

Vaidyajivanam: Contributions of Lolimbaraja to Ayurvedic Materia Medica– A Review

K. Nishteswar

Department of Dravyaguna, IPGT & RA, Gujarat Ayurved University, Jamnagar, Gujarat, India

Correspondence should be addressed to K. Nishteswar, nishteswar@yahoo.co.in

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Abstract Lolimbaraja was the author of Vaidyajivanam popularly known as Lolimbarajeeyam. The author has composed the entire text in a poetic style. This work may be considered as a best piece of Ayurvedic literature consisting of single and simple herbal recipes for common ailments. Though herbal formulations dominated the therapeutics, the author also quoted certain Rasayogas consisting of metals and minerals. In total 37 single drug recipes were documented. The materia medica discussed by Lolimbaraja consists of 153 drugs (130 Herbal drugs, 3 Animal products and 20 Metals and Minerals). The period of Lolimbarajeeyam appears to be belonging to 16th – 17th century. A critical analysis of formulations mentioned in the text clearly indicate that the author consulted many a works of Ayurveda and compiled the most useful recipes which are indicated for the management of the common ailments.

Keywords Vaidyajivanam, Lolimbaraja, Ayurveda, Herbal formulation, Rasayogas

1. Introduction

Lolimbaraja compiled Vaidyajivanam which is considered as a useful handbook of Ayurvedic therapeutics. The entire text was divided into five chapter quoted by name 'Vilasa'. The first chapter was allotted for antipyretic drugs and last chapter dealt with aphrodisiacs. Rest of the three chapters dealt with several conditions viz. Atisara (Diarrhea), Kasa (Bronchitis), Swasa (Breathlessness including Asthma), Amavata (Rheumatoid arthritis), Kamala (Jaundice), Stree roga (gynecological diseases), Vrana (wound), Amlapitta (gastritis), Hridroga (Heart disease), Asmari (Urolithiasis), Siroroga (diseases of head), Sopha (oedema) etc. List of prime drugs (Agraushadhi) for certain conditions was included in the last chapter [1].

Author himself mentioned that he was the son of Divakara. In most of the verses he addressed wife Murasa, popularly known as Ratnakala. Apart from Vaidyajivanam, the author has written Vaidyaavatamsa, Chamatkarachintamani and two non-medical works namely Harivilasa and Ratnakalacharita [2].

Out of five commentaries 'Dipika' commentary written by Rudrabhatta has become very popular as it is evident from the number of manuscripts of it available in different libraries. Acharya Priyavrat Sharma has edited this book based on the manuscripts available in the library of Poona and BHU.

2. Period

Trimallabhatta [3] (17th AD) has quoted Lolimbarajeeyam in his work (Yogatarangini). Another text namely Yogaratnakara [4] (17th AD) has also quoted this work. Historians placed the work Harivilasa in 11th century AD and opined that the author of Harivilasa and Vaidyajivanam are two different persons with same name. Opium, a drug which was introduced after 8th century, was quoted in the management of Atisara. Parpati kalpana was designed by Chakrapani [5] (11th century) one of the famous commentators of Charaka Samhita. Basing on these evidences and descriptions of certain Rasayogas the period of Lolimbaraja should be placed after Chakrapani i.e. 11th century AD. The external evidence clearly indicates that the work was quoted by Trimallabhatt (17th AD). It appears that the period of Lolimbaraja may be placed after 11th century and before 17th century i.e. 11th AD – 17th AD.

3. Place

The internal evidence clearly indicates that he was belonging to the place where Reva [6] (Narmada) river was flowing. Some authors opine that he belongs to Maharashtra [7] as the author has mentioned Marathi vernacular names for certain drugs viz., Ringini for Kantakari (Chamatkarachintamani) [8] and Kanthabharana for Karela (Vaidhyavatamsa).

