



IJAPC

Vol. 13 Iss. 1

E ISSN
2350 0204

WWW.IJAPC.COM

GGP



“Is Rakta a Chaturta Dosha?” - A Conceptual Study

S Tameem Ansari^{1*}, Syeda Ather Fathima², Shivalingappa J. Arakeri³, Mohasin Kadegaon⁴
and Geethanjali Hiremath⁵

^{1,3-5}Department of ShalyaTantra, Taranath Government Ayurvedic Medical College, Ballari, Karnataka, India

²Taranath Government Ayurvedic Medical College, Ballari, Karnataka, India

ABSTRACT

Ayurveda is a Science of medicine which is based upon tridoshas, Saptadhatu and Trimalas which are elaborated in detail in Samhitas. Sushruta mentioned that the existence of body is not possible without the presence of Vata, Pitta, Kapha and rakta and rakta plays an important role in entire surgical procedures. Therefore Rakta is considered as 4thDosha. There is a lot of confusion and uncertainty among the fraternity of Ayurveda whether to consider Rakta as fourth dosha or not. Here an attempt is made to Critical and Logical reasoning of the subject..

KEYWORDS

Tridosha, Saptadhatu, Rakta, Pancha mahabhoota, Chaturtha Dosha



Greentree Group Publishers

[Received 09/06/20](#) [Accepted 29/06/2020](#) [Published 10/07/2020](#)



INTRODUCTION

Ayurveda is based on *Tridosha Siddhanta*. The *Tridosha* are *Vata*, *Pitta* and *Kapha* which regulate catabolism, metabolism and anabolism in the body. The *Dhatus* which are seven in numbers are the specialized tissues which perform specialized functions. *Rakta* being one of the seven *Dhatus* perform *Jeevana* (oxygen supply) function. The synchronized functioning of *Tridosha*, *Saptadhatu* and *Trimalas* along with *Agni*, *Atma* and *Manas* paves for Good Health. No doubt the theory of *Tridosha* was developed even before *Sushruta*, but the status which this distinguished ancient Surgeon gave to *Rakta* was almost to that of fourth dosha. Here an attempt is made to clear the controversy regarding this.

FACTORS IN FAVOUR OF RAKTA AS DOSHA

Like other three *doshas* *Rakta* is having its own *Stana*, *Guna*, *Karma*, *Panchabhautikata Vikara* and *Chikitsa*, so it is considered as *Dosha*.

1. STHANA¹:

“शोणितस्य स्थानं यकृत्प्लीहानौ”- सु. सू. 21/16

As the *Tridosha* have specific *Sthana* in the body, *Rakta* is also has specific *sthana* like *Yakrit* and *Pleeha*.

2. GUNA²:

“अनुशणशीतं मधुरं स्निग्धं रक्तं च वर्णतः। शोणितं गुरु विस्त्रं स्याद्विदाहश्चास्य पित्तवत्”॥सु.सू. 21/17

Rakta has specific *gunas anushna sheeta*, *madhura*, *snighda*, *raktavarna*, *guru*, *visra* and its *vidaha* is like *pitta*.

3. KARMA³:

“देहस्य रुधिरं मूलं रुधिरैवैव धार्यते । तस्माद्यत्नेन संरक्षं रक्तं जीव इति स्थितिः॥ सु.सू. 14/44

While explaining the importance of *Rakta*, *Sushruta* has mentioned that *Rakta* is root for body and does nourishment of it. It is said to be life of body so it should be protected.

4. PANCHABHAUTIKATVA⁴:

“पांचभौतिकत्वं त्वपरे जीवरक्तमाहुराचार्याः। विस्त्रता द्रवता रागः स्पंदनं लघुता तथा ॥ भूम्यादीनां गुणा ह्येते दृश्यन्ते चात्र शोणिते । सु. सू. 14/8-9

All the *Panchamahabhootas* are contributed in the formation of *Rakta* like other *Doshas*. They are *Visrata*, *Dravata*, *Ragata*, *Spandana* and *Laghuta* are the *gunas* of *Pruthvi*, *Aap*, *Agni*, *Vayu* and *Aaksha* respectively.

