

**MODE OF ACTION OF AVIPATTIKAR CHURNA IN THE
MANAGEMENT OF AMLAPITTA – A REVIEW ARTICLE****Vd. Vivek Chandurkar^{*1}, Vd. Payal Vilas Chavat²**^{*1}M.D Kayachikitsa, Professor and HOD, S.G.R.A Mahavidhyala Solapur.²M.D. Scholar, Kayachikitsa, S.G.R.A Mahavidhyala Solapur.Article Received on
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Solapur.**ABSTRACT**

When vitiation of *Pitta* causes transformation of *Katu rasa* of *pitta* into *amla rasa* and also increases *dravata* of *pitta* leads to the *utapatti* of *vyadhi* known as *Amlapitta*. People are attracted towards the junk food which causes 50% of Gastro-intestinal tract (GIT) disorder. For normal digestion of food, there should be balance between *Pachak Pitta*, *Kledak Kapha* and *Saman Vayu*, specially *Pachak Pitta* plays vital role in digestion. In *Amlapitta vyadhi*, because of *Hetu sevan*, *Tridosha* – *Prakop* occurs specially the *Amla* and *Drava guna* of *Pitta* increases which causes *Agnimandya* which leads to *vidhagdha awastha* and *Amlapitta vyadhi* occurs. Symptoms include *Avipaka*, *Amlodgara*, *Hrid-Kanta daha*, *Aurichi*. *Avipattikar Churna* is mentioned in *Bhaishajya Ratnavali* and *Rasendra Chintamani*. It is prepared from 14 different herbal drugs. It is useful in *Amlapitta*, *Agnimandya janita Vyadhi*, *Arsh*, *Prameha*, *Mala-Mutra vibandh*, etc. Drugs like *Trikatu*,

Vidang, *Lavang* do *Deepan* and *Pachankarma* by its *Ushna guna*. *Trivrit* has *Rechana* and *Shothahara* property leading to excess *Pitta Virechan*, thus helpful in *Samprapti Vighatna* of *Amlapitta*. In present review an attempt has been made to understand the possible mode of action of *Avipattikar Churna* in *Amlapitta*.

KEYWORDS: *Amlapitta*, Gastro-intestinal tract, *Agnimandya*, *Pitta dosha*, *Avipattikar Churna*.

INTRODUCTION

Amlapitta is a disease of Gastro-intestinal tract, especially mentioned in *Kashyap Samhita*, *Madhav-Nidan*, *Bhav-Prakash* & *Chakradatta*. This disease is not separately described in

Charak Samhita, Sushrut Samhita, Ashtang Hriday & Ashtang Sangraha. Amlapitta is described as a symptom or complication of many disorder in *Brihatrayi*. *Charak* has mentioned only term *Amlapitta* but it is clearly mentioned in *CharakSamhita Chikitsa stana* 15th chapter that *Agnimandya* is root cause of *Amlapitta*.^[1]

Amlapitta is most common in modern era due to changing lifestyle, food culture, sleeping pattern & also depends upon one's body constitution. The word *Amlapitta* comprises of two components i.e. *Amla&Pitta*. We see the life of man has become run-of-the-mill due to work, tension, responsibility, money. Every person is currently living a stressful life & suffering from disease.

Avipattikar churna a polyherbal Ayurvedic formulation which is being used for the treatment of *Amlapitta*. It has fourteen different ingredients which are: *Shunthi*(*Zingiber officinale* Roxb), *Maricha* (*Piper nigrum* Linn), *Pipali* (*Piper longum* Linn), *Haritaki* (*Terminalia chebula* Retz), *Vibhitaki* (*Terminalia bellerica* Roxb), *Amalaki* (*Emblica officinalis* Gaerth), *Mustha* (*Cyprus rotodus* Linn), Salt (*Vida lavana*), *Vidanga* (*Embelia ribes* Burmf), *Ela* (*Elettoria cardomum* Maton), *Patra* (*Cinnamonum tamala* Nees & Eberm) *Lavanga* (*Syzgium aromaticum* Linn), *Trivrit* (*Operculina trpethum* Linn) and *Sarkara* (Sugar candey).

