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Review Article

LIFE STYLE DISORDERS “A CURSE OF MODERN SOCIETY” AND IT’S MANAGEMENT WITH AYURVEDA

Anil Kumar Singh^{1*}, Manish Singh², Arvind Kumar Gupta³, Pramod Kumar Singh⁴

¹Associate Professor, Dept. of Kayachikitsa

²Assistant Professor, Dept. of Panchakarma

³Assistant Professor, Dept. of Maulik Siddhanta

⁴Assistant Professor, Dept. of Sharir Kriya

V.Y.D.S. Ayurvedic college, Khurja, Bulandshahr (U.P.)

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*Corresponding Author: **Dr. Anil Kumar Singh,**

Associate Professor, Dept. of Kayachikitsa, V.Y.D.S. Ayurvedic college, Khurja, Bulandshahr (U.P.), E mail- vdanilsing@yahoo.co.in

ABSTRACT

Life style disorders are those diseases whose occurrence is primarily based on daily habits of peoples. The main factors contributing to life style disorders includes bad food habits, physical inactivity, wrong body posture, and disturbed biological clock. Lifestyle disorders are a big problem for our society today. Once these were bacteria and viruses, who were the prime till date have the killers, but now a day we human beings are proving biggest killers for ourselves. Today more than five of ten biggest killing diseases are caused by carelessness, ignorance and irregularities of our own. Perhaps we can lower the death rate by ourselves. "In many [western] countries, peoples' diet changed substantially in the second half of the twentieth century, generally with increases in consumption of meat, dairy products, vegetable oils, fruit juice, and alcoholic beverages, and decreases in consumption of starchy staple foods such as bread, potatoes, rice, and maize flour. Other aspects of lifestyle also changed, notably, large reductions in physical activity and large increases in the prevalence of obesity, hypertension, diabetes, cirrhosis, chronic obstructive pulmonary disease, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke and depression etc. This is a shortened list of the diseases; the whole list is infinite as all the diseases known input from Lifestyle and diet.

Modern science through improved sanitation, vaccination, and antibiotics, and medical attention has eliminated the threat of death from most infectious diseases. This means that death from lifestyle diseases like heart disease and cancer are now the primary causes of death. The question now becomes a question of death at what age. In eighteenth-century England, chimney sweeps died in great numbers from scrotal cancer that was then called soot wart. Everybody naturally has to die of something, but lifestyle diseases take people before their time. Too many people are dying relatively young from heart disease and cancer and other lifestyle diseases in modern times. The choice is yours: die young, now or at a ripe old age. Various preventive measures are described in Ayurveda, by follows of these measures in day to day life we can save our life.

Keywords: Life Style, Disorders, Management, Ayurveda, Dincharya, Ratrichatya, Rituchaya, Achar Rasayana.

INTRODUCTION

Lifestyle diseases also sometimes called diseases of longevity or diseases of civilization interchangeably are diseases that appear to increase in frequency as countries become more industrialized and people live longer. They can include Alzheimer's disease, atherosclerosis, asthma, some kinds of cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression and obesity. Some commenters maintain a

distinction between diseases of longevity and diseases of civilization. Certain diseases, such as diabetes or asthma appear at greater rates in young populations living in the "western" way; their increased incidence is not related to age, so the terms cannot accurately be used interchangeably for all diseases¹.

Lifestyle disorders are a big problem for our society today. Once these were bacteria and viruses, who were the prime killers, but now a day we human beings are proving biggest killers for ourselves. Today more than five of ten biggest killing diseases are caused by carelessness, ignorance and

irregularities of our own. Perhaps we can lower the death rate by ourselves. We human beings are the small units of this universe. When one is in proper tuning with rest of the world, he remains healthy and happy and when there is any disturbance in this harmony diseases appear. Lifestyle decides a lot about our relationship with rest of the universe as what we do is a reaction to our surroundings. According to scientist Newton every action has a reaction, same happens with the body. We do well with the nature and our body, we get good,

no chance for good after doing bad. Among lifestyle disorders following are most endangering to human beings now a day. Obesity, Cardiovascular diseases, diabetes, arthritis, spinal problems, carcinomas of different body parts dementia, depression and anxiety etc. This is a shortened list of the diseases; the whole list is infinite as all the diseases known till date have the input from life style and diet always. So by planning your daily routine and seasonal routine you can maintain your health properly, without paying a single penny.

