



REVIEW ARTICLE

## A CONCEPTUAL REVIEW ON AROHANA ANUVASANA VASTI

Aswini S K Varier<sup>1</sup>, Anusha B<sup>2</sup> & Shitha Thomas<sup>3</sup>

<sup>1</sup>MD Scholar, Department of Panchakarma, Government Ayurveda College, Tripunithura, Kerala, India

<sup>2</sup>MD Scholar, Department of Panchakarma, Government Ayurveda College, Tripunithura, Kerala, India

<sup>3</sup>Assistant Professor, Department of Panchakarma, Government Ayurveda College, Tripunithura, Kerala, India

\*Email:[aswiniskv18@gmail.com](mailto:aswiniskv18@gmail.com)

### ARTICLE HISTORY

Received: 02 December 2022

Accepted: 19 December 2022

Available online

Version 1.0 : 31 December 2022

Version 2.0 : 07 April 2023

### Keywords

*Panchakarma, Sneha vasti, Arohana anuvasana vasti*

### Additional information

**Peer review:** Publisher thanks Sectional Editor and the other anonymous reviewers for their contribution to the peer review of this work.

**Reprints & permissions information** is available at <https://keralajournalofayurveda.org/index.php/kja/open-access-policy>

**Publisher's Note:** All Kerala Govt. Ayurveda College Teacher's Association remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

**Copyright:** © The Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited (<https://creativecommons.org/licenses/by/4.0/>)

### CITE THIS ARTICLE

Varier A S K, Anusha B & Thomas S.A Conceptual Review On *Arohana Anuvasana Vasti*. Kerala Journal of Ayurveda. 2022; 1(2): 30–34. <https://doi.org/10.55718/kja.119>



kja.119

### Abstract

*Panchakarma* is a unique approach of Ayurveda with specially designed five procedures, ie, *Vamana, Virechana, Niruha vasti, Anuvasana vasti* and *Nasya*, in order to eliminate the vitiated doshas from the body. Among *Panchakarma* procedures, *Vasti(enema)* is considered as the superior therapeutic and rejuvenative procedure and it is considered as *Ardha chikitsa*, which possess broad spectrum of actions. *Vasti* is classified mainly into three types-*Niruha vasti, Anuvasana vasti* and *Uttara vasti*. *Anuvasana vasti* (unctuous enema) is a type of *Vasti* in which *Snehadravya* (unctuous substance) is being administered through anal canal into the rectum. *Anuvasana vasti* done in escalating pattern ie, by increasing the dose daily is known as *Arohana anuvasana vasti*. An attempt has been made here to review the concept of *Arohana anuvasana vasti* and its dosage in different Ayurvedic classics. Detailed description about dose of *Anuvasana vasti* according to different *Acharyas* are explained in this article.

### Introduction

*Panchakarma* (*Pancha* = five, *Karma* = procedures) are five specially designed purificatory procedures which are aimed at achieving therapeutic and rejuvenative effects. *Panchakarma* not only prevents diseases but also restores the health of an individual. *Vamana, Virechana, Niruha vasti, Anuvasana vasti* and *Nasya* are the five *Panchakarma* procedures framed in order to eliminate the vitiated *doshas* from the body. Among them, *Vasti(enema)* is considered as the superior therapeutic procedure and also considered as *Ardha chikitsa*.<sup>1</sup> According to Vagbhata, *Vasti* is mainly classified into three - *Niruha vasti, Anuvasana vasti*, and *Uttara vasti*.<sup>2</sup> *Anuvasana vasti* is also known as *Sneha vasti* or *Snaihika vasti* as only *Sneha dravyas* (viz. medicated *Taila, Ghrita, Vasa*, or *Majja*) are administered through the anal canal into the rectum.

