

2. ŚLĪPADA (FILARIASIS)

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.	Śweta- arka mūla (Calotropis procera)	Lepa	QS, Ext. Appln.	-	B. R. Ślīpada Cikitsā
2.	Guḍūcī Swarasa (Tinospora cordifolia)	Swarasa	10 ml BD	Katu taila 5 ml	B. R. Ślīpada Cikitsā
3.	Śākhoṭaka (Streblus aspera)	Kwātha	30 ml BD	Cow's urine	S.S.Ma. K.2/127

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Saptāṅga Guggulu	Vaṭī	500 mg	Hot	B. R.

			BD	water	Vraṇa śoṭha Cikitsā
2.	Nityānanda Rasa	Vaṭī	250 mg BD	Water/ Gomūtra	B. R. Ślīpada Cikitsā
3.	Pañcānana Ghr̥ta	Ghr̥ta	10 gm BD	Warm water	B. R. Ślīpada Cikitsā
4.	Ślīpadagajakeśarī	Vaṭī	250 mg BD	Warm water	B. R. Ślīpada Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, old ṣaṣṭhika rice	-
Pulses	Kulathī, green gram (mudga)	-
Fruits & vegetables	Paravala, brinjal, garlic	Potato etc. tuber vegetables
Others	Food with pungent and bitter taste	Milk, milk products, curd, jaggery, heavy slimy and

		channels obstructive food (guru, picchila, abhiṣyandi padārtha)
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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.