

A CONCEPTUAL STUDY OF PICHU KALPNA IN VARIOUS VAGINAL INFECTIONS CORRELATION WITH AYURVEDA

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ABSTRACT

Now a days, woman have suffering from many diseases, due to changing life style. Vaginal infections (*yonivyapad*) is one of the remarkable problems. vaginal infections are identified primarily in sexually active. women In India Bacterial vaginosis (BV) is the most prevalent infection (48.5%) followed by vulvo-vaginal candidiasis (VVC) (31%) and mixed infections (20.5%) Candida albicans was found to be the most prevalent species Out of non-albicans Candida (NAC) species, C. tropicalis was found to be the most prevalent species. Overall distribution of C. albicans and NAC species indicated marginally high prevalence of NAC species (53%) than C albicans (47%).^[1] Specific screening measures like Pap smear and wet vaginal swab when employed appropriately revealed the cervical pathology. In Ayurveda, acharyas explained about *yoni vyapat* among twenty types of *yoni vyapat-kaphaja yoni vyapat, pittaj yonivyapad, sannipataj yonivyapad, upapluta, vipluta(acharna), shushka, yoni vyapad* can be

correlated with vaginal infections. There are some *sthanika chikitsa* (Local Therapies) in Ayurvedic *Streeroga shastra* described by Ancient acharya's that possess outstanding & satisfactory outcomes in the management of *stree rog*. *Pichu Kalpana* is one of them. Which is more useful as *sthanik chikitsa* in *streeroga*. Different *Taila, Ghrita, Kalka* are use for *pichu kalpana*. The reason behind for chosen the vaginal route because of the rugae of the vaginal epithelium create an involuted surface and results in a large surface area provide, this

large surface area allows the trans-epithelial absorption of medications via the vaginal route & the posterior fornix have rich blood supply so actively absorption of drug.

KEYWORDS: Which is more useful as *sthanik chikitsa* in *streeroga*.

❖ INTRODUCTION

Vaginal infections are the one of the commonest gynaecological complaint among the women in their active reproductive life. Due to the daily routine, women habituated to modern dietary habits leading to sedentary and stressful life style, this manifests in the female reproductive system with clinical features of unctuousness, itching, burning, curdy white discharge and dull pain in the vagina.^[2] BV and VVC involve disturbance in normal vaginal flora which is the main cause of both infections. As the candidiasis is the second commonest cause of vulvo vaginitis^[3] caused by excessive growth of *Candida* species which is normally present in small number and is harmless if left untreated the vaginal pH will get altered to lower acidic range or higher alkaline range and this leads to alteration and replacement of the columnar epithelium of ectocervix with that of squamous epithelium at squamocolumnar junction resulting in immature unstable cells (dysplastic) which may turn to metaplastic changes.^[4]

The pH of vagina is varying during different phase of life and menstrual cycle and it is acidic that is 4.5 average. The causative organism of the media is Doderlein's bacilli. This, bacilli converting glycogen in lactic acid to maintain vaginal pH. The process of carcinogenesis starts from transformation zone this is a dynamic zone. The process of replacement of endocervical columnar epithelium by squamous epithelium involves two mechanism that is by squamous metaplasia of subcolumnar reserve cell and by squamous epidermidisation by in growth of squamous epithelium of ectocervix under the columnar epithelium. Risk factors for vaginal infection are hormonal changes such as associated with pregnancy, birth control pills or menopause. Apart from that increasing age leads to the oestrogen deficiency which is more favourable for the infectious agent.^[5]

In Ayurveda, acharyas explained about yoni vyapat, among twenty types of yoni vyapat, *kaphaja yoni vyapat*, *pittaj yonivyapad*, *sannipataj yonivyapad*, *upapluta*, *vipluta(acharna)*, *shushka*, *yonivyapad* can be correlated with vaginal infections. In *kaphaja yoni vyapat* “*kandugrasatamalpavedanam*” is the itching sensation of vagina. In *acharana(vipluta)* yoni vyapat “*yonyamadhavanat kandum jatah kurvanti jantavah*” indicates the infection, in *pittaj yonivyapad* “*bhrushoshnakunap-strava yoni*” means vagina hot smells like a dead body

indicates infection, in *upapluta yonivyapad* “pandum satodamasravam shwetam sravati va kapham” means painful white discharge shows the discharge per vagina, indicates vaginal infection. In *shushka yonivyapad* “vayurdrushto vinmutrasangraham karoti yonishosham” indicates cause of vaginal infection.^[6]

