

**YASHAYURVED – E-Journal of Holistic Health**

Peer reviewed | Quarterly Journal | Open Access

Review on Word Vajikarana and Vrushya Mentioned in Bruhat-trayi.**Dr. Pradnya A. Neje¹, Dr. Swati V. Patil²**¹P.G. Scholar, Department of Rasshastra and Bhaishajykalpana, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra.²Guide & Professor, Department of Rasshastra and Bhaishajykalpana, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra**ABSTRACT**

Vājīkaraṇa is one of the eight clinical specialties (*Aṣṭāṅga*) of Ayurveda, primarily concerned with enhancing reproductive health, sexual vigor, and progeny quality. This review aims to explore and critically analyze the concept of *Vājīkaraṇa* as described in the *Bruhat Trayi* – Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. These classical texts provide detailed insights into the indications, formulations, dietetic regimens, and ethical considerations related to *Vājīkaraṇa* therapy. The article discusses the philosophical foundation, the physiological understanding of sexual health in Ayurveda, the classification of aphrodisiac therapies. The study concludes that *Vājīkaraṇa*, beyond being a means for aphrodisiac effects, is a holistic approach encompassing reproductive wellness and ethical living, as envisioned by the Ayurvedic seers.

Keywords: *Vajikarana, Vrushya, Bruhat-trayi***INTRODUCTION**

Ayurveda aims to maintain the health of a healthy person and to treat disease in the diseased. Ayurveda, the science of life, considers reproduction and progeny as essential components of a healthy society. Among the various branches of Ayurveda, *Vājīkaraṇa* Tantra is the science dedicated to improving reproductive health, sexual vigor, and the quality of progeny. The term “*Vājīkaraṇa*” is derived from the Sanskrit root “*Vaji*”, meaning horse—symbolizing strength and reproductive capability—and “*Karana*”, meaning to make or enhance. Thus, *Vājīkaraṇa* implies therapies and lifestyle practices that enhance virility, fertility, and vitality.

A person, should always seek the intake of aphrodisiacs because, for, he can earn *dharma* (righteousness), *artha* (wealth), *priti* (love) and *yasha* (fame) through this therapy alone. If a person takes aphrodisiac recipes in appropriate quantity, in proper time and once *Shodhana* is carried out (by means of Panchakarma treatment), then they help in the promotion of virility, nourishment and strength.

AIM AND OBJECTIVE

To review the Word Vajikarana and Vrushya mentioned in Bruhat-trayi.

MATERIALS AND METHODS

This article is a review based on Ayurvedic literature. It focuses on the word Vrushya and Vajikarana. The main references used are the Charaka Samhita, Sushruta Samhita, and Ashtang hridaya. Along with these classical texts, websites were also referred for gathering relevant information.

I. Charaka Samhita ---

A. Vajikarana / Vrushya word explained in Charaka Samhita Sutrasthana in context of Ahara ^[1]

References	In Context of Ahara
Dirghjeevitiya Adhyaya Sutrasthana 1/107	प्रीणनं बृंहणं वृष्यं मेध्यं बल्यं मनस्करम्॥ Dugdha Guna
Apamargatanduliya Adhyaya Sutrasthana 2/32	समाषविदला वृष्या घृतक्षीरोपसाधिता॥ Vrushya Yavagu
Annapanavidhi Adhyaya	
Sutrasthana 27/21	जीवनो बृंहणो वृष्यः स्निग्धः स्थैर्यकरो गुरुः॥ Godhuma Guna
Sutrasthana 27/24	वृष्यः परं वातहरः स्निग्धोष्णो मधुरो गुरुः॥ Masha Guna [Shami Dhanya Varga]
Sutrasthana 27/32	न च वृष्या न चक्षुष्या विष्टभ्य च विपच्यते॥ Shimbi Dhanya Varga
Sutrasthana 27/57	वृष्याः परं वातहराः कफपित्तविवर्धनाः॥ Prasahadi Prani MamsaGuna
Sutrasthana 27/66	स्निग्धाश्चोष्णाश्च वृष्याश्च बृंहणाः स्वरबोधनाः॥ Hamsa Mamsa Guna
Sutrasthana 27/78	स्नेहनं बृंहणं वृष्यं श्रमघ्नमनिलापहम्॥ Varaha Mamsa Guna
Sutrasthana 27/80	स्निग्धोष्णं मधुरं वृष्यं माहिषं गुरु तर्पणम्॥ Mahisha Mamsa Guna

