

# **SIMPLE FORMULATIONS FOR PRIMARY HEALTH CARE USES BASED ON AYURVEDA**

PREPARED FOR ANDHRA PRADESH FOREST DEPARTMENT



**FOUNDATION FOR REVITALISATION  
OF LOCAL HEALTH TRADITIONS  
(FRLHT)**

JULY 2002

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## **A Report On Simple formulations for primary health care uses based on Ayurveda for Commercially Important plant Species of Andhra Pradesh**

### **1. Abelmoschus moschatus (Latakasturika)**

Parts used – Root, seed and leaves

Latakasturika is aphrodisiac, digestive, beneficial for eyes, diuretic, relieves thirst, useful in diseases of mouth, and bladder. (Bp. Su.su.46)

#### **Bad breath**

Seeds of latakasturika are chewed in case of tastelessness and bad breath. (5-10 gms)

#### **Respiratory disorders**

In case of excessive phlegm in respiratory disorders, decoction of the seeds are used. (30 gms for decoction)

### **2. Abrus precatorius (Gunja )**

Parts used – Root, seed and leaves

Uses – The root, seed and leaves of Gunja is used in the form of powder to treat avabahuka(frozen shoulder), gandamala(scrofula), dental caries, baldness, dandruff, for promoting growth of ear lobes, erysipelas and skin diseases.

#### **Dental caries**

Root of gunja made into a paste is applied on affected parts (5-10 gms). It relieves the pain caused by dental caries (RM.5.13)

#### **Dandruff**

Oil cooked with gunja seeds along with bhrngaraja(Eclipta alba) in case of itching, dandruff and other diseases of scalp (10-15 ml)(VM.57.70)

### **3. Acacia sinuata (saptala)**

Parts used: fruits

Useful in skin diseases, ulcers, swelling, stomatitis, and it is laxative.

#### **Laxative**

Ghee prepared with the root is used as a laxative in chronic cases of skin diseases, rheumatic disorders and body swelling. (10 ml)(Ch.ci.28)

### **4. Achyranthes aspera (Apamarga )**

Parts used – Root, seed and leaf

Uses – The root, seed and leaf of Apamarga is used in the form of juice and powder to treat excessive hunger, piles, , calculi, wound, difficult labour, sinus, wound due to accident, eye diseases, ear diseases, diseases pertaining to head, dog-bite, , abdominal pain, jaundice, insomnia, pain in vagina.

#### **Piles**

Apamarga, nagakesara (Mesua ferrea) , satavari (asparagus racemosus) and vasa (adhatoda vasica) decoction cures bleeding piles (40-60ml) (VD.5.8)

#### **Dysuria**

Apamarga root powder (10-15 gms) taken with milk overcomes dysuria (VD.7.4)

#### **Accidental wounds**

Oil cooked with apamarga root along with water is applied locally to relieve pain caused by accidental injuries (10-15 gms) (RM.26.7)

#### **Abdominal pain**

Ghee cooked with decoction of apamarga and paste of pippali (piper longum)relieves abdominal pain (10 ml) (SY.ghrta.5)

### **5. Acorus calamus (Vaca)**

Part used – Rhizomes

Uses – The rhizomes of Vaca is use in the form of powder, paste and decoction to treat diarrhoea, epilepsy, oedema, scrotal enlargement, skin diseases, headache, alopecia, wound, eye

diseases, colic, piles, indigestion, acid gastritis, heart-diseases, rat-poisoning, diseases of mouth and as rejuvenative.

#### **Diarrhoea**

One suffering from diarrhoea should take water boiled with vaca and prativisa (aconitum)(60-120 ml)(CS.Ci.19.22)

#### **Epilepsy**

a) Old ghee processed with brahmi juice (Bacopa monnieri), vaca, kustha (sassurea lappa)and snakhapuspi (convolvulus microphyllus) alleviates insanity, and epilepsy (10-20 ml)(CS.Ci 10.25)

c) By using vaca powder (10-15gms) with honey keeping on diet of milk and rice overcomes epilepsy, VM.21.9)

#### **Headache**

In suryavartta and hemicrania pressed snuff of vaca and pippali (2-5 gms) and honey is useful (SS.U 26.33; also VM 62.38)

#### **Acid gastritis**

One should take vaca (5-10 gms) mixed with honey and jaggery (GN 2.38.25)

### **6. Adhatoda beddomei (Vasa)**

Parts used – Root, leaves and flower

Uses – The root, leaves and flowers of Vasa is used in the form of juice and decoction to treat fever, intrinsic haemorrhage, cough, asthma, consumption, skin diseases, obesity, oedema, skin diseases, leucorrhoea, difficult labour, vomiting, piles, pox, retention of urine, diseases of mouth and as rejuvenative.

#### **Fever and cough**

Decoction of vasa. Kantakari (solanum xanthocarpum) and guduci (tinospora cordifolia )mixed with honey alleviates fever and cough. (40-60 ml) (S.G 2.2.82)

Decoction of vasa, draksa (Vitis vinifera) and haritaki (Terminalia chebula)mixed with sugar and honey checks cough, asthma and intrinsic haemorrhage (40-60 ml) (VM.9.13; also SG2.2.80)

### **Dry cough**

Powder of haridra (curcuma longa) cooked with vasa juice and taken with fatty layer of milk checks dry cough (10-15 ms) (SB.4.333)

### **Jaundice (kamala)**

Juice of vasa mixed with honey should be taken. It alleviates fever, cough, wasting, jaundice, kapha and pitta (10-20 ml) (SG.2.1.8,34)

### **Sciatica**

One should take decoction of vasa, sunthi (zingiber officinale) and aragvadhya (cassia fistula) mixed with castor oil. It is useful in sciatica (40-60 ml) (BS. 587; BP.Ci.24.140)

## **7. Aegle marmelos (Bilva)**

Parts used – Fruit, leaves and root

Uses – The fruit, leaves and root of Bilva is used in the form of powder, juice and decoction to treat diarrhoea, sprue, piles, oedema, jaundice, vomiting, obesity, deafness, eye diseases, paediatric diseases, fever and as a rejuvenative.

### **Diarrhoea**

1. To treat diarrhoea by taking tender fruits of bilva with honey or butter milk (10-20 gms) (CS.Ci.19.113)
2. In case of diarrhoea with blood, tender fruits of bilva mixed with liquid jaggery, honey and oil should be taken. (10-20 gms) (SS. U.40.119)
3. Decoction of bilva and amra (Mangifera indica) (seed) mixed with honey and sugar checks vomiting and diarrhoea (10-15 gms)(VM.3.30)

### **Jaundice**

Intake of bilva leaves (juice) mixed with trikatu (piper longum, piper nigrum, zingiber officinale) alleviates jaundice, (20 ml)(CS.Ci.16.59)

## **Vomiting**

1. Cooled decoction of bilva or guduci (*Tinospora cordifolia*) added with honey should be taken in case of vomiting (40-60 ml) (VM.15.15; BP.Ci.17.25)
2. Perched paddy mixed with sugar and dissolved in decoction of bilva root (bark) should administered to the child. It checks vomiting and diarrhoea (40 –60ml) (BS balaroga.49)

## **8. Aloe barbadensis (Kumari )**

Parts used – Leaf and root

Uses – The leaf and root of Kumari is used in the form of juice to treat spleen enlargement, epilepsy, penile wart, difficult micturition, inflammation in penis, abscess, jaundice, abdominal distensions, mastitis, headache and amenorrhoea.

