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## SURVEY STUDY ON DAIHIKA PRAKRITI IN JANGAL PRADESH

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### Abstract: -

For many years, human beings have been developing several things to make life better but every branch or system of study needs time to time research work to make its knowledge more clarified and authentic. The primary goal of *Ayurveda* is to preserve the health of healthy people while also healing ailments in afflicted people<sup>1</sup>. *Ayurveda* is one of the oldest health sciences in the world with core concepts of *Tridosha* and *Prakriti*. These core concepts allow implements of various ways for not only personalized medicine but also personalized prevention. *Prakriti* is a consequence of the relative proportion of three entities (*Tri-Doshas*), *Vata* (V), *Pitta* (P), and *Kapha* (K), which are not only genetically determined (*ShukraShonita*), but also influenced by the environment (*Mahabhuta Vikara*), maternal diet and lifestyle (*Matur Ahara Vihara*), and age of the transmitting parents (*Kala-Garbhashaya*). The nature formed due to the position of *dosha* in pregnancy is influenced by lifestyle, diet and position of the *Mahabhutas* found in that country. Thus, *desha* play a crucial role in developing constitution of a men. Considering the present scenario regarding *Prakriti* and *Desha*, this study has been designed to find out dominant *Deha prakriti* in *Jangal Desha*. It will be helpful in achieving the health status of all human being.

**Keywords:** - *Ayurveda, Daihika prakriti, Jangal Pradesh, CCRAS PAS tool, Survey on Daihika prakriti.*

## Introduction: -

Health is a state of equilibrium of *Vata, pitta, Kapha, mala kriya, Agni*, happiness of mind, spirit, and sense<sup>2</sup>. *Acharya Charaka* considered the *Prakriti* examination as the first point in his ten points of investigation regarding patients<sup>3</sup>. No two individuals are alike in the world. Diagnosis and management vary from individual to individual. The difference in nature or constitution of every individual may be the cause of variability. In the *Ayurveda* system of medicine, predisposition to disease as well as a selection of a preventive and curative regime is primarily based on the phenotypic assessment of a person which includes one's body constitution termed "*Prakriti*". *Dosha* is mainly responsible for the formation of the human constitution. Depending on the predominance of *Dosha* in the body *Prakriti* of human being bears specific characteristics. *Prakriti* or the constitution of the human being evolved at the time of fertilization remains unchanged throughout the life. *Shukra-Sonita, Matuahara-Vihara, Kalagarbhasaya, and Panchamahabhuta Vikara* are the important factors contributing information of *Prakriti*<sup>4</sup>. *Shukra* and *Sonita* are the principal factors among them. *Shukra* and *Sonita* receive their nourishment from *Ahara Rasa*. In humans *Ahara Rasa* is also responsible for nourishment of all *Dhatus*, body organs including *Garbhasaya* (uterus) and related organs of reproduction. Thus, *Dosha* affecting *Garbhasaya* will certainly play a significant role in deciding the level of *Dosha* at the time of fertilization of progeny. Age of a person along with the excellence of nourishment decides the quality of *Dhatus* of all human beings. In middle age *Dhatus* are nourished and developed to its maximum limit, thus the *Sharira bala* is also at the state of excellence. This is the most fertile period in the epochs of female's life. This will have positive effect on *Dosha* and thus finally on *Prakriti* of an offspring too. This shows importance of *Kala* in formation of *Prakriti* of offspring and maintenance of *Swasthya* too. During pregnancy foetus receives nourishment from mother. Intrauterine nourishment received from mother plays a key role in further development and thus maintenance of health for progeny. All *Dravyas* are *Panchabhautika* in origin<sup>5</sup>; so, depending on their predominance they will affect the *Prakriti*. *Ahara Dravyas* predominance of *Mahabhutas* depend on *Desha*. This shows the utmost importance of *Ahara Dravyas* in formation of *Prakriti*. *Ahara* provides basic platform in formation of these factors. Ancient *Acharyas* have mentioned specific diet to be taken before conception for qualitative genesis of *Shukra* and *Sonita*. They have also elucidated specific diet for pregnancy. Once *Prakriti* is formed it never changes<sup>6</sup>. *Dosha* takes part in physiology of human being reflects the level of *Prakritistha Dosha*. Healthy status (*Swasthya*) of every individual is said to maintain only when the physiological *Doshas* acquire the same level as that of *Prakritistha Dosha*. *Ahar- Vihar*, plays an important role in the prevention of diseases. If diet and dietary habits are having properties which provokes *Sharira Dosha*, it will lead to vitiation of *Doshas* in body, which eventually leads to formation of diseases. In classics number of *Ahara Dravyas* are mentioned. It is essential for every person to know his constitution and have *Ahar- Vihar*, accordingly. Now a day's new modalities and recipes are introduced in society by different *Desha* culture. Habits are also changed. This affects status of *Dosha* of that person.

