



SUPRAJA JANANAM: AN AYURVEDIC VIEW ON PHYSICAL AND MENTAL WELL-BEING DURING HEALTHY CONCEPTION

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How to cite this Article: Dr. Rachana V. Pawar¹, Dr. Surekha P. Hiwale², Vd. Minal N. Narkhede³, Dr. Atul L. Chaudhari⁴ (2026). SUPRAJA JANANAM: AN AYURVEDIC VIEW ON PHYSICAL AND MENTAL WELL-BEING DURING HEALTHY CONCEPTION. World Journal of Advance Pharmaceutical Sciences, 3(3), 119-124.



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<p>Article Info</p> <p>Article Received: 19 January 2026, Article Revised: 08 February 2026, Article Accepted: 28 February 2026.</p> <p>DOI: https://doi.org/10.5281/zenodo.18850614</p>	<p>ABSTRACT</p> <p>The process of conception is not merely a biological event, but a highly integrated phenomenon involving physical, mental, emotional and subtle factors. In the classical Ayurvedic tradition, the conception (<i>Garbha</i>) phase is envisaged with equal emphasis on the body (<i>Sharira</i>), mind (<i>Manas</i>) and cosmic rhythm (<i>Rta</i>). To guarantee a healthy offspring, it is essential to focus on the physical and mental health of the future parents, and to adequately prepare the body and mind before conception. Moreover, the branch of Ayurveda known as <i>Dravyaguna Vigyan</i> (science of drug-substances) provides vital insights into how nutritive, <i>Rasayana</i> (Rejuvenative) and fertility-enhancing herbs and substances can support fertility and healthy conception. This review study introduces a comprehensive framework that incorporates Ayurvedic concepts of pre-conception health (<i>Beeja samskara, Garbhadhana</i>), the physical and mental aspects of well-being, along with particular <i>Dravyaguna-Vigyan</i> factors to facilitate conception and nurture early pregnancy.</p> <p>KEYWORDS: <i>Ayurveda, Dravyaguna Vigyan, Fertility, Garbhadhana, Healthy conception, Pre-conception care, Mental well-being.</i></p>
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INTRODUCTION

Reproduction is a fundamental process in nature and a central theme in classical Indian thought. In the Ayurvedic text of Charaka Samhita it is stated: “*Evaṃ kurvāti hī arogya bala varṇa-samvahana-sampadam upetaṃ jñātinaṃ śreṣṭhaṃ-apatyam janayati*” meaning “Thus the one endowed with health, strength, colour and nourishment begets the best progeny.” This underscores the Ayurvedic understanding of conception not merely as

a mechanical union of sperm and ovum, but a deeply holistic event shaped by physical, mental, dietary, environmental, and energetic factors. In the contemporary era, fertility challenges such as delayed conception, sub-fertility, and recurrent pregnancy loss are increasing globally. Complementing modern biomedical approaches, Ayurveda offers a rich paradigm of pre-conception care (PCC) and reproductive well-being. The branch of *Dravyaguna Vigyan* plays a pivotal role in this

context by elucidating the properties (*Guna*), tastes (*Rasa*), metabolic post-effects (*Vipaka*), potency (*Virya*) and special action (*Prabhava*) of herbs and formulations-enabling targeted interventions toward reproductive health.

AIMS AND OBJECTIVES

This paper seeks to integrate Ayurvedic and contemporary views on physical and mental health during conception, particularly focusing on Dravyaguna.

Conceptual Framework of Healthy Conception in Ayurveda

❖ Fundamental factors in conception (*Garbhadhana*)

“ध्रुवं चतुर्णां सान्निध्याद्गर्भः स्याद्विधिपूर्वकम्।

ऋतुकैत्राम्बुबीजानां सामग्र्यादङ्कुरो यथा” ||

Classical Ayurvedic texts identify four essential factors for conception:

- ✓ **Ritu:** the right time/season for conception.
- ✓ **Kshetra:** the field - healthy female reproductive tract (uterus/yoni) and male environment.
- ✓ **Ambu:** the nutritive fluid or medium in which *beeja* resides and the embryo develops.
- ✓ **Beeja:** the seed—healthy ovum and sperm.

Disruption in any of these four leads to sub-fertility or impaired progeny.