### **Epilepsy**

Ghee cooked with kumari juice and decoction of madhuka (*Glycyrrhiza glabra*) and added with sugar is useful in epilepsy and palpitation of heart (10-15 ml) (SB.4.453)

### **Abscess**

Kumari decocted with tila (gingly oil) and sour gruel or alone ripens the abscess (10-20 gms)(VD.16.101)

### **Abdominal distention/**

One suffering from gulma should swallow the pulp of kumari (aloe vera) 5gm mixed with cow-ghee and added with fine powder of trikatu, (piper longum, piper nigrum, zingiber officinale) haritaki (*Terminalia chebula*) and saindhava (rock salt) (10-15 gms) (BP.Ci.32.44)

### **Mastitis**

Kumari root mixed with haridra (*curcuma longa*) is applied as paste on breast to relieve pain ( 10-15 gms) (GN.6.8.23)

## **9. Andrographis paniculata (Bhunimba )**

Parts used – Whole plant

Uses – The whole plant of Kiratatikta is used in the form of powder and decoction to treat fever, sprue, oedema, for purifying breast-milk, intrinsic haemorrhage, vomiting.

**fever**

Hot infusion of kiratatikta mixed with dhanyaka(Coriandrum sativum) leaves alleviates fever immediately (40-60ml) (SB.4.32)

**Oedema**

Paste of kiratatikta and sunthi (zingiber officinale) destroys chronic oedema (10-15 gms) (CS.Ci.12.42)

**10. Anogeissus latifolia (dhava)**

Parts used. Bark, resin

useful in diabetes, piles anaemia, digestive, improves taste.

**Skin diseases**

Bark is made into a paste and applied on affected parts ( as required)(ch.ci.11)

**Ear inflammation**

Oil prepared with the bark is used as an ear drop in case of ear inflammation (3-5 drops) (su.ut.21)

**11. ASPARAGUS RACEMOSUS (Satavari)**

Part used – Root

Uses – The root of Satavari is used in the form of juice, paste, decoction and powder to treat intrinsic haemorrhage, diarrhoea, piles, hoarseness of voice, cough, arthritis, poisoning, diseases of female genital tract, erysipelas, fever, as aphrodisiac and as rejuvenative.

**As rejuvenative/ Rasayana**

Ghee cooked with paste and decoction of satavari and added with sugar is used as a rejuvenative (AH.U.39.157)

**As galactagogue / increases breast milk**

Satavari pounded and taken with milk increases the flow of breast-milk (10-20 gms) (YR.P.427)



## **12. AZADIRACHTA INDICA (Nimba)**

Parts used – All parts

Uses – The all parts of Nimba are used in the form of juice and decoction to treat fever, intrinsic haemorrhage, bleeding piles, wound, oedema, , arthritis, skin diseases, diabetes, eye diseases, leucorrhoea, as, poisons, jaundice, for fumigation, diseases of teeth, heart diseases, as specific digestive and diseases of vagina.

### **Skin diseases (Kustha)**

1. The decoction of nimba and patola (*Trichosanthes cucumerina*) is efficacious in skin diseases (40-60 ml) (CS.Ci.7.97-99)
2. Intake of haritaki (*terminalia chebula*) and nimba or nimba and amalaka (*Phyllanthus emblica*) for a month overcomes all types of skin diseases (40-60 ml) (GN.2.36.87)
3. Local application of the juice of dhatura (*Datura metal*) , nimba and betel leaves separately destroys skin diseases such as eczema, ring worms etc. (10-20 gms) (SG.3.11.52-53)

### **Diabetes (Prameha)**

1. Decoction of bark, leaves, root fruit and flowers of nimba aragvadha, (*cassia fistula*) saptaparna, (*Alstonia scholaris*) murva (*Maerua arenaria*) kutaja (*Holarrhena antidysenterica*) , katphala (*Gmelina arborea*) and palasa (*Butea monosperma*) destroys all types of diabetes (40-60 ml) (SS.Ci.11.8)

### **Wounds**

1. Decoction of nimba leaves cleans the wound (120 ml) (CS.CS.25.84)
2. Nimba leaf mixed with honey acts as cleansing agent. Both of them added with ghee promote healing (10-15 gms) (SS.Ci.1.68)
3. Paste of nimba leaves and sesamum mixed with honey cleanses wound while mixed with ghee it acts as healing agent. (10-15 gms) (VM.44.28)
4. The paste of nimba leaves, by external application, cleanses and heals wound while it intake it alleviated vomiting, skin diseases disorders of pitta and kapha and worms (10-15 gms) (SG.2.5.5)

### **13. Bacopa monnieri (Brahmi)**

Parts used – whole plant

Uses – The whole plant of Brahmi is used in the form of juice to treat insanity, epilepsy, paediatric diseases, pox and as a rejuvenative.

#### **Mental disorders**

Brahmi, kusmanda(*Benincasa hispida*) and sankhapuspi ((*convolvulus microphyllus*)) separately mixed with kustha (*Saussurea lappa*) and honey is used in mental disorders (10-15 gms) (VM.20.3; SG.2.1.18)

#### **Epilepsy**

1. Old ghee processed with brahmi juice, vaca(*Acorus calamus*), kustha (*Saussurea lappa*) and sankhapuspi (*convolvulus microphyllus*) alleviate insanity, inauspiciousness, and epilepsy (10-15 gms) (CS.Ci.10.25)

#### **To promote intellect**

Juice of Brahmi, or mandukaparni(*Centella asiatica*) are taken with honey and ghee to promote intellect (10-15 ml) (KS.P.5)

### **14. Baliospermum montanum (Danti)**

Parts used – Root, leaves, seed and oil

Uses – The root, leaves, seed and seed oil is used in the form of powder, seed and oil to treat piles, anaemia, jaundice, skin diseases, cyst, as purgative, wound and conjunctivitis.

#### **Piles (arasa)**

Leaves of trivrt(*ipomoea turpethum*), danti(*Baliospermum montanum*), cangeri(*oxalis corniculata*) and citraka(*Plumbago indica*) fried in oil and ghee (mixed) and added with fatty layer of curd should be given as vegetable (10-15 gms) (CS.Ci.14.122)

#### **Skin diseases (Kustha)**

Danti (*Baliospermum montanum*), trivrt (*ipomoea turpethum*) and brahmi (*Bacopa monnieri*) powder together should be taken with honey and ghee. It is beneficial for skin diseases, diabetes and numbness (10-15 gms) (AH.Ci.19.34)

## **15. Bixa orellana (Sinduri)**

Parts used – Root, bark, seeds

Uses – The root, bark and seeds of Sinduri is used to treat intermittent fever, gonorrhoea, as mosquito repellent, dysentery and for colouring edible materials.

## **16. Boerhavia diffusa (Punarnava)**

Parts used - Root and leaves

Uses – The root and leaves of Punarnava is used in the form of juice and decoction to treat anaemia, oedema, internal abscess, calculi, eye diseases, oedema during pregnancy, haemoptysis, for inducing sleep, fever, rheumatic ailments, difficult labour, vaginal pain and as rejuvenative.

### **Oedema**

1. Paste of punarnava, sunthi (*zingiber officinale*) and mustaka (*Cyperus rotundus*) should be taken in dose of 10gm with milk 640ml (CS.Ci.12.23)
2. Punarnava, guduci (*Tinospora cordifolia*) and guggulu (*Commiphora mukul*) pounded in equal quantity alleviates oedema, abdominal distension, (5-10 gms)(HS.3.25.14)

### **Eye diseases**

Punarnava root powder or the paste removes itching, when taken with milk, honey, ghee respectively, (5-10 gms) (BP.Ci.63.210)

### **As Rasayana**

As a rejuvenative therapy, paste of fresh punarnava 20gm, with milk continually more than a month (AH.U.39.155).