5. VIKARA:

“त्वग्दोषा ग्रन्थयः शोफा रोगाः शोणित्वाश्च ये । रक्तमोक्षणशीलानां न भवन्ति कदाचन”॥ सु. सू. 14/34

When *Rakta dooshana* happens directly it causes specific diseases like *Twag doshas*, *Granthi*, *Shophas* which are relieved only by *Raktamokshana*⁵.

6. CHIKITSA:



“सिराव्यधश्चिकित्सार्थं शल्यतन्त्रे प्रकीर्तितः। यथा प्रणिहितः सम्यग्बस्तिः कायचिकित्सिते”॥ सु. सू. शा 8/23

In *Shalyatantra siravyadha* is considered as *Ardhachikitsa* for *Rakta* pradoshaja *vyadhis*, as *Basti* is considered *Ardhachikitsa* in *Kayachikitsa*⁶.

7. DEHA SAMBHAVĀ⁷:

“वातपित्तश्लेष्माण एव देहसंभवहेतवः..... तदेभिरेव शोणितचतुर्थैः संभवस्थितिप्रलयेष्वप्यविरहितं शरीरं भवति”॥ सु. सू. 21/3

According to *Sushruta*, *Vata- Pitta- Kapha* and *Rakta* all these four are main factors for the existence of the body and for *Utpatti*(origin), *Sthiti* (maintenance) and *Pralaya*(destruction) of body also.

8. DEHA DHARANA⁸:

“नर्ते देहः क्फादस्ति न पित्तान्न च मारुतात् शोणितादपि वा नित्यं देह एतैस्तु धार्यते”॥ सु. सू. 21/4

According to *Sushruta* body cannot exist without *Kapha*, or *Pitta* or *Vata* or *Rakta*. They help in the maintaining of the body.

9. SHAD KRIYA KALA⁹:

“तद्यथा- वातः, पित्तः, श्लेष्मा, शोणितं..... वातपित्तकफशोणितानिति; एवं पंचदशधा प्रसरन्ति”॥ सु. सू. 21/28

While explaining the *Prasara* stage, *Acharya Sushruta* considered 15types of *Dosha Prasara avasthas* and *Rakta prasara* is also considered.

10. “ वाताद्रुते नास्ति रुजा न पाकः पित्ताद्रुते नास्ति क्फाच्च पूयः।..... पचत्यतः शोणितमेव पाको मतो अपरेषां विदुषां द्वितीयः”॥ सु. सू. 17/7-8

Sushruta while explaining *pakwaavastha* of *vraṇa shophā* along with other *Doshas* he mentioned the role of *Rakta* in producing *Pakavastha*¹⁰.

11. “द्वौ व्रणौ भवतः- शारीर, आगन्तुश्च। तयोः शारीरः पवनपित्तकफशोणीतसन्निपात निमित्तः॥” सु. चि. 1/3

While explaining classification of *nija vranas*, *Acharya Sushruta* considered *Raktaja vrana* as one of its variety¹¹.

12. VRANA VASTU¹²:

“ त्वङ्गंसिरासनायवस्थिसन्धिकोष्ठमर्माणित्यष्टौ व्रणवस्तूनि अत्र सर्वव्रणसन्निवेशः”॥ सु.सू. 22/3

In the context of *Vrana*(Sites), *Acharya Sushruta* does not considered *Rakta* as *vraṇa vastu* because of its *amurta bhava* like that of *Doshas*.

13. CRITERIA FOR DOSHA:

Acharya Chakrapani defines the *Doshas* as “दोषो हि स्वतन्त्रदूषणात्मक उच्यते”¹³. *Dosha* is named for that, which fulfills the following 4 criteria.

1) Specific causes for its vitiation¹⁴:

“प्रदुष्टबहुतीक्ष्णोष्णैर्मध्यैरन्यैश्च तद्विधैः..... शरत्कालस्वभावाच्च शोणितं संप्रदुष्यति”॥ च.सू. 24/5-10

As like *Doshas*, *Rakta* has its own aetiological causes for its vitiation like taking more *kshaara*, *diwaswapna*, *krodha*, *chardi vega pratighata*, *sharadrutu*, *abhighata* etc.



