

# VISUAL GUIDE TO WILD MEDICINAL PLANTS OF ORISSA



Sri Bijay Kumar Swain, IFS  
Dr. Sanat Kumar Dash, BAMS



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**State Medicinal Plant Board**  
**Orissa**  
OFFDI Assisted Project

VISUAL GUIDE TO WILD MEDICINAL PLANTS OF ORISSA - 2007

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The photographs of plant parts are not as per actual size but increased or decreased to highlight the morphology of specific part.

The average size of plant parts has been mentioned in the description of each plant.

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## Author's Note

In recent years, there has been an increasing recognition for the utility & conservation of medicinal plants in the country. Traditionally majority of our population depend upon plant extracts and raw drugs for their primary health care needs. Due to lack of support and awareness, this tradition has largely eroded over the years along with the shrinkage of medicinal plants in their natural habitat. However, the sector has regained its priority both at national and international level and there is increasing demand for plant based drugs and pharmaceuticals in the world market.

In November 2000 Govt. of India established the National Medicinal Plant Board in the Ministry of Health & Family Welfare and funded for implementation of various promotional and commercial projects for conservation and sustained development of medicinal plant sector in collaboration with the State Medicinal Plant Boards. The Silviculture Division was assigned the project no. 96/2002 for production of quality planting material and establishment of demonstration garden. As the Silviculturist, while implementing this project, I felt it necessary to identify the medicinal plants growing naturally in Orissa.

But while collecting the samples from wild, there was lots of confusion regarding correctness of the species. This was because of the variation in local names, close resemblance in morphological characters and different plants claimed to be useful for same drug. It was also observed that the traders procure wrong plants from wild and supply to pharmaceutical firms due to ignorance of primary collectors. The adulteration, substitutes and use of wrong medicinal plants perhaps eroded the efficacy of Ayurvedic system of medicine.

Identification of correct medicinal plant requires the knowledge of Botany, which is quite difficult for a common man. The wrong identification may cause more damage than curing the disease. It was necessary to prepare a manual with visuals to make the method of identification easier. This prompted me to search for the medicinal plants in their natural habitat, take the image of various plant parts and compare it with the taxonomical description of the species. But it was a herculean task. The plants occurred in different parts of the state and in specific locations, which are not



known to many. They flower in different seasons. Some of them are deciduous during flowering. The period of fruiting and seeding are different. Thus each plant has to be approached a number of times to get the images of different body parts such as leaf, flower, fruits, roots, seeds etc.

However, one good thing happened. In the process of taking the images of various parts of these plant, I was enchanted in their cosmic beauty and fell in love with them. My physical search was converted to mental agony and lust for them. They responded to it (*Plants have feelings and they visibly reciprocate to genuine love*) and appeared before me; rather they invited me to their homes (natural habitat). This eased my task and I continued to capture them in my laptop.

The images were compared with the scientific description of the specific plant. Taxonomists, Professors of Ayurvedic Colleges, local drug manufactures and villagers including women were consulted regarding correct identification and use of the plant. Finally I felt that the wealth so meticulously gathered must be shared with others and hence this publication. The numerous coloured photographs of medicinal plants and their morphology along with the Botanical description will make the process of identification much handy even for the common man.

I have received lots of support from my superior officers, field staff, professionals, Vaidyas, local people including rural women, local traders, procurers and forest dwellers. Their number and contribution is so large that it is difficult to describe in limited pages of this publication. The available medicinal data & notes are accomplished by my co-author **Dr. Sanat Kumar Dash** from various Ayurvedic literature.

The purpose of this book is not to provide details on actual preparation of herbal medicines and different formulations but only to broadly indicate the known uses and physiological actions of the plants and their parts. This book will be useful to the practitioners of Indian Medicine, growers of medicinal plants, researchers, students, teachers and the general public who are interested in identification, conservation, cultivation and marketing of medicinal plants.

B.K. Swain

**Naveen Patnaik**  
Chief Minister, Orissa



Bhubaneswar  
Dated 29th Jan. 2008

## FOREWORD

This book “**Visual Guide to Wild Medicinal Plants of Orissa**” is an effort by the State Medicinal Plants Board to document 216 species of medicinal plants for their proper identification in the field. The different morphological features of these plants have been explained with text and photographs for ease of taxonomical identification.

It is hoped that this book will be useful to the different stakeholders in medicinal plants sector.

**(Naveen Patnaik)**

**Dr. R.N. Bohidar, IFS**  
Development Commissioner-cum-  
Additional Chief Secretary, Orissa



## FOREWORD

The Medicinal Plants Service Programme with financial assistance from World Bank is a pilot project for Livelihood enhancement of forest Dwellers through medicinal plants. The book “**Visual Guide to Wild Medicinal Plants of Orissa**” is a compilation of 216 species of medicinal plants found in Orissa in wild. The text provides description and medical properties of different parts of these plants. Different names of the same plant as used in local vernacular, in trade, in Ayurvedic system, and botanical nomenclature have also been provided in this book for easy identification of these plants.

It is hoped that this book will prove beneficial to different stakeholders not only for proper identification of medicinal plants but also for their sustainable harvest.

(Dr. R.N. Bohidar)

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## FOREWORD

The book “**Visual Guide to Wild Medicinal Plants of Orissa**” is a compilation of 216 species of medicinal plants found in Orissa in the wild. Orissa with ten agro climatic zones has rich biodiversity which is also explicit in medicinal plants. This book will help the field officials of Forest Department, VSS members Vaidyas & Traders for proper identification of medicinal plants in the field as the book provides taxonomical identification through photo features. Its text provides information on botanical aspect, the parts used and their Ayurvedic properties.

This book will go a long way in fulfilling the basic requirement of identification of proper plants. This will also help to promote better ex-situ conservation and cultivation of medicinal plants.

The effort of the author and State Medicinal Plants Board in this regard is appreciated.

*S. P. Nanda*

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## FOREWORD

Orissa has rich tradition of using Ayurvedic Medicines for primary health care. The Indian Indian system of medicines, particularly Ayurveda, predominantly uses plant materials for their drugs. Most of the medicinal plants are procured or harvested from natural forests, waste lands and wet lands. Orissa, with its varied agro climatic zones, exhibits wide range of flora. Sustainable use of natural resources is important not only for maintenance of biodiversity but also for primary health care.

Lack of proper scientific knowledge has lead to destructive harvesting practices of medicinal plants in the past, leading to depletion of natural resources itself. This book compiled by Sri B.K. Swain, IFS, Silviculturist and a dedicated nature lover has bring to light the names with its local variations, essential morphological features for proper identification of various medicinal plant species in the wild.

This book published by State Medicinal Plants Board is an attempt for conservation of medicinal plant resources in the state.

**(P. N. Padhi)**



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## Contents

	Abbreviations	1
1	Aaksiki	2-3
2	Aamalaki	4-5
3	Aamraataka	6-7
4	Aaragvadha	8-9
5	Aasphotaa	10-11
6	Aavarttani	12-13
7	Adhahpuspi	14-15
8	Agastya	16-17
9	Agnimantha	18-19
10	Agnimantha II	19-21
11	Agnipatri	20-21
12	Ajaparna	22-23
13	Ankola	24-25
14	Apaamaarga	26-27
15	Aralu	28-29
16	Aranyajiraka	30-31
17	Arimeda	32-33
18	Aristaka	34-35
19	Arjuna	36-37
20	Arkaparni	38-39
21	Arkapuspi	40-41
22	Ashoka	42-43
23	Ashwagandhaa	44-45
24	Asthisamhaara	46-47
25	Atibalaa	48-49
26	Baakuchi	50-51
27	Babbula	52-53
28	Balaa	54-55
29	Barbari	58-59
30	Bhaarngi	60-61
31	Bhallaataka	62-63
32	Bhrngaraaja	64-65
33	Bhunimba	68-69

34	Bibhitaka	70-71
35	Bijaka	72-73
36	Bilwaparni	74-75
37	Bimbi	76-77
38	Braamhi	78-79
39	Brhati	80-81
40	Chaangeri	82-83
41	Chakramarda	84-85
42	Chaksusyaa	86-87
43	Chandana	88-89
44	Chhilahinta	90-91
45	Chiravilwa	92-93
46	Chitraka	94-95
47	Dagdhaasya	96-97
48	Danti	98-99
49	Dhaataki	100-101
50	Dhanwana	102-103
51	Dhava	104-105
52	Eranda	106-107
53	Gajapippali	108-109
54	Gambhaari	110-111
55	Gandhaprasaarini	112-113
56	Ghrtakumaari	114-115
57	Gojihwaa	116-117
58	Goksuraa	118-119
59	Goksuraa II	120-121
60	Goraksaganjaa	120-121
61	Guduchi	122-123
62	Gunjaa	124-125
63	Haridru	126-127
64	Haritaki	128-129
65	Haritamanjari	130-131
66	Hijjala	132-133
67	Hilamochikaa	134-135
68	Himsraa	136-137
69	Ishwari	138-139
70	Jaati	140-141

71	Jayanti	142-143
72	Jingini	144-145
73	Jivanti	146-147
74	Jyotismati	148-149
75	Kaakaadani	150-151
76	Kaakamaachi	152-153
77	Kaakodumbara	154-155
78	Kaanchanaara	156-157
79	Kaashamarda	158-159
80	Kadamba	160-161
81	Kampillaka	162-163
82	Kantakaari	164-165
83	Kapikachchhu	166-167
84	Kaakaandaphala	168-169
85	Kapittha	170-171
86	Karanja	172-173
87	Karmaranga	174-175
88	Kataka	176-177
89	Ketaki	178-179
90	Kevuka	180-181
91	Khadira	182-183
92	Kokilaaksa	184-185
93	Kosaataki	186-187
94	Koshaamra	188-189
95	Krsnamusali	190-191
96	Krsnasaarivaa	192-193
97	Krsnasaarivaa II	194-195
98	Ksirachampaka	194-195
99	Ksiravidaari	196-197
100	Ksirini	198-199
101	Kuchandana	200-201
102	Kukundara	202-203
103	Kumbhi	204-205
104	Kupilu	206-207
105	Kutaja	208-209
106	Laangali	210-211
107	Lakucha	212-213



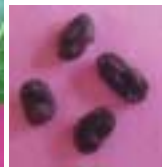
108	Lataakaranja	214-215
109	Lataakasturi	216-217
110	Lodhra	218-219
111	Maadhavi	220-221
112	Maamsarohini	222-223
113	Maasaparni	224-225
114	Madana	226-227
115	Madayanti	228-229
116	Madhuka	230-231
117	Mahaabala	56-57
118	Mahaanimba	232-233
119	Mahaavari vachaa	234-235
120	Mandukaparni	236-237
121	Maricha	238-239
122	Matsyaaksi	240-241
123	Medaasaka	242-243
124	Mesashrngga	244-245
125	Mesashrngi	246-247
126	Muchukunda	248-249
127	Mundi	250-251
128	Murvaa	252-253
129	Musaakarni	254-255
130	Muskaka	256-257
131	Mustaka	258-259
132	Naadihingu	260-261
133	Naagakeshara	262-263
134	Nila Bhrngaraaja	66-67
135	Nila Saireyaka	316-317
136	Nilotpala	264-265
137	Nirgundi	266-267
138	Paaribhadra	268-269
139	Paarijaata	270-271
140	Paarisa	272-273
141	Paatalaa	274-275
142	Paathaa	276-277
143	Padmachaarini	280-281
144	Palaasha	282-283