## **17. Boswellia serrata (Sallaki)**

Parts used – Bark, gum-resin

Uses – The bark and gum-resin of Sallaki is used to treat asthma, dysentery, ulcer, haemorrhoid, skin diseases, fever, convulsions, dysentery, , bronchitis, asthma, cough, stomatitis, syphilitic diseases, chronic laryngitis, jaundice and arthritis.

### **Conjunctivitis**

The exudates of sallaki mixed with sugar and honey should be applied over to eyes in conjunctivitis (SS.U.10.7)

### **Joint pain**

Powder of the sallaki mixed (60 gms) with coconut oil and made into a paste is applied externally to relieve pain (LHT)

## **18. Buchanania lanzan (Priyala )**

Parts used – Seed kernel, bark

Uses – The seed kernel and bark of Priyala is used in the form of decoction to treat intrinsic haemorrhage, diarrhoea with blood and as tonic.

### **As tonic**

Grown up child who has left the breast-milk should be given sweet bolus prepared of priyala (kernels), madhuka, (Glycyrrhiza glabra) honey, parched paddy and sugar candy. It acts as saturating and tonic (AH.U.139)

Kernels of the priyala made into a powder and used with milk as an aphrodisiac, in case of fever and burning sensation.

### **Dysentry**

powder of the bark mixed with honey is useful in dysentery with blood.  
(CK)

## **19. Butea monosperma ( Palasa )**

Parts used – Root, leaves, petioles, flowers, seeds and exudate.

Uses – The Root, leaves, petioles, flowers, seeds and exudate in the form of juice and powder to treat fever, diarrhoea, intrinsic haemorrhage, worms, colic, cough, filaria, eye diseases, scorpion-sting, as contraceptive and as rejuvinate.

### **Worms**

1. Decoction of palasa seed or paste of the same with rice-water should be taken (40-60 ml)(SS.U.54.25)
2. Decoction of palasa seeds mixed with honey or paste of the same with buttermilk should be taken. It destroys worms (40-60 ml) (VM.7.7; BP.Ci.7.21)

### **conjunctivitis**

1. Flowers of palasa should be rubbed with honey and used as collyrium (SS.U.10.9)
2. Exudate of palasa or sallaki (*Boswellia serrata*) mixed with sugar and honey should be used as collyrium (SS.U.10.7)

## **20. Caesalpinia bonduc (Latakaranja)**

Parts used – Seed

Uses – The seeds of Latakaranja is used in the form of powder and paste to treat pain , indigestion, dysentery, piles, worms, cough, diabetes and skin diseases.

Colic pain / abdominal distention /Gulma

Decoction of latakaranaja, sunthi (*zingiber officinale*) and rasna (*Alpinia galanga*) in 4, 2 and 6 parts respectively alleviates, abdominal distention, hardness of bowels, and colic (vD.8.16)

## **21. Cassia digyna (Grtakaranja)**

parts used: root

useful in wound healing, piles, worms, skin diseases and diabetes.

## **22. Cassia absus (Arnya kulatha)**

## **23. Cassia fistula (Aragvadha )**

Parts used – Fruit-pulp, root-bark and leaves

Uses – The fruit-pulp, root-bark and leaves of Aragvadha is used in the form of fruit-pulp, decoction to treat fever, jaundice, diabetes, skin diseases, wound, rheumatic ailments, erysipelas, wound due to accident,.

### **Jaundice**

Aragvadha, in the dose of 40gm, should be taken with juice of sugarcane, vidari (*ipomoea digitata*) (AH.Ci.16.41)

### **Skin diseases (Kustha)**

1. Leaves of aragvadha, kakamaci (*Solanum nigrum*) and karanja (*Pongamia pinnata*) are pounded with buttermilk and applied as anointment after smearing with oil the part affected with skin diseases (20-30 gms) (CS.Su.3.17)

2. Ghee is cooked with root (bark) of aragvadha and taken with decoction of khadira (acacia catechu). (AH.Ci.19.13). The decoction of the bark is used internally and externally in skin diseases. (40-60 ml)
3. Leaves of aragvadha are pounded with sour gruel and applied on the part in case of ring worm and skin diseases (10-15 gms) (VM.49.9; also BS.kustha63)

#### **24. Cassia senna (Svarnapatri )**

Parts used – Leaves

Uses – The leaves of Svarnapatri are used to treat constipation, abdominal diseases, leprosy, skin diseases, leucoderma, splenomegaly, hepatopathy, jaundice, helminthiasis, dyspepsia, cough, bronchitis, anaemia, tumour.

#### **25. Cassia tora (Cakramarda)**

Parts used – Seed, root, leaf

Uses- the seed, root and leaf of Cakramarda are used in the form of paste and oil to treat skin diseases, rheumatic ailments.

##### **Skin diseases (Kustha)**

Cakramarda, vidanga (Embelia ribes), haridra (curcuma longa), daruharidra (Coscinium fenestratum) aragvadha (cassia fistula) and kustha (sassurea lappa) –as a paste, this combination is excellent for eradicating skin diseases (10-15 gms) (CS.Ci.7.161)

##### **Rheumatic ailments (Vatavyadhi)**

Vegetable or other dietary preparation of cakramarda leaves alleviates rheumatic ailments (SB.4.461)

#### **26. Catharanthus roseus (Sadampuspa/nityakalyani)**

Parts used – Whole plant

Uses – The whole plant of Sadampuspa is used to treat diabetes, menorrhagia, leukemia and stomach-ache

## **27. Catunargam spinosa (Madana)**

Parts used – Fruits, bark

Uses – The fruit and bark of Madana is used to treat fever, diarrhoea, dysentery, bruises, cuts, pain, sprain, inflammation, gout, helminthiasis, leprosy, skin diseases, wound, ulcer, tumour, amenorrhoea, dysmenorrhoea, cough, asthma, bronchitis, flatulence, colic and constipation.

### **For emesis**

Fruits of madana is used as one of the best emetic drug particularly useful in fever, abdominal distention, and skin diseases of kapha predominant (CS.KA.1., Ah.Ka.1.)

## **28. Celastrus paniculatus (Jyotismati)**

Parts used – Leaf, seed and oil

Uses – The leaf and seed of Jyotismati is used in the form of powder and oil to treat udara roga, wound, sidhma, drowsiness in fever and amenorrhoea.

### **Skin diseases (eczema /Sidhma)**

Jyotismati oil processed with water of apamarga-ksara (Achyranthes aspera ) processed seven times. By massaging it destroys eczema (AH.Ci.19.75)

### **Amenorrhoea**

Japa (hibiscus rosa-sinensis ) flowers with sour gruel and fried jyotismati leaves, by intake, induce menstruation (CD.62.25)

## **29. Centella asiatica ( Mandukaparni)**

Parts used – Whole plant

Uses – The whole plant of Mandukaparni is used in the form of juice to treat cough, consumption, diseases of voice, insanity, as intellect promoting, rejuvenative, boils, chronic coryza, and jaundice.

