

CRUCIAL DRUGS & FORMULATIONS ON PANDU (ANAEMIA) FROM AYURVEDA CLASSIC

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ABSTRACT

Background: The clinical condition of Pandu in Ayurveda can be correlated with anaemia, as described in conventional medicine, due to the resemblance in all the clinical signs and symptoms of both Pandu and anaemia. Anaemia is defined as the reduction of haemoglobin concentration below the range of values occurring in healthy persons. WHO estimated that over one third of the world population is suffering from anaemia. **Aims:** Plants highlighted for the management of Pandu (Anaemia). **Materials and Method:** plants highlighted for Raktavardhaka effect and effective in Haematological disorders were reviewed from Charak Samhita, Shusrut Samhita, AstangHradaya, Bhavprakash Samhita, Madhav Nidan etc. Various research journals were referred to gather the update information regarding scientific

documentation. The recorded data are presented in a scientific manner. **Results:** Total 11 classical texts were critically analyzed and after merge results shows that repeated formulations and drugs about 103 formulations and 138 drugs were described either for the prevention or for the management of Panduroga. **Conclusion:** The observed result may be helpful in planning further scientific studies about the efficacy of these formulations on prevention as well as management of Panduroga.

KEYWORDS: Anaemia, Formulations, Single Drugs, Panduroga.

INTRODUCTION

When the pitta predominant doshas get aggravated in the tissues, the tissues undergo inflammation and get weak and lax. Heaviness also develops in the tissues of the body. This pathological process leads to deterioration of varna (color), bala (strength and immunity), sneha (unctuousness of the body, the protective fat buffer) and other qualities of ojas (ojas is the essence of all the tissues and hence represents immunity).

The qualities of ojas go on deteriorating due to the complicated amalgamation of doshas and tissues (dhatus) in a disease complex. The person in whom this pathology sets in will be left out with less blood tissue in the body (anaemia), less fat (less insulation and protection to the body), less tissue essence and will suffer from weakness of the sense organs. The person ultimately gets vaivarnya (discolored, mainly pallor) and such a condition is called Pandu Roga.

DISCUSSION

A critical review of these compound formulations specified for management of Pandu was done from Samhitas viz. Charak Samhita, Sushruta Samhita, Ashtanga hridaya, Ashtanga Samgraha and Bhavaprakash Samhita and compendia mainly Chakradutta, Yogaratnakar, Bhaishyajya ratnavali, Vangasena, Gadanigraha and Brihat nighantu ratnakar. A total of 101 compound formulations were found to be advocated for the treating the condition Pandu. (Table 2.2.10) When classified in dosage forms it was observed that there are 11 Churna, 08 Avaleha, 17 Vatika, 06 Arishta, 01 Asava, 14 Ghrita, 08 Leha, 06 Loha, 02 Tailam, 06 Kwatha formulations. The maximum formulations are in the form of Vataka (17) indicates the consideration of easy administration and palatability in to consideration, by our Acharyas. The ghrita formulations are second highest among all. Ghrita is the best drug considered in Pittaja disorders in Ayurveda.^[1] Pandu being one of among the Pittaja disorders. Further, ghrita is also reported to be ojaskar which may be helpful in proper management of Pandu.

A total of 138 medicinal plants have been used, as an ingredient, in all the compound formulations. (Table 2.2.11) A critical review on these medicinal plants, shows that, among them, Pippali (*Piper longum* Linn) is present in highest number of formulations i.e. 113 followed by Shunthi (*Zingiber officinalis* Roscoe) in (106), Amalaki (*Embolia officinalis* Gaertn) in (96), Bibhitaki (*Terminalia bellirica* Roxb.) in (91), Haritaki (*Terminalia chebula* Retz.) in (91), Marich (*Piper nigrum* Linn) in (86), Vidanga (*Embellia ribes*

Burn.f.) in (73), Chitraka (*Plumbago zeylanica* Linn) in (66), Musta (*Cyperus rotundus* Linn) in (65) and Devdaru (*Cedrus deodara* Roxb.Loud) in (51) formulations.(Table 2.2.12)

In these compound formulations, some like Navayas churna, Mandurvajravataka, Punarnavadi mandur, Vishalyadya churna, Vyoshadi ghrita and Yogaraj are observed to be reported right from Charak Samhita upto latest compendia (Brihat nighnatu ratnakara). All of these are herbal, herbo-mineral preparations. The exclusive use of mineral drugs like Mandura as a single drug has been reported. Thus, the use of ferrous preparations was evident since long back.