145	Parnayavaani	284-285
146	Parpata	286-287
147	Parusaka	288-289
148	Pippali	290-291
149	Pishaacha kaarpaasa	292-293
150	Pita Bhrngaraaja	66-67
151	Priyaala	294-295
152	Prshniparni	296-297
153	Punarnavaa	298-299
154	Punnaaga	302-303
155	Putranjiva	304-305
156	Raajabala	56-57
157	Raasnaa	306-307
158	Raajapaathaa	278-279
159	Rakta Chitraka	94-95
160	Raktachandana	308-309
161	Rohisa	310-311
162	Saagaramekhalaa	312-313
163	Saireyaka	314-315
164	Sarpagandhaa	318-319
165	Shaaka	320-321
166	Shaakhotaka	322-323
167	Shaala	324-325
168	Shaalaparni	326-327
169	Shallaki	328-329
170	Shankhapuspi	330-331
171	Shankhapuspi II	332-333
172	Sharapunkhaa	334-335
173	Shataavari	336-337
174	Shimshapaa	338-339
175	Shirisa	340-341
176	Shivalingi	342-343
177	Shlesmaataka	344-345
178	Shweta khadira	346-347
179	Shweta Punarnavaa	300-301
180	Shweta saarivaa	348-349

181	Shweta tulasi	350-351
182	Shyonaaka	352-353
183	Sinduri	354-355
184	Snuhi	356-357
185	Somalataa	358-359
186	Sugandhabaalaa	360-361
187	Sunisannaka	362-363
188	Surana	364-365
189	Surapunnaaga	366-367
190	Suvarchalaa	368-369
191	Swarnajivanti	370-371
192	Swarnaksiri	372-373
193	Taamalaki	374-375
194	Tanduliya	376-377
195	Tankaari	378-379
196	Tavaksiri	380-381
197	Tilaka	278-279
198	Tinduka	382-383
199	Tinisha	384-385
200	Trivrt	386-387
201	Udumbara	388-389
202	Ushira	390-391
203	Vaaraahi	392-393
204	Vaasaa	394-395
205	Vaasanti	396-397
206	Vachaa	398-399
207	Vandaaka	400-401
208	Varuna	402-403
209	Vidaari	196-197
210	Vidanga	404-405
211	Vikankata	406-407
212	Virataru	408-409
213	Vishnukraantaa	332-333
214	Vitkhadira	410-411
215	Vrddhadaaruka	412-413
216	Vrshchikaali	414-415

## Abbreviations used in the book

AH	Astaanga Hrdaya	L.	Laghu
AP	Ayurveda Prakaasha	LA	Local application
AS	Astaanga Samgraha	lh	Leha
ast	Arista	lp	Lepa
asv	Aasava	M	Mahaa
av	Avaleha	mdk	Modaka
AY	Anubhuta Yogamaalaa	MK	Madhyama Khanda
bd	twice a day	Mm.	Madhyama
BH	Bhela Samhitaa	NR	Nighantu Ratnaakara
BP	Bhaava Prakaasha	Pandey	Dravyaguna Vijnana by Dr. G. Pandey
BR	Bhaisajya Ratnaavali	pk	Paaka
Br.	Brhat	pIp	Pralepa
BS	Bangasena Samhitaa	rk	Rasakriyaa
CD	Chakradatta	RM	Raaja Maarttanda
ch	Churna	RN	Raaja Nighantu
ch	Chapter	RP	Rasa Pradipa
Chunekar	Commentary of Bhavaprakaasha Nighantu by Dr. K.C. Chunekar	RR	Rasa Ratnaakara
Col.	Collirium	RRS	Rasa Ratna Samuchchaya
CS	Charaka Samhitaa	rsyn	Rasaayana
DGKD	Dravyaguna Kalpadruma	SBM	Siddha Bhesaja Manimaalaa
DT	Database of Medicinal Plants used in Ayurveda, CCRAS	SG	Shaarnghadhara Samhitaa
EA	External application	Sharma	Dravyaguna Vijnana by Dr. P.V. Sharma
gd	Guda	SN	Shodhala Nighantu
ggl	Guggulu	SS	Sushruta Samhitaa
GN	Gada Nigraha	SY	Siddha Yoga
gt	Ghrta	Syn	Synonym
gtk	Gutikaa	tds	thrice a day
hm	Hima	tl	Taila
kk	Kalka	VD	Vaidya Manoramaa
KK	Ksema Kutuhala	VM	Vrnda Maadhava
KN	Kaiyadeva Nighantu	Vmn	Vimaana Sthaana
KS	Kaashyapa Samhitaa	vt	Vati
ksr	Ksaara	vtk	Vatikaa
ksy	Kasaaya	VV	Vrnda Vaidyaka
kw	Kwaatha	YR	Yoga Ratnaakara







## Aaksiki

<b>Botanical name</b>	: <i>Morinda pubescens</i> Sm. in Rees.
<b>Family</b>	: Rubiaceae
<b>Synonym</b>	: <i>M. tinctoria</i> Roxb., <i>M. tomentosa</i> Heyne ex Roth., <i>M. tinctoria</i> Roxb. var. <i>tomentosa</i> (Heyne ex Roth), <i>M. coreia</i> Buch.-Ham.
<b>Ayurvedic syn.</b>	: Aaksika, Vrkadhuma, Phaphana, Mithyoguchchha, Aachchhuka, Aachu.
<b>Trade name</b>	: Morinda ; <b>Local name</b> : Aachhu

### Description

A small tree, 3-9 m high, bark brown or grey, corky; branchlets glabrous or pubescent. Leaves simple, opposite, ovate, obovate, elliptic or the ones near inflorescence oblanceolate, 15-28 x 10-15 cm, apex shortly acuminate, secondary nerves 5-10, base often unequal, cuncate; petiole 1.2-3.7 cm; stipules ovate. Flower heads peduncled, 3.5-6 mm diam, axillary, leaf-opposed or terminal. Flowers white, aromatic 1.8-2.5 cm diam. Corolla-tube 1.2-2 cm; more or less funnel-shaped, lobes 5-6, oblong, 8-10 mm. stamens as many as lobes. Anthers included. Style arms glabrous or pubescent. Fruit forming a pseudocarp, usually less than 1.8cm diam; whitish-green, with the boundaries of the separate fruits marked by lines, black before falling. Seeds obovoid or reniform.

### Parts used

Roots, fruits, leaves.

### Ayurvedic properties

**Rasa:** madhura, tikta, katu; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:**katu;  
**Dosakarma:** kapha vaata shaamaka

### Actions & uses

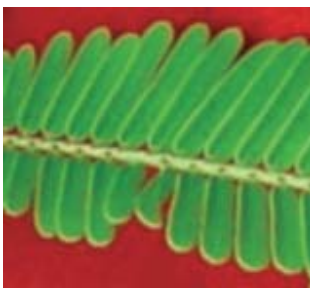
Root: styptic, constipating, antiinflammatory, alexeteric, tonic & useful in leprosy, skin diseases, hemorrhages, dysentery, inflammations. Leaves: tonic, digestive, carminative, febrifuge & useful in gastropathy, dyspepsia, diarrhoea, ulcerative stomatitis, wounds, gout, inflammation, hernia, sarcocele & fever. Fruits sour, digestive & useful in vitiated pitta & kapha, anaemia, wounds, ulcers & abscess.

### Formulations

Aaksiki suraa, Aaksiki shidhu, Kandarpasaara taila.

### Therapeutic uses

- i. Tonic bath - Bath in infusion of roots - KB
- ii. Summer boils - EA: root paste - KB





## Aamalaki

<b>Botanical name</b>	: <i>Phyllanthus emblica</i> L.
<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>Emblica officinalis</i> Gaertn.
<b>Ayurvedic syn.</b>	: Dhaatri, Vayasthaa, Vrsyaa, Tisyaphalaa, Jaatiphalarasaa, Vrttaphalaa, Amrtaa
<b>Trade name</b>	: Amla; <b>Local name</b> : Anlaa

### Description

A small deciduous tree; bark light grey, exfoliating; branchlets appear like compound leaves are hairy, 7.5-20 cm long with close-set distichous leaves. Leaves (often confused as leaflets) are simple, alternate, distichous, linear-oblong, 7.5-1.8 x 1.8-2.5 mm, glabrous. Flowers monoecious, minute, in axillary fascicles, males and females mixed or frequently female in the lower and males in upper axils of leaves. Tepals 6. Male flowers: pedicels slender. Stamens 3; filaments connate. Female flowers subsessile or with short pedicel. Ovary 3-celled. Drupe globose, 1.8-2.5 cm diam, succulent, yellow or tinged with pink when ripe.

### Parts used

Root, bark, stem bark, leaves, fruits, seeds.

### Ayurvedic properties

**Rasa:** amla, madhura, kasaaya, tikta, katu; **Guna:** guru, ruksa; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** tridosha shaamaka, especially pitta shaamaka

### Actions & uses

Refrigerant, anodyne, ophthalmic, carminative, digestive, stomachic, laxative, alterant, alexeteric, aphrodisiac, diuretic, febrifuge, tonic, rejuvenative, trichogenous & useful in cough, asthma, bronchitis, cephalalgia, ophthalmopathy, dyspepsia, colic, flatulence, peptic ulcer, hyperacidity, hepatopathy, jaundice, haematemesis, leucorrhoea, menorrhagia, cardiac disorders & intermittent fevers etc.

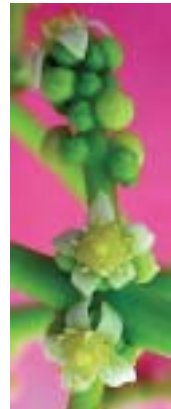
### Formulations

Chyavanapraasha, Braahma rsyn, Dhaatri rsyn, Dhaatri louha, Triphalaa ch, Aamalaki av, Phalaarista, Br. chhaagalaadya gt, Dhaatryarista, Aamalakyaaadi kw.

### Therapeutic uses

- i. Gout - Ghee processed with amla juice - SS
- ii. Leucorrhoea - amla powder 3g + candy 3g + honey 3 ml- CS
- iii. Dysuria - amla juice 50 ml- CS
- iv. Urticaria - amla juice + old jaggery - CD







## Aamraataka

<b>Botanical name</b>	: <i>Spondias pinnata</i> (L.f.) Kurz.
<b>Family</b>	: Anacardiaceae
<b>Synonym</b>	: <i>S. mangifera</i> Willd., <i>Mangifera pinnata</i> L.f.
<b>Ayurvedic syn.</b>	: Aamraata, Kapichuda, Pitanaka, Amlapaataka, Sangi, Markataamra, Tanumaamsa, Rasaadhya
<b>Trade name</b>	: Hog plum ; <b>Local name</b> : Aambadaa

### Description

A medium sized deciduous tree, bark smooth, whitish, very thick and soft; branchlets stout. Leaves alternate, compound, imparipinnate, usually crowded at the end of the branchlets; mango smelling, long petiolate, rachis 5-22 cm, leaflets 4-6 pairs, oblong, 5-23 x 2.5-10 cm, entire, apex acuminate, secondary nerves 10-30, horizontal, joined by a strong intramarginal one; petiolule short. Flowers in panicles of 30-60 cm long; white, 8-9 mm across, sessile. Calyx salver shaped with 5-6 ovate, acute lobes. Petals spreading, ovate-oblong. Stamens 8-10, inserted on the broad lobulate disc, filaments short. Drupes ellipsoid, 3.7 cm long, with hard, somewhat fibrous and slightly grooved 2-6-celled stone.

### Parts used

Roots, bark, heartwood, leaves, fruits, gum-resin.

### Ayurvedic properties

**Rasa**: amla, kasaaya(green), madhura, amla(ripe); **Guna**: guru, sara, ruksa(g) snigdha(r); **Virya**: usna (g), shita (r); **Vipaaka**: amla (g), madhura (r); **Dosakarma**: vaata shamaka (g), pitta kapha shaamaka (r)

### Actions & uses

Appetizer, antidysenteric, antidiarrhoeal, antiemetic, aphrodisiac, constipating, emmenagogue, emollient, tonic, antiscrobutic & useful in muscular rheumatism, otalgia, bilious dyspepsia, gonorrhoea, leucorrhoea, wounds & general debility.

### Formulations

Aamraadi yavaagu.