Sutrasthana 27/82	मत्स्याः स्निग्धाश्च वृष्याश्च बहुदोषाः प्रकीर्तिताः॥ Matsya Mamsa Guna
Sutrasthana 27/83	वर्ण्यो वातहरो वृष्यश्चक्षुष्यो बलवर्धनः॥ Kurma Mamsa Guna
Sutrasthana 27/89	त्रिदोषशमनी वृष्या काकमाची रसायनी॥ Shaka Varga Guna
Sutrasthana 27/94	वृष्या स्निग्धा च शीता च मदघ्नी चाप्युपोदिका॥ Shaka Varga Guna
Sutrasthana 27/120	जीवनो बृंहणो वृष्यः कण्ठ्यः शस्तो रसायने॥ Munjataka and Vidarikanda Guna
Sutrasthana 27/126	मृद्वीका बृंहणी वृष्या मधुरा स्निग्धशीतला॥ Mrudvika Guna [Phala Varga]
Sutrasthana 27/127	मधुरं बृंहणं वृष्यं खर्जूरं गुरु शीतलम्॥ Kharjura Guna [Phala Varga]
Sutrasthana 27/129	सस्नेहं श्लेष्मलं शीतं वृष्यं विष्टभ्य जीर्यति॥ Amrataka Guna [Phala Varga]
Sutrasthana 27/158	वातघ्ना बृंहणा वृष्याः कफपित्ताभिवर्धनाः॥ Urumana Guna [Phala Varga]
Sutrasthana 27/205	हेमन्ते सलिलं स्निग्धं वृष्यं बलहितं गुरु॥ Hemant Rutu Jala Guna
Sutrasthana 27/225	रोचनं दीपनं वृष्यं स्नेहनं बलवर्धनम्॥ Dadhi Guna
Sutrasthana 27/235	गुरवस्तर्पणा वृष्या बृंहणाः पवनापहाः॥ Gorasa Varga Guna
Sutrasthana 27/237	वृष्यः शीतः सरः स्निग्धो बृंहणो मधुरो रसः॥ Ekshu Varga Guna
Sutrasthana 27/268	भक्ष्या वृष्याश्च बल्याश्च गुरवो बृंहणात्मकाः॥ Phala,Mamsa,Vasa,Shaka,Palala,Kshaudra – Bhakshya Guna
Sutrasthana 27/269	गुरवस्तर्पणा वृष्याः क्षीरेक्षुरसपूपकाः [१] ॥ Ksheer,Ekshurasa Pupaka Guna
Sutrasthana 27/270	सगुडाः सतिलाश्चैव सक्षीरक्षौद्रशर्कराः भक्ष्या वृष्याश्च बल्याश्च परं तु गुरवः स्मृताः॥ Guda,Tila,Ksheera,Kshaudra,Sharkara – Bhakshya Guna
Sutrasthana 27/271	गुरवस्तर्पणा वृष्या हृद्या गौधूमिका मताः॥ Gudhumika Sasneha,Snehasiddha Bhakshya – Guna
Sutrasthana 27/277	विमर्दको गुरुर्हृद्यो वृष्यो बलवतां हितः॥ Vimardaka [Pakva+Ama+Klinna+Bharjita Dravyas] Guna
Sutrasthana 27/278	रसाला बृंहणी वृष्या स्निग्धा बल्या रुचिप्रदा॥ Rasala Guna
Sutrasthana 27/300	रोचनं दीपनं वृष्यं चक्षुष्यमविदाहि च॥ Saindhava Guna

B. Vajikarana / Vrushya word explained in Charaka Samhita Vimanasthana in context of Aahara ^[2]

References	In Context of Aahara
Vyadhirupiya Adhyaya Vimanasthana 2/7	तत्र हीनमात्रमाहारराशिं बलवर्णोपचयक्षयकरमृत्पिकरमुदावर्तकरमनायुष्यवृष्यमनौजस्यं शरीरमनोबुद्धीन्द्रियोपघातकरं सारविधमनमलक्ष्म्यावहमशीतेश्च वातविकाराणामायतनमाचक्षते, अतिमात्रं पुनः सर्वदोषप्रकोपणमिच्छन्ति कुशलाः। Hina Matra Aahara – Avrushya

C. Vajikarana / Vrushya word explained in Charaka Samhita Chikitsasthana in context of Aahara ^[3]

Referernces	In Context of Aahara
Vajikarana Adhyaya	
Samyoga Sharmuliya Vajikrana Pada Chikitsasthana 2/3/20	सङ्कल्पप्रवणो नित्यं नरः स्त्रीषु वृषायते। Vajikarana Uchita sangati
Puman Jata Baladhika Vajikarana Pada Chikitsasthana 2/4/36	यत् किञ्चिन्मधुरं स्निग्धं जीवनं बृंहणं गुरु हर्षणं मनसश्चैव सर्वं तद्वृष्यमुच्यते। Vajikarana Uchita sangati

D. Vajikarana / Vrushya word explained in Charaka Samhita siddhisthana in context of Aahara ^[4]

References	In Context of Aahara
Phalmatra Siddhi Adhyaya Siddhisthana 11/6	तद्वृष्यमशैत्यतीक्ष्णताकटुरौक्ष्यादिति गौतमोऽब्रवीत् [१] Katutumbi Guna

E. Vajikarana / Vrushya word explained in Charaka Samhita Sutrasthana in context of Vihara ^[5]

References	In Context of Vihara
M Matrashitiya Adhyaya	
Sutrasthana 5/94	पवित्रं वृष्यमायुष्यं श्रमस्वेदमलापहम् Shariramarjana Labha
Sutrasthana 5/96	वृष्यं सौगन्ध्यमायुष्यं काम्यं पुष्टिबलप्रदम् Maladharana
Sutrasthana 5/99	पौष्टिकं वृष्यमायुष्यं शुचि रूपविराजनम् Kshaur karma

Sutrasthana 5/100	बल्यं पराक्रमसुखं वृष्यं पादत्रधारणम्॥ Padatranadharana
Chikitsaprabhrutiya Adhyaya Sutrasthana 16/18	बलं पुष्टिरपत्यं च वृषता चास्य जायते॥ Shodhana Kriya Labha
Ashtoninditiya Adhyaya Sutrasthana 21/36	वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च॥ Nidra Labha
Yajjapurushiya Adhyaya Sutrasthana 25/40	सङ्कल्पो वृष्याणां॥ Agrya Samgraha

F. Vajikarana / Vrushya word explained in Charaka Samhita Chikitsasthana in context of Vihara ^[6]

References	In Context of Vihara
Vajikarana Adhyaya Mashaparna Bhrutiya Adhyaya	
Chikitsasthana 2/3/23	तैर्नरः सह विस्रब्धः सुवयस्यैर्वृषायते॥ Vajikarana Uchita Sangati
Chikitsasthana 2/3/25	संवाहनैर्वरस्त्रीणामिष्टानां च वृषायते॥ Vajikarana Uchita Sangati