❖ Pre-conception preparation (*Poorva Kāla*)

Ayurveda emphasizes a preparatory phase prior to conception including:

- ✓ **Shodhana (Purification):** cleansing of bodily channels and *doshas* via therapies such as *panchakarma* to remove toxins (*āma*) and correct *doshik* imbalance.
- ✓ **Shodhana of the Beeja and kshetra (*Beejasuddhi / Kshetrasuddhi*):** optimizing sperm/ovum and uterine environment respectively.
- ✓ **Rasayana and Vajikarana therapy:** rejuvenation and fertility-enhancing strategies.
- ✓ **Ahara & Vihara (Diet & lifestyle):** establishing proper nutrition, daily regimen, seasonal adjustment, rest, and mental hygiene.

❖ Mind-body nexus and mental well-being

Ayurveda recognizes the importance of the mind (*manas*) and the subtle interplay between physical health and mental/emotional well-being. The manifestations of dosha imbalance not only impact the physical body but also the mind, and vice versa. Stress, anxiety, improper sleep, negative mental states - all can hinder conception or affect progeny quality. Modern evidence likewise supports pre-conception mental health as critical.

Physical Well-being in Healthy Conception

❖ Constitutional assessment: *Prakruti*, *Vikruti* and Reproductive Health

In Ayurveda, the constitution (*prakruti*) of individuals influences reproductive potential. For couples intending

conception, assessment of *prakruti* and *vikruti* (current imbalance) helps tailor interventions. While modern fertility workup emphasizes hormonal, genetic and anatomical factors, Ayurveda adds a layer of constitutional, metabolic and *doshik* enquiry.

❖ Role of digestion (*Agni*), metabolism and toxin elimination (*Āma*)

Strong digestion (*agni*) and metabolism ensure proper nutrition, healthy *dhatu* formation and absence of *āma* (toxic metabolites). In the context of reproduction, poor *agni* leads to accumulation of *āma*, vitiation of *doshas*, impaired sperm/ovum quality, and dysfunctional uterus. Purification (*shodhana*) helps correct this.

❖ Aahara (Diet) for pre-conception and reproductive health

Ayurveda highlights specific dietary principles to enhance reproductive vitality, such as: Balanced six tastes (*Shadarasa*) with emphasis on sweet (*Madhura*), sour (*Amla*) and unctuous (*Anigdha*) for nourishment of tissues (*Dhatu*) and reproductive elements. Use of fertility-enhancing foods: ghee, milk, sesame, black gram, seasonal vegetables, nuts and seeds. Avoidance of *Virudhha-ahara* (incompatible foods) which corrupt tissues and impair fertility. Timely meals, adequate hydration, warm - easily digestible foods to support *agni*.

❖ Vihara (Lifestyle, *Dinacharya*, *Rutucharya*)

Lifestyle measures influence reproductive health: Daily routine (*Dinacharya*): healthy sleep, regular circadian rhythm, avoidance of late nights. Seasonal regimen (*Ritucharya*): adjusting diet and activities according to season to maintain *doshik* balance. Physical activity, moderate exercise, yoga, and abdominal therapies to enhance blood circulation to reproductive organs. Abstaining from alcohol, smoking, excessive caffeine, extreme weight fluctuations - all of which impair fertility. Modern fertility research corroborates lifestyle impact.

❖ Shodhana (Purification Therapies) and Pre-Conception Care

Prior to conception, Ayurvedic classics recommend cleansing therapies (*Panchakarma*) for the couple: *Snehana* (oleation), *Swedana* (sudation) followed by *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana* where indicated. The clearance of vitiated *doshas* and nourishment of reproductive tissues yields healthy sperm/ovum and optimized uterine environment. Literature states that such precaution reduces risks of miscarriage, birth anomalies and sub-optimal child health.

❖ Rasayana and Vajikarana for Gamete and Tissue Vitality

After purification, rejuvenation therapies are advocated: *Rasayana* (Rejuvenation) and *Vajikarana* (enhancement of virility/fertility): Encouraging good quality sperm

(*Shukra dhatu*) in men and good quality ova and uterine tissue in women. Herbal drugs with properties of *Dravyaguna*: e.g., *ashwagandha* (for stress and vitality), *Shatavari* (female fertility tonic), *Gokshura*, *Manjishtha*, *Yashimadhu* for reproductive system support. Application of *Dravyaguna* principles: selection of herbs based on *Rasa*, *Guna*, *Virya*, *Vipaka*, *Prabhava* to target reproductive *Dosha-dhatu* imbalances.

❖ Reproductive Organ Health (*Kshetra*)

Ensuring the health of the female genital tract and male reproductive system is imperative: Ayurvedic texts describe the anatomy of the female pelvis and uterus: “*Garbham dhārayati...*” and emphasizes that the uterus should be free of obstructions, balanced in doshas and well-nourished for successful implantation and embryo development. In men, preservation of vitality of semen, prevention of *vataprana* imbalance, optimization of *Sukma Srotas* (micro-channels) is considered.

