

## 1. ATISĀRA - (DIARRHOEA)

### 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.	Nāgakeśara Cūrṇa (Mesua ferrea)	Cūrṇa	3 gm BD	Butter/ Honey	B.R. Atisāra cikitsā
2.	Kuṭajāvaleha (Holarrhena antidysenterica)	Avaleha	12 gm BD	Water	B.R. Atisāra cikitsā
3.	Kuṭaja Twak (Holarrhena antidysenterica)	Cūrṇa	3 gm BD	Butter milk	C.S.Su. 25

**B. Compound formulations**

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bṛhat Dāḍimāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	S.S.Ma. K. 6/64
2.	Laghu Gaṅgādhara Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	B.P. Atisāra adhikāra
3.	Bṛhat Gangādhara Cūrṇa	Cūrṇa	3 gm BD	Rice water, Honey	B.P. Atisāra adhikāra
4.	Kapitthāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Hot water	Y.R. Atisāra cikitsā
5.	Kuṭajāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	S.Y. part-1,7th prakaraṇa
6.	Cāñgerī Ghr̥ta	Ghr̥ta	10 gm BD	Hot water	B.P. Atisāra adhikāra

7.	Karpūra Rasa	Vaṭī	125 mg BD	Honey	B.R. Atisāra cikitsā
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### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice, porridge (daliya)	Refined flour (maidā)
Pulses	Masūra, green gram (mudga)	Peas(Maṭara), black gram (uḍada), chickpea (canā)
Fruits & vegetables	Jambo (jambū), pomegranate, bilva, banana, lisora, bottle gourd (laukī), paṭola	Jack fruit (kaṭahala), beans, long cucumber (kakaḍi), cucumber (khīrā), bathuā, pumpkin, plum (Badara, bera), grapes
Others	Honey, cumin, coriander, butter milk, goat's milk	Excess intake of water, sugarcane juice, betel nut, betel, alcohol, curd
Life style	Fasting, sleeping, rest & relaxation	Exercise, sudation, Bathing, massage, tub-bath, snuffing, sunlight exposure, day sleeping, smoking, anger,

		sexual indulgence, night awakening, suppression of natural urges
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**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.