

**EFFICACY OF TRUPTIGHNA MAHAKASHAYA GANA KASHAYA AS
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Siddanta, GAMC, Mysuru.**ABSTRACT**

In Ayurveda, the concepts of "Trupti" (satisfaction) and "Tarpana" (nourishment) are vital in understanding Amapradoshaja Vyadhis (diseases caused by Ama), categorized as Santarpana Janya Vyadhis (disorders due to over-nourishment). The formulation of Truptighna Mahakashaya Gana Kashaya is crucial for managing Ama, functioning as a Hetvartakari Aushada that targets root causes. Amapachana, the recommended treatment for Ama, employs herbs with Katu (pungent) and Tikta (bitter) Rasa, and Ushna Virya (hot potency) to enhance digestion and stimulate appetite. Clinical studies reveal significant improvements in symptoms such as loss of appetite, indigestion, and abdominal heaviness after treatment with Truptighna Mahakashaya Gana Kashaya. This approach addresses symptoms and underlying imbalances, reinforcing the relevance of Ayurvedic principles in

contemporary health challenges.

KEYWORDS: Trupti, Ama, Truptighna, Amapachana.**INTRODUCTION**

In Ayurveda, the concepts of "Ama" and "Trupti" are fundamental to understanding health and disease. Ama, often described as the toxic byproduct of incomplete digestion, represents an imbalance in the body's physiological processes. It is believed to accumulate in the system, leading to a range of health issues, particularly those related to digestion and metabolic disturbances. Ama is characterized by symptoms such as fatigue, loss of appetite, and various gastrointestinal complaints, reflecting a compromised state of health.

Trupti, on the other hand, signifies a state of satisfaction or nourishment. It embodies the fulfillment of the body's nutritional and metabolic needs. In Ayurveda, Trupti is crucial for maintaining overall health, as it reflects the body's ability to effectively assimilate and utilize nutrients. The presence of Trupti can lead to diminished appetite and poor digestion, exacerbating the accumulation of Ama.

The interplay between Ama and Trupti highlights the importance of maintaining a balance between nourishment and detoxification in Ayurveda. Effective treatment strategies often focus on enhancing Trupti through dietary modifications, herbal formulations, and lifestyle changes, aiming to eliminate Ama and restore digestive harmony. Understanding this dynamic relationship is essential for practitioners and patients alike in promoting holistic health and preventing disease.

LITERATURE REVIEW

Acharya Charaka classified various Dravyas into 50 ganas based on their specific actions and their suitability for treating different diseases, such as Deepaniya, Jeevaniya, Kustaghna, Krimighna, Truptighna, etc in Shadvirechanasatasiteeya adhyaya of sutra stana. Among 50 ganas, there are 6 ghna gana dravya i.e., Truptighna, Arshoghna, Kushtaghna, Kandughna, Krimighna, Vishaghna.^[1]

In the present study, Truptighna gana mahakashaya has been selected for the study.

Review on Truptighna Mahakashaya Gana Kashaya.

Truptighna Mahakashaya Gana Kashaya is understood as

- Trupti is a Sanskrit word meaning "satisfaction", "nourishment" or "spiritual delight"
- संतोषः अयमाहारगुणानां श्रेष्ठः (CH SU 25/40)

Trupti is considered as Contentment is the best among the qualities of food.

- विंशतिश्लेष्मविकारेप्येकः (CH SU 20/97)
 - Among the twenty types of disorders caused by Kapha, this one is unique.
- तृप्तिकारके सन्तर्पणशब्दप्रयोगः (CH SU 22/3 TEEKA)

The term 'Santarpana' (nourishment) is used in the sense of causing Trupti.

- Ghna (घ्न) refers to “destruction”, according to the Bṛhatsamhita (chapter 9), an encyclopedic Sanskrit work written by Varahamihira mainly focusing on the science of ancient Indian astronomy^[2] Killing, destroying, removing, curing.
- Truptighna-Gangadhara in the Jalpakalpataru commentary on Charaka Samhita mentions that तृप्तिघ्नं कफा जनितां तृप्तिं घ्नन्ति इति means the Truptighna is that which destroy the Trupti caused by Kapha.
- Mahakashaya –दशसंख्यावच्छिन्नस्यैक कार्यकरणार्थोपात्त- स्यौषधगणस्य संज्ञा (CH SU 4/5).

The nomenclature of the group of herbs that are obtained for a single action and is separated by the number ten, hence called Mahakashaya.