### ANUVASANA VASTI

The word *Anuvasana* is derived from the root word '*Vaasa*' with prefix '*Anu*' and '*Lyut*' suffix. Its meaning is to dwell near to or to inhabit along with.<sup>3</sup> *Vasti* in which *Aushadha siddha sneha* (medicated unctuous materials) is adminis-

tered according to the condition of disease and *Dosha* is called *Anuvasana vasti*. According to Acharya Charaka and Acharya Vagbhata both *Sneha vasti* and *Anuvasana vasti* can be used synonymously. *Anuvasana vasti* makes use of *Sneha* alone which is the *Agrya aushada* (primary therapeutics) for *Vata dosha*. Hence by directly administering the *Sneha* to the *Vata sthana* (principal abode of *Vata*) i.e., *Pakwashaya*, it helps in regulating the *Vata dosha*.

#### DEFINITION ACCORDING TO DIFFERENT ACHARYAS

According to Acharya Susrutha and Acharya Vagbhata, *Vasti* that can be administered daily after taking food and that does not produce any harm even after staying for long time is called as *Anuvasana vasti*<sup>4,5</sup>

According to Acharya Vangasena, it is named *Anuvasana* because *Thaila* or *Ghritha* used in it anoints the body during night. It is so named because it is given in a lying posture on bed after proper *Sodhana* and wholesome diet.<sup>6</sup>

#### CLASSIFICATION OF SNEHA VASTI

As per Acharya Susrutha, Chakrapani, Gayadasa and Dalhana, *Sneha vasti* is classified into three types based on its dose - *Sneha Vasti*, *Anuvasana Vasti* and *Matra Vasti*. According to them, dose of *Sneha vasti* is 1/4<sup>th</sup> quantity of *Niruha vasti* (240ml). Dose of *Anuvasana vasti* is ½ the quantity of *Sneha vasti* (120ml) and that of *Matravasti* is 1/4<sup>th</sup> quantity of *Snehavasti* or ½ the quantity of *Anuvasana vasti*(60ml).<sup>7</sup>

#### DOSE OF ANUVASANA VASTI

*Anuvasana vasti* is considered as synonymous to *Sneha vasti* by Acharya Charaka and Acharya Vagbhata and its quantity is less than *Niruha vasti* in three quarters. But according to Dalhana<sup>8</sup>, Chakradatta<sup>9</sup>, Vangasena<sup>10</sup> and Deepika commentary of Sarangadhara Samhitha<sup>11</sup>, *Sreshtha matra* (highest dose), *Madhyama matra* (medium dose) and *Kaneeyasi matra* (lowest dose) of *Anuvasana vasti* is mentioned as 6 *Pala* (288 ml), 3 *Pala* (144 ml), and 1½ *Pala* (72 ml). As per Deepika commentary of Sarangadhara Samhitha, *Uttama matra* (highest dose) of *Anuvasana vasti* can be administered to persons having good digestive capacity and strength. Similarly, persons with moderate digestive capacity and strength can be administered with *Madhyama matra* of *Anuvasana vasti*. *Hrasva matra* (lowest dose) of *Anuvasana vasti* can be administered to persons with minimal digestive capacity and strength.

#### INDICATIONS OF DIFFERENT DOSES OF ANUVASANA VASTI<sup>12</sup>

| MATRA           | INDICATED CONDITIONS  |
|-----------------|---|
| <i>Uthama</i>   | <i>Ativyayama, Ativyavaya, Atipaana, Atyadhwa, Atisangina, Snehasatmya, Vayastha Drida Agnibala, Adhaprakupitha Vayu, Vaa-tatmaka</i> |
| <i>Madhyama</i> | <i>Madhyama avastha</i>   |
| <i>Avara</i>    | <i>Alpa vayo vyadhi bala</i>  |

#### AROHANA ANUVASANA VASTI

In contemporary practice, *Anuvasana vasti* is administered in two ways. One method is administering *Vasti* in constant dose for the entire course of therapy and the other method is administering *Anuvasana vasti* in escalating dose. The latter one is also known as *Arohana anuvasana vasti*. The literal meaning of *Arohana* is “*Neechaturdhwagamanamiti*” i.e., Escalation following an ascending pattern or act of rising.<sup>13</sup> In *Arohana anuvasana vasti*, it is done in escalating pattern with daily increase in dose for a specific period of time. Acharya Vangasena, Chakradutta, Deepika Commentary of Sharangadhara Samhitha by Adamalla and Vrinda Madhava have mentioned about *Arohana anuvasana vasti*.

