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An Eye Shot On Different Flowers Mentioned In Ayurvedic Text With Special Reference To *Streeroga*

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Abstract

Women have a unique existence in the universe created by the God. In today's fast and competitive world there is a change in the life style of women which leads to their physical and mental stress, due to excessive consumption of fatty food containing too much butter, cheese, excessive sexual activity, frequent abortions, and faulty lifestyle during menstrual periods, inappropriate vaginal hygiene can cause gynecological problems.

Objectives- To study the literary view of different flowers used in *Stree Roga* from various Ayurvedic texts and to explore their chemical constituents alongwith mode of action in *Stree Roga*. **Material and Methods-** *Samhita, Nigantu*, Recent text books of *Ayurveda*, online database. **Result** -Women health necessary not only for the healthy and happy status for her family, rather to the society or to the nation. Women's health is prime concern of medical fraternity so Ayurveda offers various treatment modality and formulation for its management. **Conclusion** – Chemical constituents of different flowers have action on female reproductive system as anti-inflammatory, antioxidant, antibacterial, anticancerous, immunomodulator etc. Present research paper emphasizes on properties and uses of different flowers mentioned in *Ayurvedic* text in female reproductive system.

Key words – Stree roga, menstrual, Flowers, Ayurveda, Chikitsa

Introduction

It is true with *Ayurvedic* principles that *Ayurveda* covers all the physical, mental, and spiritual aspects of human life. The ancient science, *Ayurveda* has its own holistic aim to make the mankind delightful. *Ayurveda* explains the role of *Ahara*, *Vihara* and *Vichara* for physical and psychological well-being which obviously brings out positivity in the physical, intellectual, spiritual and psychological development too.

Changing lifestyle, faulty dietary habits, stress, socio-economic conditions, geographical conditions, environmental influences and strenuous physical and mental activities affects hormonal level and thus causes women disorders. This results in the disarrangement of *Doshas Vata*, *Pitta* and *Kapha*. Women always face common gynecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. *Apan Vayu* helps in controlling all the activities taking place in lower parts of the body. It controls all the activities of colon, pelvis, urinary bladder, uterus and lower limbs. If the *Apan Vayu* is nonvitiated all activities related to the above organs work properly. Woman undergoes various physical and physiological changes during her reproductive period i.e., from menarche (onset of menstruation) to menopause. Awareness and management of these changes are necessary for a woman to remain healthy. This sharp increase in the incidence, requires a permanent solution, the medicine which can be easily available, low cost and with minimum side effects. *Ayurveda* the traditional system of medicine seeks to treat and integrate body and mind using a comprehensive holistic approach especially by emphasizing diet, *Herbal* remedies, exercise and etc. *Ayurveda* the holistic healing *Shastra* deals with the concept of individual approach. For this medicinal purpose flowers can be used as a good *Herbal* remedy as flowers can grow easily, pleasant, grow own, cost effective and it is easy to take flowers. These non-surgical and less invasive techniques offers health benefits to retain reproductive health of female and does not imparts severe side effects. The preventive and curative aspects of individual life related entities are summed up in eight branches of *Ayurveda*, *Prasutitantra*, the sub-branch of *Ayurveda* dealing with the diseases related to the female reproductive system. *Ayurveda* put health of women on prime focus and gives detailed description on *Stree Roga* and their management through *Ayurvedic* approaches.

Materials and methods- All material collected through *Samhita*, *Nigantu*, Recent text books of *Ayurveda*, online database. Plant botanical name, family, *Rasa*, *Guna*, *Veerya*, *Vipaka*, chemical constituents, Karma are compiled.

Result-

Table – 1
(Phuspa botanical name & family)

S. NO.	Phuspa name	Botanical name	Family
1	Agastya phuspa	<i>Sesbania grandiflora</i>	Fabaceae
2	Asoca phuspa	<i>Saraca asoca</i>	Fabaceae
3	Bala phuspa	<i>Sida cordifolia</i>	Malvaceae
4	Bela phuspa	<i>Jasminum sambac</i>	Oleaceae
5	Champa	<i>Michellia champaca</i>	Magnoliaceae
6	Damnaka	<i>Artemisia vulgaris</i>	Asteraceae
7	Devdali phuspa	<i>Luffa echinata</i>	Cucurbitaceae
8	Dhaba phuspa	<i>Anogeissus latifolia</i>	Combretaceae
9	Dhatki phuspa	<i>Woodfordia fruticosa</i>	Lytheraceae
10	Gulab	<i>Rosa centifolia</i>	Rosaceae
11	Japa phuspa	<i>Hibiscus rosasinensis</i>	Malvaceae