Top 10 Lifestyle Diseases in alphabetical sequence

Alzheimer's Disease: a form of brain disease.	No one knows the exact cause, but a real breakdown of the cells of the brain does occur. There is no treatment, but good nutrition may slow the progress of this lifestyle disease, which lasts about seven years in most people who have it.														
Arteriosclerosis: A generic term for several diseases in which the arterial wall becomes thicken and loses elasticity. Atherosclerosis is the most common and serious vascular disease.	Plaques (atheromas) deposited in the walls of arteries are major causes of heart disease, chest pain (angina pectoris), heart attacks, and other disorders of the circulation. In atherosclerosis yellowish plaques of cholesterol, fats, and other remains are deposited in the walls of large and medium-sized arteries. Atherosclerosis usually occurs with aging. It is linked to overweight, high blood pressure, and diabetes also.														
Cancer: diseases characterized by uncontrolled, abnormal growth of cells.	Cancer has been the number two cause of death since 1938, But, at the turn of the 20th century, it was only cancer is definitely considered the number one disease of civilization. There are more than 150 different kinds of cancer and many different causes. <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="2">Top 5 Cancers (Incidence) in USA</th> </tr> <tr> <th>MEN</th> <th>WOMEN</th> </tr> </thead> <tbody> <tr> <td>Prostate (40%)</td> <td>Breast (40%)</td> </tr> <tr> <td>Lung (18%)</td> <td>Lung (17%)</td> </tr> <tr> <td>Colorectal (12%)</td> <td>Colorectal (12%)</td> </tr> <tr> <td>Urinary Bladder (08%)</td> <td>Uterus (08%)</td> </tr> <tr> <td>Skin (05%)</td> <td>Thyroid (05%)</td> </tr> </tbody> </table>	Top 5 Cancers (Incidence) in USA		MEN	WOMEN	Prostate (40%)	Breast (40%)	Lung (18%)	Lung (17%)	Colorectal (12%)	Colorectal (12%)	Urinary Bladder (08%)	Uterus (08%)	Skin (05%)	Thyroid (05%)
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Chronic liver disease /cirrhosis: any of a group of liver disorders.	Characteristics of liver disease are jaundice, loss of appetite, liver enlargement, fluid accumulation, and impaired consciousness.														
Chronic obstructive pulmonary disease (COPD): a disease characterized by slowly progressing, irreversible airway obstruction.	The symptoms are problems in breathing while exercising, difficulty in breathing in or out deeply, and sometimes a long-term cough. The condition may result from chronic bronchitis, emphysema, asthma, or chronic bronchiolitis. Cigarette smoking and air pollution make it worse.														
Essential hypertension: is the form of hypertension that conventional medicine claims has no identifiable cause.	Hypertension, or high blood pressure is when a person's blood pressure is at least 140 mmHg systolic (i.e., number on top) or 90 mmHg diastolic. Systolic refers to blood pressure when the heart beats while pumping blood. Diastolic refers to blood pressure when the heart is at rest between beats.														
Diabetes: a disease affecting sugars used by the body.	There are four main types of diabetes mellitus. Type I diabetes is also called insulin-dependent diabetes, juvenile-onset diabetes, brittle diabetes, or ketosis-prone diabetes. Type II diabetes is also called non-insulin-dependent diabetes, adult-onset diabetes, ketosis-resistant diabetes, or stable diabetes. Type II often develops in over weight adults. Type III, or gestational diabetes, occurs in some women during pregnancy. Type IV includes other types of diabetes are linked to disease of the pancreas, hormonal changes, side effects of drugs, or genetic defects.														
Heart disease: any of several abnormalities that affect the heart muscle or the blood vessels of the heart.	Heart disease has been the number one cause of mortality and morbidity in most of the USA since 1910, but, at the turn of the 20th century, it was only 4. There are a couple dozen forms of this lifestyle disease. Heart disease and other forms of cardiovascular disease can lead to congestive heart failure, a condition in which the heart cannot pump sufficient blood to meet the demands of the body. The various forms of heart disease may also cause disturbances in normal heartbeat, called arrhythmia.														
Nephritis/CRF: any disease of the kidney marked by swelling and abnormal function.	Characteristics of kidney disease are bloody urine, persistent protein in urine, pus in urine, edema, difficult urination, and pain in the back.														
Stroke: a condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis.	Stroke is linked to advanced age, high blood pressure, previous attacks of poor circulation, cigarette smoking, heart disorders, embolism, family history of strokes, use of birth-control pills, diabetes mellitus, lack of exercise, over weight, high cholesterol, and hyperlipidemia.														

