



## Research Article

### A CLINICAL STUDY TO EVALUATE THE EFFECT OF VAMAN KARMA IN VASANT RITU IN HEALTHY INDIVIDUALS

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#### ABSTRACT

*Panchkarma* is an indispensable part of the Ayurveda. It covers all imperative aspect of treatment that is preventive, preservative, promotive, curative, and rehabilitative by means of five major procedures like *Vaman*, *Virechana*, *Niruha basti*, *Anuvasan basti* and *Nasya* and many allied therapies. In the present research work an effort has to be made to establish effect of *Vaman karma* on naturally vitiated *Kapha* in study subject. **Objective:** A clinical study to evaluate the effect of *Vaman Karma* in *Vasant Ritu* in healthy individuals. **Methodology:** In the present study total 100 individuals were selected and randomly divided as 50 individuals in each group. In interventional group 50 individuals were administered *Vaman Karma* in *Vasant Ritu* and observed for two consecutive months for good health profile i.e., reduction in *Kapha Vriddhi Lakshan*. and in observational group 50 individuals were taken and they were observed for two months for reduction in *Kapha Vriddhi Lakshan*. **Result:** In Group A (Interventional Group) marked reduction in *Kapha Vriddhi Lakshan* was seen as compared to Group B (Observational Group). **Conclusion:** During study it was observed that *Vamana Karma*, when performed in the early hours, in the morning on noncloudy sunny day it gave better results and study subjects performed the *Karma* comparatively in an easy way and *Doshas* were expelled out in much more quantity, usually without giving any discomfort and complications to the study subjects.

#### INTRODUCTION

*Vaman*, *Virechana*, *Niruha basti*, *Anuvasan basti* and *Nasya* are indispensable part of the Ayurveda [1]. *Vaman* is a therapeutic procedure in *Ayurveda* aimed at eliminating aggravated *Doshas*, particularly *Kapha* and *Pitta*, through the oral route [2]. During the procedure, these *Doshas* are mobilized and brought into the stomach (*Aamashaya*) using preparatory techniques (*Poorvakarma*) [3]. Subsequently, emesis is induced by administering specific *Vamak Dravyas*, facilitating the expulsion of the *Doshas* through the mouth. This process helps to restore balance and alleviate related symptoms. *Vasant Ritu* [4] roughly spans from mid-march to mid-May, the environment warms up, causing

the liquefaction of accumulated *Kapha Dosha* from the preceding cold seasons of *Hemant* and *Shishir*. This liquefaction leads to an aggravation of *Kapha Dosha*, known as *Kapha Prakopa*. Consequently, digestion power decreases due to this *Kapha* aggravation caused by the heat of the sun. *Ayurveda* recommends *Vaman Karma* specifically during *Vasant Ritu* for eliminating aggravated *Kapha Dosha* [5] from the body. This is because many *Kapha* related disorders tend to worsen during this season.

#### AIMS AND OBJECTIVES

1. To study the effect of *Vaman Karma* in *Vasant Ritu*.
2. To observe the efficacy of *Vaman Karma* on quality of life.
3. To observe the study subject during procedure and standardization of procedure.

#### MATERIALS AND METHODS

##### Selection of volunteers

The study subjects were selected from the OPD of R.G.G.P.G. Ayurvedic College and Hospital, Paprola,

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Distt. Kangra (H.P.). Total 100 healthy study subjects were registered for the present clinical study.

### Intervention

Total 100 healthy volunteers were selected and randomly divided into two groups. In Group A, 50 healthy individuals were administered *Vaman Karma* and observed for two months. Whereas Group B healthy individuals were observed for two months.

Duration of study: The duration of study was 16 days

Follow up: After completion of study the monthly follow up of healthy volunteers were done for two consecutive months.

### Diagnostic Criteria

The diagnostic criteria were based on the various *Kapha Vriddhi Lakshana* which are described in *Ayurvedic* literature.

### Inclusion Criteria

1. Healthy study subjects fit for *Vaman* as per classical text.
2. Healthy study subjects between 18 to 60yrs of age.

### Exclusion Criteria

1. Healthy study subjects unfit for *Vaman* as per classical text.

2. Pregnant women and lactating mothers.

3. Mensurating woman.

4. Study subjects suffering from hypertension, diabetes mellitus, cardiac disorder, renal disorder, alcoholic liver disease, chronic peptic ulcer, traumatic condition etc.

5. Study subjects below 18yrs and above 60yrs of age.

### Investigations

The haematological and biochemical investigations were done before and after the clinical study to rule out any pathological condition and to access the safety of therapeutic procedure.

Haematology- Hb gm%, CBC, ESR.

Biochemistry- FBS, SGOT, SGPT, Serum Lipid Profile, B. Urea, S. Creatinine

ECG

### Criteria for Assessment

#### Subjective Criteria

The healthy volunteers were assessed in grading pattern prepared as per *Kapha Vriddhi Lakshana* which are described in *Ayurvedic* literature

Signs and Symptoms	Grade	BT	AT
<b>Alasaya (Laziness)</b>			
No laziness	0		
Unable to start work in time	1		
Delay in starting work and unable to complete it	2		
Never able to start the work and always like to rest	3		
<b>Gaurva (Heaviness)</b>			
No feeling of heaviness in body	0		
Occasional feeling of heaviness in body but can-do routine work	1		
Continuous feeling of heaviness in body but can-do routine work	2		
Continous feeling of heaviness in body that hampers routine work	3		
<b>Sandhivishlesha (Stiffness)</b>			
No stiffness	0		
Mild stiffness	1		
Moderate stiffness	2		
Severe stiffness more than 15 mins	3		
<b>Nidra (Excessive Sleep)</b>			
6 -8 Sleeping hours	0		
8 – 10 Sleeping hours	1		
10 – 12 Sleeping hours	2		
More than 12 Sleeping hours	3		
<b>Tandra (Drowsiness)</b>			
No Drowsiness	0		
Occasional feeling of drowsiness	1		