### **As intellect-promoting Rasayana**

Juice of mandhukaparni, is used with milk. This is life-giving, destroys diseases and promoters of strength, digestive power, complexion and voice. (CS.Ci.1.3.30-31)

Regularly intake of mandukarparni fried in ghee for a month keeping on non-cereal acts as rejuvenative (AH.U.36.165)

### **Boils**

Local application of the juice of mandukaparni destroys boils (GN.4.1.119)

### **Jaundice**

Juice of mandukaparni mixed with honey, haridra (curcuma longa), amalaki(Phyllanthus emblica) or milk and taken in morning is wholesome for those suffering from jaundice (VD.10.2)

## **30. Chlorophytum borivilianum (Sveta Musali )**

Parts used – Root

Used – The root of Musali is used in the form of powder to treat freckles, deafness and as aphrodisiac.

Refer Musali, **Curculigo orchioides**

## **31. Citrullus colocynthis (Indravaruni)**

Parts used – Root and fruits

Uses – The root and fruits of Indravaruni is used in the form of powder to treat jaundice, for cleansing wound, for extraction of foreign body, scrotal enlargement, warts, alopecia, greying of hair, arthritis, amenorrhoea and for inducing abortion, for inducing vaginal secretion and insanity.

### **Jaundice**

In jaundice, root of indravaruni made into powder and mixed with jaggery is useful (SS.U.44.30)

### **Arthritis**

The root of indravaruni should be mixed with pippali (piper longum) and jaggery and taken in the dose of 10gm. It alleviates arthritis (BP.Ci.24.259)



### **32. Cochlospermum religiosum** **(Girisalmalika,Silakarpasika)**

Parts used – Leaves, flowers and gum

Uses – The leaves, flowers and gum of Girisalmalika is used to treat cough, diarrhoea, dysentery, pharyngitis, gonorrhoea, syphilis and trachoma.

### **33. Coleus forskohii (Gandera)**

may be compared to uses of Coleus vettiveroides/which is HRIBERA

Parts used – Whole plant

Uses – The whole plant of Valakah is used to treat dyspepsia, indigestion, dysentery, vomiting, thirst fever, dermatitis, ulcer and bleeding diseases.

Paediatric disorders

Water processed with hribera and sunthi (zingiber officinale) should be given to drink (CS.Ci.19.22) in Paediatric disorders like diarrhoea, thirst, vomiting and fever in children Hribera mixed with sugar and honey and taken with rice-water (BS.balaraga.47)

### **34. Curculigo orchioides (Musali )**

Part used – Tuberos root

Uses – The tuberos root of musali is used in the form of powder and decoction to treat retention of urine, as rejuvenative and as aphrodisiac.

**As Rasayana**

Satavari(asparagus racemosus), mundi(Sphaeranthus indicus ), guduci (Tinospora cordifolia), hastikarnapalasa (Butea monosperma) and musali all in equal parts are powdered. It is mixed with ghee or honey and taken. It acts as rejuvenative and promotes body tissues and strength (10-15 gms) (BP.Ci.73.11-12)

**AS aphrodisiac**

Regular use of the powder of krsna musali (talamuli) mixed with ghee acts as aphrodisiac (10-15 gms) (VV.4.8)

### **35. Cyperus rotundus (Mustaka)**

Parts used – Rhizomes

Uses – The rhizomes of Mustaka is used in the form of powder and decoction to treat fever, diarrhoea, erysipelas, rheumatic ailments, alcoholism, loose teeth, cough, vomiting, thirst, epilepsy, wound due to accident and eye diseases

#### **Fever**

Water boiled with musta, parpata (*Fumaria indica*), usira (*Vetiveria zizanioides*), candana, (*Santalum album*) balaka(*Coleus vettiveroides*), and sunthi (*zingiber officinalis*) and cooled should be given to improve digestion and to pacify thirst and fever (CS.Ci.3.145)

#### **Diarrhoea**

Musta rhizomes (60 gms) should be boiled in milk with three times reduces to milk its intake checks diarrhoea with mucus and pain (10-15 gms) (SS.U.40.47; AH.Ci.9.39,)

#### **Arthritis (Vatarakta)**

In kapha predominant arthritis decoction of musta, draksa (*Vitis vinifera*) and haridra (*curcuma longa*) mixed with honey should be taken. (AH.Ci.22.14)

#### **Wound**

Root of musta pounded finely with cows ghee is applied as paste on the wound (5-10 gms) (Cd.44.53) to promote quick healing.

### **36. Decalepis hamiltonii (Sveta sariva)**

Part used – Root

Uses – The root of Sariva is used in the form of powder and infusion to treat wound, bronchial asthma, fever, intrinsic haemorrhage, kushtha, erysipelas, poisoning, paediatric rejuvenative/rasayana and during pregnancy.

**Refer Hemidesmus indicus**

### **37. Eclipta prostrata (Bhrngaraja )**

Parts used – Whole plant, seed

Uses – The whole plant and seeds of Bhrngaraja is used in the form of oil, powder and juice to treat filariasis, boils, wound, headache, giddyness, lack of vision, indigestion, enlargement of liver and spleen, jaundice, pain in the abdomen, cough, skin diseases, skin diseases and fever.

#### **Greying of hairs**

Oil 160ml is cooked with the juice of bhrngaraja and milk 1.28 litres along with the paste of madhuka (Glycyrrhiza glabra ) 40gm. This is used ad snuff and applied on head to prevent greying of hairs (CS.Ci.26.267)

#### **Rejuvenative / rasayana**

Intake of powder containing bhrngaraja leaves, black sesamum, amalaka (Phyllanthus emblica) and sugar in equal quantity acts as rejuvenative/ rasayana (10-15 gms) (BS.rasayana.369)

### **38. Embelia ribes (Vidanga)**

Parts used – Fruits and root

Uses – The fruits and root of Vidanga is used in the form of powder and paste to treat worms, heart-diseases, skin diseases, pollution of earth, headache, jaundice, poisoning and as rejuvenative.

#### **Worms**

1. Vidanga excels as anthelmintic and is used in food and drinks, bath, fumigation and anointment. (CS.Ci.7.159)
2. Warm decoction of vidanga and aragvadha (cassia fistula) should be given to those suffering from worms (3\40-60 ml) (AS.U.49.91)

#### **Diabetes**

Powder of vidanga, triphala (Phyllanthus emblica, Terminalia chebula, Terminalia bellerica) and pippali (piper longum) taken with honey destroys skin diseases, worms, diabetes, sinus and fistula-in-ano (10-15 gms) (SSR.12.33)

### **39. Emblica officinalis (Amalaki)**

Parts used - Fruit and seeds

Uses – The fruit and seed of Amalaki is used in the form of powder and juice to treat fever, lack of appetite, piles, worms, anaemia, jaundice, intrinsic haemorrhage, hoarseness of voice, hiccup, cough, fainting, heart diseases, vomiting, burning sensation, abdominal pain, leprosy, rheumatism, erysipelas, pox, greying of hair, diabetes, suppression of urine, leucorrhoea, burning sensation in female genitals, eye diseases, as preventive measure, for promoting intellect, as rejuvenative, and aphrodisiac.

#### **Diabetes**

In case of diabetes /prameha fruit juice or powder of the amalaki fruit and powder of nisa (curcuma longa) in equal quantity is recommended.(10-15 gms) ( Ah.U.40)

#### **Rejuvenative**

Daily intake of amalaki fruit is recommended as a rejuvenative. (Ah.U.39). It retains vitality, increases life span, youthfulness and resistance power.

#### **Eye diseases**

Powder of amalaki, harethaki (*Terminalia chebula*) and vibhethaki, (*Terminalia bellerica*) is used internally and externally in eye diseases.