In present review an attempt has been made to understand the possible mode of action of *Avipattikar Churna* in *Amlapitta*.

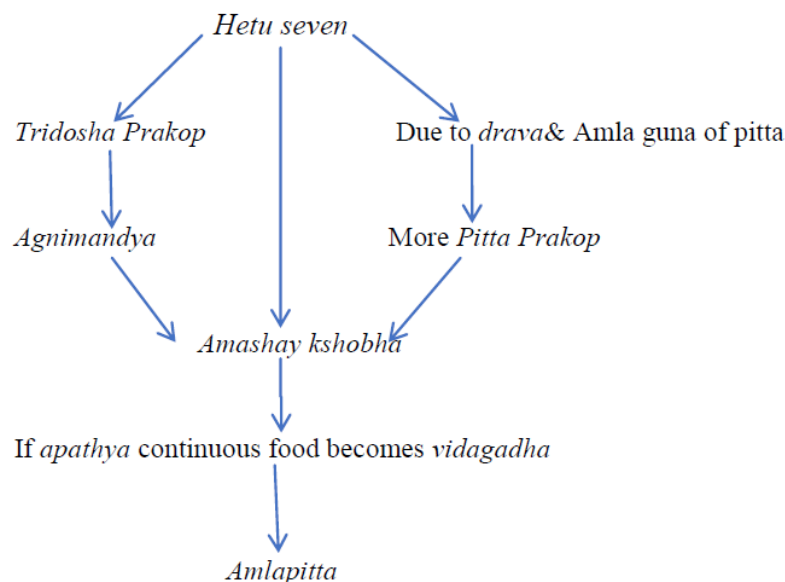
REVIEW OF DISEASE

According to *Madhav Nidan Vyakhya* 'अम्लगुणोद्विक्तं पित्तं अम्लपित्तम्' i.e. *Pitta* become *Vidagdha* because excessive increase in *Amla Guna* of *Pitta&vidagdhata* of *Pitta* is called *Amlapitta*.^[2] *Amlapitta* is caused by aggrevation of *Pitta Drava&Amla gunas* of *pitta* increases.^[3] *Sushrutacharya* in *Sutrasthana* mentioned that quality of *Pitta* is normally *Katu* & it becomes *Amla* in *Vidagdha avastha*.^[4] *Amla* has been said a natural property of *Pitta* along with *Katurasa* according to *Charak*.^[5]

Heartburn & Hyperacidity are primarily lifestyle related. Biggest contributing factor towards hyperacidity is improper eating habits, heavy meals. Main causes of disease are improper *Aahar*, *Vihar*, stress & not following *AaharVidhi Vishesha ayatana*, etc.^[6] A person with pre-existing tendency of excessive *Pitta* secretion & takes incompatible unhygienic, sour & *pitta* vitiated food and drinks leads to mal- secretion of *Pitta*.

Aacharya Kashyap also gave importance to *Desha* as main causative factor of *Amlapitta*. *Kashyap* said that, *Amlapitta* seen mostly in *Anup-desha*.^[7] *Aacharya Madhav* has given more importance to *Ritu-vishesha* in pathogenesis of *Amlapitta*. There is *Sanchay* of *Pitta* in *Varsha ritu* & *Prakop* in *Sharad* naturally. So *Pitta* becomes *vidagadha* due to excessive use of *nidan* factors in those *ritu* & creates *Amlapitta* in both *Ritus*.

Pathogenesis



Samprapti takes place due to *virudhashana*, *adhyashana*, *ati-ushna*, *amla-atiseven* & other *hetu seven* causes vitiation of *Tridoshas* & causes *Agnimandya*. In *Varsha-ritupittacharya* takes place due to *Swabhavik kalaj* effect. In this condition if *pitta* recopy & other *aahar vihar* continued, person get *Ajirna*, this again leads to increase in *Amla guna* of *pitta* causing *vidagdhata* of *pitta*. This *pitta* makes function of *agni* more suppressed & hence vicious cycle goes on. The food consumed is not properly digested & so gets fermented (*Shuktatva*). The fresh food material taken inside comes in contact with undigested food & food continuously remains in state of *Shuktatva*. The food is not made available to *dhatu*s in absorbable state & there is no formation of *Rasadi dhatu*s & then symptoms of *Amlapitta* occurs.

