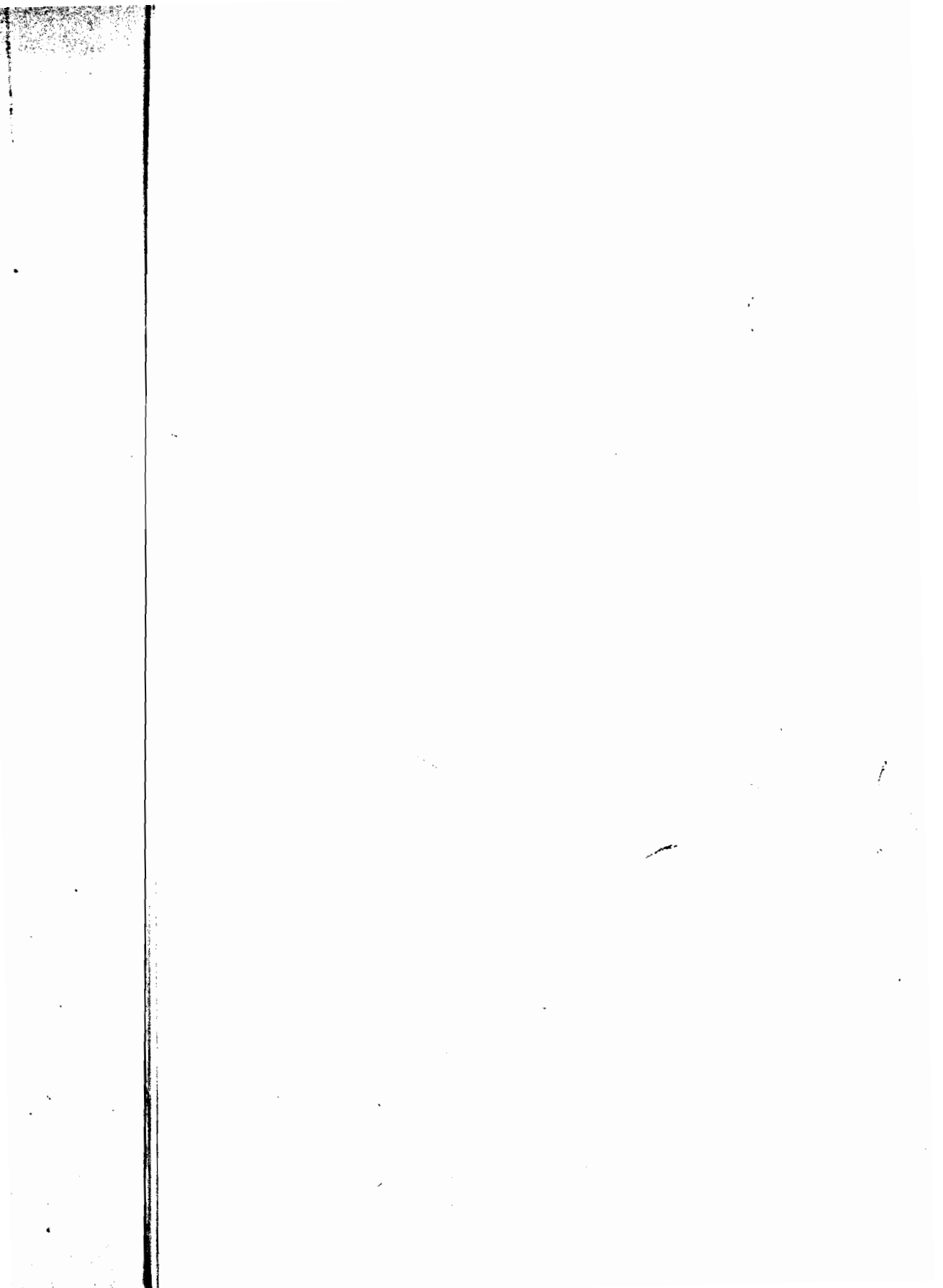


**THE USE OF TRADITIONAL MEDICINE  
IN PRIMARY HEALTH CARE**

# THE USE OF TRADITIONAL MEDICINE IN PRIMARY HEALTH CARE

A Manual  
for Health Workers  
in South-East Asia





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ISBN 92 9022 188 7

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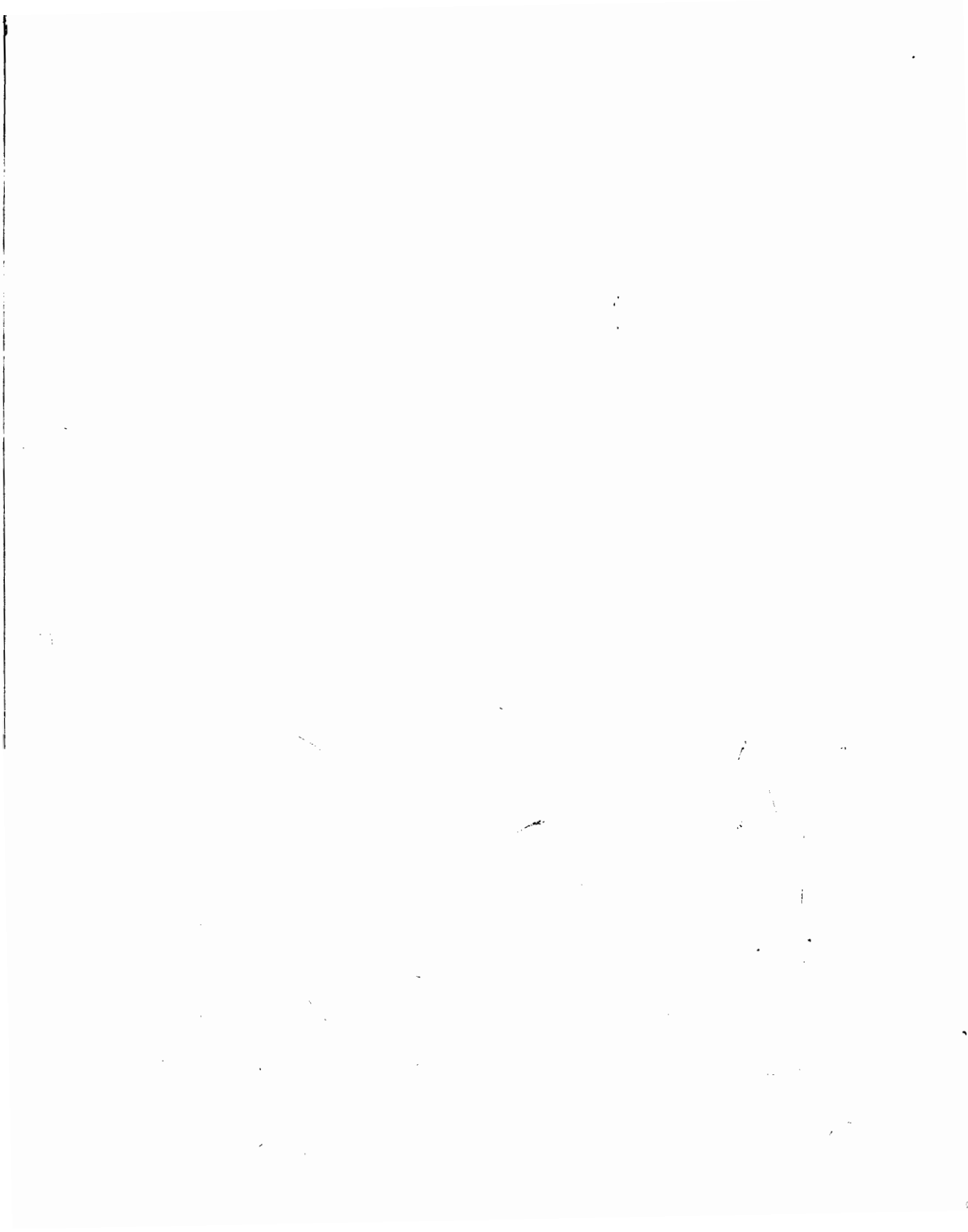
Printed in India

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Section A is on general methods of preparation of medicinal plants for use.

## PREFACE

The primary aim of this Manual is to provide information to semi-literates or neoliterates residing in villages of countries in South-East Asia countries about their herbal wealth. WHO has resolved to provide Health for All by the Year 2000 and the Member States are committed to this objective. The role of traditional medicine to achieve this objective has been well appreciated. In spite of the network of primary health centres and sub-centres, villages in these countries will have to depend upon their traditional healers and healing methods because of their availability, accessibility, dependability and utility. The staff of primary health centres and sub-centres in villages also need information on traditional practices of the locality.

The Manual is intended to keep health workers informed of the therapeutic utility of the flora surrounding their villages, spices available in the kitchen and grandmother's remedies available in the local market so that these can be used as first aid. If the patient does not respond within a reasonable period or if the patient is in a serious condition, he should be referred to the nearest primary health centre or hospital. Such serious conditions are identified and indicated in these monographs.

In June 1983, an intercountry Workshop on Commonly Used Traditional Medicines was organized. This was attended by representatives of the countries of this region. The present manual is prepared on the basis of the report of that workshop.

The Manual is in three sections. Section <sup>B</sup> deals with medicinal plants. In traditional medical practice, several medicinal plants are used. Out of these, only 49 are included in this manual on the basis of their availability, therapeutic utility and non-toxic nature. Monographs of these medicinal plants are arranged in the alphabetical order of their botanical names. Synonyms of the names of these plants in some important languages of the Region, viz., Bengali, Bhutanese, Hindi, Myanmar (previously Burmese), Nepali, Sanskrit and Sinhala, whichever are readily available, are given.

Several parts of these plants are used in traditional practice. But the most useful part is given in the monograph. The habitat of the plant along with its general description is provided with a view to enabling the common man to identify these plants with the help of illustrations. These plants are endowed with several therapeutic effects. Only their utility for common ailments are given here. Mode of administration of these plants is given in brief. Preparation of juices, pastes etc., is given in some detail in the beginning of the Manual as a separate chapter. While describing the dose of these drugs, approximate metric equivalents of teaspoonful, etc., are given in parenthesis. For example, one teaspoonful in metric equivalent is given as 5 g. Depending upon the nature of these drugs, this metric equivalent may slightly vary which may be kept in view.

Section <sup>C</sup> B includes the description of common ailments along with their brief description, associated symptoms, management (both by single drugs and compound preparations) and diet as well as regimens.

Section <sup>D</sup> deals with <sup>some aspects of</sup> health care of the mother and child, oral hygiene, etc. These are not meant to be exclusive, but to supplement the efforts of workers in the organized sector of health services.

A list of compound preparations used by traditional practitioners in the Indian subcontinent are given in the Annex.

In traditional medical practice, generally the plants are often used in a compound form to which other herbs, metals, minerals and animal products are added. Even though, before medical use, metals and minerals are specially processed to make them non-toxic, compounds containing mercury, lead, etc., are not added. Only a few compounds containing processed iron which is absolutely harmless are included. These compounds are prepared and marketed by reputed manufacturers of traditional drugs. Dose, method of use, etc. of these compounds are generally furnished in the leaflets enclosed in the packings.

It must be made clear that the plants mentioned in this Manual are not the only ones used and these are not the only ailments which are treated according to traditional medical systems. English is not being the spoken language in villages, this Manual needs to be translated into various regional languages and circulated for better utility.

## GENERAL METHODS OF PREPARATION

Different parts of plants are used in medicine. In the case of small herbs and bushes, the whole plant is generally used along with the leaves, stems, roots and flowers. Different parts of big trees like flowers, fruits, seeds, barks, heart wood (pith) and leaves are used in medicine. The exact part or parts of the plant, which are therapeutically very efficacious and, therefore, should be used in medicines are described in the respective monographs.

These plants and their parts are generally available from forests, fields, parks, road sides, grocer shops and even from the kitchen. Generally, these are naturally mixed with sand, mud, dust particles, extraneous material like stalks and leaves of the same plant or other plants. Sometimes, in grocer shops and the kitchen, these plants or parts of plants get mixed up, knowingly or unknowingly, with other harmful things. Therefore, before processing it is essential to clean these plants or plant-parts carefully by winnowing or hand-picking. Green herbs should be washed with clean water before use.

These plants and their parts are processed in several ways before administration to a patient. Those which can be done at home are described below.

**PASTE**        The plant or plant-part should be soaked in water for sometime before making a paste. Green herbs, leaves and flowers generally contain a lot of water in them and, therefore, need not be soaked for long. Dry barks, fruits, roots and stems should be soaked for about half an hour and then crushed through a stone grinder (pestle and mortar).

During grinding some more water should be added. The paste should be uniformly fine. Roots and barks take a long time to be reduced to a paste. It should be ensured that during grinding no extraneous matter, like dust and sweat fall, into the drug. The paste should be collected in a metallic or clay cup and covered with a lid.

Generally, such pastes should be used within 24 hours. For the next day, fresh paste of drugs should be prepared.

**JUICE** Generally juice of green herbs, leaves, flowers and juicy fruits is used in medicine. Leaves, etc. should be made to a paste in the first instance and this paste should be squeezed through a clean, but tough piece of cloth. The juice thus collected should be kept in a glass, metallic or clay container covered with a lid. Like paste, the juice should be prepared only for 24 hours, requirement because it gets spoiled thereafter.

**INFUSION OR TEA** Some leaves, barks and roots like Ocimum sanctum (tulasi), Terminalia arjuna (arjuna) and ginger can be used in the form of a tea. For this purpose, these plant-parts are crushed and reduced to a coarse powder form and kept in a tea-strainer. Hot water is poured over it. To the liquor, thus obtained, adequate quantity of milk and sugar or salt as per taste can be added. The coarse powder of these plant-parts can also be added to water, boiled for a short time and then strained through a tea-strainer or clean cloth. To the liquor thus obtained adequate quantity of milk and sugar or salt can be added. Every time fresh tea should be prepared and given to the patient.

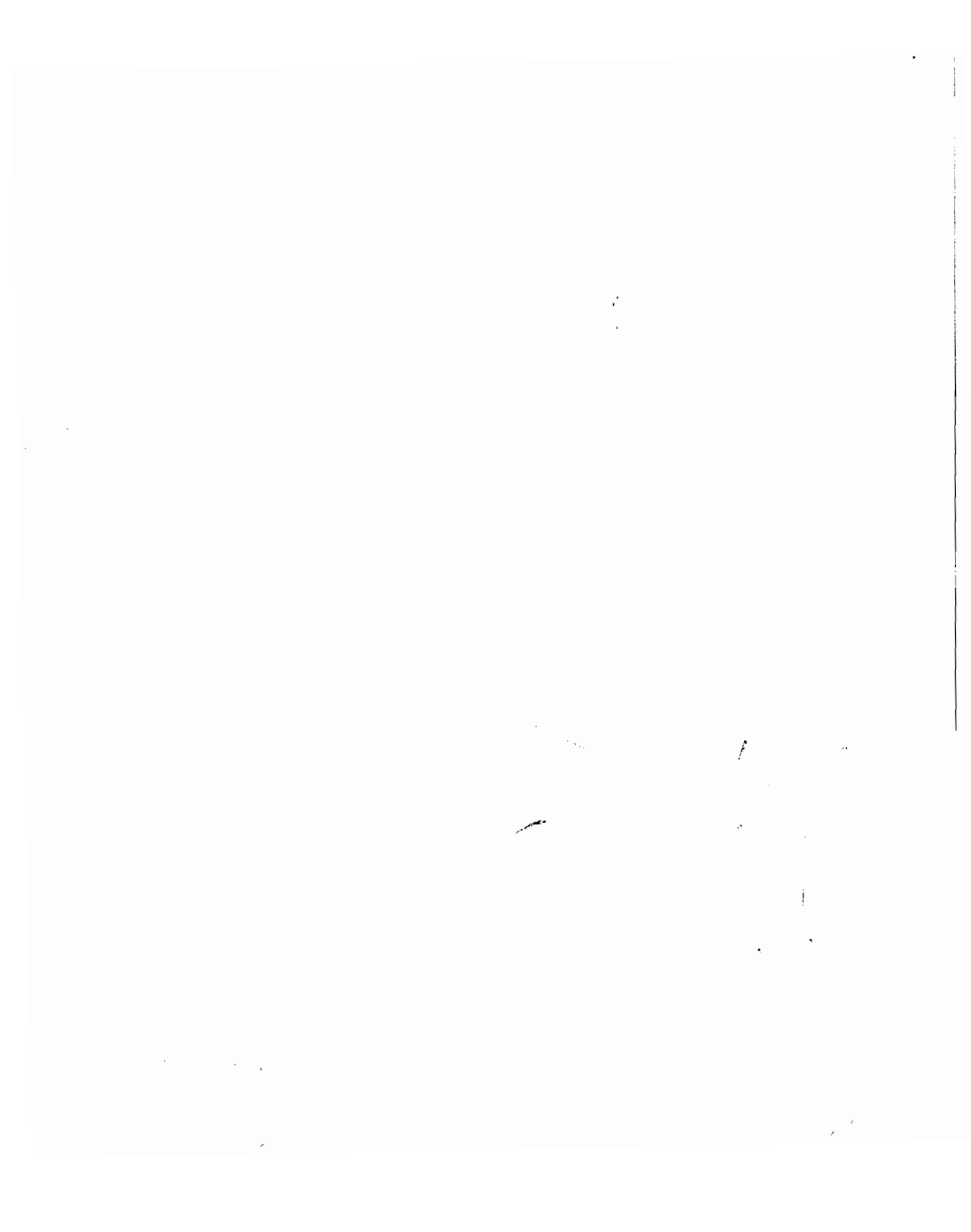
**POWDER** For preparing powder, the plant or the plant-part should be well dried. Generally, it is done by exposing to sun. But for better therapeutic efficacy some plants are required to be dried only in shade (this has been specified in the respective monograph). Unless, it is urgently required, exposure to fire through a frying pan should be avoided because such exposure spoil some of the useful medicinal components.

After proper drying, the plant should be pounded and fine powder should be prepared by sieving through a cloth or metallic sieve. This powder should be stored in a clean dry glass container properly corked. Such powders can be used up to three months.

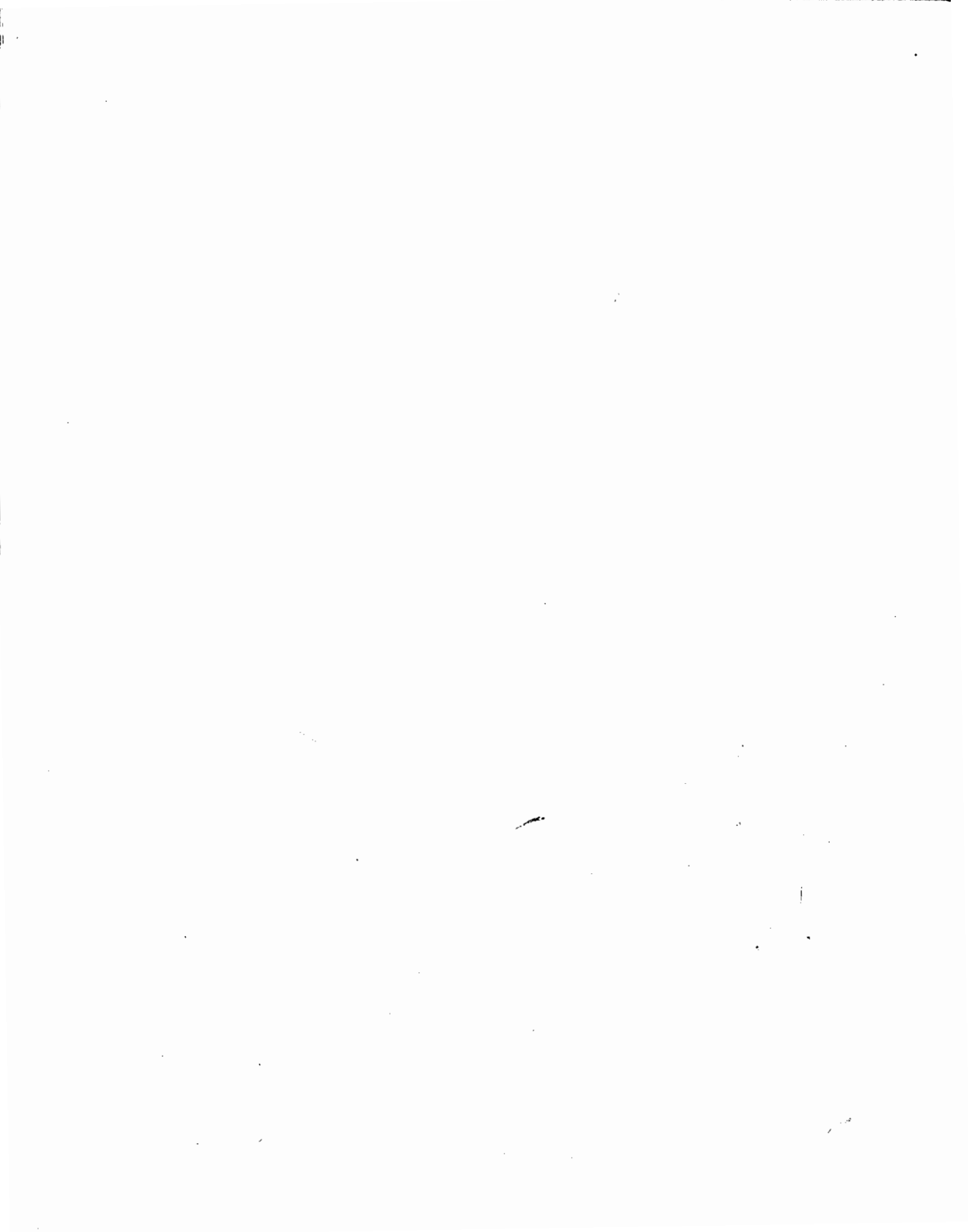
**DECOCTION** The most common method of using the plant or plant-parts like barks, wood and seeds is by way of preparing a decoction. For this purpose three teaspoonfuls (15 g) of the coarse powder of the plant or plant-part should be boiled in a metallic or earthen pot by adding four ounces (120 ml) of water

and boiled over mild to moderate fire till one-fourth of the water remains. The powder should then be strained through a clean piece of cloth. The liquid, thus obtained, can be given to the patient. At a time, decoction required for 24 hours can be prepared. Next day it should be prepared a fresh.

**OTHER METHODS** Plants are also used in the form of a syrup, linctus (thick syrup), pills, tablets, medicated ghee (ghrta), medicated oil (taila) and medicated wine (asava and arista). Such preparations of these medicinal plants are available with commercial manufacturers.