Hence, the Drugs belonging to the Truptighna Mahakashaya Gana Kashaya are Nagara^[3], Chavya^[4], Chitraka^[5], Vidanga^[6], Murva^[7], Guduchi^[8], Vaca^[9], Musta^[10], Pippali^[11], Patola^[12]

A detailed review of the Truptighna Mahakashaya Gana Kashaya drugs is mentioned in Table 1,2,3,4,5 below.

Table No. 43: Showing the list of Truptighna Mahakashaya Gana Kashaya dravya with Botanical Name, Family, Regional Languages, Part used.

Dravya	Botanical Name and Family	Regional Languages	Part
Nagara	Zingiber officinale Roscoe, Zingiberaceae	Hindi–Adaraka, Kannada-Shunti, English – Ginger	Kanda
Chavya	Piper Chaba, Piperaceae	Hindi–Chabha, Kannada-Chavya, English-Java Long Pepper Root	Mula
Chitraka	Plumbago zeylanica L, Plumbaginaceae	Hindi-Chitra, Kannada-Chitramula, English-Lead Wort	Mula
Vidanga	Embelia ribes Burm. F, Myrsinaceae	Hindi-Vayavidanga, Kannada-Vayavidanga, English-Babreng	Phala
Murva	Marsdenia tenacissima Roxb Moon, Asclepiadaceae	Hindi-Jarathor, Kannada-Manjinaru, English-True Rajamabel	Mula
Guduchi	Tinospora cordifolia (Willd.) Meiers ex Hook.f & T Memispermaceae	Hindi-Giloe, Kannada-Amritaballi, English-Tinospora	Khanda
Vaca	Acorus Calamus Linn, Araceae	Hindi-Bach, Kannada-Baje, English-Sweet Flag	Mula
Musta	Cyperus Rotundus Linn, Cyperaceae	Hindi-Motha, Kannada-Konnari Gade, English- Nut Grass	Mula

Pippali	Piper Longum Linn, Piperaceae	Hindi-Pipar, Kannada-Hippali, English-Lead Wort	Phala
Patola	Tricosanthus Diocia Roxb, Cucurbitaceae	Hindi-Parval, Kannada-Kau-Padaval, English-Pointed Gourd	Mula

Table No. 44: Showing the list of Truptighna Mahakashaya Gana Kashaya dravya in various Gana and Varga of Brihatrayee and Bhavaprakasha nigantu.

Dravya	Gana
Nagara	Charaka Samhita -Truptighna, Arshoghna, Deepaniya, Shulaprasamana, Trishnanigraha Sushruta Samhita -Pippalyadi, Trikatu, Patoladi, Astanga Hridhaya -Pippalyadi, Bhavapraksha nighantu - Guducyadi
Chavya	Charaka Samhita -Truptighna, Arshoghna, Deepaniya, Shulaprasamana, Trishnanigraha Sushruta Samhita -Pippalyadi, Trikatu, Patoladi, Astanga Hridhaya - Pippalyadi, Bhavapraksha nighantu -Haritakyadi
Chitraka	Charaka Samhita -Truptighna,Arshoghna,Deepaniya, Shulaprasamana,Lekhaniya Sushruta Samhita -Pippalyadi,Mustadi,Amalakyadi,Varunadi,Aragvadadi Astanga Hridhaya -Pippalyadi,Mustadi,Varunadi, Aragvadadi,, Bhavapraksha nighantu -Haritakyadi
Vidanga	Charaka Samhita -Truptighna, Arshoghna, Deepaniya, Shulaprasamana, Trishnanigraha Sushruta Samhita -Pippalyadi,Trikatu,Patoladi, Astanga Hridhaya -Pippalyadi, Bhavapraksha Nighantu -Haritakyadi
Murva	Charaka Samhita -Sthanyasodhaniya, Sushruta Samhita -Aragvadhadi, Patoladi Astanga Hridhaya -Aragvadhadi, Patoladi, Bhavapraksha nighantu - Guducyadi
Guduchi	Charaka Samhita -Truptighna, Vaysthapana, Stanyashodhana, Dahaprasamana, Trishnanigraha Sushruta Samhita -Guduchyadi, Aragvadhadi, Kakolyadi, Patoladi Astanga Hridhaya -Guduchyadi, Aragvadhadi, Kakolyadi, Patoladi, Bhavapraksha nighantu - Guducyadi
Vaca	Charaka Samhita -Truptighna, Arshoghna, Deepaniya, Shulaprasamana, Trishnanigraha Sushruta Samhita -Pippalyadi,Trikatu,Patoladi, Astanga Hridhaya -Pippalyadi, Bhavapraksha nighantu -Haritakyadi
Musta	Charaka Samhita -Lekhaniya Truptighna, Kandugna, Trishnanigraha, Stanyasodhana Sushruta Samhita -Mustadi, Vacadi, Astanga Hridhaya -Mustadi, Vacadi, Bhavapraksha nighantu -Karpooradi
Pippali	Charaka Samhita - Truptighna, Hikkanigrahana, Asthapanopaga, Deepaniya, Sirovirechanopana, Kasahara, Arshoghna, Shulaprasamana, Vamanopaga, Sushruta Samhita -Pippalyadi, Urdhnabhagahara, Trikatu, Sirovirechana, Astanga Hridhaya -Pippalyadi Bhavapraksha nighantu -Haritakyadi
Patola	Charaka Samhita -Truptighna, Trishnanigraha, Sushruta Samhita -Pippalyadi, Aragvadadi Astanga Hridhaya - Pippalyadi, Aragvadadi, Bhavapraksha nighantu –Saka varga