G. Vajikarana / Vrushya explained in Charaka Samhita Sutrasthana in context of Chikitsa Aspect ^[7]

References	In Context of Chikitsa Aspect
Snehadhyaya Sutrasthana 13/40	वृष्या बल्या निराबाधा चिरं चाप्यनुवर्तते॥ Sneha Matra [Hrasva matra]
Ashtoninditiya Adhyaya Sutrasthana 21/33	रसायनानां वृष्याणां योगानामुपसेवनम्॥ Aatikrusha chikitsa
Santarpaniya Adhyaya Sutrasthana 23/35	सकुद्विगुणितो वृष्यस्तेषां मन्थः प्रशस्यते॥ Vrushya Mantha
Yajjapurushiya Adhyaya Sutrasthana 25/40	नक्ररेतो वृष्याणां॥ Agrya Samgraha
Sutrasthana 25/40	एरण्डमूलं वृष्यवातहराणां॥ Agrya Samgraha
Sutrasthana 25/40	पृश्निपर्णी साङ्ग्राहिकवातहरदीपनीयवृष्याणां॥ Agrya samgraha

Sutrasthana 25/40	विदारिगन्धा वृष्यसर्वदोषहराणां॥ Agrya Samgraha
Sutrasthana 25/40	समघृतसक्तुप्राशाभ्यासो वृष्योदावर्तहराणां॥ Agrya Samgraha
Aatreya Bhadrakapiya Adhyaya Sutrasthana 26/51	पिप्पली नागरं वृष्यं कटुचावृष्यमुच्यते॥ Pippali and Nagara Guna
Annapanavidhi Adhyaya	
Sutrasthana 27/166	रोचनं दीपनं वृष्यमार्द्रकं विश्वभेषजम्॥ Adraka Guna [Harita Varga]
Sutrasthana 27/175	आहारयोगी बल्यश्च गुरुर्वृष्योऽथ रोचनः॥ Palandu Guna [Harita Varga]
Sutrasthana 27/176	स्निग्धश्चोष्णश्च वृष्यश्च लशुनः कटुको गुरुः॥ Rasona Guna [Harita Varga]
Sutrasthana 27/295	मधुरो बृंहणो वृष्यो बल्यो मज्जा तथा वसा॥ Sneha Guna
Sutrasthana 27/296	सस्नेहं दीपनं वृष्यमुष्णं वातकफापहम्॥ Shunthi Guna
Sutrasthana 27/297	सा शुष्का कफवातघ्नी कटूष्णा वृष्यसम्मता॥ Pippali Guna
Sutrasthana 27/298	नात्यर्थमुष्णं मरिचमवृष्यं लघु रोचनम्॥ Maricha Guna

H. Vajikarana / Vrushya word explained in Charaka Samhita Chikitsasthana in context of Chikitsa Aspect ^[8]

References	In Context of Chikitsa Aspect
Rasayana Adhyaya	
Kara Prachiteeya Rasayana Pada Chikitsasthana 1/3/49	रसायनं तद्विधिभिस्तद्वृष्यं तच्च रोगनुत्॥ Shilajatu Rasayana Labha
Ayurved Samutthaneeya Rasayana Pada Chikitsasthana 1/4/24	सर्वरोगप्रशमनं वृष्यमायुष्यमुत्तमम्॥ Dvitiya Indrokta Rasayana Labha
Vajikarana Adhyaya	
Samyoga Sharmuliya Vajikarana Pada	

Chikitsasthana 2/1/32	एष वृष्यः परं योगो बृंहणो बलवर्धनः॥ Brumhani Gutika
Chikitsasthana 2/1/40	एष पिण्डरसो वृष्यः पौष्टिको बलवर्धनः॥ Vajikarana Pinda Rasa
Chikitsasthana 2/1/43-49	एष वृष्यश्च बल्यश्च बृंहणश्च रसोत्तमः॥ Vrushya Mahisha Rasa मधुरान् वा यथासात्म्यं गन्धाढ्यान् बलवर्धनान्॥(इत्यन्ये वृष्यरसाः) Vrushya Rasa न तस्य लिङ्गशैथिल्यं स्यान्न शुक्रक्षयो निशि॥(इति वृष्यमांसम्) Vrushya Mamsa पयः पिबति रात्रिं स कृत्स्नां जागर्ति वेगवान्॥(इति वृष्यमाषयोगः) Vrushya Masha Yoga तृप्तः कुक्कुटमांसाना भृष्टानां नक्ररेतसि॥(इति वृष्यः कुक्कुटमांसप्रयोगः) Vrushya Kukkutamamsa Prayoga हंसबर्हिणदक्षाणामेवमण्डानि भक्षयेत्॥ (इति वृष्योऽण्डरसः) Vrushyonda Rasa
Asikta Kshiriya Vajikarana Pada	
Chikitsasthana 2/2/10-17	शेफसा वाजिवद्याति यावदिच्छं स्त्रियो नरः॥(इति वृष्यपूपलिकादियोगाः) Vrushya Puplikadi Yoga नरोऽपत्यं सुविपुलं युवेव च स हृष्यति॥(इत्यपत्यकरः स्वरसः) Aptyakara Swarasa
Chikitsasthana 2/2/20	सशर्करेण संयोग एष वृष्यः परं स्मृतः॥(इति वृष्यक्षीरम्) Vrushya Ksheera
Chikitsasthana 2/2/23	वृष्यं बल्यं च वर्ण्यं च कण्ठ्यं बृंहणमुत्तमम्॥(इति वृष्यघृतम्) Vrushya Ghrita
Chikitsasthana 2/2/26	वर्णस्वरबलोपेतः पुमांस्तेन वृषायते॥ (वृष्यो दधिसरप्रयोगः) Vrushya Dadhisara Prayoga