#### **Laxative.**

Powder of amalaki, harethaki (*Terminalia chebula*) and vibhethaki, (*Terminalia bellerica*) is used internally with hot water as a laxative(10-15 gms).

### **40. Gardenia gummifera (Nadi-hingu)**

Parts used – Exudate

Uses – The exudate of Nadihingu is used in the form of paste and powder to treat lack of taste, wound, indigestion, constipation, abdominal distentions, colic pain, roundworm, cough, respiratory diseases, fever, and skin diseases.

### **41. Gloriosa superba(Langali)**

Parts used – Tuberos root

Uses – The root of Langali is used in the form of powder to treat ARTHRITIS (vatarakta), piles, boils, for extraction of foreign body, for easy delivery, baldness, scrofula and ear diseases.

### **Piles**

Paste of langali mixed with sirisa (*Albizia lebbek*) seeds should be applied on the haemorrhoids (5-10 gms) (GN.2.4.119)

### **Boils**

Root or seeds of langali are pounded with sour gruel and the paste is applied locally. It destroys boils caused by insects (5 gms)(GN.2.1.121)

### **Scrofula**

Oil cooked with one-fourth paste of langali tuber and four times niringundi (*Vitex negundo*) juice should be taken as snuff and applied externally. it destroys scrofula (3-5 drops)(AH.U.30.21)

## **42. *Gymnema sylvestre* (Mesasrngi )**

Parts used – Leaves, root

Uses – The leaves and root of Mesasrngi is used in the form of powder, paste and decoction to treat inflammation of glands, enlargement of spleen, indigestion, constipation, jaundice, piles, sinusitis, cough, respiratory diseases, feeling of heaviness in head, urinary stone, malarial fevers.

Powder of the leaves is used in diabetes (10-15 gms)

## **43. *Helicteres isora* (Avarttani )**

Parts used – Root, bark and fruit

Uses – The root, bark and fruits of Avarttani are used in the form of decoction and powder to treat wound, pain, worms, and to prevent blood flow.

## **44. *Hemidesmus indicus* (Sariva)**

Part used – Root

Uses – The root of Sariva is used in the form of powder and infusion to treat wound, bronchial asthma, fever, intrinsic haemorrhage, skin diseases, erysipelas, poisoning, rejuvenation therapy in children and during pregnancy.

### **Fever**

In vishama jvara (Malarial fever)-Decoction of patola (Trichosanthes dioica) ,sariva, musta (Cyperus rotundus) , patha (Cyclea peltata)and katuka (Picrorhiza kurroa ) is beneficial(cS.Ci.3.201-203)

### **Erysipelas**

sariva, amalaka(Phyllanthus emblica) usira (Vetiveria zizanioides) and musta (Cyperus rotundus) are made into a decoction and used internally (CS.Ci.21.54)

### **During pregnancy**

In month-to-month regimen prescribed during pregnancy, sariva is indicated in fourth and ninth months. It stabilises foetus and thus prevents abortion (SS.Sa.10.60-64)

## **45. Holarrhena pubescens (Kutaja)**

Parts used – Bark, seed, flower and leaves

Uses – The bark, seed, flower and leaves of Kutaja is used in the form of powder and decoction to treat fever, diarrhoea, bleeding piles, leprosy and skin diseases, cough, calculi, gravels, wound and diabetes.

### **Diarrhoea**

Seeds and bark of kutaja should be pounded with honey and ativisa(aconitum heterophyllum) and taken with rice-water. It checks diarrhoea (CS.Ci.19.51)

Kutaja, ativisa (aconitum heterophyllum) , bilva (eagle marmelos) , balaka (coleus vettiveroides) and musta (Cyperus rotundus) decoction of these is useful chronic diarrhoea having severe pain and blood (30 –60 ml)(VM.3.43; also SS.U.40.66)

### **Eruptions**

In eruptive boiled, the paste of indrayava (seeds of Holarrhena. antidysenterica) pounded with rice water should be applied externally (BP.Ci.58.23)

## **46. Holostemma ada-kodien( Jivanti)**

Parts used – Root, leaves

Uses – The root and leaves of Arkaparni is used in the form of powder and juice to treat spider-poisoning

**Fever with burning sensation**

Decoction of jivanti root mixed with ghee removes burning sensation and fever. (40-60 ml) (VD.1.20)

**Eye diseases**

In case of Defects of vision leaves of jivanti is used as a vegetable (SS.U.17.50)

**Wound**

Paste of jivanti should be applied locally for three days. It presses the wound due to sliminess and thus promotes its healing (VD.16.123)

**47. Ichnocarpus frutescens (Sariba)**

Parts used : roots

Refer uses of Hemidesmus indicus

**48. Jatropha curcas (Dravanti )**

Parts used – Leaves, seeds, oil

Uses – The leaves, seeds and oil of Dravanti is used to treat ulcer, tumour, scabies, wound, haemorrhoid, wound, splenomegaly, skin diseases, rheumatism and paralysis.

**Wounds**

Paste of dravanti, applied on wounds to clean to promote quick healing (5-10 gms)(SS.Ci2.89-92)

Seeds are severe purgative.

**49. Lawsonia inermis (Madayantika)**

Parts used – Leaves and seed

Uses – The leaves and seeds of Madayantika is used in the form of juice, decoction and powder to treat consumption, diabetes and intrinsic haemorrhage.

**Intrinsic haemorrhage**

Cooled decoction of madyanti added with sugar and honey checks intrinsic haemorrhage (GN.2.8.64)

Paste of the leaves are applied externally in case of skin diseases, fungal infections, cracks on feet.

## **50. Limonia acidissima ( Kapittha)**

Parts used – Bark, leaves, fruits, gum

Uses – The bark, leaves, fruits and gum of Kapittha is used to treat anorexia, diarrhoea, vomiting, cough, bronchitis, hiccup, cardiac debility, gingivitis.

### **Piles**

The soup of kapittaha and bilva (Aegle marmelos) is useful in piles (60-120 ml) (CS.Ci.14.93)

### **Vomiting**

1. Frequent doses of pippali (Piper nigrum) impregnated with kapittha juice and mixed with honey check vomiting (30-60 ml)(SS.U.49.27)
2. One should take kapittha (inner marrow or juice) with trikatu (Piper longum, Piper nigrum, Zingiber officinale) (AH.Ci.6.21)

## **51. Litsea glutinosa (Medasaka)**

Parts used – Bark

Uses – The bark of Medasaka is used in the form of powder to treat joint pain, fracture, sprain, arthritis, back pain, and indigestion, cough and dryness of skin.

## **52. Madhuca indica (Madhuka)**

Parts used – Flowers, bark and fruit

Uses – The Flowers, bark and fruit of Madhuka is used in the form of juice and decoction to treat intrinsic haemorrhage, sprue, thirst, eczema, cyst, fracture, eye diseases, diseases pertaining to head, hiccup, vomiting, scrofula, ear diseases, poisoning and as tonic.

### **As Tonic**

Fresh flowers of madhuka devoid of stamens and pollens are cooked with sugar and ghee and spiced with jiraka(Cuminum cyminum). It acts as tonic (KKT.8.176)

### **Eczema**

Madhuka flowers pounded with milk are pasted on the spot and bandaged. It removed burning sensation, and pain (SB.4.849)



### **Thirst**

Syrups made of the flowers of madhuka is useful as a cool drink(SS.U.48.26)

## **53. Mesua ferrea (Nagakesara)**

Parts used – Stamens, flower

Uses – The stamens and flowers of Nagakesara is used in the form of powder to treat diarrhoea with blood, hiccough, leucorrhoea for conception and bleeding piles.