Mental and Emotional Well-being in Conception

While physical health is foundational, mental and emotional well-being profoundly influences conception, embryonic development and progeny health.

❖ Mind-Body connection in Ayurveda

Ayurveda recognizes that mental states (*chitta*, *manas*) influence *doshik* balance. *Vāta*, *Pitta*, *Kapha* imbalances manifest in both body and mind. Anxiety, anger, fear, undue stress vitiates *doshas*, impair *agni*, produce *āma*, disturb reproductive tissues and impair gamete quality. Balanced mental state fosters favorable conditions for conception.

❖ Stress, lifestyle pressures and modern challenges

Modern lifestyles with sedentary habits, delayed marriages, occupational stress, environmental toxins, endocrine disruptors and poor diet pose challenges to fertility. Literature on pre-conception care emphasizes behavioral, social and mental health interventions.

❖ Counselling, meditation, Yoga, Pranayama

Ayurvedic recommendation for mental preparation includes: Regular meditation and *pranayama* to calm *vata* and *pitta*, balance nervous system, increase parasympathetic tone. *Yoga asanas* for pelvic circulation, stress reduction, hormonal balance. *Abhyanga* (oil massage) and *Shirodhara* as calming therapies. Creating a supportive, peaceful home environment; avoiding mental strain, negative thoughts; nourishing positive emotions which support conception.

**Dravyaguna Vigyan*: Principles and Application to Reproductive Well-being*

❖ Role of *Dravyaguna* in Mind-Body Support

Herbs chosen via *Dravyaguna* principles can support mental well-being and indirectly enhance fertility: *Medhya* (intellect-enhancing) drugs, e.g., *Brahmi*, *Shankhapushpi*, which support mental clarity and reduce stress. *Rasayana* formulations that support *soma* and

mana while nourishing reproductive tissues (*Shukra dhatu*) thereby harmonizing body and mind for conception.

Example: A compound where the *rasa* (taste) is mildly sweet, *Virya* (potency) is *Sheeta* (cooling), *guna* (quality) is *snigdha* & *guru* (unctuous & heavy), *Vipaka* (post-digestive taste) sweet—these properties lend nourishment and calm both body and mind, supporting reproductive vitality.

❖ *Dravyaguna Vigyan*: Principles and Application to Reproductive Well-being

Dravyaguna Vigyan deals with the study of *dravyas* (substances) and their properties (*gunas*), tastes (*rasa*), potencies (*Virya*), metabolic effects (*Vipaka*) and special actions (*Prabhava*) in the body. Key parameters: *Rasa* (taste), *Guna* (quality), *Virya* (potency, heating/cooling), *Vipaka* (post-digestive effect), *Prabhava* (specific effect beyond classical parameters).

These enable the practitioner to select herbs/formulations suited for the individual’s constitution, disease state, and therapeutic objective (here: fertility, conception, gamete & uterine health).

❖ *Dravyaguna* in the Context of Pre-Conception and Conception

Applying the *Dravyaguna* spectrum to reproductive health involves: Selection of herbs with *Vajikarana* (fertility enhancing) and *Rasayana* (Rejuvenative) properties—for example, herbs whose *rasa* is *Madhura*, *guna* is *snigdha* & *sara* (unctuous & mobile), *Virya* is *Shita* or *Laghu*, *Vipaka* is *Madhura*, *Prabhava* supports *shukra* formation. Herbs with *shodhana* properties (*ama-clearance*) such as *Triphala*, *Guduchi*, *Manjishtha*—balancing doshas and preparing the body. Herbs specifically addressing gonadal health—enhancing ovum/sperm quality: e.g., *Shatavari*, *Gokshura*, *Ashwagandha*. Use of formulations that target uterine nourishment and endometrial receptivity (*kshetra*), supporting *Ambu* (nutritive medium). Ensuring mental well-being: including *Medhya dravyas* (intellect/mind enhancing) for psychological preparation.