## **Desha (Land): -**

*Ayurveda* provides rich knowledge on the geographical and socioeconomic aspects of India, in addition to medical issues and their treatment. *Desha* is one of the aspects that must be considered while determining the *Hetu* (etiological factors) and therapy options. *Hippocrates* is the father of medical geography, which is becoming more important in modern medicine. However, centuries before *Hippocrates*, the *Charaka Samhita* elaborates on medical geography. *Bhumi Desha* is used to describe architectural design, drug collecting, river water quality, air quality, and other aspects of life. The air and water that comes from a given direction have unique properties. There are three types of *Bhumi desha/land/regions*- *Jangala Desha* (Dry / Arid land), *Anupa Desha* (Marshy land) and *Sadharan Desha* (Mixed land)<sup>7</sup>.

## **Jangala Desha (Dry / Arid / Semi-arid land): -**

*Jangala Desha* Rocky, sandy, and full of stones, summer mirages, little ponds, wide areas, terrain that seems like the sky, scorching temperatures, little water, sparse rainfall, and plenty of sunlight and air. Predominance of dry wind and arid desert. Plants are mostly thorny, harsh, strong and rough in nature<sup>8</sup>. According to Morden classification of climate (Koppen classification) *Jangala desha* features are similar as dry or arid place which has boundary and divide into following

Ayurveda	Contemporary view	Rainfall (cm)	Temperature	Region
Jangala Desha	Tropical semi-arid steppe	38.1-72.2	20°C-28.8°C in December 32.8°C in May	Rain shadow belt from central Maharashtra to Tamil Nadu
	Tropical desert climate	<30.5	Above 34.5°C	Rajasthan and a part of Rann of Kutch

## **Aims and objective: -**

- Study and analysis of references regarding narrations about *Prakriti* mentioned in Ayurvedic texts.
- To study in detail the *jangala Pradesh* and *Prakriti* assessment for individuals of *jangala Pradesh*.

## **Materials and methods: -**

### **(A) Literary review: -**

References will be

collected from classical ayurvedic texts as well as from previous research works, research articles, from internet and modern science literatures, ayush research portal, google scholar etc.

### **(B) Eligibility criteria: -**

#### **Inclusion criteria**

- Healthy volunteers between age group 18 - 45 year will be selected.

## Exclusion criteria

- Age less than 18 years and more than 45 years.
- Patient suffering from any major systemic disorder like diabetes mellitus, renal failure etc.
- Person who is not willing to participate in the survey study.

## (C) Research Design

Single observational study

## (D) Sources of Data

The Data was collected from Jangal Pradesh of Rajasthan.

## Plan of Survey Study

CCRAS tool of PAS was used for the survey study. All the subjects were verbally given a brief description on the purpose of the study. The subjects who agreed to provide information completed the proforma of PAS. The survey study has been conducted in one group of healthy subjects. The term 'healthy' means 'absence of any disease'. *Prakriti* of all the subjects has been analysed on the basis of PAS's report. While analysing the *Prakriti* it was observed that all the subjects were having dominance of one *Doṣha* followed by another *Doṣha*. Therefore, on the basis of *Prakriti* analysis all the subjects have divided into six categories as *Vata-Pitta Prakriti*, *Vata-Kapha Prakriti*, *Pitta-Kapha Prakriti*, *Pitta-Vata Prakriti*, *Kapha-Vata Prakriti* and *Kapha-Pitta Prakriti*. To know the wholesome and unwholesome effect of *Jangal desha* on *Prakriti*, the district of typical *jangal desha* was decided by ancient and modern narrations.