### **Pradara**

Nagakesara should be taken with buttermilk for three days keeping on diet of butter milk in order to check leucorrhoea (BS.striroga.34)

### **Bleeding piles**

By regular use of nagakesara with butter and sugar is recommended in case of bleeding piles

## **54. Mimusops elengi (Bakula)**

Parts used – Bark and seeds

Uses – The bark and seed of Bakula is used in the form of paste and decoction to treat .

### **Dental disorders**

1. Chewing the seed of bakula make the moving teeth stable (VM.58.11;) for the same action, gargle with decoction of bakula bark is also useful (CD.56.16)
2. The paste of root bark of bakula taken with milk in morning for three days make the teeth stable and firm (VD.16.73)

## **55. Mucuna pruriens (Atmagupta )**

Parts used – Seed, root

Uses – The seed and root of Atmagupta is used in the form of powder and decoction to treat roundworm, sterility, difficult urination and emaciation

**As aphrodisiac**

Wheat-flour is mixed with (the powder of) kapikacchu seeds and cooked with milk. Then it is mixed with ghee and eaten followed by intake of milk (SS.Ci.26.30)

**Rheumatic ailments/ Vatavyadhi**

By taking decoction of (the seeds of) kapikacchu for a month one regains the strength in arms (CD.22.27)

**56. Phyllanthus amarus (Bhumyamalaki )**

Parts used – Whole plant

Uses – The whole plant of Bhumyamalaki is used to treat jaundice, chronic dysentery, dyspepsia, cough, indigestion, diabetes, urinary tract diseases, skin diseases, ulcer, sores and swelling.

**Jaundice**

Paste of bhumyamalaki made with buttermilk is recommended in jaundice. (10-20 gms) (VD.10.4)

**Leucorrhoea / Pradara**

Root of bhumyamalaki taken with rice-water (10-20 gms)days checks bleeding (YT.74.9)

**57. Piper longum (Pippali)**

Parts used – Fruit and root

Uses – The fruit and root of Pippali is used in the form of powder to treat fever, diarrhoea, piles, cough, hiccough, asthma, hoarseness of voice, consumption, flatulence, , colic, vomiting, acid gastritis, u, oedema, , pox, diseases of mouth, eye diseases, diseases of semen, diseases of women, intrinsic haemorrhage, jaundice, , dentition, and earache.

**Fever**

Boiled milk , sugar, pippali, honey and ghee these should be churned together and taken. This is useful in malarian fever, wasting due to chest-wound, consumption.

**Cough**

Pippali mixed with honey alleviates cough, dyspnoea, fever splenomegaly and hiccough. It is particularly recommended for children (VM.1.113; also SG.2.6.37);BP.Ci.1.377,820)

### **Piles**

The use of butter milk kept in a vessel anointed internally with the paste of pippali, pippalimula, cavya (piper chaba), vidanga (Embelia ribes), suthi (zingiber officinale) and haritaki (terminalia chebula) is wholesome (SS.Ci.6.13)

### **Asthma**

Powder of pippali, amalaki (Phyllanthus emblica) and sunthi (zingiber officinale) mixed with honey and sugar should be given frequently. It checks hiccough and asthma (10-15 gms) (VM.12.6; also CD.12.7)

## **58. Plumbago indica ( Chitraka)**

Parts used - Root and bark

Uses – The root and bark of Chitraka is used in the form of powder and decoction to treat sprue, piles, diarrhoea, oedema, cough, hoarseness of voice, diabetes, accumulation of gas in abdomen, as rejuvenative, skin diseases, vitiligo, coryza, anaemia, filaria, abscess and obesity.

### **Piles**

1. Paste of citraka mixed with sunthi (zingiber officinale) and sour gruel is applied to haemorrhoids (2-5 gms) (CS.Ci. 4-68)
2. Bark of citraka is pasted in a jar and Curd or buttermilk prepared in the same, . Intake of this buttermilk is recommended in piles (CS.Ci.14.76; AH.Ci.8.30,)

### **Aneamia**

One suffering from anemia, should take roots of bala (sida retusa) and citraka 10gm with warm water or seeds of sigru (Moringa oleifera) mixed with equal salt keeping on milk diet (SS.U.44.26)

### **Obesity**

Intake of citraka root with honey keeping on wholesome diet is useful in obesity. (BS.medoroga.22)

## **59. Pongamia pinnata (Karanja)**

Parts used - bark, seed, seed oil

### **Wounds**

Decoction of karanja, nimba (azadirachta indica) and nirgundi (vitex negundo ) kalka cleans and heals wound (VM.44.43)

### **Abscess**

The seeds of karanja, after removing the outer layer, are powdered, impregnated with the juice of snuhi leaves and dried in the sun. oil extracted from this is used externally as well as internally. It destroys abscess, both internal and external (VD.8.1)

### **Kustha and worms**

In leprotic wounds, oil of karanja or mustard should be applied (SS.Ci.9.53)

## **60. Psoralea corylifolia (Bakuci )**

Parts used – Seeds, root, leaves

Uses – The seed, root and leaves of Bakuci is used in the form of powder to treat skin diseases, vitiligo, minor skin diseases, poisoning, for conception, caries, deafness, filaria, wound and as rejuvenative.

### **Kustha**

Anointment with the powder of bakuci mixed with sunthi (zingiber officinale) destroys severe and chronic kustha (BP.Ci.54.53)

### **Vitiligo**

Decoction of amalaka (Phyllanthus emblica) and khadira (acacia catechu) (heart wood) added with bakuci powder should be used regularly keeping on wholesome diet. It alleviates vitiligo (SG.2.2.137)

## **61. Pterocarpus marsupium (Asana)**

Part used – Heart-wood

### **Prameha**

Decoction of the heartwood of asana is useful in skin diseases (kustha, ) diabetes (prameha), anaemia (pandu) and excess of kapha and obesity. (40-60 ml) (SS.SU.38.9)

### **Obesity**

In obesity, a decoction of the heartwood of asana should be taken mixed with honey (VD.12.30)

## **62. Pterocarpus santalinus (Raktachandana)**

Part used – Heart-wood

Used – The heart-wood of Raktachandana is used in the form of powder and decoction to treat hiccough, intrinsic haemorrhage, pradara, fracture, chronic fever, diarrhoea, spider-poisoning and defects of vision.

### **Fracture**

Paste of manjistha (*Rubia cordifolia*), madhuka (*Glycyrrhiza glabra*), rakta candana and sali rice (red rice) flour mixed with ghee washed many times should be applied (SS.Ci.3.7)

### **Diarrhoea**

Daruharidra (*Coscinium fenestratum*), duralabha (*Tragia involucrata*), bilva (eagle marmelos), balaka (*coleus vettiveroides*) and rakta candana (*Pterocarpus santalinus*) check diarrhoea caused pitta (SS.U.40.63.65)

### **Defects of vision**

Rakta candana (*Pterocarpus santalinus*) rubbed with water, honey, ghee and oil each for a week applied as collyrium alleviates defects of vision (BS.netra.312)

## **63. Rauvolfia serpentina (Sarpaganda)**

Part used – Root

Uses – The root of Sarpagandha is used in the form of powder to treat mental diseases, poisoning and visuchika.

### **Mental disorders**

Sarpagandha is indicated in mental disorders (SS.U.60.47). Powder of the root is given with hot water in 3-5 gms.