Table No. 45: Showing the list of Truptighna Mahakashaya Gana Kashaya dravyas with their information about Rasa, Guna, Virya, Vipaka, and Doshagnata.

Dravya	Rasa	Guna	Virya	Vipaka	Doshagnata
Nagara	Katu	Laghu, Snigdha, Teekshna	Ushna	Madhura	Kaphavata
Chavya	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavata
Chitraka	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavata
Vidanga	Katu	Laghu, Teekshna, Ruksha	Ushna	Katu	Kaphavata
Murva	Kashaya, Tikta	Laghu, Sara, Guru	Ushna	Katu	Tridosha (Bh Pa), Kaphavata (R Ni),
Guduchi	Katu, Tikta, Kashaya	Laghu,	Ushna	Katu	Tridosha
Vaca	Katu, Tikta,	Laghu, Tikshna	Ushna	Katu	Kaphavata
Mustha	Katu, Tikta, Kashaya,	Laghu, Ruksha	Ushna	Katu	Kaphapitta
Pippali	Katu	Laghu, Snigdha	Anushna (Bha P) Ushna	Madhura	Kaphavata
Patola	Katu, Tikta	Laghu, Ruksha	Anushna	Katu	Tridosha

Table No. 46: Showing the list of Truptighna Mahakashaya Gana Kashaya dravyas with Karma, Rogagnata.

Dravya	Karma	Rogagnata
Nagara	Bhedini, Agnidipana, Rucikaraka, Kanthya, Mutrala, Vranaropana, Hradya, Vatanulomana, Vrsya, Balya	Amavata, Vibhanda Vami, Shula, Kasa, Shotha, Anaha, Kustha, Pandu, Raktapita, Jwara, Swasa
Chavya	Deepana, Pachana, Agnidipana .	Kasa, Swasa, Arsha, Krimi roga
Chitraka	Agnidipana, Pacana. Grahi, Rasayana, Lekhana, Garbha Sravaka	Grahani, Kushta, Shotha, Arsha, Krimi, Kasa Kustha, Vispota, Jwara.
Vidanga	Agni Vardhaka, Jantughna, Sirovirecana, Balya, Deepana, Pacana, Anulomana, Varnya, Rakta- Sodhaka, Mutrajanaka,	Shola, Adhmana, Udara, Krimi, Vidhandha, Udarashula, Vataroga, Kustha.
Murva	Hradya	Trishna, Hrudhroga, Kandu, Jwara, Kushta Raktapitta, Prameha,
Guduchi	Sangrahini, Agnideepana, Balya, Pacana, Anulomana, Hradya, Rasayana, Balya, Vrushya	Kamala, Kushta, Vatastrak, Jwara, Krimi, Vami, Prameha, Swasa, Kasa, Arsha, Mutrakrichra, Trishna, Jwara, Visa,
Vaca	Vamaka. Agnivardaka, Vibandha, Vrusya, Medya, Samjnasthapana, Lekhana, Hrillasakara.	Vibandha, Adhmana, Shula, Sakrut Mutravishodini, Apasmara, Unmada, Jantu.
Musta	Grahi, Deepana, Pachana, Raktakopahara, Krmighna, Mutrajanana, Balya Stanyavardhaka, Artavajanana, Keshavardhaka, Vranaropaka,	Trut, Jwara, Aruchi, Jantuhara, Jvara, Krmighna, Visa
Pippali	Deepana, Rasayana, Rechanabhedana, Rucya, Vatanulomana,	Kasa, Udara, Prameha, Shula, Amavata, Udara, Shula, Pliha roga, Gulma, Krimi, Swasa,
Patola	Deepaniya, Vrisya, Pacana, Hradya, Viryavardhaka, Balya	Aruchi, Swasa, Sotha, Chardi, Hikka, Trisna, Kasa, Jvara, Krimi.

