

8. PRAVĀHIKĀ (DYSENTERY)

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. | Mustā Kwātha (Cyperus rotundus) | Kwātha | 30 ml BD | Water | S.S.U.. 40/72 |
| 2. | Bilwa (Aegle marmelos) | Cūrṇa | 3 gm BD | Honey/ Jaggery | S.S.U. 40/119 |
| 3. | Jātīphala (Myristica fragrans) | Cūrṇa | 2 gm BD | Takra | B. R. Atisāra Cikitsā |

B. Compound formulations

| Sl. No. | Name of the formulation | Auṣadha kalpanā (Dosage form)* | Mātrā (Daily dose) | Anupāna (Vehicle) | Textual reference |
|---------|---------------------------|-----------------------------------|-----------------------|----------------------|----------------------|
| 1. | Bṛhat Gaṅgādhara Cūrṇa | Cūrṇa | 3 gm BD | Takra/ Guḍa | S.S.Ma. K.6/50-52 |

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|----|----------------|---------|--------------|---------------------------------------|-----------------------------|
| 2. | Karpūra Rasa | Vaṭī | 125 mg BD | Water | B. R. Atisāra Cikitsā |
| 3. | Kuṭajāvāleha | Avāleha | 12 gm BD | Milk/ Curd/ Water | S.S.Ma. K.8/38-44 |
| 4. | Cāṅgerī Ghr̥ta | Ghr̥ta | 10 gm BD | Warm milk/ warm water | S.S.Ma. K. |
| 5. | Kuṭajāriṣṭa | Ariṣṭa | 20 ml BD | Equal Qty. of water after meals | B. R. Atisāra Cikitsā |
| 6. | Lokanātha Rasa | Vaṭī | 250 mg BD | Water | B. R. Atisāra Cikitsā |

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

| | Pathya (Do's) | Apathya (Don'ts) |
|---------|-------------------------------|--------------------|
| Cereals | Old rice | Wheat, barley |
| Pulses | Green gram (mudga), masūra | Black gram (uḍada) |

| | | |
|---------------------|---|--|
| Fruits & vegetables | Dry ginger (śunṭhī), ginger (ārdraka), bilva, pomegranate, banana | Bathuā, śigru, mango |
| Others | Cumin, coriander, curd, water processed with certain Ayurvedic medicines (ṣaḍaṅgapānīya), milched warm milk | Betel nut, sugarcane product, sour and bitter food substances |
| Life style | Fasting, sleeping | Sudation, sunlight exposure, night awakening, suppression of natural urges, excessive use of water |

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.