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## A Comprehensive Review of Formulations Containing Karpura



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**Sreedevi V P<sup>\*1</sup>, Rajeshwari V Kamat<sup>2</sup>**

1. PG Scholar, 2. Professor  
Department of Rasashastra and Bhaishajya Kalpana,  
KAHER's KLE Shri BMK Ayurveda Mahavidyalaya,  
Belagavi, Karnataka. India.

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### ABSTRACT

Ayurveda is a comprehensive system of natural health care that originated in the ancient Vedic times of India. Its primary emphasis is on the prevention of disease and the maintenance of health. It also provides treatment for disease. Many text books in Ayurveda describe about Karpoora its morphology, habitat, *rasa,panchaka* and its therapeutic uses which mainly focuses on its anti-inflammatory and analgesic action. **Aim:** To prepare comprehensive data related to various formulations, anupana, doses, indications etc.of Karpura. **Materials and Methods:** This review comprises data from Bhaishajya ratnavali in a systematic manner related to various aspects. **Results:** It is observed that there are 113 number of references related to various dosages and indications were observed. **Conclusion:** There are 113 no of formulations are mentioned in Bhaishajya Ratnavali.



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## INTRODUCTION

Bhaishajya ratnavali is an authentic book ayurvedic science written by Kaviraj Govind das sen in the period of 18<sup>th</sup> century. It includes 106 chapters in total. Systematic explanation is found in this text with description of disease and line of treatment. In this text disease wise description of yogas are explained. This review is based on the karpura containing herbo-mineral formulations. Cinnamomum camphora Linn. is popularly known as Karpura and Camphor in (English) and Kapur in (Hindi). The word karpura has both in masculine and Neutral genders. Camphor is white crystalline substance with strong odour and pungent smell derived from wood of camphor and other related trees of laureal family.

Atharva Parisista and other texts quoted karpura for external application (Anulepana) and for offerings to God. Sounakya Atharva indicated it in retention of urine along with Haritaki. Caraka indicated Karpura Nirayasa to remove the foetid smell of oral cavity (C.S.Su 5)<sup>1</sup>. Susruta identified the lekhana property of Karpura (S.S.Su 46/203)<sup>2</sup>. By and large, the utility of Karpura is restricted during the Samhita Period. The Utilization of Karpura definitely increased during the medieval period and almost all the Nighantus have Karpuradi varga. Preparations like Karpuradi rasa and Karpuradyarka remind us about the importance given to this tree at later times. The Karpura has different varieties which is explained in different ancient text books. **Dhanwantari Nighantu** has explained about China karpura, Pakwa (Artificial) and Apakwa (Natural) karpura<sup>3</sup>. The **Bhavaprakasha** and **Rajanighantu** has explained 14 types of karpura on the basis of rasa, guna. Virya and vipaka<sup>4</sup>. According to **Kaidarya Nighantu**, there are three types Ishavasa, Hima sanjnaka & Potashraya. Later, he also described about the two types which is based on processing like Apakwa (Natural) and Pakwa (Artificial)<sup>5</sup>.

**Chunekarji** has mentioned about four types of karpura.<sup>6</sup>

1. Bhimseni or Baras Karpura (D. Camphora)
2. Cini or Japani Karpura (D. Camphora)
3. Patri or Nagi Karpura- Blumea balsamifera; B.Lacera B. desiflora etc.
4. Krutima Karpura – Synthetic variety.

### **Taxonomical classification**

Kingdom: Plantae

Subkingdom: Viridiplantae

Division: Tracheophyta

Class: Magnoliopsida

Order: Laurales

Family: Lauraceae

Genus: Cinnamomum

Species: Camphor

### **Vernacular names**

**Sanskrit:** Karpura, Ghanasara, Candra, Himahva.

**Hindi:** Kapur

**Bengali:** Karpur

**Gujarathi:** Kapur

**Tamil:** Karpuram

**English:** Camphor

### **Morphology of Plant<sup>7</sup>**

A small tree with aromatic bark. Leaves long, acuminate, blade 2-4. Petiole 1.5 to 4 cm. Secondary nerves 2-3 paired, lowest proceeding from leaf base. Flowers small, bi sexual in cymes. Fruit a berry. Fruits are dark green, ovoid, rather dry, globose and about 0.3 inch. in diam. A large handsome tree, evergreen. attaining a height of 100 ft. and a girth of 6-8 ft. in natural habitat.