Frequent feeling of drowsiness	2		
Tendency to sleep	3		
<b>Praseka (Excessive Salivation)</b>			
Normal secretion from mouth	0		
Occasional more secretion	1		
Continuous more secretion	2		
Continuous but excessive secretion	3		
<b>Hrilasa (Nausea Sensation)</b>			
Absent	0		
Occasional feeling of vomiting	1		
Frequent feeling of vomiting	2		
Continuous feeling of vomiting hampering food intake	3		
<b>Shaitya (Coldness)</b>			
No feeling of coldness	0		
Mild feeling of coldness	1		
Moderate feeling of coldness	2		
Severe feeling of coldness	3		
<b>Agnimandya (Diminution of Digestive Power)</b>			
Able to digest adequate quantity of meal	0		
Unable to digest adequate quantity of meal	1		
Occasionally unable to digest adequate quantity of meal	2		
Unable to digest small quantity of meal	3		

### WHOQOL-BREF Questionnaire

The WHOQOL- BREF is a self-administered questionnaire comprising 26 questions on the study subject's perception of their health and wellbeing.

### Statistical Analysis

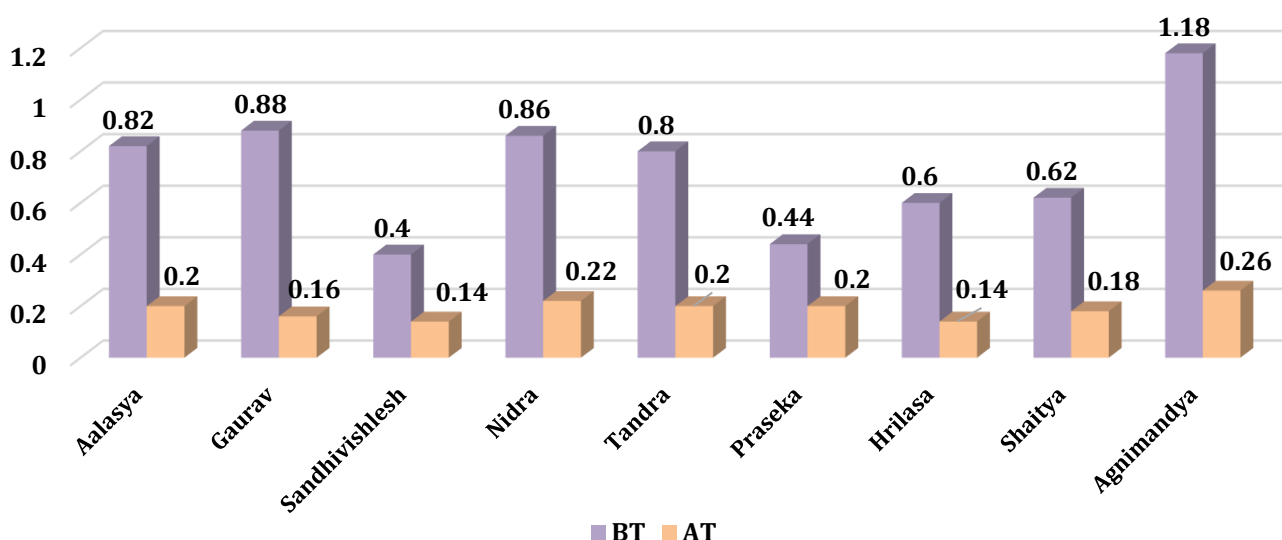
The data were statistically analysed using appropriate tests. For parametric data, the "Student's paired t-test" was applied for within-group comparisons, while the "unpaired t-test" was used for intergroup comparisons. For non-parametric data, the "Wilcoxon Signed Rank Test" was used for within-group analysis and the "Mann Whitney U test" was used for intergroup comparison.

### RESULTS

#### Statistical Analysis of Overall Effect of *Vaman Karma* on Subjective Parameters in Group A (Interventional) (Wilcoxon Signed Rank Test)

S.No	Symptoms	Mean		Mean Diff	% change	S. D +/-	S.E +/-	Z value	P value	Significance
		BT	AT							
1	<i>Aalasya</i>	0.82	0.2	0.62	75.61	0.60	58.56	5.69	<0.001	H.S.
2	<i>Gaurav</i>	0.88	0.16	0.72	81.82	0.57	67.54	6.07	<0.001	H.S.
3	<i>Sandhivishlesh</i>	0.4	0.14	0.26	65	0.44	19.39	3.94	<0.001	H.S.
4	<i>Nidra</i>	0.86	0.22	0.64	74.42	0.60	57.13	5.51	<0.001	H.S.
5	<i>Tandra</i>	0.8	0.2	0.62	77.5	0.57	56.24	5.60	<0.001	H.S.
6	<i>Praseka</i>	0.44	0.2	0.24	54.55	0.431	11.26	3.65	<0.001	H.S.
7	<i>Hrilasa</i>	0.6	0.14	0.46	76.67	0.54	38.01	4.97	<0.001	H.S.
8	<i>Shaitya</i>	0.62	0.18	0.44	70.97	0.58	36.44	4.82	<0.001	H.S.
9	<i>Agnimandya</i>	1.18	0.26	0.92	77.97	0.63	86.74	6.23	<0.001	H.S.

