

# Over the Counter Drug in Ayurveda

Following is a short version of Compound preparations commonly used in the Indian Subcontinent. This mainly includes the management of: Acidity, Constipation, Convulsion, Cough, Diarrhoea, Dysentery, Earache, Eye discharge, Fever Cold Malaise, Headache, Indigestion, Jaundice, Joints Pain, Leucorrhoea, Parasitic Infestations, Painful Menstruation, Piles, Scabies, Leucoderma, Sprain, Toothache, Urinary Disorder, Vomiting, Care of Pregnant Woman and Mothers, Rejuvenating Agents, and Sleeplessness.

## ACIDITY

**Narikela khanda:** One teaspoonful (5 gm) with milk, 3 times per day.

**Narikela lavana:** One teaspoonful with hot water, after food, 2 times per day.

**Triphala guggulu:** Two pills with warm milk or water, 3 times per day.

**Dhatri lauha:** Two pills with warm milk or water, 3 times per day.

## CONSTIPATION

**Tripohala powder:** One teaspoonful (5 gm) at bed time with warm water or warm milk.

**Erandapaka:** Two teaspoonfuls (10 gm) at bed time with warm water or warm milk.

## CONVULSIONS

**Brahmi vati:** Two pills with milk, 2 times per day.

**Sarasvataurna:** One teaspoonful (5 gm) with honey or milk, 2 times per day.

**Jatamamsyadi kvatha:** Six teaspoonfuls (30)

## COUGH:

**Vasavaleha:** One teaspoonful, 3 times per day.

**Kantakari avaleha:** one teaspoonful, 3 times per day.

**Cyavana pras:** One teaspoonful, 3 times per day.

**Vasakarista:** Six teaspoonfuls (30 ml) with an equal quantity of water, after food 2 times per day.

**Vasaghota:** 1 teaspoonful (5 ml) mixed with warm milk, on an empty stomach, 2 times per day. This is especially useful for dry cough associated with pain in the chest.

## DIARRHOEA:

**Jaatiphaladi churna:** One teaspoonful (5 gm) with buttermilk or curd, 3 times per day.

**Bilvadiurna:** One teaspoonful (5 gm) with curd or water, 3 times per day.

**Mustakarista:** Six teaspoonfuls (30 ml) with equal quantity of water, after food, 2 times per day.

## DYSENTERY:

**Kutaj ghana vati:** Two pills with water or buttermilk, 3 times per day.

**Kutajarista:** Six teaspoonfuls (30 ml) with equal quantity of water, after food, 2 times per day.

**Kutajavaleha:** One teaspoonful with water 3 times per day.

**Bilvadi curna:** One teaspoonful, with butter milk or water, 3 times per day.

#### **EARACHE:**

**Kaishor guggulu:** Two pills with any hot drink, 3 times per day.

#### **EYE DISCHARGE:**

**Kaishora guggulu:** Two pills with any hot drink, 3 times per day.

#### **FEVER, COLD AND MALAISE:**

**Trikatu curna:** One teaspoonful with honey, jaggary or sugar, 3 times per day.

**Tryusanadi kvatha:** Six teaspoonfuls (30 ml) adding jaggary, suagr or honey, 3 times per day.

#### **HEADACHE:**

**Sarpagandha ghana vati:** Two pills with milk or water, 3 times per day.

**Jatamamsyadi kvatha:** Six teaspoonfuls (30 ml), 2 times per day.

**Asvagandhadi curna:** One teaspoonful with milk or waer, 2 times per day.

#### **INDIGESTION:**

**Hingwastaka curna:** One teaspoonful (5 gm) with hot water, after food, 2 times per day.

For better results add this powder to the first morsel of food along with equal quantity of ghee. The patient should take it by chewing followed by the rest of the food.