Table No. 47: Showing the list of Truptighna Mahakashaya Gana Kashaya dravyas with detailed information related to their chemical constituents and pharmacological action.

Dravya	Chemical Constituents	Pharmacological action
Nagara	Curcumene, Bourbornene, D-Borneol, Citral, D-Camphene, Citronellol, Y-D-Curcumene, A-Geraniol, Gingerol, Zingiberenes, Zingiberol, Zingerone, Gingerols, A Paradol, Gingerenone A, Ginger Glycolipids A, B, & C; ^[6] Gingerdiol; Gingerone B & C	Anti-Inflammatory, Analgesic, Anti-Tumorigenic, Anti-Inflammatory, Anti-Apoptotic, Anti-Hyperglycemic, Anti-Hyperlipidemic And Anti-Emetic Actions ^[13]
Chavya	Piperine, Sitosterol, Piplartine (Alkaloid). New Amides- Retrofractamide	Cytotoxic activity, antimicrobial activity, Antioxidant activity, Hypolipidemic effects, Anti-inflammatory activity ^[14]
Chitraka	Chitranone, Plumbagin, 3-Chlorop-Lumbagin, Droserone Elliptinone, Isozeylinone, Isozeylan-One, Zeylanone and Zeylinone, Maritone, Plumbagic Acid, Dihydros-Terone, Sitosterol	Wound healing activity, Antidiabetic activity, Memory-inducing activity, Blood coagulation activity, Anti-inflammatory, Anti-malarial activity, Allergic and modulatory effects, and Anti-cancer activity ^[15]
Vidanga	Embelin, Christembine, Homoem-Belin, Homorapanone, Vilangine, Quercitol Etc	Analgesic, Antihelminthic, Antioxidant, Antibacterial, Anticancer, A-Amylase Inhibitor Activity, Anticonvulsant Activity Antihyperlipidemic, Wound Healing, And Antispermaticogenic. Antipsychotic Activity ^[16]
Murva	Marsdenin, D-Cymarose, Asclepobiose, D-Canarose, Cissogenin	MultiDravya Resistance Reversal, Antitumor, Anti-Angiogenic, Immunomodulation, and Anti-HIV activities ^[17]
Guduchi	Tinosporidine β Sitosterol, Cordifol Heptacosanol And Octacosanol Furanoid Diterpene- Tinosporide 18-Norclerodene Glucoside-Tinosporaside-Five Diterpene Furan Glycosides, Viz., Cordifolisides A-E Isocolumbin, Tetrahydropalmatine, Magnoflarine And Palmatine	Antioxidant activity, Antimicrobial activity, Anti-toxic effects, Antidiabetic activity, Antistress activity, Hypolipidemic effect, Anticancer activity, Anti-osteoporotic effects, Immunomodulating activity ^[18]
Vaca	Acolamone, Acorenone, Acoramone, Azulene, Calacone, Calarene, Acoric Acid	Neuroprotective Activity, Anti-Depressant Activity, Anti-Epileptic Activity, Anti-Inflammatory Activity, Anti-Bacterial Activity, Anti-Thrombotic Activity, Hypolipidemic Activity, Cardiac

		Protection Activity, Hypotensive Activity, Anti-Tumor Activity, Anti-Diabetes Activity ^[19]
Musta	Cineol (+) Copadiene, Copaene, Cyperen I & II, Cyperenone, Isopatchoulene, -Cyperone, (+) Epoxyguaiane, Isocyperol, Cyperotundone, Cyperol, Cyperolone, -Isokobusone, Kobusone, Mustakone, Patchulene, (+) Rotundone, &-Selinene, β - Sitosterol Etc., Suganol	Antioxidant Activity, Anti-Inflammatory Activity, Antimicrobial Activity, Anticancer Activity, Antidiarrhoeal activity. ^[20]
Pippali	Piperine, Piplartine, Piperlongumine, Piperlonguminine, Pipernonaline Piperundecalidine, Piperide, Sesamin, Four Aristolactams Cepharonone B Aristolactum All, Piperlactum	Antiulcer activity, Bioavailability enhancers, Antiplatelet activity, Coronary vasodilation activity, Antifungal activity, Anti-obesity activity, Anticancer and Antitumor activity, Anti-diabetic activity ^[21]
Patola	Colocynthin, Trichosanthin; Hentriacontane	Antidiabetic activity, Antiinflammatory activity, Antifungal activity, Antibacterial activity, Antioxidant activity, Antifungal activity, Antibacterial activity ^[22]

Table No. 48: Showing the list of Truptighna Mahakashaya Gana Kashaya dravya used in Formulations.