Symptoms

A] *Samanya lakshan*

- 1) *Avipak* – It means indigestion or *ajirna*.
- 2) *Klama* – Feeling of exhaustion or fatigue without any reason.
- 3) *Uktesha* – Increased *kledak kapha* & *pachak pitta* give rise to *utklesha*.

- 4) *Udgara* – Belching. *Prana* & *Udana* gets vitiated gives rise to movement of gas from *Jathar* to *Urdhwagati*.
- 5) *Gourav* – Can be either *udar gourav* or *Sarvanga gourav*. Heaviness of abdomen or body. It is due to *ama*.
- 6) *Hruthkanthdaha* – It is due to *ushna*, *tikta*, *katu*, *rasatmak* food which causes increase in *pitta*. Burning sensation in oesophagus, epigastric & gastric region
- 7) *Aruchi* – Anorexia; due to *agnivikruti*. Disliking towards food.

Bj Vishesh lakshan

Madhav Nidan described two types of *Amlapitta*.^[8]

Type	Direction	Symptoms
<i>Adhoga Amlapitta</i>	Downward	<ol style="list-style-type: none"> 1) <i>Trishna</i>(Thirst) 2) <i>Daha</i>(Burning sensation) 3) <i>Murccha</i> (Fainting or unconsciousness) 4) <i>Bhram</i> (Giddiness) 5) <i>Moha</i> (False illusions of mind) 6) <i>Kotha</i> (inflammatory skin rash) 7) <i>Dravamalappravurtti</i>(loose motion)
<i>Urdhwaga Amlapitta</i>	Upward	<ol style="list-style-type: none"> 1) <i>Chhardi</i> (vomiting <i>Varn-harit, pita. Rasa-Sour</i> taste. <i>Gandha-Visragandha</i>.) 2) <i>Utklesh</i> (Nausea) 3) <i>TiktaAmlodgar</i> (Bitter-Sour Blenching) 4) <i>Hrutkantha daha</i> (Retrosternal Burning) 5) <i>Kara-padatala daha</i> (Burning sensation at hand-legs) 6) <i>Shirashoola</i> (headache) 7) <i>Aruchi</i> (Tastelessness)

MODE OF ACTION OF AVIPATTIKAR CHURNA

It is mentioned in *Bhaishjya Ratnavali*. *Avipattikar churna* a polyherbal Ayurvedic formulation which is being used for the treatment of *Amlapitta*. It has fourteen different ingredients which are: *Shunthi*(*Zingiber officinale* Roxb), *Maricha* (*Piper nigrum* Linn), *Pipali* (*Piper longum* Linn), *Haritaki* (*Terminalia chebula* Retz), *Vibhitaki* (*Terminalia bellerica* Roxb), *Amalaki* (*Emblica officinalis* Gaerth), *Mustha* (*Cyprus rotundus* Linn), Salt (*Vida lavana*), *Vidanga* (*Embelia ribes* Burmf), *Ela* (*Elettoria cardomum* Maton), *Patra* (*Cinnamomum tamala* Nees & Eberm) *Lavanga* (*Syzygium aromaticum* Linn), *Trivrit* (*Operculina trpethum* Linn) and *Sarkara* (Sugar candey).^[9]

While preparing this *Churna*, add all *Kashtaushadhi* in the form of *Sukshma Churna* then add *Sharkara*& store *Churna* in glass container.