PICHU KALPANA

Pichu kalpana means chikitsa done by *pichu*. *Pichu kalpana* firstly described by *charaka* in *Atisaara chikitsa adhyaya*.^[7] *pichu* is made up of sterile medicated cotton swab covered with gauze piece tied with a long thread, it shapes like a *pottali*. *pichu* is immersed in medicated oil, *ghrita* or *kalka* before insertion in vaginal canal. Oils are preferred for tamponing due to its retention properties. The treatment name is derived from Sanskrit word *yon*i meaning genital tract. Treatment involves procedure that cleanses the vaginal area using medicated oils.^[8,9,10,11]

So, depending on site where it is used size of *Pichu* varies. For clinical trial *pichu* is made of sterile cotton swab and wrapped with gauze piece and tied with a long thread. Oils are the most preferred media because of its retention ability.^[12]

• **Types of pichu**

2 types

1. Elongated
2. Circular.

1) Elongated: it is 4 finger length & 1 finger breadth.

Site: elongated *pichu* placed in prathamavarta (vagina), *pichu* used for deep insertion inside the vagina.

2) Circular: 1 inch in length & breadth.

Site: Circular *pichu* placed in Dvitiyaavarta *mukha* (external os), is used for shallow insertion.

• **Position of patient during procedure**

Dorsal lithotomy.

• **Procedure**

- 1) *Pichu* should be autoclaved.

- 2) Patient should void urine before pichu insertion.
- 3) Patient should be in supine position with flexed knee.
- 4) Sterile pichu soaked in media like siddha taila should be inserted with index finger or swab holder into vagina in such a way that the thread of Pichu should come out of vagina. This facilitates easy removal of Pichu after 5-6 hrs.
- 5) Yoni pichu helps in improving musculature of vaginal canal
- 6) Pichu can act as wound healing or antibacterial depending.

- **Mode of action**^[13]

1. Drugs used in pichu Kalpana generally are Vata Sahamaka, anti-inflammatory, nervine tonic.
2. Base oil of all the oils formations is Tila Tail; which penetrate the tissue and also helps in absorption of other drug and due to its Sukshma Vyavayi Guna and lipophilic property and nourish the pelvic tissue.
3. Pichu remains the medicine in vagina for longer period for better action; so it helps to normalize Apana Vata, heal wound and maintain healthy environment.

VAGINAL INFECTIONS CORRELATION WITH AYURVEDA WITH PICHU KALPANA USED IN VARIOUS VAGINAL INFECTIONS

A. KAPHAJ YONIVYAPAD (Trichomonas Vaginitis)

- **Lakshanas**

➤ श्लेष्मता पिच्छला योनिः कण्डूयुक्ताऽतिशीतला ॥ (सु . उ 38 / 17)^[14]

➤ कफोऽभिष्यन्दिभिः कुट्टः कुर्याद्योनिमवेदनाम् ।

शीतली कण्डुलां पाण्डुपिच्छलो तद्विधस्रुतिम् ॥ सा व्यापच्छलौष्मिकी ॥ (अ ह उ 33 / 44, 45)^[15]

Chief characteristic features of this condition are presence of itching in vagina and unctuous discharges, which are found in trichomonas vulvovaginitis. Charaka has mentioned dull pain while Vāgbhaṭa explained painless state. In very severe trichomonas infection, there may be mild pain due to inflammation, however, in majority of cases it is a painless disease, thus both the statements are correct. In this infection of vaginal canal is sometimes covered with strawberry-coloured patches as well as frothy, white or yellowish thick curdy foul-smelling discharges, these features may give yellowish appearance to the vaginal canal. Considering all clinical features in totality, the condition appears to be resembling with trichomonas vaginitis.^[16,17]

- **Pichu Kalpana**

- श्यामादीनां कफातुरा ॥ (च० सं० वि० ३०/६२)^[18]
- 'श्यामादीनां कफातुरा ॥ (अ० सं० उ० ३९/४८)^[19]

Local application of paste (kalka)/ tail of shyamadi gan siddha pichu used in kaphaj yonivyapad.