2) *Can vitiate other structures in the body*¹⁵:

“गुल्मोपकुशवीसर्प रक्तपित्तप्रमीलकाः विकाराः सर्व एवैते विज्ञेयाः शोणिताश्रयाः”॥ च. सू. 24/12-16

Direct *Rakta dushti* can initiate diseases like *gulma*, *visarpa*, *rakta pitta*, *vidradhi*, *raktameha*, *pradara* etc.

3) *Specific signs and symptoms*¹⁶:

“शीतोष्णस्निग्धरूक्षाध्वैरुपक्रान्तश्च ये गदाः। सम्यक् साध्या न सिध्यन्ति रक्तजास्तान्निभावयेत्”॥ च. सू. 24/17

Produces unique clinical symptoms which does not respond to *dosha vipareeta* treatment protocol when direct *Rakta dushti* happens.

4) *Specific treatment for its alleviation*¹⁷:

“कुर्याच्छोणितरोगेषु रक्तपित्तहरीं क्रियाम् । विरेकमुपवासं च स्रावणं शोणितस्य च”॥ च. सू. 24/18

Those who undergo timely *rakta mokshana*, the specific diseases caused by *dushti rakta* like *twagdosha* (*ashtadashakushta*, *sheetpitta*, *udarda*, *kotha* etc), *granthi rogas* (*apachi*, *galaganda*, *gandamaala* etc), *shopharoga* will not affect them.

14. *RAKTA JA NAANATMAJA VYAADHIS*¹⁸:

“रक्तस्य च दश प्रोक्ता व्याधयस्तेषु गौरवम्॥

रक्तमंडलता रक्त नेत्रत्वं रक्तमूत्रता

रक्तनिष्ठीवनं रक्तपिडिकानां च दर्शनम्॥

औष्ण्यं च पूतिगन्धत्वं पीडा पाकश्च जायते शा.सं. पू.ख 7/125-126

Acharya Sharangadhara in his *Sharangadhara samhita* mentioned 10 specific *raktaja naanatmaja vyadhis* like *gaurava*, *rakta mandala*, *raktanetratva*, *raktamootrata*, *raktanishteeva*, *raktapidaka*, *aushnyam*, *putigandhatva*, *peeda* and *paaka*.

FACTORS AGAINST TO CONSIDER RAKTA AS DOSHA

1. ORIGIN OF RAKTA¹⁹:

“रसाद्रक्तं ततो मांसं मांसान्मेदस्ततो अस्थि च।

अस्थनो मज्जा ततः शुक्रं शुक्राद्दर्भः प्रसाद्जः”॥

च.चि. 15/16

According to *Acharya Charaka*, *Ksheera dadhi nyaya* explains rakta forms after *rasadhatu in uttarottara dhatu utpatti*.

2. PRAKRUTI FORMATION²⁰:

“प्रकृत्यारम्भकत्वे सति दुष्टिकर्तृत्वां” मा. नि 1/14 मधुकोष टीका .

In *Madhukosha* commentary of *Madhava nidana* it has been explained that the characteristic feature of Dosha is “That which is responsible for the formation of *prakriti* at the time of birth and that which can vitiate others is called as *Dosha*”.

Acharyas have explained only seven *Prakritis* by the *Tridoshas* which determines the growth, transformation and degeneration of that person. Here no reference of *Rakta prakriti* is found.

3. SAARA PURUSHA²¹:



“सारतश्चेति सारण्यद्यौ पुरुषाणां बलमानविशेषज्ञानार्थमुपदिश्यन्ते;
तद्यथा- त्वग्रक्तमांसमेदो अस्थिमज्जशुक्रसत्वानीति”॥ च.वि.
8/102

Acharya Charaka explained 8 *Saara purusha lakshanas* consisting of 7 *dhatu*s and *satwa saara*. Here there is no any explanation regarding *dosha saara lakshanas*, but we get *Rakta saara purusha lakshanas*.