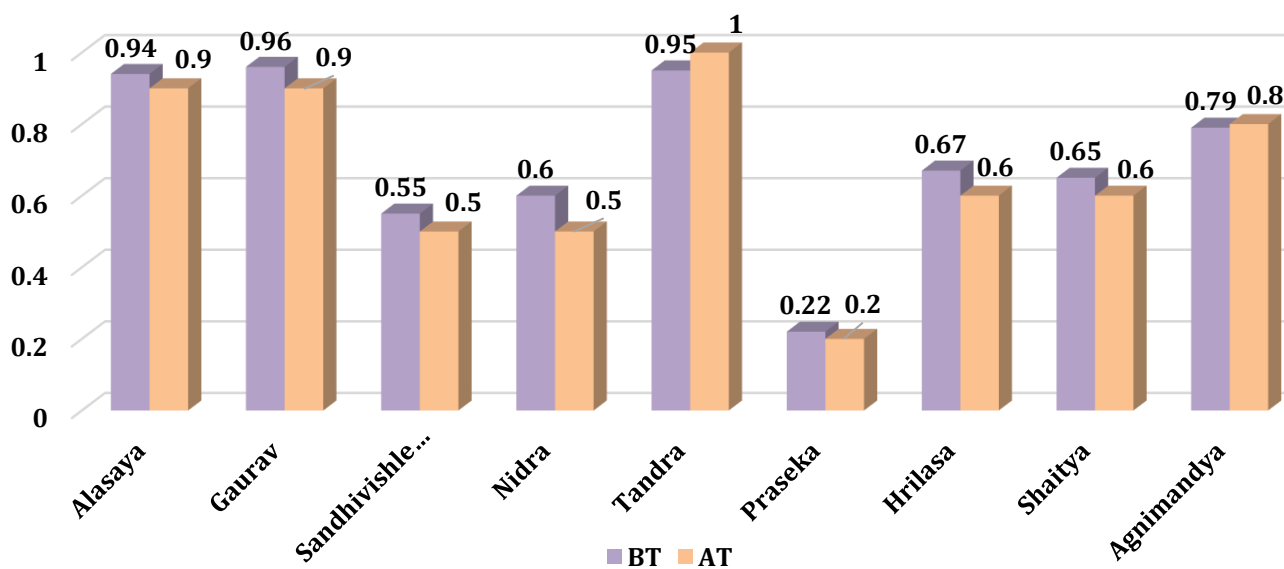
### Effect of Therapy on Group A



### Statistical Analysis of Subjective Parameters in Group B (Observational)(Wilcoxon Signed Rank Test)

S.No	Symptoms	Mean		Mean Diff	% Ch.	S.D. +/-	S.E. +/-	Z value	P value	Significance
		BT	AT							
1	Alasaya	0.94	0.9	0.02	2.173	0.14	0.5	1.00	>0.05	IS.
2	Gaurav	0.96	0.9	0.06	6.38	0.328	1.73	1.73	>0.05	IS
3	Sandhivishlesh	0.55	0.5	0.02	3.70	0.141	0.5	1.00	>0.05	IS
4	Nidra	0.6	0.5	0.08	3.58	0.14	0.5	1.00	>0.05	IS
5	Tandra	0.95	1	0.02	2.10	0.14	0.5	1.00	>0.05	IS
6	Prasaka	0.22	0.2	0.02	8.90	0.14	5.29	2.46	<0.05	S
7	Hrilasa	0.67	0.6	0.04	6.06	0.198	1.06	1.41	>0.05	IS
8	Shaitya	0.65	0.6	0.02	3.12	0.14	0.5	1.00	>0.05	IS
9	Agnimandya	0.79	0.8	0.02	2.53	0.14	0.5	1.00	>0.05	IS

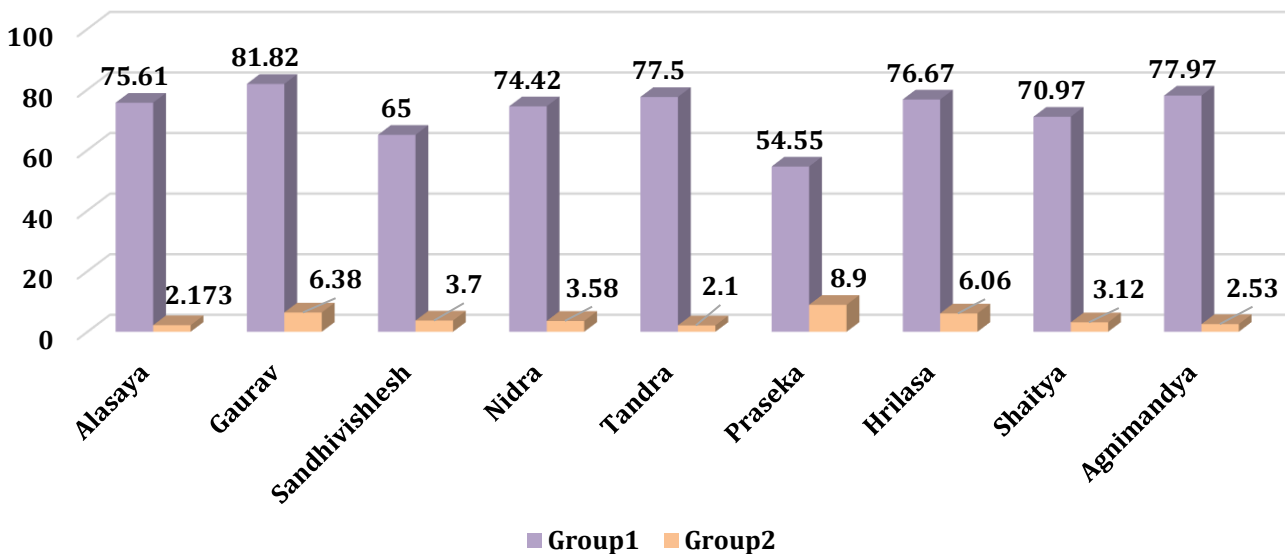
### Group B



### Comparative Study of Statistical Analysis of Subjective Parameters in Group A (Interventional) and Group B (Observational) (Mann Whitney U test)

S.No.	Symptoms	% change in Group A	% Change in Group B	% Difference	z value	p value	Significance
1	<i>Alasaya</i>	75.61	2.173	73.44	5.90	<0.001	H.S.
2	<i>Gaurav</i>	81.82	6.38	75.44	6.21	<0.001	H.S.
3	<i>Sandhivishlesh</i>	65	3.70	61.30	3.44	<0.001	H.S.
4	<i>Nidra</i>	74.42	3.58	70.84	6.97	<0.001	H.S.
5	<i>Tandra</i>	77.5	2.10	75.39	6.06	<0.001	H.S.
6	<i>Praseka</i>	54.55	8.90	45.64	8.42	<0.001	H.S.
7	<i>Hrilasa</i>	76.67	6.06	70.61	4.66	<0.001	H.S.
8	<i>Shaitya</i>	70.97	3.12	67.84	4.46	<0.001	H.S.
9	<i>Agnimandya</i>	77.97	2.53	75.43	7.43	<0.001	H.S.