#### DESCRIPTIONS ABOUT AROHANA ANUVASANA VASTI BY VARIOUS

##### ACCORDING TO VRINDA MADHAVA (8<sup>th</sup> century AD)

The *Uttama*, *Madhyama*, *Avara matra* are respectively 6 *Pala* (288ml), 3 *Pala* (144ml) and 1½(72ml) *Pala*. In *Uttama matra* the first dose should begin with 2 *Pala* (96ml) and increased by ½ *Pala*(24ml) daily till attaining 6 *Pala* (288ml), *Madhyama matra* should be started with a dose of 1 *Pala* (48ml) and be increased by one *Aksha* or 1 *Karsha*(12ml) till attaining 3 *Pala*(144ml) and the *Avara matra* should be started with dose of 2 *Karsha*(24ml) and increased by eight *Masha*. In the context of *Avara matra* it is mentioned that the dose should be increased by *Vasu masha*. *Vasu* is 8 in number, so 8 *Masha* (8ml) should be increased daily to achieve 1 ½ *pala*(72ml), this should be the pattern of the dose of *Arohana anuvasana vasti*.<sup>14</sup>

##### CHAKRADUTTHA (11<sup>th</sup> century AD)

According to Chakradutta in *Uttamamatra* starting dose is 2 *Pala* (96ml) and is increased by 1/2 *Pala* (24ml) daily, in *Madhyama-matra* starting dose is 1 *Pala*(48ml) and is increased by 1 *Aksha* or 1 *Karsha*(12ml) in *Kaneeyasimatra* starting dose is 2 *Karsha* (24ml)and is increased by 8 *Maasha* (8ml). In *Sloka* it's mentioned as *Vasu maasha vridhi*. *Vasu* signifies the number 8. So, we infer to increase 8 *Masha* daily in *Kaneeyasi matra*.<sup>15</sup>

**Table 1.** Dose of *Anuvasana Vasti* By Vangasena

| DOSE                  | DAYS   |                             |                            |                             |                            |                             |                            |                             |   |
|-----------------------|--|-----------------------------|----------------------------|-----------------------------|----------------------------|-----------------------------|----------------------------|-----------------------------|---|
|                       | 1  | 2                           | 3                          | 4                           | 5                          | 6                           | 7                          | 8                           | 9   |
| <i>Uttama matra</i>   | <i>Prasruta</i><br>(2 <i>Pala</i> )<br>96 ml | 2½ <i>Pala</i><br>120ml     | 3 <i>Pala</i><br>144ml     | 3½ <i>Pala</i><br>168 ml    | 4 <i>Pala</i><br>192ml     | 4½ <i>Pala</i><br>216ml     | 5 <i>Pala</i><br>240ml     | 5½<br><i>Pala</i><br>264ml  | 6 <i>Pala</i><br>288ml                        |
| <i>Madhyama Matra</i> | 4 <i>karsha</i><br>(1 <i>Pala</i> )<br>48ml  | 5 <i>Karsha</i><br>60ml     | 6 <i>Karsha</i><br>72ml    | 7 <i>Karsha</i><br>84ml     | 8 <i>Karsha</i><br>96ml    | 9 <i>Karsha</i><br>108ml    | 10 <i>Karsha</i><br>120ml  | 11 <i>Karsha</i><br>132ml   | 12 <i>Karsha</i><br>(3 <i>Pala</i> )<br>144ml |
| <i>Heena Matra</i>    | 2<br><i>Karsha</i><br>24ml                   | 2½<br><i>Karsha</i><br>30ml | 3<br><i>Karsha</i><br>36ml | 3½<br><i>Karsha</i><br>42ml | 4<br><i>Karsha</i><br>48ml | 4½<br><i>Karsha</i><br>54ml | 5<br><i>Karsha</i><br>60ml | 5½<br><i>Karsha</i><br>66ml | 6<br><i>Karsha</i><br>72ml                    |