Anupam - शीततोयानुपानश्च नारिकेलोदोकं तथा। (रसैह सार संग्रह)^[10]

Sheetal Jal, Narikel Jal

Matra – 3-8 gms

Kala- Bhojan aado/ Madhe

Gandha – Lavang Gandhi

Varna- Shwetabh

Swadh -Madhur

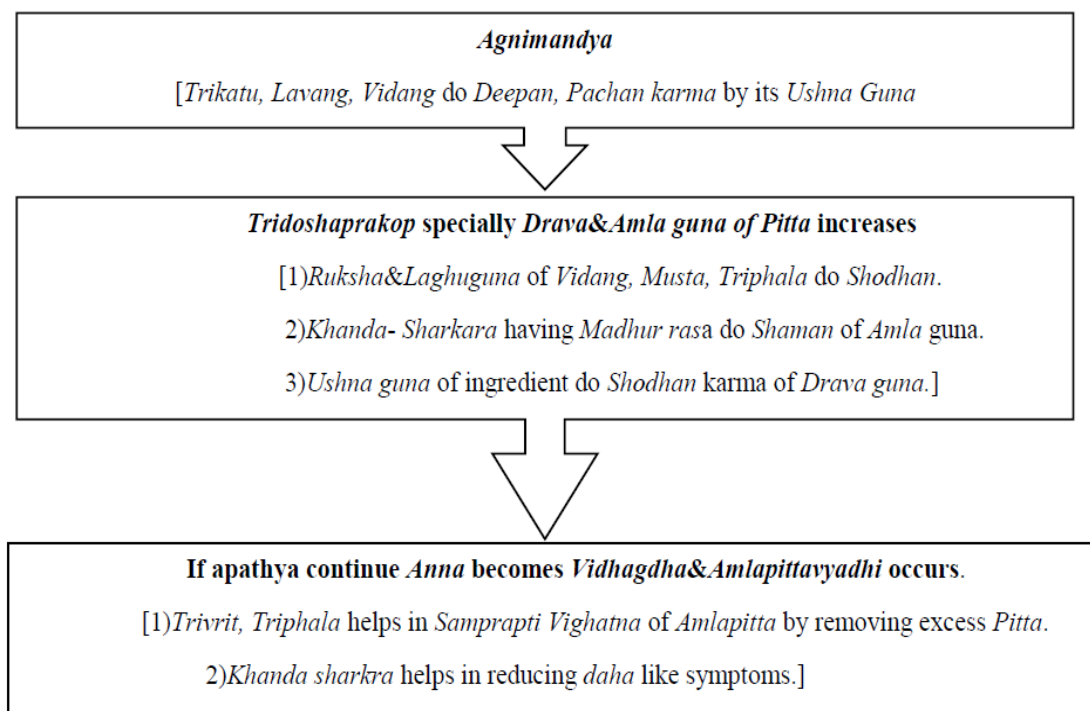
Rogaghanta – Amlapitta, Mala-Mutra vibandh, Agnimandya janita Vyadhi, Arsh, Prameh.

No.	Drug name	Quantity	Part used	Rasa	Vipak	Veerya	Guna	Doshghnata
1)	<i>Shunthi^[11]</i>	1 part	Rhizome	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Laghu Snigdha</i>	<i>Vata Kapha shamak</i>
2)	<i>Marich^[12]</i>	1 part	Fruit	<i>Katu</i>	<i>Katu</i>	<i>Anushna sheeta</i>	<i>Laghu ruksha Tikshna</i>	<i>Kaphavata Shamak</i>
3)	<i>Pippali^[13]</i>	1 part	Fruit	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Laghu Snigdha</i>	<i>Kaphavata Shamak</i>
4)	<i>Haritaki^[14]</i>	1 part	Fruit	<i>Kashay Tikta Madhur katu amla</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Laghu Ruksha</i>	<i>Tridosha Shaman</i>
5)	<i>Bibhitaki^[15]</i>	1 part	Fruit	<i>Kashay</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Laghu Ruksha</i>	<i>Tridosha Shaman</i>
6)	<i>Amalaki^[16]</i>	1 part	Fruit	<i>Amla Madhur Kashay Tikta katu</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Guru Ruksha</i>	<i>Tridosha Shaman</i>
7)	<i>Musta^[17]</i>	1 part	Tuber	<i>Tikta katu kashay</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu Ruksha</i>	<i>Kaphapitta Shaman</i>
8)	<i>Vid lavan^[18]</i>	1 part			<i>Katu</i>	<i>Sheeta</i>	<i>Laghu Ruksha</i>	<i>Kaphavata Shamak</i>
9)	<i>Vidang^[19]</i>	1 part	Fruit	<i>Tikta katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu Ruksha Tikshna</i>	<i>Kaphavata Shamak</i>
10)	<i>Ela^[20]</i>	1 part	Seed	<i>Katu Madhur</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Laghu</i>	<i>Tridosha Shaman</i>
11)	<i>Tamal patra^[21]</i>	1 part	Leaf	<i>Katu Madhur</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu Tikshna</i>	<i>Kaphavata Shamak</i>
12)	<i>Lavang^[22]</i>	11 part	Floral bud	<i>Katu Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu Tikshna</i>	<i>Kaphapitta Shaman</i>
13)	<i>Trivrit^[23]</i>	44 part	Root	<i>Katu Tikta Madhur Kashay</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu Tikshna Ruksha</i>	<i>Kaphapitta Shaman</i>
14)	<i>Khanda sharkra</i>	66 part		<i>Madhur</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Snigdha</i>	<i>Vatapitta Shaman</i>