**Lavanabhaskar curna:** One teaspoonful with hot water or buttermilk, after food, 2 times per day.

**R(L)asonadi vati:** Two pills twice daily with hot water, after food, 2 times per day.

**Dadimastaka curna:** One teaspoonful with hot water, after food, 2 times per day.

#### **JAUNDICE:**

**Arogyabardhini:** Two pills with hot water, 3 times per day.

**Guducyadi Lauha:** Two pills with hot water, 3 times per day.

**Pathyadi Kvatha:** Six teaspoonfuls (30 ml) with jaggary, sugar or honey, 3 times per day.

**Punarnavastaka Kwatha:** Six teaspoonfuls (30 ml) with jaggary, sugar or honey, 3 times per day.

#### **JOINTS PAINS:**

**Yogaraj guggulu:** Two tabelets with any hot drink, prefarably hot milk, 3 times per day.

**Erandapaka:** One teaspoonful (5 gm) with any hot drink, 2 times per day.

**Eranda saptak kvatha:** Six teaspoonfuls (30 ml) with jaggary or sugar, 2 times per day.

#### **LEUCORRHOEA:**

**Supari paka:** One teaspoonful with milk, 3 times per day.

**Kumaryasava:** Six teaspoonfuls (30 ml) with equal amount of water, two times per day after food.

**Durvadya ghrita:** One teaspoonful with warm milk on empty stomach, 2 times per day.

#### PARASITIC INFESTATIONS:

**Vidangadi curna:** One teaspoonful with hot water or milk or honey, 2 times per day.

**Vidangadi lauha:** Two pills with hot water, 2 times per day.

**Vidangarista:** Six teaspoonfuls (30 ml) with equal quantity of water after food, 2 times per day.

**Nimbadi curna:** One teaspoonful (5 gm) with water or milk, 2 times per day.

#### PAINFUL MENSTRUATION:

**Kaisora guggulu:** Two pills with any hot drink, 3 times per day.

**Yogaraja guggulu:** Two pills with any hot drink, 3 times per day.

**Kumaryasava:** Six teaspoonfuls (30 ml) with equal quantity of water, 2 times per day after food.

**Methi modaka:** One teaspoonful (5 gm) with hot milk, 2 times per day.

**Saubhagya Sunthi modaka:** One teaspoonful (5 gm) with hot milk or hot water, 2 times per day.

#### PILES:

**Abhayarista:** Six teaspoonfuls (30 ml) with equal quantity of water, after food, 2 times per day.

**Pranada gutika:** Two pills with hot water, 2 times per day.

**Kankayana vati:** Two pills with hot water, 3 times per day.

**Vasavaleha:** Two spoonfuls with water or milk, 3 times per day.

**Durvadya ghrita:** Apply one teaspoonful (5 ml) mixed with milk over the anal region, 2 times per day.

**Guduchyadi taila:** Apply this oil with the help of a cotton swab over the anal region.

#### SCABIES:

**Nimbadi curna:** One teaspoonful (5 ml) with hot water, 2 times per day.

#### LEUCODERMA:

**Arogyabardhini vati:** Two pills with hot water, 3 times per day.

**Nimbadi curna:** One teaspoonful (5 gm) with hot water, 2 times per day.

#### SPRAINS:

**Dasanga lepa:** Mix the powder with ghee or honey, make a paste, warm it, apply externally over the affected joint and tie a bandage over it.

**Yogaraj guggulu:** Two pills with any hot drink, 3 times per day.

**Kaisora guggulu:** Two pills with any hot drink, 3 times per day.

#### TOOTHACHE:

**Kaisora guggulu:** Two pills with any hot drink, 3 times per day.

**Lavangadi vati:** To be kept in mouth and sucked as it dissolves in saliva.

**Dasana samskara curna:** Use as tooth powder, 2 times per day.

#### URINARY DISORDERS:

**Gokshuradi guggulu:** Two pills with milk or water, 3 times per day.

**Dhatri lauha:** Two pills with water, 3 times pre day.

**Candanadi curna:** One teaspoonful (5 gm) with buttermilk, 3 times per day.

**Candanasava:** Six teaspoonfuls (30 ml) with equal quantity of water, 2 times a day after food.

#### **VOMITING:**

**Eadi gutika:** One pill with water, 3 times per day.

**Dadimastaka curna:** One teaspoonful (5 gm) with water, 3 times per day.

**Jambira panaka:** One teaspoonful (5 ml) with a pinch of salt or sugar, 3 times per day.

#### **CARE OF THE PREGNANT WOMAN AND MOTHERS:**

**Dasamula kvatha:** Two tablespoonfuls (30 ml) with hney twice daily.

**Dasamilarista:** Two tablespoonfuls (30 ml) with equal quantity of water twice daily after food.

**Methi modaka:** One teaspoonful with milk twice daily.

**Saubhagya sunthi modaka:** One teaspoonful with milk twice daily.

#### **REJUVINATING AGENTS:**

**Cyvana prasa:** One teaspoonful (5 gm) with milk, on empty stomach, 2 times per day.

**Dhatri rasayana:** One teaspoonful (5 gm) with milk, on empty stomach, 2 times per day.

**Brahmi ghrita:** One teaspoonful (5 gm) with warm milk, on empty stomach, once in the morning.

**Asvagandhadi Lehya:** One teaspoonful (5 gm) with milk, on empty stomach, 2 times per day.

**Satavari Paka:** One teaspoonful (5 gm) with milk, on empty stomach, 2 times per day.

**Agastya rasayana:** One teaspoonful (5 gm) with milk, on empty stomach, 2 times per day.

#### **SLEEPLESSNESS:**

**Sarpagandha ghana vati:** Two pills with milk, two times per day- once in the morning and once at bed time.

**Sarasvata curna:** One teaspoonful (5 gm) with milk on empty stomach, 2 times per day.

**Jatamamsyadi kvatha:** Six teaspoonfuls (30 ml) with honey, 2 times per day.

**Asagandharista:** Six teaspoonfuls (30 ml) with equal quantity of water, after food, 2 times per day.

**Sarasvatarista:** Six teaspoonfuls (30 ml) with equal quantity of water, after food, 2 times per day.

**Brahmi ghrita:** One teaspoonful; (5 ml) mixed with one cup of milk and one teaspoonful of sugar twice daily on empty stomach.

.....  
If the condition of the patient does not improve satisfactorily by the use of the available facility, refer the patient to the proper centre where the facility is available.

Note: Any medicine should be used under the supervision of a well-trained health professional. The treatment procedure or advices are not meant to substitute professional medical care, advices and services.

**Reference:**

WHO-SAERO, Regional Health Paper No. 19, The Use of Traditional Medicine in Primary Health Care, A Manual for Health Workers in South-East Asia

.....

**To Avoid Possible Risk:** Use the medicines under the supervision of a registered practitioner.

Medicine should be bought/taken from the authorized centre or from the registered medicine shop.

.....

<http://ayurinfo.wordpress.com/>

<http://ourayurinfo.blogspot.com/>

.....

*(Ayur Info requests the readers to help us by informing or sharing us the updated information. This is useful to the students and practitioners. )*

.....