Chikitsasthana 2/2/27-29	शर्करामधुसंयुक्तं प्रयुञ्जानो वृषायते॥ (इति वृष्यः षष्टिकौदनप्रयोगः)॥ Vrushya Shashtikodana, Vrushya Puplika
Mashaparna Bhrutiya Vajikarana Pada	
Chikitsasthana 2/3/5	शर्कराक्षौद्रसर्पिर्भिर्युक्तं तद्वृष्यमुत्तमम्॥ Vrushya Godugdha
Chikitsasthana 2/3/12-14	भुक्त्वा न रात्रिमस्तब्धं लिङ्गं पश्यति ना क्षरत्॥(इति वृष्यः पिप्पलीयोगः)॥ VrushyaPippali Yoga घृताढ्यः साधितो वृष्यो माषषष्टिकपायसः॥ (इति वृष्यपायसयोगः)॥ VrushyaPayasa Yoga
Chikitsasthana 2/3/15-17	पक्त्वा पूपलिकाः खादेद्वह्व्यः स्युर्यस्य योषितः॥(इति वृष्यपूपलिकाः)॥ Vrushyapuplika
Chikitsasthana 2/3/18	शर्करापिप्पलीक्षौद्रयुक्तं तद्वृष्यमुत्तमम्॥(इति वृष्यं शतावरीघृतम्)॥ Vrushya Shatavari Ghrita
Chikitsasthana 2/3/19	प्रयुङ्क्ते यः पयश्चानु नित्यवेगः स ना भवेत्॥(इति वृष्यमधुकयोगः)॥ Vrushya Madhuka Yoga
Pumana Jata Baladhika Vajikarana Pada	
Chikitsasthana 2/4/14	गुटिकाः सरसास्तासं प्रयोगः शुक्रवर्धनः॥(इति वृष्या मांसगुटिकाः)॥ Vrushya Mamsagutika
Chikitsasthana 2/4/16	भुक्तः पीतश्च स रसः कुरुते शुक्रमक्षयम्॥(इति वृष्यो माहिषरसः)॥ Vrushya Mahishrasa
Chikitsasthana 2/4/18	अनुपीतरसान् स्निग्धानपत्त्यार्थं प्रयोजयेत्॥(इति वृष्यघृतभृष्टमत्स्यमांसानि)॥ Vrushya Ghritabhrushta matsyamamsa
Chikitsasthana 2/4/22	हर्षसौभाग्यदौ पुत्र्यौ परं शुक्राभिवर्धनौ॥(इति वृष्यौ पूपलिकायोगौ)॥ Vrushya PuplikaYoga
Chikitsasthana 2/4/24	पयोऽनुपानास्ताः शीघ्रं कुर्वन्ति वृषतां पराम्॥ (इति वृष्या माषादिपूपलिकाः)॥ Vrushya Mashadipuplika

Chikitsasthana 2/4/27	एष वृष्यः परं योगो बल्यो बृंहण एव च॥ Vrushya Mashadipuplika
Chikitsasthana 2/4/32	तासां प्रयोगात् पुरुषः कुलिङ्ग इव हृष्यति॥ (इति वृष्यगुटिकाः)॥ Vrushya Gutika
Chikitsasthana 2/4/35	तासां प्रयोगाद्गजवन्नारीः सन्तर्पयेन्नरः॥ (इति वृष्योत्कारिका)॥ Vrushya Utkarika

I. Vajikarana / Vrushya word explained in Charaka Samhita Siddhithana in context of Chikitsa Aspect ^[9]

References	In Context of Chikitsa Aspect
Uttara Basti Siddhi Adhyaya	
Siddhithana 12/15	मैथुनजानां जीवनीयसिद्धयोः क्षीरसर्पिषोरुपयोगः, तथा वातहराः स्वेदाभ्यङ्गोपनाहा वृष्याश्वाहाराः स्नेहाः [२] स्नेहविधयो यापनाबस्तयोऽनुवासनं च; मूत्रवैकृतबस्तिशूलेषु चोत्तरबस्तिर्विदारीगन्धादिगणजीवनीयक्षीरसंसिद्धं तैलं स्यात्॥ Maithunjanita Chikitsa
Siddhithana 12/16	स्थिरादिपञ्चमूलीपञ्चपलेन शालिषष्टिकयवगोधूममाषपञ्चप्रसृतेन छागं पयः शृतं पादशेषं कुक्कुटाण्डरससममधुघृतशर्करासैन्धवसौवर्चलयुक्तो वस्तिर्वृष्यतमो बलवर्णजननश्च॥ इति यापना बस्तयो द्वादश॥ Sthiradi Yapna Basti
Siddhithana 12/ [14]18	तद्वन्मधुघृताभ्यां पयस्तुल्यो बस्तिः पूर्वकल्केन बलवर्णकरो वृष्यतमो निरुपद्रवो बस्तिमेद्रपाकपरिकर्तिका मूत्रकृच्छ्रपित्तव्याधिहरो रसायनश्च॥ Madhughritadi Basti

Siddhisthana 12/ [2]19	एष वृष्यो बल्यो बृंहण आयुष्यो वलीपलितनुत् क्षतक्षीणनष्टशुक्रविषमज्वरार्तानां व्यापन्नयोनीनां च पथ्यतमः Baladi Anuvasana Basti
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J. Vajikarana / Vrushya word explained in Charaka Samhita Sutrasthana other than Ahara, Vihara and Chikitsa Aspect ^[10]

References	Other than Ahara, Vihara and Chikitsa Aspect
Naveganadharaniya Adhyaya Sutrasthana 7/48	रसायनानि सिद्धानि वृष्ययोगांश्च कालवित् Dosha nirharana kala
Vatakalakaliya Adhyaya Sutrasthana 12/12	तच्छ्रुत्वा मरीचिवचः काप्य उवाच- सोम एव शरीरे क्षेष्मान्तर्गतः कुपिताकुपितः शुभाशुभानि करोति; तद्यथा- दार्ढ्यं शैथिल्यमुपचयं काश्यमुत्साहमालस्यं वृषतां क्लीबतां ज्ञानमज्ञानं बुद्धिं मोहमेवमादीनि चापराणि द्वन्द्वानीति Kapha dosha – Tadvidya Sambhasha Parishada
Trishothiya Adhyaya Sutrasthana 18/51	स्नेहो बन्धः स्थिरत्वं च गौरवं वृषता बलम् Prakruta Kapha Karma