4. Content of Vaidyajeeyanam

The subject matter was described in five chapters and the numbers of slokas are as follows:

1 st chapter –	82
2 nd chapter –	29
3 rd chapter –	47
4 th chapter –	45
5 th chapter –	24
Total -	227

Table 1: Herbal Drugs Mentioned in Lolimbarajeeyam

Sr. No.	Name of Drugs	Latin Name
1.	Adraka	<i>Zingiber officinale</i> Roscoe
2.	Agaru	<i>Aquilaria agallocha</i> Roxb.
3.	Agastya patra	<i>Sesbania grandiflora</i> Linn.
4.	Agnimantha	<i>Premna obtusifolia</i> R.Br.
5.	Ahiphena	<i>Papaver somniferum</i> Linn
6.	Ajagandha	<i>Gynandropis gynandra</i>
7.	Ajmoda	<i>Apium graveolens</i> Linn.
8.	Amalaki	<i>Embllica officinalis</i> Gaertn.
9.	Amlavetasa	<i>Garcinia pedunculata</i> Roxb. ex
10.	Amra	<i>Mangifera indica</i> Linn.
11.	Anantamoola	<i>Hemidesmus indicus</i> (Linn.) R.Br. ex Schult.
12.	Aragvadha	<i>Cassia fistula</i> Linn.
13.	Arjuna	<i>Terminalia arjuna</i> (Roxb. Ex DC.) Wt.et Arn.

14.	Arka	<i>Calotropis gigantea</i> (Linn.) R.Br.
15.	Ashwattha	<i>Ficus religiosa</i> Linn.
16.	Ativisha	<i>Aconitum heterophyllum</i> Wall.ex Royle
17.	Babbola twak	<i>Acacia nilotica</i> (Linn.) Wild. Ex Del.
18.	Bakula	<i>Mimusops elengi</i> Linn.
19.	Bala	<i>Sida acuta</i> Burm f.
20.	Balaka	<i>Pavonia odorata</i> Wild.
21.	Bhallataka	<i>Semecarpus anacardium</i> Linn.f.
22.	Bharangi	<i>Clerodendrum serratum</i> (Linn.) Moon
23.	Bhringaraja	<i>Eclipta alba</i> (Linn.) Hassk.
24.	Bhumyamalaki	<i>Phyllanthus amarus</i> Schum. Et Thonn
25.	Bhunimba	<i>Andrographis paniculata</i> (Burm.f.) Wall.ex Nees
26.	Bilva	<i>Aegle marmelos</i> (Linn.) Corr.
27.	Bruhati	<i>Solanum indicum</i> Linn.
28.	Chakramarda	<i>Cassia tora</i> Linn.
29.	Chandana	<i>Santalum album</i> Linn.
30.	Chavya	<i>Piper brachystachyum</i> Wall.
31.	Chirbilva	<i>Holoptelea integrifolia</i> (Roxb.) Planch.
32.	Chitraka	<i>Plumbago zeylanica</i> Linn.
33.	Chakshushya	<i>Cassia absus</i> Linn.
34.	Dadima	<i>Punica granatum</i> Linn.
35.	Danti	<i>Baliospermum montanum</i> (Wild.) Muell. –Arg.
36.	Daruharidra	<i>Berberis aristata</i> Roxb. Ex DC.
37.	Devdaru	<i>Cedrus deodara</i> (Roxb. Ex D.Don) G.Don
38.	Dhanvyasa	<i>Fagonia cretica</i> Linn.
39.	Dhanyaka	<i>Coriandrum sativum</i> Linn.
40.	Dhataki pushpa	<i>Woodfordia fruticosa</i> (Linn.) Kurz
41.	Dhattura beeja	<i>Datura metel</i> Linn.
42.	Draksha	<i>Vitis vinifera</i> Linn.
43.	Duralabha	<i>Alhegi camelorum</i> Fisch.
44.	Ela	<i>Elettaria cardamomum</i> (Linn.) Maton
45.	Eranda	<i>Ricinus communis</i> Linn.
46.	Gandha truna	<i>Cymbopogon citrates</i> (DC.) Stapf
47.	Gokshura	<i>Tribulus terrestris</i> Linn.
48.	Guduchi	<i>Tinospora cordifolia</i> (Wild.) Miers ex Hook. f.
49.	Guggulu	<i>Commiphora mukul</i> (Hook. ex Stocks) Engl.
50.	Gunja	<i>Abrus precatorius</i> Linn.
51.	Haridra	<i>Curcuma longa</i> Linn.
52.	Haritaki	<i>Terminalia chebula</i> Retz.
53.	Hingu	<i>Ferula foetida</i> Regel
54.	Indravaruni	<i>Citrullus colocynthis</i> (Linn.) Schrad.
55.	Indrayava	Seed of <i>Holarrhena antidysenterica</i> Wall. Ex A. DC.
56.	Ingudi	<i>Balanites aegyptiaca</i> (Linn.) Delile
57.	Jambu	<i>Syzygium cumini</i> (Linn.) Skeels
58.	Jati	<i>Jasminum grandiflorum</i> Linn.
59.	Jatiphala	<i>Myristica fragrans</i> Houtt.
60.	Jeemutaka	<i>Luffa echinata</i> Roxb.
61.	Jeeraka	<i>Cuminum cyminum</i> Linn.
62.	Kantakari	<i>Solanum surattense</i> Burm.f.
63.	Kapikachhu	<i>Mucuna pruriens</i> (Linn.) DC
64.	Karakatshringi	<i>Pistacia integerrima</i> Stewart ex Brandis
65.	Karpoora	<i>Cinnamomum camphora</i> (Linn.) Nees et Eberm.
66.	Kasha	<i>Saccharum spontaneum</i> Linn.
67.	Katphala	<i>Myrica esculenta</i> Buch.-Ham.