### Therapeutic uses

- |      |                         |   |
|------|-------------------------|---|
| i.   | Gonorrhoea, leucorrhoea | - Heartwood decoction 50 ml - DGKD      |
| ii.  | Otalgia                 | - Ear drop: luke worm leaf juice - DGKD |
| iii. | Blood dysentery         | - Bark powder / gum-resin 3g - DGKD     |
| iv.  | Fracture                | - EA: root paste - BP                   |
| v.   | Cut hemorrhage          | - LA: leaf paste - DGKD                 |







## Aaragvadha

<b>Botanical name</b>	: <i>Cassia fistula</i> L.;	<b>Family</b>	: Caesalpinaceae
<b>Synonym</b>	: <i>C. rhombifolia</i> Roxb.		
<b>Ayurvedic syn.</b>	: Raajavrksa, Shampaaka, Chaturangula, Dirghaphala, Swarna bhusana, Krtamaala, Vyaadhighaata, Jwaraantaka, Kusthasudana.		
<b>Trade name</b>	: Indian laburnum ;	<b>Local name</b>	: Sunaari

### Description

A medium-sized tree; bark smooth, pale or whitish. Leaves alternate, compound, paripinnate, leaflets 4-8 pairs, ovate, ovate-lanceolate or ovate-oblong. 5-19 x 2-7.5 cm, apex acute or acuminate, glabrous, with close strong secondary nerves; petiolule 5-10 mm. Flowers light yellow, 3.7-6.2 cm across, in long pendulous racemes, 30-60 cm long. Calyx tube very short; lobes 5. Petals 5, subequal. Fertile stamens 10. Pods short-stipitate, long cylindrical, drooping, 30-60 x 2-2.5 cm, black when mature, indehiscent. Seeds many, flat, transverse.

### Parts used

Fruit pulp, root bark, leaves, flowers.

### Ayurvedic properties

**Rasa:** madhura; **Guna:** guru, snigdha, mrdu; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka, kapha pitta samshodhaka

### Actions & uses

Refrigerant, hypoglycaemic, anticancer, abortifacient, anti-implantation, antifertility, emollient, estrogenic, laxative, anthelmintic, diuretic, febrifuge, antiinflammatory, smooth muscle stimulant, depurative, antitussive, antibacterial, antifungal, antiviral, hepato protective, tonic & useful in colic, constipation, skin diseases, ophthalmopathy, dry cough, bronchitis, arthritis, diabetes, strangury, gout, hepatomegaly, jaundice, rheumatism & leprosy etc.

### Formulations

Aaragvadhaadi kw, A.lh, A. tl, A. ast, M.marichyaadi tl, M.manjisthaadyarista, Raasnaa saptaka kw, Br. agnimukha ch, M.yogaraaja ggl, M.bhallaataka av.

### Therapeutic uses

- i. Constipation - Fruit pulp 3g + 1 cup luke warm milk at bed time - CS
- ii. Jaundice - Fruit pulp 3g + amla juice 5 ml - CS
- iii. Rheumatic arthritis - Leaves cooked with mustard oil before dinner-BP
- iv. Anorexia - Decoction of fruit pulp & ajwain together 20 ml-AH







## Aasphotaa

<b>Botanical name</b>	: <i>Vallaris solanacea</i> (Roth) Kuntze.
<b>Family</b>	: Apocynaceae
<b>Synonym</b>	: <i>V. heynei</i> Spreng., <i>V. dichotoma</i> Wall., <i>Peltanthera solanacea</i> Roth., <i>Echites dicotoma</i> Roxb.
<b>Ayurvedic syn.</b>	: Aparamallikaa ; <b>Local name:</b> Bana kaneri

### Description

A climbing shrub, bark lenticellate. Leaves simple, opposite, oblong or elliptic, 3.7-10 x 1.5-3.7 cm, apex acuminate, nearly glabrous, base acute to obtuse, somewhat decurrent; petiole 7.5-12.5 mm. Flowers white, in lateral or subterminal cymes. Cymes subcorymbose, 5-7.5 cm diam. Calyx lobes 5, lanceolate, 4.3 mm long. Corolla salver-shaped, 1.2-2 cm diam; tube 2.5 mm; lobes broad, rounded. Stamens at top of corolla-tube with exerted anthers, adhering to the stigma, connectives with large basal glands. Disc fleshy, annular. Follicles terete, 15 x 3.7 cm, subtruncate at base, tapering above the middle to a blunt apex.

### Parts used

Roots

### Actions & uses

Vulnerary, hypoglycaemic, diuretic, lithontriptic & useful in hyperglycaemia, dysuria, vesical calculi, colic, haemorrhoids, rat-poisoning, wound & ulcers etc. The milky juice is a mild irritant & when applied to sores & sinuses it excites some degree of inflammation & thereby expedites the process of healing.

### Formulations

Virataraadi taila, Kandarpasaara taila, Somaraaji taila.

### Therapeutic uses

- i. Root-poisoning - Ghee cooked with root - SS, AH
- ii. Wounds & ulcers - Wash with root decoction - SS, BH
- iii. Haemorrhoids - Buttermilk prepared in a vessel smeared within by root paste - SS

**Note:** Though Aasphotaa is equated with Saarivaa & Aparajitaa in Bhaavaprakasha Nighantu, but in Charaka Samhitaa, Chi. 23/ 43, it is described separately with Saarivaa. Chakrapaani, in his commentary noted the above written synonym and in Chakradatta it is described with Mallikaa as Mallikaadwaya.







## Aavarttani

<b>Botanical name</b>	: <i>Helicteres isora</i> L.
<b>Family</b>	: Sterculiaceae
<b>Ayurvedic syn.</b>	: Aavarttaphalaa, Aavarttaki, Manojnaa, Vaamaavarttaa, Raktapuspi.
<b>Trade name</b>	: Indian screw tree
<b>Local name</b>	: Modimodikaa, Modaachhuin

### Description

A much branched shrub, upto 2 m high, with stellate-hairy branches. Leaves simple, alternate, orbicular, obovate or broadly ovate, often oblique, 7-15 x 5-10 cm, broadly rounded or shallowly cordate at base, margin irregularly serrate, apex acuminate, or subacute, glabrous or scabrous above, stellate-pubescent beneath, 5-7-palminerved; petiole 0.5-1.5 cm. Flowers axillary, 2.5 cm long, irregular. Calyx greenish orange, 1.2-1.8 cm long curved obliquely and unequally 5-toothed, stellate-tomentose. Petals 5, brick-red, reflexed, unequal, lower pair shortly clawed and with larger limb, upper one long clawed and with shorter limb. Staminal column adnate to the gynophore. Ovary on the summit of the staminal column. Follicles linear, 5-8 cm long, spirally twisted, minutely stellate-tomentose.

### Parts used

Root, bark, fruits.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka.

### Actions & uses

Expectorant, demulcent, constipating, lactifuge, refrigerant, vermifuge, vulnerary, haemostatic, stomachic, urinary astringent & useful in empyema, scabies, colic, gastropathy, diabetes, diarrhoea, dysentery, ophthalmitis, otorrhoea, flatulence, wounds, ulcers, hemorrhages & epistaxis etc.

### Therapeutic uses

- i. Otorrhoea - Ear drop: fruit powder + castor oil - DGKD
- ii. Diabetes - Decoction of root bark 50 ml, bd - DGKD
- iii. Neonatal gastropathy - Massage with mustard oil mixed with fruit powder - DGKD
- iv. Cut hemorrhage - Dusting fruit powder - Sharma







## Adhahpuspi

<b>Botanical name</b>	: <i>Trichodesma indicum</i> (L.) R. Br.
<b>Family</b>	: Boraginaceae; <b>Synonym</b> : <i>Borago indica</i> L.
<b>Ayurvedic syn.</b>	: Adhomukhaa, Dhenujihwaa, Andhampuspi, Romaalu, Golomi, Daarvikaa, Andhaka, Skandhaka, Shayaalu, Vashyaraajyaa, Vashyaangaa, Surasaa, Gandhampuspikaa, Avaakpuspi.
<b>Trade name</b>	: Andhahuli; <b>Local name</b> : Hetaamundiaa, Adhahpuspi

### Description

A course hispid herb, 20-45 cm. Leaves simple, opposite, sessile, linear-oblong or oblong lanceolate, 3-10 x 0.6-2 cm, apex obtuse or subacute, base usually hastate or cordate. Flowers blue, violet or white, 1.5 cm across in leafy or few flowered cymes; pedicels lateral or leaf-opposed, often 5 cm in fruit. Calyx 1-1.5 cm long, hispid-hairy, lobes lanceolate, hastate at base, margins strongly ribbed. Corolla-tube salver-shaped, lobes ovate, overlapping, suddenly narrowed to a fine twisted tip; with brown centre. Stamens inserted on the corolla-tube, filaments short, anthers elongate, jointed into a cone.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa**: katu, tikta; **Guna**: laghu; **Virya**: usna; **Vipaaka**: katu,  
**Dosakarma**: kapha vaata shaamaka

### Actions & uses

Thermogenic, emollient, alexeteric, anodyne, antiinflammatory, stimulative & spasmogenic to uterus, carminative, constipating, diuretic, depurative, ophthalmic, febrifuge, pectoral & useful in vitiated conditions of vaata & kapha, arthralgia, gout, inflammation, dyspepsia, diarrhoea, dysentery, haemorrhoids, strangury, leprosy, skin diseases, ophthalmopathy, expulsion of foetus, dysmenorrhoea, sores & fevers.

### Formulations

Kanaka ksiri taila, Jivaniya ghrta, Sunisannaka chaangeri ghrta.

### Therapeutic uses

- i. Osteo arthritis, abscess - LA: paste - Sharma
- ii. Conjunctivitis - Smearing paste on lids - Sharma
- iii. Paediatric dysentery - Whole plant pounded with water - KB







## Agastya

<b>Botanical name</b>	: <i>Sesbania grandiflora</i> (L.) Poir.
<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Munidruma, Bangasena, Vakrapuspa, Dirghaphala, Mrdushimbi, Siddha, Munipuspa, Branaari, Munishimbi.
<b>Trade name</b>	: Swamp pea, Sesban
<b>Local name</b>	: Agasti

### Description

A small soft-wooded tree, up to 8m high. Leaves alternate, compound, 15-30 cm long, leaflets 10-20 pairs or more and an odd one, 1.5-3.5 cm long, emarginated. Flowers white, 7.5-10 cm long, in lax, 2-4 flowered racemes. Calyx campanulate, shallowly 2-lipped. Corolla exserted, petals long clawed; stamens 9+1, style filiform. Pods slender, falcate or straight, 30-45 cm long, sutures thick.

### Parts used

Root, bark, leaves, flowers, fruits.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Tonic, brain tonic, I.Q. promoter, anthelmintic, febrifuge, aperient, diuretic, laxative, alexeteric & useful in arthralgia, gout, gastralgia, diarrhoea, dyspepsia, catarrh, cough, nyctalopia, cephalalgia, epilepsy, flatulent colic, anaemia, emaciation & intermittent fevers etc.

### Formulations

Grahanikapaata rasa, Ratnagiri rasa, Pittakaashaantaka rasa, Agastyaasava, Sannipaata bhairava rasa.

