

5. CHARDI (VOMITING)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mayūrapakṣa Bhasma (Peacock feather)	Bhasma	250 mg BD	Honey	Y.R. Chardi Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Elādi Cūrṇa	Cūrṇa	3 gm BD	Honey/ Sugar	B.R. Chardi roga Cikitsā
2.	Viḍaṅgādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Chardi

					roga Cikitsā
3.	Guḍūcyādi Kwātha	Kwātha	30 ml BD	Water	Y.R. Chardi Cikitsā
4.	Daśamūlāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B.R. Chardi roga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, śāli rice	
Pulses	Green gram (mudga), Chickpea (canā)	
Fruits & vegetables	Green vegetables, lemon, pomegranate	Beans, kośātakī, black mustard, kunduru, banana
Others	Cow's milk, cardamom, fennel, cumin, clove	Excess intake of fluids
Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana),	Exercise, snuffing, therapeutic enema (vasti), sudation, intake of unction

	fragrant paste application (sugandhita lepa)	substance, therapeutic blood letting, fear, unpleasant sight
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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.