**Section A**  
**SOME PLANTS USED IN TRADITIONAL MEDICINE**





## ADHATODA VASICA



### SYNONYMS

Beng: Basaka; Bhut: Ba sa ka; Hindi: Adusa and Vamsa; Eng: Malabar Nut tree; Myan: Mesan-bin; Nep: Asuru and Bhekkar; Sans: Arusaka, Vasa and Simha-mukhi; Sinh: Agalldhara; Adhatoda.

### PARTS USED

The entire plant, including its leaf, stem, flower and root, is used in medicine.

**HABITAT** It grows in mountain valleys and hilly places of tropical and sub-tropical regions. It is also grown as a hedge plant.

**DESCRIPTION** It is a bushy plant 1.2-1.8 m. high. Leaves are broad, tapering towards the tip, smooth on the front, slightly rough at the back and yellowish green or dark-green in colour. Flowers are white violet or pink in colour. Petals are arranged in such a way that the flower resembles the mouth of a lion because of which it is called simha mukhi (simha = lion, mukhi = face). Generally flowers appear in this plant during October-November.

**THERAPEUTIC USES** It makes sputum more fluid thereby facilitating its removal. It also facilitates breathing. It is used in the treatment of cough, asthma and bleeding piles.

**MODE OF ADMINISTRATION** It is used in the form of paste, juice, powder, decoction, linctus (thick syrup), medicated ghee (ghrta) and medicated wine (arista). Since its leaves are not juicy, water should be added while preparing paste or juice. Powder is made from leaves dried in the shade; exposure to sun while drying reduces its therapeutic efficacy. Honey may be added to the paste, juice or powder of this plant. To obtain better results in cough and asthma, long pepper powder or ginger juice (1/4th in quantity) should be added.

#### DOSE

Paste, juice or powder: one teaspoonful (5 ml. or 5 g.) three times per day mixed with equal quantity of honey or sugar.

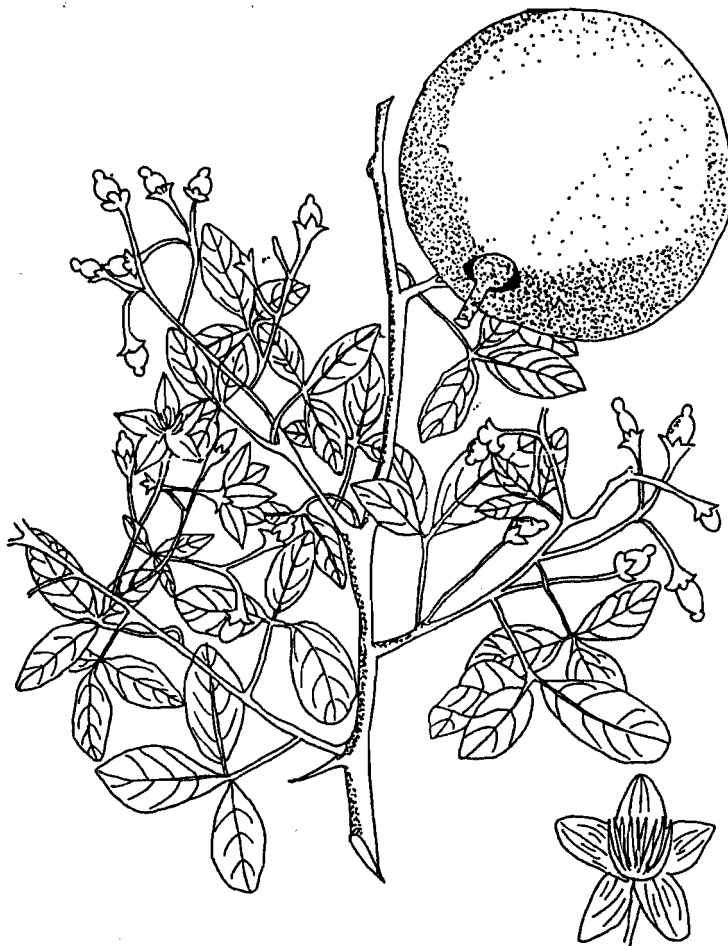
Decoction: 3 teaspoonfuls (15 ml.) three times per day mixed with one teaspoonful (5 g.) of sugar.

These preparations can be used both in adults and children for a long period.

#### PREPARATIONS

1. Vasavaleha; 2. Vasa ghrta; 3. Vasakarista.

**NOTE:** Because of bitter taste, it might cause nausea. Therefore, a small quantity of honey may be added as described above.

**AEGLE MARMELLOS****SYNONYMS**

Beng: Bhut: Ka bed; Eng: Bael tree, Bengal quince;  
Hindi: Bel and Sripthal; Myan: Okshit, Opeshit and  
Oosheet; Nep: Bel; Sans: Bilva Sripkala; Sinh: Bila  
and Beli.

**PARTS USED**

Fruit, leaf and bark of stem as well as root.

**HABITAT** It grows in sub-Himalayan and tropical forests as well as in plains.

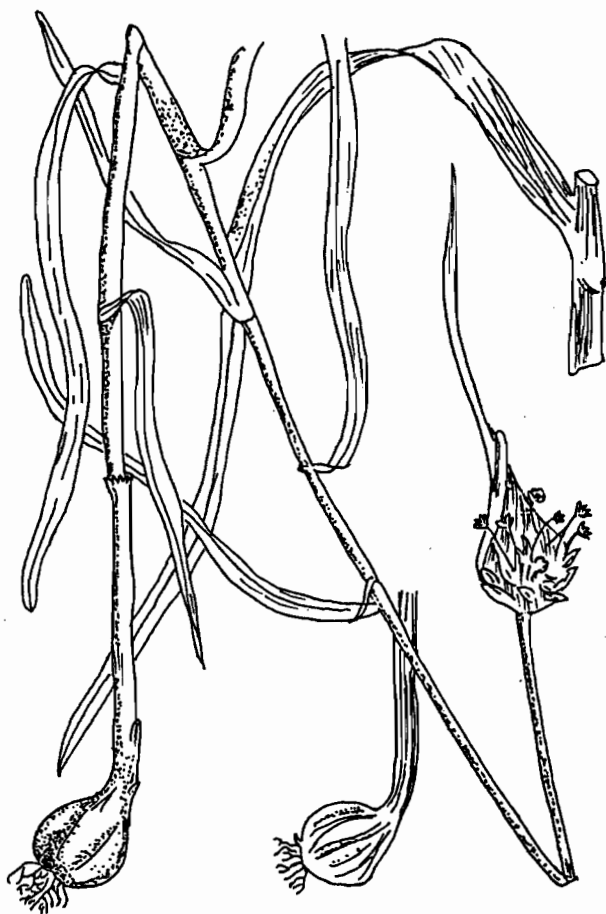
**DESCRIPTION** It is a tree about 7-9 m. high. The leaf has three leaflets and when crushed it produces a typical aroma. Fruits are oval, oblong or roundish. Outer cover of the fruit is hard, woody and smooth. Colour of the fruit is light green but when ripe, it is light yellow or brown. Cultivated variety has big fruits and the wild variety has small fruits. It flowers in May. Fruits appear in December and ripen in March-April.

**THERAPEUTIC USE** Bael fruits are used in the treatment of diarrhoea, dysentery and loss of appetite. It can be safely given to children. It has also been used in the treatment of constipation.

**MODE OF ADMINISTRATION AND DOSAGE** Both unripe and ripe fruits are used. Unripe fruits are cut into thin slices, dried in the sun and made to a powder. This is taken in a dose of 1 teaspoonful (5 g.) with water three times per day. The pulp of the ripe fruit (free from fibres and seeds) is used in the treatment of chronic dysentery in a dose of 3 teaspoonfuls (15 ml.) three times per day.

#### PREPARATIONS

1. Bilvadi curna; 2. Bilvadi lehya; 3. Bilvadi ghrta;
4. Bilva pancaka kvatha; 5. Bilva muladi gudika; 6. Bilva taila; 7. Dasamula kvatha; 8. Bael sarabat.

**ALLIUM SATIVUM**

**SYNONYMS** Beng: Rasona, Rasuna; Bhut: Sgog skya; Eng: Garlic, and Poor man's treacle; Hindi: Lahsan; Myan: Kesumplin, Kesun-phiu, Kyathloubega, Kyetthwunbya; Sans: Rasona, Lasuna and Yavanesta; Sinh: Sudulunu.

**PART USED** Bulb.

**HABITAT** Cultivated in several parts of the world.

**DESCRIPTION** In view of its wide use as a spice or condiment, it is well known. It has narrow, flat leaves. The bulb consists of one to several cloves surrounded by a thin white or pinkish sheath. Its cloves are planted during September-October in plains and during February-March in the hills. The crop matures in about four months.

**THERAPEUTIC USE** It is useful in gas formation, painful menstruation and pain in the abdomen and in the ears.

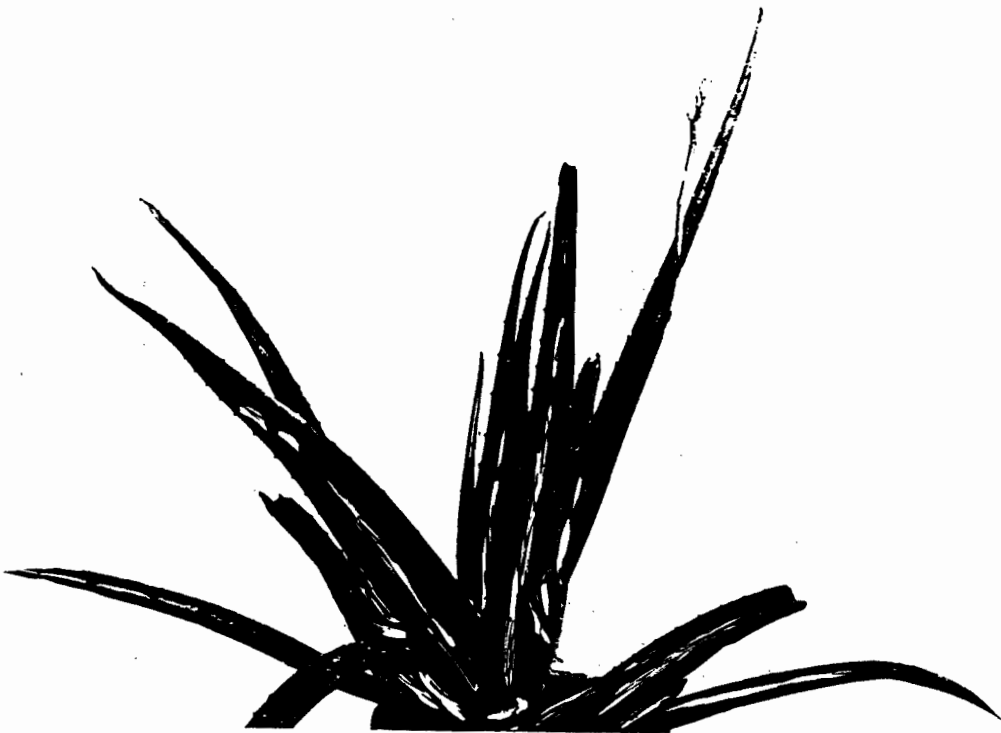
**MODE OF ADMINISTRATION AND DOSAGE** It can be used in the form of a paste or juice. Because of its pungent taste and smell, 1/2 teaspoonful (2.5 g.) of the paste or juice of garlic should be used along with 2 teaspoonfuls of honey twice daily. It is more effective if taken on empty stomach. But, because of its pungent taste and smell, in some patients, it may cause nausea. In such cases it should be taken after food.

For pain in the ears 1/2 teaspoonful (2.5 ml.) of garlic juice should be boiled with 1 teaspoonful of almond oil for about 2 minutes. When lukewarm, it should be strained through a cloth and one to two drops of this lukewarm oil should be poured into the ear.

#### PREPARATIONS

1. Rasonadi Vati;
2. Rasona pinda;
3. Lasunadya ghrta.

**NOTE:** Garlic should not be given to pregnant women in excess dose over long periods.

**ALOE BARBADENSIS****SYNONYMS**

Beng: Ghrita Kumari; Hindi: Ghi Kuanr, and Gvar patha Myan: Mo, Eng: Aloe, and Common Indian aloe; Nep: Ghret Kumari; Sans: Grha Kumari, and Kanya; Sinh: Komprika and Karibolam.

**PART USED**

Leaf.

**HABITAT** Found all over the tropical and sub-tropical plains. Often cultivated as a garden or hedge plant.

**DESCRIPTION** It is a dwarf and fleshy leaved bush. Leaves are long and spiny-toothed at the margin. Red coloured flowers in a bunch appear during late winter. This plant grows well in sandy soil.

**THERAPEUTIC USES** Externally, it is used for burns and sprains. Internally, it is used for jaundice, habitual constipation, loss of appetite, gas formation in the stomach and leucorrhoea (foul smelling discharge from the genital tract).

**MODE OF ADMINISTRATION** In burns, the juice or the pulp of the fleshy part of the leaf is applied externally. For sprains, the pulp or the juice may be gently rubbed over the affected part two or three times. The external skin of the leaf should be removed with a knife and the fleshy pulp should be made to a paste using a pestle and mortar. Because of its fleshy nature, it is slightly difficult to take out juice from the pulp. The whole leaf may be slightly roasted over fire. Then it becomes easy to take out juice from the pulp by squeezing through a cloth.

For loss of appetite, gas in abdomen, habitual constipation and leucorrhoea, juice or pulp of this plant is given. Since it is bitter in taste, a pinch of salt should be added to it. For children, the juice should be given by adding equal quantity of honey or a small quantity of jaggery or sugar. For jaundice, the juice or pulp should be given by adding jaggery or sugar (salt should not be added).

#### DOSE

Both pulp and juice should be given in a dose of one teaspoonful (5 ml.) three times per day, preferably on empty stomach.

#### PREPARATIONS

1. Kumaryasava; 2. Kumari vati; 3. Kumari paka; 4. Rajah pravartini vati.



## ASPARAGUS RACEMOSUS



### SYNONYMS

Beng: Satamuli; Bhut: Rtsa ba brgya; Eng: Asparagus;  
 Hindi: Satavar; Myan: Kanyomi; Nep: Satamuli;  
 Sans: Shataavari and Satamuli; Sinh: Hasavari and  
 Hatavari.

### PART USED

Root.

### HABITAT

It grows in tropical, sub-tropical and temperate hills and plains. It grows well with long roots in sandy soil.

**DESCRIPTION** A tall climber with thin leaves. Roots are white, long and tapering at both ends. These roots come out in bunches and spread in the earth. Older plants have longer and thicker roots. Small white and fragrant flowers appear on this plant in the beginning of the rainy season. Fruits in the shape of small berries appear in the autumn.

**THERAPEUTIC USES** It is very useful for mothers. Apart from its tonic effects, it promotes lactation. It promotes appetite and provides nourishment to children. It is also used in the treatment of acidity.

**MODE OF ADMINISTRATION** Juice of the fresh root is very useful. Because of their fleshy nature, these roots can be collected and kept in a cool place for about fifteen days. Every day fresh juice can be extracted from these roots and given to patients.

Roots can also be taken as powder. Powder is prepared by cutting roots into small pieces about 5 cm. long. The roots are dried in the sun and pounded to powder. The powder should be kept in a clean dry and well corked glass jar. When properly stored, the powder will remain therapeutically effective for about six months.

For quicker and better results, three teaspoonfuls of the powder may be boiled with 1/2 cup (125 ml.) of milk and three cups of water until the quantity is reduced to one-fourth, i.e., about one cup. The powder is then strained, using a cloth. To the milk thus obtained, one teaspoonful of sugar, honey or jaggery is added and given to the patient two to three times per day.

#### DOSE

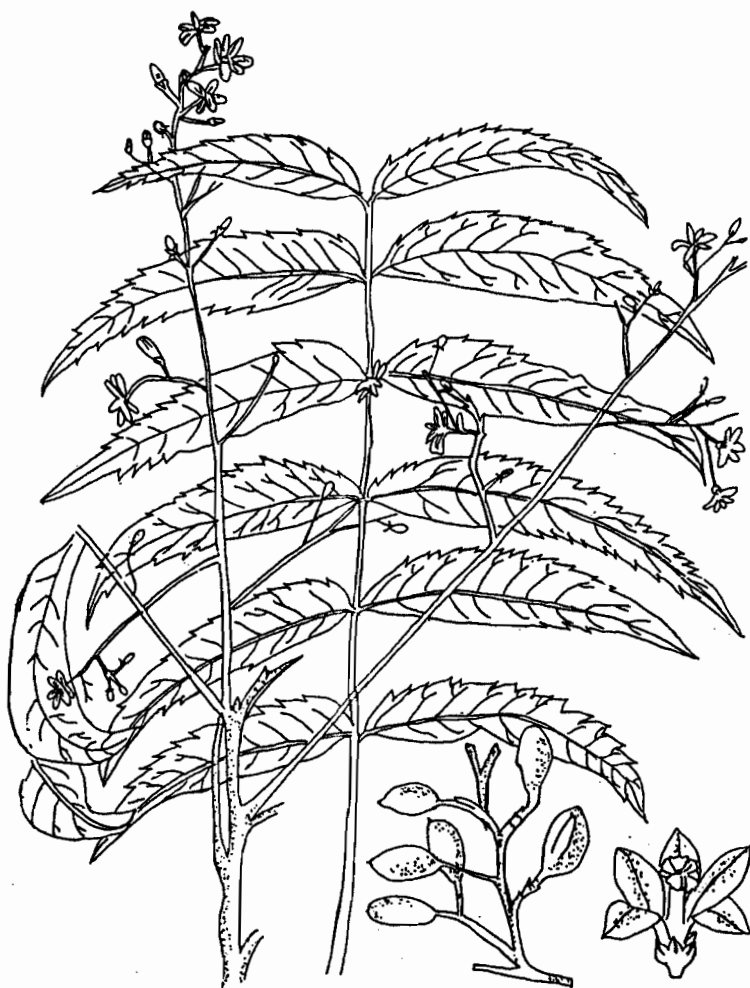
The juice or powder of the root of this plant should be given in a dose of one teaspoonful three times per day. Milk preparation (described above) should be given in a dose of 1/2-3/4 cup (125 ml.) two to three times per day.

#### PREPARATIONS

1. Satavari ghrta; 2. Phala ghrta; 3. Narayana taila; 4. Visnu taila; 5. Satamulyadi lauha.

**NOTE:** The root of this plant is starchy. Therefore, it should not be given to diabetics (patients having sugar in their urine) over long periods of time.

## AZADIRACHTA INDICA



## SYNONYMS

Beng: Nima; Bhut: Nim ba; Eng: Neem and Margosa tree; Hindi: Nima; Myan: Kamaka and Tamaka; Nep: Nim; Sans: Nimba and Picumarda; Sinh: Kohumba.

## PARTS USED

Entire tree including fruit, seed, flower, leaf, bark and root.

**HABITAT** All over tropical hills and plains.

**DESCRIPTION** The tree is 6-8 m. high. Its leaves have a serrated border. It has small, white and sweet smelling flowers. Fruits are oval and elongated with one seed. The tree sheds leaves in spring. New tender leaves with purple colour and flowers appear in spring. Fruits appear in late summer and ripen in early part of the rainy season.

**THERAPEUTIC USES** Externally, it is used for skin diseases, like itches, scabies, eczema and lice. Internally, it is used for the treatment of worms.

**MODE OF ADMINISTRATION** It is generally used in the form of paste, juice, powder, decoction and oil (extracted from its seeds). For preparing the paste, leaves or bark should be soaked in water for some time, and even while preparing the paste, a small quantity of water should be added. The paste or juice should be applied over the affected part. If itches, scabies or eczema appear in several parts of the body, one litre of the decoction should be added to a bucket of lukewarm water and used for bath. For better results two parts of the paste of the leaf or bark should be mixed with one part of the paste of turmeric and a small quantity of mustard oil. This paste should be applied all over the body and gently rubbed preferably at bedtime. Next morning bath should be taken with lukewarm water. This is very useful for skin diseases children. Oil extracted from the seeds can be used externally over the afflicted parts of the body.

Neem is very bitter in taste. The paste of leaves (preferably tender leaves) should be made to round pills and swallowed with a little water. For children, a small quantity of honey, sugar or jaggery should be added to the paste or the juice to overcome the bitter taste.

The oil prepared from seeds should be taken alongwith a cup of warm milk or water. For extracting oil from seeds, crush them and boil with water. Oil which appears on the water surface can be collected. Neem flower is used as a vegetable. To overcome its bitter taste, spices are added and is fried with mustard oil. Intake of neem flower during spring season prevents occurrence of skin diseases.

**DOSE**

Paste and Juice : One teaspoonful (5 g.) twice daily.  
Decoction : Six teaspoonfuls (30 ml.) twice daily.  
Oil from seed : 5 to 10 drops twice daily.

**PREPARATIONS**

1. Nimbadi curna; 2. Nimbarista; 3. Nimbaharidra khanda.

**NOTE:** Because of bitter taste, neem or its preparations may cause nausea or loose motions. Therefore it should not be taken on empty stomach. To overcome nausea (vomiting sensation) few seeds of cardamom may be chewed. If there is loose motion reduce the dose.

## BACOPA MONNIERI



## SYNONYMS

Beng: Brahmi; Eng: Thyme leaved gratiola, Indian Pennywort; Hindi: Brahmi, Jalanim; Sans: Jalanimba, Matsyaksi brahmi; Sinh: Lunuvita.

## PARTS USED

Entire plant.

**HABITAT** It grows in wet and sandy areas and near streams of tropical region.

**DESCRIPTION** A creeping herb with numerous branches and fleshy, oblong as well as small leaves. Flowers and fruits appear in summer.

**THERAPEUTIC USE** It is useful for the promotion of memory of children. It is also useful for prevention and cure of convulsions. In old persons, it promotes sleep. It is bitter in taste.