### Therapeutic uses

- i. Quartan fever - Nasal drop: leaf juice - SS, VM, BP, VJ, CD
- ii. Nyctalopia, cough - Taking flowers as vegetable - SS
- iii. Colic - bark decoction + salt + hing - VD
- iv. Catarrh, headache - Nasal drop : juice of leaves / flowers - DGKD
- v. Epilepsy - Nasal drop: Agastya leaves & black pepper pounded with cow's urine - HS







## Agnimantha

<b>Botanical name</b>	: <i>Clerodendrum multiflorum</i> (Burm.f.) O.Ktze.
<b>Family</b>	: Verbenaceae ; <b>Synonym</b> : <i>C. phlomidis</i> L.f.
<b>Ayurvedic syn.</b>	: Ganikaarikaa, Arani, Vijayaa, Tejovrkasa, Tanutwacha
<b>Trade name</b>	: Clerodendrum ; <b>Local name</b> : Dankaari, Arani

### Description

A large rambling shrub or small tree. Leave simple, opposite, ovate 5-8.7 x 3.5-8.5 cm, coarsely crenate, dentate, rarely entire, apex acute or acuminate, glabrous, petiole, 1.2-2.5 cm long. Flowers white, fragrant at night, in axillary or terminal cymose panicles; cymes 3.7-7.5 cm, calyx green 5-lobed, 7.5 mm long in flower, enlarged in fruit. Corolla-tube 1.8-2.5 cm long, limb with 5 spreading lobes, 1.8 cm across. Stamens 4, exerted, filaments filiform. Style long filiform. Drupe broadly obovoid, depressed.

### Agnimantha-II

<b>Botanical name</b>	: <i>Premna serratifolia</i> L. ; <b>Family</b> : Verbenaceae
<b>Synonym</b>	: <i>Premna integrifolia</i> L.; <b>Local name</b> : Agibathu, Gandhanaa

### Description

A small tree or large shrub, more or less thorny on the trunk and on larger branches. Leaves simple, opposite, at times whorled, oblong, oblong-obovate, 5-10 cm long, often crenate towards the tip, glabrous; petiole 1-1.2 cm. Flowers small, in many flowered corymbs. Calyx glabrous, sub-2-lipped. Corolla 2.5-3.7 mm long, white-green, 2-lipped, one lip oblong rounded, the other lip shorter, with 2 rounded lobes. Drupe 5 mm diam, seated on the calyx.

### Parts used

Root, root bark, leaves

### Ayurvedic properties

**Rasa**: tikta, katu, kasaaya, **Guna**: laghu, ruksa, **Virya**: usna, **Vipaaka**: katu, **Dosakarma**: kapha vaata shaamaka

### Actions & uses

Thermogenic, anodyne, antiinflammatory, alexeteric, expectorant, febrifuge, galactagogue, depurative, laxative, digestive, liver stimulant, carminative, cardiac stimulant, cardio tonic, antibacterial, tonic & useful in cough, cold, asthma, bronchitis, anorexia, constipation, hepatopathy, neuralgia, haemorrhoids, fever, diabetes, agalactia, colic & tumour etc.





### Formulations:

Agnimantha ksy, A.mula kk, Dashamula ast, D.tl, D.haritaki, D.gt, Br. panchamula kw, Musakaadya tl, Br. chhaagalaadya gt, Vaayuchchhaaya surendra tl, Guduchyaadi tl, Vajrakapaata rs, Mm. naaraayana tl, Shirahshulaadi vajra rs.

### Therapeutic uses:

- i. Urticaria - Root paste 3g + ghee 3g, bd- CD
- ii. Albuminuria - Root decoction 50ml, bd - SS, AS, VM
- iii. Obesity - Root decoction 20ml + shilajit 0.5-1g, bd - CD
- iv. Freckles - LA: bark pounded with goat's milk - GN

### Note

In Ayurvedic literature *Premna serratifolia* is described as Brhat Agnimantha and *Clerodendrum multiflorum* as Laghu Agnimantha or Tarkaari. But in the Ayurvedic Formulary Part I, published by the Govt. of India, *C. multiflorum* has been accepted as Agnimantha, whereas *P. serratifolia* as its substitute.

## Agnipatri

<b>Botanical name</b>	: <i>Ammannia baccifera</i> (L.); <b>Family:</b> Lythraceae
<b>Ayurvedic syn.</b>	: Agnipatra, Kurandikaa, Ksetrabhusaa, Kuranti, Ksetranaashini.
<b>Trade name</b>	: Blistering ammania;
<b>Local name</b>	: Raamadaauni, Agnikumaari

### Description

An erect, glabrous herb, 15-30 cm; stem square. Leaves simple, opposite, narrowly linear-oblong, tapering at both ends, 0.75-7 x 0.3-2 cm, but some times smaller, successively reducing upwards. Flowers minute, subsessile, in few-flowered or dense axillary cymes, turning red in fruit. Capsule depressed globose, exceeding the calyx, red, one celled.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** guru, sara; **Virya:** shita; **Vipaaka:** madhura;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, appetizer, stomachic, laxative, rubefacient, diuretic, lithontriptic, aphrodisiac & useful in burning sensation, anorexia, dyspepsia, flatulence, colic, strangury, renal & vesical calculi, seminal weakness, insanity, epilepsy, catarrh, cough, backache, gout, rheumatism, erisypelas, anaemia, intermittent fevers & herpetic eruptions etc.

### Formulations

Mahaachaitasa ghrta.







## Ajaparna

<b>Botanical name</b>	: <i>Eupatorium triplinerve</i> Vahl.
<b>Family</b>	: Asteraceae
<b>Synonym</b>	: <i>E. ayapana</i> Vent.
<b>Ayurvedic syn.</b>	: Ayaparna, Ayaaparna, Trisiraayuktaparnaka.
<b>Trade name</b>	: Ayapan
<b>Local name</b>	: Aayaapaanaa

### Description

A prostrate undershrub with ascending branches. Leaves sessile, opposite, lanceolate, 3-nerved, acuminate, subentire, glabrous. Inflorescence a lax few-headed corymb, heads pedicellate about 20-flowered; bracts linear, acuminate, unequal; puberulous on the back. Flowers slaty blue, corolla regular, tubular, tube slender, anthers appendaged, base obtuse, style arms long, obtuse. Achenes truncate, 5-angled.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Thermogenic, stimulant, alterant, digestive, carminative, emetic and purgative in large dose, haemostatic, vulnerary, cardiogenic, antiscorbutic, alexeteric, febrifuge, sudorific, depurative, detergent, antiinflammatory, expectorant, tonic & useful in vitiated conditions of kapha, gastropathy, dyspepsia, colic, epistaxis, haematemesis, hemorrhages, haemoptysis, haematuria, menorrhagia, haemorrhoids, wounds, ulcers, stomatitis, cardiac debility, melancholia, skin eruptions, scabies, pruritus, poison bites, intermittent fevers especially yellow fever, inflammation, catarrh, cough, asthma & general debility etc.

### Therapeutic uses

- i. Menorrhagia, haemorrhoids - Juice 20 ml + candy 5g, bd/tds- AY
- ii. Cut hemorrhages, wounds - LA: paste - Sharma
- iii. General debility - Juice 5-10ml. - Sharma







## Ankola

<b>Botanical name</b>	: <i>Alangium salvifolium</i> (L.f.) Wang.
<b>Family</b>	: <i>Alangiaceae</i>
<b>Synonym</b>	: <i>A. lamarckii</i> Thw., <i>A. decapetalum</i> Lam., <i>Grewia salvifolia</i> (L.f.)
<b>Ayurvedic syn.</b>	: Ankota, Kolaka, Rechi, Dirghakilaka, Pitasaara, Taamraphala, Visajit, Nikochaka, Guptasneha, Gudhamallika, Gunaadhyaka, Kolambakarna.
<b>Trade name</b>	: Alang ; <b>Local name:</b> Ankula, Aankakoli

### Description

A small bushy tree, often thorny; bark light coloured, Leaves simple, alternate, oblong, oblong-lanceolate or elliptic, 7.5 - 15 x 2-5 cm apex obtuse or acute, petiole 6-8 mm. Flowers white or cream, fragrant, 1.2-3 cm long, in axillary fascicles from the axils of fallen leaves. Calyx-tube broadly cup-shaped; teeth 5-6. Petals 5-10; 1.2-2.3 cm long, recurved or revolute after expanding, tomentose outside, less so inside. Stamens 10-30, filaments long, bearded below, style simple, stigma capitate, lobed. Fruits subglobose, or ellipsoid, 0.8-2 cm long, black when ripe, succulent with bony endocarp.

### Parts used

Root, root bark, leaves, fruits, seeds, seed oil.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya; **Guna:** laghu, snigdha, tiksna, sara; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka, pitta samshodhana (root), kapha pitta shaamaka (fruit)

### Actions

Root: anthelmintic, alterative, emollient, thermogenic, diuretic, emetic, purgative, diaphoretic, alexipharmic & useful in oedema, hydrophobia, rate bite, lumbago, dysentery, diarrhoea, erysepelas, fish poison. Seeds: laxative, cooling, aphrodisiac & useful in biliousness, burning sensation. Fruits: cooling, tonic, purgative & useful in general debility, burning sensation & hemorrhages.

### Formulations

Ankola vtk, Ankola tl, Ankola kw, Ankola baddha vt, Istaarthasiddhi gtk.

### Therapeutic uses

- i. Helminthiasis - Bark powder 5g + honey 3 ml, bd - DGKD
- ii. Rejuvenation - Nasal drop: seed oil - RR
- iii. Early ejaculation - EA: seed oil on the umbilical area- RR







## Apaamaarga

<b>Botanical name</b>	: <i>Achyranthes aspera</i> L.;	<b>Family</b>	: Amaranthaceae
<b>Ayurvedic syn.</b>	: Adhahshalyaa, kinihi, Kharamanjari, Mayuraka, Durgraha, Pratyakpuspi, Shikhari, Paraakpuspi.		
<b>Trade name</b>	: Prickly chaff flower;	<b>Local name</b>	: Apaamaaranga

### Description

An erect, straggling herb. Leaves simple, opposite, elliptic, obovate or suborbicular 2.5-18 x 1.5-9 cm, generally appressed hairy beneath; leaf apex acute, obtuse or shortly acuminate, base narrowed, petiole upto 2.5 cm. Spikes long, up to 30 cm, lower flowers polished green, deflexed; bracteole spinescent, 2-3 mm long, with thickened base and ovate, membranous blade, exceedingly trouble some in fruit which sticks to the hand and adhere to clothes. Tepals lanceolate, outer with very pungent tips, fruiting tepals 4.5-5 mm long, detaching together with the bracteoles but leaving the reflexed bracts.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka & samshodhaka

### Actions & Uses

Thermogenic, revulsive, digestive, stomachic, carminative, laxative, anodyne, depurative, anthelmintic, diuretic, lithonriptic, sudorific, demulcent, expectorant, haematinic, antiinflammatory & useful in cough, asthma, bronchitis, pneumonia, flatulence, colic, paediatric colic, piles, pruritus, dropsy, boils, painful inflammation, ophthalmopathy, vomiting, leprosy, skin diseases, strangury, renal & vesical calculi, cardiac disorders, anaemia, gonorrhoea & general debility.

### Formulations

Agastya haritaki, Kaphaketu rs., Gulmakaalaanala rs, Agnimukha rs, M.shankha vt, Apaamaargaadi vt, A. tl, Apaamaarga ksr, Mayurakaadyaasava.

### Therapeutic uses

- i. Haemorrhoids - Seed powder 3-5 g + rice water 1 cup - SG , SS
- ii. Jaundice - Paste of roots of Apaamaarga + Shami 10g with butter milk - RRS
- iii. Excessive hunger - Seed powder 5 g bd - DGKD
- iv. Dysuria - Root powder 3g + milk - VD







## Aralu

<b>Botanical name</b>	: <i>Ailanthus excelsa</i> Roxb.;	<b>Family</b>	: Simaroubaceae
<b>Ayurvedic syn.</b>	: Aralu, Katwanga, Dirghvrnta, Putivrksa.		
<b>Trade name</b>	: Ailanthus ;	<b>Local name</b>	: Maahaala

### Description

A large tree; bark light-coloured; branchlets hoary tomentose, with large leaf-scars. Leaves large, alternate, compound, imparipinnate, 60-90 cm long, rachis hoary tomentose; leaflets 10-13 pairs, alternate or subopposite, unequal sided, variable in shape, often ovate, 8.5-15 x 5-7.5 cm very coarsely toothed, apex acute or acuminate, densely pubescent beneath and pubescent above when young, secondary nerves 12-20, base oblique; petiolule 1.5-5 cm. Flowers yellowish, in large panicles; polygamous. Calyx short, 5-lobed. Petals 5-6. Fruits linear-oblong to lanceolate, 4-5 x 1.5 cm, strongly nerved, once or twice twisted at base.