12	Jati phuspa	<i>Jasminum officinale</i>	Oleaceae
13	Kadamba	<i>Anthocephalus cadamba</i>	Rubiaceae
14	Kamal phuspa	<i>Nelumbo nucifera</i>	Nymphaeaceae
15	Kanchnar- Kobidar phuspa	<i>Bauhinia variegata</i>	Fabaceae
16	Koknada(Rakta kamal)	<i>Nelumbo nucifera</i>	Nymphaeaceae
17	Kuja	<i>Rosa moschata</i>	Rosaceae
18	Madhuka phuspa	<i>Madhuca indica</i>	Sapotaceae
19	Marubaka	<i>Mojojana hortensis</i>	Lamiaceae
20	Nagkeshara	<i>Mesua ferrea</i>	Calophyllaceae
21	Narikela phuspa	<i>Cocus nucifera</i>	Palmae
22	Neelotpla phuspa	<i>Nymphoea stellate</i>	Nymphoeaceae
23	Padma kesarm	<i>Nelumbo nucifera</i>	Nymphaeaceae
24	Priyangu phuspa	<i>Callicarpa macrophylla</i>	Verbenaceae
25	Pullasa phuspa	<i>Rhododendron arboreum</i>	Ericaceae
26	Shalmli phuspa	<i>Salmalia malarbica</i>	Bombaceae
27	Sivar phuspa	<i>Vellisneria spiralis</i>	Hydrocharitaceae
28	Suvarn Ketaki phuspa	<i>Pandanus odorotissimus</i>	Pandanaceae
29	Utpla phuspa	<i>Nymphaea nouchali</i>	Nymphaeaceae
30	Vasanti (Nevari)	<i>Jasminum arborescens</i>	Oleaceae

Table – 2 (Raspanchaka and karma of phuspa)

(Ref. -P.V.Sharma- vol.2, Phuspa Ayurveda, Bhav prakash nighantu, Raj nighantu, Madanpal nighantu)

Flower	Rasa	Guna	Veerya	Vipaka	Karma	Yoga
Agastya phuspa	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Anartava chikitsa</i>	<i>Shaka</i>
Asoca phuspa	<i>Tikta Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Sweta- Rakta pradrachikitsa, Rakta atisara</i>	<i>Asoca-arista, Asoca- gritha</i>
Bala phuspa	<i>Madhura</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Garbhini Virechana</i>	<i>Balaadi Arista</i>
Bela phuspa	<i>Tikta</i>	<i>Laghu, Sheeta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Garbhiasyau tejaka</i>	<i>Jatyadi Taila, Gritha</i>
Champa	<i>Katu, Tikta, Kshaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Artava vikara chikitsa</i>	<i>Churna</i>
Damnaka	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Artavajanana, Vrishya</i>	<i>Swarasa, Churna</i>
Devdali phuspa	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Sukh Prasava</i>	<i>Devdaliaadi phanta</i>
Dhaba phuspa	<i>Kshaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Rakta stambhana, Rasayana</i>	<i>Kashaya, Resin</i>

Dhatki phuspa	<i>Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Stanya-Sodhna, Garbhata chikitsa</i>	<i>Dhatkyadi Churna Dhatkyadi kwatha</i>
Gulab	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vrishya</i>	<i>Gulkanda, Gulab arka</i>
Japa phuspa	<i>Tikta, Kshaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Raktapradra chikitsa, Garbhanirodha</i>	teas, powders, and extracts
Jati phuspa	<i>Kshaya, Tikta</i>	<i>Laghu, Mridhu, Snigtha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Garbh Prada, Subhan Karne</i>	<i>Jatyadi Taila, Gritha</i>
Kadamba	<i>Tikta, Kshaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Dugdvardha ka</i>	<i>Attar</i>
Kamal phuspa	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Subhan Karne, Raktasangra haka</i>	<i>Arvinda Asava</i>
Kanchnar-Kobidar phuspa	<i>Kshaya,</i>	<i>Laghu, Ruksha,</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pradra nasak chikitsa</i>	<i>Kanchnara gugglu, Kanchnara Kwatha</i>
Koknada(Rakta kamal)	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pradra nasak chikitsa</i>	<i>Niloutplaadi Hima</i>
Kuja	<i>Madhura, Kshaya</i>	<i>Snigtha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vrishya</i>	<i>Gulkanda, Gulab arka</i>
Madhuka phuspa	<i>Madhur, Kshaya</i>	<i>Snigtha, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Garbhini Pittaja Atisara</i>	<i>Madhuka Asava</i>
Marubaka	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Anartava chikitsa</i>	<i>Saka</i>
Nagkeshara	<i>Kshaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Garbhini Chardi, Raktaja pradra chikitsa, Vajikra</i>	<i>Nagkesharadi Churna, Mahanarayana Taila Kankaasava</i>
Narikela phuspa	<i>Madhura</i>	<i>Snigtha, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Patika Asrigdra, Garbhata chikitsa</i>	<i>Narikela Kwatha, Lavna</i>
Neelotpla phuspa	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Garbhini Pittaj Jwar</i>	<i>Chandan asav</i>
Padma kesarm	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Subhan Karne, Raktasangra haka</i>	<i>Arvinda Asava</i>