## OBSERVATION AND RESULTS: -

Observation is the active acquisition of information from a primary source.

Present survey study includes total 180 persons. Presented below are the observations derived after statistically analysing the data elements of the completed proforma report.

## Demographic data

### Birthplace of volunteer

S.NO.	BIRTH PLACE	Count of Volunteer
1	BARMER	5
2	BIKANER	6
3	CHURU	3
4	GANGANAGAR	4
5	HANUMANGARH	6
6	JAISALMER	12
7	JALOR	4
8	JODHPUR	94
9	NAGPUR	31
10	PALI	15
TOTAL		180

The place of birth (POB) or birthplace is the place where a person was born.

A total of 180 subjects whose birthplace was Jangal Desha are registered for the observational trial. Among them, 94 (52.22%) Jodhpur, 31 (17.22%) Nagaur, 15 (8.33%) Pali, 12 (6.66%) Jaisalmer, 6 (3.33%) Bikaner, 6 (3.33%) Hanumangarh, 5 (2.77%) Barmer, 4 (2.22%) Jalor & Ganganagar, 3 (1.66%) Churu volunteer were selected.

### Classification of Subjects According to Gender: -

Observations-In volunteer group 62.22% of total participants are males and 37.77% are females of Jangal Desha.

Gender	No. of volunteer	N (%)
F	68	37.77%
M	112	62.22%

### Classification of Subjects According to marital status: -

Marital status	Sum of volunteer	N (%)
MARRIED	85	47.22%
UNMARRIED	95	52.77 %

In volunteer group 52.77% of people are unmarried and 47.22% are married.

### Subjects According to diet: -

In volunteer group 66.67% of people are vegetarian and 33.33% are taking mixed diet.

Diet	Sum of volunteer	N (%)
MIXED	60	33.33%
VEGETARIAN	120	66.67%

### Classification of Subjects According to education: -

Prakriti	GRADUATE		INTERMEDIATE		MIDDLE		UP TO PRIMARY	
	No.	%	No.	%	No.	%	No.	%
VP	77	42.77%	28	15.55%	01	0.55%	-	-
PV	34	18.88%	3	1.6%	-	-	-	-
PK	7	3.88%	1	0.55%	-	-	-	-
KP	9	5.00%	1	0.55%	-	-	-	-
VK	8	4.44%	2	1.11%	-	-	01	0.55%
KV	5	2.77%	3	1.66%	-	-	-	-
Total	140	77.7%	38	21.11%	01	0.55%	01	0.55%

In volunteer group maximum 77.77% of individuals are graduate, 21.11 % intermediate, 0.55 % are middle and 0.55 % are up to primary literate. Among the literate maximum persons are of *Vata - Pitta Prakriti* followed by *Pitta- Vata Prakriti* and least persons belongs to *Kapha-Vata Prakriti*.

### Classification of Subjects According to Religion: -

HINDU	MUSLIM	OTHER	Grand Total
171	09	0	180

The above table reveals that in healthy group maximum 95% of individuals belong to Hindu community, followed by 5% of Muslim community.

### Classification of Subjects According to economic status: -

In healthy group 50% of persons belong to 5-8 lakh line, about 30 % belong to up to 5 lakhs, 15.55 % are 8-10 lakh, 3.88 % person is 10-20 lakh and only 0.5% of persons belong to more than 20 lakh line. In healthy group mostly *Vata-Pitta* (28.8%) belongs to 5-8 lakh group and *Kapha- Vata* (1.33%) Prakriti individuals belong to 8-10 lakh group.