K. Vajikarana / Vrushya word explained in Charaka Samhita Chikitsasthana other than Ahara, Vihara and Chikitsa Aspect ^[11]

References	In Context of Other than Aahara, Vihara and Chikitsa Aspect
Rasayana Adhyaya	
Abhaya Amalakeeya Rasayana Pada Chikitsasthana 1/1/15	स्वस्थस्योर्जस्करं यत्तु तद्वृष्यं तद्रसायनम् Vajikarana Paribhasha
Chikitsasthana 1/1/12	यशः श्रियं बलं पुष्टिं वाजीकरणमेव तत् Vajikarana Nirukti
Ayurved Samutthaneeya Rasayana Pada Chikitsasthana 1/4/39	ये रसायनसंयोगा वृष्ययोगाश्च ये मताः Chikistaka Pooja Vidhana
Vajikarana Adhyaya	

Samyoga Sharmuliya Vajikarana Pada Chikitsasthana 2/1/3	वाजीकरणमन्विच्छेत् पुरुषो नित्यमात्मवान्॥ Need of Vajikarana
Chikitsasthana 2/1/4	वाजीकरणमग्र्यं च क्षेत्रं स्त्री या प्रहर्षिणी॥ Stree Sreshthatva in vajikarana
Chikitsasthana 2/1/8	. या वश्या शिक्षिता या च सा स्त्री वृष्यतमा मता॥ Stree Sreshthatva in vajikarana
Chikitsasthana 2/1/15	सा स्त्री वृष्यतमा तस्य नानाभावा हि मानवाः॥ अतुल्यगोत्रां वृष्यां च प्रहृष्टां निरुपद्रवाम्॥ Vajikarana Yogya Stree
Chikitsasthana 2/1/23,24	वाजीकरणनित्यः स्यादिच्छन् कामसुखानि च॥ वाजीकरणसंयोगान् प्रवक्ष्याम्यत उत्तरम्॥ Niputrika Purusha Ninda
Chikitsasthana 2/1/50	एष वृष्यः परं योगो बृंहणो बलवर्धनः॥ Shodhana Paschata Vrushya Yoga
Chikitsasthana 2/1/51	तस्मात् पुरा शोधनमेव कार्यं बलानुरूपं न हि वृष्ययोगाः॥ Shodhana Paschata Vrushya Yoga
Puman Jata Baladhika Vajikarana Pada Chikitsasthana 2/4/51	व्रजेच्चाभ्यधिकं येन वाजीकरणमेव तत्॥ Vajikarana Paribhasha

L. Vajikarana / Vrushya word explained in Charaka Samhita siddhisthana other than Aahara, Vihara and Chikitsa Aspect ^[12]

References	In Context of Other than Aahara, Vihara and Chikitsa Aspect
Basti Siddhi Adhyaya Siddhisthana 10/46	त्रिकास्त्रयोऽनिलादीनां चतुष्काश्चापरे त्रयः॥ पक्वाशयविशुद्ध्यर्थं वृष्याः साङ्ग्राहिकास्तथा॥ Vrushya Basti Varnana

II. Sushruta Samhita ---

A. Vajikarana / Vrushya word explained in Sushruta Samhita Sutrasthana in context of Aahara ^[13]

References	In context of Aahara
Dravadravya Vidhi Adhyaya	

Sutrasthana 45/69	विपाके मधुरं वृष्यं वातपित्तप्रसादनम्॥ Mahisha Dadhi Guna
Sutrasthana 45/78	दध्नः सरो गुरुवृष्यो विज्ञेयोऽनिलनाशनः॥ Dadhisara Guna
Sutrasthana 45/81	अम्लं कषायं मधुरमवृष्यं कफवातनुत्॥ Dadhimastu Guna
Sutrasthana 45/84	तक्रं तु मधुरमम्लं कषायानुरसमुष्णवीर्यं लघुरूक्षमग्निदीपनं गरशोफातिसारग्रहणीपाण्डुरोगार्शःप्लीहगुल्मारोचकविषमज्वरतृष्णाच्छर्दि प्रसेकशूलभेदःक्षेप्मानिलहरं मधुरविपाकं हृद्यं मूत्रकृच्छ्रस्नेहव्यापत्प्रशमनमवृष्यं च॥ Takra Guna
Sutrasthana 45/91	मधुरो बृंहणो वृष्यो तद्वत्पीयूषमोरटौ॥ Kilata Guna
Sutrasthana 45/92	नवनीतं पुनः सद्यस्कं लघु सुकुमारं मधुरं कषायमीषदम्लं शीतलं मेध्यं दीपनं हृद्यं सङ्ग्राहि पित्तानिलहरं वृष्यमविदाहि क्षयकासव्रणशोषार्शोऽर्दितापहं, चिरोत्थितं गुरु कफमेदोविवर्धनं [१] बलकरं बृंहणं शोषघ्नं विशेषेण बालानां प्रशस्यते॥ Navneeta Guna
Sutrasthana 45/94	सन्तानिका पुनर्वातघ्नी तर्पणी वृष्या बल्या स्निग्धा रुच्या मधुरा मधुरविपाका रक्तपित्तप्रसादनी गुर्वी च॥ Santanika Guna
Sutrasthana 45/96	घृतं तु मधुरं सौम्यं मृदु शीतवीर्यमनभिष्यन्दि स्नेहनमुदावर्तोन्मादापस्मारशूलज्वरानाहवातपित्तप्रशमनमग्निदीपनं स्मृतिमतिमेधाकान्तिस्वरलावण्यसौकुमार्योऽजस्तेजोबलकरमायुष्यं वृष्यं मेध्यं वयःस्थापनं गुरु चक्षुष्यं क्षेप्माभिवर्धनं पाप्मालक्ष्मीप्रशमनं विषहरं रक्षोघ्नं च॥ Ghrita Guna
Sutrasthana 45/160	गुडः सक्षारमधुरो नातिशीतः स्निग्धो मूत्ररक्तशोधनो नातिपित्तजिह्वातघ्नो मेदःकृमिकफकरो बल्यो वृष्यश्च॥ Guda Guna
Sutrasthana 45/162	मत्स्यण्डिकाखण्डशर्करा विमलजाता उत्तरोत्तरं शीताः स्निग्धाः गुरुतरा मधुरतरा वृष्या रक्तपित्तप्रशमनास्तृष्णाप्रशमनाश्च॥ Guda > Masyandika > Khanda > Sharkara - Uttarottara Vrushya
Annapana Vidhi	