### Distribution of Plant

It is cultivated to a limited extent at Nilgiris, Mysore and northern Malabar. Japan, Camphor tree; China, Japan and grown in gardens in India. It is planted as ornamental tree commonly; also planted as a source of camphor. Trees shed during February-March simultaneously with appearance of new leaves. Fruits ripen in October and turn black after ripening (not fertile).

### Varieties and Composition

There are many forms of *Cinnamomum camphora* Nees & Eberm; some of them are morphologically differ entiated but physiologically distinct since a few contain camphor while others produce only an aromatic oil (so they are considered merely forms having no importance is camphor tree).

There are various kinds and other sources of karpura. Synthetic camphor is now available and used. Various kind and varieties of karpura or camphor are considered and named on the basis of occurrence (habitat or source), production and colour of camphor.

Some other plants are sources of Karpura such as *Ocimum kilimandascharicum* Guerke and *Blumea* species.

### Chemical Composition

All parts of tree contain Camphor which is obtained by distillation of wood chips, leaves etc. Camphor is crystal line ketonic substance obtained from the wood.

**Table 1: Pharmacodynamics<sup>8</sup>**

Rasa	Tikta, Katu, Madhura
Guna	Laghu, Teekshna
Virya	Seeta
Vipaka	Katu
Doshakarma	Tridoshahara

## Therapeutic uses

It is useful in digestive diseases and it is useful in GI disease like Atisara, Chardi, Visuchika, Admana, Sula etc. It is useful in respiratory diseases like kasa, swasa etc and it is a good chest decongestant and can be used in vapor form to relieve severe kasa and pratiksaya. In case of Mutraghata karpura powder can be mixed with Ajamutra and then introduced into urethra. Karpura is active disinfectant for the treatment of danta krimi. Karpura is used as external application along with ghee in Vrana and Ksata.

Camphor intoxication has been reported in humans and especially children but mostly because of accidental ingestion or exceeding the recommended amount. Camphor is readily absorbed through the skin, producing either a coolness or warmth sensation<sup>9</sup>.

**Dosage** of niryasa of Karpura is **125-350mg**. (Camphor is **toxic** at **2—20 g.**)<sup>10</sup>

## Aim and objectives

To prepare the comprehensive data of Karpura related to various formulation, doses aupana and indications and related to various aspects.

## MATERIALS AND METHODS

This review comprises data from Bhaishajya ratnavali (Three volumes) in a systematic manner.

**Table 2: List of Formulations containing Karpura in BR- I Volume<sup>11</sup>**

Sl no	Formulation	Reference	Dose & Anupana
01	Tandrika Anjana prayoga	Jwara Chikitsa prakarana (5/280)	-
02	Kasthuri bhairavo Rasa	Jwara Chikitsa prakarana (5/813-818)	125mg
03	Chudamani Rasa (Bruhat)	Jwara Chikitsa prakarana (5/987-992)	125mg
04	Apurvamalini vasantha rasa	Jwara Chikitsa prakarana (5/1208-1210)	375mg <ul style="list-style-type: none"> <li>• Dhatugata jwara - Pippali churna and Madhu.</li> <li>• All types of Prameha – Guduci satwa and Sarkara.</li> <li>• Amsari and Mutrakrechra – Kwatha of Mula Bijapuraka.</li> </ul>
05	Karpura rasa	Atisara chikitsa prakaranam (7/164-165 )	2mg