On close observation, it is seen that the ten drugs that are occurring maximum include drugs from mishraka Vargas like Trikatu (Shunthi, Pippali, Marich), Trimada (Chitrak, Vidang, Musta) and Triphala (Haritaki, Aamalaki, Bibhitaki) and Mandura which are main components of Navayasa Loha. Among them drugs like Bibhitaki, Amalaki, Maricha, Shunthi & Vidanga have occurred 11 times followed by Haritaki, Musta, Daruharidra and Devadaru for 10 times, etc. Marich, Chitraka and Shunthi being Pramathi, Agnivardhak respectively, in function may be helpful in correcting the basic deranged Jatharagni function in Pandu. Amalaki and Haritaki are Rasayana drugs thus replenish the hampered Rasa function by normalising the Vriddha vata dosha and Pitta dosha. Besides on modern lines, Amalaki is rich source of Vit.C that helps in absorption in iron.^[2] Pippali is a proven drug to increase bio availability.^[3] Vidanga advocated as best drug in management of Krimi can help in the Mriddhakshananya Pandu.^[4] These drugs are observed to be used from Charak Samhita upto latest compendia of Brihat nighantu ratnakar.

CONCLUSION

Classical texts of Ayurveda advocate more than 101 compound formulations for the management of Pandu.

About 138 medicinal plants have been used as an ingredient to prepare these 101 formulations. Drugs like Trikatu (Shunthi, Pippali, Maricha), Trimada (Chitraka, Vidanga, Musta) and Triphala (Haritaki, Aamalaki, Bibhitaki) dominate the list of herbal drugs whereas Mandura is the maximum used mineral drug.

Table 2.2.10. Formulations for treatment of pandu in Ayurveda^[5,6,7,8,9,10,11,12,13,14,15]

	YOGA	C S	S S	A H	A S	C D	Y R	B R	B S	Bh S	G Ni	B N R
	Kwatha kalpana											
1.	Dashmooladi kwatha	-	-	-	-	-	-	-	+	-	+	+
2.	Kesharadi kwatha	-	-	-	-	-	-	-	-	-	-	+
3.	Phaltrikadiv kwatha	-	-	-	-	+	-	+	-	-	+	+
4.	Punarnavadi kwatha	-	-	-	-	-	-	-	+	-	-	+
5.	Triphala kwatha	-	-	-	-	-	-	+	-	-	-	-
6.	Vasadi kwatha	-	-	+	-	-	-	+	-	-	-	+
	Fantha kalpana											
1.	Vishaladi fanta	+	-	-	-	-	-	-	-	-	-	-
	Guda											
1.	Kalyana guda	-	-	-	-	-	-	-	+	-	-	-
	Avleha											
1.	Amalakyavleham	-	-	-	-	-	+	-	+	-	-	+
2.	Darvyadi leham	+	-	-	-	-	-	+	-	-	-	-
3.	Draksha leham	-	-	-	+	-	-	-	-	-	-	-
4.	Haridradhyavleha	-	-	-	-	-	-	-	-	-	+	-
5.	Khadir leham	-	-	-	-	-	-	-	+	-	-	-
6.	Manduradhyavleha	-	-	-	-	-	-	-	-	-	+	-
7.	Triphaladi leham	-	-	-	-	-	+	-	-	-	-	+
8.	Vidangadhyavleham	-	-	-	-	+	-	-	-	-	-	-
	Churna											
1.	Haritkyadi churna	-	-	-	-	+	-	-	-	-	-	-
2.	Lohadi churna	-	-	-	-	-	-	-	-	-	-	+
3.	Murvadhy churna	-	-	-	-	-	-	-	-	-	+	-
4.	Navayasa churna	+	-	+	+	+	+	-	+	+	-	+
5.	Tapyadi churna	-	-	+	-	-	-	-	-	-	-	-
6.	Triphaladi churna	-	+	-	-	-	-	-	-	-	-	-
7.	Trivrut churna	-	-	-	-	+	-	-	-	-	-	-
8.	Udaybhaskar churna	-	-	-	-	-	-	-	-	-	-	+
9.	Vatsakbijadi churna	-	-	-	+	-	-	-	-	-	-	-
10.	Vishaladhy churna	-	-	+	-	+	-	+	-	-	+	-
11.	Yastikvatha churna	-	+	-	-	-	-	-	-	-	-	-
	Vati											
1.	Bibhitakadi vataka	-	+	-	-	-	-	-	+	-	+	-
2.	Darvyadi vataka	-	-	-	-	-	-	-	-	-	-	+
3.	Mandurvajra vataka	+	-	-	-	-	+	-	+	-	-	+
4.	Mandura vataka	-	-	+	+	-	+	-	+	-	-	+
5.	Panchanana vataka	-	-	-	-	-	-	+	-	-	-	-
6.	Punarnavadi vataka	-	-	-	-	-	-	-	-	-	-	+
7.	Shilajatu vataka	+	-	+	-	-	-	-	-	-	-	-
8.	Trikatukadi vataka	-	-	-	+	-	-	-	-	-	-	-
9.	Trapushadi vataka	-	-	-	-	-	-	-	+	-	-	-
10.	Tryushnadimandur vatika	-	-	-	-	+	-	-	-	+	-	-
11.	Vrahanmandur vataka	-	-	-	-	-	-	-	+	-	-	-

