

NITYA SEVANIYA AAHARA: A PREVENTIVE STRATEGY IN AYURVEDA FOR MAINTAINING HEALTH

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ABSTRACT

Ayurveda, the science of life, emphasizes the importance of daily dietary habits for maintaining health and preventing diseases. The concept of *Nitya Sevaniya Aahara* (daily consumable diet) plays a pivotal role in this preventive approach. These are food substances recommended to be consumed regularly due to their *Rasayna*, *Balya*, *Agnideepaka*, and *Dhatu Poshaka* properties.

Food is one among the three sub pillars-Aahara, *Nidra*, and *Brahmacharya*, Which support the body.

आहारसंभवंवस्तुरोगाश्चाहारसंभवाः।(च.सू.२८/४५)

WHO highlights the challenges and opportunities associated with food safety under the slogan for 2015 “from farm to plate, make food safe” promotion of proper nutrition is one of the eight elements of the primary health care.

Acharya Charaka and *Vagbhata* explained the *Nitya Sevaniya Dravya* which is similar to the balance diet.

Health and disease both are originated from diet. Hence, a proper selection of daily food is crucial. this dietary framework identifies specific food substances whose intrinsic qualities (*Rasa*, *Guna*, *Virya*, *Vipaka*) promote balanced *Doshas*, optimised *Agni*, and nourishment of *Dhatu*s, thereby maintaining homeostasis and preventing the accumulation of *Ama* (toxins).

तच्चनित्यंप्रयुज्जीत येनानुवर्तते।

अजातानां विकाराणामनुत्पत्तिकरंच यत्॥" (च. सू. ५/१३)

Acharya Charaka and *Acharya Sushruta* have categorised foods into -*Nitya Sevaniya Dravya* (to be consumed daily) *Nitya Asevaniya Dravya* (to avoided daily), *Adhyashan*, *Vishamashan* and *Asatmya Aahara* (irregular, or incompatible foods).

Nitya Sevaniya Aahara Dravya and *Nitya Asevaniya Aahara Dravya* have been described in detail. This review article explore the Daily consumption of *Nitya Sevaniya Aahara Dravyas*, which promotes the promotion of health of healthy individuals and prevent the disease condition and maintaining health.

KEYWORDS: *Ayurveda*, *Nitya Sevaniya Aahara*, *Dravya*, Balance diet, Health, *Adhyashan*, *Vishamashan*.

INTRODUCTION

Ayurveda classifies *Aahara* (diet) as one of the *Trayopasthambha* (three pillars of life), along with *Nidra*(sleep) and *Brahmacharya* (regulated lifestyle). Among various classifications of food, *Nitya Sevaniya Aahara* is highlighted for its role in preserving health (*Swasthasya Swasthya Rakshanam*) and preventing disease onset. *Acharyas* have described certain food items suitable for regular consumption due to their balanced qualities and positive impact on health.

ऋय उपस्तम्भा इति आहारः स्वप्नो ब्रह्मचर्यमिति..। (च.सू. ११/३५)

In the current era of lifestyle disorders, poor eating habits, and rising non-communicable diseases, there is a growing need to return to traditional wisdom for preventive health care. *Ayurveda* offers a structured, time- tested dietary framework that prioritizes not just nutrition, but overall balance and wellness. Among its core concepts is *Nitya Sevaniya Aahara*— daily consumable foods that ensure proper digestion, enhance immunity, and prevent disease. These foods, characterized by their compatibility with the human body and stability across seasons, act as subtle therapies when consumed regularly.

Modern nutrition also emphasises a balanced diet, rich in fiber, antioxidants and essential fatty acids — many of which are found in *Nitya Sevaniya Aahara*. Amid rising non-communicable diseases due to lifestyle and food habits, *Nitya Sevaniya Aahara* offers a preventive approach. Incorporating these foods reduces oxidative stress, boosts immunity, and supports metabolic balance.

Nitya Sevaniya Aahara -foods ideal for daily intake—is one such preventive tool, unique to *Ayurveda*. These food items, described in detail by *Acharyas* like *Charaka* and *Sushruta*, are not only nourishing but also help maintain equilibrium in the body.

पथ्येऽसतिगदार्तस्य किं औषध निषेवणैः।

पथ्येऽसतिगदार्तस्य किं औषध निषेवणैः॥"(वैध जीवन १/१०)

Ayurveda doesn't consider food merely as fuel, but as a form of medicine. Within this framework, *Nitya Sevaniya Aahara* -specific foods meant for regular use—form the cornerstone of daily preventive care.