### Parts used

Stem bark, leaves

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Appetizer, bitter tonic, taste bud stimulant, anthelmintic, antimicrobial, antiimplantation, abortifacient, antiviral, antitumour, hypotensive & useful in diarrhoea, amoebic dysentery, chronic giardiasis, dyspepsia, abdominal spasm, anorectal diseases, ulcerative colitis, blood coagulation disorders, gouty arthritis, scabies, bronchitis, asthma, polyuria, diabetes, dysmenorrhoea & leucorrhoea etc.

### Formulations

Aralu puta pk, Katabhyaadi tl, Pusyaanuga ch, Astaadashaanga ksy, Hriberaadi kw, Br. gangaadhara ch, Karanjaadi ch, Kushaadya tl, Ksaaraagada.

### Therapeutic uses

- i. Otagia - Eardrop : tepid juice of bark - AH
- ii. Diarrhoea - Juice of bark processed in closed heating - SS, VM
- iii. Blood dysentery, giardiasis, dyspepsia, piles, obesity, diabetes - Juice of the bark processed in close heating - Sharma









## Aranyajiraka

<b>Botanical name</b>	: <i>Vernonia anthelmintica</i> (L.) Willd.
<b>Family</b>	: Asteraceae
<b>Synonym</b>	: <i>Centrantherum anthelminticum</i> (L.) Kuntze., <i>Conyza anthelmintica</i> (L.)
<b>Ayurvedic syn.</b>	: Somaraaji, Trtiyajiraka, Tiktajiraka, Vanajanmaa, Tiktaajaaji, Suksmabijaa, Bhundiparni, Brhatpaali, Suksmapatraa, Vanyajiraa
<b>Trade name</b>	: Purple fleebane
<b>Local name</b>	: Somaraaji

### Description

A coarse annual herb, 0.6-2 m high. Leaves simple, alternate, elliptic or obovate, rarely lanceolate, 4-15 x 2-6 cm, lower often upto 20 x 7.5 cm, upper gradually smaller and lanceolate, margin dentate or serrate, apex acute to acuminate, pubescent, attenuate at the base into a short petiole. Flower heads stout, 1.5-2 cm long and about as broad; peduncle 1-5 cm long; outer bracts linear-oblong, green. Florets pink or purple, Achenes black, 3.7 mm long.

### Parts used

Fruits

### Ayurvedic properties

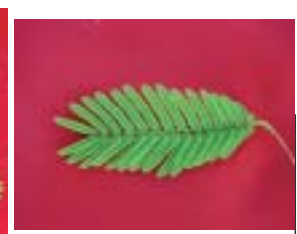
**Rasa:** katu, tikta, kasaaya **Guna:** laghu, snigdha, **Virya:** usna, **Vipaaka:** katu, **Dosakarma:** vaata kapha shaamaka

### Actions & uses

Bitter, acrid, astringent, thermogenic, antiinflammatory, anodyne, anthelmintic, depilatory, depurative, expectorant, demulcent, diuretic, stomachic, purgative, febrifuge, galactagogue, tonic & useful in inflammations, cough, asthma, hiccough, leprosy, pruritus, leucoderma, skin diseases, wounds, ulcers, abscesses, sores, dyspepsia, colic, nephropathy, strangury, fever, convulsion in fever, anasarca, paralysis, ophthalmopathy, vitiated conditions of vaata & kapha and especially for round worms & thread worms.

### Therapeutic uses

- i. Tinea versicolor - Seed paste 3g + little table salt, bd orally.  
LA: only seed paste - AY
- ii. Catarrh - Leaf juice - KB
- iii. Cough, flatulence - Infusion of seeds - KB





## Arimeda

<b>Botanical name</b>	: <i>Acacia leucophloea</i> Willd. ;	<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>Mimosa leucophloea</i> Roxb.		
<b>Ayurvedic syn.</b>	: Irimeda, Ahimeda, Ahimaara, Putimeda, Vitkhadira, Rima, Kaalaskandha, Godhaaskandha, Sarpaari.		
<b>Trade name</b>	: White babul ;	<b>Local name:</b>	Gohiraa

### Description

A medium sized tree with smooth white bark, becoming rough when old. Leaves compound, bipinnate, 2.5-7.5 cm long; pinnae paripinnate, 6-12 pairs, 1.8-3.7 cm long; leaflets opposite, 15-30 pairs, minute, crowded, sessile, linear, 3-7.5 mm long, apex subacute to obtuse, glabrous. Flower heads white, 5-6.2 mm in diam, numerous in large terminal panicles. Pods sessile, linear, curved 10-20 x 0.5-0.75 cm, tomentose. Seeds 8-12.

### Parts used

Bark, gum.

### Ayurvedic properties

**Rasa** : tikta, kasaaya; **Guna**: laghu, tiksna; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: kapha shaamaka

### Actions & uses

Thermogenic, vulnerary, styptic, constipating, antidysenteric, anthelmintic, demulcent, expectorant, febrifuge, alexeteric, & used in odontopathy, leprosy, pruritus, erysipelas, wounds, ulcers, leucoderma, scabies, stomatitis, rectal prolapse, diarrhoea, dysentery, cough, bronchitis & bronchial asthma etc.

### Formulations

Irimedaadi gtk, I. tl, Khadiraadi tl, K. gtk, Br. k. gtk, Sahachara tl, Kaashishaadi tl, K.gt, Kandarpasundara rs.

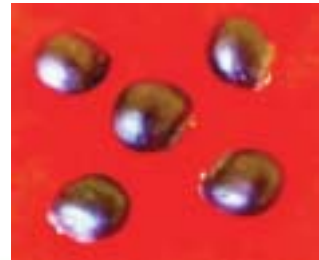
### Therapeutic uses

- i. Loose tooth, toothache, spongy gum, pyrrhoea - Bark decoction held in buccal cavity - SN
- ii. Sore throat, tonsillitis, cough - Gargling with bark decoction - KN
- iii. Diarrhoea - Bark decoction 20ml + honey 3 ml - RN
- iv. General debility - Gum 2-3g + luke warm milk- NR

### Note

*Acacia farnesiana* Willd & *Acacia ferruginea* DC. are also referred as Arimeda in some Ayurvedic publications & also reported to be used; but Ayurvedic formulary part I published by Govt. of India considers *Acacia leucophloea* Willd as Arimeda.







## Aristaka

<b>Botanical name</b>	: <i>Sapindus emarginata</i> Vahl.; <b>Family</b> : Sapindaceae
<b>Synonym</b>	: <i>S. trifoliata</i> auct. non L.
<b>Ayurvedic syn.</b>	: Phenila, Garbhapaatana, Raktabija, Pitaphena, Arthasaadhana, Maangalya, Rithaa.
<b>Trade name</b>	: Soap nut tree
<b>Local name</b>	: Rithaaphala, Renthaa, Muktaa majaa.

### Description

A medium-sized tree; young parts tomentose. Leaves alternate, compound, paripinnate, leaflets opposite-sub opposite; leaf-rachis with petiole 5-15 cm long, tomentose or pubescent; leaflets 2-3 pairs, broadly oblong or elliptic, 6-10x 2-6 cm, lowest pairs smallest, apex obtuse or emarginated, pubescent beneath, secondary nerves and reticulations strong; petiolule 2.5-3.5 mm. Flowers small, in dense terminal panicles of 8-10 cm, white, 3-5 mm long. Sepals oblong or ovate, tomentose. Petals clawed, obovate, 2.3 mm long. Fruit of 2-3 drupels, yellow-brown, 1.8 cm diam, glabrescent, wrinkled when ripe, pericarp saponaceous. Seeds globose, black.

### Parts used

Fruits, root, bark.

### Ayurvedic properties

**Rasa:** tikta, katu; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** vamana; **Dosakarma:** tridosha shaamaka

### Actions & uses

Thermogenic, emetic, expectorant, demulcent, anthelmintic, abortifacient, tonic & useful in hemicrania, epilepsy, asthma, rheumatic arthritis, diarrhoea, cholera, lumbago, verminosis, dysmenorrhoea & gastralgia due to dyspepsia etc.

### Formulations

Mahaa padmaka taila, Mahaa laaksaadi taila, Taamra bhasma.

### Therapeutic uses

- i. Headache, migraine - Nasal drop: fruit juice.  
Bandage of leaves on head - DGKD
- ii. Epileptic fit - Snuff: seed powder - DGKD
- iii. Rheumatic arthritis - Bath in leaf decoction - DGKD
- iv. Dysmenorrhoea - Suppository: cotton impregnated with seedjuice - DGKD







## Arjuna

<b>Botanical name</b>	: <i>Terminalia arjuna</i> (Roxb. ex DC.) W. & A.
<b>Family</b>	: Combretaceae
<b>Synonym</b>	: <i>Pentaptera arjuna</i> Roxb. ex DC.
<b>Ayurvedic syn.</b>	: Dhavala, Kakubha, Nadisarja, Paartha, Indradru, Viravrksa.
<b>Trade name</b>	: Arjun; <b>Local name</b> : Arjuna

### Description

A large tree; bark grey or pale pink, smooth. Leaves simple, opposite or subopposite, subsessile or shortly petiolate, oblong or elliptic-oblong, 10-15 x 4-6.5 cm, apex obtuse or subacute, with two glands near the base of the lamina on the petiole. Flowers small, white, 5 mm across, in shortly paniced spikes. Calyx-tube campanulate, lobes triangular, petals-0, stamens inserted outside the disc. Fruit 2.5-3.7 cm long, 5-winged; fibrous- woody, glabrous, with much ascending striations.

### Parts used

Bark

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, cardio-protective, anti-anginal, antifungal, antibacterial, hepato-protective, oxytocic, demulcent, expectorant, styptic, antidysenteric, urinary astringent, alexeteric, lithontriptic, tonic & useful in hypertension, cardiopathy, liver cirrhosis, fracture, wounds, ulcers, urethrorrhoea, leucorrhoea, diabetes, hyperhidrosis, asthma, bronchitis, tumour, otalgia, dysentery & internal hemorrhages etc.

### Formulations

Arjunaarista, Arjuna gt, A.ksirapaaka, Kakubhaadi ch, Shankara vt, Laakshaa ggl, Dhaatakyaaadi tl, Nyagrodhaadya gt, Devadaarvaarista, Arjunaasava

### Therapeutic uses

- i. Heart diseases - Milk decoction of bark - CD
- ii. Spermatorrhoea - Decoction of Arjuna + Chandana -SS
- iii. Acnes & freckles - LA: bark paste + honey - AH
- iv. Tonic - bark pounded with milk - CD







## Arkaparni

<b>Botanical name</b>	: <i>Tylophora asthmatica</i> (L.f.) W. & A.
<b>Family</b>	: Asclepadaceae
<b>Synonym</b>	: <i>T. indica</i> (Burm.f.) Merr., <i>Asclepias asthmatica</i> L.f.
<b>Ayurvedic syn.</b>	: Shwaasaghni, Mulini, Mularaasnaa, Pittavalli.
<b>Trade name</b>	: Antamul, Indian ipecac, Country ipecac, Emetic swallow wory.
<b>Local name</b>	: Antamula

### Description

A perennial twiner, stems usually densely pubescent, at times glabrous; juice watery. Leaves simple, opposite, rather distant, ovate-elliptic or oblong, 2-10 x 1.5-5.5 cm, apex acute or apiculate, pubescent and pale beneath, base rounded, or subcordate; petiole 0.5-2.5 cm. curved. Flowers small, in axillary or lateral branched umbel-like cymes; greenish-yellow or tinged with brown on the inside, 1-1.5 cm across, pedicels filiform, 1-2 cm long. Calyx 5 mm; lobes subulate-lanceolate. Corolla-lobes broadly lanceolate, hairy. Corona large, the processes forming a closed ring with large rounded free lobes at base and free tips above. Follicles 2, lanceolate, 5-10 x 1 cm, smooth, produced into a slender acute beak.