Adhyaya	
Sutrasthana 46/17	कैदारा मधुरा वृष्या बल्याः पित्तनिर्बहणाः ॥ Kaidara Shali Guna [Shali Varga]
Sutrasthana 46/34	माषो गुरुभिन्नपुरीषमूत्रः स्निग्धोष्णवृष्यो मधुरोऽनिलघ्नः ॥ Masha Guna [Mudgadi varga]
Sutrasthana 46/154	आम्रातकफलं वृष्यं सस्नेहं श्लेष्मवर्धनम् ॥ Amrataka Phala Guna [Phala Varga]
Sutrasthana 46/156	वातपित्तहरं वृष्यं प्रियालं गुरु शीतलम् ॥ Priyala Guna [Phala Varga]
Sutrasthana 46/181	रक्तपित्तहरं वृष्यं रुच्यं श्लेष्मकरं गुरु ॥ Panasa Guna [Phala Varga]
Sutrasthana 46/315	स्निग्धं समधुरं वृष्यं शीतं दोषघ्नमुत्तमम् ॥ Saindhava Lavana Guna
Sutrasthana 46/345, 346	हृद्या सन्तर्पणी वृष्या बृंहणी बलवर्धनी ॥ Vilepi Guna [Krutanna Varga]
Sutrasthana 46/398	भक्ष्याः क्षीरकृता बल्या वृष्या हृद्याः सुगन्धिनः ॥ Ksheera Guna [Bhakshya Varga]
Sutrasthana 46/399	वातपित्तहरा वृष्या गुरवो रक्तमांसलाः ॥ Ghritapura Guna [Bhakshya Varga]
Sutrasthana 46/408	बल्या वृष्यास्तु गुरवो विज्ञेया माषसाधिताः ॥ Mashayukta Padharth
Sutrasthana 46/417	शक्तवो [१] बृंहणा वृष्यास्तृष्णापित्तकफापहाः ॥ Sattu Guna [Bhakshya Varga]

B. Vajikarana / Vrushya word explained in Sushruta Samhita Sutrasthana in context of Chikitsa Aspect ^[14]

References	In context of Chikitsa Aspect
Dravyasangrahaniya Adhyaya Sutrasthana 38/61	चक्षुष्यो दीपनो वृष्यः कफारोचकनाशनः ॥ Aamlakyadi Gana Guna
Sutrasthana 45/114	एरण्डतैलं मधुरमुष्णं तीक्ष्णं दीपनं कटु कषायानुरसं सूक्ष्मं स्रोतोविशोधनं त्वच्यं वृष्यं मधुरविपाकं वयःस्थापनं योनिशुक्रविशोधनमारोग्यमेधाकान्तिस्मृतिबलकरं वातकफहरमधोभागदोषहरं च ॥ Eranda Taila Guna
Sutrasthana 45/132	मधु तु मधुरं कषायानुरसं रुक्षं शीतमग्निदीपनं वर्ण्यं स्वर्यं लघु सुकुमारं लेखनं हृद्यं वाजीकरणं सन्धानं शोधनं रोपणं (सङ्ग्राहि [१])

	चक्षुष्यं प्रसादनं सूक्ष्ममार्गानुसारि पित्तक्षेपममेदोमेहहिककाश्वासकासातिसारच्छर्दितृष्णाकृमिविषप्रशमनं ह्लादि त्रिदोषप्रशमनं च; तत्तु लघुत्वात् कफघ्नं, पैच्छिल्यान्माधुर्यात् कषायभावाच्च वातपित्तघ्नम् १३२ Madhu Guna
Sutrasthana 45/148	इक्षवो मधुरा मधुरविपाका गुरवः शीताः स्निग्धा बल्या वृष्या मूत्रला रक्तपित्तप्रशमनाः कृमिकफकराश्चेति ते चानेकविधाः तद्यथा- Ekshu Rasa Guna
Sutrasthana 45/151	अविदाही गुरुर्वृष्यः पौण्ड्रको भीरुकस्तथा Paundraka Guna
Sutrasthana 45/179	रूक्षा नातिकफा वृष्या पाचनी चाक्षिकी स्मृता Bibhitaki Sura Guna
Annapana Vidhi Adhyaya	
Sutrasthana 46/62	ईषद्रुष्णमधुरो वृष्यो मेधाग्निवर्धनः Titara Guna [Vishkira Varga]
Sutrasthana 46/64	वातपित्तहरा वृष्या मेधाग्निलवर्धनाः Krakara Guna [Vishkira Varga]
Sutrasthana 46/66	स्निग्धोष्णोऽनिलहा वृष्यः स्वेदस्वरबलावहः Vanya Kukkuta Guna [Vishkira Varga]
Sutrasthana 46/88	मेदःपुच्छोद्भवं वृष्यमौरभसदृशं गुणैः Meda Puchha Guna [Gramya Varga]
Sutrasthana 46/95	वातपित्तहरा वृष्या मधुरा रसपाकयोः Kulachara Prani Varga Guna
Sutrasthana 46/98	स्निग्धोष्णमधुरो वृष्यो महिषस्तर्पणो गुरुः Mahisha Mamsa Guna [Kulchara Prani Varga]
Sutrasthana 46/102	स्वेदनं बृंहणं वृष्यं शीतलं तर्पणं गुरु Varaha Mamsa Guna [Kulchara Prani Varga]
Sutrasthana 46/106	रक्तपित्तहराः शीताः स्निग्धा वृष्या मरुज्जितः Plava Varga Guna
Sutrasthana 46/114	रक्तपित्तकराश्चोष्णा वृष्याः स्निग्धाल्पवर्चसः Nadeya Matsya Guna
Sutrasthana 46/116	मुरलो बृंहणो वृष्यः स्तन्यक्षेपमकरस्तथा Pathina Matsya Guna
Sutrasthana 46/119	उष्णा वातहरा वृष्या वर्चस्याः क्षेपमवर्धनाः Samudri Matsya Guna
Sutrasthana 46/223	शुष्का कफानिलघ्नी सा वृष्या पित्ताविरोधिनी Shushka Pippali Guna