68.	Katuki	<i>Picrorhiza kurroa</i> Royle ex Benth.
69.	Katvanga	<i>Oroxylum indicum</i> (Linn.) Vent.
70.	Khadira	<i>Acacia catechu</i> (Linn. f.) Wild.
71.	Kharjoora	<i>Phoenix dactylifera</i> Linn.
72.	Kiratatikta	<i>Swertia chirayita</i> (Roxb. Ex Flem.) Karsten
73.	Kupilu	<i>Strychnos nuxvomica</i> Linn.
74.	Kusha	<i>Desmostachya bipinnata</i> (Linn.) Stapf
75.	Kushtha	<i>Saussurea costus</i> (Falc.) Lipschitz
76.	Kutaja	<i>Holarrhena antidysentrica</i> Wall. Ex A. DC.
77.	Lavanga	<i>Syzygium aromaticum</i> (Linn.) Merrill et Perry
78.	Lodhra	<i>Symplocos racemosa</i> Roxb.
79.	Manjistha	<i>Rubia cordifolia</i> Linn.
80.	Maricha	<i>Piper nigrum</i> Linn.
81.	Matulunga	<i>Citrus medica</i> Linn.
82.	Meghanada moola	<i>Amaranthus spinosus</i> Linn.
83.	Mishri	Sugar
84.	Moorva	<i>Marsdenia tenacissima</i> (Roxb.) Moon
85.	Musta	<i>Cyperus rotundus</i> Linn.
86.	Nagvalli	<i>Piper betel</i> Linn.
87.	Nimba	<i>Azadirachta indica</i> A Juss
88.	Nirgundi	<i>Vitex negundo</i> Linn.
89.	Padmaka	<i>Prunus cerasoides</i> D. Don
90.	Parpata	<i>Fumaria parviflora</i> Lam.
91.	Pashanbheda	<i>Bergenia ciliata</i> (Haw.) Sternb.
92.	Patha	<i>Cissampelos pareira</i> Linn.
93.	Patola	<i>Trichosanthes dioica</i> Roxb.
94.	Pippali	<i>Piper longum</i> Linn.
95.	Pippali moola	Root of <i>Piper longum</i> Linn.
96.	Prishnaparni	<i>Uria picta</i> Desv.
97.	Priyangu	<i>Callicarpa macrophylla</i> Vahl
98.	Punarnava	<i>Boerhaavia diffusa</i> Linn.
99.	Pushkara moola	<i>Inula racemosa</i> Hook. f.
100.	Rakta chandana	<i>Pterocarpus santalinus</i> Linn. f.
101.	Rasna	<i>Pluchea lanceolata</i> Oliver et Hiern
102.	Rasona	<i>Allium sativum</i> Linn.
103.	Sariva	<i>Hemidesmus indicus</i> (Linn.) R.Br. ex Schult.
104.	Sarshapa taila	<i>Brassica nigra</i> Linn.
105.	Shalmali niryasa	<i>Bombax ceiba</i> Linn.
106.	Shalaparni	<i>Desmodium gangeticum</i> (Linn.) DC.
107.	Sharapunkha	<i>Tephrosia purpurea</i> (Linn.) Pers.
108.	Shathi	<i>Hedychium spicatum</i> Buch.-Ham. Ex Smith
109.	Shatapushpa	<i>Peucedanum graveolens</i> Benth. Et Hook.f.
110.	Shigru	<i>Moringa oleifera</i> Lamk.
111.	Shunthi	<i>Zingiber officinale</i> Rosc.
112.	Snuhi	<i>Euphorbia neriifolia</i> Linn.
113.	Tila	<i>Sesamum indicum</i> Linn.
114.	Trayamana	<i>Gentiana kurroo</i> Royle
115.	Trivrit	<i>Operculina turpethum</i> (Linn.) Silva Manso
116.	Tulasi	<i>Ocimum sanctum</i> Linn.
117.	Udichya	<i>Pavonia odorata</i> Wild.
118.	Udumbara	<i>Ficus racemosa</i> Linn.
119.	Ushira	<i>Vetiveria zizanioides</i> (Linn.) Nash
120.	Vacha	<i>Acorus calamus</i> Linn.
121.	Vanshalochana	<i>Bambusa arundinacea</i> Wild.

