

3. KAṆḌŪ (PRURITIS)

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.	Karañja (Pongamia pinnata)	Taila	Q.S Ext. Appln.	-	S.S.Ci.9/ 20
2.	Śuddha Gandhaka (Sulphur)	Cūrṇa	500 mg BD	Honey/ Milk	Rm. 2/18

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Nimbādi Cūrṇa	Cūrṇa	3 gm BD	Guḍūcī Kwātha	B. R. Vātarakta Cikitsā

2.	Haridrā khaṇḍa	Pāka	3 gm BD	Māñjiṣṭhādi kwātha	B. R. Udard- Śītapitta Cikitsā
3.	Rasamāñikya	Rasa	125 mg BD	Honey	B. R. Kuṣṭha Cikitsā
4.	Amṛtabhallātaka Ghṛta	Ghṛta	10 gm BD	Milk/ Warm water	B. R. Kuṣṭha Cikitsā
5.	Ārogyavardhanī Vaṭī	Vaṭī	250 mg BD	Honey	R. S. 20/106- 108
6.	Mañjiṣṭhādi kwātha	Kwātha	30 ml BD	Water	S.S.Ma. K. 2/

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old barley, wheat, rice	
Pulses	Green gram (mudga), pigeon pea (arahara), masūra	Black gram (uḍada)

Fruits & vegetables	Cucumber (khīrā), paṭola, kākamācī, garlic	Radish
Others	Bitter dietary substances, old ghee, mustard oil, sesame oil, nimba oil, cow's urine	Sour and heavy substance, newly harvested cereals, milk, curd, sugarcane product, jaggery etc.

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.