06	Atisara varano rasa	Atisara chikitsa prakaranam (7/166)	125mg with Jala.
07	Himansvadi churnam	Grahani chikitsa prakaranam 8/20-21	2gm – 5gm with Ushna Jala
08	Jatiphaladi churnam	(8/104-107)	1gm – 3gm.
09	Madana modaka	Grahani chikitsa prakaranam (8/162-170)	One modaka along with Ushna dugdha.
10	Methi modaka	Grahani chikitsa prakaranam (8/171-177)	6gm – 30gm with Ushna jala
11	Bruhatmethi Modaka	Grahani chikitsa prakaranam (8/178-184)	10gm
12	Kameshwara modaka	Grahani chikitsa prakaranam (8/192-197)	10gm
13	Jirakadi modaka	Grahani chikitsa prakaranam (8/202-212)	12gm drink seetha jala.
14	Bruhat Jirakadi modaka	Grahani chikitsa prakaranam (8/213-225)	12gm drink seetha jala.
15	Agnikumara modaka	Grahani chikitsa prakaranam (8/226-233)	12gm drink seetha jala or Sruta sita jala or Ajadugdha.
16	Maharajanripati vallabha rasa	Grahani chikitsa prakaranam (8/371-380)	-
17	Maharajnrivallabha Rasa	Grahani chikitsa prakaranam (8/381-386)	500mg
18	Kakkoladyam curnam	Arsas chikitsa prakaranam (9/48-53)	-
19	Lavangadya modakam	Adha mandagni chikitsa prakaranam (10/245-250)	12gm
20	Karpurasava	Adha mandagni chikitsa prakaranam (10/ 296-297)	-
21	Ghanadi Vati	Adha mandagni chikitsa prakaranam (10/300-302)	375mg
22	Karpuradya churnam	Adha mandagni chikitsa prakaranam (14/35-36)	-
23	Yakshmanthaka lauham	Adha mandagni chikitsa prakaranam (14/84-85)	250 – 500mg with Madhu
24	Sringarabhram	Adha mandagni chikitsa prakaranam (14/101-110)	-
25	Candramruta Rasa (Bruhat)	Adha mandagni chikitsa prakaranam (14/111-116)	500mg along with Pippali churna (250mg) and Madhu (6gm)
26	Mahacandanadi taila	Adha mandagni chikitsa prakaranam (14/296-310)	-
27	Tarunananda Rasa	Kasa chikitsa prakaranam (15/104-115)	500mg along with Narikela Jala.
28	Sringarabhram (Major recipe)	Kasa chikitsa prakaranam (15/139-145)	250mg
29	Vasantha tilaka Rasa	Kasa chikitsa prakaranam (15/154-156)	125mg
30	Vasadi vatika	Kasa chikitsa prakaranam (15/157-161)	250 – 275mg
31	Candanadya taila	Kasa chikitsa prakaranam (15/198-203)	-

**Table 3: List of Formulations containing Karpura in BR- II Volume<sup>12</sup>**

Sl no	Formulation	Reference	Dose & Anupana
1	Candanadyam Taila	Hikka swasa chikitsa prakarana (16/104-114)	-
2	Shikhirinividhi	Arocakachikitsa prakaranam (18/17-18)	-
3	Thintidi paanakam	Arocakachikitsa prakaranam (18/34-36)	-
4	Rasadi churnam	Trushna roga chikitsa prakaranam (20/23-24)	375mg with equal quantity of Madhu in the morning.
5	Thrushna Pathya	Trushna roga chikitsa prakaranam (20/31-38)	-
6	Samanya krama	Murcharoga Chikitsa prakaranam (21/1)	-
7	Murchea Pathya	Murcharoga Chikitsa prakaranam (21/22-27)	-
8	Navaratna Raja mriganga rasa	Vatavyadhi chikitsa prakaranam (26/213-218)	<ul style="list-style-type: none"> <li>• 125mg with Rock salt, Pippali churna and Madhu.</li> <li>• In Severe vatarakta – Haritaki and Guda</li> <li>• Adhmana, Aruci, Sula, Apasmara – Guduci satwa, Pippali churna and Madhu.</li> </ul>
9	Gandhadravya kadhanam	Vatavyadhi chikitsa prakaranam (26/302)	-
10	Gandhadravyani mathantharena	Vatavyadhi chikitsa prakaranam (26/303-306)	-
11	Narayana taila (Mahat)	Vatavyadhi chikitsa prakaranam (26/343-354)	This can be used for Pana, Abhyanga & Basti
12	Ekadasashathika prasarini Tailam	Vatavyadhi chikitsa prakaranam (26/ 394-399)	This can be used for Pana, Abhyanga Basti and Inhalation therapy.
13	Ashtadashathika Prasarini taila	Vatavyadhi chikitsa prakaranam (26/400-418)	<ul style="list-style-type: none"> <li>• Koshtagata Vata – Drink the oil</li> <li>• Vata of Arteries and Jatru urdhva vikaras – Taila take along with meal.</li> <li>• Pakvasaya gata vata – Basti</li> <li>• Vatavyadhi of whole body – Niruha basti</li> </ul>
14	Gandhodaka prakarana (Kalkapaka) Third recipe	Vatavyadhi chikitsa prakaranam (26/435-438)	-
15	Pugakhanda	Shula Chikitsa prakaranam (30/219-227)	6gm
16	Chandrakala Gutika	Prameha Roga chikitsa prakaranam (37/67-68)	500mg
17	Bruhat Kaama Chudamani Rasa	Prameha Roga chikitsa prakaranam (37/154-162)	125mg with Srutasheeta milk or Seetha jala
18	Vangeshwara rasa bruhat	Prameha Roga chikitsa prakaranam (37/166-169)	250mg
19	Apoorva malini vasantha	Prameha roga chikitsa adhikara	375mg