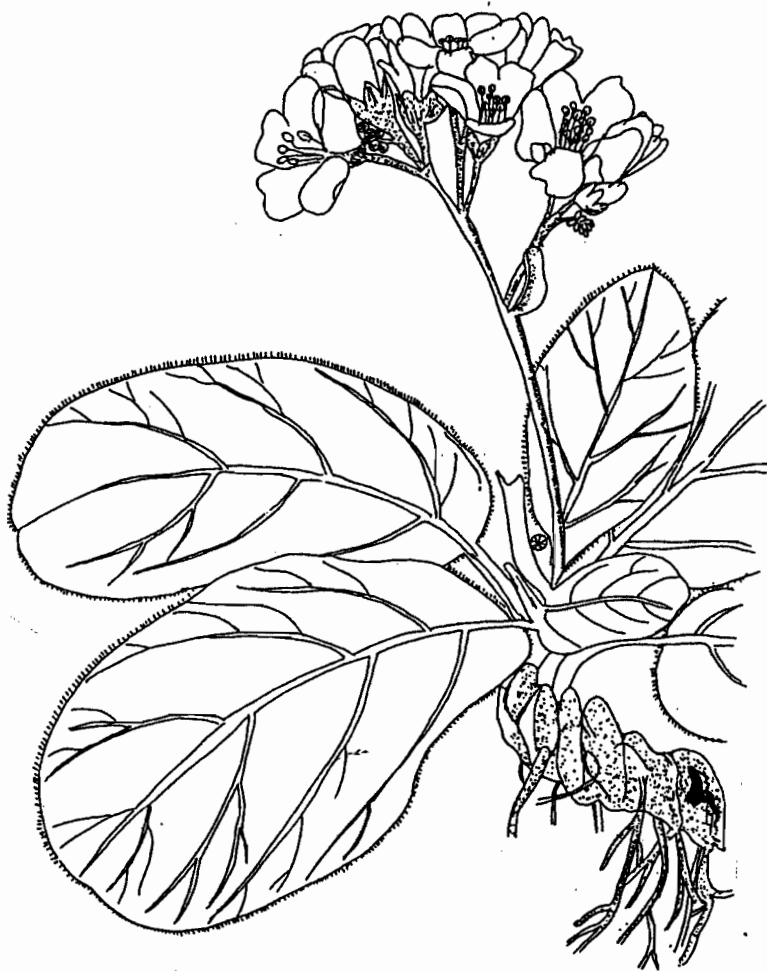
**MODE OF ADMINISTRATION** It is generally used in the form of paste or juice. Half a teaspoonful of sugar, jaggery or honey may be added. Since leaf and stem are fleshy, it can be made to a paste and juice can be extracted from it very easily.

#### DOSE

Paste or Juice: 1 teaspoonful (5 mg.), twice daily.

#### PREPARATIONS

1. Brahmi ghrta;
2. Sarasvatarista;
3. Brahmi rasayana;
4. Brahmi taila;
5. Brahmi sarabat.

**BERGENIA LIGULATA****SYNONYMS**

Beng: Pathar kuci; Bhut: A sma bhe da; Eng: Indian rock-foil yam; Hindi: Pakahanabheda Nep: Pashanvad; Sans: Asamaghna.

**PARTS USED**

Root.



**HABITAT** In temperate climate at an altitude of 1200-3000m.  
Generally found on mountain slopes.

**DESCRIPTION** Stems are short, thick and fleshy. Leaves are oval or round having hairs small in both sides, green in front and red at the back. As the plant grows older, hairs from leaves gradually disappear. The stem has sheaths (thin coating) at the base. Flowers are white, pink or purple. Roots are fleshy, thick (about 2.5 cm.) and reddish.

**THERAPEUTIC USES** It is useful for pain in the back or difficult and burning urination.

**MODE OF ADMINISTRATION** Its root is used in the form of paste, juice, powder or decoction. Sugar, jaggery or honey may be added to paste, juice, powder or decoction. Its root is fleshy; hence it can be kept for about a month and fresh juice extracted from it daily. Best results are obtained by using fresh juice.

#### DOSE

Paste, juice and powder: One teaspoonful (5 g.) twice daily.

Decoction: Six teaspoonfuls (30 ml.) twice daily with honey.

#### PREPARATION

1. Pasanabhedadi kvatha; 2. Pasanabhedadya ghrta.

**BOERHAAVIA DIFFUSA****SYNONYMS**

Beng: Punarnava; Bhut: Pu nar na ba; Eng: Pigweed, spreading Hogweed; Hindi: Sata, Gadahapurana Bisakhapara; Nep: Punarnatha; Sans: Varsabhu, Sinh: Janatopas.

**PARTS USED**

Entire plant.

**HABITAT** It grows in the plains of tropical and sub-tropical regions.

**DESCRIPTION** It is a creeper spreading on the ground for about 5-7 cm. In summer season, stems wither away and appear again in the rainy season. This plant can be red or white. The former has pinkish stems, leaves and flowers, whereas the latter has white stems, leaves and flowers. Both are used in traditional medicine.

**THERAPEUTIC USES** It is useful in jaundice. It promotes urination. Therefore, it is used in the treatment of swelling in various parts of the body.

**MODE OF ADMINISTRATION** Its leaves, stems and roots are used in the form of paste or juice. Its roots are also used in the form of powder and decoction.

#### DOSE

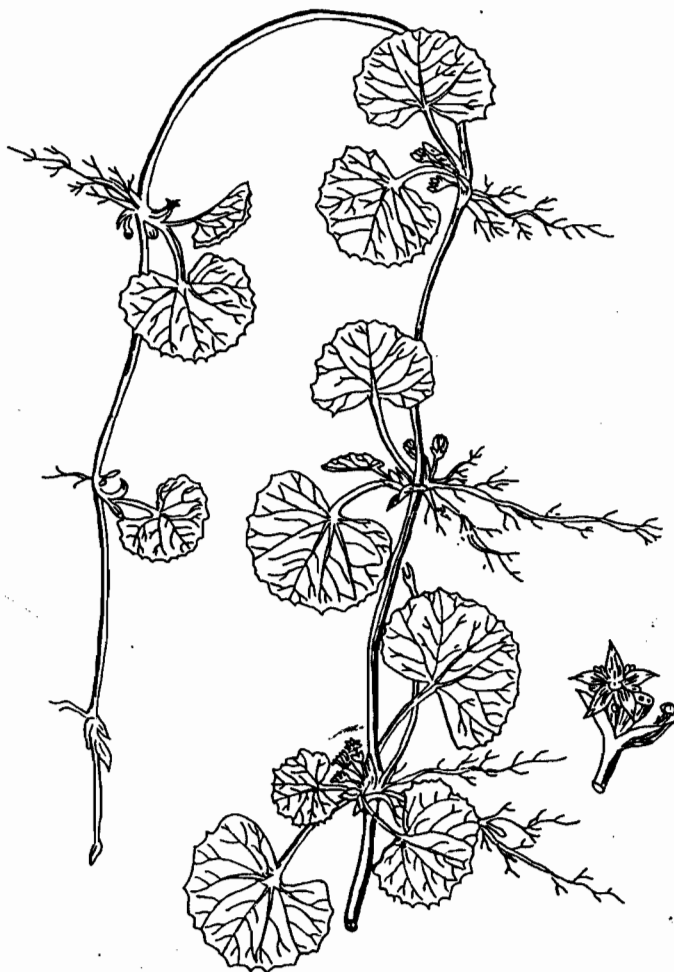
Paste, juice and powder: One teaspoonful (5 ml. or 5 g.) three times per day.

Decoction: Six teaspoonfuls (30 ml.) three times per day.

To overcome astringent taste, some jaggery, sugar or honey may be added.

#### PREPARATIONS

1. Punarnavastaka kvatha; 2. Punarnavasava; 3. Punarnavadyarista; 4. Punarnavadimandura.

**CENTELLA ASIATICA****SYNONYMS**

Beng: Thul Kuki, Adamanuri, Thankuni; Eng: Indian penny wort; Hindi: Brahmi; Myan: Min Kubin; Sans: Man dookuparni, Manduki, Brahmi; Sinh: Hingatua Kola.

**PARTS USED**

Entire plant.

**HABITAT** Generally found near water reservoirs and streams of water in the tropics and temperate climate.

**DESCRIPTION** It is a creeper. It spreads on the ground. From each node of the stem, leaves, roots and flowers emerge. Leaves are green in colour and round in shape with a depression at the centre. Red flowers appear in the spring.

**THERAPEUTIC USES** Used as a tonic and in the treatment of convulsive disorders.

**MODE OF ADMINISTRATION** It is used in the form of paste, juice or powder. For preparing powder, leaves should be dried in shade. Because of its bitter taste, the paste and juice should be taken along with equal quantity of honey.

#### DOSE

Paste, juice and powder: One teaspoonful (5 g. or 5 ml.) three times per day.

#### PREPARATIONS

1. Brahmi paka (Brahmi rasayana); 2. Sarasvatarista; 3. Sarasvata ghrta (Brahmi ghrta); 4. Brahmi taila; 5. Brahmi panaka.

## CITRUS LIMONUM



**SYNONYMS** Beng: Kagaji lebu, Bara Nimbu; Eng: Lemon, Lime;  
Hindi: Nimbu, Myan: Shauktakera, Shontakhava,  
Shoutakhava, Shouktakwoh; Nep: Bimbiri; Sans: Nimbuka;  
Sinh: Sedaran, Sidran.

**PARTS USED** Fruit.

- HABITAT** Cultivated all over tropical and temperate regions.
- DESCRIPTION** It is a small evergreen shrub. Leaves are oval and slightly tapering towards the tip, having uneven margin. When crushed, leaves produce characteristic smell. Fruits are round and slightly oblong.
- THERAPEUTIC USES** It promotes digestion. It is used for vomiting. It is specially used for vomiting during early pregnancy.
- MODE OF ADMINISTRATION** It is used in the form of juice. The juice is sour in taste. Therefore, some salt or sugar should be added to it. A tasty syrup can be prepared by adding salt or sugar to lemon juice. It should be boiled or kept exposed to the sun for sufficient time. Such syrups in airtight bottle can be stored for about 6 months.

#### DOSE

Juice or syrup of lemon: One teaspoonful (5 ml.) three times per day.

#### PREPARATIONS

Lemon syrup, lemon squash and lemon pickles are generally prepared by food processors.

**NOTE:** Lemon juice and other preparations of lemon should not be used in excess. Such excess use might produce acidity in the stomach.

## COMMIPHORA MUKUL



## SYNONYMS

Ben: Guggulu; Bhut: Gug gu la; Eng: gum guggul, bedellium; Hindi: Gugal; Sans: Guggula Mahisaksa, Pura, Palankasa; Sinh: Gugula, Javayu and Ratadummula.

## PARTS USED

Latex from the stem (gum).



**HABITAT** Wild and cultivated in desert or semi-desert and rocky, as well as sandy, areas of tropical region.

**DESCRIPTION** A tree 3-4.5 m. high with thick, fleshy stems, spikes and small leaves. Gum is taken out by incising the thick stem. A small cup is tied to the lower end of the incision. In this cup the gum accumulates gradually.

**THERAPEUTIC USES** The gum is used for the treatment of swollen and painful joints and eye discharges.

**MODE OF ADMINISTRATION** The gum is boiled till it becomes very soft by adding four times the quantity of water or the decoction of haritaki (Terminalia chebula). This material is then strained through a muslin cloth by squeezing and the gum is allowed to dry. From this paste pills of the size of a pea should be prepared and dried in the sun.

#### DOSE

Two pills three times per day with any hot drink, preferably hot milk.

#### PREPARATIONS

1. Yogaraja guggulu; 2. Kaisora guggulu; 3. Candraprabha vati; 4. Trayodasanga guggulu; 5. Kancanara guggulu; 6. Goksuradi guggulu.

**NOTE:** While using guggul, excessive exposure to sun or fire should be avoided.

## CUMINUM CYMINUM



## SYNONYMS

Beng: Jira; Bhut: Dzira, Jira; Hindi: Jira, Saphed jira; Myan: Ziya; Sans: Jarana; Sinh: Duru, Sududuru.

## PARTS USED

Seed.

## HABITAT

Cultivated in tropical and temperate regions.

**DESCRIPTION** Small herb about 30-90 cm. high. Flowers and fruits appear at the end of winter.

**THERAPEUTIC USES** It is used in the treatment of chronic diarrhoea and dysentery. It promotes digestion.

**MODE OF ADMINISTRATION** The seeds are used as powder, either alone or in a compound form. Before preparing the powder, the seeds are slightly roasted to give a better flavour. Unroasted seeds are more constipative and should be used for treatment of diarrhoea.

#### DOSE

Powder: One teaspoonful (5 g.) with water three times per day.

To overcome its slightly pungent taste, some sugar, jaggery or honey may be added. The powder can also be given as a tea or it can be added to tea.

#### PREPARATIONS

1. Jirakadya modaka; 2. Jirakadyarista.

## CURCUMA LONGA



## SYNONYMS

Beng: Halud; Bhut: Skyer rtsa, yun ba, Ser po; Eng: Turmeric; Hindi: Haldi; Myan: Hasan Wer, Tanun, Tanun; Nep: Kalo Haledo; Sans: Nisa, Krmighna, Yositpriya; Sinh: Kaha.

## PARTS USED

Rhizome (root)

- HABITAT** Cultivated throughout the tropical regions.
- DESCRIPTION** A tall herb, about 60 cm. high with large oblong leaves. Flowers appear in rainy season.
- THERAPEUTIC USES** Externally, it is used in the treatment of scabies, itches, boils, abscess, eczema and eye diseases. Internally, it is used for cough, cold and fever, specially for mothers after delivery.
- MODE OF ADMINISTRATION** For external use, the paste of turmeric is applied and rubbed like an ointment. For better results, add neem leaves (*Azadirachta indica*) in equal quantity. For eye discharge, one teaspoonful of turmeric powder and a cup of water is boiled for 10 minutes, cooled and strained through a clean cloth. 1-2 drops of this water is dropped into eyes or the eyes are cleaned several times during the day with cotton wool soaked in this water. Always swab from nose side outwards. Turmeric paste and powder are also used internally. In view of its bitter taste, a small quantity of jaggery or sugar may be added.

**DOSE**

Paste or powder for internal use: 1/2 teaspoonful (2.5 g.) with milk or hot water three times per day. Sugar may be added to the powder or milk. Eye drops described above may be used three times per day.

**PREPARATION**

Haridra khanda

## CYNODON DACTYLON



## SYNONYMS

Beng: Durba, Dub; Bhut: Du rba; Eng: Scutch grass, Couch-grass; Hindi: Dub; Sans: Sataparva, Satavirya, Golomi.

## PARTS USED

Entire plant.

- HABITAT** It is found in nature, in parks, hedges and fields.
- DESCRIPTION** It is a creeping grass which spreads on the ground. roots come out from each stem-joint. Leaves are long and slender in shape and green or white in colour.
- THERAPEUTIC USES** It stops bleeding. It is used in bleeding piles and leucorrhoea (white and foul smelling discharge from the female genital tract).
- MODE OF ADMINISTRATION** Its paste or juice is used externally to stop bleeding from external wounds. To stop bleeding from the nose, its juice is dropped into the nose. Internally, it is also used in the form of paste or juice. Since it is commonly available round the year, it is not difficult to collect fresh herb for use everyday.

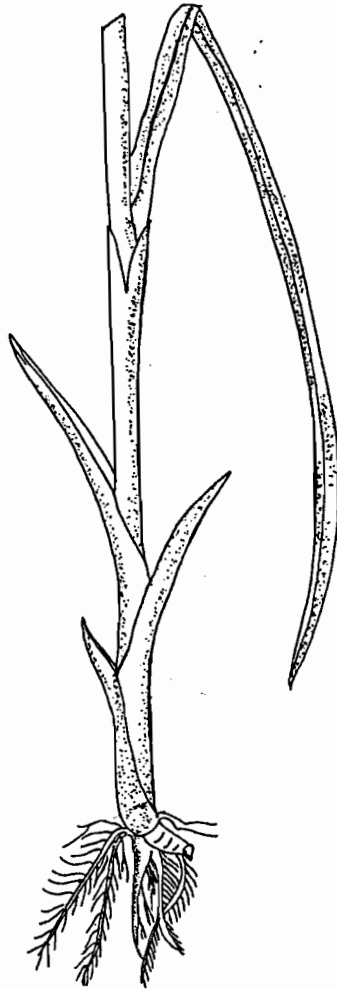
#### DOSE

Paste and juice: One teaspoonful (5 g.) three times per day. Jaggery, sugar or honey may be added.

#### PREPARATIONS

1. Durvadya ghrta; 2. Durvadya taila.

## CYPERUS ROTUNDUS



## SYNONYMS

Beng: Nagara muta, Motha; Bhut: Gla sgan;  
Eng: Nutgrass, Indian cyperus; Hindi: Nagar motha;  
Nep: Moretha; Sans: Mustaka, Ambhoda, Bhadra musta;  
Sinh: Kalamduru, Kalonduru.

## PARTS USED

Root.



**HABITAT** Generally found in nature in hot and watery areas of tropical regions.

**DESCRIPTION** It is a small herb with slender and long leaves. Roots are tuberous and spread under the ground. From root nodes new plants emerge. Older roots have bigger tubers. Roots are aromatic.

**THERAPEUTIC USES** The root is used for indigestion and diarrhoea. It is specially used for diarrhoea in children.

**MODE OF ADMINISTRATION** Juice, paste or powder of the root is used. To overcome its pungent and astringent tastes, jaggery, sugar or honey may be added.

#### DOSE

Juice, paste or powder is given in the dose of one teaspoonful (5 g.) three times per day.

#### PREPARATIONS

1. Mustakadi kvatha; 2. Mustakarista; 3. Mustadi curna; 4. Mustadi lehya; 5. Sadanga paniya.

## ECLIPTA ALBA



## SYNONYMS

Beng: Bhrunga raja; Bhut: Bhrin ga; Eng: Trailing  
eclipta; Hindi: Bhangara; Sans: Markava;  
Sinh: Kikkirindi.

## PARTS USED

Whole plant.

- HABITAT** Grows wild in warm and humid climate, particularly near streams and ponds.
- DESCRIPTION** Small herb about 15-20 cm. high. It spreads on the ground. Leaves are oblong and tapering towards the end. Flowers are white and seeds appear in autumn.
- THERAPEUTIC USES** It is used for the treatment of skin disorders, loss of appetite, acidity, heart burn, jaundice and anaemia.
- MODE OF ADMINISTRATION** Paste, juice and powder of the entire plant is used. To overcome its bitter and astringent tastes, a small quantity of salt, jaggery, sugar or honey may be added.

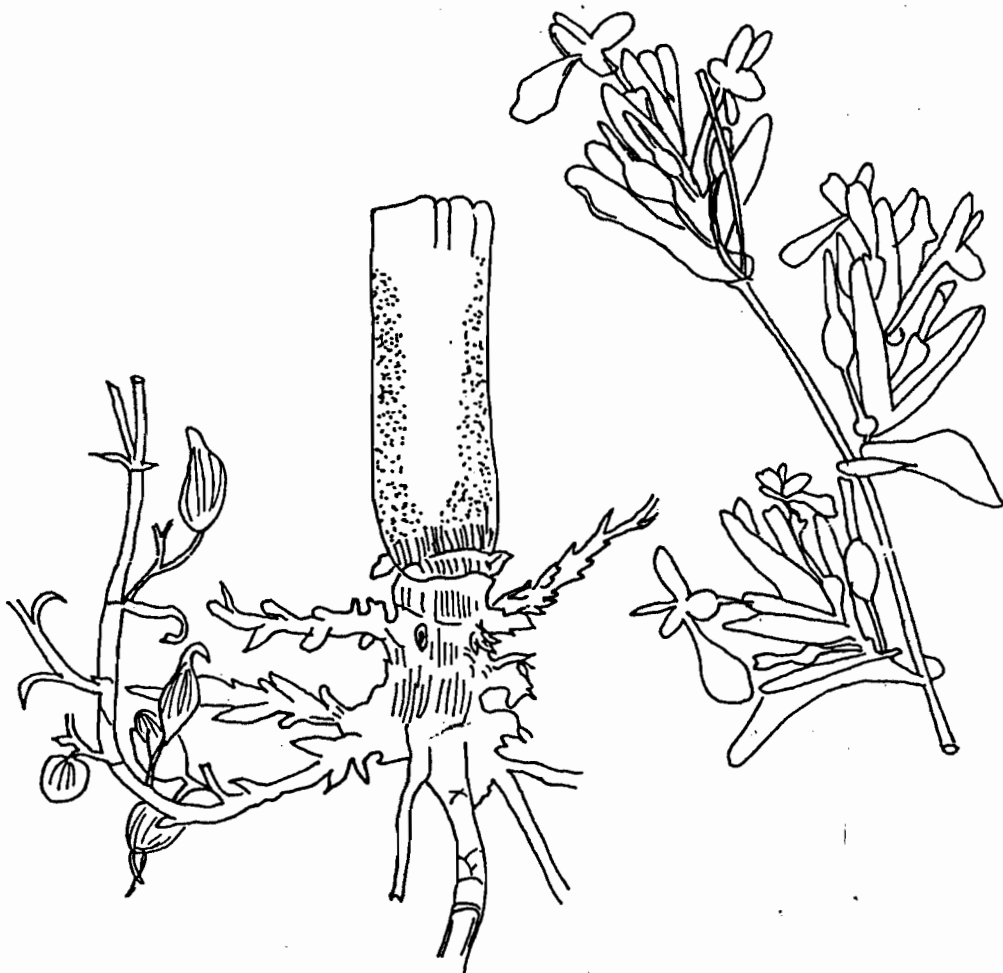
#### DOSE

Paste, juice or powder is used in a dose of one teaspoonful three times per day.

#### PREPARATIONS

1. Bhrngarajadi curna;
2. Bhrngarajadi ghrta;
3. Maha Bhrngaraja taila.

## ELETTARIA CADAMOMUM



## SYNONYMS

Beng: Chota elaci; Bhut; Sug mel; Eng: Cardamom;  
Hindi: Ilayaci, Elaci; Myan: Ilaci, Ilayic, Bala  
bala, Pala, Phala; Sans: Trti; Sinh: Inasala, Insala.

## PARTS USED

Seeds.

- HABITAT** Cultivated in tropical regions.
- DESCRIPTION** It is a leafy bush. Leaves are 30-60 cm. long, 2.5-5 cm. broad and aromatic. The outer coating of the fruit when dried is yellowish white. Seeds are blackish brown.
- THERAPEUTIC USES** It is used to promote digestion, to reduce gas formation in the abdomen and to stop vomiting. Because of its flavour, it is used as a spice in the preparation of vegetables and meat.
- MODE OF ADMINISTRATION** For vomiting, cardamom seeds are chewed repeatedly till vomiting stops. It is also used in a powder form to promote digestion and to reduce gas formation in the stomach.

**DOSE**

Half teaspoonful (2.5 g.) with hot water three times per day.

**PREPARATIONS**

1. Eladya curna; 2. Eladi gutika; 3. Eladi Kvatha; 4. Eladi modaka.

**EMBELIA RIBES****SYNONYMS**

Beng: Bidanga; Bhut; Vi tam ka; Eng: Embelia;  
Hindi: Babarang; Nep: Vavidanga; Sans: Vidanga,  
Krimighna and Citra tandula; Sinh: Velambilla.

**PARTS USED**

Fruit.

**HABITAT** Grows in the hills of tropical and sub-tropical regions.

**DESCRIPTION** It is a large shrub with slender branches. Fruits are 3-4 mm. in diameter. Dried fruits look like fruits of black pepper. The pulp inside the seed is brownish white.