12.	Ashtadashang gutika	-	-	-	-	-	-	-	+	-	-	-
13.	Bhunimbadi gutika	-	-	-	-	-	-	-	-	-	-	+
14.	Nimbadi gutika	-	-	-	-	-	-	-	+	-	-	-
15.	Gudhhadhya gutika	-	-	-	-	-	-	-	-	-	+	-
16.	Shiva gutika	-	-	-	-	-	-	-	+	-	-	-
17.	Vajrabhidha gutika	-	-	-	+	-	-	-	-	-	-	-
	Modaka											
1.	Abhyadi modaka	-	-	-	-	-	-	-	-	-	-	+
2.	Lohadhya modaka	-	-	-	-	-	-	-	+	-	+	-
3.	Tiladi modaka	-	-	-	-	+	-	+	-	-	-	-
	Yoga											
1.	Balashigru yoga	-	+	-	-	-	-	-	-	-	-	-
2.	Kaphaj panduhar yoga	+	-	-	-	-	-	-	-	-	-	-
3.	Madhuyasti yoga	-	-	-	-	-	-	-	-	-	+	-
4.	Manduradi yoga	-	+	-	-	-	-	-	-	-	+	-
5.	Mandurbhasmapra yoga	+	-	-	-	-	-	-	-	-	-	-
6.	Nagradi yoga	-	-	-	-	-	-	-	-	-	-	+
7.	Sadharana yoga	-	-	-	-	-	-	-	-	-	-	+
8.	Yograja guggulu	+	-	-	-	+	-	+	+	-	-	-
	Haritaki											
1.	Amruta haritaki	-	-	-	-	-	-	-	-	-	-	+
2.	Gaumutra haritaki	+	-	-	-	-	-	-	-	-	-	-
3.	Guda haritaki	-	-	-	-	-	-	+	-	-	-	-
	Tailam											
1.	Chandnadi tailam	-	-	-	-	-	-	-	-	-	-	+
2.	Punarnavadi tailam	-	-	-	-	-	-	+	-	-	-	-
	Ghritam											
1.	Baladi ghritam	-	-	-	-	-	-	-	-	-	+	-
2.	Brihtyadi ghritam	-	+	-	-	-	-	-	-	-	-	-
3.	Dadimadi ghritam	+	-	+	+	-	-	-	-	-	-	-
4.	Danti ghritam	-	-	-	-	-	-	-	+	-	-	-
5.	Draksha ghritam	-	-	-	-	+		+	-	-	-	-
6.	Devdarvyadi ghritam								+	-	-	-
7.	Duralabhadi ghritam	-	-	-	+	-	-	-	-	-	-	-
8.	Haridradi ghritam	+	-	-	-	-	-	-	-	-	-	-
9.	Katukadi ghritam	+	-	-	-	-	-	-	+	-	-	-
10.	Kesharadi ghritam	-	-	-	+	-	-	-	-	-	-	-
11.	Murvadhya ghritam	-	-	-	-	+	-	+	+	-	-	-
12.	Panchkola ghritam	-	-	-	-	-	-		-	-	-	+
13.	Pathya ghritam	+	-	-	-	-	-		-	-		
14.	Vyoshadi ghritam	+	-	+	+	+	-	+	+	-	+	-
	Asava											
1.	Lohasava	-	-	-	-	-	-	+	-	-	-	+
	Arishta											
1.	Bijakarishtha	+	-	-	-	-	-	-	-	-	-	-
2.	Dhatri arishta	+	-	-	-	+	-	-	-	-	-	-
3.	Gandirarishta	-	-	-	+	-	-	-	-	-	-	-
4.	Manduradhyarishta	-	-	-	-	-	+	-	-	-	-	+