**VANGASENA (12<sup>th</sup> century AD)**

As per Vangasena, *Uttama*, *Madhyama* and *Heena matra* of *Anuvasana vasti* are 6 *Pala* (288ml), 3 *Pala*(144ml) and 1 ½ *Pala*(72ml) respectively. While administering *Arohana anuvasana vasti*, *Uttama matra* begins with dose of 1 *Prasruta* or 2 *Pala*(96ml) increased by ½ *Pala* (24ml) daily, *Madhyama matra* begins with 1 *Pala*(48ml) increased by 1 *Pichu* or 1 *Karsha*(12ml) daily, *Avara matra* beginning with ½ *Pala* (24ml) or 2 *Karsha*(24ml) increased by ½ *Karsha*(6ml) daily and reaches 6 *Pala* (288ml), 3 *Pala*(144ml), 1 ½ *Pala*(72ml).<sup>16</sup>

**DEEPIKA COMMENTARY OF SARANGADHARA BY ADAMALLA (14<sup>th</sup> century AD)**

As per Deepika commentary of Sarangadhara Samhita, the *Uttama*, *Madhyama*, *Avara matra* are 6 *Pala* (288ml) , 3 *Pala*(144ml) and 1½ *Pala*(72ml) respectively and can be fixed considering the *Rogibala* (strength of patient) and *Agnibala* (digestive capacity). In *Uttamamatra* dose is 6 *Pala* (288ml), it should commence with a dose of 2 *Pala* (96ml), in *Madhyama matra* dose is 3 *Pala*(144ml), it should commence with 1 *Pala*(48ml) and increased with 1 *Karsha*(12ml) daily for a period of 9 days till it reaches 3 *Pala*(144ml), in *Kaneeyasimatra* dose is 1½ *Pala*(72ml), it should commence with *Ardhapala* or *Karsha dwaya* (24ml) and increased daily with a quantity of 8 *maasha* (8ml) for a period of 9 days till it reaches 1 ½ *Pala*(72ml).<sup>17</sup>

**Table 2.** Dose of *Anuvasana Vasti* by Vrnda Madhava, Chakradatta, Deepika Commentary

| DOSE                  | DAYS  |                         |                         |                         |                         |                          |                          |                          |  |
|-----------------------|---|-------------------------|-------------------------|-------------------------|-------------------------|--------------------------|--------------------------|--------------------------|--|
|                       | 1   | 2                       | 3                       | 4                       | 5                       | 6                        | 7                        | 8                        | 9  |
| <i>Uttama matra</i>   | 2 <i>Pala</i><br>96ml                         | 2½ <i>Pala</i><br>120ml | 3 <i>Pala</i><br>144ml  | 3½ <i>Pala</i><br>168ml | 4 <i>Pala</i><br>192 ml | 4½ <i>Pala</i><br>216 ml | 5 <i>Pala</i><br>240ml   | 5½ <i>Pala</i><br>264ml  | 6 <i>Pala</i> (288ml)<br>288ml               |
| <i>Madhyama Matra</i> | 4 <i>Aksha</i><br>(1 <i>Pala</i> )<br>48ml    | 5 <i>Aksha</i><br>60ml  | 6 <i>Aksha</i><br>72ml  | 7 <i>Aksha</i><br>84ml  | 8 <i>Aksha</i><br>96ml  | 9 <i>Aksha</i><br>108ml  | 10 <i>Aksha</i><br>120ml | 11 <i>Aksha</i><br>132ml | 12 <i>Aksha</i><br>(3 <i>Pala</i> )<br>144ml |
| <i>Heena matra</i>    | 2 <i>Karsha</i><br>(24 <i>Masha</i> )<br>24ml | 32 <i>masha</i><br>32ml | 40 <i>masha</i><br>40ml | 48 <i>masha</i><br>48ml | 56 <i>masha</i><br>56ml | 64 <i>masha</i><br>64ml  | 72 <i>masha</i><br>72ml  | -                        | -  |