**THERAPEUTIC USES** Seeds are used in the treatment of different types of intestinal worms.

**MODE OF ADMINISTRATION** Fruits are used in the form of powder or decoction.

#### DOSE

Powder: One g. with honey twice daily.

Decoction: Three teaspoonsfuls (15 ml.) twice daily.

For relief from intestinal worms, take two teaspoonsfuls (10 g.) of the powder in evening, followed by one teaspoonful (5 g.) of the powder of Terminalia chebula taken at bedtime with hot water.

There will be loose motion next morning along with which dead or live worms are expelled. Thereafter, take one g. of the powder or one tablespoonful (15 ml.) of the decoction of Embelia ribes, twice daily, for about 10 days.

#### PREPARATIONS

1. Vidangadi curna; 2. Vidangarista; 3. Vidangadi lauha.

**EMBLICA OFFICINALIS**



**SYNONYMS**

Beng: Amalaki; Bhut: Skyu ru ra; Eng: Indian gooseberry and Emblic myrobalan; Hindi: Amla; Myan: Hziphyu shabju; Nep: Amla; Sans: Aamalaki Dhatri and Vayasa; Sinh: Ausadanelli and Nailli.

**PART USED**

Fruit.



**HABITAT** It grows wild in forests and cultivated in plains of tropical and sub-tropical areas.

**DESCRIPTION** It is a tree 6-7.5 m. high. Fruits are round, fleshy and greenish yellow in colour. Fully ripe fruits are pinkish yellow in colour. There are six vertical lines on the outer coat of the fruits. Dried fruits are brownish black in colour. It flowers in autumn and fruits ripen in late winter and spring.

**THERAPEUTIC USES** It is often used as a tonic, specially for children. It promotes children's resistance to cough and cold. It is also used in the treatment of acidity in the stomach, vomiting (specially during pregnancy) and burning urination.

**MODE OF ADMINISTRATION** It is generally used in the form of paste, juice, powder or decoction. Because of its sour taste, it is generally given with jaggery, sugar or honey.

#### DOSE

Paste, juice or powder: One teaspoonful (5 g.) two to three times per day, by adding jaggery, sugar or honey.

Decoction: Two tablespoonfuls (30 ml.) twice daily by adding jaggery, sugar or honey.

#### PREPARATIONS

1. Cyavana prasa;
2. Brahma rasayana;
3. Dhatri lauha and
4. Dhatri rasayana.

## FERULA FOETIDA



## SYNONYMS

Beng: Hin; Bhut: Sin Kun; Eng: Asafoetida;  
Hindi: Hing; Myan: Shinka; Sans: Wingu Bahlika and  
Ramatha; Sinh: Perunkayam.

## PART USED

Latex (gum exudate).

- HABITAT** Grows in the Mediterranean climate and in Central Asia.
- DESCRIPTION** It is a tree 2-2.5 m. high. The exudate is collected by incising the bark near the root of the tree. It has a peculiar odour. When the gum is added to water, the water becomes white. In the market, the gum is available in the form of coarse powder or lumps.
- THERAPEUTIC USES** Asafoetida is used in the treatment of indigestion, colic pain and toothache.
- MODE OF ADMINISTRATION** It is generally used in the form of powder. Powder is prepared by cleaning the gum of asafoetida from extraneous material like pieces of wood, leaf, stem bark and sand particles. Then it is slightly fried together with small quantity of ghee in a frying pan. When cool, it is pounded into powder and stored in an air-tight glass jar.
- For toothache, the powder is applied over the affected teeth and surrounding gums. A small quantity of this powder is applied over the painful tooth repeatedly till the pain subsides.

#### DOSE

Fried powder: 1/2 g., two to three times per day. For better results, a cup of warm water is taken after the intake of this powder.

For colic 1 g. powder is taken orally along with warm water every half an hour, 5 to 6 times a day.

#### PREPARATIONS

1. Hingvadi vati;
2. Hingvastaka curna;
3. Hingu karpina vatika

## FICUS BENGALENSIS



### SYNONYMS

Beng: Bata gacha, Bara; Bhut: Nya gro dha;  
 Eng: Banyan tree; Hindi: Baragada; Myan: Pyinyaung,  
 Pyinyoung; Nep: Bar, Barahar and Borhar;  
 Sans: Nyagrodha and Bahupada; Sinh: Mahanuga.

### PART USED

Stem bark, and underground root.

- HABITAT** Grows in tropical and sub-tropical areas.
- DESCRIPTION** It is a big tree of about 30 m. height with spreading branches and many aerial roots. Leaves are oval in shape and when torn from the stem, latex appears.
- THERAPEUTIC USES** Ficus bengalensis is used in the treatment of diseases of gums and teeth. It stops bleeding, pus formation in the gums, and foul smell. Slender aerial root is used as a tooth brush.
- MODE OF ADMINISTRATION** The stem bark and underground root are pounded to powder and is used as tooth powder for the treatment of the above-mentioned ailments. The decoction of the stem bark is used as mouthwash, and is not to be swallowed.

#### DOSE

Powder and decoction: 1/2 teaspoonful (2 g.) of the powder is used as tooth powder and a mouthful of the decoction is used as mouthwash.

#### PREPARATIONS

1. Nyagrodhadhya curna; 2. Nyagrodhadhya ghrta

**FICUS RACEMOSA****SYNONYMS**

Beng: Udambara and Dumur; Eng: Cluster fig, Gular and Fig tree; Hindi: Gular; Myan: Thapan and Yethaphan; Nep: Dumri; Sans: Jantu phala and Yajnanga; Sinh: Attika.

**PARTS USED**

Fruit and stem bark.

- HABITAT** It grows in tropical and sub-tropical areas.
- DESCRIPTION** The tree is about 15-18 m. high. Bark is reddish brown. Leaves are oval and rough to touch. Ripe fruits are red. Flowers appears in spring and fruits ripen in rainy season.
- THERAPEUTIC USES** It is used in the treatment of bleeding gums, pus in the gums, swelling of the mouth and the tongue and acidity in the stomach.
- MODE OF ADMINISTRATION** For diseases of gum, tongue and mouth, warm decoction of the stem bark is used as mouthwash two to three times per day. The powder of the stem bark is also used as tooth powder for the treatment of these diseases. For acidity in the stomach, powder or decoction of the fruit or bark is taken orally. To overcome its astringent taste, jaggery, sugar or honey may be added to the powder or decoction.

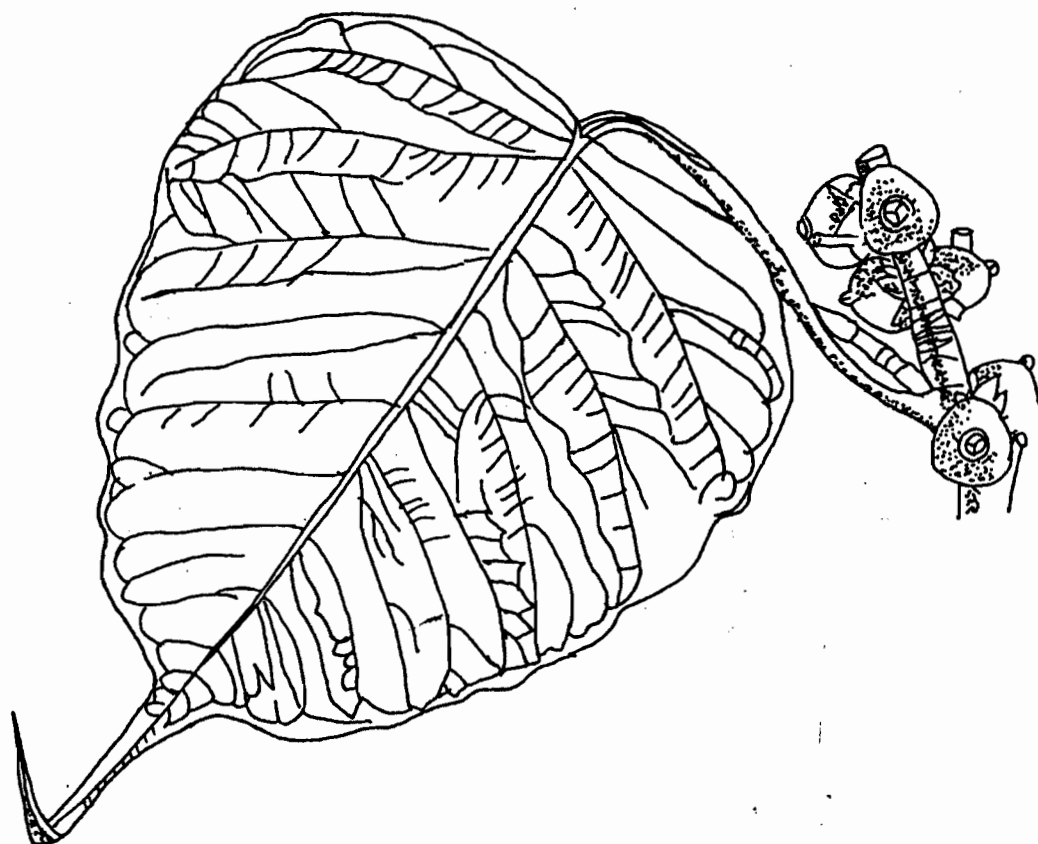
**DOSE**

Powder: one teaspoonful (5 g.) three times per day.  
Decoction: two tablespoonfuls (30 ml.) three times per day.

**PREPARATION**

Udumbaradyavaleha

## FICUS RELIGIOSA



## SYNONYMS

Beng: Asvatha; Eng: Sacred Fig, Peepul tree, Pipal tree; Hindi: Pipal; Myan: Nyaungbaudi, Nyoungbauda; Nep: Pipli; Sans: Pipala, Cla patra and Bodhidru; Sinh; Bo, Arasa.

## PARTS USED

Stem bark.



- HABITAT** Grows wild in tropical and sub-tropical areas.
- DESCRIPTION** It is a big tree. Leaf blade is round and tapering, and the apex which looks like a tapering tail is 1/3rd of the blade.
- THERAPEUTIC USE** Ficus religiosa is used for bleeding gums, pus in the gums and swelling of the mouth and tongue. Slender stems are used as tooth brush.
- MODE OF ADMINISTRATION** Powder of the stem bark is used as tooth powder. The decoction of the stem bark is used for mouthwash.

**DOSE**

Powder and decoction: 1/2 teaspoonful (2 g.) of the powder is used as toothpowder and a mouthful of decoction is used as mouthwash.

**HOLARRHENA ANTIDYSENTERICA****SYNONYMS**

Beng: Kudaci; Bhut: Dug mo nun; Eng: Kurchi; Hindi: Kuda, Kuraiya; Myan: Letongkyi, Letoukgyi and Lettopgyee; Nep: Indrejow; Sans: Kutaja Girimkallika and Sinh: Kelinda.

**PARTS USED**

Bark.

**HABITAT** Grows wild in tropical forests having many rainfalls.

**DESCRIPTION** It is a tree of 3-4.5 m. height. Leaves are elongated. Flowers are white or pink. Fruits are slender, elongated and about 25 cm. long. Fruits appear in bunches. Flowers appear in rainy season. Fruits ripen in winter season.

**THERAPEUTIC USES** It is used in the treatment of diarrhoea and dysentery.

**MODE OF ADMINISTRATION** Bark is used in the form of powder or decoction. It is very bitter in taste. To overcome its bitter taste, some jaggery, sugar or honey should be added to the powder or decoction.

#### DOSE

Powder: One teaspoonful (5 g.) three times per day.

Decoction: Six teaspoonfuls (30 ml.) three times per day.

#### PREPARATIONS

1. Kutajastaka kvatha;
2. Kutajarista;
3. Kutajavaleha and
4. Kutajaghanavati.

## MESUA FERREA



## SYNONYMS

Beng: Nagesar, Nagkesar; Bhut: N ga gesar;  
 Eng: Ironwood tree, Cobra's saffoon; Hindi: Pila  
 naga kesar; Myan: Gangau, Kengau, Nep: Nagesuri,  
 Sans: Naaga Keshara, Naga puspa, Campeya; Sinh: Naka, Deyana, Na and  
 Nagaha.

## PARTS USED

Flowers.

**HABITAT** Grows in high altitude mountains at about 1500 m. above sea level.

**DESCRIPTION** It is a tree of about 6 m. height. Stem bark is reddish. Leaves are 5-15 cm. long, 3.5-5 cm. wide and tapering towards both ends. Flowers appear in bunches. Flowering season is spring and fruits appear in autumn.

**THERAPEUTIC USES** It is used externally for scabies and eczema. It is used internally in excessive menstrual bleeding and leucorrhoea (white discharge from the genital tract).

**MODE OF ADMINISTRATION** It is used internally in powder form. For external use, a fine paste is prepared from its flowers and buds by adding water. The paste is applied on the affected part.

**DOSE**

**Powder:** One teaspoonful (5 g.) with milk or honey three times per day.

## MIMUSOPS ELENGI



## SYNONYMS

Beng: Bakula, Bakal, Bohl; Hindi: Maulasiri;  
Myan: Kaya, Khaya; Sans: Bakula, Madhu-gandha,  
Cirapuspa; Sinh: Makil, Mukalai, Munemal.

## PARTS USED

Bark, flower and fruit.

**HABITAT** Grows wild in forests and also cultivated in gardens of tropical and sub-tropical regions.

**DESCRIPTION** It is a tree 6-9 m. high with spreading branches. Bark is brownish black outside and pink inside. Leaves are 7.5 cm. long and 5 cm. wide with tapering ends and wavy border. Flowers are white and fragrant. Fruits are oval and, when ripe, yellowish red in colour. Flowers appear in summer and fruits in autumn.

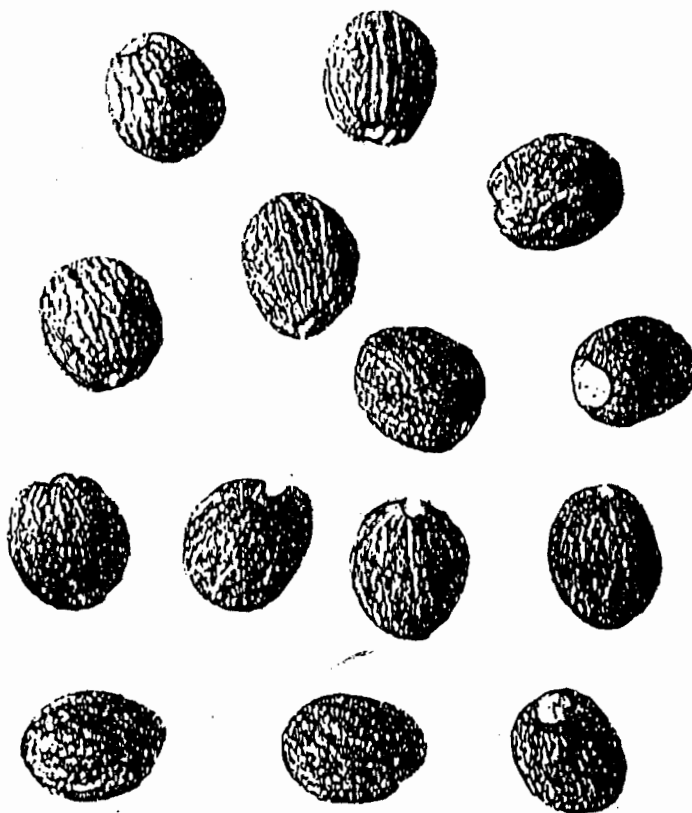
**THERAPEUTIC USES** Bark is used for bleeding gums, loose teeth and swelling of mouth and tongue.

**MODE OF ADMINISTRATION** Powder of the bark is used for brushing teeth. Decoction of the bark is used for mouth washing. Thin and tender stems are used as tooth brush daily for the prevention and cure of tooth and gum diseases.

#### PREPARATION

Bakuladya taila.

## MYRISTICA FRAGRANS



## SYNONYMS

Beng: Jayaphala, Jatiphala; Bhut: Dza ti bre bu;  
Eng: Nutmeg; Hindi: Jayaphal; Myan: Myatle, Myatloe;  
Sans: Jati kosa; Sinh: Sadhika.

## PART USED

Seed and aril.



**HABITAT**            In tropical areas near sea.

**DESCRIPTION**      It is a tree 6-9 m. high, with branches hanging downwards. Leaves are elongated with tapering ends. Fruits are round and slightly elongated. Seeds are also round and slightly elongated. Seed coating is hard. Over the seeds are arils called mace. This mace and the fruit pulp, which are fragrant, are used in medicine as well as spices. Flowers and fruits appear after the rainy season.

**THERAPEUTIC USES**      It is used to control diarrhoea, especially in children.

**MODE OF ADMINISTRATION**      Both the fruit pulp and aril (mace) are used in the form of a paste or powder.

#### DOSE

Paste or powder is used in the dose of 1 g., three times per day. To overcome its pungent taste a small quantity of jaggery, sugar or honey is added.

#### PREPARATIONS

1. Jatiphaladi curna; 2. Jatiphaladi vati and 3. Jatipatradi kvatha.

## NARDOSTACHYS JATAMANSI



### SYNONYMS

Beng: Jata mamsi; Bhut: Span spos, Mam si;  
 Eng: Muskroot Spikenard; Hindi: Jatamamsi, Balachada,  
 Nep: Jatamansi; Sans: Bhuta-jata, Suloma-sa;  
 Sinh: Jatamamsi.

### PARTS USED

Root.

**HABITAT** It grows in high altitude mountains, 1800-5100 m. above sea level.

**DESCRIPTION** It is a small herb 30-90 cm. high. Leaves are thin 15-17.5 cm. long and 2.5 cm. wide. Roots are hairy, in bunches and fragrant. Flowers are pink in colour and appear in bunches.

**THERAPEUTIC USES** It is used for the treatment of convulsions, headaches and sleeplessness.

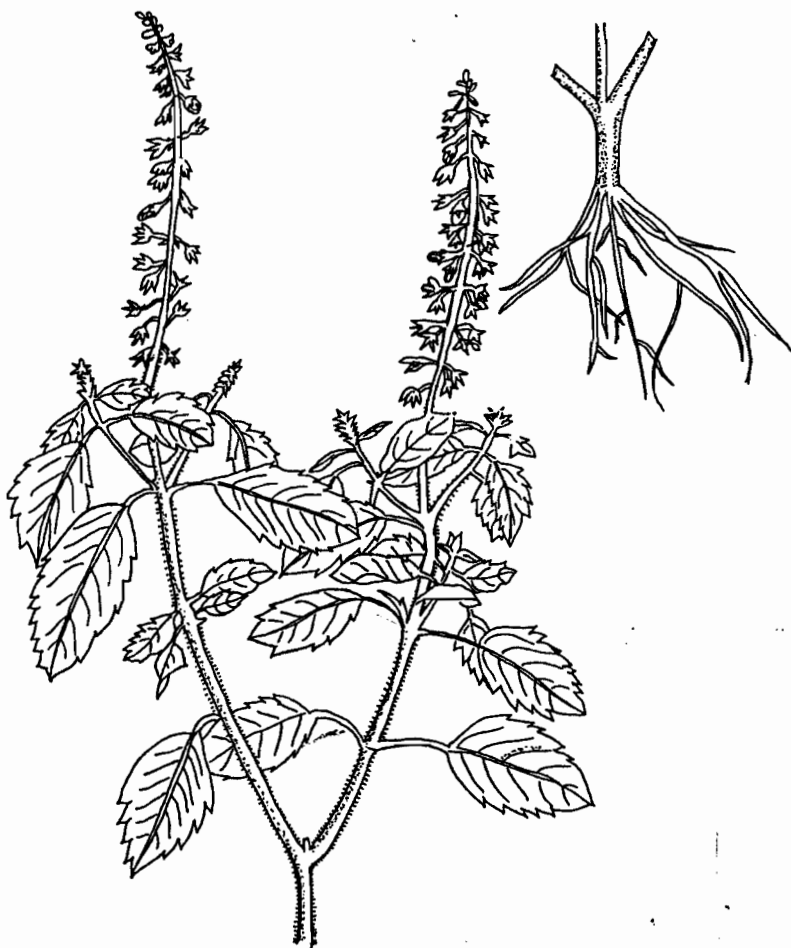
**MODE OF ADMINISTRATION** It is taken as powder with water or in the form of tea made from the powder. Tea is specially used for headache. Add milk and sugar as per taste to the tea and take it warm.

#### DOSE

One teaspoonful (5 g.) of the powder three times per day with equal quantity of jaggery followed by a cup of water. Tea: one cup three times per day.

#### PREPARATIONS

1. Jatamamsyadi kvatha; 2. Raksoghna ghrta.

**OCIMUM SANCTUM****SYNONYMS**

Beng; Tulasi; Eng: Holy basil; Hindi: Tulasi;  
Myan: Lun; Nep: Tulsi; Sans: Tulasee Surasa, Apeta-  
raksasi; Sinh: Madhurutala and Madurutulla.

**PARTS USED**

Leaf, root and seed.

**HABITAT** It grows wild in tropical and sub-tropical regions and is planted near religious places.

**DESCRIPTION** It is a small plant 60-90 cm. high. Leaves are oval, with wavy margin and fragrant. Flowers and seeds appear in winter season. Two types exist, varying in the colour of the leaves and flowers from green to coppery. The latter is considered to be better for treatment of diseases.

**THERAPEUTIC USES** It is used for the treatment of coughs and colds, especially in children.

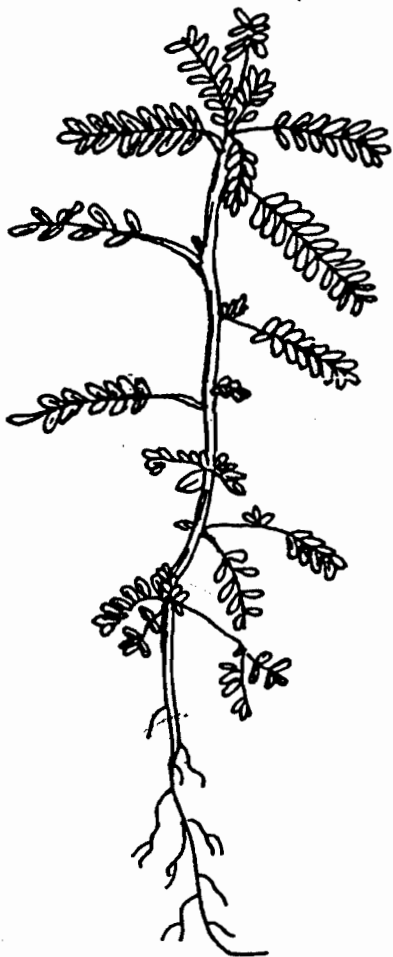
**MODE OF ADMINISTRATION** It is taken as paste, juice or tea. For tea, leaves are used in the place of tea leaves, sugar and milk can be added as per taste.