Sutrasthana 46/224	कटूष्णं लघु तच्छुष्कमवृष्यं कफवातजित् Shushka Maricha Guna
Sutrasthana 46/226	वृष्योष्णं रोचनं हृद्यं सस्नेहं लघु दीपनम् Shunthi Guna
Sutrasthana 46/227	कटूष्णं रोचनं हृद्यं वृष्यं चैवार्द्रकं स्मृतम् Adraka Guna
Sutrasthana 46/244	वृष्यश्च मेधास्वरवर्णचक्षुर्भगनास्थिसन्धानकरो रसोनः Rasona Guna
Sutrasthana 46/259	स्वादुपाकरसा वृष्या वातपित्तमदापहा Poi Shaka Guna
Sutrasthana 46/268	पटोलं कटुकं पाके वृष्यं रोचनदीपनम् Patola Patra Guna
Sutrasthana 46/301	मधुरो बृंहणो वृष्यः शीतः स्वर्योऽतिमूत्रलः Vidarikanda Guna [Kanda Varga]
Sutrasthana 46/302,303	वातपित्तहरी वृष्या स्वादुतिका शतावरी Shatavari Guna ग्रहण्यशौविकारघ्नी वृष्या शीता रसायनी Mahati Shatavari [Kanda Varga]
Sutrasthana 46/310	मेहकुष्ठकृमिहरो बल्यो वृष्यो रसायनः Varahakanda Guna [Kanda Varga]
Sutrasthana 46/354	मांसं स्वभावतो वृष्यं स्नेहनं बलवर्धनम् Mamsa Guna
Sutrasthana 46/365	स दाडिमयुतो वृष्यः संस्कृतो दोषनाशनः Mamsa Rasa + Dadima Swarasa
Sutrasthana 46/388	लघवो बृंहणा वृष्या हृद्या रोचनदीपनाः Ragashadava Guna
Sutrasthana 46/389	रसाला बृंहणी बल्या स्निग्धा वृष्या च रोचनी Rasala Guna
Sutrasthana 46/442	रोचनं बृंहणं वृष्यं दोषसङ्घातभेदनम् Anupana Varnana

C. Vajikarana / Vrushya word explained in Sushruta Samhita Chikitsasthana in context of Chikitsa Aspect ^[15]

References	In Context of Chikitsa Aspect
Snehopyaugika Chikitsa Chikitsasthana 31/27	सा वृष्या बृंहणी या च मध्यदोषे च पूजिता Sneha Matra Nirdesha

III. Ashtang Hridaya --

A. Vajikarana / Vrushya word mentioned in Ashtang Hridaya Sutrasthana in context of Aahara ^[16]

References	In context of Aahara
<i>Dravadravya Vijnaneeya Adhyaya</i>	
<i>Sutrasthana 5/19</i>	नारिकेलोदकं स्निग्धं स्वादु वृष्यं हिमं लघु॥ Narikela Jala Guna
<i>Sutrasthana 5/22</i>	वातपित्तहरं वृष्यं क्षेष्मलं गुरु शीतलम्॥ Godugdha Guna
<i>Annaswaroopa Vijnaneeya Adhyaya</i>	
<i>Sutrasthana 6/14</i>	वृष्यः स्थैर्यकरो मूत्रमेदःपित्तकफान् जयेत्॥ Yava Guna
<i>Sutrasthana 6/88,89</i>	बस्तिशुद्धिकरं वृष्यम्॥ Kushmanda Guna
<i>Sutrasthana 6/144</i>	सैन्धवं तत्र सस्वादु वृष्यं हृद्यं त्रिदोषनुत्॥ Saindhava Guna

B. Vajikarana / Vrushya word explained in Ashtang Hridaya Sutrasthana in context of Vihara ^[17]

References	In context of Vihara Aspect
<i>Dinacharya Adhyaya</i> <i>Sutrasthana 2/16</i>	दीपनं वृष्यमायुष्यं स्नानमूर्जाबलप्रदम्॥ Snana Guna

C. Vajikarana / Vrushya word explained in Ashtang Hridaya Sutrasthana in context of Chikitsa Aspect ^[18]

References	In Context of Chikitsa Aspect
<i>Annaswaroopa Vijnaneeya Adhyaya</i>	
<i>Sutrasthana 6/59</i>	तद्वच्च कुक्कुटो वृष्यः ॥ Kukkuta Guna
<i>Sutrasthana 6/85,86</i>	जीवनी बृंहणी कण्ठ्या गुर्वी वृष्या रसायनम्॥ Vidarikanda Guna
<i>Sutrasthana 6/99</i>	शतावर्यङ्कुरास्तिका वृष्या दोषत्रयापहाः॥ Shatavari Guna
<i>Sutrasthana 6/110</i>	हृद्यः केश्यो गुरुर्वृष्यः स्निग्धो रोचनदीपनः॥