“आरोग्य भोजनाधीने।”(का.स.खि.५/९)

Nitya Sevaniya Aahara Dravyas

षष्टिकाञ्छालिमुद्गांसैन्धवामलकेयवान्।

आन्तरीक्षपयःसर्पिर्जाङ्गलमधुचाभ्यसेत्॥"(च.सू.५/१२)

1. *Shashtika Shali*
2. *Mudga* (Green gram)
3. *Saindhava Lavana*
4. *Amalaki*
5. *Yava* (barley)
6. *Varsha Jala* (*Antariksha Jala*)
7. *Go -Dugdha* (Cow's milk)
8. *Madhu* (Honey)
9. *Go-Ghrita* (Cow's ghee)
10. *Jangala Mamsa*

1. *Shashtika Shali*

षष्टिकशाल्यौसस्येषुश्रेष्ठतमौ।

Shashtika = “Sixty”

Shali = A type of superior rice

Shashtika Shali refers to a variety of rice that matures in 60 days, known for its high nutritional and medicinal value in *Ayurveda*.

Shashtika Shali is good source of energy and also contributing significant quantity of protein, minerals and B group Vitamins like -Thiamine, Riboflavin and Niacin. It contributes 70 to 80% of total energy intake.

It is considered as a variety of rice. *Shashtika Shali* has been mentioned by *Acharya Charaka* in *Shukadhanya Varga*.

Latin name	<i>Oriza sativam</i>
English Name	Rice
Family	Graminaeae
Gana	<i>Stanyajanana, Shukadhanya Varga</i>
Guna	<i>Laghu (Light for digestion), Snigdha</i>
Rasa(Taste)	<i>Madhura(Sweet)</i>
Anurasa(Sub-Taste)	<i>Kashaya(Astringent)</i>
Virya(Active principle)	<i>Sheeta(cold)</i>
Vipaka(Post digestive taste)	<i>Madhura</i>
Doshaghanta(effect on Doshas)	<i>Tridosha</i>
Rogaghnata(effects on Diseases)	<i>Emaciation, Raktapitta (bleeding disorders), rheumatoid arthritis, Arsha (hemorrhoids), Prameha (diabetes) and Twaka roga (skin diseases).</i>
Karma	<i>Harida, Ruchikara, Pittahara, Vrishya (aphrodisiac), Vishaghna, Mutral, Brimhana, Swarya, Baddhavarchskara.</i>

2. *Mudga (Green gram)*

Mudga is the best among *Shimbhi Dhanya*. It is *Kapha-Pitta Shamaka*. *Mudga* contains 20- 25% of proteins, which is double that found in wheat and three times in rice. In fact, it contains more protein than eggs, fish or flesh foods. But in regards to quality pulse proteins are inferior to animal protein. *Mudga* is best among pulses utilised in the form of soup.

Latin name	Phasenlus Mudga
English name	Green Gram
Guna	Laghu(Light), Ruksha (Dry)
Rasa	Madhura, Kashaya
Virya	Sheeta
Vipaka	Katu(pungent)
<i>Doshaghanta</i>	<i>Kapha-Pitta Dosha Shamaka</i>
Rogaghnata	Jwara(fever), Medoroga (obesity), Kapha, Pitta and Rakta disorders
Karma	Grahi, Chakshushya(good for eyes)Jvaraghna

3. *Saindhava Lavana*

रोचनं दीपनं वृष्यं च क्षुष्यमविदा हि च ।

त्रिदोषघ्नं समधुरं सैन्धवं लवणोत्तमम् ॥ (च.सू. २७/३००)

Acharya Charaka described *Saindhava* under *Aaharayani Varga*. It is best among *Lavana Varga*. *Saindhava* (Rock salt) has been advised to take daily, but worldwide Common salt is taken daily. Chemical formula of both is same as NaCl but contents of both differ as rock salt contains some extra minerals like Potassium which are beneficial to the health.

Saindhava Lavana is considered best for internal use. It helps in getting rid of toxic minerals and refined salt deposits by stimulating blood circulation and minerals balance.

Saindhava Lavana increases appetite and adds taste to the food. It also improves digestion and is a natural way to relieve stomach pain.

Saindhava Lavana provides all the essential minerals and greatly improves the body's immune system. *Saindhava Lavana* plays the role of carrier and help to reach the *Basti Dravya* at micro cellular level.