#### DOSE

Paste and juice: One teaspoonful (5 g.) three times per day. Jaggery, sugar or honey can be added.

Tea: One cup three times per day.

## PHYLLANTHUS NIRURI



## SYNONYMS

Beng: Bhuin amala; Bhut: Ta ma la ki; Hindi: Bhuin amala; Myan: Mizi phiyu; Sans: Bhudhatri, Tamalaki; Sinh: Pittavaka.

## PARTS USED

Entire plant.

**HABITAT** It grows in sandy and moist places of tropical and sub-tropical region.

**DESCRIPTION** It is a small herb 30-45 cm. high. Leaves are like those of amalaki (Embluca officinalis). Small fruits of the size of mustard seed appear in the joints of petiols. Though extremely tiny in size, these fruits look like those of amalaki. Herbs generally appear in rainy season. Flowers and fruits appear in autumn. The plant generally withers away in summer season.

**THERAPEUTIC USES** It is used for the treatment of jaundice and leucorrhoea (foul smelling discharge from genital tract).

**MODE OF ADMINISTRATION** It is taken as paste or juice.

**DOSE**

Paste and juice: One teaspoonful (5 g. or 5 ml.). Jaggery, sugar or honey may be added.

## PICRORHIZA KURROA



## SYNONYMS

Beng: Katki, Karu; Bhut: Ka ta bhi, Hon len, Puti  
sin; Eng: Kurroa, Hellebore; Hindi: Kutaki;  
Nep: Kaduki; Sans: Tikta, Katu-rohini;  
Sinh: Katukarosana.

## PART USED

Root.



**HABITAT** It grows in the Himalayas 2000-4000 m. above sea level.

**DESCRIPTION** It is a herb with hard stem. Leaves have teeth-like margin, round at the top and 5-10 cm. in length. Roots are 15-25 cm. in length. When dried, the outer skin of the root is brown and it remains loose. The pith of the root is black. Roots available in the market are 1"-2" long and very bitter in taste. Flowers and fruits appear in the summer.

**THERAPEUTIC USES** It is used in jaundice and leucoderma.

**MODE OF ADMINISTRATION** It is used as powder. It is sometimes taken as decoction by adults. Because of its exceedingly bitter taste, jaggery, sugar or honey are added. It is given on empty stomach, unless the patient suffers from nausea, when it is given after food.

#### DOSE

Powder: 1 teaspoonful (5 g.) three times per day.

Decoction: 1 tablespoonful (5 ml.) three times per day.

#### PREPARATIONS

1. Arogyabardhini vati; 2. Katukadya lauha; 3. Tiktadi kvatha; 4. Tiktadya ghrta.

## PIPER LONGUM



## SYNONYMS

Beng: Pipul; Bhut: Pi pi lin, Dro sman nar mo;  
Eng: Long pepper; Hindi: Pipal; Myan: Peikchin;  
Nep: Pipla; Sans: Magadhi, Vaidehi, Krsna, Kana;  
Sinh: Tippili.

## PARTS USED

Fruit and root.

**HABITAT** It grows in mountain valleys and coastal areas of tropical, as well as sub-tropical regions.

**DESCRIPTION** It is a slender aromatic climber with perennial woody roots. Fruits are ovoid, yellowish orange (brownish black when dry) and sunk in fleshy spikes.

**THERAPEUTIC USES** The fruit is used in the treatment of dyspepsia, coughs, colds, malaise and fever. The root is used for the treatment of headaches and sleeplessness.

**MODE OF ADMINISTRATION** Dry fruits, along with spikes, are used in the form of powder or paste. The powder is also used in the form of a decoction or tea. Jaggery, sugar or honey may be added. It can also be boiled with milk or added to ordinary tea and taken. For headaches and sleeplessness, the root is used in powder form.

#### DOSE

Powder and paste from fruits: One teaspoonful (5 g.) is taken three times per day. To prepare tea, one teaspoonful of the powder is added to one cup of water. To this, sugar and milk to taste can be added. Tea is used in the quantity of one cup three times per day. One teaspoonful of the powder can also be added to the ordinary tea powder and taken three times per day.

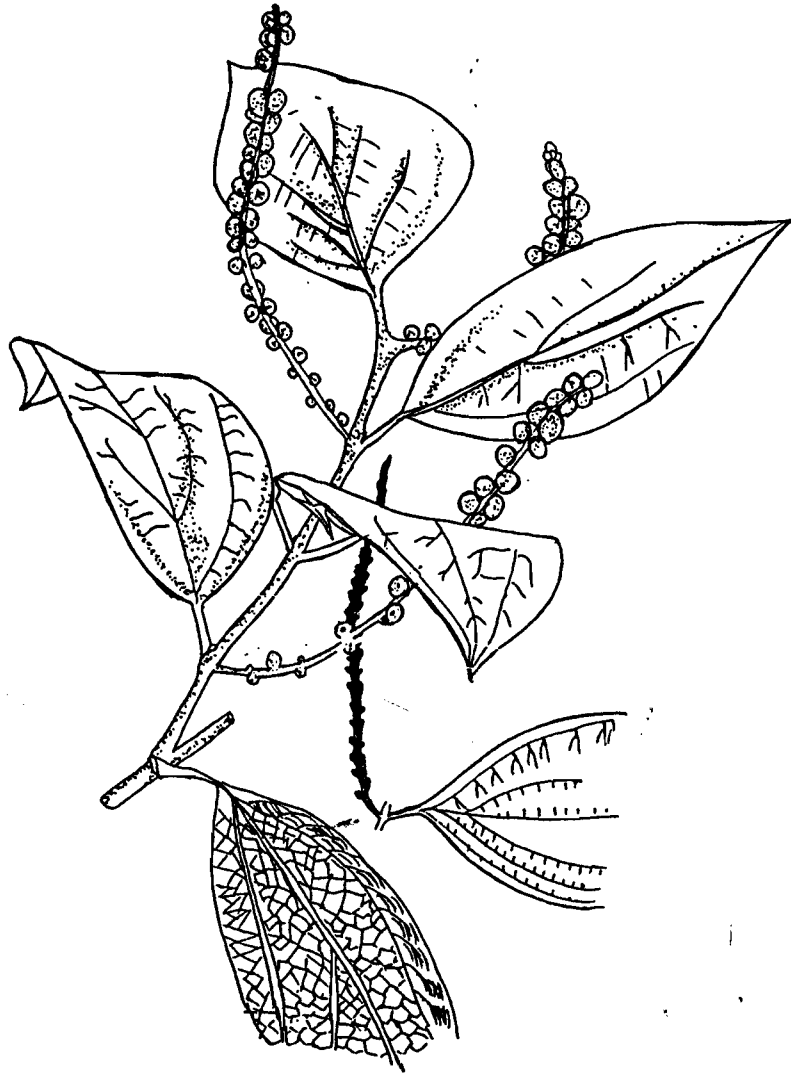
In the form of decoction, it is used in the dose of six teaspoonfuls (30 ml.) three times per day. To overcome its pungent taste some jaggery or sugar may be added.

Powder from the root: One teaspoonful (5 g.) three times per day along with jaggery.

#### PREPARATIONS

1. Pippali Khanda;
2. Prippalyasava;
3. Kanadi curna, and
4. Vyosadi vati.

## PIPER NIGRUM



## SYNONYMS

Beng: Gola marica; Bhut: Na le sam; Eng: Black pepper; Hindi: Kali mirca, Gola mirca; Myan: Nayukon; Sans: Usana; Sinh: Miris.

## PARTS USED

Fruits.

- HABITAT** In hot and moist parts of tropical regions.
- DESCRIPTION** A branching, climbing perennial shrub. Fruits appear in spikes and are bright red when they are ripe. Dry fruits are blackish brown with wrinkles on its skin. Usually there are two crops in a year - one in August-September and the other in March-April.
- THERAPEUTIC USES** It is used for the treatment of cough and cold.
- MODE OF ADMINISTRATION** It is taken as powder, decoction or as a tea. It is exceedingly pungent in taste. Therefore, jaggery, sugar or honey is added.

#### DOSE

**Powder:** Half teaspoonful is taken twice daily with adequate quantity of jaggery, sugar or honey.

**Decoction:** Three teaspoonful (15 ml.) is given twice daily. Decoction should be taken when cold or lukewarm after adding jaggery or sugar.

**Tea:** Half teaspoonful (2.5 g.) of the powder to a cup three times per day. Half teaspoonful of the powder can also be added to ordinary tea and taken three times per day. Half teaspoonful of the powder can be added to a cup of milk, while boiling. The powder should be strained out after boiling and the milk given three times per day by adding jaggery or sugar.

#### PREPARATIONS

1. Maricadi gutika; 2. Maricadi curna; and 3. Maricadya ghrita.

## PLANTAGO OVATA



## SYNONYMS

Beng: Eshopgol, Isabgul, Ispaghul; Eng: Ispaghula  
Spogel seeds; Hindi: Isabagol; Sans: Asvagola, Isad  
gola.

## PARTS USED

Seed and husk.

**HABITAT** Usually cultivated in dry, tropical region.

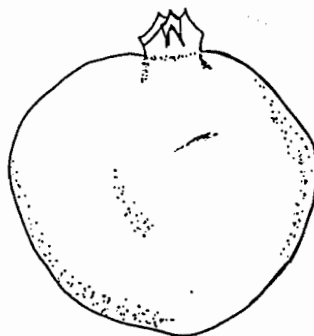
**DESCRIPTION** A stemless herb. Leaves are linear with distantly toothed margin. Flowers and fruits appear in spikes. Seeds are boat shaped, smooth and yellowish brown. Seeds contain a mucilaginous husk. Husk is separated from the seed by crushing and winnowing. Seeds and husk are harvested in March-April.

**THERAPEUTIC USES** Seed and husk are used in the treatment of chronic diarrhoea, dysentery and constipation. Husk is considered to be more useful than the seed.

**MODE OF ADMINISTRATION** Seed and husk are used after adding warm water or warm milk. The husk then becomes jelly-like. For taste add jaggery or sugar.

#### DOSE

Husk: Two teaspoonful is added to a cup of warm water or warm milk and taken two to three times per day for the treatment of dysentery. For constipation two teaspoonfuls are added to a cup of warm water or warm milk and taken at bedtime.

**PUNICA GRANATUM****SYNONYMS**

Beng: Dadimba, Dalim; Eng: Pomegranate; Hindi: Anar;  
Myan: Salebin, Talibin; Sans: Dadima, Lohita-puspaka,  
Danta-bija; Sinh: Delun and Delugaha.

**PARTS USED**

Fruit and seed.



**HABITAT** It grows in warm valleys and outer hills of the Himalayas between 900 m. and 1800 m.

**DESCRIPTION** It is a tree 5-10 m. high. Bark is smooth and dark grey. Flowers are usually scarlet red and sometimes yellow in colour. Fruits are round with a woody rind and an interior separating membranous wall containing numerous seeds. Seeds have a fleshy external shell which is either red, pink or whitish.

**THERAPEUTIC USES** It is used in the treatment of diarrhoea. It is also used in diet.

**MODE OF ADMINISTRATION** Fruit juice, powder of seeds and powder of the whole fruit (including its skin) are used. It is slightly sour in taste. Therefore, salt, jaggery or sugar can be added.

#### DOSE

Fruit juice: 12 teaspoonfuls (60 ml.) three to four times per day.

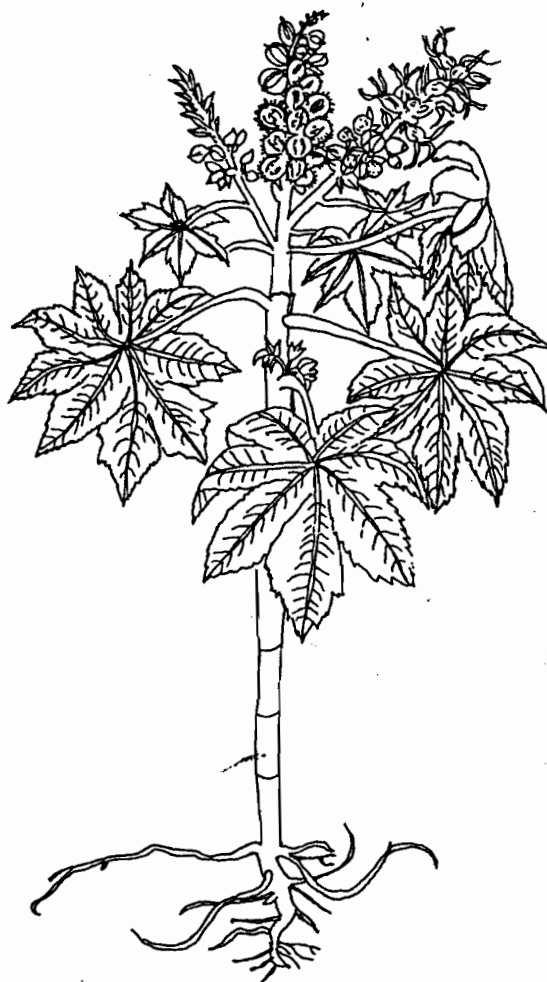
Seed powder: One teaspoonful (5 ml.) three times per day.

Whole fruit powder: One teaspoonful (5 g.) three times per day. Whole fruit powder is preferred for the treatment of acute form of diarrhoea.

#### PREPARATIONS

1. Dadimadi curna; 2. Dadimastaka curna and 3. Dadimadya ghrta

## RICINUS COMMUNIS



## SYNONYMS

Beng: Eranda, Bherenda; Bhut: E ran; Eng: Castor oil plant; Hindi: Rendi, Erand; Myan: Kesu; Sans: Gandharva-hasta, Pancangulla; Sinh: Telendaru.

## PARTS USED

Root, seed, leaf and oil.

**HABITAT** It grows in tropical, sub-tropical and temperate regions from sea level up to 2000 m.

**DESCRIPTION** It is a bush or occasionally a soft-wooded small tree upto 6 m. high. Leaves are green or reddish. Flowers appear in spikes of 30-60 cm.

**THERAPEUTIC USES** For treatment of joint pains, the oil from the seed is used externally and internally; the leaves are applied externally and the root bark is used internally.

**MODE OF ADMINISTRATION** For the treatment of joint pains raw castor oil is given in small doses internally. Leaves are made warm by exposure to fire, then applied over the affected joints. Oil from the seed is made lukewarm and gently rubbed over the affected joint. For the treatment of chronic joint pain and joint swelling, decoction of the root (better root bark) is used internally.

#### DOSE

Raw castor oil: Five drops is added to a cup of warm milk 3-4 times a day. Cardamom powder and sugar may be added.

Root powder: One teaspoonful (5 g.) twice daily with milk.

Decoction of the root (better root bark): Six teaspoonfuls (30 ml.) twice daily.

#### PREPARATIONS

1. Eranda paka; 2. Eranda muladi kvatha; 3. Eranda saptaka kvatha.

**NOTE:** Raw castor oil is a strong purgative. It should not be given to pregnant women. To small children, it should be given only when found essential, and then too, it should be used only in an extremely small dose.

## SANTALUM ALBUM



## SYNONYMS

Beng: Candana; Bhut: Tsan dan dkar po; Eng: Sandal wood; Hindi: Candan; Myan: Karamai; Sans: Sri-khanda, Malayaja; Sinh: Rathihiri.

## PARTS USED

Heart wood and oil.

**HABITAT** Found in the comparatively dry regions of peninsular India from Vindhya mountains southwards. This tree has been introduced into forests of other tropical areas also.

**DESCRIPTION** It is a tree with slender branches reaching upto 18 m. in height and 2-4 m. in girth. The sandal wood is one of the oldest known perfumery material and both the wood as well as the oil (from the heart wood) are used for religious purposes.

**THERAPEUTIC USES** It is used for the treatment of burning urination.

**MODE OF ADMINISTRATION** The heart wood is used internally in the form of paste or powder. The essential oil collected from the heart wood is also used internally.

#### DOSE

Paste or powder of the heart wood: One teaspoonful (5 g.) three times per day.

Oil: Five drops three times per day. It is slightly bitter in taste. Therefore, the paste, powder or oil can be added to milk containing a little sugar.

#### PREPARATIONS

1. Candanadi curna; 2. Candanadi vati; 3. Candanasava.

## SAUSSUREA LAPPA



## SYNONYMS

Beng: Kud, Kur; Bhut: Ru ta; Eng: Costus;  
Hindi: Kuth, Kudh; Nep: Kudh; Sans: Kasmira, Vapya;  
Sinh: Godanahanela.

## PART USED

Root.

**HABITAT** It grows on the moist slopes of the northern Himalayas at a height of 2 500 to 3 000 m.

**DESCRIPTION** It is an erect herb 1 to 2 m. tall. The root is stout and is upto 60 cm. long, possessing a characteristic penetrating odour. Flowers are dark blue or almost black. Flowers and fruits appear in the autumn season.

**THERAPEUTIC USES** Externally, it is used in the treatment of sprains and bruises. Internally, it is used in the treatment of colds, malaise, fever and convulsive disorders.

**MODE OF ADMINISTRATION** For the treatment of bruises the powder or paste of the root is applied externally. Internally, the powder or a tea may be used. It is slightly bitter and pungent in taste. Therefore, a small quantity of jaggery, sugar or honey may be added.

#### DOSE

Powder: One g. three times per day.

Tea: 1/2 teaspoonful (2.5 g.) of the powder to a cup of water three times per day. Milk and sugar should be added.

#### PREPARATIONS

1. Kusthadi curna; 2. Kusthadi kvatha; 3. Kusthadi taila and
4. Dasanga lepa.

## SOLANUM XANTHOCARPUM



## SYNONYMS

Beng: Kantikari; Bhut: Ka nta ka ri, Ksu dra;  
 Eng: Yellow berried nightshade; Hindi: Kateri, Bhata  
 kataiya; Nep: Kantakari; Sans: Ksudra, Vyaghri,  
 Nidighhika; Sinh: Illabattu.

## PARTS USED

Whole plant.



**HABITAT** In forest and dry land of tropical and sub-tropical regions.

**DESCRIPTION** It is a thorny herb about 30-120 cm. high. Leaves are oval with irregular margin and thorns at the back side. Flowers are generally blue and occasionally white. Fruits are round, like small brinjal (egg plant fruit), green when unripe and yellow when ripe. Flowers and fruits appear in summer.

**THERAPEUTIC USES** It is used for the treatment of cough.

**MODE OF ADMINISTRATION** The whole plant is used in the form of either powder or decoction.

#### DOSE

Powder: 1/2 teaspoonful (2 to 3 g.) three times per day.  
Decoction: Six teaspoonfuls (30 ml.) three times per day.  
Jaggery, sugar or honey may be added to the powder or decoction before administration.

#### PREPARATIONS

1. Nidighikadi kvatha; 2. Vyaghriharitaki; 3. Kantakari ghrta.

## SYZYGIUM AROMATICUM



- SYNONYMS** Beng: Labang; Bhut: Na le sam; Eng: Clove tree, clove; Hindi: Laung; Sans: Deva-kusuma; Sinh: Karambu.
- PARTS USED** Flower bud.
- HABITAT** It is cultivated in the tropical islands and on sea coasts.

**DESCRIPTION** It is a pyramidal or conical evergreen tree 9-12 m. high. Its bark is smooth and grey. Gland-dotted, fragrant flower buds are borne in small clusters at the end of the branches. The flower buds are greenish turning pink when ripe. Dried flower buds are darkish brown in colour. Flowers appear generally in spring and fruits in summer.

**THERAPEUTIC USES** It is used for the treatment of coughs and tooth-aches.

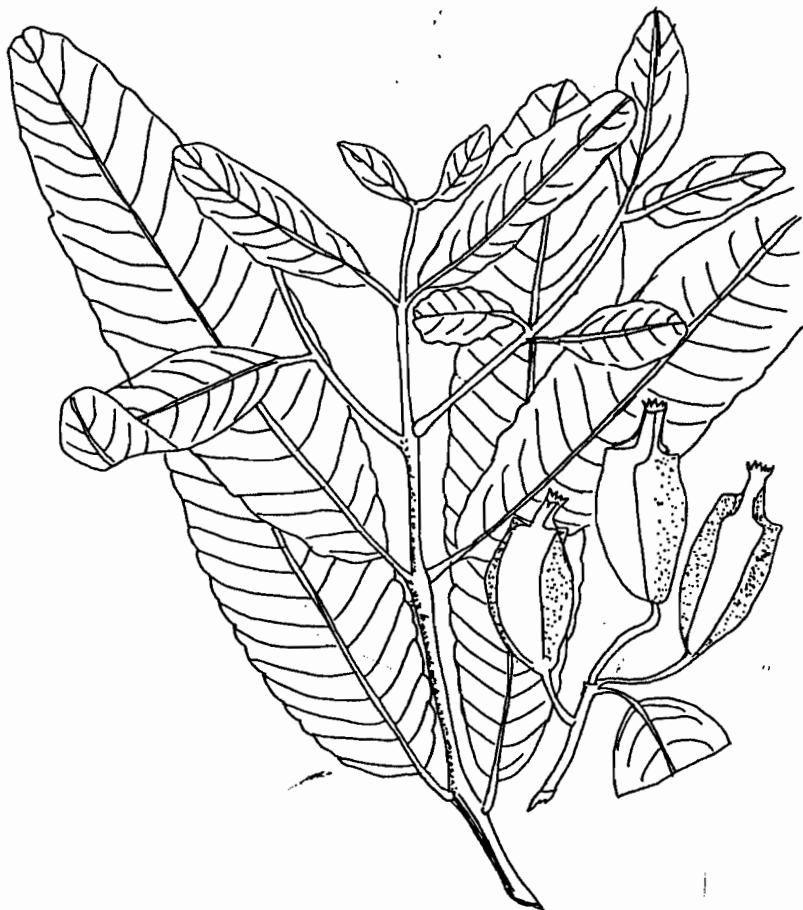
**MODE OF ADMINISTRATION** Oil extracted from the flower buds, generally known as clove oil, is available at the chemists. This oil is applied externally over the affected tooth to relieve pain. Chewing of cloves also relieves toothache. For cough, cloves are kept in the mouth, and chewed slowly. This produces a soothing effect in the throat, and thus relieves cough. Clove powder mixed with jaggery, sugar or honey or added to ordinary tea relieves cough. Taking this tea also relieves cough.

#### DOSE

Powder: 1 g. three times per day mixed with jaggery, sugar or honey.

#### PREPARATIONS

1. Lavangadi curna; 2. Lavanga catuhsama; 3. Lavangadi vati

**TERMINALIA ARJUNA****SYNONYMS**

Beng: Arjun; Eng: Arjun; Hindi: Kauha; Myan: Toukhyan;  
Nep: Arjuna; Sans: Kakubha, Dhavala; Sinh: Kumbaka.