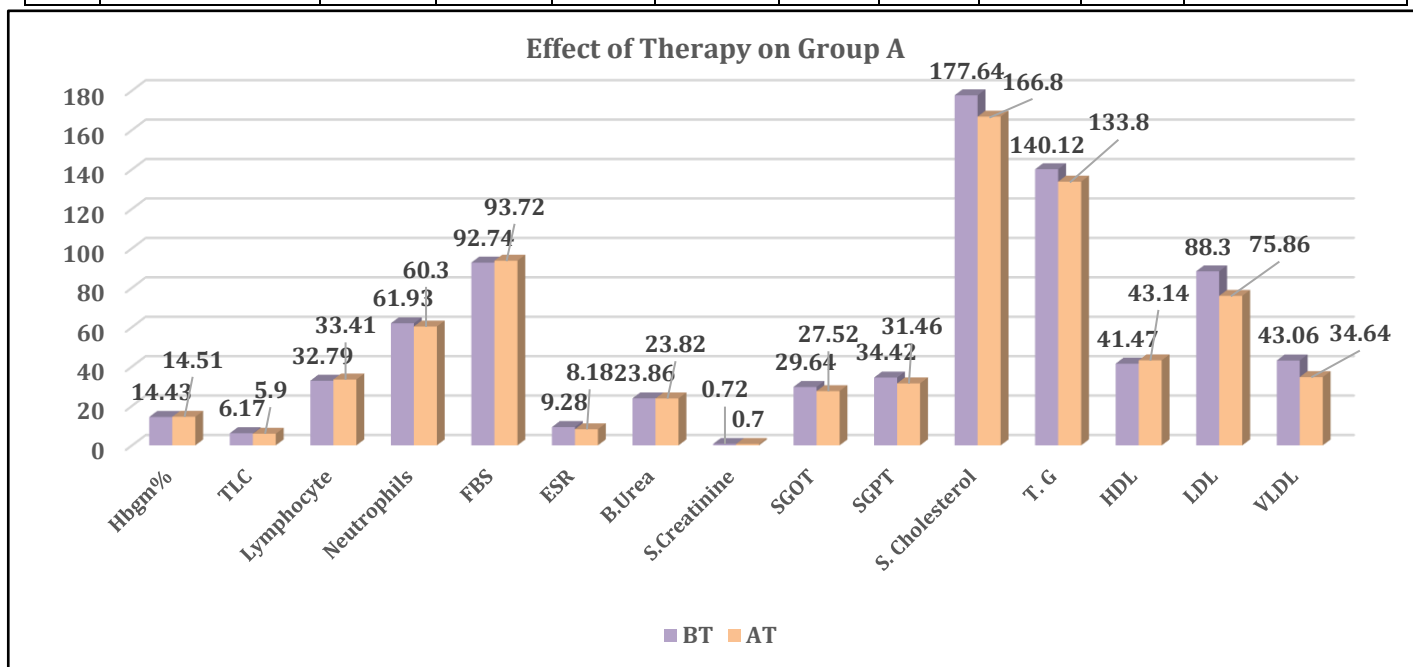
### Comparative Study of Group A (Interventional) and Group B) Observational Group



### Statistical Analysis of Overall Effect of *Vaman Karma* on Objective Parameters in Group A (Interventional) (Student's paired t-test)

S.No.	Lab Investigations	Mean		Mean Diff	% change	S. D +/-	S. E +/-	T value	P value	Significance
		BT	AT							
1	Hb gm%	14.43	14.51	0.08	0.54	0.57	0.08	0.96	>0.05	IS
2	TLC	6.17	5.90	0.26	4.29	1.15	0.16	1.63	>0.05	IS
3	Lymphocyte	32.79	33.41	0.62	1.88	7.28	1.03	0.60	>0.05	IS
4	Neutrophils	61.93	60.30	1.64	2.64	8.44	1.19	1.37	>0.05	IS
5	FBS	92.74	93.72	0.98	1.06	15.99	2.26	0.43	>0.05	IS
6	ESR	9.28	8.18	1.10	11.85	4.73	0.67	1.64	<0.05	S
7	B.Urea	23.86	25.68	1.82	7.63	11.03	1.56	1.17	>0.05	IS
8	S.Creatinine	0.72	0.70	0.01	1.95	0.22	0.03	0.46	>0.05	IS
9	SGOT	29.64	27.52	2.12	7.15	7.49	1.06	2.00	<0.05	S