Priyangu phuspa	<i>Madhura, Tikta Kshaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Subhan Karne</i>	<i>Priyangwadi Taila, Chandan asav</i>
Pullasa phuspa	<i>Tikta Kshaya</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Sweta pradra chikitsa</i>	<i>Burans swarasa</i>
Shalmli phuspa	<i>Madhura</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Patika Asrigdra</i>	<i>Shalmli Gritha</i>
Sivar phuspa	<i>Madhura, Tikta, Kshaya</i>	<i>Snigtha, Sheetal, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Sweta pradra chikitsa</i>	<i>Swarasa</i>
Suvarn Ketaki phuspa	<i>Madhura, Tikta, Katu</i>	<i>Snigtha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kamashakti vardhaka</i>	<i>Ketaka arka,</i>
Utpla phuspa	<i>Kashaya, Madhura, Tikta</i>	<i>Snigtha, Pichila, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Patika Asrigdra</i>	<i>Nilotplaadi hima</i>
Vasanti (Nevari)	<i>Tikta</i>	<i>Laghu, Sheet</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kamashakti vardhaka</i>	<i>Jatyadi Taila, Gritha</i>

Discussion- In above mentioned list flowers of 30 plants have been discussed. Material for above work is compiled from *Pushpayurveda*, *Ayurvedic text books*, *Bhavprakasha nigantu*, *Madanpal nigantu*, *Charka samhita*, *Susruta samhita*, online databases. We have described phuspa name, family, *Raspanchka* and chemical constituents of *phuspa*. From above we have found *phuspa* which have *Madhura, Tikta, Kashaya rasa, Sheet Veerya, Katu Vipaka* are effective in *Sweta pradra chikitsa*. *Phuspa* which have *Tikta rasa, Ushna Veerya, Katu Vipaka* are *Kamashakti vardhaka* and *Vrishya*. *Phuspa* which have *Madhura rasa, Sheet Veerya, Madhura Vipaka* are effective in *Patika Asrigdra chikitsa* and *Garbhata chikitsa*. *Phuspa* which have *Katu, Tikta rasa, Ushna Veerya, Katu Vipaka* are effective in *Anartava chikitsa*. *Phuspa* which have *Madhura, Kashaya rasa, Sheet Veerya, Madhura Vipaka* are effective in *Garbhini Patika Atisara chikitsa* and *Pradhanashaka chikitsa*. *Phuspa* which have *Kashaya rasa, Sheet Veerya, Katu Vipaka* are effective in *Stanya-Sodhna chikitsa*. *Phuspa* which have *Tikta rasa, Ushna Veerya, Katu Vipaka* are *Garbhasya utejaka*.

Table – 3

(Phuspa with their chemical constituents & pharmacological actions)