122.	Varuna	<i>Crateva nurvala</i> Buch.-Ham.
123.	Vasa	<i>Adhathoda vasica</i> Nees.
124.	Vatsanabha	<i>Aconitum ferox</i> Wall. ex Ser.
125.	Vibhitaki	<i>Terminalia belerica</i> Roxb.
126.	Vidanga	<i>Embelia ribes</i> Burm.
127.	Vidari	<i>Pueraria tuberosa</i> DC.
128.	Vrukshamla	<i>Garcenia indica</i> (Thouars) Choisy
129.	Yashtimadhu	<i>Glycyrrhiza glabra</i> Linn.
130.	Yavani	<i>Trachyspermum ammi</i> (Linn.) Sprague

Table 2: Animal Products Mentioned in Lolimbarajeeyam

Sr. No.	Animal Products	English Name
1.	Ghrita	Clarified butter
2.	Madhu	Honey
3.	Moma	Bee-wax

Table 3: Metals and Minerals Mentioned in Lolimbarajeeyam

Sr. No.	Drugs	English Name
1.	Abhraka	Mica
2.	Louha	<i>Ferrum</i> (Iron)
3.	Parada	<i>Hydragryum</i> (Mercury)
4.	Gandhaka	Sulphur
5.	Tamra	<i>Cuprum</i>
6.	Manahshila	Realgar
7.	Kasisa	Iron sulphate
8.	Haritala	Orpiment
9.	Swarna bhasma	<i>Aurum</i>
10.	Sindoora	Red oxide of lead
11.	Kshara dvyā (Yava and Swarjika Kshara)	Alkalis of barley and sodium bicarbonate
12.	Tankana	Borax
13.	Praval	Coral
14.	Lavan panchaka	Five types of Salts
15.	Kharpara	Zinc oxide