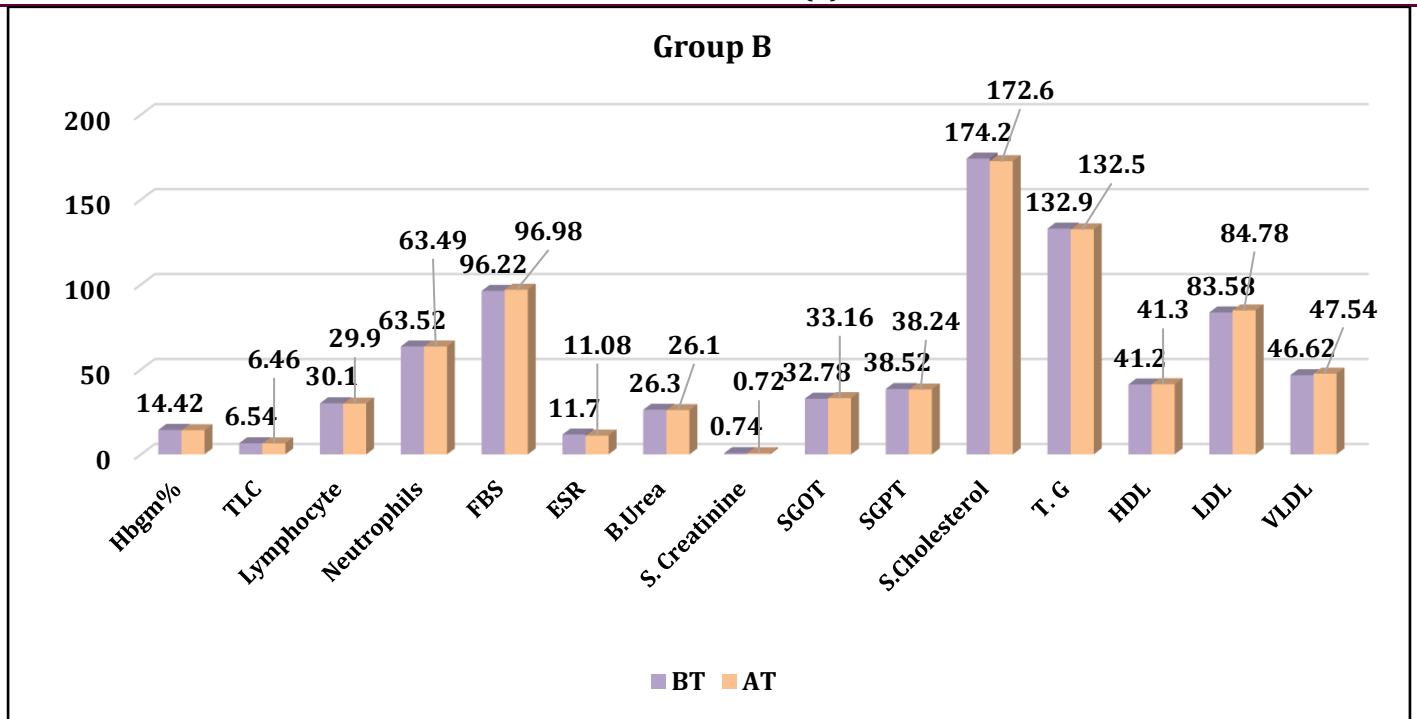
10	SGPT	34.42	31.46	2.96	8.60	9.99	1.41	2.09	<0.05	S
11	S. Cholesterol	177.64	166.8	10.84	6.10	40.31	5.70	1.90	>0.05	IS
12	T. G	140.12	133.80	6.32	4.51	25.49	3.60	1.75	>0.05	IS
13	HDL	41.47	43.14	1.67	4.02	6.79	0.960	1.74	>0.05	IS
14	LDL	88.30	75.86	12.44	14.09	45.91	6.49	1.92	>0.05	IS
15	VLDL	43.06	34.64	8.42	19.55	34.22	4.84	1.74	<0.05	IS



#### Statistical Analysis of Objective Parameters in Group B (Observational) (Student's paired t-test)

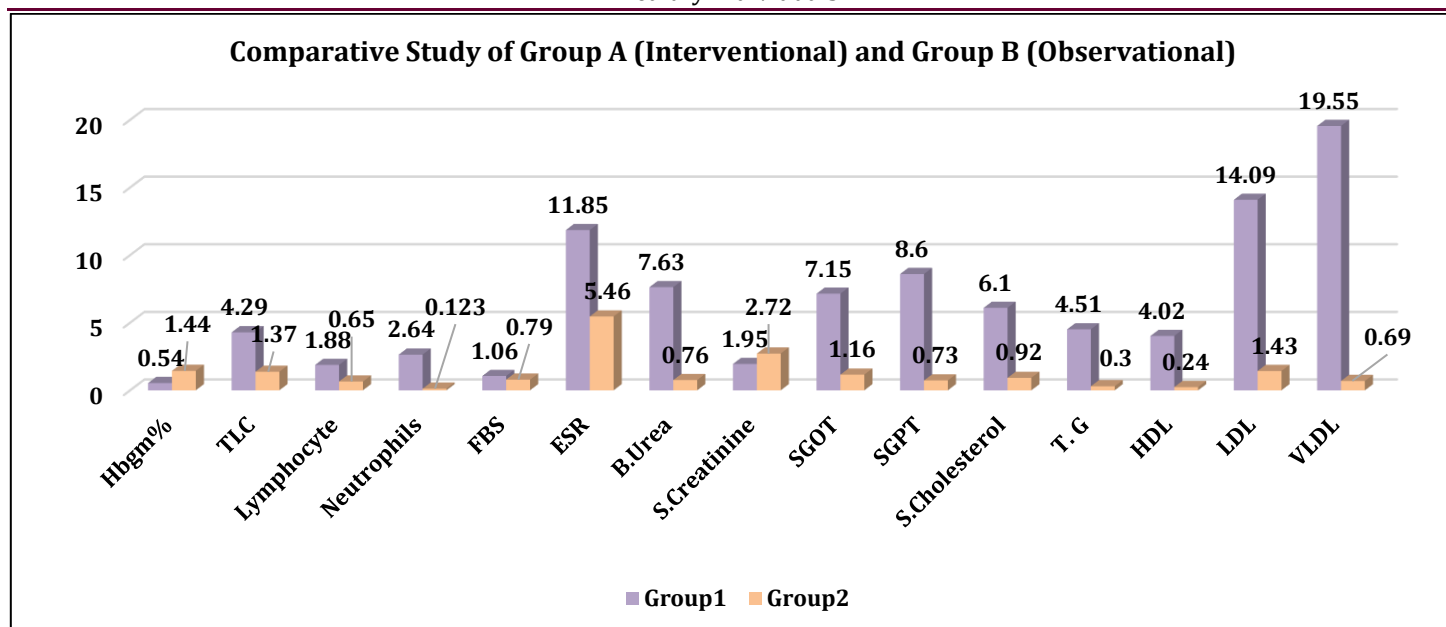
S.No	Lab Investigations	Mean		Mean Diff	% change	S.D +/-	SE +/-	T value	P value	Significance
		BT	AT							
1	Hbgm%	14.42	14.21	0.21	1.44	1.08	0.153	1.35	>0.05	IS
2	TLC	6.54	6.46	0.09	1.37	0.32	0.04	1.92	>0.05	IS
3	Lymphocyte	30.1	29.9	0.20	0.65	1.38	0.20	1.01	>0.05	IS
4	Neutrophils	63.52	63.49	0.03	0.05	0.25	0.035	0.634	>0.05	IS
5	FBS	96.22	96.98	0.76	0.79	4.19	0.6	1.3	>0.05	IS
6	ESR	11.7	11.08	0.64	5.46	4.31	0.61	1.05	>0.05	IS
7	B.Urea	26.3	26.1	0.20	0.76	1.324	0.19	1.07	>0.05	IS
8	S. Creatinine	0.74	0.72	0.02	2.72	0.03	0.01	1.43	>0.05	IS
9	SGOT	32.78	33.16	0.38	1.16	4.77	0.67	0.56	>0.05	IS
10	SGPT	38.52	38.24	0.28	0.73	5.73	0.81	0.35	>0.05	IS
11	S.Cholesterol	174.2	172.6	1.60	0.92	5.57	0.81	1.96	>0.05	IS
12	T. G	132.9	132.5	0.40	0.30	17.97	2.541	0.16	>0.05	IS
13	HDL	41.2	41.3	0.10	0.24	2.90	0.41	0.24	>0.05	IS
14	LDL	83.58	84.78	1.20	1.43	12.36	1.75	0.69	>0.05	IS
15	VLDL	46.62	47.54	0.32	0.69	6.64	0.938	0.98	>0.05	IS