	rasa	(37/184-186)	<ul style="list-style-type: none"> <li>• Dhatugata Jwara – Pippali churna and Madhu.</li> <li>• All types of Prameha – Guduchi satwa and Sarkara Mutrakrucchra and Asmari – Kwatha of Moola of Jambeera lemon plant.</li> </ul>
20	Makaradhwaja	Prameha pidaka chikitsa prakaranam (38/13-15)	375mg with Ajadugdha in morning and evening.
21	Mahasugandhi tailam	Medo roga chikitsa prakaranam (39/50-57)	-
22	Pippalyada lauham	Udara roga chikitsa prakaranam (40/130)	500mg to 1g

**Table 4: List of Formulations containing Karpura in BR- III Volume<sup>13</sup>**

Sl no	Formulation	Reference	Dose & Anupana
1	Goji Tailam	Upadamsha roga Chikitsaprakaranam (52/82)	-
2	Pathya of Shuka dosha	Shukadosha chikitsa prakaranam (53/20-22)	-
3	Kandarpa sara Tailam	Kushta chikitsa prakaranam (54/348-363)	-
4	Amlapithanthaka modaka	Amla pitta chikitsa prakaranam (56/103-112)	6gm
5	Pathya of Visphotaka	Visphotaka chikitsa prakaranam (58/22-23)	-
6	Chandra Prabha rasa	Kshudra roga chikitsa prakaranam (60/158-161)	250mg
7	Adha loma Shatana vidhi	Kshudra roga chikitsa prakaranam (60/176)	-
8	Dasanasanskara churna	Mukha roga chikitsa prakaranam (61/97-98)	1-3gm for brushing teeth.
9	Khadira vatika swalpa	Mukha roga chikitsa prakaranam (61/101-103)	500mg suck these pills.
10	Khadira vatika (Bruhathi)	Mukha roga chikitsa prakaranam (61/104-108)	375mg suck these pills.
11	Sahakara vati	Mukha roga chikitsa prakaranam (61/109-114)	250mg suck one pill per day.
12	Anjana	Netra roga chikitsa paricharya (64/81)	-
13	Rasanjanadi Varti	Netra roga chikitsa prakaranam (64/209-210)	-
14	Nayanamrutha Anjanam	Netra Roga chikitsa prakaranam (64/211-212)	-
15	Muktadi maha anjanam	Netra roga chikitsa prakaranam (64/213-215)	-
16	Nayanashona anjanam	Netra roga chikitsa prakaranam (64/216-217)	-
17	Kumari taila	Siro roga chikitsa prakaranam (65/162-168)	-
18	Sarvangasundara rasa	Pradararogachikitsa prakaranam	250mg.



		(66/52-56)	
19	External application of Kalka	Yonivyapath chikitsa prakaranam (67/22)	-
20	Hinguvadi taila	Yonivyapad chikitsa prakaranam (67/118-119)	-
21	Garbha Chintamani rasa	Garbhini roga chikitsa adhikara (68/87-90)	250mg
22	Garbhini Pathya	Garbhini roga chikitsa adhikara (68/102-104)	-
23	Soubhagya shunthi	Sutika roga chikitsa prakaranam (69/29-36)	6-12gm with Ushna jala, Ajadugdha or Godugdha.
24	Sutika vallabha rasa (Bruhat)	Sutika roga chikitsa prakaranam (69/102-105)	250mg
25	Makaradhwaja rasayana	Rasayana prakaranam (73/75-77)	-
26	Purnachandra rasa / Mahalakshmi vilas rasa	Rasayana prakaranam (73/89-101)	250mg Anupanas: Mamsa rasa, Pishta(Eatables made out of ground flour), Milk, Curd, Rice mixed with water, Liquor and seedhu.
27	Manmathabhra Rasa	Vajikarana Prakaranam (74/96-104)	250mg with Ushna jala
28	Makaradhwaja rasa	Vajikarana Prakaranam (74/114-123)	2 valla with betel pack/Ushnajala Godugdha/Jaggery.
29	Maheshwara rasa	Vajikarana Prakaranam (74/124-130)	125mg
30	Candrodaya makaradhwaja	Vajikarana Prakaranam (74/134-136)	250mg
31	Candrodaya makaradhwaja (Bruhat)	Vajikarana Prakaranam (74/137-142)	250-500mg with betel pack.
32	Kamagni sandeepana	Vajikarana Prakaranam (74/143-145)	One Valla with Madhu.
33	Mopharva	Vajikarana Prakaranam (74/152-157)	-
34	Kameshwara modaka	Vajikarana Prakaranam (74/180-185)	-
35	Rativallabha modaka	Vajikarana Prakaranam (74/189-199)	-
36	Satavari modaka	Vajikarana Prakaranam (74/208-224)	12gm
37	Mahakameshwar modaka	Vajikarana Prakaranam (74/225-241)	12gm
38	Sri Madanananda modaka	Vajikarana Prakaranam (74/242-266)	-
39	Gomutradyam ghruta	Vajikarana Prakaranam (74/277-287)	6gm
40	Pallavasara taila	Vajikarana Prakaranam (74/337-343)	-
41	Candanadi taila	Vajikarana Prakaranam (74/344-353)	-
42	Abhayadi churnam	Smaronmada chikitsa prakaranam (77/2-3)	500mg to 1gm.
43	Gandharaja taila	Gadodvega chikitsa prakaranam (78/14-21)	-
44	Srikhandadi churnam	Tatwonmada chikitsa prakaranam (79/2-4)	4gm
45	Chaithanyodaya rasa	Tatwonmada chikitsa prakaranam (79/2-4 )	125mg
46	Hinguvacadi churnam	Adhachala vata roga (80/3-4)	1gm
47	Tandavari lauham	Tandavaroga chikitsa prakaranam (81/4-5)	-
48	Hemanatha rasa	Bahumutra chikitsa prakaranam (86/43-47)	375 mg
49	Himansu Rasa	Soma roga mutra atisara chikitsa prakaranam (87/20-25)	-