4. ASHRAYA-ASHRAYEE BHAVA²²:

“तत्रास्थिनि स्थितो वायुः, पित्तं तु स्वेदरक्तयोः।
श्लेष्मा शेषेषु, तेनैषामाश्रयाश्रयीणां मिथः”॥ अ.ह.सू. 11/26
Acharya Vagbhata explained *Doshas* resides in *Dhatu*s, but we can't get *rakta* gets shelter in any *dhatu*.

5. DHAARANA KARMA²³:

“त एते शरीरधारणाद्भातव इत्युच्यन्ते”॥ सु. सू. 14/20
One which does nourishment is called *Dhatu*.

“रसासृडमांसमेदोस्थिमज्जशुक्राणि धातवः। सप्त दूष्याः” अ. ह.
सू 1/13

Acharya Vagbhata explained seven *Dhatu*s in which *Rakta* also mentioned²⁴.

6. TYPES OF DOSHAS^{25, 26, 27}:

“प्राणोदानौ समानश्च व्यानश्चापान एव च”॥सु. नि. 1/12

“पाचकरजकसाधकालोचकभ्राजकत्व भेदैः पित्तम्”॥ अ. सं.
सू20/7

“अवलम्बककलेदकबोधकतर्पकश्लेष्मकत्व भेदैः श्लेष्मा”॥ अ. सं.
सू 20/8

Acharyas explained only 5 sub types *Vata*, *Pitta* and *Kapha* in our texts but not for *rakta*.

7. SEASONS-DOSHAS²⁸:

“चयप्रकोपप्रशमा वायोग्रीष्मादिषु त्रिषु॥

वर्षादिषु तु पित्तस्य, श्लेष्मणः शिशिरादिषु”॥ अ.ह.सू 12/24
Acharya Vagbhata explained the effect of 6 seasons on *Tridosha* like *sanchaya*, *prakopa* and *prashama* but not for *rakta*.

8. DOSHA DUSHTA LAKSHANAS²⁹:

Dosha dushti lakshanas are also mentioned for *Rakta* like *vata dushti rakta*, *pitta dushti rakta* and *kaphadushtarakta*.

9. In *shad-kriya kala sanchaya*, *prakopa* and *prasara lakshanas* are mentioned only for *vata*, *pitta* and *kapha doshas*³⁰.

DISCUSSION

From the above mentioned points we can infer that *Rakta* is a *Dhatu* only but it has independent pathogenesis in the initiation of diseases as *dosha* like in *vrana*, *vidradhi*, *rakta pitta*, *gulma* etc.

All *dhatu*s, *malas* etc can directly involve as in case of *Dhatwavitrita vata*, *malavitrita vata* and take part in the manifestation of diseases. In the same way *Rakta* acts as a *dosha* in special circumstances and directly initiate the disease pathogenesis is a “*VISHESHAVIDHI*”³¹(Special Rule).

Considering *Rakta* as *dosha* is not a universal phenomenon but we can't deny its fulfilling of *dosha* criteria as explained by *Acharya Chakrapani* “दोषो हि स्वतन्त्रदूषणात्मक उच्यते” i.e. it has its specific causes for vitiation, can vitiate others in the body,



causes specific signs and symptoms and has specific treatment for its alleviation (i.e. दोषविपरीतचिकित्सा like बस्ति, विरेचन and वमन for वात, पित्त and कफ respectively will not help but रक्तमोक्षण is mentioned as its Specific Treatment.

So the concept of considering Rakta as fourth dosha as explained by Acharya Sushruta in specific disease context helps us for proper diagnosis of vyadhi and to give specific treatment of Rakta for the earliest producing of intended health recovery from the diseases.