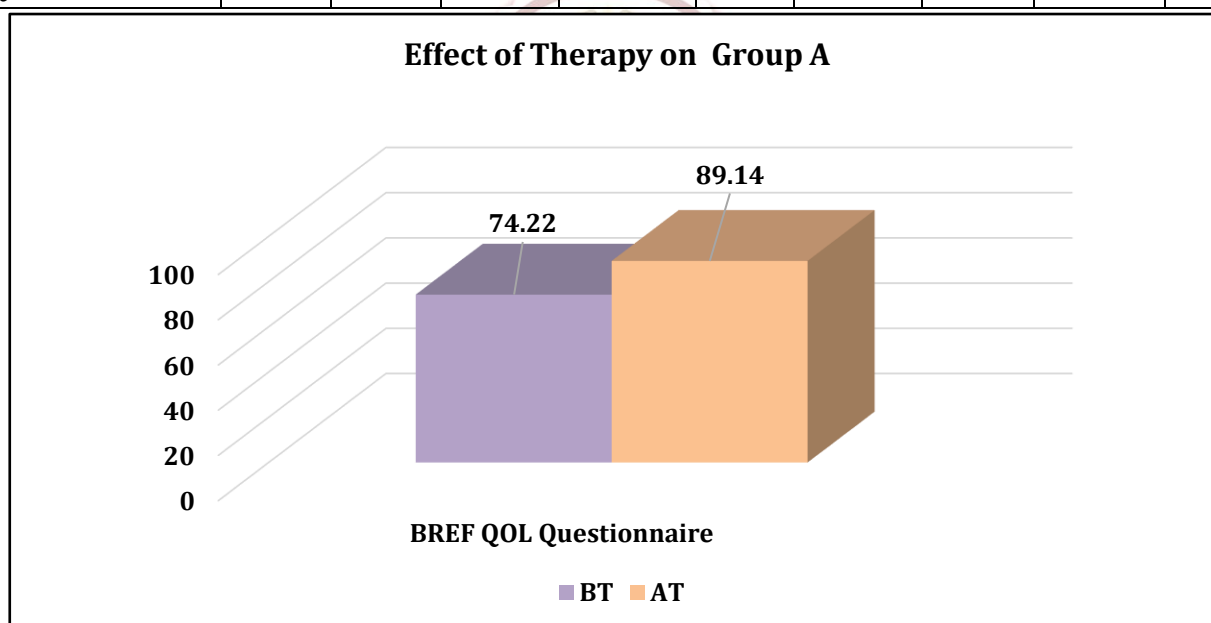
**Comparative Study of Statistical Analysis of Objective Parameters in Group A (Interventional) and Group B (Observational) (unpaired t-test)**

S.No	Lab Investigations	% change in Group A	% change in Group B	% Difference	t value	p value	Significance
1	Hbgm%	0.54	1.44	0.9	1	>0.05	IS
2	TLC	4.29	1.37	2.92	0.43	>0.05	IS
3	Lymphocyte	1.88	0.65	1.23	0.46	>0.05	IS
4	Neutrophils	2.64	0.05	2.59	1.305	>0.05	IS
5	FBS	1.06	0.79	0.27	0.094	>0.05	IS
6	ESR	11.85	5.46	6.39	2.45	<0.05	S
7	B.Urea	7.63	0.76	6.87	1.29	>0.05	IS
8	S.Creatinine	1.95	2.72	0.77	0.39	>0.05	IS
9	SGOT	7.15	1.16	5.99	3.87	<0.05	S
10	SGPT	8.60	0.73	7.87	0.34	>0.05	IS
11	S.Cholesterol	6.10	0.92	5.18	0.18	>0.05	IS
12	T. G	4.51	0.30	4.21	3.67	<0.05	S
13	HDL	4.02	0.24	3.78	3.67	<0.05	S
14	LDL	14.09	1.43	12.66	1.00	>0.05	IS
15	VLDL	19.55	0.69	18.86	1.00	>0.05	IS