### **Poisoning**

Sarpagandha is particularly efficacious in rat-poisoning (SS.ka.7.29). paste of the root is applied externally.

### **Heart ailments**

Powder of the root of Sarpagandha should be taken with warm water in case of palpitation of heart, blood pressure. (2-5 gms) (LHT)

## **64. Rubia cordifolia (Manjistha)**

Parts used – Root and stem

Uses – The root and stem of Manjistha is used in the form of decoction to treat skin diseases, piles, diabetes, fracture, freckles and snake poisoning.

#### **Piles**

For bleeding piles, ghee should be cooked with decoction of manjistha, sigru (*Moringa oleifera*) etc. (SS.Ci.6.9)

#### **Fracture**

Manjistha and madhuka (*Glycyrrhiza glaba*) are pounded with sours should be applied as paste (as required) (VM.46.3)

#### **Skin disease and arthritis**

Decoction of the root of manjishta, triphala (*Phyllanthus emblica*, *terminalia chebula*, *terminalia bellerica*), *Solanum xanthocarpum*, *Acorus calamus*, *Cedrus deodar*, *curcuma longa*, *Tinospora cordifolia*, *azadirachta indica* is recommended in arthritis, and skin diseases of pitha predominance. (40-60 ml) (sahasra yoga)

### **65. Sapindus emarginatus (Phenila)**

Parts used- Leaves, fruits, roots

induces vomiting, abortion and laxation. Useful in headache, poisonous affection, skin diseases, itching, boils, and diseases of kapha.

#### **Burning sensation**

Fruits made in to a paste is applied externally in case of burning sensation of body parts.

#### **Headache**

Fruit juice is used as a Nasal drop in headache /hemicrania

### **66. Semecarpus anacardium (Bhallataka)**

Parts used – Nuts, oil, flowers

Uses – The nuts, oil and flowers of Bhallataka is used in the form of paste and oil to treat skin diseases, vitiligo, piles, guineaworm, splenomegaly, scrofula, rheumatism, as depilatory, for regaining normal colour, as rejuvenative, as aphrodisiac, alopecia, worms, poisoning, malarial fever.

### **Chronic skin diseases (Kustha)**

Food and preparations of ghee containing bhallatak, triphala ( Phyllanthus emblica, terminalia chebula, terminalia bellerica), and nimba (azadirachta indica ) should be used in case of chronic skin diseases(CS.Ci.7.82)

### **Vitiligo**

Bhallataka nuts should be crushed kept overnight in cow-urine and then dried. This is repeated thrice. Then it is pounded finely and made into a paste which, mixed with shuhi (euphorbia neriifolia )latex, is applied on the spot (AH.Ci.20.11)

## **67. Solanum nigrum ( Kakamachi )**

Parts used – Whole plant

Uses – The whole plant of Kakamachi is used in the form of juice to treat eye-diseases, rat poisoning, skin diseases, oedema, cough, urticarial patches, for achieving conception and to relieve from difficult labour.

### **As rejuvenative / Rasayana**

Kakamaci promotes strength if used as decoction with jaggery, pippali (piper longum) or marica (piper nigrum). Ghee cooked with kakamaci juice acts similarly (VD.4.3)

### **Skin diseases ( Kustha)**

In skin diseases kustha leaves of kakamachi is used as a vegetable. (CS.Ci.7.96; SU.3.17)

### **Cough**

Vastuka (Amaranthus ), kakamaci are useful as vegetable in cough caused by vata (dry cough) (CS.Ci.18.81-82)

## **68. STERCULIA URENS (Balika)**

Not available

## **69. Strychnos nux-vomica (Kupilu )**

Parts used – Seed

Uses – The seed of Kupilu is used in the form of powder to treat fever, lack of digestive powder and visuchika.

### **Loss of digestive power**

Kupilu,navasadara and hingu (asafoetida) are rubbed with sour (lemon juice) and made into pills of the size of bengal gram. It alleviates loss of digestive power and other disorders caused by the same (SB.4.256)

### **Visucika**

Kupilu, hingu (asafoetida) and navasadara each is fried on fire and all mixed together. It is rubbed with water and made into pills which control visucika (SB.4.277)

## **70. Strychnos potatorum ( Kataka )**

Parts used – Seed

Uses – The seed of Kataka is used in the form of powder to treat eye diseases, calculi and diabetes.

### **Eye diseases**

The seed of kataka is rubbed with honey and mixed with little camphor is applied as collyrium to eyes. It clears eyes (SG.3.13.103)

### **Diabetes / Prameha**

In case of diabetes Kataka seeds 10gm is pounded with buttermilk and taken with honey (YR.p.287)

## **71. Tephrosia purpurea (Sarapunkha)**

Parts used – Root, seeds and ash

Uses – The root, seed and ash of Sarapunkha is used in the form of decoction, paste and powder to treat splenomegaly, scrofula, to heal wound, rat-poisoning, diseases of teeth, wound due to accident, difficult labour, cough, worms and for retention of semen.

### **Disorders of spleen / Splenomegaly**

Paste of sarapunkha should be taken with buttermilk in case of disorders of spleen (5-10 gms) (VM.37.49;cD.38.11;BP.Ci.33.16)

### **Wound-healing**

Sarapunkha mixed with honey applied externally heals wounds (5 gms) (VM.44.34)



### **Gulma**

Ash of srapunkha and haritaki (*Terminalia chebula*) powder, both in equal quantity, should be taken in dose of 2.5gm. it destroys abdominal distensions (gulma) (BP.Ci.32.32)

### **Cough**

Inhalation of the smoke of sarapunkha is beneficial in cough (GN.2.10.61)

## **72. Terminalia arjuna (Arjuna )**

Parts used – Bark

Uses – The bark of Arjuna is used in the form of powder and decoction to treat heart diseases, consumption, spermaturia, skin diseases, fracture, intrinsic haemorrhage, wound, piles, skin diseases, and diarrhoea.

### **Heart disease**

One who takes powder of wheat and arjuna bark cooked with oil, ghee and jaggery with milk overcomes all the cardiac disorders (GN.2.26.21)

### **Cough , Consumption**

Arjuna bark, nagabala (*Sida cordata*) and kapikachu (*Mucuna pruriens*) seeds are powdered together and taken after mixing with honey, ghee and sugar followed by intake of milk. It alleviates consumption, cough. (BP.Ci.11.4; also CD.21.15)

## **73. Terminalia bellerica (Bibhitaka )**

Parts used – Fruit and seed

Uses – The fruit and seed of Bibhitaka is used in the form of powder to treat cough, asthma, diarrhoea, oedema, vitiligo, eye diseases, erysipelas, calculi, heart diseases.

### **Oedema**

In all types of oedema, the paste of bibhitaka fruit-pulp reduces burning sensation and pain (CS.Ci.12.71) similarly for the same purpose paste of bibhitaka should be taken with rice-water (AS.Ci.19.3)

### **Eye diseases**

Bibhitaka seed-kernel mixed with honey (and used as collyrium) removes corneal opacity (SS.U.12.31;RM.3.15)

### **Calculus**

Seeds of bibhitaka are pounded and taken with wine. It removes defects of urine and destroys calculus (10-15 gms) (SS.U.58.45)

### **Heart disease**

bibhitaka and asvagandha (*Withania somnifera*) pounded together and mixed with jaggery is taken with hot water. It alleviate vata vitiation in heart (palpitation, pain ) (10-15 gms) (BS.vatavyadhi.60)

## **74. Terminalia chebula (Haritaki)**

Parts used - Fruit

Uses – The fruits of Haritaki is used in the form powder to treat fever, diarrhoea, lack of appetite, indigestion, , piles, intrinsic haemorrhage, vomiting, cough, hiccough, asthma, anaemia and jaundice, enlargement of liver and spleen, oedema, skin diseases, obesity, diabetes, narcosis and fainting, scrotal enlargement, inguinal hernia, rheumatic ailments, calculi, retention of urine, diseases of throat, coryza, eye diseases, as rejuvenative soft chancre and minor diseases.