Prakriti	UP TO 5 LAKH	5 to 8 LAKH	8 TO 10 LAKH	10 TO 20 LAKH	MORE THAN 20 LAKH
VP	33	52	17	3	1
PV	12	21	2	2	-
PK	1	4	2	1	-
KP	4	3	2	1	-
VK	4	4	3	-	-
KV	-	6	2	-	-
Total	54	90	28	7	1

### Classification of Subjects According to occupation: -

Prakriti	STUDENT	FIELD WORK	DESK WORK	HOUSE WIFE
VP	55	36	11	4
PV	19	14	4	-
PK	6	2	-	-
KP	7	2	1	-
VK	6	3	1	1
KV	5	-	2	1
Total	98	57	19	6

In healthy group 54.44% of persons are student, 31.66 % are doing field work, about 10.55 % belong to desk work and only 3.33% of persons belong to house wife. In healthy group mostly *Vata-Pitta* (30.55%) belongs to Student and *Kapha- Vata* (0.55%) *Prakriti* individuals belong to House wife.

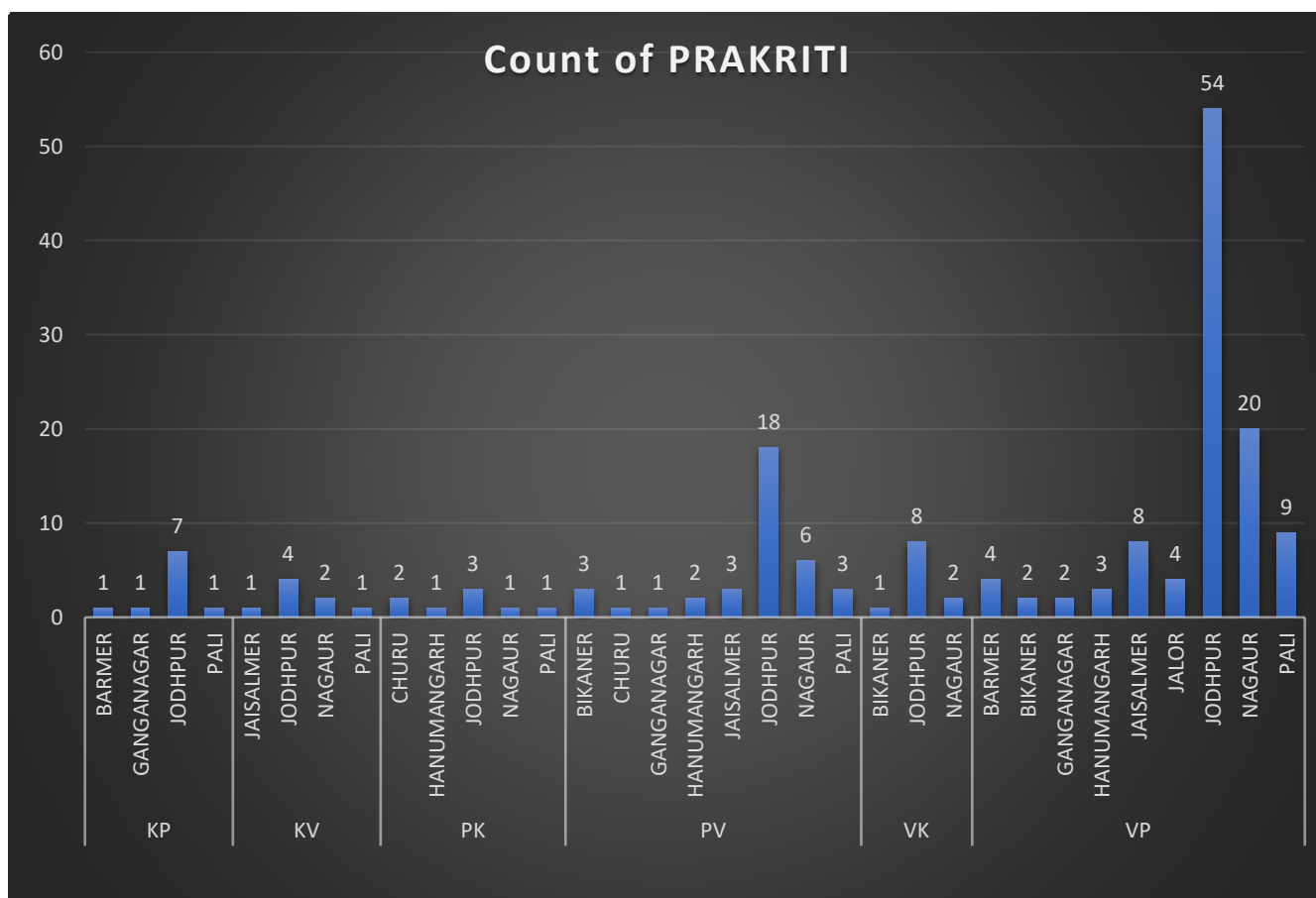
### Classification of Subjects According to Prakriti and Age: -