**PART USED**

Bark.

**HABITAT**

It grows in tropical and sub-tropical regions near rivers, streams, ravines and dry water courses.

**DESCRIPTION** It is a large evergreen tree 18-25 m. high. The stem bark is white, smooth outside, soft and red inside. Leaves are long with round top and even border. Fruits are 2.5-5 cm. long, with winged angles.

**THERAPEUTIC USES** It is used in the treatment of red and swollen mouth, tongue and gums. It stops bleeding and pus formation in the gums. Used daily as tooth powder it prevents occurrence of these ailments.

**MODE OF ADMINISTRATION** Both for the prevention and cure of mouth, tongue and gum diseases, it is used in the form of powder and decoction. Powder is used for brushing the teeth and decoction as mouthwash. Tender branches are used as toothbrush.

#### DOSE

**Powder:** Should be used for brushing teeth, twice daily for the prevention and treatment of mouth diseases.

**Decoction:** Mouthwash twice daily with lukewarm decoction.

#### PREPARATIONS

1. Kakubhadi curna; 2. Arjunarista; 3. Arjuna ghrta.

**TERMINALIA CHEBULA****SYNONYMS**

Beng: Haritaki; Bhut: A ru ra; Eng: Chebulic myrodealan; Hindi: Harad; Myan: Pangah; Nep: Hare; Sans: Abhaya, Pathya, Siva; Sinh: Alu, Aralu.

**PARTS USED**

Fruit

**HABITAT** It grows in tropical and sub-tropical forests upto the height of 1500 m.

**DESCRIPTION** It is a tree 24-30 m. high. Leaves are 7.5-20 cm. long and 5-10 cm. wide with sharp tip. Fruits are 2.5-3 cm. long with five ridges outer side. Unripe fruits are green and ripe fruits are yellowish. Dry fruits are brownish-yellow and dark-brown. Fruits ripen during January-April.

**THERAPEUTIC USES** Internally, it is used for the treatment of dysentery, headache, painful menstruation, indigestion, jaundice, constipation, piles and as a general tonic. Externally it is used for the treatment of eye discharge.

**MODE OF ADMINISTRATION** It is used in the form of powder or decoction. In different seasons, different ingredients are added in small quantities, like rock-salt in rainy season, sugar in autumn, dry ginger powder in early winter long pepper in late winter, honey in spring and jaggery in summer.

#### DOSE

**Powder:** For dysentery and dyspepsia, give half a teaspoonful (2.5 ml.) twice daily with water. For constipation and piles, give one teaspoonful twice daily with hot water.

**Decoction:** Six teaspoonfuls (30 ml.) twice daily on empty stomach.

#### PREPARATIONS

1. Abhaya modaka;
2. Abhayarista;
3. Pathyadi wati and
4. Pathyadi kvatha.

When taken with any hot drink, this fruit works as a mild laxative.

**TINOSPORA CORDIFOLIA****SYNONYMS**

Beng: Guruci, gulanch; Bhut: Sle tres; Hindi: Giloya;  
Myan: Singomone; Nep: Gurjo; Sans: Amrta, Chinnaruha;  
Sinh: Chinfil, Galuchi, Rassakinda.

**PARTS USED**

Stem and leaf.



**HABITAT** It grows in tropical and sub-tropical regions upto an altitude of 300 m.

**DESCRIPTION** It is a climbing shrub. Barks are grey-brown or cream-white and warty. Leaves are broad, pointed at the tip and having even margin. Small flowers appear in summer and fruits in winter. The plant climbing on a neem tree is considered to be therapeutically more useful.

**THERAPEUTIC USES** It is used for the treatment of acidity, jaundice, burning urination and fatigue combined with paleness.

**MODE OF ADMINISTRATION** It is used in the form of paste, juice, powder and decoction. Leaves are generally used in the form of paste and juice. The stem is generally used in the form of powder and decoction. The stem is dried in the shade. As the stems are fleshy, it takes a long time to get dried. Pills are prepared from the decoction by boiling till it becomes semi-solid. Then it is dried in the sun until it becomes a paste. From this paste, pills of the size of peas are prepared, dried in the sun and kept in a clean and dry jar.

#### DOSE

Paste, juice and powder: One teaspoonful (5 g. or 5 ml.) three times per day.

Decoction: Six teaspoonfuls (30 ml.) three times per day.

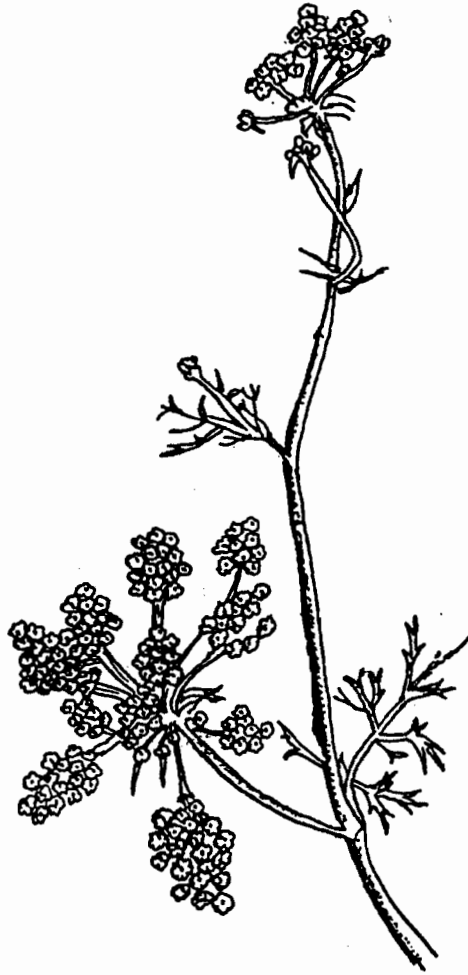
Pills: Two pills three times per day.

Paste, juice, powder and decoction are generally given by adding jaggery, sugar or honey.

#### PREPARATIONS

1. Guducyadi curna;
2. Guducyadi kvatha;
3. Guduci lauha, and
4. Amrtarista

## TRACHYSPERMUM AMMI



## SYNONYMS

Beng: Yamani, Yoyana, Joban; Bhut: La la phud;  
Eng: Bishop's weed, Kings cumin; Hindi: Ajavain;  
Sans: Urga gandha, Dipyaka; Sinh: Assamodam.

## PART USED

Seed (Fruit).

**HABITAT** Generally cultivated in the plains and plateaux of tropical regions.

**DESCRIPTION** It is an erect and branched annual plant 90 cm. high. Flowers are white and small. Fruits are ovoid, aromatic with distinct ridges and tubercular surface. Dried fruits are greyish brown. Each fruit has only one seed. Flowers appear in early winter and fruits in late winter.

**THERAPEUTIC USES** It is used for the treatment of dysentery, indigestion and dyspepsia.

**MODE OF ADMINISTRATION** It is taken in the form of powder or as seeds.

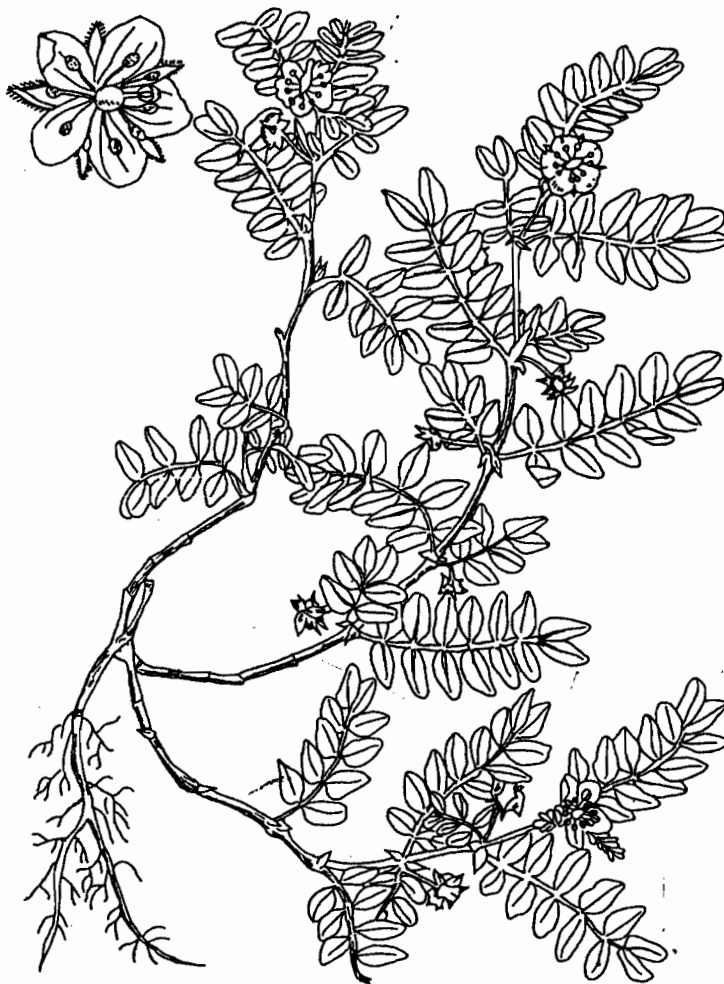
#### DOSE

Powder and seeds: 1/2 teaspoonful (2.5 g.) with hot water, twice daily after food.

#### PREPARATIONS

1. Ajamodadi curna; 2. Ajamodadi vataka.

## TRIBULUS TERRESTRIS



### SYNONYMS

Beng: Goksura; Bhut: Gze ma; Eng: Small caltrops, calthrops; Hindi: Gokhkaru; Myan: Charatte, Suleanen; Nep: Gokhur; Sans: Svadmstra, Trikantaka; Sinh: Neranchi, Neranji and Sembunerinchi.

### PARTS USED

Fruit, root and whole plant. Fruits are commonly used.

**HABITAT** It grows in tropical and sub-tropical regions up to an altitude of 5 400 m.

**DESCRIPTION** It is a small herb spreading on the ground about 90 cm. in length. Roots are slender and fibrous. Flowers are yellow. Fruits consist of several woody segments each with two pairs of hard and sharp spines. The herb, as a common weed, springs up in uninhabited areas soon after the first shower of rain. Flowering starts within 20-35 days and fruits mature in 14 days after the formation of the seed. Flowers and fruits appear in this herb almost throughout the year.

**THERAPEUTIC USES** It is used in the treatment of burning urination.

**MODE OF ADMINISTRATION** It is used in the form of powder or decoction.

#### DOSE

Powder: One teaspoonful (5 g.) three times per day.

Decoction: Six teaspoonfuls (30 ml.) three times per day.

Jaggery, sugar or honey may be added.

#### PREPARATIONS

1. Goksuradi curna; 2. Goksuradi avaleha; 3. Goksuradi guggulu, and 4. Goksuradi kvatha.

## TRIGONELIA FOENUMGRAECUM



## SYNONYMS

Beng: Methi; Eng: Fenugreek; Hindi: Methi;  
Sans: Methika; Sinh: Ukubal.

## PARTS USED

Fruits and leaves.

**HABITAT** It grows in upper Gangetic plains and is widely cultivated in tropical and sub-tropical regions.

**DESCRIPTION** It is an annual plant 30-60 cm. high. Three leaflets attached to a petiol surround the top of this plant. Flowers are white or yellowish white. Seeds are greenish-brown and oblong with a deep groove across one corner which gives it a hooked appearance. Dried seeds are yellowish. This is generally harvested in late winter.

**THERAPEUTIC USES** It is used for the treatment of female disorders like less bleeding during menstruation, painful menstruation, leucorrhoea (white and often foul smelling discharge from the genital tract), pain in the back, fever and pain in different parts of the body after delivery.

**MODE OF ADMINISTRATION** It is used in the form of powder.

#### DOSE

Powder: One teaspoonful (5 g.) three times per day. Jaggery, sugar or honey may be added to the powder.

#### PREPARATION

Methi modaka.

**WITHANIA SOMNIFERA****SYNONYMS**

Beng: Asvagandh; Bhut: Ba dzi gan dha; Eng: Winter cherry; Hindi: Asagandh; Sans: Balanda, Kushtha gandhini; Sinh: Amukkara.

**PART USED**

Root.



**HABITAT** It grows in the drier parts of tropical and sub-tropical regions.

**DESCRIPTION** It is an erect evergreen shrub 30-150 cm. Roots are stout, fleshy and whitish brown. Leaves are oval with even margin. Flowers are greenish. Fruits (berries) are small round, smooth, orange-red when ripe and enclosed in persistent calyx. Seeds are yellow and kidney shaped.

**THERAPEUTIC USES** It is used as a tonic and in the treatment of headaches, convulsions, sleeplessness and insufficient breastmilk.

**MODE OF ADMINISTRATION** It is used in the form of powder or decoction. Decoction and tonic are prepared by adding three teaspoonfuls (15 g.) of the powder to one cup of milk and four cups of water. It is boiled till the quantity is reduced to one fourth and strained. To this milk, sugar is added.

#### DOSE

Powder: One teaspoonful (5 g.) along with milk, twice daily on empty stomach.

Decoction: Six teaspoonful (30 ml.), twice daily.

#### PREPARATIONS

1. Asvagandhadi curna; 2. Asvagandhadi lehya; 3. Asvagandharista, and 4. Asvagandha ghrta.

## ZINGIBER OFFICINALE



## SYNONYMS

Beng: Ada, Sunth; Bhut: Bca sga, Sgeu gser; Eng: Ginger, Dry ginger; Hindi: Adhrakh, Myan: Khyensing, Khyenseing; Nep: Suntho, Aduwa; Sans: Srngavera, Mahausadha; Sinh: Inguru.

## PART USED

Rhizome (root).

**HABITAT** It is grown in tropical and sub-tropical regions in sandy soil.

**DESCRIPTION** It is a shrub 1-1.5 m. high. Leaves are 25-30 cm. long and 2.5 cm. broad with pointed tips. Underground roots are fleshy and covered with a thin membrane. Fresh ginger is cleaned of its outer coating and dried. Both fresh ginger and dry ginger are used in medicine.

**THERAPEUTIC USES** It is used for earaches, dysentery, dyspepsia, coughs, fever associated with cold and malaise, constipation, vomiting, indigestion, headaches and sprained joints.

**MODE OF ADMINISTRATION** Ginger juice is mixed with equal quantity of almond oil and heated for five minutes. Two to four drops of this oil is poured into the ear to relieve earache. Oil prepared with an equal quantity of mustard oil is applied over sprained joints and rubbed very gently. The warm paste of fresh or dry ginger is applied over the sprained part and covered with a bandage.

Internally, it is used in the form of paste (of both fresh and dry ginger), juice (of fresh ginger), powder (of dry ginger) and decoction (generally of dry ginger). It is also added to tea or separately prepared as tea and taken.

#### DOSE

Paste, juice and powder: Half teaspoonful (2.5 ml. or 2.5 g.) three times per day.

Decoction: Six teaspoonfuls (30 ml.) three times per day.

As tea, one cup is given three times per day.

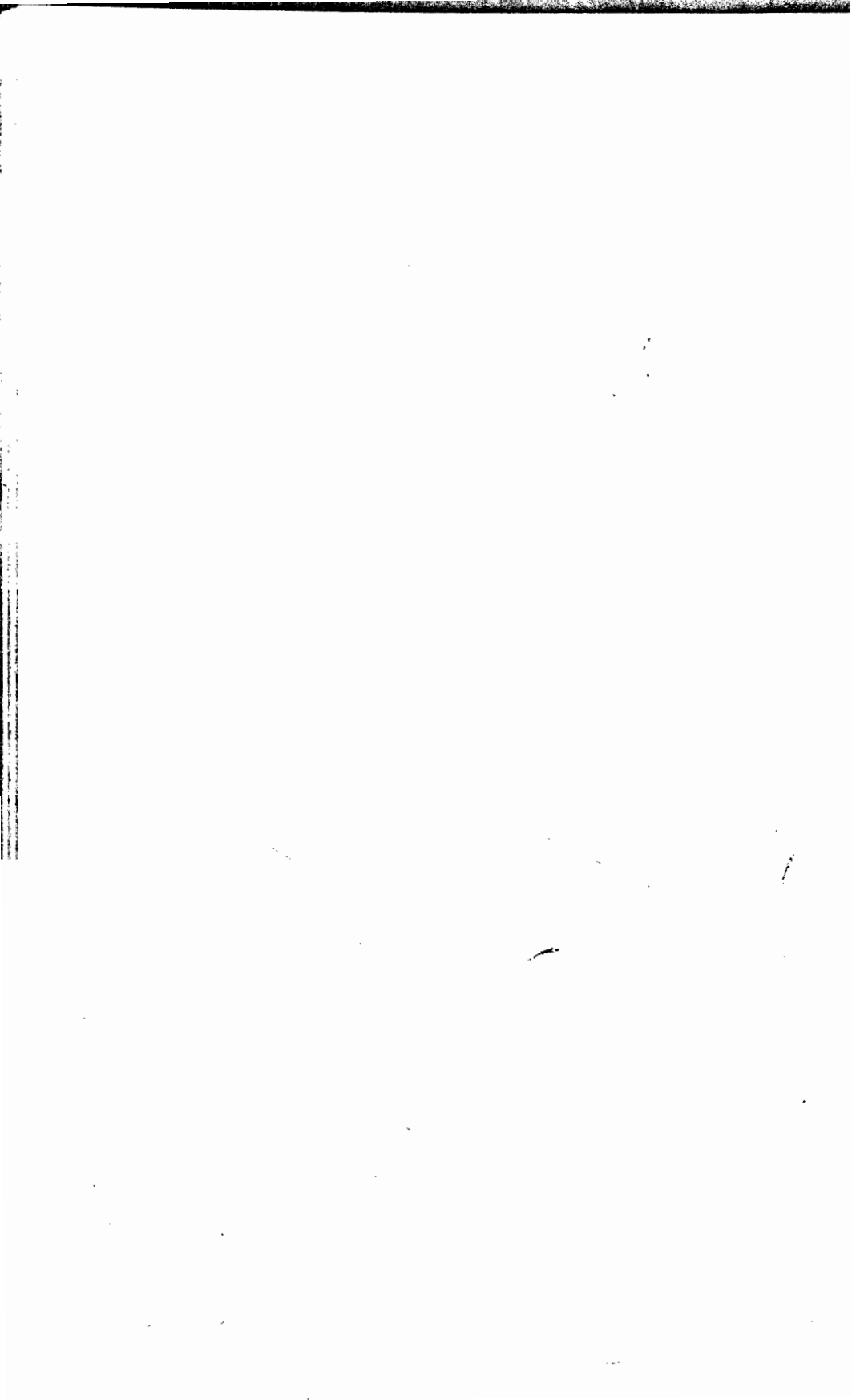
Jaggery, sugar or honey may be added.

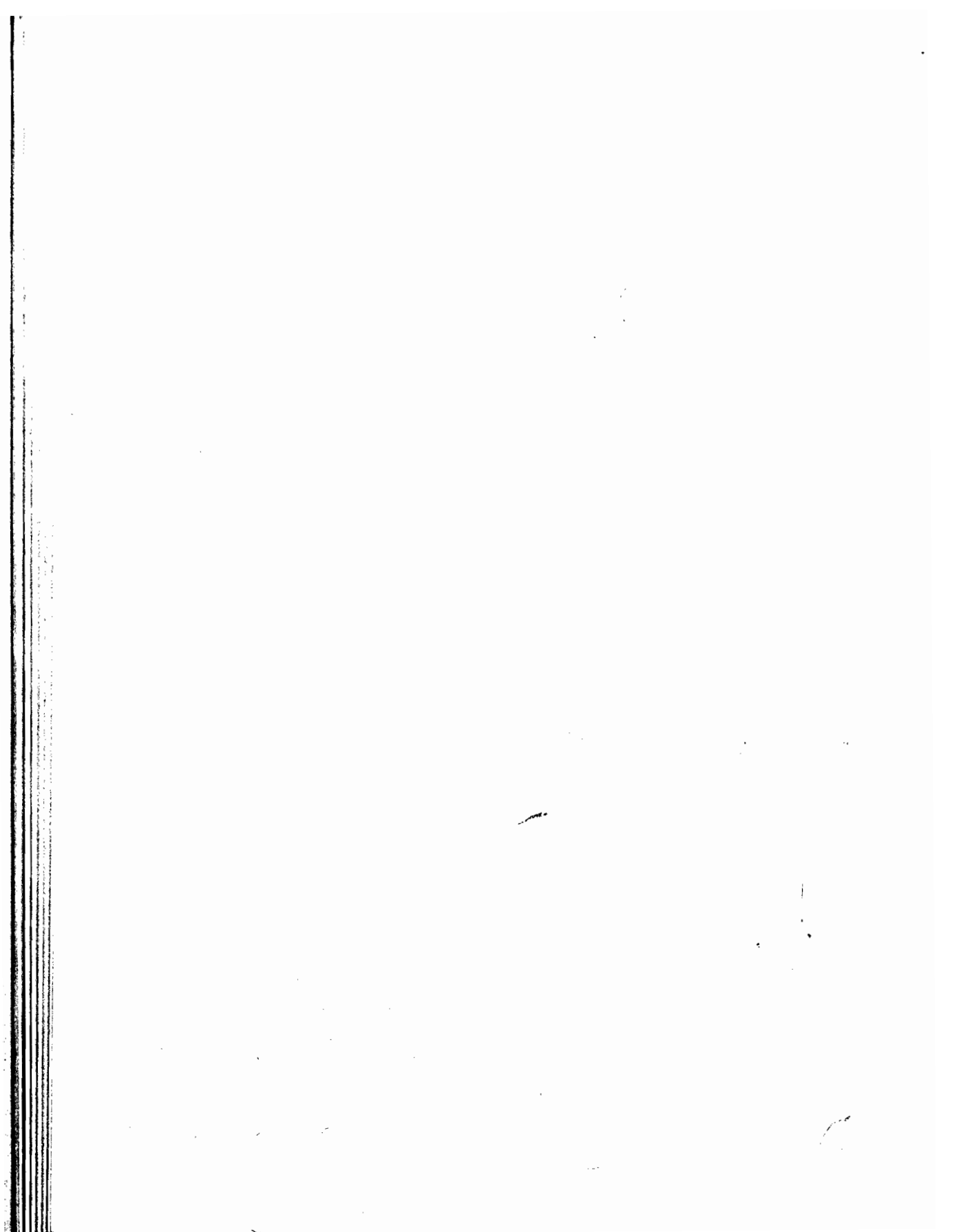
#### PREPARATIONS

1. Adraka khanda; 2. Sama sarkara curna; 3. Saubhogya sunthi;
4. Vyosadi vati and 5. Vyosadya ghrta.

**Section B**

**COMMON MEDICAL PROBLEMS/TREATMENT  
WITH TRADITIONAL MEDICINES**





## ACIDITY

**DESCRIPTION** The stomach normally secretes acid which helps in the digestion of food. Overproduction of this acid is called hyperacidity. This generally occurs in persons who eat a lot of chillies and spices and are exposed to mental strain.

