Among the dosha wise symptoms of kushta due to vata- rukshata, parushyata, toda; due to pitta- raga & due to kapha- kandu, shvaitya were found in *Kitibha kushta*, so it is clear that *Kitibha kushta* is vata-kapha dominant skin disease. Treatment for psoriasis in allopathic treatment is more palliative than curative. The topical applications come under the first line of treatment in spite of its impracticability especially in diffuse lesions. There is constant need to develop safe, more effective, economic modalities of treatments like topical applications. Applications which may be easily applied to suit diffuse areas and not harming the unaffected areas is the need, hence medicated oils are a better choice. Ayurveda offers many miraculous treatment measures that treat *Kitibha Kushta* from tissue level by following sodhana therapy followed by samsarjana karma and samana therapy by following Pathya ahara and vihara. Above said treatment measures under proper physician guidance gives tremendous results by assessing suitable treatment measures for Rogi of certain prakruti and doshic dominance of disease. By following all the above measures normalcy of doshas and dhatus will be maintained which gives healthy life to the Rogi.

CONCLUSION

Kitibha kushta was similar to Psoriasis due to the similarity in its symptoms. It is one of the severe skin disease which is Kricchra sadhya. Being a psychosomatic disease, one of its triggering factor is stress. There is strong correlation between etiopathogenesis of Psoriasis and stress. Samana therapy alone will not be able to clear the dosha dushya samurchana completely, but by following the three fold therapy i.e, sodhana, samana and pathya ahara and vihara sevana together will contribute to the eradication of the disease.

REFERENCES

1. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/9) Page no.320.
2. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/10) Page no.320.
3. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/22) Page no.325.
4. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Nidana sthana, Kushta Nidanam, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol I, chapter 5 verse 14, Page.496-497.
5. Nicholas. A. Boon, Nicki. R. Colledge and Brian. R. Walker edited Davidson's Principles and Practice of Medicine, ed. 2006, London, published by Churchill Livingstone, Ch-27-28th and Page. 1286.
6. Shri Haragovinda Shastri edited Amarakosha, 3/6/54, 4th edition 2001, Varanasi, Chaukhambha Sanskrit Sansthan, Page no. 283.
7. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/14) Page No.322.

8. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/13) Page No.325.
9. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta Chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter verse (CS. Ci. 7/11-12) Page No.325.
10. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Nidana sthana, Kushta Nidanam, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol I, (S.S. Ni. 5/31) Page no: 501
11. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Nidana sthana, Kushta Nidanam, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol I, (S.S. Ni. 5/22-30) Page no: 500-501
12. P. Srinivas Rao, Vagbhata's Ashtanga Sangraha, Nidana sthana, Kushta Svithra Krimi Nidanam, First-2008, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/20) Page no-260.
13. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Varanasi, Vol II (14/20), Page no. 139.
14. G.D. Singhal, S.N. Tripathi, K.R. Sharma, Madhava Nidana of Shri Madhavakara, Kushta Nidana, 2nd ed. 2008, Varanasi, Choukambha Sanskrit Pratishthan, (MN. 49) Page No: 341
15. Nirmal Saxena, Vangasena Samhita, Kushta (leprosy and skin diseases), 2nd ed. 2014, Varanasi, Choukambha Sanskrit series office, Vol II (60/1-8) Page no. 729.
16. K.R. Srikantha Murthy, Bhavaprakasa of Bhavamisra, Kushta Rogadhikara, reprint-2002, Varanasi, Krishnadas Academy, 2002, Vol II (54/1-3) Page No: 600
17. Dr. G. Prabhakara Rao, Bhaishajya Ratnavali of Kaviraj Shri Govind Das Sen, Treatment of Kushta, First ed. 2014, Varanasi, Choukambha Orientalia, 2014 Vol II, (54/2) Page No: 320
18. Nicholas. A. Boon, Nicki. R. Colledge and Brian. R. Walker edited Davidson's Principles and Practice of Medicine, ed. 2006, London, published by Churchil Livingstone, Ch-27-28th, Page no. 1260, 1262, 1263.
19. Harsh mohan, Textbook of pathology, 5th edition 2005, New Delhi, Published by jaypee brothers medical publishers, Ch-24, Page no. 793-794.
20. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/7-14) Page No. 319-322.
21. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/4-8), Page no: 319
22. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Nidana sthana, Kushta Nidana, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol I, (S.S. Ni. 5/3) Page no:494.
23. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/1-3), Page no. 136.
24. Dr K.H.Krishnamoorthy, Bhela Samhita, Chikitsa sthana, Kushta chikitsa, reprint 2003, Varanasi, Choukambha Vishwabharati Orientalia publishers, Vol I (6/4-5), Page no:327
25. Nirmala commentary, Hindi translated by Jaymini Pandey, Harita Samhitha. 1st ed. 2010, Varanasi, Chaukhambha Visvabharati, Tritiyasthana 7/23, Page- 430
26. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Chikitsa sthana, Kushta Chikitsa, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol II, (S.S. Ci. 9/3) Page no:103.
27. G.D. Singhal, S.N. Tripathi, K.R. Sharma, Madhava Nidana of Shri Madhavakara, Kushta nidana, 2nd ed. 2008, Varanasi, Choukambha Sanskrit Pratishthan, (MN. 49/2) Page No: 342
28. K.R. Srikantha Murthy, Bhavaprakasa of Bhavamisra, Kushta rogadohikara, reprint-2002, Varanasi, Krishnadas Academy, 2002, Vol II (54/4-6) Page No: 600.
29. P. Srinivas Rao, Vagbhata's Ashtanga Sangraha, Sutra sthana, Vamana-Virechana Vidhi, First-2008, Varanasi, Chowkhambha Krishnadas Academy, Vol I (18/14) Page no-229.
30. K.R. Srikantha Murthy, Bhavaprakasa of Bhavamisra, Kushta rogadohikara, reprint-2002, Varanasi, Krishnadas Academy, 2002, Vol II (54/12-13) Page No: 601
31. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/11-12), Page no: 321.
32. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/11-12), Page no. 138.
33. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/14-26), Page no: 322-325.
34. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Nidana sthana, Kushta nidanam, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol I, (S.S. Ni. 5/14) Page no: 496-497

35. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/13-30), Page no. 138-141.
36. Dr K.H.Krishnamoorthy, Bhela Samhita, Chikitsa sthana, Kushta chikitsa, reprint 2003, Varanasi, Choukambha Vishwabharati Orientalia publishers, Vol I (6/25), Page no:330
37. Prof. (Km.) P.V. Tewari, Kashyapa Samhita, on the treatment for skin diseases, Reprinted in 2002, Varanasi, Choukambha Vishwabharati, (9/2), Page-197.
38. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/4-5), Page no. 136.
39. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/37), Page no: 328.
40. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Chikitsa sthana, Kushta chikitsa, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol II, (S.S. Ni. 9/5) Page no: 103.
41. K.R. Srikantha Murthy, Vagbhata's Ashtanga Hridaya, Nidana sthana, Kushta Svithra Krimi Nidanam, reprint-2019, Varanasi, Chowkhambha Krishnadas Academy, Vol II (14/31-32), Page no. 141.
42. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (CS. Ci. 7/39-42), Page no: 329.
43. K.R. Srikantha Murthy, Illustrated Sushruta Samhita, Chikitsa sthana, Kushta chikitsa, reprint-2017, Varanasi, Chaukhambha Orientalia, Vol II, (S.S. Ni. 9/6) Page no: 104.
44. Prof. Srikantha Murthy, Sharangadhara Samhita, Qwatha Kalpana, 5th ed. 2003, Varanasi, Chaukhambha Orientalia, (2/26-28).
45. R.G.Valia edited IADVL, Textbook and Atlas of Dermatology, 2nd ed. 2000, Bombay, Bhalani Publishing house, Vol II, Page No. 710-713.
46. Kumar, Cotras Robbins edited Robinson's Pathology, 7th edition 2000, New Delhi, published by Elsevier, Ch-25, Page-794.
47. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Sutra sthana-Dirghanjivitiya, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol I, 1st chapter (CS. Su. 1/100-102), Page no: 55.
48. Dr. K. Nishteswar & R. Vidyanath, Sahasra yoga - Kashaya yoga prakaranam, 4th ed. 2014, Varanasi, Chowkambha Krishnadas Academy, (10/89), Page-395.
49. Dr. G. Prabhakara Rao, Chakradatta (Chikitsa Sangraha) of Chakrapanidatta, 1st ed. 2014, Varanasi, Chaukhambha Orientalia, (50/150).
50. Dr. Madham Shetty Suresh Babu, Yoga Ratnakara-Uttarardha, Kushta Chikitsa, Varanasi, Chowkambha Sanskrit series office, Vol II (Kushta chikitsa, 63rd sloka)
51. Dr. G. Prabhakara Rao, Bhaishajya Ratnavali of Kaviraj Shri Govind Das Sen, Treatment of Kushta, 1st ed. 2014, Varanasi, Chowkambha orientalia, Volume-II, (54/286).
52. R.K. Sharma and Bhagwan Dash, Agnivesa's Charaka Samhita, Chikitsa sthana-Kushta chikitsa, reprint 2011, Varanasi, Chowkhamba Sanskrit series office, Vol III, 7th chapter (7/105), Page-347.
53. Dr. Nirmal Saxena, Vangasena Samhita, Vidradhirogadhikara to Dipanapacana Dravyalakshanadhikara, 2nd ed. 2014, Varanasi, Chowkambha Krishnadas Academy, Vol II (60/86), Page-739.