Dravya	Formulations
Nagara	Adrakarasayana, Rasnadi kwatha, Sarasvatarista, Adrakaghrita, Soubhagyasunthi, Kottamchukkadi tailam
Chavya	Panchakola, Kankayana vati, Cavyadi grhita, Pranada gutika
Chitraka	Citrakadi vati, Citrakadi haritaki, Citrakadi ghritha.
Vidanga	Vidangadi loha, Vidangarista, Vidanga taila, Vidangadi churna
Murva	Mahatiktaka grhita, Kanaka ksiri taila
Guduchi	Guduci satva, Sanjivini vati, Samsamana vati, Chandraprabha vati, Chitraka haritaki, Balaguduchyadi taila, Amrutarista,
Vaca	Vacadi taila, Saraswata churna, Saraswatarista, Manasamitra vataka, Lakshmivilasa rasa, Hinguvacadi, Balacaturbhadra, Vacavaleha
Musta	Mustakarista, Mustakadi lehya, Sadanga paniyam, Mustadivati, Mustakadi churna
Pippali	Trikatu, Sitophaladi churna, Vyoshadi vati, Gudapippali, Pippalyasava, Ayaskriti, Asvagandharista, Kumaryasava, Cyavanprasa, Kaisora guggulu, Siva gutika, Pippalyadi leha
Patola	Patoladi kwatha, Patoladi churna

RESULTS

A clinical study was conducted on 30 subjects presenting with Ama Lakshanas such as Anilamudata (irregular stool consistency), Aruchi (tastelessness), Avipaaka (indigestion),

Kshut Naasha (loss of appetite), and Udara Guruta (abdominal heaviness). The treatment approach focused on Amapaachana (digestion and elimination of Ama) administered internally. In this study, Truptighna Mahakashaya Gana Kashaya was given lukewarm, 25 ml twice daily, before meals.

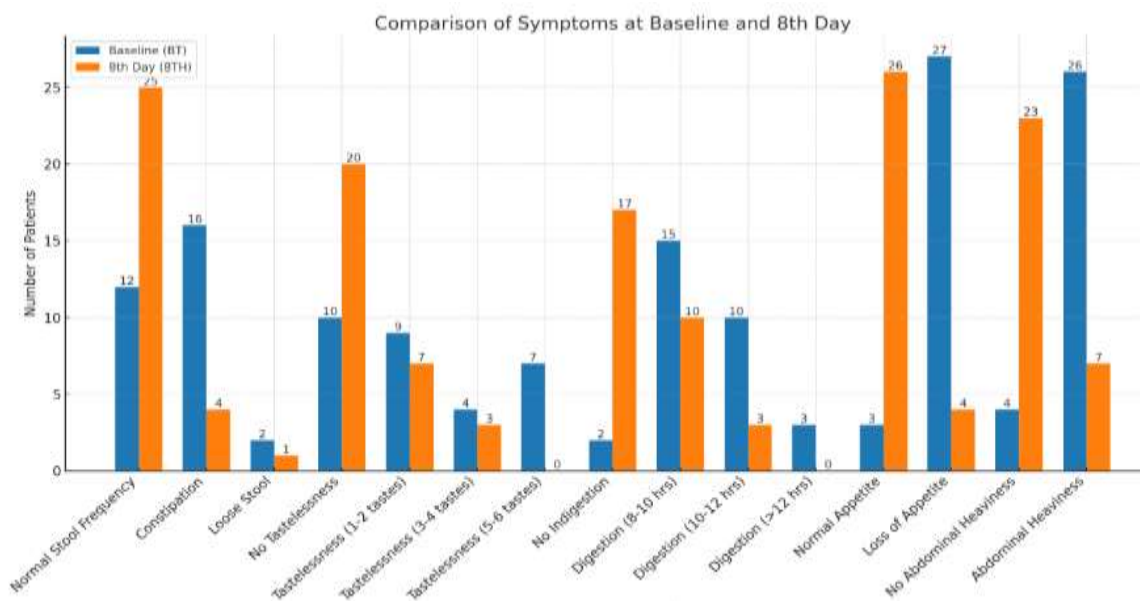
The achievement of Niraama Lakshanas (resolution of Ama symptoms) was observed within 7 days across the subjects, indicating a progressive reduction of Ama and clinical improvement. The distribution of recovery was as follows:

- 10 subjects achieved Niraama Lakshanas within 1–3 days,
- 15 subjects between 4–6 days,
- The remaining 5 subjects by the 7th day.