	Rasona Guna
Sutrasthana 6/162	सा शुष्का विपरीताऽतः स्निग्धा वृष्या रसे कटुः॥ Pippali Guna
Sutrasthana 6/163	नागरं दीपनं वृष्यं ग्राहि हृद्यं विबन्धनुत्॥ Shunthi Guna
Shodhanadi Gana Sangraha Adhyaya Sutrasthana 15/12	प्रीणनजीवनबृंहणवृष्याः॥ Padmakadi Gana Guna

D. Vajikarana / Vrushya word explained in Ashtang Hridaya Chikitsasthana in context of Chikitsa Aspect ^[19]

References	In Context of Chikitsa Aspect
Kushtha Chikitsa Chikitsasthana 19/43	गुलिका रसायनं कुष्ठजिच्च वृष्या च समसमा॥ Vrushya Yoga

E. Vajikarana / Vrushya word explained in Ashtang Hridaya Sutrasthana other than Aahara, Vihara and Chikitsa Aspect ^[20]

References	In Context of Other than Aahara, Vihara and Chikitsa Aspect
Rasabhedhiya Adhyaya Sutrasthana 10/35	तिक्तं कटु च भूयिष्ठमवृष्यं वातकोपनम् ऋतेऽमृतापटोलीभ्यां शुण्ठीकृष्णारसोनतः॥ Tikta-Katu Rasa Varnana [Avrushya]

F. Vajikarana / Vrushya word explained in Ashtang Hridaya sthana other than Aahara, Vihara and Chikitsa Aspect ^[21]

References	In Context of Other than Aahara, Vihara and Chikitsa Aspect
Vajikarana Vidhi Adhyaya	
Uttarsthana 40/1	वाजीकरणमन्विच्छेत्सततं विषयी पुमान्॥ Vajikarana Labha
Uttarsthana 40/5	अल्पसर्वस्य तु क्लेशैर्बाध्यमानस्य रागिणः शरीरक्षयरक्षार्थं वाजीकरणमुच्यते॥ Vajikarana Labha
Uttarsthana 40/6	कल्यस्योदग्रवयसो वाजीकरणसेविनः सर्वेष्वनुष्वहरहर्षवायो न निवार्यते॥ Vajikarana Labha

Uttarsthana 40/8	योगविद्योजयेत्पूर्वं क्षीरमांसरसाशिनाम् ततो वाजीकरान् योगान् शुक्रापत्यबलप्रदान्॥ Vajikarana Labha
Uttarsthana 40/12	शुद्धकाये यथाशक्ति वृष्ययोगान् प्रयोजयेत्॥ Shodhana Pashchat Vrushya Yoga
Uttarsthana 40/35	मनसो हर्षणं यच्च तत्सर्वं वृष्यमुच्यते॥ Vrushya varnana

DISCUSSION

In the early chapters of Charaka Saṃhitā *Sūtrasthāna*, various karmas (activities) and *āhāriya dravyas* (dietary substances) that enhance *Vṛuṣhyatva* (virility and aphrodisiac effects) are described. The text highlights specific foods and actions promoting sexual strength. The *Agrya Saṃgraha* section lists the best *Vṛusya* substances and practices. Towards the end, dietary groups like *Dhānya varga* (grains), *Māṃsa varga* (meats), *Phala varga* (fruits), and *Jala varga* (water and aquatic sources) are evaluated from a *Vājīkaraṇa* perspective, identifying items with potent *Vruṣya* properties.

In Charaka Saṃhitā *Chikitsāsthāna*, *Vājīkaraṇa* is introduced in first Chapter with its *paribhāṣā* (definition) and *nirukti* (etymology). Second Chapter offers a detailed exposition, covering the need, significance, and the role of women in *Vājīkaraṇa* therapy. It extensively describes *Vruṣya yogas* (aphrodisiac formulations) in various forms such as *Gutika* (pills), *Kshira* (medicated milk), *Ghṛita* (ghee), *Payasa* (rice pudding), *Puṇḍrikā* (confections), and *Māṃsa yogas* (meat-based preparations).

In Charaka Saṃhitā *Siddhisthāna*, *Basti* therapy is discussed in the context of *Vājīkaraṇa*, with specific *Basti yogas* recommended for those desiring progeny. Some of these are noted for their *Vruṣya* (aphrodisiac) effects.

In Sushruta Saṃhitā *Sūtrasthāna*, certain foods and medicinal substances with *Vruṣya* effects are noted, along with limited references to *Vājīkaraṇa* dravyas. However, *vihāraja* (lifestyle) aspects are not elaborated. Only one mention appears in *Chikitsāsthāna* under *Sneha Mātrā Nirdeśa*.

In Ashtāṅga Hṛidaya *Sūtrasthāna*, both *āhāraja* (dietary) and *auśadha* (medicinal) *Vruṣya* factors are detailed. It also includes the definition (*paribhāṣā*) and benefits (*lābha*) of *Vājīkaraṇa*.

CONCLUSION

The concept of *Vājīkaraṇa* in the *Bṛuhāt Trayī*—Charaka Saṁhitā, Sushruta Saṁhitā, and Aṣṭāṅga Hṛdaya—is explored from varied yet complementary perspectives, highlighting its role in enhancing reproductive health, vitality, and overall well-being.

- Charaka Samhita offers the most systematic and in-depth exposition, covering definitions, indications, formulations, mechanisms, and therapeutic benefits, reflecting a research-oriented approach.
- Sushruta Samhita presents similar benefits but with different *Dravya*'s and focus areas, indicating a unique application of the principles.
- Ashtanga Hridaya gives a concise, principle-based account, focusing more on benefits and less on detailed formulations.

Despite the differences in depth, all texts align on the core goal: nourishing *śukra dhātu*, promoting fertility, and improving sexual and overall health. *Vājīkaraṇa* is shown not just as an aphrodisiac therapy but as a rejuvenative, *Rasayana*-based approach.

A compiled reference of these scattered mentions enables easier access, comparative analysis, and supports clinical application, curriculum development, and research, enriching Ayurvedic education and practice.

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