### Parts used

Roots, Leaves.

### Ayurvedic properties

**Rasa:** madhura, katu, tikta; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Emetic, purgative, expectorant, vulnerary, diaphoretic, stomachic, antiviral & useful in catarrh, cough, asthma, bronchitis, whooping cough, dysentery, diarrhoea, hydrophobia, wounds, ulcers, dyspepsia, flatulence, haemorrhoids, gout, cancerous tumours & murine leukemia etc. It may be regarded as one of the best indigenous substitute of Ipecacuanha.

### Therapeutic uses

- i. Asthma, bronchitis - Decoction of leaves or infusion of roots  
15ml - Pandey
- ii. Dysentery, blood  
dysentery - Root powder - Chuneekar
- iii. Gout - LA: root paste - Chuneekar







## Arkapuspi

<b>Botanical name</b>	: <i>Holostemma annulare</i> (Roxb.)
<b>Family</b>	: Asclepiadaceae
<b>Synonym</b>	: <i>H. ada-kodien</i> Schult, <i>H. rheedei</i> Wall., <i>Asclepias annularis</i> Roxb., <i>Sarcostema annulare</i> Roth.
<b>Ayurvedic syn.</b>	: Krurakarmaa, Payasyaa, Jalakaamukaa.
<b>Trade name</b>	: Chirvel
<b>Local name</b>	: Arkapuspi, Mouran Araka.

### Description

A handsome climber with glabrous shining stems. Leaves simple, opposite, oblong-ovate, upper somewhat triangular, 7.5-17.5 cm long, cuspidate, glabrous above, pale and puberulous or thinly pubescent beneath, basal nerves 5-7, secondary nerves 2-3 only, conspicuously raised and looping within the margin, base deeply cordate; petiole 2.5-5 cm long. Flowers in the axillary few flowered cymes are white with pink base outside, crimson inside. Corolla 1.5 cm long, deeply cleft into thick, ovate, acute lobes. Corona affixed to the base of the staminal column, annular, fleshy, truncate. Stamens adnate to the base of corolla tube, the filaments connate in a 10-winged column. Style slender, apex 5-winged. Follicle often solitary, ovoid to ellipsoid, 4.3-8.5 x 3.8 cm.

### Parts used

Roots, leaves.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaaka:** madhura;  
**Dosakarma:** kapha pitta shaamaka

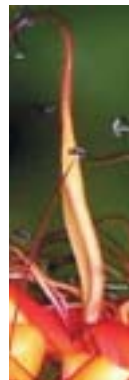
### Actions & uses

Sweet, refrigerant, alterative, astringent to bowels, anthelmintic, antiinflammatory, diuretic, lithontriptic, ophthalmic, tonic & useful in cough, biliousness, stomachalgia, vesical calculi, orchitis, spermatorrhoea, gonorrhoea, urinogenital disorders, diabetes, conjunctivitis, ulcers, pruritus & leucoderma etc.

### Therapeutic uses

- i. Paediatric tonic - Root powder - BP
- ii. Conjunctivitis - LA: root paste on eye lids - Chunekar
- iii. Spermatorrhoea - Root powder of Arkapuspi + Shaalmali - Chunekar
- iv. Diabetes - Root paste with cold milk - KB







## Ashoka

<b>Botanical name</b>	: <i>Saraca asoca</i> (Roxb.) de Wilde
<b>Family</b>	: Caesalpiniaceae
<b>Synonym</b>	: <i>S. indica</i> auct. non L.
<b>Ayurvedic syn.</b>	: Hemapuspa, Taamrapallava, Vanjula, Kankeli, Pindapuspa, Nata, Gandhapuspa, Anganaapriya.
<b>Trade name</b>	: Ashok; <b>Local name:</b> Ashoka

### Description

A small tree preferring moist & shady areas. Leaves alternate, compound, paripinnate, subsessile, pinkish when young, when old dark green; leaflets 3-6 pairs, large, oblong or oblong lanceolate, upto 22.5 x 6.2 cm, apex acute or acuminate. Flowers showy, orange to red, in dense lateral corymbose panicles of 7.5-10 cm broad, often subterminal on short special branchlets together with a single leaf; bracts subpersistent, ascending, short, ovate-acuminate, bracteoles similar, coloured. Calyx petaloid, lobes 3.7-12 mm, tube 2.5-3.2 cm, stamens scarlet, exserted. Ovary long-stipitate, style long filiform, stigma small. Pods flat, oblong, almost woody when dry, dehiscent, 15-20 x 2.5-4 cm, slightly oblique both ends. Seeds obovate-orbicular, black.

### Parts used

Bark, flowers, seeds.

### Ayurvedic properties

**Rasa:** kasaaya, tikta; **Guna:** laghu, ruksa, **Virya:** shita, **vipaaka:** katu, **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, anthelmintic, styptic, stomachic, constipating, febrifuge, demulcent, depurative, antibacterial, antitumour, anticancer, uterotonic, spasmogenic & useful in menorrhagia, metropathy, leucorrhoea, visceromegaly, haemorrhoids, dipsia, hyperdipsia, dysentery, dyspepsia, scabies, strangury, vesical calculi, diabetes, bone fractures & burning sensation etc.

### Formulations

Ashokaarista, Ashoka gt, Madhukaadyavaleha, Devadaarvaarista, M.marichyaadi tl, Pradaraari rs, Kaashishaadi tl, Dwipanchamulaadya tl.

### Therapeutic uses

- i. Menorrhagia - Milk-decoction of bark 50 ml - CD, VM
- ii. Dysuria, calculus - Seeds 3g pounded with cold water - DGKD, CD





## Ashwagandhaa

<b>Botanical name</b>	: <i>Withania somnifera</i> (L.) Dunal;	<b>Family</b>	: Solanaceae
<b>Synonym</b>	: <i>Physalis somnifera</i> L.		
<b>Ayurvedic syn.</b>	: Vaajigandhaa, Kusthagandhini, Hayaahwaa		
<b>Trade name</b>	: Winter cherry;	<b>Local name</b>	: Ashwagandha, Askanda

### Description

An erect undershrub, 0.6-1.2 m; branches hoary-tomentose. Leaves simple, alternate, ovate, 3.5-10 x 1.8-4 cm, entire, apex acute to obtuse, base shortly cuneate; petiole 0.7-1.8 cm, secondary nerves distinct and raised below. Flowers yellowish, 7.5-12.5 mm long, shortly pedicelled, fascicled in the leaf-axils. Calyx 5 mm long. Corolla tubular, lobes 5, alternating with calyx lobes. Berry globose, 6.2-7.5 mm diam, enclosed in the inflated, membranous calyx, 1.2-2 x 1-1.4 cm with narrow mouth.

### Parts used

Root, leaves, seeds.

### Ayurvedic properties

**Rasa:** tikta, katu, madhura; **Guna:** laghu, snigdha; **Virya:** usna;

**Vipaaka:** madhura; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, somniferous, stimulant, aphrodisiac, diuretic, tonic, hypotensive, bradycardiac, respiratory stimulant, antibacterial, immuno-stimulatory, immunomodulatory, adaptogenic, antitumour, antistress, anticonvulsant, psychotropic, antiinflammatory, antispasmodic, analgesic, antipyretic, antiarthritic, sedative, cardiotropic, cardioprotective, anticoagulant, antiaging, cytoprotective & useful in sterility, insomnia, tissue-building, nervous break down, fever, obesity, bronchial asthma, swellings, ophthalmitis, carbuncles & ulcers etc.

### Formulations

Ashwagandhaa ch, A. rsyn, A.gt, Br. a.gt, A.av, A.ast, A.tl, M. & Mm. naaraayana tl, Br. chhaagalaadya gt, Saaraswata ch, Naagabala gt, Prameha mihira tl, Laaksaadi tl, L.ggl, Raasnaadi kw, M.r.kw, Br.kusmaanda av.

### Therapeutic uses

- i. Insomnia - root powder 3g + ghee 3 ml + candy 3g - BS
- ii. General debility - root powder 3g + ghee/milk/oil/tepid water - CD
- iii. Bronchial asthma - ash of the plant + honey + ghee- CS , AH
- iv. Dysuria - Root decoction 50 ml - SBM









## Asthisamhaara

<b>Botanical name</b>	: <i>Cissus quadrangularis</i> L.; <b>Family</b> : Vitaceae
<b>Synonym</b>	: <i>Vitis quadrangularis</i> Wall. ex W. & A.
<b>Ayurvedic syn.</b>	: Asthishrnkhalaa, Vajravalli, Granthimaana, Vajraanga, Kandavalli, Asthisamyojaka, Asthi-samhrta
<b>Trade name</b>	: Adamant creeper
<b>Local name</b>	: Haadajodaa, Haadabhangaa, Haadashikuli

### Description

A rambling shrub; often climbing over bushes and trees to some length; stems fleshy, 4-angled, jointed, 4-winged or margined, often 2.5 cm diam; bearing leaves at the nodes during rainy and cold seasons. Leaves simple, alternate, short-petioled, very broadly ovate or reniform, 2.5-6 cm long and broad, rarely lobed, crenate-serrate, glabrous; stipules foliaceous. Tendril simple. Flowers pinkish-white in short-peduncled umbellate cymes. Calyx cup-shaped, entire. Petals 4, triangular-ovate, disc small; stamens 4, style subulate, stigma small. Barries obovoid or globose, 6-7 mm diam., red when ripe.

### Parts used

Whole plant, root, stem & leaves.

### Ayurvedic properties

**Rasa**: madhura; **Guna**: laghu, ruksa, sara; **Virya**: usna; **Vipaaka**: madhura, **Dosakarma**: kapha vaata shaamaka, pitta vardhaka

### Actions & Uses

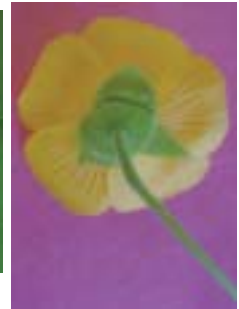
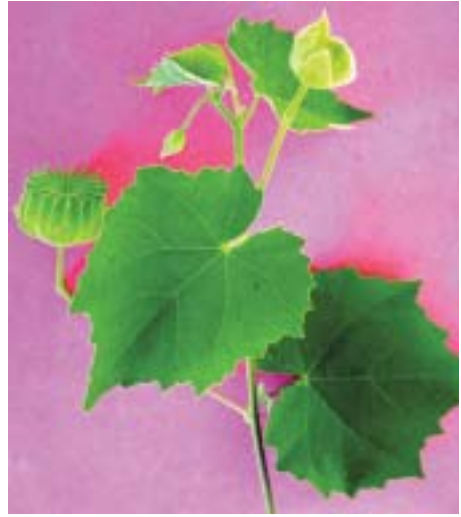
Digestive, stomachic, carminative, laxative, anthelmintic, depurative, haemostatic, aphrodisiac, anodyne, ophthalmic, union-promoting & useful in dyspepsia, colic, flatulence, haemorrhoids, colonopathy, skin diseases, leprosy, hemorrhages, haemoptysis, ophthalmopathy, otorrhoea, chronic ulcers, tumours, epilepsy, convulsions, scanty menstruation, scurvy, asthma, burns, wounds, fractures & swellings.

### Formulations

Asthisamhaara tl, Laaksa ggl, Asthisamhaaraa ch, Daasyaadi kw, Daarvi kw.