❖ Examples of *Dravyaguna*-based Herbs and Their Properties

Below are illustrative herbs and their key *Dravyaguna* parameters in the fertility context: Herb Key Properties (*Dravyaguna*) Reproductive Relevance: -

- ✓ *Shatavari (Asparagus racemosus)*- *Rasa*: *Madhura* + *Rasa madhura*; *Guna*: *Snigdha*, *Guru*; *Virya*: *Śīta*; *Vipāka*: *Madhura*; Nourishes female reproductive tissues, supports ovum and uterine health
- ✓ *Gokshura (Tribulus terrestris)*- *Rasa*: *Madhura*, *Tikta*; *Guna*: *Laghu*, *Ruksha*; *Virya*: *Uṣṇa*; *Vipāka*: *Madhura*; Enhances male fertility, supports semen quality

- ✓ **Ashwagandha** (*Withania somnifera*)- *Rasa: Madhura; Guna: Snigdha, Ushna; Virya: Ushna; Vipāka: Madhura*; Stress reduction, hormonal balance, supports vitality
- ✓ **Manjishtha** (*Rubia cordifolia*)- *Rasa: Tikta, Kashaya; Guna: Ruksha, Laghu; Virya: Śīta; Vipāka: Madhura*; Blood purification, endometrial support, uterine health
- ✓ **Triphala (Composite)**- *Rasa: Madhura, Amla, Tikta; Guna: Laghu, Ruksha; Virya: Ushna; Vipāka: Madhura*; Detoxification, digestive support, prepares body for conception
- ✓ Administration of *Vajikarana/Rasayana* herbs for 3–6 months prior to conception attempt.
- ✓ Monitoring of response; adjusting diet and regimen accordingly.
- ✓ Avoiding high potency or heavy formulations without supervision—especially in women who may become pregnant.
- ✓ Ensuring compatibility with any modern fertility interventions; interprofessional collaboration is essential.

By examining the *Dravyaguna* profile, the practitioner can craft individualized protocols for couples preparing for conception.

❖ Formulation and Dosage Considerations

In the pre-conception context, herb/formulation selection must consider the couple's constitution (*prakruti*), current imbalance (*vikruti*), age, body weight, existing comorbidities (like PCOD, endometriosis, male factor), and lifestyle.

Key points

- ✓ Use of safe, mild *shodhana* for both partners.

Integrative Framework for Physical & Mental Well-being in Conception

Proposed Pre-Conception Care (PCC) Protocol: Combining Ayurvedic and modern insights, an ideal PCC framework for couples could include the following phases:

Phase	Duration	Key Interventions
Phase A	Assessment & pre-preparatory (3–6 months before planned conception)	Detailed history: age, constitution (<i>prakruti</i>), lifestyle, diet, mental health, prior fertility history. Basic fertility workup (male & female) in parallel with Ayurvedic assessment. Nutritional assessment and correction of deficiencies (iron, folate, vitamin D, etc). Develop daily and seasonal routine (<i>Dina/Rutucharya</i>) tailored to each partner. Initiate mental well-being practices: <i>yoga, pranayama</i> , meditation, counselling.
Phase B	Purification & Regimen (2–3 months)	Gentle <i>shodhana</i> or palliative cleansing appropriate to partner's strength and constitution (e.g., mild <i>basti, nasya, abhyanga</i>). Eliminate <i>Virudhha-ahara</i> , reduce stressors, align sleep–wake cycles, moderate exercise. Start <i>Rasayana/Vajikarana</i> herbal protocol based on <i>Dravyaguna</i> properties. Ensure supportive environment (clean home, good air/water quality, reduction of toxins, pollutants).
Phase C	Conception attempt period	Timing intercourse in appropriate fertile window (consistent with Ritu concept). Continue diet, lifestyle, herbal support. Avoid high stress, excessive travel, toxins; maintain positive mental state. Monitor female cycle, uterine readiness; male sperm quality improvement ongoing
Phase D	Early Pregnancy transition	Once conception occurs, shift into pregnancy care (<i>garbhini-paricharya</i>) ensuring continuity of wholesome diet, lifestyle, mental health, appropriate <i>Dravyaguna</i> -supported formulas safe in pregnancy. Avoid high potency <i>shodhana</i> therapies until postpartum; focus on nourishment and stability.

❖ Key Physical & Mental Well-being Indicators

For the couple aiming conception, both physical and mental markers should be assessed:

- ✓ Adequate body weight (BMI normal range), good muscle tone, no extreme fatigue.

- ✓ Regular menstrual cycles, ovulation evidence; for male: regular semen analysis.
- ✓ Balanced agni (no chronic gas/bloating), absence of *āma* signs (coating on tongue, heaviness).
- ✓ Balanced sleep (7–8 hours), positive mood, absence of chronic stress, anxiety or depression.
- ✓ Good relationship and psychosocial environment; positive approach to parenthood.
- ✓ No exposure to environmental toxins (smoking, alcohol, heavy chemicals).
- ✓ Compliance with the dietary and lifestyle regimen and herbal protocol as customized.