5.	Mustarishta	-	-	-	+	-	-	-	-	-	-	-
6.	Parpatyadhyarishta	-	-	-	-	-	-	+	-	-	-	-
	Rasa											
1.	Anandodaya rasa	-	-	-	-	-	-	+	-	-	-	-
2.	Chandrasuryatamka rasa	-	-	-	-	-	-	+	-	-	-	-
3.	Kameshvar rasa	-	-	-	-	-	-	-	-	-	-	+
4.	Pandusudano rasa	-	-	-	-	-	-	+	-	-	-	-
5.	Pranavallabha rasa	-	-	-	-	-	-	+		-	-	-
6.	Trilokyanath rasa	-	-	-	-	-	+	-	-	-	-	+
	Loham											
1.	Ashtadashanga loham	-	-	-	-	-	-	+	-	+	-	-
2.	Darvyadi loham	-	-	-	-	-	-	+	-	-	-	-
3.	Navayasa loham	-	-	-	-	-	-	+		-	-	-
4.	Nisha loham	-	-	-	-	-	-	+	-	-	-	-
5.	Triphaladi loham	-	-	-	-	-	-	+	-	-	-	-
6.	Vidangadi loham	-	-	-	-	-	-	+	+	-	-	-
	Mandura											
1.	Hansa mandura	-	-	-	-	-	+	-	-	-	-	+
2.	Kiratadi mandura	-	-	-	-	-	-	-	-	-	-	+
3.	Lavana mandura	-	-	-	-	-	-	-	-	-	+	-
4.	Madhu mandura	-	-	-	-	-	+	-	-	-	-	-
5.	Panchamruta lohmandur	-	-	-	-	-	-	+	-	-	-	-
6.	Punarnavadi mandura	+	-	-	-	+	-	+	-	+	-	-
7.	Sidhha mandura	-	-	-	-	-	-	-	-	-	-	+
8.	Vajravataka mandura	-	-	-	-	+	-	+	-	-	-	-

Table-2.2.11.Single herbal drugs used in formulations indicated for pandu. [16,17,18,19,20,21,22,23,24,25,26]

No.	Drug	C S	S S	A H	A S	C D	Y R	B R	B S	BH S	G Ni	Br N R
1.	Aadrak	-	-	-	+	-	-	-	-	-	-	+
2.	Aahuli	-	-	-	-	-	-	-	-	-	+	-
3.	Aamraharidra	-	-	-	-	-	-	-	-	-	+	-
4.	Aganimantha	-	-	-	+	-	-	-	+	-	+	+
5.	Agara	-	-	-	-	-	-	-	-	-	-	+
6.	Ajmoda	-	+	-	+		-		+	-	-	
7.	Amalki	+	+	+	+	+	+	+	+	+	+	+
8.	Argavadh	+	-	-	-	-	-		-	-	-	-
9.	Ativisha	+	-	+	+	+	-	+		-	+	+
10.	Badar	-	-	-	-	-	+	+		-	+	+
11.	Bala	+	+	-	-	-	-	-	+	-	+	
12.	Bhallatak	-	-	-	+	-	-	-	+	-		+
13.	Bharangi	+	-	+	+	+	-	+	+	-	+	-
14.	Bhumikadmba	-	+	-	-	-	-	-	-	-	-	-
15.	Bhungraj	-	-	-	-	-	-	-	-	-	-	+
16.	Bhunimba	+	-	-	-	-	-	-	-	+	+	+