Mode of action of Avipattikar Churna

- **Shunthi:** It has *Katu rasa* and *Ushna veerya* thus helps in digesting *rasa dhatu gata sama dosha*. It is *agnipradeepaka* in nature thus helps in reducing *gaurava, shotha* and *atisara*.
- **Maricha:** It is *deepaniya* in *prabhava*, thus plays a major role in reducing *mandagni*. Due to *katu rasa* and *ushna veerya* it causes *deepan* and *pachana* thus used in *agnimandya janit vikara*.
- **Pippali:** It is rich in *Katu Rasa* thus *deepaniya, kapha shamak* and *triptighna* in nature. *Pippali* due to *snigdha* and *ushna guna* it is *vatanulomaka, shooplaprashmana, vatshamaka* and *mridurechaka*. Thus helps in reducing symptoms like *Aruchi, Agnimandya, Ajirna*.
- **Haritaki:** Due to *Madhura, Tikta, Kashaya rasa* it is vitiated *pitta shamak*, due to *katu tikta kashay rasatmaka* it is vitiated *kapha shamak*, due to *amla, madhura rasa* it is vitiated *vata shamak*. It is *deepaniya, pachaniya, anulomaka, mridurechaka* and *krimighna* in properties thus helps in treating symptoms of *Amlapitta* such as *aruchi, agnimandya, udar shool, vibandha* and *anaha*.
- **Bibhitaki:** It is *tridosahara* but mainly acts on vitiated *kapha*. Due to *ruksha, laghu guna kashaya rasa* it pacifies vitiated *kapha*, due to *madhura rasa* it pacifies the vitiated *Pitta* & its *ushna* property helps in pacifying vitiated *Vata*. As it is *deepaniya, anulomaka, krimighna* in nature thus helps in reducing *aruchi, agnimandya* and *adhman*.
- **Amalaki:** It is *tridosahara* but mainly acts on vitiated *Pitta*. Due to *ruksha guna & kashaya rasa* it pacifies vitiated *kapha*, due to *madhura rasa* and *sheeta guna* it pacifies the vitiated *Pitta* & its *amla* helps in pacifying vitiated *Vata*. As it is *deepaniya, anulomaka, krimighna* in nature thus helps in reducing *aruchi, agnimandya* and *adhman*.
- All these above three drugs are *rasayan* in *prabhav* thus play a major role in improving *oja* as immunity in the body.
- **Musta:** It is *Kapha pitta shamak*. Due to *tikta rasa* it is *grahi, deepaniya & pachaniya* in nature. Thus helps in reducing *aruchi, agnimandya, utklesha, chardi, ajeerna* and *krimi roga*.
- **Vid lanan:** Due to *ushna, teekshna* and *vyavayi* in properties it is *Jatharagni pradeepaka, Shooplaprashamak* and *Vatanulomak*.
- **Vidanga:** It is *Ushna* in potency thus it is *Kapha vata shamak*. It is *Krimighna* in nature. It has *deepan, pachan* and *anulomka* properties thus reduces *agnimandya, ajeerna, chardi, adhmana, udar shoola, vibandha* and *krimi roga*.