## PREVIOUS STUDIES DONE ON AROHANA ANUVASANA VASTI

| Sl.no | PREVIOUS STUDY  |
|-------|---|
| 1     | Shamna.K.K, MD in Panchakarma, work named "A clinical study on <i>Arohana anuvasanakrama</i> with special reference to <i>Kateegraha</i> " Department of Panchakarma, VPSV Ayurveda College, Kottakkal, 2013, KUHS  |
| 2     | Priyadarshani Arvind Kadus, Surendra M.Vedpathak, article on " <i>Anuvasana vasti</i> in escalating dose is an alternative for <i>Snehapana</i> before <i>Vamana</i> and <i>Virechana</i> : Trends from a pilot study" 2014, Vol 5, Issue 4, p.246-250.   |
| 3     | Soumya O S, MD in Panchakarma, work named "Comparative clinical study to assess the effectiveness of <i>Sodhanartha arohana sneha vasti</i> with <i>Sodhanartha snehapana</i> in <i>Kateegraha</i> " Department of Panchakarma, Govt. Ayurveda college, Tripunithura, 2019, KUHS  |
| 4     | Seena S, Remya Vijayan, Pooja Prakash, Departmental work conducted at Govt. Ayurveda college, Tripunithura named "A clinical trial to assess the effect of <i>Arohana anuvasana vasti</i> for 9 days in reducing pain and improving functional ability of Lumbar degenerative disc disease" Department of Panchakarma, Govt. Ayurveda college, Tripunithura, 2021, KUHS |
| 5     | Susan K.E., MD in Panchakarma, work named "Effect of <i>Arohana anuvasana vasti</i> with <i>Sahacharadi thailam</i> ( <i>Mezhukupakam</i> ) in <i>Kateegraha</i> " department of Panchakarma, Govt. Ayurveda college, Thiruvananthapuram, 2021, KUHS  |

## Discussion

While considering the dose of *Anuvasana vasti*, instead of administering a fixed dose an escalating pattern is followed in *Arohana anuvasana vasti*. The concept of escalating dose of *Anuvasana vasti* is not mentioned specifically in Brihat trayees. The novel idea of *Arohana anuvasana vasti* was put forward in later treaties like Chakradatta, Vangasena, Vrinda Madhava. In *Uttama matra*, 2 *Pala* (96ml) is administered in the beginning and then increased by ½ *Pala* (24ml) daily, in *Madhyamamatra* 1 *Pala* (48ml) in the beginning and then increased by 1 *Arsha* (12ml) daily, in *Kaneeyasi matra*, 2 *Karsha*(24ml) is given in the beginning and increased by 8 *Masha* (8ml) daily. According to Vangasena, there are slight difference in case of *Kaneeyasi matra*, 2 *Karsha* (24ml) is given in the beginning and increased by ½ *Karsha* (6 ml).

According to Acharya Vagbhata and Acharya Caraka, one or three *Sneha vasti* should be administered for *Kaphaja rogas*, five or seven for *Paittika rogas*, nine or eleven for *Vatika roga*. While following *Arohana sneha vasti* pattern, the *Uttama* and *Madhyama matra* will take 9 days to reach the maximum dose, 6 *Pala* (288ml) and 3 *Pala*(144ml) respectively. In *Kaneeyasi matra* the maximum dose of 1 ½ *Pala* (72ml) is attained by 7 days as per acharya Chakradatta, Vrindamadhava, Deepika commentary of Sharangadhara. But according to Vangasena, the *Kaneeyasi matra* is attained by 9 days.