CONCLUSION

- *Rakta* is not a *Dosha* but given a status of *Dosha* due its unique characteristics of *Swatantradooshanaatmakatvam*, *Staana*, *Panchabhautikatva*, *Gunas*, *Karma*, *Vikara* and *Chikitsa* by Acharya Sushruta.
- It also does *dehasambhava* (Utpatti, Sthiti and Pralaya of body also) and *dehadhaarana*.
- Acharya Chakrapani was not inclined to offer *Rakta* a position of fourth *Dosha* but it proved too difficult for him to ignore this claim of *Rakta* to be categorized similar to a *Dosha*³².



REFERENCES

1. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 21st chapter, verse no 16, 102pp.
2. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 21st chapter, verse no 17, 102pp.
3. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 14th chapter, verse no 44, 66pp.
4. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 14th chapter, verse no 8-9, 60pp.
5. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 14th chapter, verse no 34, 65pp.
6. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sharirastana, 8th chapter, verse no 23, 383pp.
7. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 21st chapter, verse no 3, 99pp.
8. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 21st chapter, verse no 4, 99pp.
9. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019,



Sutra stana, 21st chapter, verse no 28, 104-105pp.

10. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 17th chapter, verse no 7-8, 83pp.

11. Acharya Sushruta. Sushruta Samhita.(NibandhaSangraha commentary of Dalhana Acharya and Nyayapanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition.,Varanasi; Chaukambha Surabharati Praakashan 2019, Chikitsastana, 1st chapter, verse no 3, 396pp.

12. Acharya Sushruta. Sushruta Samhita. (Nibandha Sangraha commentary of Dalhana Acharya and NyayaPanjika commentary of Gayadasa Acharya).Edited by Yadavji Trikamji,1st Edition., Varanasi; Chaukambha Surabharati Praakashan 2019, Sutra stana, 22nd chapter, verse no 3, 107pp.

13. Agnivesha. CharakaSamhita.(*Ayurveda* Dipika commentary of Chakrapanidatta). Edited by Vaidya Yadavji Trikamji, Reprint Edition., NewDelhi; Chaukambha Publications 2018, Sutra stana,1st chapter, verse no 57 Chakrapani commentary, 16pp

14. Agnivesha. Charaka Samhita. (*Ayurveda* Dipika commentary of

Chakrapanidatta). Edited by Vaidya YadavjiTrikamji,Reprint

Edition.,NewDelhi; Chaukambha Publications 2018, Sutra stana,24th chapter, verse no 5-10, 124pp

15. Agnivesha. CharakaSamhita.(*Ayurveda* Dipika commentary of Chakrapanidatta). Edited by Vaidya YadavjiTrikamji,Reprint Edition.,NewDelhi; Chaukambha Publications 2018, Sutra stana,24th chapter, verse no 12-16, 124pp

16. Agnivesha. CharakaSamhita.(*Ayurveda* Dipika commentary of Chakrapanidatta). Edited by Vaidya YadavjiTrikamji,Reprint Edition.,NewDelhi; Chaukambha Publications 2018, Sutra stana,24th chapter, verse no 17, 125pp

17. Agnivesha. Charaka Samhita. (*Ayurveda* Dipika commentary of Chakrapanidatta). Edited by Vaidya Yadavji Trikamji, Reprint Edition., New Delhi; Chaukambha Publications 2018, Sutra stana,24th chapter, verse no 18, 125pp

18. Acharya Sarangadhara. Sarangadhara Samhita.(Dipika commentary of Adhamalla Acharya and Gudhartha-Dipika commentary of Acharya Kasirama).Edited by Parashuram Shastri Vidyasagar, Reprint Edition.,Varanasi; Krishnadas Academy 2000, Prathama Khanda, 7th chapter, verse no 125-126, 107pp



19. Agnivesha. Charaka Samhita. (Ayurveda Dipika commentary of Chakrapanidatta). Edited by Vaidya Yadavji Trikamji, Reprint Edition., NewDelhi; Chaukhamba Publications 2018, Chikitsa stana, 15th chapter, verse no 16, 514pp