Leading causes of death: The following are the leading causes of death in the United States for ALL sex, race, and age groups listed in descending sequence.

- 1) Diseases of the heart (Includes both Heart Disease and arteriosclerosis which results in death by heart attacks.)
- 2) Cancer (Malignant Neoplasm)
- 3) Stroke (Cerebrovascular diseases or a group of brain dysfunctions related to disease of the blood vessels supplying the brain.)
- 4) Chronic lower respiratory diseases (COPD)
- 5) Alzheimer's disease
- 6) Diabetes
- 7) Nephritis/CRF
- 8) Chronic Liver Disease/Cirrhosis
- 9) Essential hypertension and hypertensive renal disease (High Blood Pressure)
- 10) Parkinson's disease (a degenerative disorder of the central nervous system)

Ayurvedic management: According to Ayurveda there are two main aim of this science, first maintain the health of healthy individual and second is cure of disease of a patients². First aim of Ayurveda is preventive in nature by which we can maintain the health of healthy individuals which is the burning problem of modern life style and originated various non communicable disorders in our modern so called society. Various preventive measures are described in Ayurveda, by follows of these measures; in day to day life we can save our life by these disorders. Now I am going to describe some preventive measures of Ayurveda in following heads-

- 1) **Not suppress the natural urges:** One should not suppress the natural urges relating to urine, feces, semen, flatus, vomiting, sneezing, eructation, yawning, hunger, thirst, tears, sleep and breathing caused by over exertion. Various types of diseases occur by suppression of these urges. For living a normal healthy life, it is necessary that the needs of these natural urges are satisfied instantaneously, i.e. as soon as they are explicit³.
- 2) **Suppress the suppressible urges:** One desirous of his well-being during his lifetime and after should suppress urges relating to rashness and evil deeds-mentally, orally and physically. Similarly a wise person should refrain from satisfying the urges relating to greed, grief, fear, anger, vanity, shamelessness, jealousy, too much of attachment and malice. One should also refrain from letting loose the urges of speaking extremely harsh words⁴.
- 3) **Quantity of food and digestion:** The amount of food which, without disturbing the equilibrium (of dhatu and dhoshas of the body), get digested as well as metabolized in proper time, is to be regarded as the proper quantity. The light articles of food stimulates the appetite and by nature are considered to be less harmful even if taken in excess unless there is a strong power of digestion and metabolism achieved by physical exercise. Thus the quantity of food depends upon the power of digestion including metabolism⁵.
- 4) **Proper maintain of personal hygiene:** A wise person should be vigilant about his duties towards his own body like an officer-in-charge of a city and charioteer towards the city and chariot respectively⁶.