While administering fixed dose in *Uttama matra* of *Anuvasana vasti* for 9 days a total quantity of 2592 ml is required but only 1728 ml is required for *Arohana anuvasana vasti*. On administration of fixed dose of *Madhyama matra* for 9 days a total quantity of 1296 ml is required but while following *Arohana anuvasana* pattern only 864 ml is required. Following *Avara matra* in fixed dose, total quantity of 648 ml is required for 9 days but only 432 ml is required while following *Arohana anuvasana vasti*. So, adopting escalating pattern of *Anuvasana vasti* will be more

feasible and cost effective.

In the context of *Anuvasana*, Acharya Vagbhata says that *Samyaklakshana*, *Ayogalakshana*, and *Atiyogalakshana* of *Anuvasana* are similar to that of *Snehapana*<sup>18</sup>. Thus, complications that may arise due to oral administration of large quantity of *Sneha* are likely to occur in per rectal administration also. In the context of *Sneha adhyaya* in Ashtanga Sangraha its mentioned that administering large quantity of *Sneha* in *Ajnata koshta* there may be even threat to persons life.<sup>19</sup> Thus it is safer to follow an escalating pattern of *Anuvasana vasti* as it may be more convenient for patient and chances of complications are less. In case of administration of large quantity of *Sneha* as *Anuvasana*, *Sneha apakti lakshanas* like *Jadya*, *Agni mandya* are likely to occur<sup>20</sup>.

*Arohana anuvasana vasti* aims at increasing the dose of medicines daily. According to previous studies, by giving escalating dose of *Anuvasana vasti* there is a chance of longer retention time of *Sneha* administered.<sup>21</sup> Patient will be accustomed to gradual increase in dose and this might prevent complications. Studies shows well-tolerability of *Arohana anuvasana vasti* in patients with low back ache and lumbar degenerative disc diseases.<sup>21-23</sup> Comparative studies on *Anuvasana vasti* in escalating dose as an alternative for *Snehana pana* have been done. From these studies, it may be concluded that the *Samyak snigdha lakshanas* achieved through *Arohana snehapana* can be achieved through *Arohana anuvasana vasti* also.<sup>24,25</sup>

## Conclusion

According to the strength of patient (*Rogi bala*), disease (*Roga*) and digestive capacity (*Agni*) the dose of *Arohana anuvasana vasti* can be selected. The *Uttama matra* of *Arohana anuvasana vasti* starts with dose of 2 *Pala* (96 ml) and reaches a maximum dose of 6 *Pala* (288ml) on 9<sup>th</sup> day, in *Madhyama matra* the starting dose is 1 *Pala* (48 ml) and its

maximum dose is 3 *Pala*(144ml) and in *Heena* matra starting dose is 2 *Karsha* (24 ml) and its maximum dose is 1 ½ *Pala* (72 ml). In *Anuvasana vasti*, fixed dose of *Sneha* is administered daily whereas in case of *Arohana anuvasana vasti* escalating pattern is followed, thus quantity of *Sneha* used is comparatively less, thus *Arohana anuvasana vasti* is more economical.