**Statistical Analysis of Overall Effect of *Vaman Karma* on WHOQOL-BREF Questionnaire in Group A (Interventional) (Wilcoxon Signed Rank Test)**

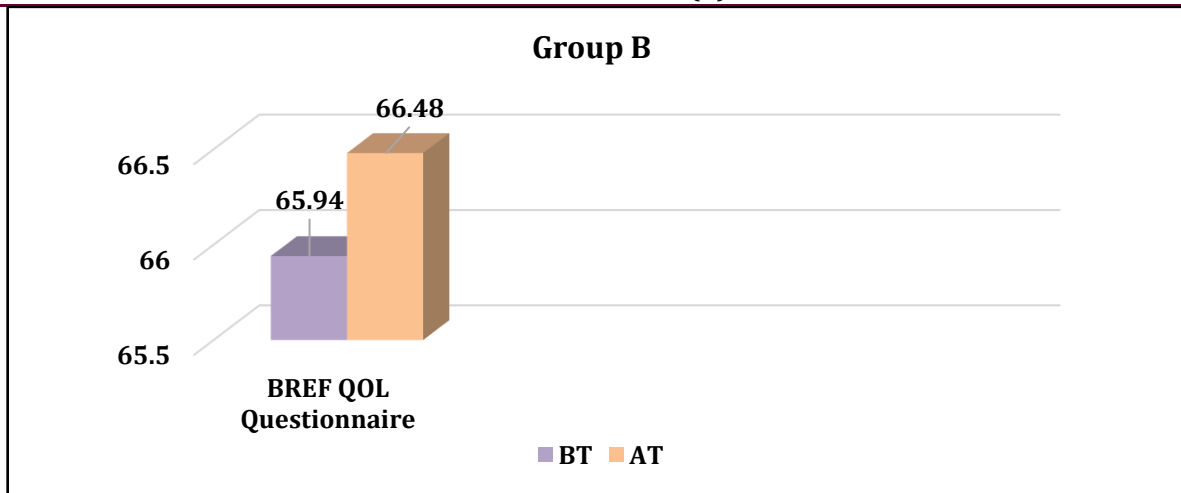
S.No.	Questions	Mean		Mean Diff	% change	S. D +/-	S. E +/-	Z value	P value	Significance
		BT	AT							
1	WHOQOL-BREF Questionnaire	74.22	89.14	14.92	20%	5.32	103.51	6.15	<0.001	HS



**Statistical Analysis of WHOQOL-BREF Questionnaire in Group B (Observational) (Wilcoxon Signed Rank Test)**

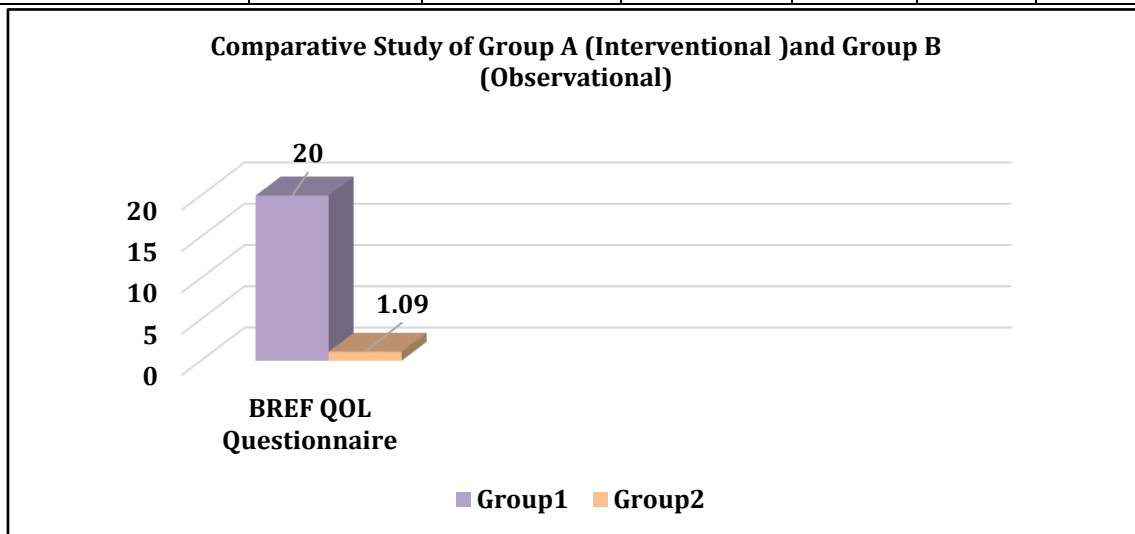
S.No.	Questions	Mean		Mean Diff	% change	S. D +/-	S. E +/-	Z value	P value	Significance
		BT	AT							
1	WHOQOL-BREF Questionnaire	65.94	66.48	0.72	1.09	9.63	99.41	0.045	>0.05	Insignificant