Table 4: Single Drug Formulations Mentioned by Lolimbaraja in Vaidyajeeyanam

Sr. No.	Name of Drugs	Latin Name	Indication/Action
1	Parpataka	<i>Fumaria parviflora</i> Lam.	Pittajajwara
2	Nimba (external application of leaf)	<i>Azadirachta indica</i> A Juss	Daha, Murcha
3	Chandana (external application)	<i>Santalum album</i> Linn.	Daha Pittaja Prameha, Raktapitta (internal)
4	Dhanyaka	<i>Coriandrum sativum</i> Linn.	Daha (internal)
5	Matulunga	<i>Citrus medica</i> Linn.	Aruchi
6	Pippali	<i>Piper longum</i> Linn.	Jirnajwara, vishamajwara, Naktandhya
7	Hingu (Nasal administration)	<i>Ferula northax</i> Bioss	Chaturthika jwara
8	Agastya (leaf)	<i>Sesbania grandiflora</i> Linn.	Chaturthika jwara
9	Rasona	<i>Allium sativum</i> Linn.	Vishamajwara
10	Haritaki (with madhu)	<i>Terminalia chebula</i> Retz	Vishamajwara

11	Jiraka (with guda)	<i>Cuminum cyminum</i> Linn.	Vishamajwara
12	Meghanada (external application of leaf)	<i>Amaranthus spinosus</i> Linn.	Vishamajwara
13	Bilva	<i>Aegle marmelos</i> Linn. Conr	Atisara, Shoola
14	Haridra	<i>Curcuma longa</i> Linn.	Grahani
15	Vibhitaka	<i>Terminalia belerica</i> Roxb.	Kasa, Swasa
16	Sunthi (Decoction) or Adraka (juice)	<i>Zingiber officinale</i> Rosc.	Peenasa, Hridroga, kasa, Swasa, Agnimadya, kamala
17	Sarsapa (oil)	<i>Brassica campestris</i> Linn.	Swasa
18	Vasa (Juice or decoction)	<i>Adhathoda vasica</i> Nees.	Kasa, Kshaya, Raktapitta
19	Chakshushya	<i>Cassia absus</i> Linn.	Raktanetra
20	Sigru (Patra) eye drops	<i>Moringa pterygosperma</i> Gaertn.	Netraroga
21	Devadali (Fruit- Nasal drops)	<i>Luffa echinata</i> Roxb.	Kamala
22	Uttarani (Root- local application)	<i>Pergularia extensa</i> N. E. Br.	Yonishoola
23	Indravaruni (Root- local application)	<i>Citrullus colocynthis</i> Scharad.	Anartava, Garbhapataka (abortifacient)
24	Guduchi	<i>Tinospora cordifolia</i> Willd.	Prameha, Vatarakta, Kaphaja vyadhi
25	Arjuna	<i>Terminalia arjuna</i> (Roxb.) W&A	Hridroga
26	Vakula	<i>Mimusops elengi</i> Linn.	Chaladanta
27	Duralabha	<i>Alhegi camelorum</i> Fisch.	Bhrama
28	Ingudi	<i>Balanitis aegyptiaca</i> (Linn.) Del.	Mukhakantikara
29	Arka (Local)	<i>Calotropis procera</i> (Ait.) R.Br.	Karnashoola
30	Amalaki	<i>Embelica officinalis</i> Gaertn.	Pittajavyadhi
31	Yashti	<i>Glycyrrhiza glabra</i> Linn.	Alpashukra
32	Uchchata	<i>Mucuna pruriens</i> (L.) D.C.	Klaibya
33	Vidari	<i>Pueraria tuberosa</i> DC.	Klaibya
34	Kutaja	<i>Holarrhena antidysenterica</i>	Atisara
35	Bhallataka	<i>Semicarpus anacardium</i> Linn. f.	Arsha
36	Vidanga	<i>Embelica ribes</i> Durm. F	Krimi
37	Laja	<i>Oryza sativa</i> Linn.	Chardi

Table 5: Rasayogas (Herbo-minerals formulations) Mentioned in the Text

Sr. No.	Rasaushadhi Name	Indication
1.	Vishwatapaharana	Navajwara
2.	Seetarirasa	Vishamajwara
3.	Kanakasundara Rasa	Grahani, Jwaratisara, Agnimandya
4.	Panchamrita Parpati	Grahani, Rajayakshma, Atisara, Jwara, Streeroga, Pandu, Amlapitta, Visha, Arsha, Agnimandya
5.	Adityavatika	Shoola, Agnimandya, Vataroga
6.	Vilasinivallabha Rasa	Sukrastambhanakara