## References

1. Sharma R.K , Bhagwan Dash. Agnivesa's Caraka Samhita with Chakrapani datta's Ayurveda Deepika Commentary, Choukamba Sanskrit Series Office, Varanasi; Reprint 2018. Sidhithana, Chapter 1,Kalpanasidhi adhyaya, page 163
2. Srikantha Murthy K. R.Vagbhata's Astanga hrdayam ,Choukamba Krishnadas Academy, Varanasi, Choukamba press, Varanasi:10th edition,Reprint 2014,Chapter 19, Bastividhi adhyaya, page 238
3. Rajaradha Kanthadeva, Sabdhakalpadrumam. Delhi: Nagsharan publishers;1987;p.51.
4. Srikanthamurthy K. R. Susrutha Samhita Chikitsa sthana,Varanasi : Chaukambha Orientalia; Reprint 2012; p.333.35/18
5. Srikanthamurthy K.R, Vagbhata's Astanga Sangraha Sutrasthana,Varanasi: Chaukambha Orientalia;2012;1:p.487.28/9.
6. Nirmal Saxena ,Vangasena's Vangasena Samhitha,Varanasi; Chaukambha Sanskrit series office;2004;2:p.1145.83/7-8.
7. Srikanthamurthy K. R. Susrutha Samhita Chikitsa sthana,Varanasi : Chaukambha Orientalia; Reprint 2012; p.333.35/18
8. Yadavji Trikamji Acharya,Narayan Ram aacharya edited. Commentary of Sri Dalhanacharya.8th edition, Varanasi:Chaukambaorientalia, reprint 2013.Chikitsasthana 37/4, page 531
9. P.V. Sharma editor. Chakradatta. Varanasi: Chaukambha Orientalia; 2007; p.619, 72 / 3-4
10. Vangasena. Vangasena Samhita (Nirmal Saxena; trans, English) Varanasi: Choukambha Sanskrit series office; 2004;2:p.1147.83/20
11. Adamalla's Deepika and Kasirama's GudarthaDeepika commentary of Sarangadhara Samhitha, Varanasi ;Chaukambha Orientalia ,Reprint 2016;Uttarakhanda,p.319,5/1
12. Tewari P.V. editor.Kasyapa Samhitha.Varanasi:Chaukamba Vishvabhara;Reprint 2013;Khilasthana :page541.8/109
13. Rajaradha Kanthadeva, Sabdhakalpadrumam. Varanasi:Chaukamba Sanskrit series office ;2011;1:p.189
14. Premvati Tewari, Asha Kumari edited, Vrindamadhava. Varanasi, Chaukambha Viswabharathi, First edition:2006, p.923,75/12-13
15. P.V. Sharma editor. Chakradatta. Varanasi: Chaukambha Orientalia; 2007; p.619, 72 / 3-4
16. Vangasena Samhita (Nirmal Saxena; trans, English) Varanasi: Choukambha Sanskrit series office; 2004;2:p.1147.83/20
17. Adamalla's Deepika and Kasirama's GudarthaDeepika commentary of Sarangadhara Samhitha, Varanasi ;Chaukambha Orientalia ,Reprint 2016;Uttarakhanda,p.323,5/20
18. Srikantha murthy K.R. Vagbhata's Astanga hrdayam; Varanasi; Chaukambha Krishnadas Academy, Reprint 2014; Sutrasthana;p; 248;19/53
19. Srikantha murthy K.R. Vagbhata's Astanga samgraha,Varanasi; Chaukambha Orientalia; Reprint 2015; Sutrasthana; p;432; 25/20
20. Srikantha murthy K.R. Vagbhata's Astanga hrdayam; Varanasi; Chaukambha Krishnadas Academy, Reprint 2014; Sutrasthana;p; 244;19/32
21. Shamana K. A clinical study on *Arohana Anuvasanakrama* with special reference to *Kateegraha* [PG Dissertation]. [Department of Panchakarma, Vaidyaratnam PS Varier Ayurveda College, KUHS]; 2013.
22. Soumya O. Comparative clinical study to assess the effectiveness of *Sodhanartha arohana sneha vasti* with *Sodhanartha snehapana* in *Kateegraha* [PG Dissertation]. [Department of Panchakarma, Government Ayurveda College, Tripunithura, KUHS]; 2019.
23. Susan K. Effect of *Arohana anuvasana vasti* with *Sahacharadi thailam (Mezhukupakam)* in *Kateegraha* [PG Dissertation]. [Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram, KUHS]; 2021.
24. Prakash P, S S. Comparative clinical study to assess the effectiveness of *Sodhanartha arohana sneha vasti* with *Sodhanartha snehapana* in *Kateegraha* [Department Research]. [Department of Panchakarma, Government Ayurveda College, Tripunithura, KUHS]; 2021.
25. Kadus P, Vedpathak S. *Anuvasan Basti* in escalating dose is an alternative for *Snehapana* before *Vamana* and *Virechana*: Trends from a pilot study. Journal of Ayurveda and Integrative Medicine [Internet]. 2014 [cited 2022 Dec 1];5(4):246. Available from: <https://pubmed.ncbi.nlm.nih.gov/25624700/>

§§§