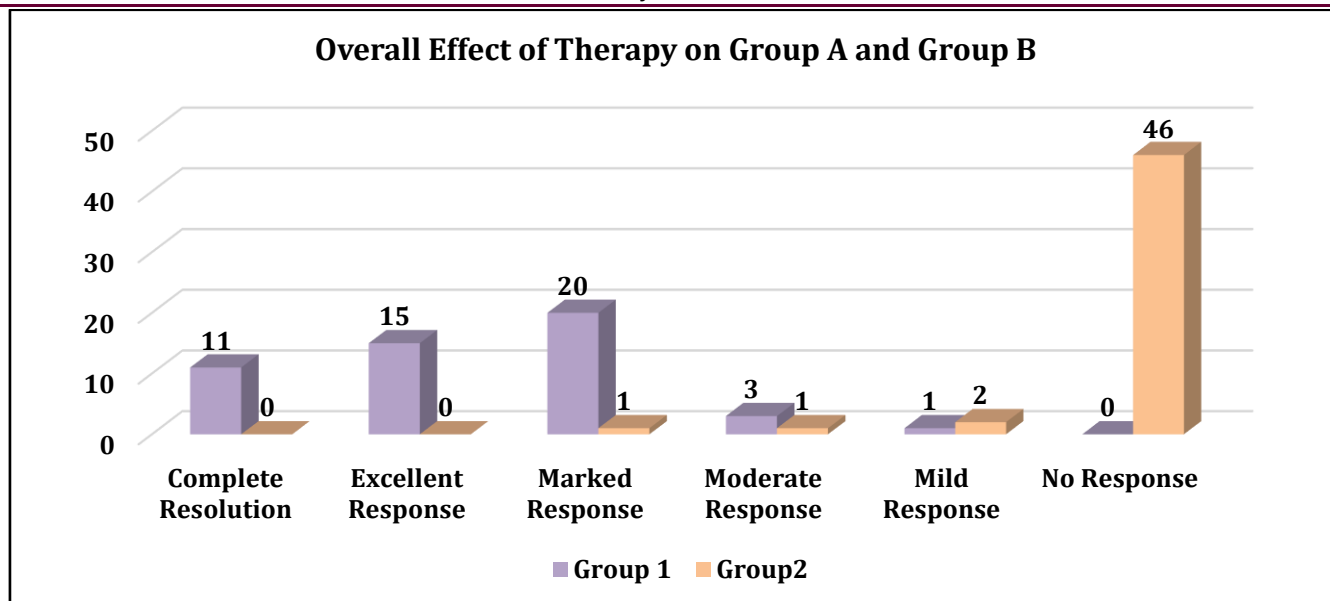
**Comparative Study of Statistical Analysis of WHOQOL-BREF Questionnaire in Group A (Interventional) and Group B (Observational) (Mann Whitney U test)**

S.No.	Questions	% change in Group A	% Change in Group B	% Difference	T value	P value	Significance
1	WHOQOL-BREF Questionnaire	20	1.09	18.9	7.91	<0.001	H.S.



**Overall Effect of Therapy on Percentage Improvement of *Kapha Vridhi Lakshana***

Overall Effect	Group A		Group B	
	No. of Study subjects	%	No. of Study subjects	%
Complete Resolution (100%)	11	22%	0	0%
Excellent Response (76%-99%)	15	30%	0	0%
Marked Response (51%-75%)	20	40%	1	2%
Moderate Response (26%-50%)	3	6%	1	2%
Mild Response (1-25%)	1	2%	2	4%
No Response	0	0%	46	92%



## DISCUSSION

*Panchakarma* is indeed a cornerstone of Ayurveda, embodying its holistic approach to health and wellness. *Vaman* is a therapeutic procedure in Ayurveda aimed at eliminating aggravated *Doshas* particularly *Kapha* and *Pitta*, through the oral route.

**Pachana and Deepana:** *Pachana* helps to make the *Dosha* *Pakwa* or *Nirama* and *Deepana* helps to make the *Dosha* free from its adherence to *Dhatu*. By doing *Snehapana* the vitiated *Doshas* liquifies and increases in volume in their sites. This is achieved by *Vishyandana* and *Kledana Karma* of *Sneha*.

**Snehapana:** *Sneha Dravya* is mainly *Prithvi* and *Jala Mahabhuta* dominant so it increases fluidity in the body. Thus, *Vridhhi* of *Doshas* are achieved by this. *Sneha Dravya* is given with *Ushna Jala Anupana* which reduces the adhesiveness and surface tension and by which *Sneha* spread easily in the body.

**Sarvanga Abhyanga:** To facilitate the diffusion of *Dosha* towards *Koshtha*, *Abhyanga* is mandatory prior to any *Shodhana*.

**Sarvanga Svedana:** By doing *Svedana* heat is transformed inside the body which liquefies the *Dosha* and increases the blood flow and leads to increased osmotic pressure.

**Madanaphal-pippli Churna Vamak Yoga:** After its ingestion reaches the *Hridaya* and spreads all over the body due to its *Vyavayi* and *Vikasi Guna* and *Anutwa Bhava* of *Sukshma Guna*. Due to *Ushna Guna*, it produces *Pachana*, *Lavana* produces *Vishyandana* in the body,

*Tikshna Guna* of *Vamaka Dravya* is responsible for its quick action, *Vamaka Dravyas* produce *Vaman* due to its "*Urdhwa Bhagahara Prabhava*".

As *Vasant Ritu* was considered the optimal time for the elimination of accumulated *Kapha Dosha*, *Vaman Karma* significantly helped in reducing *Kapha Vridhhi Lakshana* (symptoms of aggravated *Kapha*), such as *Aalasya*, *Gaurav*, *Sandhivishlesh*, *Nidra*, *Tandra*, *Praseka*, *Hrilasa*, *Shaitya* and *Agnimandya*. It also resulted in significant reduction in objective parameters like ESR, SGOT, SGPT and various fractions of serum lipid profile like S.cholesterol, triglycerides, HDL, LDL and VLDL.

**ESR:** Reduction in inflammation and normalization of ESR levels [6].

**SGOT/SGPT:** Improvement in liver function, leading to a decrease in elevated liver enzymes. [7]

**Lipid Profile:** Reduction in total cholesterol, LDL, triglycerides, and VLDL, with a potential increase in HDL levels [8,9]

Overall, *Vamana Karma* acts as a deep cleansing therapy, helping to detoxify the body, reduce inflammation, improve liver function, and balance lipid metabolism, which leads to improved biochemical health markers.

**Adverse Drug Reaction:** No untoward effect was observed in study subjects during the clinical study. This shows that these formulations are quite safe for internal administration.

## CONCLUSION

During study it was observed that *Vamana Karma*, when performed in the early hours, in the morning on noncloudy sunny day it gave better results and study subjects performed the *Karma* comparatively in an easy way and *Doshas* were expelled out in much more quantity, usually without giving any discomfort and complications to the study

subjects. No untowards effects of the *Vaman Karma* were reported during the study period.

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