Phuspa	Chemical constituent	Pharmacological action
Agastya phuspa	Tannins, coumarone, steroids, triterpenes, betulinic acid	Anti-inflammatory, antitumour, antioxidant, antifungal, antibacterial ⁶
Asoca phuspa	Anthocyanins, alpha-sitosterol, quercetin, leucocyanidin, gallic acid, kaempferol	Uterogenic, antibacterial, oxytocytic, anticancer, antitumor, antiprogestational ⁷
Bala phuspa	Ephedrine, pseudoephedrine, vasicinone, vasicinol	Analgesic, anti-inflammatory, Anticancer ⁸
Bela phuspa	Coumarins, cardiac glycosides, flavinoids, phenolics, saponins	Sedative, aphrodisiac, Anti diarrhoeal, Analgesic, antioxidants ⁹
Champa	Alkaloids, tannins, glycosides, amino acids, flavinoid and sterol.	Antidiarrhoeal, antihypertension, anti inflammatory ⁷
Damnaka	Artemisic acid, artemisinin, flavinoids, coumarins, sesquiterpens, volatile oil.	antispasmodic, diuretic, and cholagogue, against veterinary tumors and sarcomas ¹⁰
Devdali phuspa	Cucurbitin, saponin, Beta-sisterol, flavinoids	Laxative, analgesic, sweta pradra treatment ¹¹
Dhaba phuspa	Phenols, alkaloids, flavinoids, tannins, glycosides, saponins, resins	Diuretic, emetic, purgative ⁷
Dhatki phuspa	Tannins, octosanol, diglucoside, beta - sitosterol	Diarrhoea, bleeding sinuses, menorrhagia, and wounds, nasal and rectal bleeding, vaginal and anal prolapsed. ¹²
Gulab	e Phenyl ethanol (43%), Geranyl acetate (15.6%), Geraniol (10.5%), Linalool (6.9%), Benzyl alcohol (3.3%), Benzaldehyde (1.5%), Nerol (5-10%), Citronellyl acetate (0.3%).	Anti-microbial, Anti tussive activity, anti-inflammatory, antidiabetic, anti-constipation, cardioprotective and neuroprotective activities. ¹³
Japa phuspa	Anthocyanin pigment, cyanidin diglucoside.	antioxidant, anti-inflammatory, antimicrobial, anthelmintic ⁷
Jati phuspa	f triterpenes, sesquiterpenes, linallol, ciscaryophyllene, indole, cis-3-hexenyl benzoate and methyl anthranilate.	Sedative, mild anesthetic, antiastringent ⁷
Kadamba	Cadambagenic acid, cadamine, beta sitosterol, cadambine	antihepatotoxic properties. anti diabetic, antioxidant, anti-inflammatory ⁷
Kamal phuspa	Alkaloids and flavinoids	Anticancer, antidiabetic, antiobesity, antiangiogenic ^{8,14}
Kanchnar- Kobidar phuspa	Hentriacontane, octacosanol, stigmaterol, lupeol, amino acids	anticancer, antioxidant, hypolipidemic, antimicrobial, anti-inflammatory, nephroprotective, hepatoprotective, antiulcer, immunomodulating, ⁷
Koknada(Rakta	Alkaloids and flavinoids	Anticancer, antidiabetic, antiobesity,

kamal)		antiangiogenic ^{8,14}
Kuja	quercetin, kaempferol, catechin, citronellol, limonene, lycopene, carvacrol, thymol, ascorbic acid (vitamin C), rosmarinic acid,	Anti-inflammatory, antidiabetic, anti-constipation, cardioprotective and neuroprotective activities. ¹⁵
Madhuka phuspa	Glycosides, flavinoids, terpens, saponnin	Wound healing, Rheumatism, Laxative, Anti- Haemorrhoids, Bronchitis, Anti-ulcer, Astringent, Diabetes, Stomach-ache, Increasing milk production in lactating women, Diuretic, Cure impotency and general debility. ^{16,14}
Nagkeshara	coumarins, xanthones, pyranoxanthones, flavonoids, terpenoids and steroids	antifungal and anticancer ^{8,17}
Narikela phuspa	Alcohols, ketone, carboxylic acid, phenols, esters	antioxidant, antibacterial, antiparasitic, Anti-inflammatory ⁷
Neelotpla phuspa	Antihyperlipidaemic, hepatoprotective	Anti-inflammatory, anti-microbial, anticancer ¹⁴
Padma kesarm	Alkaloids and flavinoids	Anti angiogenic, anticancer, antidiabetic, antiobesity ^{8,14}
Priyangu phuspa	Calliterpenone, acetate	antidiabetic activity, anti-inflammatory, Phalwati ¹⁸
Pullasa phuspa	flavonoids, diterpenoids, iridoid glycosides and sesquiterpenoids	Antiviral, antitumour, analgesic, anti-inflammatory ¹⁹
Shalmli phuspa	Beta- sosterol, glucosides, hentriacontane	aphrodisiac, astringent, stimulant, tonic, anti-diarrhoeal, anti-dysentery, anti-microbial, and antipyretic ²⁰
Suvarn Ketaki phuspa	d-linalool, phenyl ethylacetate, citral, phenyl ethylalcohol, ester of phthalic acid, fatty acids and stearoptene	Anti- diabetic, treat eye disorders ⁷
Utpla phuspa	Proteins, carbohydrates, reducing sugars, glycosides, phenols , tannins, saponins, alkaloids	Anti-inflammatory, antioxidant, anticancer, immunomodulator, hepatoprotective ¹¹
Vasanti (Nevari)	Benzylacetate, indole	Sedative, aphrodisiac, analgesic, antidepressant, anti-inflammatory, antiseptic, expectorant, used to treat dysmenorrhoea, amenorrhoea ⁹

Conclusion - In Ayurveda flowers have distinct place and are used in health and disease from time immemorial. It symbolizes blossoming of universal consciousness and the smile of spirit hidden in nature. On overall it would be evident that flowers as they are delicate and soothing are useful mostly in aggravation of pitta, intrinsic hemorrhage. This is the reason flower occupy an important place in individual and social life.

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