- 5) **Prevention of exogenous diseases:** Exogenous diseases can be prevented by taking recourse to the avoidance of intellectual errors, restrain of sense organs; good memory; knowledge of place, time, and one's own capability and good conduct. One desirous of his own well being should follow this up well in advance. Restraint of sense organs implies abstinence from indulgence in their objects. Good memory includes memory or consciousness relating to mortality of one's kith and kin as also other human beings⁷.
- 6) **Suitable persons for company:** Those who have attained maturity by virtue of wisdom, learning, age, conduct, patience, memory and meditation; those who are matured and learned ones; those who are acquainted with the human nature; those who are devoid off all anxieties; those who are well behaved with every body; those who are pacified; those who follow righteous course of action; those who advocate good conduct and those whose very name and sight are auspicious should be accompanied⁸.
- 7) **Unsuitable persons for company:** Such wretched human beings, who are of sinful conduct, speech and mind, back biters, those who are quarrelsome by nature, those who indulge in sarcastic remarks about others, the greedy, those envy the prosperity of others, the cruel, those who indulge in defaming others, the fickle minded, those who serve the enemy, those who do not follow the virtuous course of life are to be boycotted⁹.
- 8) **Rules for well being:** One desirous of well being in this world and the world beyond should try his best to follow the principles of health relating to diet, conduct and action. One should not take curd at night; it should not be taken alone without ghee, sugar, green gram soup, honey or *Amalaki* (*Emblica officinalis*) and it should not be taken hot also. If one fond of curd does not follow these rules he is likely to suffer from diseases like fever, *raktepitta* (bleeding from different parts of the body), *visarpa* (*erysipelas*), *kustha* (obstinate skin diseases including leprosy, *pandu* (anemia), *bhrama* (giddiness) and *kamla* (*jaundice*)¹⁰.
- 9) **Preventing of psychosomatic disorders:** One can maintain his positive health and control of sense faculties by pay respect to the Gods, cows, Brahmins, preceptors, elderly people, those who have accomplished spiritual perfection and teachers; one should offer oblation to fire, one should wear good herbs; perform *sandhya* (a vedic ritual to be performed during dawn and dusk) twice a day; one should clean excretory passages and feet frequently; one should have hair cut, shave, and nail cut- thrice every fortnight; one should wear good apparel; be happy; apply scent⁵, wear good dress, comb the hair; always apply oil to the head, ears, nostrils and feets, have a delightful face, protect people in affliction, offer oblation, perform religious ceremonies, donate, pay respect to cross road, offer *balis* (a religious oblation) honors the guests offer *pandas*(a ball or lump of rice offered to the means at obsequial ceremonies or *sradhas*) to departed ancestors, speak timely beneficial measured sweet words, be self controlled and virtuous, envy in action but not in results thereof, be careful and fearless, be bashful and wise, have

enormous enthusiasm, be clever, forbearing, virtuous, having faith in God, devoted to teachers who have attained spiritual perfection and are advanced in modesty, intellect¹¹.

10) Proper fallows of code of conducts: One should not tell a lie nor should take over other properties nor should long for for other wives or properties, should not evolved in hatred or sinful activities; one should never we vice even to the vicious; one should not disclose others defects; one should not disclose other's secret; one should shun the company of the unvirtuous, traitors, lunatics, fallen persons, abortionists, mean and cooked persons¹².

11) Follows of general principles: One should not deviate from generally approved principles nor one should break any code of conduct; one should not walk during the night or in an appropriate place. One should not indulge in taking food, studies, sexual relation or sleep during the dawn or dusk. One should not make friends, with children's, the old, the greedy, the fools, the persons under affliction or the enuches. One should not insult anybody. One should not have any inclination toward wine, gambling or prostitutes. One should not exposed secret parts of the body. One should not insult anybody. One should not be conceited, unextrous, and unfriendly nor one should beat the cows or other animals. One should not use harsh words towards the old persons, teachers, people's grouped togher or kings. One should not speak too much nor one should not kins folk, person attached, person attached, person who had helped during the time of misery and those who know (person or family) secrets. One should not be impatient or over-bold; one should not neglect the the maintenance of servants; one should not have nonreliance on his own kins man; one shold not enjoy aine; one should not have uncomfortable character, conduct, manners and diseases. One should neither rely on everybody nor suspect everybody. One should not be too meticulous at all times¹³.