### Therapeutic uses

- i. Bone fracture - Sarbat : Asthisamhaara + Arjuna + lac + wheat flour + milk - VM  
Topically - bandage with stem paste- DGKD
- ii. Constipation - Juice of young shoots / leaves 10 ml at bed time-AY
- iii. Dysmenorrhoea - Stem juice 10 ml, bd- AY





## Atibalaa

<b>Botanical name</b>	: <i>Abutilon indicum</i> (L.) Sweet.;	<b>Family:</b> Malvaceae
<b>Ayurvedic syn.</b>	: Kankatika, Rsyaprokta	
<b>Trade name</b>	: Indian mallow ;	<b>Local name:</b> Pedipedikaa

### Description

An undershrub upto 90 cm high. Leaves simple, alternate, ovate to suborbicular, 3-8 x 2-7cm, sometimes lobed, base cordate, usually dentate, apex acute or acuminate, 7-9-nerved; petiole 2-6 cm; stipules linear. Flowers solitary, axillary, 1.5-2.5cm across, pedicel 3-6.2cm, usually much longer than petiole, jointed near apex. Calyx widely campanulate, and spreading in fruit; lobes broadly ovate to triangular. Corolla yellow to pale orange, without purple center; petals broadly obovate, apex rounded to truncate. Staminal column 5-7 mm long, conical at the basal part, upper portion tubular. Fruit globose, 1.5-2.3 cm diam. apex truncate or slightly indented; mericarps 15-22.

### Parts used

Bark, leaves, seeds & roots.

### Ayurvedic properties

**Rasa:** madhura; **Guna:** pichchhila, snigdha, laghu; **Virya:** shita,  
**Vipaaka:** madhura, **Dosakarma:** vaata pitta shaamaka

### Actions & Uses

Used as febrifuge, anthelmintic, antiinflammatory & in urinary & uterine discharges, piles, lumbago. Bark; astringent, diuretic & is used in strangury & urinary complaints. Leaves: diuretic, demulcent, antidiarrhoeal & used in piles, inflammation & gonorrhoea. Seeds: laxative, demulcent, & used in chronic cystitis. Root: nervine tonic, antipyretic, anti-haemorrhoidal.

### Formulations

Balaa tl, Naaraayana tl, Mm. & M.n. tl, M.visagarbha tl, Naagabalaa gt, Shashakaadi gt, Br. shataavari mdk, Rativallabha mdk, Soubhaagyashunthi pk, Chyavanapraasha, Vaajigandhaadi yg, Balaarista, Garbhachintaamani rs.

### Therapeutic uses

- i. Toothache & tender gums - Mouth wash & gargling with leaf decoction- DT
- ii. Leucoderma - Root powder 3 g+Chandana 3g + Baakuchi tl 3ml + Jyotismati tl 3 ml + honey 5 ml, bd orally, EA too.- DT
- iii. Fever, haematuria - Infusion of root - DT
- iv. Menometrorrhagia - Root powder 3 g + candy 3g + honey 3ml.- BP







## Baakuchi

<b>Botanical name</b>	: <i>Psoralea corylifolia</i> L.;	<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Avalgujaa, Somaraaji, Suparnikaa, Shashilekhaa, Krsnaphalaa, Putiphali, Soma, Somavalli, Kaalamesi, Kaamboji, Kusthaghni, Pratigandhaa.		
<b>Trade name</b>	: Psoralia seeds	<b>Local name</b>	: Baakuchi

### Description

A coarse herb, upto 60 cm high; branches striate puberulous. Leaves alternate, 1-floiolate, petiole 1.5-2 cm or more; stipules subulate, 5 mm, leaf broadly ovate, 5-8.5 x 5-7 cm, apex obtuse, margin repand-dentate, strongly nerved, gland-dotted above, pubescent on the nerves beneath, base obtuse. Spikes or heads 1.2-2.8 x 1.4 cm, peduncles 5-10 cm. Flowers blue or purple, 5-6.2 mm long. Calyx 2.5 mm long, gland dotted, glabrous, lobes sub-acute. Corolla exserted; standard ovate or orbicular, clawed; wings oblong, exceeding the keel. Pods included, densely gland-punctate and pubescent ovoid or oblong, 1 seeded.

### Parts used

Seeds

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Antibacterial, antistaphylococcal, antifungal, anthelmintic, mild nematicidal, anti-inflammatory, vasodilator, skin photo-sensitising, anti-tumour, immunomodulatory, tranquillo-sedative, anti convulsant, central muscle relaxant, mild hypotensive, spasmolytic, laxative, diuretic, diaphoretic & useful in vitiligo leucoderma, scabies, leprosy, dermatitis etc skin diseases, cough, asthma & fever etc.

### Formulations

Avalgujaadi yg, Somaraaji tl, Br. s. tl, S. gt, Triphalaa mdk, Marichaadya tl, Dhaatri av, Shashaangalekhaadi lh, M. bhallaataka gd, Sarvaangasundari gtk, Shashishekhara vt, Maaheswara gt, Kandarpasaara tl, Panchaanana tl, Pathyaadi lp, Panchanimbaka av, Br. & Mm. manjisthaadi kw, Taalakeshwara rs.

### Therapeutic uses

- i. Vitiligo - Seeds 3g kept in decoction of Bibhitaka bark overnight, then pounded & taken with oil - VD
- ii. Leprosy - Seed powder 3g + tepid water, keeping on milk-rice & sun exposure - VM









## Babbula

<b>Botanical name</b>	: <i>Acacia nilotica</i> Delile ssp. <i>indica</i> (Benth.) Brenan.
<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>A. arabica</i> var. <i>indica</i> Benth., <i>A. arabica</i> auct. non (Lam.) Willd., <i>A. nilotica</i> (L.) Delile var. <i>indica</i> (Benth.)
<b>Ayurvedic syn.</b>	: Kimkiraata, Aabhaa, Satpadamodini, Yugmakanta, Suksmapatra, Drdharuha, Sapitaka, Mahaaphala.
<b>Trade name</b>	: Babul; <b>Local name</b> : Babur, Baburi kanta

### Description

A small tree, with deeply cracked, brown to black bark. Branches with long, straight, white spines, 0.6-5cm long. Leaves compound, alternate, bipinnate; pinnae paripinnate, 3-6 pairs, 1.2-5 cm long; leaflets opposite, 10-20 pairs, sessile, linear, 3-6.2 mm long, apex subobtusely, glabrous. Flower-heads yellow, 1.2 cm across, on short axillary, peduncles with 2 bracts a little above the middle. Pods grey-downy, 7.5-22 x 1.5-1.8 cm long, moniliform, indehiscent.

### Parts used

Bark, gum, leaves, pods & seeds.

### Ayurvedic properties

**Rasa**: kasaaya(bark & fruit), madhura, kasaaya(gum); **Guna**: guru, ruksa(b,f), snigdha(g); **Virya**: shita; **Vipaaka**: katu(b,f), madhura(g); **Dosakarma**: kapha pitta shaamaka(b,f), vaata pitta shaamaka(g)

### Actions & uses

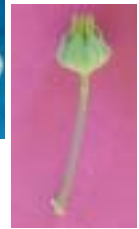
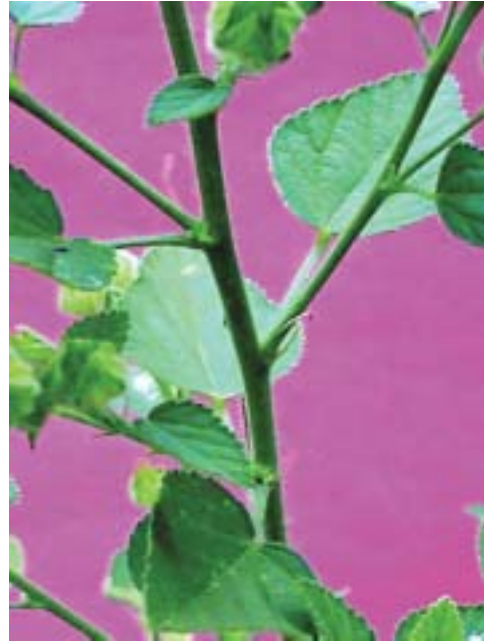
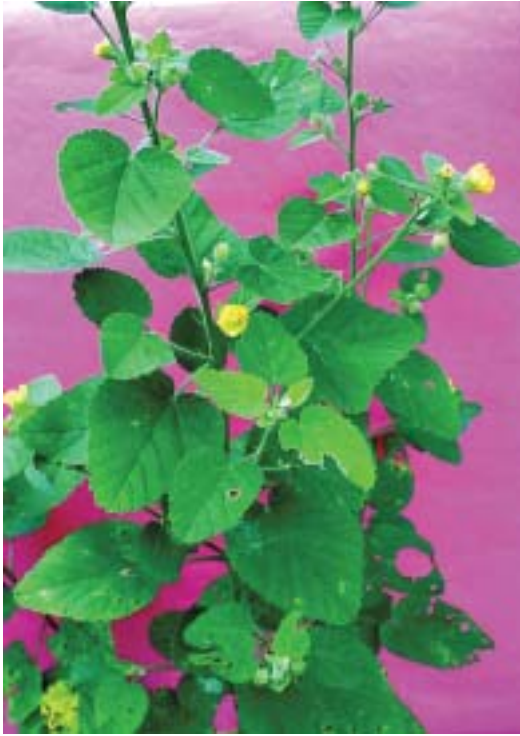
Styptic, emollient, vulnerary, anthelmintic, liver tonic, febrifuge, haemostatic, constipating, depurative, aphrodisiac, diuretic, expectorant, alexeteric, emetic, nutritive & used in hemorrhages, ulcers, ascites, colic, chronic dysentery, leprosy, leucoderma, skin diseases, burning sensation, cough, asthma, strangury, bronchitis, leucorrhoea, haemorrhoids, proctoptosis, seminal weakness, pharyngodynia, uterovesical disorders, oral ulcers, odontopathy, pneumonosis, urinogenital discharges, burns, intermittent fevers & general debility.

### Formulations

Babbula ch, B. ast, Lavangaadi vt, Mrtasanjivani suraa, Maalatyaadyaama gt.

### Therapeutic uses

- i. Lacrymation - Leaf juice + honey-SG, BP
- ii. Soft chancre - Dusting leaf powder-CD
- iii. Obesity - Massage with leaf paste, then with Haritaki powder followed by bath-BP





## Balaa

<b>Botanical name</b>	: <i>Sida cordifolia</i> L.;	<b>Family</b>	: Malvaceae
<b>Ayurvedic syn.</b>	: Vaatyaalika, Kharayastika, Bhadrabalaa, Balaadhyaa, Bhadrudani, Mahaasamangaa.		
<b>Trade name</b>	: Country mallow;	<b>Local name</b>	: Bisiripi

### Description

An erect herb or undershrub, preferring open areas, 0.4-1 m; stem, petioles and pedicels tomentose by minute stellate hairs, intermingled with many or few patent simple hairs. Leaves simple, alternate, ovate-oblong, rarely orbicular, 1-8 x 1.5-6 cm, base usually cordate, occasionally truncate or rounded, margin serrate to crenate, apex acute or obtuse, penninerved, at base 5-7 nerved, tomentose on both sides; petiole 0.5-4 cm, stipules filiform, 3-10mm. Flowers axillary, solitary or in clusters of 2-5 especially towards the top of the stem; pedicel 2-10 mm. Calyx campanulate, 5-9 mm across, somewhat accrescent, lobes deltoid, acute to acuminate, densely tomentose. Corolla whitish or yellow, 1.5 cm across; petals obliquely obovate, apex truncate. Staminal column 2.5 mm long. Fruits 6-8 mm, carpels 8-10, each having 2 long owns.

### Parts used

Roots, seeds, leaves, whole plant.

### Ayurvedic properties

**Rasa:** madhura; **Guna:** guru, snigdha, pichchhila; **Virya:** shita;  
**Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka;

### Actions & uses

Refrigerant, tonic, cardio tonic, nervine tonic, appetizer, conceptive, demulcent, depurative, diuretic, anthelmintic, alterative, antipyretic, aphrodisiac & used in general debility, rheumatism, spondilitis, sciatica, facial paralysis, leucorrhoea, gonorrhoea, colic, tenasmus, spermatorrhoea, ophthalmia etc.