B. PITTAJ YONIVYAPAD (allergic vaginitis or acute inflammatory vaginitis)

- **Lakshanas**

- दाहपाकज्वरोष्णार्ता नीलपीत सितार्तवा ।
भृशोष्णकुणपस्त्रावा योनिः स्यात्पित्तदूषिता ॥ १२ ॥ (च वि 30)^[20]
- अत्यर्थं पित्ता योनिर्दाहपाकज्वरान्विता सु उ 38 /14^[21]
- यथा स्वैर्दुष्णैर्दृष्टं पित्तम् योनिःसमाश्रितम् ।
करोति दाहपाकोषा पूतिगन्धज्वरान्वितम् ॥
भृशोष्णकुणपनीलपीतासितार्तवाम् ॥
सा व्यापत् पैतिकी..... (अ ह उ 33 / 42, 43-योनिमुपाश्रितम्-पाठ)^[22]

Burning, fever, suppuration, soreness, Purulent vaginal discharge, dyspareunia are the clinical features of acute inflammatory condition. The hyperemia due to inflammation produce menstrual irregularity or meno-metrorrhagia, besides suppuration may give rise to foul smelling discharges. *Sushruta* has not described menstrual irregularity, while *Charaka* has, this difference might have come due to individual variation, as acute infective disorders may or may not produce menstrual irregularity. Considering above facts, the *pittaja* gynecologic disorder resembles the description of acute allergic & inflammatory vaginitis.^[16,17]

- **Pichu Kalpana**

- पञ्चवल्कस्य पितार्ता ॥ (चवि 30 / 62)^[23]
- पञ्चवल्कस्य पितार्ता ॥ (अ० सं० उ० ३९/४८)^[24]

Local application of paste (kalka)/ tail of panchvalkal gan siddha pichu used in kaphaj yonivyapad.

C. SANNIPATAJ YONIVYAPAD (bacterial vaginosis)

- **Lakshanas**

- योनिगर्भाशयस्थाः स्वैर्योनि युञ्जन्ति लक्षणैः। सा भवेद्दाहशूलार्ता श्वेतपिच्छिलवाहिनी ॥^[25]

-(च वि 30 / १४, १७)

- सर्वलिङ्गसमुत्थाना सर्वदोषप्रकोपजा ॥ (सु० उ० ३८/१६)^[26]
- त्रिभिर्दोषयोनिगर्भाशयाथितः । यथास्वोपद्रवक रैत्र्यापत् सा : सान्निपातिकी ॥^[27]

-(अ. ह उ 33 / 51)

Bacterial vaginosis having Fish like smell, creamy, sticky off white or grey coloured discharge per vagina, sometimes pelvic discomfort, dyspareunia, dysuria & No inflammation. Thus, fish like smell explained by acharya in pittaj yonivyapat, sticky discharge from kaphaj yonivyapat, dyspareunia, pain & dysuria due to vataj yonivyapat. Considering above facts, the *sannipataj* gynecologic disorder resembles the description of bacterial vaginosis.^[16,17]

• Pichu Kalpana

- सन्निपातसमुत्थायां । दशाङ्गी श्रीमदाक्वाथपिचुर्हितः ॥ (यो० २० योनिव्या० वि०)^[28]

Local use of tampon of dashangi & shrimada is beneficial for sannipataj yonivyapat.

D. UPAPLUTA YONIVYAPAD (*Candida vaginitis /moniliasis*)

• Lakshanas

- गर्भिण्याः श्लेष्मलाभ्यासाच्छर्दिनिः श्वासनिग्रहात् ।

वायुः कुद्धः कफं योनिमुपनीय प्रदूषयेत् ॥

पाण्डुं सतोदमास्त्रावं श्वेतं स्रवति वा कफम् ।

कफवातामयव्याप्ता सा स्याद्योनिरुपप्लुता ॥

-(च० सं० वि० ३०/२१,२२)^[29]

- वाताश्लेष्मामयव्याप्ता श्वेतपिच्छिलवाहिनी ॥ उपप्लुता स्मृता योनिः ।^[30]

-(अ० सं० उ० ३८/४९ एवं अ० ह० उ० ३३/४८, ४९)

Though doshas always invade yoni in all the conditions, however, special mention of the word indicates that here pain, pinkish or whitish and thick or thin discharges and itching etc. features of vata and kapha invade entire vaginal canal. Thus, it appears to be description of vaginal thrush caused by candida albicans or monilial vulvovaginitis. Though the disease can afflict any woman, however, pregnant women are more susceptible for this infection. There are great individual variations in clinical features, as one may have pain and tenderness, or itching, or watery discharges, or flaky curdy thick white discharges (cottage cheese like)