**ASSOCIATED SYMPTOMS** Acid eructation, burning sensation in the chest, indigestion, pain in stomach, constipation or diarrhoea and vomiting.

**MANAGEMENT** Any one of the following remedies should be used for the management of acidity:

1. Give one teaspoonful (5 g.) of the powder of Emblica officinalis twice daily with milk or water.
2. Give one teaspoonful of the juice of Tinospora cordifolia three times per day with honey.
3. Give one teaspoonful of the powder of Eclipta alba three times per day with honey.
4. To 1/2 cup (125 ml.) of milk, add 3 teaspoonfuls of the powder of Asparagus racemosus and 1/2 cup of water, boil and reduce the volume to half. This should be given three times per day after adding sugar.

**WARNING** If there is acute pain in stomach, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid fried food, lentils, chillies, spices, curd and groundnut oil. Fasting and irregularity in food should be avoided. Take milk more frequently. The patient should be advised physical and mental rest. He should go to bed early.

## CONSTIPATION

**DESCRIPTION** A person who complains of constipation passes dry and hard stools less frequently than once a day. Constipation may be acute, developing suddenly or long standing (chronic). Acute constipation may be a part of a more serious illness. Such cases should be referred to the hospital immediately. Constipation may also occur following an attack of diarrhoea or the day after taking a purgative. Constipation is common in old people and during pregnancy. Constipation in children is due to faulty dietary habits.

**ASSOCIATED SYMPTOMS** Abdominal discomfort and pain, loss of appetite and headache.

**MANAGEMENT** Any one of the following remedies should be used for the management of constipation:

1. Constipation in babies: Give one g. of ispaghula husk (Plantago ovata) three times per day with warm milk or warm water by adding a pinch of sugar.
2. Constipation in pregnant women: Give two teaspoonful (10 g.) of the ispaghula husk (Plantago ovata) twice daily with warm milk or warm water.
3. Constipation in adults: Give 1 teaspoonful (5 g.) of the powder of Terminalia chebula or two teaspoonful (10 g.) of the ispaghula husk (Plantago ovata) at bedtime with hot water or hot milk. The former is more powerful than the latter.
4. Constipation associated with pain in the abdomen: Give one teaspoonful (5 g.) of the powder of Terminalia chebula, together with one g. of ginger. Can also be given as a decoction containing Terminalia chebula. Give 2 tablespoonfuls decoction to which 1 g. of ginger (Zingiber officinale) is added.



**WARINING**

Constipated patients having vomiting and abdominal pain should be referred to the nearby primary health centre or hospital immediately.

**DIET AND  
REGIMENS**

The patient should take less of meat, egg and fried food. He should take more of leafy vegetables and fruits. The common cause of constipation is carelessness about going to toilet regularly, especially when there is an urge for defecation. The patient should be regular in his habits.

## CONVULSIONS

**DESCRIPTION** Convulsions occur due to several causes. They are commonly seen in children with high fever.

**MANAGEMENT** Any one of the following remedies should be used for the management of convulsions:

1. To prevent tongue biting during convulsions, put a bundle of cloth or a wooden piece between teeth.
2. After the patient regains consciousness, give one teaspoonful (5 ml.) of the juice of Bacopa monniera or Centella asiatica three times per day with honey.
3. Give one teaspoonful (5 g.) of the powder of Nardostachys jatamansi or Saussurea lappa three times per day with jaggery or honey.
4. Give three teaspoonfuls (5 g.) of the powder of Withania somnifera boiled with a cup of milk. To this milk, add one cup of water and reduce volume to half by boiling. Strain out the powder, add a teaspoonful of sugar and give to the patient three times per day.

**WARNING** If the patient gets repeated convulsions or if there is no relief by treatment for one month, refer the patient to the primary health care or hospital.

**DIET AND REGIMENS** The patient should avoid chillies and spicy food. Goat milk and buttermilk are very useful. The patient should refrain from remaining awake at night for a long time.

## COUGH

**DESCRIPTION** Cough is a symptom of several diseases affecting the chest and throat. It may be associated with spitting of sputum or it may be just dry cough. It may be acute or chronic. People of all ages suffer from this ailment.

**ASSOCIATED SYMPTOMS** Irritation and pain in throat; spitting out large quantity of sputum, which may be foul smelling; pain in the chest, back and abdomen; fever, loss of appetite, vomiting; breathing difficulty; spitting of blood and loss of weight; headache, sneezing, giddiness and sleeplessness.

**MANAGEMENT** Any one of the following remedies should be used for the management of cough:

1. Cough associated with spitting of sputum, slight pain in the chest and loss of appetite: give juice, paste or powder of Adhatoda vasica (1 teaspoonful) with honey (1 teaspoonful) and ginger (Zingiber officinale) juice (1/2 teaspoonful).
2. Cough associated with irritation and pain in the throat: give hot tea prepared with tulasi (Ocimum sanctum), clove (Syzygium aromaticum) and ginger (1/2 teaspoonful) three times per day.
3. Cough associated with fever, sneezing, headache and loss of appetite: give 1/2 teaspoonful of the powder of long pepper, black pepper (Piper nigrum) and dry ginger (all three taken in equal quantities) with 1 teaspoonful of honey or a cup of warm milk three times per day.
4. Dry cough with slight breathing difficulty and pain in the chest: give one ounce of decoction prepared from two teaspoonfuls of kantakari (Solanum xanthocarpum) and one teaspoonful of long pepper three times per day by adding 1 teaspoonful of honey or sugar.

5. Give hot fomentation with sand or salt tied in a piece of cloth to the chest.
6. Apply mustard oil or balm on the chest and throat.

**WARNING** Chronic cough with chronic slow fever, pain in the chest, occasional spitting of blood and loss of weight: refer such patients to the nearby primary health centre or hospital.

Acute cough in children, associated with high fever and breathing difficulty: Refer the child to the nearby primary health centre or hospital.

Chronic cough in adults and old persons associated with chronic breathlessness, spitting out large quantity of foul smelling sputum, headache, giddiness and sleeplessness: refer to nearby primary health centre or hospital. You may give 1 teaspoonful juice of (Adhatoda vasica) with honey (1 teaspoonful) and powder of long pepper (Piper longum) (1/2 teaspoonful) three times per day and refer.

**DIET AND REGIMENS** The patient should avoid curd, bananas, oranges, cold drinks. Garlic, ginger, turmeric, black pepper, cumin seeds, asafoetida and fenugreek seeds are useful as ingredients of diet. The patient should avoid oily food and use warm water to drink.

Sleep during the daytime, especially after taking food, is prohibited. The patient should avoid exposure to rain and cold and wear sufficient warm clothing.

If there is constipation, give a mild laxative like 1 teaspoonful (5 g.) of the powder of haritaki (Terminalia chebula) at bedtime with warm water or warm milk.

If the child has whooping cough, keep him in bed, away from other children and give him frequent, small, liquid or semi-solid feeds.

## DIARRHOEA

**DESCRIPTION**     Passing of frequent loose stools is called diarrhoea. It might be caused by taking food and drinks contaminated by disease-causing germs or eggs of worms. Use of dirty hands, stale food or food exposed to flies might cause such contamination. Adults, old people and small babies are equally affected by this ailment. But small babies need extra care.

**ASSOCIATED SYMPTOMS**     Vomiting, pain in the abdomen, loss of appetite and disturbance in sleep. Serious type of diarrhoea may lead to dehydration, particularly in babies.

**MANAGEMENT**     Following remedies should be used for management of diarrhoea:

All patients with diarrhoea should receive oral rehydration salts as per WHO recommendations. In addition they may be treated as follows:

1. Diarrhoea of babies: Give 1 g. of the paste or powder of a mixture of equal amount of Cyperus rotundus (root), Aegle marmelos (unripe fruit cut into slices and dried), Punica granatum (entire fruit including the skin) and Myristica fragrans (seed), three times per day adding jaggery, sugar or honey.
2. Diarrhoea in adults and old persons: Give one teaspoonful (5 g.) of the above mentioned paste or powder three times per day. If there is blood in the stool, the juice of one average Punica granatum should also be taken.
3. Diarrhoea with vomiting: Give the above-mentioned drugs with 1 g. of the powder of Elettaria cadamomum or one teaspoonful of the juice of lemon added with salt.

4. Diarrhoea with pain in abdomen or loss of appetite: Give the above-mentioned drugs with 1 g. of the powder of asafoetida (Ferula foetida).
5. Diarrhoea with early dehydration: Add 10 g. of jaggery and 2 g. of salt to 1 cup (about 250 ml.) of water, mix well and give this water to the patient in small instalments.
6. Chronic diarrhoea: Give one teaspoonful (5 g.) of Cuminum cyminum three time per day with water. Sugar or honey may be added.
7. Give one teaspoonful (5 g.) of the powder or two tablespoonfuls of the decoction of kurchi bark (Holarrhena anti-dysenterica) three times per day. Honey or sugar may be added.

**WARNING**

Diarrhoea with dehydration: Refer such patients to the nearby primary health centre or hospital. Referring the patient to PHC or hospital is also necessary if the stool looks like rice water, if stool contains blood, if diarrhoea is accompanied by fever and vomiting or if the patient does not get relief within 24 hours of treatment.

## DYSENTERY

**DESCRIPTION** Dysentery is characterized by the passage of frequent stools (often loose) with mucus associated with griping pain in the abdomen. It is generally caused by drinking infected water and eating contaminated food.

**ASSOCIATED SYMPTOMS** Pain in the abdomen, loss of appetite, abdominal distension, fatigue and sleep disturbance. Occasionally blood may appear along with mucus in the stool.

**MANAGEMENT** Any one of the following remedies should be used for the management of dysentery:

1. Give powder of kurchi bark (Holarrhena antidysenterica) one teaspoonful (5 g.) three times per day with buttermilk.
2. Give decoction of kurchi bark, two tablespoonfuls (30 ml.) three times per day by adding some sugar, jaggery or honey.
3. Give ispaghula (Plantago ovata) husk, two teaspoonfuls three times per day with curd or buttermilk.
4. Dysentery with more of griping pain: Give 1 teaspoonful (5 g.) of the powder of Terminalia chebula twice daily with hot water.
5. Dysentery with loss of appetite: Give one teaspoonful of the ginger powder or ginger (Zingiber officinale) juice (5 ml.) three times per day with honey.
6. Dysentery with abdominal distension: Give one teaspoonful of the powder of Trachyspermum ammi three times per day with hot water.

7. Dysentery with blood in stool: Give one teaspoonful of the powder of bael (Aegle marmelos) (green unripe fruit cut into slices and dried) three times per day with buttermilk or water.
8. Dysentery with very loose stool: Give one teaspoonful of the powder of cumin (Cuminum cyminum) seeds with water.

DIET AND  
REGIMEN

Give light food. Avoid fried food, dals and milk. Curd and buttermilk are very useful. Give them by adding salt and powder of cumin seeds, as well as seeds of Trachyspermum ammi. Bael fruit is very useful. Give bael murabba as frequently as possible.



## EARACHE

**DESCRIPTION** Pain in the ear is usually caused by infection in the ear or throat or by a foreign body.

**ASSOCIATED SYMPTOMS** Fever, sore throat, hearing difficulty, discharge from the ear and giddiness.

**MANAGEMENT** Any one of the following remedies should be used for the management of earache:

1. If earache is associated with discharge from the ear, first of all clean it gently using a clean cotton wool swab.
2. Boil almond oil with one teaspoonful of garlic juice (Allium sativum). Strain and allow it to cool. When lukewarm put 1-2 drops in the ear.
3. Give hot fomentation with sand or salt.

**WARNING** Refer the patient to primary health centre or hospital if the pain continues for more than 24 hours.

**DIET AND REGIMENS** Avoid curd and sour things. Avoid exposure to cold or rain.

## EYE DISCHARGE

**DESCRIPTION** Eye discharge occurs due to infection or foreign body. It may also occur as an epidemic affecting several people at the same time.

**ASSOCIATED SYMPTOMS** Red eyes, itching, burning sensation, watering from eyes, difficulty in vision, pain in eyes, fever, headache, or sore throat.

**MANAGEMENT** Any one of the following remedies should be used for the management of eye discharge:

1. Clean eyes several times during the day with cotton wool soaked in boiled and lukewarm water. While boiling add a teaspoonful of turmeric (Curcuma longa) powder to 250 ml. of water, boil for 10 minutes and then strain out the turmeric powder through a clean cloth piece. Always swab from nose side outwards.
2. Give orally one teaspoonful of turmeric powder or the powder of gum resin (Commiphora mukul) three times per day with a cup of warm milk.
3. Foreign body should be removed carefully with the help of a cotton swab soaked in clean water. Eye lids should not be rubbed violently.
4. Give orally one teaspoonful (5 g.) of powder of Terminalia chebula at bedtime with hot water.

**DIET AND REGIMENS** Avoid curd and sour food. Avoid exposure to cold, rain and bright light.

## FEVER, COLD AND MALAISE

**DESCRIPTION** Fever with cold and malaise is a common ailment. It generally occurs during seasonal changes and exposure to rain as well as cold. At times, it occurs in epidemic form affecting several people simultaneously.

**ASSOCIATED SYMPTOMS** Cough, sore throat, sneezing, headache, watering of eyes, pain in the chest, loss of appetite and fatigue.

**MANAGEMENT** Any one of the following remedies should be used for the management of fever, cold and malaise:

1. Give one teaspoonful (5 g.) of turmeric (Curcuma longa) powder three times per day mixing with a cup of warm milk.
2. Give one teaspoonful (5 ml.) of ginger (Zingiber officinale) juice three times per day with honey.
3. Give one teaspoonful of the powder of long pepper (Piper longum) or Saussurea lappa three times per day with honey.
4. Tea prepared by adding the powder of ginger, black pepper (Piper nigrum), long pepper or Saussurea lappa can be given three times per day.

**DIET AND REGIMENS** Avoid curd, sour food, cold drinks, heavy and fried food. Garlic, ginger, black pepper and long pepper in food are useful. The patient should take rest and refrain from exposure to cold and rain.

## HEADACHES

**DESCRIPTION** Headache can occur in several diseases. It can be in any part of the head. It may occur occasionally or may be persisting. It may also increase along with the rise of the sun and diminish at sunset. Defective eye sight may give rise to headache.

**MANAGEMENT** Any one of the following remedies should be used for the management of headache:

1. Headache associated with constipation: give one teaspoonful (5 g.) of the powder of haritaki (Terminalia chebula) with hot water or hot milk at bedtime.
2. Give one teaspoonful (5 g.) of the powder of root of Piper longum or Nardostachys jatamansi or Withania somnifera three times per day with water preferably by adding one teaspoonful of jaggery.
3. Headache associated with defective eye sight: refer the patient to an eye doctor.
4. Headache associated with sore throat and cold: give one teaspoonful of ginger (Zingiber officinale) juice with honey three times per day.
5. Headache associated with toothache, earache and eye discharge: treat the associated ailments.

**WARNING** If headache is accompanied by stiff neck, and fever, refer the patient immediately to the nearest primary health centre or hospital.

**DIET AND REGIMENS** The patient should avoid fried food and spices. Exposure to cold wind, rain or strong sunrays should be avoided.

## INDIGESTION

**DESCRIPTION** Generally caused by over-eating, by irregularity in eating and by taking heavy, fried, infected and contaminated food.

**ASSOCIATED SYMPTOMS** Pain in the abdomen, burning sensation in the chest, acid eructations, loss of appetite, nausea, vomiting and diarrhoea.

**MANAGEMENT** Any one of the following remedies should be used for the management of indigestion:

1. Give a piece of ginger (Zingiber officinale) (about 2 g.) with a pinch of salt 5 minutes before food to take by chewing. It prevents and cures indigestion.
2. Give a piece (2 g.) of the pulp of Terminalia chebula with jaggery to be taken by chewing 5 minutes before food. It prevents and cures indigestion.
3. Give one teaspoonful (5 g.) of the powder of Trachyspermum ammi with hot water twice daily after food.
4. Give one teaspoonful of ginger juice by adding equal quantity of lemon juice and a pinch of salt twice daily after food.
5. Give one teaspoonful of the powder, paste or juice of Cyperus rotundus three times per day. Honey or sugar may be added.

**DIET AND REGIMEN** Avoid heavy and fried food. The patient should take rest.

## JAUNDICE

**DESCRIPTION** It is caused by more circulation of bile in the blood either by more production or by obstruction to the bile channel. Generally, liver is affected in this ailment. It might appear in an epidemic form affecting several people at a time.

**ASSOCIATED SYMPTOMS** Yellowness of eyes and urine, clay-coloured stool, loss of appetite, pain in the abdomen, fever, vomiting, constipation, itching and fatigue.

**MANAGEMENT** Any one of the following remedies should be used for the management of jaundice:

1. Give one teaspoonful (5 g.) of the powder of Terminalia chebula at bedtime with hot water.
2. Give one teaspoonful (5 g.) of the powder of kurroa (Picrorhiza kurroa) three times per day with honey.
3. Give one teaspoonful (5 ml.) of the juice of Aloe barbadensis, or Phyllanthus niruri or Boerhaavia diffusa three times per day with honey.
4. Give one teaspoonful of the paste, juice or powder of Eclipta alba or Tinospora cordifolia three times per day with sugar or honey.

**WARNING** If the disease does not subside after 5 days' treatment, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid heavy, fried and greasy food. Give liquids, including sugar cane juice, fruit juice, lemon sharbat and vegetable soups in sufficient quantity. The patient should take less of salt and should take rest.

## JOINT PAINS

**DESCRIPTION** Joint pain may be caused by strain or injury or it may be a symptom of a disease. Chronic disease of a joint may lead to deformity. One or several joints may be affected simultaneously. Joint pains often occur in old persons.

**ASSOCIATED SYMPTOMS** Joint pain may be associated with red, hot, swollen or tender joints, and fever.

**MANAGEMENT** Any one of the following remedies should be used for the management of joint pain:

1. Give six teaspoonfuls (30 ml.) of the decoction of the root of Castor plant (Ricinus communis) three times per day.
2. Give one teaspoonful (5 g.) of the powder of Commiphora mukul (gum resin) three times per day with any hot drink.
3. If joints are swollen, red, hot and tender, apply the warm paste of castor root or a hot water bottle. Castor leaves smeared with a little castor oil and made warm by exposing to fire may be tied over the affected joints.

**WARNING** If the patient is a child with severe pain in several joints and fever and if there is no improvement after two days of treatment, refer him to the nearest primary health centre or hospital.

**DIET AND REGIMENS** The patient should avoid curd, sour food and alcoholic drinks. Garlic and ginger are useful. Exposure to cold and rain should be avoided. The patient should take hot water bath (in winter) and drink hot water.

## LEUCORRHOEA

**DESCRIPTION** It is characterized by white or yellow and sometimes foul smelling discharge from the female genital tract. It may occur a few days before or a few days after menstruation. It may also occur in the intervening time between two menses. This generally occurs because of unclean habits and infection.

**ASSOCIATED SYMPTOMS** Pain in the lumbar region or lower abdomen and itching in the genital area.

**MANAGEMENT** Any one of the following remedies should be used for the management of leucorrhoea:

1. Give one teaspoonful (5 ml.) of the juice of the Cynodon dactylon three times per day with honey.
2. Give 6 teaspoonfuls (30 ml.) of the Aloe juice or pulp three times per day with honey.
3. Give one teaspoonful of the powder (5 g.) of Mesua ferrea or Trigonella foenum-graccum three times per day with honey.
4. Give one teaspoonful (5 g. or 5 ml.) of paste or juice of Phyllanthus niruri three times per day.

**WARNING** If the complaint continues, after one month of treatment, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid curd and fried food. Garlic and ginger are very useful. Advise the patient to observe cleanliness.



## LICE

**DESCRIPTION** Lice often appear in the hair because of not cleaning it regularly. Lice occur more in women because of long hair.

**ASSOCIATED SYMPTOMS** Itching and ulceration of the scalp.

**MANAGEMENT** Any one of the following remedies should be used for the management of lice:

1. Apply sufficient quantity of neem (Azadirachta indica) oil on hair, keep it for about 12 hours and then wash with warm water.
2. Wash head with besan (powder of horse gram), multani mitti (yellow coloured clay), ritha (powder of the fruit of Sapindus trifoliatus) or Sikakkai (powder of the fruit of Acacia concinna).

**REGIMEN** To make easily washable, trim the hair.

## PARASITIC INFESTATIONS

**DESCRIPTION** Intestinal worms may infest the intestinal tract. A large number of people suffer from such infestations. An infestation occurs on account of unhygienic conditions, by eating raw vegetables and salads without washing them, by consuming contaminated water or food, and by playing or walking barefoot on grounds contaminated by stools. It is important to wash hands and finger-nails thoroughly before each meal and after each visit to the toilet. Nails should be regularly cut.

**ASSOCIATED SYMPTOMS** Indigestion, abdominal pain, nausea, vomiting, diarrhoea, loss of appetite, failure to gain weight, itching, coughing, disturbed in sleep, anaemia and fatigue. Some time tape-like or round worm comes out through the stool and can be seen. Some parasites or their eggs are not visible to the naked eye. These could be seen through a microscope only.

**MANAGEMENT** Any one of the following remedies should be used for the management of parasitic infestations:

1. Initially give two teaspoonfuls (10 g.) at bedtime the first day and 1 g. twice daily with hot water the following nine days of the powder of Embelia ribes.
2. Give one teaspoonful of the powder of neem (Azadirachta indica) leaves twice daily with milk or hot water.
3. Give two tablespoonfuls (30 ml.) of the decoction of neem bark twice daily.
4. Give one teaspoonful of the turmeric (Curcuma longa) paste or powder twice daily with hot water or milk.

5. If patient is constipated: give one teaspoonful of the powder of Terminalia chebula at bedtime with hot water.

**FOOD AND  
REGIMENS**

Avoid sweet food and drinks. Get drinking water checked at the nearby primary health centre or hospital for possible faecal contamination. Drink boiled and cooled water only. Cook food well.

## PAINFUL MENSTRUATION

**DESCRIPTION** This is a common complaint. Pain may occur before the onset of menstruation or it may continue during the menstrual period.

**ASSOCIATED SYMPTOMS** Pain in the back, thigh, lower abdomen, headache, sleeplessness, nausea, vomiting and constipation.