50	Kamadhenu rasa	Sukrameha chikitsa prakaranam (88/27-29)	250mg
51	Madana Kamadeva rasa	Dhwjabhanga chikitsa prakaranam (92/16-24)	4gm
52	Kandarpa sundara rasa	Dhwjabhanga chikitsa prakaranam (92/36-43)	4gm.
53	Viryastambhaka lepa	Dhwjabhanga chikitsa prakaranam (92/52-53)	-
54	Karpurambu	Anubhuta yoga prakaranam (3/27-30)	24gm
55	Arsovedananthaka Ghruta	Anubhuta yoga prakaranam (3/38-43)	-
56	Apatantra hari vati	Anubhuta yoga prakaranam (3/96-99)	one pill
57	Udumbara sara	Anubhuta yoga prakaranam (3/171-179)	-
58	Visphotari rasa	Anyuhuta yoga prakaranam (3/185-186)	-
59	Dantapuyahara Anjanam	Anubhuta yoga prakaranam (3/229-233)	-
60	Netrabindu	Anubhuta yoga prakaranam (3/245-249)	-

## DISCUSSION

In the text of Bhaishajy Ratnavali, descriptions of Yogas are described as per disease. Karpura is Madhura, Katu and Kashaya in taste and sita virya. It is useful in Daha, medodosa, poison is beneficial in for eyes and intoxicant (mild). It acts on relieving from pain, and vaso-dilates the area it is applied on. Camphor as an essential oil has the properties of an antispasmodic, stimulant, anti-neuralgic, and nervous pacifier. Like any other medicines Karpura also be used for certain patients with indicated dosage forms and contraindications.<sup>14</sup> FDA has been approved Karpura as pain reliever in topical applications at the concentration of 3 to 11 percentage<sup>15</sup>. Eventhough essential oils and herbal medicines are widely using since many years but modern alternative medicine have shown very effective in curing many symptoms and diseases. Many studies have been carried out about the various applications and benefits of camphor in the fields of Pharmaceutics, industrial and environmental fields. As compiled work the formulations containing Karpura in this texts are total in 33 Rasa, 19 Tailas, 16 Modaka, 9 Churnas, 7 Vati/Gutikas, 6 Anjana and Pathya, One asava, Panaka, Varti and Lepa, 3 Lauha, 5 Gandhadravys, 4 Rasayanas and 2 Ghrutas.

## CONCLUSION

Bhaishajya Ratnavali text which is a compiled version of many texts includes formulations. The screening through the text the first Ayurvedic lexicon reveal that Karpura has been widely used in 113 formulations. The review suggests that the herbo-mineral formulations containing karpura should prepare as per classical pharmaceutical process and should

prescribed as per classical dose with proper anupana or sahapana to avoid any side effects or toxic effects. This work is anticipated to reduce the strenuous efforts of researchers to gather information. Scope extends to carry out research works for further documentation.

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