- **Ela:** It is *Chardi nigrahana*, *mukhshodhana*, *durgandhnashaka*, *trishnanigrahana*, *rochana*, *deepana*, *pachana*, & *anulomaka* thus play a major role in *vamana* and helps in reducing symptoms such as *Asyavairsya*, *aruchi*, *agnimandya*, *pratiloma gati* of *vayu*, *udarshool*, *adhaman*.
- **Tamalpatra:** Due to *katu*, *tikta* rasa and *Ushna* guna it is *deepaniya* and *pachaniya*, *Vatanulomaka*, *yakrituttejaka* and *grahi*.
- **Lavang:** It is *chedaniya* in *prabhava*, thus play a beneficial role in *chedan* of *Kapha* from the body. Due to its richness in *tikta*, *katu* rasa it is *deepaniya*, *Pachaniya*, *ruchivardhaka*. *Snigdha* guna in it make it *vatanulomaka* and *shoolprashamak*. Thus helps in *Amlapitta* to reduce symptoms such as *ayuchi*, *agnimandya*, *ajirna*, *adhamana*, *udar shool*, *trishana*, *chardi*. It plays a beneficial role digesting *ama* thus increase *jatharagni* and improves digestion. It pacifies the *vidaha* of vitiated *pitta* and reduces the increased *drava* guna of *pitta*.
- **Trivritta:** It is *sukhirechniya* in *prabhava*, *bhedana* and *rechana* in properties. Due to its *Ushna* *veerya* it causes *vishyandan* and *chedana* of *dosha sanghata* of whole body, bring it in *koshta* and pacifies the vitiated *doshas* through *purgation* from *adhobhag* of body.
- **Khanda sharkara:** It is rich in *madhura* rasa thus thus *pittavishamarutghna*, *dahamurchaprashaman*. *Snigdha*, *sheeta* & *guru* in properties.



DISCUSSION

Thus *amlapitta* is the leading life style disorder now a day, which disturbed the metabolic rate of due to the formation of *Ama*, this *ama* causes *shukta paka* of *anna*, this undigested food is termed as *visha*. Which leads to the *utpatti* of *Ajirna* when various disturbed *pitta prakopaka nidan* are taken it causes development of *Vidagdha jeerna*, the *mandaagni* then finally develop *Amlapitta* in body.

Avipattikar churna is *Deepaniya*, *Pachaniya*, *Agnivardhaka*, *Vibandhnashaka*, *Triptighna*, in properties. *Avipattikar churna* has purgative action thus used in *Shodhan* of vitiated *pitta* in *Amlapitta*.

Avipattikar Churna correcting the vitiated state of *Pitta* improves the whole digestion process and results in proper functioning of *Agni*. Conceptually it is concluded that the substances having properties like *laghu*, *katu*, *snigdha*, *ushana* has the effect to decrease the vitiated *Drava roop* of *Pitta* and maintaining the proper functioning of *agni*. The contents of it are *deepaniya* means *Jatharagni pradipaka* and *Pachaniya* hence helps in *amapachana*. It is mentioned as *Koshtabadhatanashak*, *mala mutra vibandha nashaka* in ayurvedic texts.

CONCLUSION

Sleeping immediately after meal causes *Amlapitta* as you are not giving your body adequate time to digest food properly. When you sleep soon after eating, the reclined position also makes it easier for acid reflux to occur. Keeping long gap between meals & skipping meals also cause acid to build up in stomach & lead to acidity.

Amlapitta is a lifestyle disorder, which can be prevented by following a healthy life style. *Avipattikar Churna* is a polyherbal drug rich in *Tikta*, *Katu* and *Madhura rasa* thus helps to combat etiopathogenesis of *Amlapitta*. As the medicine, relieves people from the tentacles of the disease. Nevertheless, proper following of *Trayopstambha* is very mandatory. Which can be done by avoiding hurry, worry, curry. By involving *tikta rasa* dominating vegetables, *madhura rasa* dominant fruits in diet, avoiding stress and anxiety, one should take at least 6-7 hrs sleep for a healthy and graceful body.

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26. Sharkara Dravya Guna Vidhyan 2, by Aacharya Priyavata Sharma, Chaukhambha Bharati Academy 2022, chapter 5th.