❖ Case Implementation & Monitoring

In a clinic/research setting:

- ✓ Baseline assessment of couple (Ayurvedic and biomedical parameters).
- ✓ Implementation of above PCC protocol.
- ✓ Monthly monitoring: physical (weight, menstrual cycle, semen parameters), mental (stress/anxiety scales), and adherence to regimen.
- ✓ On achieving pregnancy: document time to conception, early pregnancy outcomes, maternal and fetal well-being, ideally follow till birth.
- ✓ Data collection for research: measure fertilization rate, embryo quality (if assisted reproduction), miscarriage rate, birth weight, neonatal health, developmental milestones.
- ✓ Use *Dravyaguna* parameters to document herbal formulations used, dosage, duration, outcome.

❖ Limitations, Ethical Considerations & Recommendations

- ✓ Ayurveda must integrate with modern fertility medicine rather than replace it; cross-referral is essential.
- ✓ Safety of herbs in pre-pregnancy and early pregnancy must be validated; avoid toxic minerals, heavy metals.
- ✓ Ethical counselling: couple must understand that fertility is multifactorial—genetic, anatomical, lifestyle, environmental—so expectations must be realistic.
- ✓ Need for rigorous clinical trials to validate *Dravyaguna*-based fertility protocols with appropriate controls, long-term follow up of offspring.
- ✓ Publication in peer-reviewed indexed journals needed to raise evidence base and global applicability.

DISCUSSION

The journey from couple intention to successful healthy conception traverses physical, metabolic, psychological, and environmental domains. Ayurveda's holistic model offers distinctive strengths: personalized constitution-based care, focus on preparatory purification, integration of mental health, and use of *Dravyaguna*-informed herbal interventions. When combined with modern fertility diagnostics and lifestyle

medicine, an integrative model may enhance outcomes. From the *Dravyaguna* perspective, reproductive well-being anticipates not only the absence of disease but optimal tissue health, balanced doshas, vigorous agni, absence of toxins, and calm mind. These form the substratum for "*śreyasipraja*" (excellent progeny) as envisaged in classical texts. The four foundational factors (*Ritu, kshetra, Ambu, beeja*) guide targeted interventions. Mental well-being is especially pertinent today. With rising rates of stress, delayed childbearing, environmental toxins and lifestyle disruption, fertility is impaired not only by structural/anatomical factors but by psychosomatic dysfunctions. Practices such as yogic breathing, meditation, positive relationship counselling, and selection of *Medhya* herbs per *Dravyaguna* are important. Critical appraisal of the evidence shows promising but limited data. Some studies confirm that Ayurvedic pre-conception cleansing and rejuvenation improve conception rates and reduce adverse outcomes. However, standardization of herbal formulations, documentation of *Dravyaguna* parameters, and high-quality RCTs are still lacking. Therefore, this seminar article encourages the Ayurvedic research community to design prospective studies that record: *Dravyaguna* profiles of interventions, fertility outcome parameters, mental health indices, and long-term progeny health.

CONCLUSION

Healthy conception is a multidimensional event, shaped by physical, mental, nutritional, environmental and temporal factors. Ayurveda offers a robust, integrative paradigm for pre-conception care—combining purification, rejuvenation, constitution-based diet and lifestyle, mental calmness, and intelligent use of herbs grounded in *Dravyaguna Vigyan*. When applied thoughtfully and in synergy with modern reproductive medicine, this model holds the promise of enhancing fertility outcomes, reducing complications, and improving the quality of progeny. For clinicians, researchers and policy-makers participating in this international Ayurvedic seminar, the following key take-aways are recommended:

- ✓ Prioritise pre-conception care not just during pregnancy.
- ✓ Employ constitutional assessment and *dosha-dhātu-mala* analysis for both partners.
- ✓ Use purification and rejuvenation phases to prepare body and mind.
- ✓ Select herbs and formulations based on *Dravyaguna* parameters tailored to the individual.
- ✓ Incorporate mental health, yoga and lifestyle counselling into fertility support.
- ✓ Collaborate with modern fertility clinics for integrated care and research.
- ✓ Design clinical studies with rigorous methodology to build evidence and publish in indexed journals.

In closing, the Sanskrit aphorism from Charaka is re-emphasized: the healthy, vigorous, well-nourished individual begets the best offspring. May the

contemporary practitioner of Ayurveda rise to the challenge of ensuring physical and mental well-being of couples aspiring for parenthood, underpinned by the science of *Dravyaguna Vigyan* and the art of holistic living.

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