Symptom-specific outcomes by the 8th day

- **Anilamoodhata:** Stool frequency normalized, with a reduction in constipation and loose stools compared to baseline.
- **Aruchi (Tastelessness):** A significant reduction in the severity and prevalence of tastelessness was noted, with most patients becoming symptom-free by the 8th day.
- **Avipaaka (Indigestion):** Indigestion decreased considerably, as evidenced by fewer patients reporting delayed digestion.
- **Kshut Naasha (Loss of Appetite):** Appetite improved notably, with most patients no longer experiencing loss of appetite by the 8th day.
- **Udara Guruta (Abdominal Heaviness):** Abdominal heaviness reduced substantially, with more subjects reporting no heaviness post-treatment.

Diagram 1 illustrates the comparative changes in these Lakshanas at baseline and on the 8th day, demonstrating the intervention's efficacy in alleviating Ama symptoms.



DISCUSSION

In Ayurveda, the concepts of Trupti (satisfaction) and Tarpana (nourishment) are integral to understanding health and disease. Disorders caused by the accumulation of Ama—referred to as Amapradoshaja Vyadhis—fall under the broader category of Santarpana Janya Vyadhis (disorders arising from over-nourishment). In treating such conditions, the formulation Truptighna Mahakashaya Gana Kashaya, which means "counteracting excessive nourishment," plays a crucial role as a Hetvartakari Aushada (medicine addressing the root cause).

The presence of Ama is often accompanied by hallmark symptoms like loss of appetite, indigestion, and heaviness, which directly reflect an imbalance in digestive processes and signify the presence of Trupti. The recommended Ayurvedic management involves Amapachana—the digestion and elimination of Ama—using herbs with Katu (pungent) and Tikta (bitter) tastes, as well as Ushna Virya (hot potency). These properties stimulate appetite (Deepana) and facilitate digestion (Pachana), promoting the breakdown of accumulated Ama and restoring digestive health.

Truptighna Mahakashaya Gana Kashaya embodies these properties, making it a highly effective formulation for conditions associated with Ama. Its bitter and pungent components work synergistically to stimulate appetite, improve metabolism, and alleviate Ama-related symptoms such as indigestion, loss of appetite, and abdominal heaviness.

Given the modern shift toward sedentary lifestyles and nutrient-dense diets, the prevalence of Ama-related disorders is on the rise, underscoring the relevance of Ayurvedic interventions like Truptighna Mahakashaya Gana Kashaya. The study demonstrated that treatment with this formulation not only alleviated symptoms but also provided sustained clinical improvements, highlighting its utility as a holistic therapeutic approach. The rapid resolution of Ama symptoms in the study population—within 1 to 7 days—further emphasizes the effectiveness of this formulation.

This intervention exemplifies how Ayurvedic treatment addresses not only the symptoms but also the root causes of disease by disrupting the cycle of Ama accumulation. The formulation restores digestive balance, promotes well-being, and prevents disease recurrence, which aligns with Ayurveda's holistic philosophy of health management.

CONCLUSION

The intricate relationship between Ama, Trupti, and Tarpana highlights the need for a holistic approach to the management of health disorders. Truptighna Mahakashaya Gana Kashaya emerges as a vital therapeutic tool, effectively stimulating appetite and enhancing digestion to address the underlying imbalance caused by Ama. By targeting both symptoms and root causes, this formulation ensures a comprehensive recovery, preventing future episodes of Ama-related conditions.

The study underscores the enduring relevance of Ayurvedic principles in contemporary healthcare, especially for conditions related to lifestyle and dietary imbalances. The use of Truptighna Mahakashaya Gana Kashaya not only alleviated Ama symptoms in a short period but also showcased its potential to prevent recurrence, reinforcing the importance of preventive care.

This work provides a strong foundation for future clinical studies in Ayurveda, offering valuable insights into practical applications of traditional knowledge for managing both health and disease. Further research on the long-term benefits and potential adaptations of this approach could deepen the understanding of how ancient principles can address modern health challenges.

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