Table 6: Anupana in Various Disease Conditions

Sr. No.	Disease	Anupana
1.	Shoola	Hingu + Ghrita
2.	Puranajwara	Pippali + Madhu
3.	Vataroga	Lasuna + Ghrita
4.	Swasa	Trikatu* + Madhu
5.	Sheetatva	Nagavalli + Maricha
6.	Prameha	Triphala** + Sarkara
7.	Tridosha	Ardrakarasa + madhu
8.	Rasayan	Sarkara + Ghee + Milk

* Trikatu - ginger, long piper and piper

** Triphala – three myrobalans - Haritaki, vibhitaki and Amalaki

5. Discussion

Ayurvedic classics advocated do and don'ts (Pathya and Apathya) in the management of various diseases. Acharyas of Ayurveda explained the etiological factor of every disease in terms of food and behavior of the individual. Lolimbaraja stressed the role of Pathya (wholesome diets and behavior) in the treatment of diseases and declared that the adaptation of Pathya itself cures the condition without any medication, and intake of medicine without Pathya cannot cure the disease [9]. The author has presented the vast Ayurvedic therapeutics dealt in classics in a more precise and concise form by incorporating the safe and effective herbal remedies. It appears that the formulations described in the medieval compilatory works like Vrindamadhava, Chakradatta, Gadanigraha were carefully consulted by Lolimbaraja and incorporated the most popular yogas of these works.

Among the single drug herbal remedies, Lolimbaraja has utilized the information already mentioned in various Ayurvedic texts. Some of the single drug recipes included are- Parpatata (Pittajwara), Dhanyaka (Daha), Rasana and Jiraka (Vishamajwara), Bilva (Atisara and Grahani), Nasal drops of Devadali fruit juice (Kamala), Guduchi (Prameha and Vatarakta), Arjuna (Hridroga), Vakula (Chaladanta), Kutaja (Atisara), Bhallataka (Arsha), Yashti (Aphrodisiac) and Vidanga (Krimi). Vasaguduchyadi kashaya quoted by Vagbhata has also been incorporated by the author in the management of Kamala and Pandu [10].

The popular compound formulations included are Shadangapaneeya, Dhanyakahima, Gudapippaliyoga, Gangadharachurna, Triphalaguggulu, Pindataila, Panchamrita parpati, Lasunadi vati, and Arjunaghrita. Lolimbaraja described one Churna (powder) formulation by his name 'Lolimbarajachurna' [11] consisting of Sunthi, Pippali, Ajamoda, Yavani, Saindhavalavana, and Haritaki for improving digestion. Most of the formulations are suggested in Churna (powder) or Kwatha (decoction) dosage form and another formulation in the name of his wife namely 'Ratnakalachurna' [12] consisting of Kiratatikta, Katuki, Musta, Kutajabeeja, Trikatu, Kutajatwaka indicated for conditions like Pandu, Kamala, Grahani, Atisara, Jwara, Gulma and Prameha. Asava-Arista formulations were not mentioned by him. Bhavprakash [13] suggested about the tying of root of Sahadevi on neck region in the management of Bhutajwara (Agantukajwara) while treating Vishamajwara Lolimbaraja suggests Meghanada [14] moola to be tied to the head.

6. Conclusion

Vaidyajivanam of Lolimbaraja is a handbook of popular herbal and herbo-mineral formulation composed in a poetic style. The author laid emphasis about single drug therapy and quoted several simple herbal recipes collected from various texts of Ayurveda. Text has not mentioned about

Chikitsasutra (plan of treatment) for every disease. The author belongs to 17th century and appears to be the inhabitant of area situated near Reva River locality. The pool of information may be considered as nectar in a nutshell of Ayurvedic therapeutics and research can be initiated and conducted to produce scientific validation for herbal remedies denoted in the text.

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