

## 1. KATIŚŪLA (BACKACHE)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā kwātha (Pluchea lanceolata)	Kwātha	30 ml BD	Water	C.S. Ci. 25/40
2.	Laśuna (Alium sativam)	Kalka	3 gm BD	Saindhava lavaṇa	B. R. Vāṭavyādhī Cikitsā 24/343
3.	Eraṇḍamūla (Ricinus communis)	Kwātha	30 ml BD	Water	C.S.Ci. 25/40

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Daśamūla Kwātha	Kwātha	30 ml	Water	B. R.

			B.D		Vāṭavyāchi Cikitsā
2.	Mahārāsnādi Kwātha	Kwātha	30 ml B.D	Water	B. R. Āmavāta Cikitsā
3.	Mahāyogarāja Guggulu	Vaṭī	500 mg BD	Water	B. R. Vāṭavyāchi Cikitsā
4.	Trayodaśāṅga Guggulu	Vaṭī	500 mg BD	Water	B. R. Vāṭavyāchi Cikitsā
5.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vāṭavyāchi Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada)	Peas (maṭara), Chickpea (canā), pigeon pea (arahara)

Fruits & vegetables	Garlic, drum stick (śigru), paravala, brinjal, pomegranate, mango, phālasā, jujube plum (badara, bera), grapes	Jambo (jambū), bitter gourd (kāravellaka), lotus stem, cauliflower, lady finger
Others	Sesame, milk, sour vinegar (kāñjī), coconut water, clarified butter, oil, nourishing food (bṛmhaṇa)	Betel nut, excessively heavy food substance
Life style	Bathing with warm water, gentle pressing (saṃvāhana), sleeping on the ground, sunlight exposure	Excessive exercise, lifting heavy weight, suppression of natural urges, use of uneven bed

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.