20. Acharya Madhavakara. MadhavaNidana. (Madhukosha commentary of Srivijayarakshita and Srikanthadatta and Vidhyotini commentary of Sri Sudarshana Shastri). Revised & Edited by Yadunandana Upadhyaya, 30th Edition., Varanasi; Chaukhamba Sanskrit Sansthan 2000, 1st chapter , verse no 14 , 64pp

21. Agnivesha. CharakaSamhita. (Ayurveda Dipika commentary of Chakrapanidatta). Edited by Vaidya Yadavji Trikamji, Reprint Edition., New Delhi; Chaukhamba Publications 2018, Vimana stana, 8th chapter, verse no 102, 514pp

22. Acharya Vagbhata. Ashtangahridayam. (Sarvangasundara commentary of arunadatta and Ayurveda rasayana commentary of Hemadri). Edited by BhashagacharyaHarishastriParadkarVaidhya, ReprintEdition., Varanasi; Krishnadas Academy 2000, Sutra stana, 1st chapter, verse no 26, 186pp.

23. Acharya Sushruta. Sushruta Samhita. (NibandhaSangraha commentary of

Dalhana Acharya and NyayaPanjika commentary of Gayadasa Acharya). Edited by Yadavji Trikamji, 1st Edition., Varanasi; Chaukhamba Surabharati Praakashan 2019, Sutra stana, 14th chapter, verse no 20, 64pp.

24. Acharya Vagbhata. Ashtangahridayam. (Sarvangasundara commentary of arunadatta and Ayurveda rasayana commentary of Hemadri). Edited by BhashagacharyaHarishastriParadkarVaidhya, ReprintEdition., Varanasi; Krishnadas Academy 2000, Sutra stana, 1st chapter, verse no 13, 10pp.

25. Acharya Sushruta. Sushruta Samhita. (NibandhaSangraha commentary of Dalhana Acharya and NyayaPanjika commentary of Gayadasa Acharya). Edited by Yadavji Trikamji, 1st Edition., Varanasi; Chaukhamba Surabharati Prakashan 2019, Nidanastana, 1st chapter, verse no 12, 259pp.

26. Acharya Vrddha Vagbhata. Ashtangasagraha. (Shashilekha commentary of Indu). Edited by Dr. Shivaprasad Sharma, 3rd Edition., Varanasi; Chowkhamba Sanskrit Series Office 2012, Sutra stana, 20th chapter, verse no 7, 157pp.

27. Acharya Vrddha Vagbhata. Ashtangasagraha. (Shashilekha commentary of Indu). Edited by Dr. Shivaprasad Sharma, 3rd Edition., Varanasi;



- Chowkhamba Sanskrit Series Office 2012,
Sutra stana, 20th chapter, verse no 8, 157pp.
28. Acharya Vagbhata. Ashtangahrdayam.
(Sarvangasundara commentary of
arunadatta and *Ayurveda* rasayana
commentary of Hemadri). Edited by
Bhishagacharya Harishastri Paradkar
Vaidhya, Reprint Edition., Varanasi;
Krishnadas Academy 2000, Sutra stana,
12th chapter, verse no 24, 196pp.
29. Acharya Sushruta. Sushruta Samhita.
(Nibandha Sangraha commentary of
Dalhana Acharya and NyayaPanjika
commentary of Gayadasa Acharya). Edited
by Yadavji Trikamji, 1st Edition., Varanasi;
Chaukambha Surabharati Praakashan 2019,
Sutra stana, 14th chapter, verse no 21,
103pp.
30. Acharya Sushruta. Sushruta
Samhita. (Nibandha Sangraha commentary
of Dalhana Acharya and NyayaPanjika
commentary of Gayadasa Acharya). Edited
by Yadavji Trikamji, 1st Edition., Varanasi;
Chaukambha Surabharati Praakashan 2019,
Sutra stana, 21st chapter, verse no 18-32,
105pp.
31. Dr. Rajkumar. Unveiling The Truths In
Ayurveda. 1st Edition., 2017, 36pp.
32. Dr. Mohasin Kadegaon. A Text Book
of Shalya Tantra, 1st Edition., Varanasi;
Chaukhamba Orientalia 2020, 121pp