

2. PAKṢĀGHĀTA (PARALYSIS)

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 (Pluchea lanceolata)	Kwātha	30 ml BD	Water	C.S.Su. 25/40
2.	Laśuna (Alium sativam)	Kalka	3 gm BD	Saindhava lavaṇa	B. P. Vātav- yādhi Ci.24/343

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bṛhatvāta Cintamaṇī	Vaṭī	125 mg BD	Honey	B. R. Vātav- yādhi Cikitsā

2.	Mahānārāyaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vātav- yādhi Cikitsā
3.	Viṣagarbha Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vātav- yādhi Cikitsā
4.	Ekāṅgavīra Rasa	Vaṭī	250 mg BD	Honey	B.N.R.
5.	Trayodaśāṅga Guggulu	Vaṭī	1 gm BD	Water	B. R. Vātav- yādhi Cikitsā
6.	Rasarāja Rasa	Vaṭī	125 mg BD	Honey	B. R. Vātav- yādhi Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, śāli rice	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada), kulattha	Chickpea (canā), peas (maṭara), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Paṭola, śigru, brinjal, garlic, pomegranate, mango, phālasā, lemon, jujube plum (badara, bera), grapes	Kamalanāla, beans, bitter gourd (kāravellaka), leafy vegetables, udumbara
Others	Clarified butter, oil, vasā, sesame, alcohol, milk, coconut water, sour vinegar (kāñjī), tamarind (imalī)	Jambū, betel nut, food with pungent taste (tīkṣṇa rasa padārtha), honey, contaminated water
Life style	Swimming, gently pressing (saṃvāhana), sleeping on the ground, bathing, saturation (santarpaṇa), sunlight exposure	Night awakening, suppression of natural urges, excessive physical exercise, fasting

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.