### **Cough**

Pill prepared with haritaki, sunthi(*zingiber officinale*), mustaka(*Cyperus rotundus*) and jaggery should be chewed in case of cough (AH.Ci.3.172;VM.11.24)

### **Oedema**

Haritaki or sunthi (*zingiber officinale*) mixed with jaggery should be taken in case of constipation and passing abnormal stool with mucus (CS.Ci.12.27)

Haritaki or sunthi (*zingiber officinale* mixed with jaggery should be taken with butter-milk (AH.Ci.17.5)

### **Diabetes / Prameha**

Haritaki powder should be taken with honey in case of diabetes(prameha )10-15 gms(AS.Ci.14.5)

### **Arthritis / Vatarakta**

Decoction of guduci (*Terminalia chebula*) should be taken after intake of three or five haritaki fruits with jaggery. It alleviates arthritis/ vatarakta (VM.23.7, BP.Ci.29.44)

## **75. Tinospora cordifolia (Amrita, Guduchi )**

Parts used – Stem, root, flower

Uses – The stem, root and leaf of Guduchi is used in the form of juice and decoction to treat fever, irregular fever, chronic fever, jaundice, thirst, vomiting, arthritis, skin diseases, cough, as rejuvenative for purifying breast-milk, , eye diseases.

### **Irregular fever**

One should take decoction of guduci, nimba (*azadirachta indica*) and amalaki (*Phyllanthus emblica*) mixed with honey (40-60 ml) (SS.U.39.213)

### **Amlapitta (Acid gastritis)**

Decoction of guduci, nimba (*azadirachta indica*) and patola (*Trichosanthes dioica*) leaves mixed with honey alleviates varied forms of severe acid gastritis /amlapitta (BP.Ci.10.16)

### **Arthritis / Vatarakta**

For arthritis, milk cooked with guduci decoction (AH.Ci.22.7) is recommended (40-60 ml)

Decoction prepared with 30gm of guduci, suthi (*zingiber officinale*) and dhanyaka (*Coriandrum sativum*) alleviates arthritis and skin diseases / 40-60 ml (VM.23.4;BP.Ci.29.42)

## **76. Trachyspermum ammi (Yavani )**

Part used – Seeds

Uses – The seeds of Yavani is used in the form of powder to treat worms.

### **Appetiser**

Yavani, sunti, (*zingiber officinale*) patha (*Cyclea peltata*) , pomegranate juice and jaggery mixed with salted buttermilk acts as carminative (CS.Ci.14.99)

### **Colic, improves digestion**

Yavani, rocksalt, haritaki (*terminalia chebula*) and sunthi (*zingiber officinale*) -powder of these together in equal quantity alleviates colic and improves digestive power (VM.26.39)

## **77. Tribulus terrestris (Goksura )**

Parts used - Whole plant

Uses – The whole plant of Goksura is used in the form decoction and powder to treat consumption, calculi, intrinsic haemorrhage, dysuria, to promote hair-growth, arthritis rejuvenative and as an aphrodisiac.

### **Consumption**

Powder of goksura fruits and asvagandha (*Withania somnifera*) mixed with honey is taken with milk. It alleviates consumption and cough (10 –15 gms) (RM.12.3)

### **Calculus**

Roots of goksura, kokilaksa (*Asteracantha longifolia*) , eranda (*Ricinus communis*) and two types of brhati (brhati and kantakari) *Solanum xanthocarpum*, *Solanum indicum*) are pounded together with milk and dissolves in sweet curd for a week. Taken internally in case calculus (Cs.Ci.26.62)

**Haematuria:** Milk cooked with satavari (*asparagus racemosus*) and goksura checks haemorrhage particularly urethral (60-120 ml) (CS.Ci.4.85)

### **Dysuria**

Gruel prepared with goksura and kantakari (*Solanum xanthocarpum*) and added with liquid jaggery is useful in dysuria (CS.SU.2.22; AS.13.22)

## **78. Vetiveria zizanioides ( Usira )**

Part used – Root

Uses – The roots of Usira is used in the form of powder, cold infusion and to treat fainting, indigestion, thirst, diarrhoea, diseases of heart, cough, hiccough, respiratory diseases, difficult maturation, fever with burning sensation morbid thirst, and skin diseases.

### **Fever**

In fever water boiled with Mustha (*Cyperus rotundus*) chandana (*Santalum album*) sunti (*Zingiber officinale*) ambu (*coelus vettiveroides*) parpata (*Fumaria parvifolia*) usira is recommended to reduce fever, thirst, and to improve digestion. (Ah.ci.)

### **Boils**

External application of usira destroys boils caused by excessive perspiration (VM.11.24)

## **79. Withania somnifera (Asvagandha )**

Parts used – Root

Uses – The root of Asvagandha is used in the form of powder to treat consumption, excessive emaciation, bronchial asthma, rheumatic ailments, insomnia, cardiac diseases, wound due to accident, suppression of urine, and for conception in sterility,

### **Rejuvenative / As Rasayana**

Mandukaparni, (*Centella asiatica*) sankhapuspi (*convolvulus microphylla?*), asvagandha and satavari (*asparagus racemosus*) should be used in order to promote intellect, life-spin, stability and strength (AH.U.39.61)

One may also take powder of sarkara, asvagandha and pippali (*piper longum*) mixed with ghee and honey (SS.U.41.41)

### **Weight loss in children / Balasosa**

Ghee is cooked with one-fourth paste of asvagandaha and ten times milk. It promotes development of body and is useful in emaciated children (VM.67.9)

## **80. Wrightia tinctoria (Sveta kutaja)**

Parts used - leaves

### **Skin diseases**

Leaves of sveta kutaja are immersed in coconut oil and kept in sun light for few days until the oil changes its colour into deep red. Oil is applied on chronic skin disease esp of eczema type.

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## Abbreviations

AH	Astangahrdaya
AP	Ayurveda prakasa
AS	Astangasangraha
BHS	Bhela samhita
BP	Bavaprakasa
BPN	Bhavaprakasa nighantu
BR	Bhaisajyaratnavali
BS	Bangasena
CD	Cakradatta
CI	Cikistsasthana
CS	Caraka samhita
GN	Gandanigraha
HS	Harita samhita
Ka	Kalpasthana
KK	Kalyanakaraka
KKT	Ksemakutyhala
KS	Kasyapa samhita
PP	Paribhasapradipa
RH	Rasahrdayatantra
RM	Rajamarttanda
RRS	Rasaratnasamuccaya
RT	Rasatarangini
Sa	Sarirasthana
SB	Siddhabhesmanimala
SG	Sarngadhara samhita
SH	Sodasanghrdaya
Si	Siddhisthana
SS	Susruta samhita
SSR	Sidhasara
SU	Sutrasthan
SY	Sahasrayoga
U	Uttaratantra/Uttarasthana
VD	Vaidyamanorama
VJ	Vaidyajivana
VM	Vrndamadhava
VV	Vaidyavallabha
YR	Yogaratanakara

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