Entire vaginal canal is covered with thick white discharge. Thus, all the clinical features of monilial vulvovaginitis or candida albicans simulate description of upaplutā yonivyāpad.^[16,17]

• Pichu Kalpana

➤ धातक्यामलकीपत्रस्रोतो जमधुकोत्पलैः ॥

जब्वाम्रमध्यकासीसलोघकटफलतिन्दुकैः । सौराष्ट्रिकादाडिमत्वगुदुम्बरशलाटुभिः ॥

अक्षमात्रैरजामूत्रे क्षीरं च द्विगुणे पचेत् । तैलप्रस्थं पितुं दद्याद्योनौ च प्रणयेत्ततः ॥

कण्टीपृष्ठत्रिकाभ्यङ्गं स्नेहवस्तिं च दापयेत् । पिच्छिला आविणी योनिर्विप्लुतोपप्लुता तथा ॥

उत्ताना चोन्नता शूना सिध्येत् स्फोटशूलिनी ॥^[31]

-(च० सं० चि० ३०/७८ से ८२)

➤ धातक्या.....उत्पलैः । जगब्वाम्रसार.....। शलाटुभिः ॥

अक्षमात्रै..... पचेत् । तैलप्रस्थं तदभ्यङ्गपितुबस्तिषु योजयेत् ॥

शूनोत्तानोन्नतास्तब्धापिच्छिलाआविणी तथा ।

विप्लुतोपप्लुता योनिः सिध्येत्स्फोटशूलिनी ॥^[32]

-(च० सं० सट्श) (अ० सं० उ० ३९/६९ एवं अ० हु० उ० ३४/५१ से ५४)

Dhātakyādi tail should be prepared and used in following way: -Paste of flower of dhataki, fruit of amalaki, patra, srotoja, madhuka, utpala, kernel of jambu and amra, kāśīsa, lodhra, katphala, tinduka, saurāṣṭrikā, stem bark of dadima and unripe young fruits of udumbara each one akṣa, goat urine and milk each in double quantity of total paste, should be mixed with one prastha oil and cooked. Once this oil is properly prepared it should be used in the form of tampon, massage over hips, back and sacral region and enema. Use of this oil cures the yoni associated with excessive unctuousness or discharges, viplutā and upaplutā yonivyāpad and uttānā, unnatā or sunā yoni and the one which is full of sphota (blisters) and pain.

E. ACHARANA / VIPLUTA YONIVYAPAD (*Pruritus valvae*)

• Lakshanas

➤ योन्यामधावनात् कण्डू जाताः कुर्वन्ति जन्तवः ।^[33]

-(च० सं० चि० ३०/१८)

➤ विप्लुताख्यात्वधावनात् । सञ्जातजन्तुः कण्डूला कण्ड्वा चातिरतिप्रिया ।^[34]

-(अ० सं० उ० ३८/५० एवं अ० ० उ० ३३/४९)

The microbes/parasites developing due to non-cleanliness of vagina, produce vaginal itching, which in turn causes excessive sexual desire this condition is described by charak in acharana

yonivyapad & as a vipluta yonivyapad by vagbhata. We can co- relate it with priritus valvae meaning – itching of vulva.

None of the infective disorders of reproductive system show presence of intense sexual desire, thus cannot be considered here for congruence. On the basis of above description, this condition can be equated with pruritus valvae because of itching; not on the basis of intense sexual desire.^[16,17]

• Pichu Kalpana

- शल्लकीजिङ्गनी जम्बूधवत्वक्पञ्चवत्कलैः॥ कषायैः साधितः स्नेहपिचुः स्याद्विप्लुतापहः॥^[35]

-(च० सं० चि० ३०/१०८, १०९)

- धातक्यामलकीपत्रस्रोतोजमधुकोत्पलैः ॥

जम्बाममध्यकासीसलोद्भक्तफलतिन्दुकैः । सौराष्ट्रिकादाडिमत्वग्दुग्धशलाढुभिः ॥

अक्षमात्रैरजामूत्रे क्षीरे च द्विगुणे पचेत् । तैलप्रस्थं पिचुं दद्याद्योनौ च प्रणयेत्ततः ॥