The above table reveals that in healthy group 42.45% subjects of *Vata-Pitta Prakriti* belong to 18-24 yrs of age group followed by 33.98% subjects from 25-31 yrs of age group. Maximum 48.64% of *Pitta- Vata Prakriti* belongs to 25-31 and least is 5.4% belongs to 32-38 group. Maximum 62.5% of *Pitta-kapha Prakriti* belongs to 18-24 and least 12.5 % are 32-38 group. Maximum 50% of *Kapha- Pitta Prakriti* belongs to 25-31 and least 10% are 39-45 group. Maximum 54.54% of *Vata- kapha Prakriti* belongs to 18-24 yrs of age group and least 18.18% are 32-38 group. Mostly *Kapha- Vata Prakriti* are in 18-24 yrs of age group. Thus among 180 people of healthy group maximum 43.33% of individual belong to 18-24 yrs of age group.

PRAKRITI	18 – 24	25 – 31	32 - 38	39-45
VP	45	35	19	07
PV	13	18	02	04
PK	05	02	01	00
KP	04	05	00	01
VK	06	03	02	00
KV	05	03	00	00
Total	78	66	24	12

### Classification of Subjects According to Prakriti and Desha: -

JANGAL DESHA (Include District)	VP	PV	PK	KP	VK	KV
BARMER	04	-	-	01	-	-
BIKANER	02	03	-	-	01	-
CHURU	-	01	02	-	-	-
GANGANAGAR	02	01	-	01	-	-
HANUMANGARH	03	02	01	-	-	-
JAISALMER	08	03	-	-	-	01
JALOR	04	-	-	-	-	-
JODHPUR	54	18	03	07	08	04
NAGPUR	20	06	01		02	02
PALI	09	03	01	01	-	01
TOTAL	106	37	08	10	11	08



The above table reveals that in healthy group 50.94% subjects of *Vata-Pitta Prakriti* belong to Jodhpur region followed by 18.86% subjects from Nagaur. Maximum 48.64% of *Pitta- Vata Prakriti* belongs to Jodhpur and least is from Ganganagar. Mostly *Pitta-kapha Prakriti* belongs to jodhpur and least from Ganganagar. Thus among 180 people of healthy group maximum 58.88% of individual belong to *VP Prakriti* and least are KV followed by PK.

### DISCUSSION SURVEY STUDY: -

The ayurvedic name for a certain geographical area's topography-climate-vegetation profile is '*Desha*'<sup>9</sup>. Individual human constitution is defined by the term '*Prakriti*'. *Desha* and *Prakriti* are made up of comparable source materials, and as a result, they interact frequently and have unique characteristics arising from their common origins. A specific geographical area's terrain, climate, and vegetation are profiled by *Desha*. Each *Desha* is dominated by one of the *Mahabhootas*, and as a result, each *Desha* has a natural affinity for the matching *dosha*. *Anoopa desha* (wet and cold regions), for example, has a natural connection with *Kapha dosha* because both are products dominated by *Jala mahabhoota*. In addition, the qualities of the *desha* themselves reveal the source *mahabhootas*. *Acharya Charak* has clearly mentioned the features of *jangal desha* in *kalpa sthan*. According to these features we can mark a *Bhoomi* or *Desh* as a *jangal desh*.