17.	Bibhitaki	+	+	+	+	+	+	+	+	+	+	+
18.	Bilva	+	-	+	+	+	-	+	+	-	+	+
19.	Brihat ela	-	-	+	-	-	-	-	-	-	-	-
20.	Brihati	+	+	-	+	-	-	-	+	-	+	+
21.	Chandan	+	-	-	+	+	-	+	+	-	-	+
22.	Chavya	+		+	+	+	+	+	+	+	-	+
23.	Chitrak	+	+	+	+	+	+	+	+	+	+	+
24.	Dadim	+	-	+	+	-	-	-	-	-	-	-
25.	Dalchini	+	-	+	-	+	-	+	-	+	-	+
26.	Danti	+	-	-	-	+	+	+	+	+	+	+
27.	Daruharidra	+	-	+	+	+	+	+	+	+	+	+
28.	Devdaru	+	-	+	+	+	+	+	+	+	+	+
29.	Dhanyaka	+	-	+	+	-	-	+	+	-	-	-
30.	Dhatki	-	-	-	-	-	-	+	-	-	-	+
31.	Draksha	+	-	-	+	+	+	+	+	-	-	+
32.	Dronpushpi	-	-	-	+	-	-	-	-	-	-	-
33.	Duralabha	+	-	-	+	-	-	+	+	+	-	+
34.	Ela	+	-	-	-	-	-	+	+	-	-	+
35.	Elvaluka	+	-	-	+	-	-	-	-	-	-	-
36.	Gajpipali	-	-	-	-	-	-	-	+	-	-	-
37.	Gambhari	-	-	-	+	-	-	-	+	-	+	+
38.	Gandira	-	-	-	+	-	-	-	-	-	-	-
39.	Gokshura	-	-	-	+	-	-	+	-	-	+	+
40.	Granthik	-	-	-	+	-	-		-	-		
41.	Guduchi	-	-	+	+	+	+	+	-	+	+	+
42.	Guggulu	-	-	-	-	+	-	+	-	-	-	+
43.	Harenuka	-	-	-	-	-	-	+	-	-	-	-
44.	Haridra	+	+		+	+	-	+	+	+	+	+
45.	Haritaki	+	+	+	+	+	-	+	+	+	+	+
46.	Hingu	-	-	-	-	-	-	+	+	-	-	-
47.	Indrayana	-	-	+	-	+	-	+	-	-	+	-
48.	Indrayava	+	-	+	+	+	-	+	+	-	+	-
49.	Jalveta	-	-	-	-	-	-	-	-	-	-	+
50.	Jatamansi	-	-	-	-	-	-	-	-	-	-	+
51.	Jatipushpa	-	-	-	+	-	-	-	-	-	-	-
52.	Jaypal	-	-	-	-	-	-	+	-	-	-	-
53.	Kadambpushpi	-	+	-	-	-	-	-	-	-	-	-
54.	Kakadni	-	+	-	-	-	-	-	-	-	-	-
55.	Kankol	-	-	-	-	-	-	-	-	-	-	+
56.	Kantkari	-	+	+	+	-	-	+	+	-	+	+
57.	Kapoor	-	-	-	-	-	-	+	-	-	-	-
58.	Karkatshringi	+	-	+	-	-	-	+	+	+	-	+
59.	Katphala	-	-	-	-	-	-	-	-	+	-	+
60.	Katurohini	-	-	-	+	-	-	-	+	-	+	-
61.	Kayphala	-	-	-	-	-	-	+	-	-	-	-
62.	Keshar	-	-	-	+	-	-	+	-	-	-	-
63.	Khadir	-	-	-	-	-	-	-	+	-	-	-
64.	Khas	+	-	-	-	-	-	-	-	-	-	-