**MANAGEMENT** Any one of the following remedies should be used for the management of painful menstruation:

1. Give hot fomentation to the lower abdomen.
2. Give one teaspoonful of the powder of Terminalia chebula with hot water at bedtime.
3. Give 3 cloves of garlic (Allium sativum) cut into small pieces three times per day with hot water.
4. Give six teaspoonfuls (30 ml.) of Aloe (Aloe barbadensis) juice or pulp three times per day with honey.
5. Give one teaspoonful (5 g.) of fenugreek (Trigonella foenum-graecum) powder, three times per day with hot milk or hot water.

**WARNING** If pain is severe, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid heavy and fried food. The patient may take rest. Exposure to cold and rain should be avoided.

## PILES

**DESCRIPTION** Piles are dilatation and protruberance of blood vessels in the anal region, with or without bleeding and pain. These can sometimes be felt outside. People who are habitually constipated may suffer from this trouble.

**ASSOCIATED SYMPTOMS** Pain, itching and swelling in anal region, blood in the stool, hard stool, constipation and abdominal distension.

**MANAGEMENT** Any one of the following remedies should be used for the management of piles:

1. Give one teaspoonful (5 g.) of the powder of Terminalia chebula twice daily with hot water or hot milk.
2. For bleeding, give one teaspoonful (5 ml.) of the juice of Adhatoda vasica or Cynodon dactylon, three times per day.

**WARNING** If bleeding persists even after 3 days of treatment, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid hot spicy foods, chillies, fried food and lentils. Take more leafy vegetables, fruits and buttermilk. In vegetables, avoid arvi (colocasia) and katahal (jack-fruit). Raw papaya and banana taken as vegetables are found to be useful. Patient should not sit constantly over a hard seat. Natural urge for passing stool should not be suppressed.

## SCABIES

**DESCRIPTION** Rash or tiny cracks appearing in the space between fingers, external genitals and other points of the body is called scabies. Itching is severe, specially at night. This occurs primarily because of unclean habits. In children, it frequently occurs in late winter season because of not taking bath regularly and because of wearing dirty clothes.

**ASSOCIATED SYMPTOMS** Exudation of watery discharge or pus from rash and fever.

**MANAGEMENT** Any one of the following remedies should be used for the management of scabies:

1. Apply neem oil or paste of neem (Azadirachta indica) leaves (mixed with equal quantity of turmeric, Curcuma longa paste and a small quantity of mustard oil) over the affected parts.
2. Give orally the powder of neem leaves, one teaspoonful (5 g.) twice daily with hot water by adding a small quantity of sugar.
3. Give orally decoction of neem bark, six teaspoonfuls (30 ml.) twice daily by adding a small quantity of sugar.
4. Wash the affected parts of the body with the decoction of neem bark.
5. Apply the paste of the flowers and buds of Mesua ferra over the affected parts.

**DIET AND REGIMENS** Avoid curd, sour things, and take more of sugar and jaggery. The patient and other family members should take daily bath with warm water and neem soap. For bathing, the water may be boiled with 100 g. of neem bark or neem leaves.

## SPRAINS

**DESCRIPTION** Sprains are caused when joints are twisted by fall, while running, jumping or accidentally putting feet over an uneven surface.

**ASSOCIATED SYMPTOMS** Swelling and pain in joints.

**MANAGEMENT** Any one of the following remedies should be used for the management of sprain:

1. Give hot fomentation with sand or salt.
2. Apply ginger paste over the affected joints and cover with a bandage.
3. Apply the warm paste of Saussurea lappa over the affected joint and tie a bandage over it.
4. Give orally one teaspoonful (5 g.) powder of turmeric (Curcuma longa) or Commiphora mukul (gum resin) with any hot drink three times per day.
5. Rub gently the pulp or the juice of Aloe barbadensis over the affected part two or three times.

**WARNING** If there is no relief after one week of treatment refer the patient to primary health centre or hospital.

**DIET AND REGIMEN** Avoid curd and sour things. Give sufficient rest to the affected part.

## TOOTHACHE

**DESCRIPTION** Toothache is a common complaint, especially in those persons who do not take proper care of teeth.

**ASSOCIATED SYMPTOMS** Inflammation of gums, bleeding from gums and headache.

**MANAGEMENT** Any one of the following remedies should be used for the management of toothache:

1. Apply clove (Syzygium aromaticum) oil over the affected tooth.
2. Ask the patient to chew a few cloves by the affected teeth.
3. Give asafoetida (Ferula foetida) powder to the patient to keep over the affected tooth.
4. If there is loose tooth, the patient may be advised to use the tooth brush of banyan twigs (Ficus bengalensis) (slender roots coming out of its branches).
5. Advise the patient to wash his mouth with warm water containing salt.

**WARNING** If there is no relief from toothache within two days and if the affected tooth is loose, refer the patient to the nearby primary health centre or hospital.

**DIET AND REGIMENS** The patient should avoid curd, sour things and sweet things. If he is unable to chew food, give him liquid diet. Garlic is useful.



## URINARY DISORDERS

**DESCRIPTION** Burning and painful urination generally occurs because of infection in the urinary tract.

**ASSOCIATED SYMPTOMS** Pain in the urinary tract, fever and weakness.

**MANAGEMENT** Any one of the following remedies should be used for the management of urinary disorders:

1. Give one teaspoonful (5 g.) of the powder of Bergenia ligulata or Tribulus terrestris three times per day with lemon juice and water.
2. Give one teaspoonful of the powder of Embllica officinalis or sandal wood (Santalum album) three times per day with water.
3. Give one teaspoonful (5 ml.) of the juice of Tinospora cordifolia three times per day with honey.

**WARNING** If burning and painful urination persists, even after 2 days of treatment, refer the patient to the primary health centre or hospital.

**DIET AND REGIMENS** Avoid chillies and spicy food. Ask the patient to drink sufficient quantity of water, lemon juice, fruit juice or buttermilk.

## VOMITING

**DESCRIPTION** Vomiting is generally caused by infection or intake of contaminated, stale or disagreeable food and drinks. It also occurs in early pregnancy.

**ASSOCIATED SYMPTOMS** Pain in the abdomen, diarrhoea, constipation and fever. Severe vomiting may lead to dehydration, especially in children.

**MANAGEMENT** Any one of the following remedies should be used for the management of vomiting:

1. Give one teaspoonful (5 ml.) of lemon juice three times per day with a pinch of salt.
2. Give one teaspoonful (5 g.) of the powder of Emblisa officinalis or cardamom (Elettaria cadamomum) three times per day with hot water.
3. For vomiting with abdominal pain: give one teaspoonful of lemon juice with one g. of asafoetida (Ferula foetida) powder.
4. For vomiting with diarrhoea: give half teaspoonful (2.5 g.) of nutmeg (Myristica fragrans) powder with buttermilk or curd.
5. For persistent vomiting with or without diarrhoea in babies: refer the patient to the primary health centre or hospital.
6. For vomiting with fever: give one teaspoonful (5 ml.) of lemon juice and half teaspoonful (2.5 ml.) of ginger (Zingiber officinalis) juice with a pinch of salt.

**WARNING** Refer the patient to the primary health centre or hospital if there is dehydration, blood in the vomit, diarrhoea, severe abdominal pain or if vomiting does not stop within 24 hours of treatment.

**DIET AND REGIMENS** The patient should take light food and rest. Breast-feeding should not be stopped. Patient should receive small feeds at a time, but more frequently. Sufficient quantity of lemon juice or lemon sharbat should be given.



**Section C**  
**SOME ASPECTS OF HEALTH CARE**

8. Bleeding from genital tract: if it happens during pregnancy, give absolute rest to the patient and then give one teaspoonful (5 g.) of the powder of Mesua ferrea three times per day with water. If bleeding does not stop within 24 hours, refer the patient to the primary health centre or hospital.

If bleeding continues after delivery, give one teaspoonful (5 ml.) of the juice of Cynodon dactylon three times per day. If there is no satisfactory response after 24 hours of treatment, refer the patient to primary health centre or hospital.

9. Fever after delivery: give 1/2 teaspoonful of the paste or powder of Curcuma longa with milk or hot water three times per day or give one teaspoonful (5 ml.) of each of the juice of ginger (Zingibar officinale) and Tinospora cordifolia. If the fever does not subside within 24 hours, refer the patient to primary health centre or hospital.
10. Insufficient breastmilk: give one teaspoonful (5 g.) of the powder of Asparagus racemosus or Withania somnifera twice daily with milk.
11. General weakness: give one teaspoonful of the powder of ginger, fenugreek (Trigonella foenum-graecum) or Withania somnifera with milk.

DIET AND  
REGIMENS

Give nourishing, but easily digestible, food including milk, cheese, vegetables and fruits. Avoid curd and fried food. Garlic, ginger, turmeric (Cuminum cyminum) and cumini (Curcuma longa) seeds are useful. The mother should not exhaust herself and should take sufficient rest. She should not expose herself to strong sun, cold wind or rain. Mental worry and anxiety should be avoided. Frequent pregnancies and deliveries makes the mother very weak. She should be advised against frequent pregnancies and that there should be a gap of at least 4 years between two pregnancies.

## ORAL HYGIENE

**DESCRIPTION** Keeping mouth clean is essential for health. The habit of cleaning teeth and tongue daily after food should be taught to children. If it is not done diseases of teeth, gums, tongue, and digestive disorders may occur.

**ASSOCIATED COMPLAINTS** If appropriate measures are not taken for the maintenance of oral health, it may give rise to foul smell, dirty deposits at the root of teeth, dental caries, loose teeth, toothache, blood and pus coming out of the gums, swelling of gums and indigestion.

**MANAGEMENT** The following should be followed for the management of oral hygiene:

1. Brush teeth twice daily once early in the morning and once at bedtime.
2. Use tender twigs of neem (Azadirachta indica), banyan (Ficus bengalensis) (root coming out of branches), Mimusops elengi or Terminalia arjuna for brushing of teeth. Before brushing, chew these twigs sufficiently to have a soft brush.
3. Brush teeth with the powder of the bark of neem, banyan, Mimusops elengi or Terminalia arjuna.
4. Teeth may be brushed with the powder of Terminalia chebula and Emblica officinalis. After brushing teeth, sesame oil or mustard oil may be rubbed over the gums.

**DIET AND REGIMENS** Chewing betel leaf with tobacco or chewing tobacco alone is harmful for the teeth. Cleaning the mouth after food is necessary. This habit should be developed from childhood. Taking sour things and sweets in excess is harmful. Fruits of Emblica officinalis and Terminalia chebula are useful. Even pieces of pulp of these fruits can be kept in mouth and chewed frequently to prevent oral diseases.

## REJUVENATING AGENTS

**DESCRIPTION** Prevention of diseases and preservation as well as promotion of positive health are emphasized in traditional medical practices. These measures are called rasayana or rejuvenation of body and mind. These tonics promote the power of body resistance. Anyone of the following remedies can be used for this purpose:

1. Centella asiatica: take six teaspoonfuls (30 ml.) of the juice of this herb in the morning on empty stomach by adding jaggery, sugar or honey.
2. Embllica officinalis: take one teaspoonful (5 g.) of the powder of this plant (fruit) in the morning with milk.
3. Withania somnifera: take three teaspoonfuls (15 g.) of the root powder of this plant and boil with one cup of water and one cup of milk till one cup remains. Then strain out the powder and take the milk by adding sugar early in the morning.
4. Asparagus racemosus: take one cup of the milk boiled with the root powder of this plant as mentioned above.
5. Terminalia chebula: take one teaspoonful of the powder of the fruit pulp of this tree once in the morning by adding the following (in equal quantity) in different seasons: (a) jaggery in summer; (b) rock-salt in rainy season; (c) sugar in autumn; (d) ginger powder in early winter; (e) long pepper powder in late winter; (f) honey in spring.

**DIET AND  
REGIMENS**

Proper diet, sleep and attending to the call of nature are the three pillars of good health. Wholesome food should be taken in time and only after the previous meal is digested. Cows milk and honey are very good for health. Taking salt in excess is not good. Freshly prepared food should be taken and stale as well as contaminated food should be



avoided. An individual should go to bed early and rise early in the morning. Immediately after getting up from bed, a glass of water (preferably collected the previous evening and stored in earthen or copper vessel) should be taken. Sleep during day time (except in summer) is prohibited. Going to latrine regularly is essential. For proper evacuation plenty of leafy vegetables and fruit should be eaten. Early attention is to be paid to diseases and should not wait for the diseases to take a serious turn. Mental peace is essential for good health. An individual's conduct should be harmonious with the society.

## SLEEPLESSNESS

**DESCRIPTION** People sometimes find it difficult to sleep. This may be due to mental worry or physical ailments. It may be temporary or it may be a chronic trouble. People in old age commonly suffer from sleeplessness.

**MANAGEMENT** Any one of the following remedies should be used for the management of sleeplessness:

1. Give one teaspoonful (5 ml.) of the juice of Bacopa monniera or Centella asiatica twice daily with jaggery.
2. Give one teaspoonful (5 g.) of the powder of the root of long pepper (Piper longum) at bedtime with jaggery.
3. Give one teaspoonful (5 g.) of the powder of Nardostachys jatamansi twice daily with jaggery.
4. Give one teaspoonful (5 g.) of the powder or two tablespoonfuls (10 g.) of decoction of Withania somnifera twice daily.

**WARNING** If sleeplessness continues even after one month's treatment, refer the patient to primary health centre or hospital.

**DIET AND REGIMENS** Avoid chillies and spicy food. Goat milk, curd, buttermilk and fruit juice are very useful. After dinner, walk for about 20 minutes. Before going to bed, wash feet with cold water and massage the soles of feet with one teaspoonful of sesame oil mixed with one teaspoonful of water. Practice meditation daily. Take daily head bath in cold water. Never wash head with hot water. Never suppress an urge for defecation and urination.

## Annex

### COMPOUND PREPARATIONS

Compound preparations commonly used in the Indian subcontinent.

#### ACIDITY

1. Narikela khanda: One teaspoonful (5 g.) with milk, 3 times per day.
2. Narikela lavana: One teaspoonful with hot water, after food, 2 times per day.
3. Triphala guggulu: Two pills with warm milk or water 3 times per day.
4. Dhatri lauha: Two pills with warm milk or water, 3 times per day.

#### CONSTIPATION

1. Triphala powder: One teaspoonful (5 g.) at bed time with warm water or warm milk.
2. Erandapaka: Two teaspoonfuls (10 g.) at bed time with warm water or warm milk.

#### CONVULSIONS

1. Brahmi vati: Two pills with milk, 2 times per day.
2. Sarasvata curna: One teaspoonful (5 g.) with honey or milk, 2 times per day.
3. Jatamamsyadi kvatha: Six teaspoonfuls (30 ml.) with sugar, jaggery or honey, 2 times per day.

4. Sarasvatarista: Six teaspoonfuls (30 ml.) with equal quantity of water, 2 times per day after food.
5. Brahmi ghrta: One teaspoonful (5 ml.) mixed with a cup of milk and one teaspoonful of sugar on empty stomach, 2 times per day.

#### COUGH

1. Vasavaleha: One teaspoonful , 3 times per day.
2. Kantakari avaleha: One teaspoonful, 3 times per day.
3. Cyavana prasa: One teaspoonful, 3 times per day.
4. Vasakarista: Six teaspoonfuls (30 ml.) with an equal quantity of water, after food 2 times per day.
5. Vasaghotā: 1 teaspoonful (5 ml) mixed with warm milk, on an empty stomach, 2 times per day. This is specially useful for dry cough associated with pain in the chest.

#### DIARRHOEA

1. Jatiphaladi curna: One teaspoonful (5 g.) with buttermilk or curd, 3 times per day.
2. Bilvadi curna: One teaspoonful (5 g.) with curd or water, 3 times per day.
3. Mustakarista: Six teaspoonfuls (30 ml.) with equal quantity of water, after food, 2 times per day.

#### DYSENTERY

1. Kutaja ghana vati: Two pills with water or buttermilk, 3 times per day.
2. Kutajarista: Six teaspoonfuls (30 ml.) with equal quantity of water, after food, 2 times per day.
3. Kutajavaleha: One teaspoonful with water 3 times per day.
4. Bilvadi curna: One teaspoonful, with buttermilk or water, 3 times per day.

**EARACHE**

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

**EYE DISCHARGE**

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

**FEVER, COLD AND MALAISE**

1. Trikatuurna: One teaspoonful with honey, jaggery or sugar, 3 times per day.
2. Tryusanadi Kvatha: Six teaspoonfuls (30 ml.) adding jaggery, sugar or honey, 3 times per day.

**HEADACHE**

1. Sarpagandha ghana vati: Two pills with milk or water, 3 times per day.
2. Jatamamsyadi kvatha: Six teaspoonfuls (30 ml.), 2 times per day.
3. Asvagandhadiurna: One teaspoonful with milk or water, 2 times per day.

**INDIGESTION**

1. Hingwastakaurna: One teaspoonful (5 g.) 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.

2. Lavanabhaskaraurna: One teaspoonful with hot water or buttermilk, after food, 2 times per day.
3. R(L)asonadi vati: Two pills twice with hot water, after food, 2 times per day.
4. Dadimastakaurna: One teaspoonful with hot water, after food, 2 times per day.

## JAUNDICE

1. Arogyabardhini: Two pills with hot water, 3 times per day.
2. Guducyadi lauha: Two pills with hot water, 3 times per day.
3. Pathyadi Kvatha: Six teaspoonfuls (30 ml.) with jaggery, sugar or honey, 3 times per day.
4. Punarnavastaka Kvatha: Six teaspoonfuls (30 ml.) with jaggery, sugar or honey, 3 times per day

## JOINT PAINS

1. Yogaraja guggulu: Two tablets with any hot drink, preferably hot milk, 3 times per day.
2. Erandapaka: One teaspoonful (5 g.) with any hot drink, 2 times per day.
3. Eranda saptaka kvatha: Six teaspoonfuls (30 ml.) with jaggery or sugar, 2 times per day.

## LEUCORRHOEA

1. Supari paka: One teaspoonful with milk, 3 times per day.
2. Kumaryasava: Six teaspoonfuls (30 ml.) with equal quantity of water, 2 times a day after food.
3. Durvadya ghrta: One teaspoonful with warm milk on empty stomach, 2 times per day.

## PARASITIC INFESTATIONS

1. Vidangadi curna: One teaspoonful with hot water or milk or honey, 2 times per day.
2. Vidangadi lauha: Two pills with hot water, 2 times per day.
3. Vidangarista: Six teaspoonfuls (30 ml.), with equal quantity of water after food, 2 times per day.
4. Nimbadi curna: One teaspoonful (5 g.) with water or milk, 2 times per day.

**PAINFUL MENSTRUATION**

1. Kaisora guggulu: Two pills with any hot drink, 3 times per day.
2. Yogaraja guggulu: Two pills with any hot drink, 3 times per day.
3. Kumaryasava: Six teaspoonfuls (30 ml.) with equal quantity of water, 2 times per day after food.
4. Methi modaka: One teaspoonful (5 g.) with hot milk, 2 times per day.
5. Saubhagya Sunthi modaka: One teaspoonful (5 g.) with hot milk or hot water, 2 times per day.

**PILES**

1. Abhayarista: Six teaspoonfuls (30 ml.) with equal quantity of water, after food, 2 times per day.
2. Pranada gutika: Two pills with hot water, 2 times per day.
3. Kankayana vati: Two pills with hot water, 3 times per day.
4. Vasavaleha: Two spoonfuls with water or milk, 3 times per day.
5. Durvadya ghrta: Apply one teaspoonful (5 ml.) mixed with milk over the anal region, 2 times per day.
6. Guducyadi taila: Apply this oil with the help of a cotton swab over the anal region.

**SCABIES**

Nimbadiurna: One teaspoonful (5 g.) with hot water, 2 times per day.

**LEUCODERMA**

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

Nimbadiurna: One teaspoonful (5 g.) with hot water, two times per day.

## SPRAINS

1. 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.
2. Yogaraja guggulu: Two pills with any hot drink, 3 times per day.
3. Kaisora guggulu: Two pills with any hot drink, 3 times per day.

## TOOTHACHE

1. Kaisora guggulu: Two pills with any hot drink, 3 times per day.
2. Lavangadi vati: To be kept in mouth and sucked as it dissolves in saliva.
3. Dasana samskara curna: Use as tooth powder, 2 times per day.

## URINARY DISORDERS

1. Goksuradi guggulu: Two pills with milk or water, 3 times per day.
2. Dhatri lauha: Two pills with water, 3 times per day.
3. Candanadi curna: One teaspoonful (5 g.) with buttermilk, 3 times per day.
4. Candanasava: Six teaspoonfuls (30 ml.) with equal quantity of water, 2 times a day after food.

## VOMITING

1. Eadi gutika: One pill with water, 3 times per day.
2. Dadimastaka curna: One teaspoonful (5 g.) with water, 3 times per day.
3. Jambira panaka: One teaspoonful (5 ml.) with a pinch of salt or sugar, 3 times per day.



### CARE OF THE PREGNANT WOMEN AND MOTHERS

1. Dasamula kvatha: Two tablespoonfuls (30 ml.) with honey twice daily.
2. Dasamularista: Two tablespoonfuls (30 ml.) with equal quantity of water twice daily after food.
3. Methi modaka: One teaspoonful (5 g.) with milk twice daily.  
Saubhagya sunthi modaka: One teaspoonful with milk twice daily.

### REJUVENATING AGENTS

1. Cyavana prasa: One teaspoonful (5 g.) with milk, on empty stomach, 2 times per day.
2. Dhatri rasayana: One teaspoonful (5 g.) with milk, on empty stomach, 2 times per day.
3. Brahmi ghrta: One teaspoonful (5 ml.) with warm milk, on empty stomach, once in the morning.
4. Asvagandhadi Lehya: One teaspoonful (5 g.) with milk, on empty stomach, 2 times per day.
5. Satavari paka: One teaspoonful (5 g.) with milk, on empty stomach, 2 times per day.
6. Agastya rasayana: One teaspoonful (5 g.) with milk, on empty stomach, 2 times per day.

### SLEEPLESSNESS

1. Sarpagandha ghana vati: Two pills with milk, 2 times per day - once in the morning and once at bedtime.
2. Sarasvata curna: One teaspoonful (5 g.) with milk on empty stomach, 2 times per day.
3. Jatamamsyadi kvatha: Six teaspoonfuls (30 ml.) with honey, 2 times per day.
4. Asvagandharista: Six teaspoonfuls (30 ml.) with equal quantity of water, 2 times per day.
5. Sarasvatarista: Six teaspoonfuls (30 ml.) with equal quantity of water, after food, 2 times per day.
6. Brahmi ghrta: One teaspoonful (5 ml.) mixed with one cup of milk and one teaspoonful of sugar twice daily on empty stomach.