Latin name	Sodii chloridum
English name	Rock salt, Sodium chloride
<i>Gana</i>	<i>Pancha Lavana</i> and <i>shad Lavana</i>
Guna	Visyandi, Sukshma, Ushna, Vyavayi, Snigdha, Tikshna and Laghu
Rasa	Lavana, Madhura
Virya	Sheeta
Vipaka	Madhura

Doshaghanta	Tridoshamak
Rogaghnata	Adhamana, Shula, Vamana, Vrishya
Karma	Agnideepaka, Pachaka, Ruchikarka (improves taste), Chakshushya, Lekhana, Vibandhahara (laxative), Hridya (good for heart), Shothahara Vrana Shodhaka and Ropana.

4. Amalaki

Acharya Charaka explained Amalaki as a fruit under Phala Varga. Acharya Sushruta said it is Vrishya, Rasayana, Tridoshaghna in properties and it is good for eyes.

Amalaki is the most concentrated source of vitamin C in the plant kingdom. The active ingredient in Amalaki are phyllanthus, Gallic acid, tannins, pectin and ascorbic acid.

Acharya Charaka and Acharya Vagbhata have admired Amalaki as the drug of choice for Vayasthapana Karma.

Amalaki alleviates Tridoshas and specially normalises Pitta Dosha. Acharya Vagbhata describes Amalaki as the best drug for Prameha (diabetes) along with Haldi (Turmeric). Amalaki is also a powerful antioxidant and acts as an Antiaging agent. Amalaki is a great Rasayana that helps to protect from disease and reduce the possibilities of premature ageing.

Latin name	Embilica offi cinalis
Family	Graminae
Rasa	Panchrasa(Amlapradhana)
Guna	Laghu, Ruksha, Sheeta, Guru
Virya	Sheeta
Vipaka	Madhura
Rogaghnata	TridoshaShamaka mainly Pitta Shamka
Rogaghnata	Kandu, Kamala, Ajirna, Yakritroga, Prameha, Shoth, Hridroga, Jvara, Raktapitta, Amlapitta, Shosha, Trushna, Chakshushya, Keshya, Rechana, Deepana, Vrishya
Karma	Kushthaghana, Anulomana, Rasayana, Balya, Kaphaghana, Krimighana, Vayasthapana, Ruchya, Medhya, Daha prasamana, Bhagna Sandhana karaka.

5. Yava (Barley)

It is used in wide range in Ayurveda and described under Shukadhanya Varga. It

contains vitamins, minerals, and antioxidants, contributing to overall health. Its high fibre content and lower glycemic index make barley a nutritious whole grain option for controlling blood sugar and supporting overall health.

The use of *Yava* both as *Pathya* and *Oushadha* is established in ancient texts and modern research experiments.

Latin name	Hordeum Vulgare
Family	Graminae
Rasa	Madhura, Tikta, Kashaya
Guna	Laghu, Ruksha, Pichilla, Mridu, Sara
Virya	Sheeta
Vipaka	Katu
Rogaghnata	Kapha - Pitta Shamaka and Vatakara
Karma	Kapha Shamaka, Mutrala, Lekhana, Medohar, Vrushya, Balya, Varnya, Swarya, Agnideepana

6. Varsha Jala (Antariksha Jala)

In the rainy season, rainwater (*Varsha Jala*) is considered the best among all types of water when it is properly collected and free from impurities.

Sushruta Samhita mention rain water as *Divya Jala* - water that descends from the sky and is naturally pure, cooling, and light.

It is the prime source of all the water and purest water in the nature. It is tasteless and having properties like nectar, vital for life, stiating, maintains the body, invigorating and allays tiredness lethargy, thirst, intoxication, fainting, drowsiness, sleep and burning sensation and is always highly beneficial.

Rasa	<i>Avyakta Rasa</i>
Guna	<i>Laghu , Snigdha</i>
Virya	<i>Sheeta(Cold potency)</i>
Vipaka	<i>Madhura(Sweet post-digestive effect)</i>
Doshaghanta	<i>Kapha -Pitta Shamaka and Vatakara</i>
Doshaghanta	<i>Jeevana, Tarpana, Hridya, Buddhivardhaka</i>

7. Go-Duoftdha (Cow's Milk)

Milk is known in *Ayurveda* is one of the foremost and most important dietary substances, which is used both in healthy for health maintenance and promotion and in diseased to help alleviation of the clinical conditions.

It is best among *Jivaniya* substances. *Acharya Charaka* states regular intake of cow's milk with *ghee* is best among the anti-ageing substances.