65.	Kirattikta	-	-	+	-	+	-	+	+	-	-	-
66.	Krishnajirak	-	-	-	-	-	-	+	+	+	-	+
67.	Kurantaka	-	-	-	-	-	-	-	-	-	-	+
68.	Kustha	+	-	+	+	+	-	+	+	+	+	+
69.	Kutaja	+	-		+	+	-		+	+		+
70.	Kutaki	+	-	+	+	+	-	+	+	+	+	+
71.	Laksha	+	-	-	-	-	-	-	-	-	-	-
72.	Lodhra	-	-	-	-	-	-	+	+	-	-	-
73.	Makoy	-	+	-	-	-	-	-	-	-	-	-
74.	Manjistha	-	-	-	-	-	-	-	+	-	-	-
75.	Manjistha	-	-	-	-	-	-	+	-	-	-	-
76.	Marich	+	+	+	+	+	+	+	+	+	+	+
77.	Mocha	-	-	-	-	-	-	-	+	-	-	-
78.	Mulethi	+	-	-	-	-	-	-	-	-	-	-
79.	Mura	-	-	-	-	-	-	-	-	-	-	+
80.	Murva	+	-	+	+	+	-	+	+	-	+	-
81.	Musali	-	-	-	-	-	+	-	-	-	-	+
82.	Musta	+	+	+	+	+	+	-	+	+	+	+
83.	Nagkeshar	-	-	-	-	-	-	-	-	-	-	+
84.	Nakhi	+	-	-	-	-	-	-	-	-	-	
85.	Nalika	-	-	-	-	-	-	-	-	-	-	+
86.	Nilini	-	-	-	-	-	-	-	+	-	-	-
87.	Nimbi	+	-	+	+	+	-	+	+	+	+	+
88.	Padmak	-	-	-	-	-	-	-	-	-	-	+
89.	Padmkastha	-	-	-	-	-	-	+		-	-	
90.	Parpatak	+	-	-	+	+	-	+	+	+	-	+
91.	Parushaka	-	+	-	+	-	-	-	-	-	-	-
92.	Patha	+	-	-	+	+	-	+	+	-	+	-
93.	Patala	-	-	-	+	-	-	-	+	-	+	+
94.	Patola	+	-	+	+	+	-	+	+	+	-	+
95.	Pipali	+	+	+	+	+	+	+	+	+	+	+
96.	Pipalimula	+	-	+	-	+	+	+	+	+	+	+
97.	Prishniparni	-	-	-	+	-	-	-	+	-	+	+
98.	Priyangu	-	-	-	-	-	-	+	-	-	-	-
99.	Punarnava	+	-	+	+	+	-	+	+	+	+	+
100.	Pushkarmoola	-	-	-	-	+	-	+	-	-	-	+
101.	Putikaranja	-	-	-	-	-	-	-	+	-	-	-
102.	Rasna	-	-	-	-	-	-	+	-	-	-	-
103.	Renuka	-	-	-	-	-	-	-	-	-	-	+
104.	Sarala	-	-	-	-	-	-	-	-	-	-	+
105.	Sariva	-	-	-	-	-	-	-	-	-	-	+
106.	Satavari	-	-	-	-	-	-	-	+	-	-	+
107.	Satpushpa	-	-	-	-	-	-	+	-	-	-	-
108.	Shalmali	-	-	-	-	-	+	-	-	-	-	+
109.	Shalparni	-	-	-	+	-	-	-	+	-	+	+
110.	Shati	-	-	-	+	-	-	+	+	-	-	+
111.	Shigru	-	+	-	-	-	-	-	+	-	-	-
112.	Shilajit	+	-	+	-	+	+	-	+	-	-	+

113.	Snuhi	-	-	-	-	-	-	+	-	-	-	-
114.	Sugandhbala	-	-	-	-	-	-	+	-	-	-	+
115.	Sunthi	+	+	+	+	+	+	+	+	+	+	+
116.	Supari	+	-	-	-	-	-	-	-	-	-	-
117.	Sweta jirak	-	-	-	-	-	-	+	-	-	-	-
118.	Syonaka	-	-	-	+	-	-	-	+	-	+	+
119.	Tejpatta	+	-	+	-	+	-	+	+	-	-	+
120.	Tila	+	+	-	+	-	+	+	+	-	+	+
121.	Trayanti	-	-	-	-	+	-	-	-	-	-	-
122.	Trayman	+	-	-	+	-	-	+	+	-	-	-
123.	Trivrut	+	-	-	-	+	-	+	+	+	+	+
124.	Tugakshiri	-	-	-	+	-	-	-	+	-	-	-
125.	Tvaka	-	-	-	-	-	-	-	+	-	-	+
126.	Utpala	-	-	-	-	-	-	-	-	-	+	-
127.	Vacha	-	-	-	-	-	-	+	-	-	+	-
128.	Vamshlochna	+	-	+	-	-	+	-	-	-	-	+
129.	Vasa	-	-	+	-	+	-	-	-	-	+	+
130.	Vatsnabh	-	-	-	-	-	-	+	-	-	-	-
131.	Viajysara	+	-	-	-	-	-	-	+	-	-	-
132.	Vidang	+	+	+	+	+	+	+	+	+	+	+
133.	Vidarikanda	+	-	-	-	-	-	-	-	-	-	-
134.	Vishala	+	-	-	+	-	-	-	+	-	-	-
135.	Vrishchikali	+	-	+	+	+	-	+	+	-	+	-
136.	Yastimadhu	-	+	-	+	-	+	-	+	-	+	+
137.	Yavani	-	-	-	-	-	-	+	+	+	-	+
138.	Yavasa	-	-	-	-	-	-	+	+	-	-	+

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