Fetures of Jangal Desha	Features of arid or semi-arid region
Less number of water bodies (lake, pond etc.) <sup>10</sup>	Less in number <sup>13</sup>
Abundance of sunlight(ch) <sup>10</sup>	Mean duration of bright sun in this region is 8.0 to 8.8 hr /day. Maximun sunshine period of 10 to 10.5 hr/ day in may <sup>13</sup>
Abundance of air (ch) <sup>10</sup>	Average wind speeds of more than 8.8 miles per hour <sup>13</sup>
Water rains less (su) <sup>11</sup>	With yearly rainfall ranging from 10 to 40 cm <sup>13</sup>
Small and thorny trees (su) <sup>11</sup>	Haloxylon-Leptadenia Type <sup>13</sup> Euphorbia caducifolia Type <sup>13</sup> Capparis decidua Type <sup>13</sup>
Hot and strong wind blows (su) <sup>11</sup>	Can reach speeds of up to 136 km/h in hot Weather <sup>13</sup>
Scorching by the intense rays of the sun (hs) <sup>12</sup>	Average maximum temperature range from 39 to 42° C <sup>13</sup>

So, regarding this fact i considered some of district Rajasthan as a Jangal Pradesh.

These districts are Barmer, Bikaner, Churu, Ganganagar, Hanumangarh, Jaisalmer, Jalor, Jodhpur and Nagaur. On the basis of the foregoing facts, it can be concluded that all of the primary and supporting factors impacting the status of *Dosha* at the time of fertilisation are influenced by the type of *Desha*, *Ahar*, and other factor consumed by the parents at the time. This establishes *Desha's* pivotal involvement in the formation of progeny *Prakriti*. The goal of this research is to collect, explore, and understand information about *Desha* and its impact on *Prakriti* which develop human health and disease as described in the *Ayurveda* classics. *Desha* is the natural habitat of any species or where a person takes birth. The above table reveals that in healthy group 50.94% subjects of *Vata-Pitta Prakriti* belong to Jodhpur region followed by 18.86% subjects from Nagaur. Thus among 180 people of healthy group maximum 58.88% of individual belong to *VP Prakriti*. This survey study was conduct in west rajasthan part where average temperature is high than normal climate so this type of temperature absorbs Saumyansh of climate by its heat thus this factor creates more Ruksha Guna in climate and human body also. Due to more day time, less amount of water surface bodies, less rain falls and temperature of climate it produces more Ushma Guna in atmosphere which create more Pitta Dosha in climate. As we know that human body also reacts with environmental condition. this type of reaction changes human equilibrium of body according of environment in a limit so human can exist in it. Some change create phenotype in body that called in morden epigenetics. Thus, this type of environment condition proves Acharya Charka statement that this type of environment is Vata Pitta bahula<sup>14</sup>. above study also prove it.

## Conclusion: -

The term '*Prakriti*' has been defined by *Acharya Narasinha* (commentator of *Rasavaisesikasutra*) as the conductive state of *Dosha* generated at the moment of conception during the process of reproduction due to self-excitatory reasons, which lasts from birth to death of an individual. The type and quality of *Ahara*, *Desha*, *Agni*, and other components impacting the status of *Dosha* at the time of fertilisation are all dependent on the type and quality of *Ahara*, *Desha*, *Agni*, and other components that parents were dealing with at the time. As a result, *Desha* played a significant role at the time.

*Acharya Charka* described the *Jatiprasakta*, *Kulaprasakta*, *Deshanupatini*, *Kalanupatini*, *Vayonupatini*, and *Pratyatmaniyata Prakriti*<sup>15</sup> based on these elements. Prior to assessing the *Prakriti*, it is important for a physician to be aware of these natural characteristics. After determining the *Prakriti* initial stage of life and learning about the opposing *Ahara- Vihara* consumption, more success is obtained in accomplishing the goal of "*Swasthasya Swasthya Rakshanam*" in human life. By evaluating the *Prakriti*, it is possible to receive desirable benefits from the associated medical system; only after the *Prakriti* has been determined, it is possible to know the deforming expressions and states of dosha, allowing the goal of "*Aaturasyavikarprashamanam*" to be achieved. According to *Acharya Charak*, there is abundance of *Vata-Pitta Dosha* in *Jangal Desha*. I also found in my survey study of 180 healthy persons in *Jangal Pardesh* where *Dosha* and *Prakriti* of maximum 106 (58.88%) healthy persons of *Jangal Desh*, is same *VP Prakriti* as *Acharya Charak* said *Vata -Pitta Dosha* in *Jangal Desha* and one another thing was I found that almost people have *Dwandaj Prakriti* rather than single or *Sama Prakriti*.

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