12) Always practice to self-control:- One should not be in the habit of postponing things nor should one indulge in any activity without proper examination. One should not be slaves to senses nor did one should let loose his fickle mind. One should not inflict too much burden over the intellect or senses. One should avoid over-dilatory practices. One should not do things in a fit of anger or rejoicing. One should not be under continued grief. One should not be conceited over achievement nor be desperate in loss. One should always remember his own nature. One should have faith in the correlation of the cause and effect (that is good and bad actions and their corresponding results) and should always act on it. One should not be complacent about his own action. One should not lose spirit nor should one remember his insults¹⁴.

13) Always care your body: According to *Maharshi Charaka* a wise person is one who always care to maintain his health by leaving all the other physical materials, because if health or body last what is aim of collection of these materials¹⁵.

14) Always eats healthy and balance diet: Various life threatening diseases originate by consuming the unhealthy

foods so a person who want to be healthy and happy, always eat balance diet by controlling of his or her preconceptions organs i.e. *Indriyas*¹⁶.

15) Proper application of Panchakarma and allied procedures: In the event of vitiated *doshas* (somatic and psychic) brought forth by *Snehana* (oleation) and *Swedana* (fomentation) therapies, a physician should administer those five elimination therapies-*Panchakarma* i.e. (*Vaman*-therapeutic emesis, *Virechana*-therapeutic purgation, *Vasti*- medicated enemas, and *Rakatomokshan*-blood letting) paying due regard to the dose and time. Besides the above Panchakarma, in Ayurveda the following six Up-karmas have been also described as six method of treatment of diseases as *Brimhana* (promotion growth or encouraging plumpiness, *Langhana* (effectives reduction), *Snehana* (increasing the fat contents of the body.), *Rukshana* (promoting dryness or removal of the fatness), *Svedana* (promoting the sweating) and *Sthambhana* (promoting contraction). *Charaka* further emphasized the person who know above *Upkarmas* is real physician^{17,18}.

16) A person (even if) suffering from the diseases should very carefully consider again what is useful and what is harmful for health; he should strive for discarding the harmful or unwholesome regimens and adopt the wholesome ones in regard to virtue (*dharma*), wealth (*Artha*) and desire (*kama*), for no happiness or unhappiness can occur in this world without these elements. So one should try to serve world without these three elements. So one should to try to serve persons well versed in the nature and cure of psychic diseases. One should also try to acquire knowledge of the self, the place, family, time, strength and the capacity¹⁹.

17) The unwholesome conjunction of the sense organs with their objects (*Asatmendriyarthasanyoga*), intellectual blasphemy (*Pragyapradha*) and transformation (*Parinama*) –these are three fold causes of diseases (psychic, somatic and psychosomatic). Proper utilization of the objects, action and time is beneficial to the maintenance of normal health²⁰.

Note: -

- Accidents (NOT a Lifestyle disease).
- Influenza and Pneumonia (NOT a Lifestyle disease - But interesting enough can probably in most cases be prevented with adequate supplementation of vitamin D, vitamin A, and the macro-mineral zinc).
- Septicemia (NOT a Lifestyle disease - But interesting enough can probably in most cases be prevented with adequate supplementation of vitamin D, vitamin A, and the macro-mineral zinc. [The presence of pathogenic organisms in the blood stream, leading to sepsis or blood poisoning.]).
- Suicide (NOT a Lifestyle disease).
- Homicide (NOT a Lifestyle disease)

CONCLUSION

In nutshell it can be concluded that the life style disorders are the great problem for our society because it originated due to development of our society its prosperities, irregular life styles i.e. day to day activities, so we are the real originator of these

disorders. There is no any particular medicine that can protect us from these disorders, only our regular, punctual life style and proper follows of rules of some *Ayurvedic* principles as *Dincharya*, *Ratricharya*, *Ritucharya*, *Swasthvrita*, *Sadvrita*, *Achar Rasayan*, and proper follows rules of diet etc.

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