Cow's milk is life-promoting, strength-enhancing, and acts as a rejuvenator.

It has a fine blend of all nutrients. It is also a rich source of calcium. Milk is the best and most complete of all food.

Synonyms	Dugdha, Ksheera, paya
Rasa	Madhura(Sweet)
Guna	Sheeta, Mridu, Snigdha, Bahala, Guru, and Manda
Virya	Sheeta (Cold)
Vipaka	Madhura(Sweet post-digestion)
Doshaghanta	Kapha Pitta Shamaka and Vatakara
Karma	Tarpana, Hridya, Jivaniya, Rasayana, Buddhivardhaka, Brimhana.

8. *Madhu* (Honey)

Madhu is sweet fluid produced by honey bees from flowers nectar, which is collected, stored, concentrated and transformed into honey through enzymatic and Evaporation in the hive.

It has beneficial effect on the digestion and appetite of those weak stomach and loose bowels. It decrease flatulence and increase general metabolism.

Madhu is composed of 38% of fructose, 31% of glucose, 1% of sucrose.

नानाद्रव्यात्मकत्वाच्चयोगवाहिपरमधु।(च.सू.२७/२४९)

Madhu is described as the best *Yogavahi* substance I.e.it carries the properties of the drugs added to it.

Madhu acts as a purifying and healing agent can penetrate all the minutest channels of the human body. Old honey is astringent, Likhana and reduce obesity.

माक्षिकंभ्रामरंक्षौद्रं पौतिकंमधुजातयः।(च.सू.२७/२४३)

पौतिकंभ्रामरंक्षौद्रंमाक्षिकंछात्रमेव च।

आघर्यमौद्यालकंदालमित्यष्टौमधुजातयः॥(सु.सू.४५)

Acharya Charaka described 4types of honey and *Acharya Sushruta* described 8 types of honey.

English name	Honey
Rasa	Madhura (Sweet) and Kashaya (Astringent)
Guna	Laghu, Ruksha, Sukshma
Virya	Sheeta
Vipaka	Madhura (Sweet post-digestive effect)
Doshaghanta	Tridosh Shamaka (Sushruta), Vatavardhaka (Charaka)
Rogaghanta	<i>Kushtha, Arsha, Kasa, Shwasa, Hikka, Atisara, Vibandha, Daha, Kshata, Kshaya, Trishna, Visha, Rakta, Pitta, Prameha, Krimi, Chardi</i>
Karma	Lekhana, Sangrahi, Shodhana, Swarya, Chakshushya, Mehaghna, Deepana, Vranashodhana, Srotoshodhana, Varnya, Medhya, Vrishya, Sandhanam, Ropanam, Chetana, Prasadhanam, Yogavahi.

9. Go-Ghrita (Cow's ghee)

एषुचैवोतमंसर्पिःसंस्कारस्यानुवर्तनात्॥ (च.सू.१३/१३)

Ghrita is one of the most important milk products widely used in India from immemorial times. *Ghrita* is rich in healthy saturated fats, including MCTs like lauric acid, and contains fat -soluble vitamins A, E and K2.

Ghrita removes toxic substances from the body and works as a *Vrana -Shodhaka* and *Vrana - Ropak*. It improves memory, *Buddhi* and personal beauty of the body. It is considered as best because of its special properties i.e. “*Samskarasya Anuvartana*” which means that *Ghrita* carries property of drug without leaving its own property.

Ghrita alleviates *Pitta-Vata-Kapha Dosha*. This is beneficial for *Rasa, Shukra Dhatus* and *Ojas*.

Ghrita is easier to get absorbed. *Ghee* contains omega -3fatty acids which have been proved to improve cardiovascular health and also modulate disease processes, such as hypertension, coronary artery disease, and hypertriglyceridemia.

Ghrita as best and the *Ghrita* of choice for both food and medicinal purposes. The individual which are affected from heat and injured by weapons and poison are also recommended for the administration of *Ghrita*.