कण्टीपृष्ठत्रिकाभ्यङ्गं स्नेहवस्तिं च दापयेत् । पिच्छिला आविणी योनिर्विप्लुतोपप्लुता तथा ॥

उत्ताना चोन्नता शूना सिध्येत् स्फोटशूलिनी ॥^[31]

-(च० सं० चि० ३०/७८ से ८२)

- धातक्या.....उत्पलैः । जम्बाममसार.....। शलाढुभिः ॥

अक्षमात्रै..... पचेत् । तैलप्रस्थं तदभ्यङ्गपिचुबस्तिषु योजयेत् ॥

शूनोत्तानोन्नतास्तब्धापिच्छिलाआविणी तथा ।

विप्लुतोपप्लुता योनिः सिध्येत्स्फोटशूलिनी ॥^[32]

-(च० सं० सट्ठ) (अ० सं० उ० ३९/६९ एवं अ० हु० उ० ३४/७१ से ७४)

Application of a tampon soaked with sneha (oil, ghrita or fat) medicated with decoction of fallaki, jingini, stem bark of jambū and dhava alongwith pañcavalkala is beneficial in viplutā yonivyāpad.

Dhātakyādi tail should be prepared and used in following way:-Paste of flower of dhataki, fruit of amalaki, patra, srotoja, madhuka, utpala, kernel of jambu and amra, kāśīsa, lodhra, katphala, tinduka, saurāṣṭrikā, stem bark of dadima and unripe young fruits of udumbara each one akṣa, goat urine and milk each in double quantity of total paste, should be mixed with one prastha oil and cooked. Once this oil is properly prepared it should be used in the form of tampon, massage over hips, back and sacral region and enema. Use of this oil cures the yoni

associated with excessive unctuousness or discharges, viplutā and upaplutā yonivyāpad and uttānā, unnatā or sunā yoni and the one which is full of sphota (blisters) and pain.

F. *SHUSHKA YONIVYAPAD* (Atrophic/senile vaginitis)

- व्यवायकाले रुन्धन्त्या वेगान् प्रकुपितोऽनिलः ॥

कुर्याद्विण्मूत्रसङ्गार्ति शोषं योनिमुखस्य च ॥^[36]

-(च० सं० चि० ३०/३२, ३३)

- वेगरोधाहतौ वायुर्दृष्टो विण्मूत्रसङ्ग्रहम्

करोति योनिशोषं च शुष्काख्या सातिवेदना ॥^[37]

-(अ० सं० उ० ३८/४० एवं अ० ह० उ० ३३/३७, ३८ 'योनेः' – पाठ)

Vāyu, aggravated due to suppression of natural urges during coitus (Charaka) or menstruation (Vāgbhaṭa) produces retention of urine and feces, and dryness of orifice of vagina (Caraka) or whole vagina (Vāgbhaṭa). This dryness is due to absence of moistening fluid. There is also very severe pain. This condition is known as śuṣhka.

With above very short description, it is very difficult to establish congruence with any disease known today. Psychological upset caused by suppression of natural urges may influence pituitary via hypothalamus. This in turn may produce hypoestrogenic condition resulting into dryness and pain in vagina. Effect on autonomic nervous system may cause retention of urine and faces., thus this disease appears to be description of estrogen deficiency.

In atrophic vaginitis, vaginal defense is lost. Vaginal mucosa is thin due deficiency of estrogen and is more susceptible to infection and trauma. There may be desquamation of the vaginal epithelium. Having symptoms like, yellowish or blood-stained vaginal discharge, discomfort, dryness, soreness in the vulva or even dyspareunia.

From this information, shushka yonivyapad can co-relate with atrophic vaginitis.^[16,17]

• **Pichu Kalpana**

- अतिचरणादिषु सर्वास्वनिलजा स्वयमेवक्रमः ।

धारयेत्त्वातिचरणायां यवगोधूमकिण्वकुष्ठशतपुष्पाश्रयाहप्रियङ्गुबलाखुकर्णी

कल्ककृतामुत्कारिकाम् ॥^[38] (अतिचरणादिषु दशसु वातिकीविहितः इन्दु) (अ० उ० ३९/३८)

All the measures capable of suppressing the vata should be done, besides, poultice made with pestled barley, wheat, kiṇva, kustha, śatapuspā, śrayāhwa, priyangu, balā and ākhukarni should be applied locally as a form of tampon.

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