Latin name	<i>Butyrum depuratum</i>
English name	Clarified butter
Rasa	Madhura (Sweet)
Guna	Snigdha, Mridu, Sheeta, Guru, Yogavahi

<i>Gana</i>	<i>Madhura Skandha</i>
<i>Virya</i>	<i>Sheeta (Cooling)</i>
<i>Vipaka</i>	<i>Madhura (Sweet post-digestion)</i>
<i>Doshaghanta</i>	<i>Vata-Pitta Shamaka, Kaphavridhikar</i>
<i>Rogaghnata</i>	<i>Udavartta, Jwara, Unmada, Shula, Anaha, Vrana, Daha, Shosha, Visarpa, Rakta-Vikara And Agnimandya etc.</i>
<i>Karma</i>	<i>Deepaniya, Vayasthapana, Medhya, Chakshushya, Vrishya, Rochak, Kantivardhaka, Vishahara, Agnivardhaka, Oja-Teja-Bala-Ayushya Vridhikara, Balavardhaka, Smritivardhaka.</i>

10. Jangala -Mamsa

Jangala Mamsa refers to dry, arid regions and the animals living in such areas- typically herbivorous animals found in forests or dry lands. *Jangala Mamsa* is light, easy to digest and *Vata* pacifying.

Jangala Mamsa is a rich source of protein of a high biological value and also has all the amino acids and vitamin B complex.

Jangala Mamsa has 20% protein and 3-5% of fat. *Aja Mamsa* (Goat meat) is *Na-Ati-Sheeta* and *Na-Ati-Ushna*. It does not lead to *Dushti* of any *Doshas* and is homologous with muscle of human body. It is *Brhumhaniya* and *Anabhishtyandi* in nature. *Aja Mamsa* possesses similar qualities to *Mamsa* of human beings, hence acts as *Brumhaniya*. It promotes *Bala*, *Varna*, *Swara*, *Vaya*, *Buddhi*, *Indriya*.

It nourishing, Supports overall health, and aids in various bodily functions. *Ayurvedic* texts recommend it for its health benefits and compatibility with human tissue, particularly when consumed as a soup. It is the only type of red meat *Ayurveda* endorse for regular or medicinal use.

<i>Rasa</i>	<i>Madhura</i>
<i>Guna</i>	<i>Guru</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Doshaghanta</i>	<i>Pitta-Kapha Dosha, Vatavardhaka</i>
<i>Karma</i>	<i>Karma-Mamsa Rasa is indicated in Shoshyata, Krushyata</i>

DISCUSSION

The concept of *Nitya Sevaniya Aahara* as mentioned in *Ayurveda* emphasises the preventive and primitive of health. unlike curative measures that are adopted after the manifestation of disease, *Nitya Sevaniya Aahara* forms the foundation of

Swasthvritta and aims at maintaining *Dosha* balance, enhancing *Agni* and Supporting *Dhatu* nourishment.

Acharya Charaka in *Charaka Samhita* provides a list of such food items that are safe, wholesome and suitable for regular use. These include *Shashtika Shali*, *Mudga*, *Yava*, *Amalaki*, *Saindhava Lavana*, *Madhu* and *Go-Dugdha* etc. These are selected based on their ability to maintain health promote longevity and support immunity.

Modern dietary science also supports the concept of such food, for instance, *Shashtika Shali* is gluten free and easily digestible, *Mudga* is rich in plant based protein, *Amalaki* is a potent antioxidant and rich in vitamin c. The conversation of traditional knowledge and modern nutrition demonstrates the relevance of *Ayurvedic* dietary principles in today's lifestyle.

In *Ayurveda* the concept of *Nitya Sevaniya Aahara Dravyas* clearly indicates the importance of nutrition in day today life. by daily consumption of *Nitya Sevaniya Dravyas* does the promotion of health of healthy individual and prevent the disease conditions.

CONCLUSION

In today's era of fast food, stress, and sedentary lifestyle, where non-communicable diseases are on the rise, the implementation of *Nitya Sevaniya Aahara* became not just relevant but necessary. It aligns with global shift towards functional foods, holistic nutrition, and sustainable eating.

Nitya Sevaniya Aahara is not just a list of foods, it is a philosophy that encourages mindful eating, seasonal adaptation, digestive respect and natural balance. When incorporated into daily life along with good lifestyle practices, it becomes a powerful instrument in preventing lifestyle disorders, enhancing *Ojas*, and promoting *Swasthya*.

In *Ayurveda*, *Aahara*, is integral to maintaining health and balance within the body. Proper consumption of food characterised by its quality, quantity and manner of intake supports growth, vitality and tissue health, there by fostering a well-balanced and disease free life.

The principle of *Nitya Sevaniya Aahara* offer timeless wisdom that can be integrated into modern dietary practices for preventive health care.

A conclusion *Nitya Sevaniya Aahara* is not merely food, but an *Ayurvedic* tool for *Swasthya Rakshana* preserving the body's inner harmony every day.

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