### Formulations

Balaadi kw, Balaadya gt, Balaa tl, Dasha pk. b. tl, Shata pk. b. tl, Sahasra pk. b. tl, Balaasairiya tl, Sudarshana ch, Khandakaadya Louha, Balaarista, Phala gt, Upalasasthaka kw, M.laaksaadi tl, M.chaitasa gt, Puga pk, Goksuraadi mdk.

### Therapeutic uses

- i. Avabaahuka - Root decoction 50 ml, bd- CD
- ii. Hoarseness of voice - Powder of whole plant, bd - SS
- iii. Haemorrhoids - Decoction of Balaa & Prshniparni- CS
- iv. Leucorrhoea - Root powder 3 g + honey 3ml + a cup of milk- CD







## Raajabalaa

<b>Botanical name</b>	: <i>Sida cordata</i> (Burm.f.);	<b>Family</b>	: Malvaceae
<b>Synonym</b>	: <i>S. veronicaefolia</i> Lam., <i>S. humilis</i> Cav., <i>Melochia cordata</i> Burm. f.		
<b>Ayurvedic syn.</b>	: Bhumibalaa	<b>Local name</b>	: Khapari

### Description

A procumbent herb, spreading on ground and preferring partial shade. Stems, petioles and pedicels hairy with scattered, long patent simple hairs. Leaves simple, alternate, ovate to suborbicular, 0.5-9 x 3-5.5 cm, base cordate, crenate dentate or serrate, apex acute to acuminate, 5-7 nerved at base, both surfaces with appressed simple and stellate hairs; petiole 1.5-5 cm; stipules linear or filiform. Flowers axillary, initially solitary, afterwards in short, few flowered racemes by abortion of the upper leaves; pedicel as long as or longer than the petioles, 1.5-5 cm, thin, jointed above the middle. Calyx widely campanulate, 6 mm across, 5-fid, segments triangular. Corolla yellow 8-10 mm across; petals obovate. Staminal column 3 mm long, basal part wide, conical, tubular part short. Fruits globose, 4 mm across, enclosed within the persistent calyx.

## Mahaabalaa

<b>Botanical name</b>	: <i>Sida rhombifolia</i> L. Mast.
<b>Family</b>	: Malvaceae
<b>Ayurvedic syn.</b>	: Pitapuspa, Ksetrabalaa, Sahadevaa.
<b>Local name</b>	: Vajramuli

### Description

An undershrub, 0.3-1 m high; branches erect, stems and other herbaceous parts often tinged red. Leaves simple, alternate, ovate, often more or less rhomboid, 0.5-8 x 0.3-5 cm, base mostly acute, sometimes rounded, margin serrate to crenate in the upper part, entire towards the base, apex acute to acuminate, obtuse or rounded, petiole 0.2-1.5cm long. Flowers axillary, solitary or in clusters of 2-5; pedicel longer than the petiole, Calyx campanulate, free upto or above the middle, 4-6 mm long, accrescent; lobes triangular to ovate, Corolla yellow, 1-1.8 cm across, petals oblique, cuneate at base.

### Note

In Ayurvedic literature five types of Balaa are described viz. Balaa, Atibalaa, Mahaabalaa, Naagabalaa & Raajabalaa, which form a group of tonic species. Among them the parts used, Ayurvedic properties, actions & uses of Mahaabalaa & Raajabalaa are almost all similar to those of Balaa.









## Barbari

<b>Botanical name</b>	: <i>Ocimum basilicum</i> L.
<b>Family</b>	: Lamiaceae
<b>Ayurvedic syn.</b>	: Tungī, Kharapuspaa, Arjaka, Tubari, Parnaasha, Asurasaa, Manjarikaa, Ajagandhaa, Barbaa, Bilwagandhaa surabhi.
<b>Trade name</b>	: Sweet basil ; <b>Local name:</b> Durlabhaa, Kapurakaanti.

### Description

An erect & branched herb, 20-60 cm high; stems pubescent. Leaves simple, opposite, ovate or lanceolate, 3-5 x 1-2.5 cm, apex acute, glabrous, base cuneate; petiole 1-2 cm. Racemes 10-15 cm long; many-flowered; pedicels shorter than the calyx. Calyx 2-3 mm long, enlarging in fruit to 5-9 mm. Corolla purplish-white or pinkish, 7-12 mm long, glabrous. Nutlets oblong or ellipsoid, 1.8 mm long.

### Parts used

Whole plant.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka, seeds: vaata pitta shaamaka.

### Actions & uses

Thermogenic, aromatic, antiinflammatory, anodyne, alexipharmic, antispasmodic, galactagogue, digestive, stomachic, carminative, anthelmintic, cardi tonic, depurative, expectorant, diuretic, emmenagogue, antidiarrhoeal, antiemetic, insecticidal, antibacterial, stimulant, pectoral, sudorific, antipyretic & useful in halitosis, otalgia, cephalalgia, rheumatic arthritis, agalactia, flatulence, colic, leucoderma, skin diseases, cough, asthma, bronchitis, menstrual disorders, pharyngopathy, neuralgia, ophthalmia, intermittent fevers & catarrh etc. Seeds: refrigerant, vulnerary, haemostatic, aphrodisiac, stimulant, diuretic, tonic & useful in dipsia, burning sensation, wounds, sores, hemorrhages, haemoptysis, haemorrhoids, seminal weakness, chronic dysentery & general debility etc.

### Formulations

Surasaadi gana kwaatha, Dwipanchamulaadi niruha vasti.

### Therapeutic uses

- i. Inflammation of extrimities - EA: leaf juice - DGKD
- ii. Dysuria - Sarbat of seeds with candy - DGKD





## Bhaarngi

<b>Botanical name</b>	: <i>Clerodendrum serratum</i> (L.) Moon.
<b>Family</b>	: Verbenaceae ; <b>Synonym:</b> <i>Volkameria serrata</i> L.
<b>Ayurvedic syn.</b>	: Angaaravalli, Bhaargavi, Brahmaani, Padmaa, Braahmanayastikaa, Kharashaaka, Phanji, Harjikkaa.
<b>Trade name</b>	: Bhaarngi ; <b>Local name:</b> Braahmanajhaatiaa

### Description

An undershrub with 0.6-1 m long herbaceous stems from a perennial rootstock; branches 4-angled above. Leaves simple, opposite, sessile or very shortly petiolate, obovate-oblong, oblanceolate or elliptic, 7.23 x 2.5-9 cm; coarsely serrate, apex acute to acuminate, base cuneate or obtuse. Flowers in large terminal cymose panicles; bracts persistent, ovate, obovate or lanceolate. Calyx campanulate, 5 mm long, shallowly 5-lobed; lobes triangular, redish-pink. Corolla tube 6-8 mm long, mouth oblique, lobes 5, spreading, 4 of them white, lower lip 1.8 cm long, blue inside, with a large nectary at base. Stamens 4, exserted, very long and declinate. Drupe broadly obovoid, 6 mm long, lobed, of 1-3 succulent drupels.

### Parts used

Roots, leaves.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya; **Guna:** ruksa, laghu; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, antiinflammatory, antibiotic, antiallergic, stimulant, digestive, stomachic, carminative, anthelmintic, depurative, sudorific, antispasmodic, febrifuge, & useful in cough, asthma, bronchitis, hiccough, tumours, tubercular glands, dropsy, chronic nasitis, leucoderma, leprosy, fever, cephalalgia & ophthalmia.

### Formulations

Bhaarngi gd, B. mula plp, B.sharkaraa, B.satpalaka gt, Bhaarngyaadi kw, B.lh, B.suraa, Pippalyaadi kw, Katphalaadi kw, Paurusakaraadi kw, Ksudraadi kw, Khandakaadya louha, Sudarshana ch, M. yogaraaja ggl, Saindhavaadi av, M. bhallaataka av, Kantakaari av, Agastya haritaki, Dashamulaarista, Guduchyaadi tl.

### Therapeutic uses

- i. Bronchial asthma - Root powder 3 g + ghee 3 ml + honey 5 ml- SS
- ii. Goitre, cervical adenitis, scrotal enlargement - LA: root paste - CD, RM
- iii. Alcoholism - Bath in decoction - SS







## Bhallaataka

<b>Botanical name</b>	: <i>Semecarpus anacardium</i> L.f.
<b>Family</b>	: Anacardiaceae
<b>Ayurvedic syn.</b>	: Aruskara, Agnika, Prthagbija, Sphotabijaka.
<b>Trade name</b>	: Marking nut ; <b>Local name:</b> Bhaaliaa

### Description

A small tree; young branchlets pubescent or tomentose. Leaves simple, alternate, obovate or oblong, 20-45 cm long, clustered at the ends of the branches, apex rounded, strongly nerved, secondary nerves 16-25, reticulate within the thickened margin, petiole 2.5-5 cm. Flowers in terminal or axillary panicles, dull greenish-yellow, 6 mm across, subsessile. Petals oblong, exceeding the small sepals. Ovary tomentose. Drupe oblong or obliquely ovoid, 2.5 cm long, black when ripe, seated in the orange cupular hypanthium.

### Parts used

Seeds

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** laghu; **Virya:** snigdha, tiksna;

**Vipaaka:** madhura; **Dosakarma:** kapha vaata shaamaka, pitta samshodhaka

### Actions & uses

Emollient, digestive, carminative, purgative, liver tonic, expectorant, alterant, antiarthritic, depurative, anticarcinomic, antiseptic, cardio-tonic, uterine stimulant, sudorific, rejuvenant, tonic, aphrodisiac & useful in beriberi, sciatica, neuritis, leprosy, leucoderma, scaly skin eruptions, helminthiasis, GIT disorders, hepatopathy, cardiopathy, bronchopathy, splenopathy & urinogenital disorders.

### Formulations

Bhallaataka gt, M.b. tl, B.av, Amrta b. av, M.b.av, B.lp, Kutaja av, Prasaarini tl, Triphalaa mdk, Surana vtk, Sanjivali vt, Baahushaala gd, Arjunaadi tl, A.gt, Punarnavaa ggl, Shankara louha, Tilaadi mdk, Dhaanwantara gt, Bhadraavaha gt, Nyagrodhaady ch, N.kw, Manahshilaadi tl, Saindhavaadi tl, Panchanimba ch, Daarvyaadi kw, Dantyaadi lp, Sarsapaadi lp.

### Note

The raw seed is restricted for medicinal use for it is an irritant poison. When comes in contact of skin the brown oil of the nuts raises black blisters within 12 hours, producing irritation. It is also vesicant, strong counter irritant & allergic causing dermatitis, ophthalmia & even abortion. So it is purified in pharmaceuticals by certain methods mentioned in Ayurveda.







## Bhrngaraaja

<b>Botanical name</b>	: <i>Eclipta alba</i> (L.) Hassk.;	<b>Family:</b>	Asteraceae
<b>Synonym</b>	: <i>Eclipta prostrate</i> (L.) L.		
<b>Ayurvedic syn.</b>	: Kesharaaja, Kesharanjana, Kuntalavardhana		
<b>Trade name</b>	: Bhrnraj ;	<b>Local name:</b>	Keshaduraa, Bhrngaraaja

### Description

A sub-erect, diffuse or prostrate herb, usually much branched, frequently rooting at the lower nodes. Leaves simple, opposite, shortly petioled, variable in shape, usually oblong or elliptic, 12-10 cm long; subentire or toothed, apex acute or acuminate. Flower heads subglobose, small, 4-4.5 mm diam. Peduncles very short or sometimes long and slender. Involucral bracts ovate, acute or obtuse, 3-more-nerved, inner 1-nerved. Receptacle flat, outer florets with a narrow white ligule. Disc florets tubular, with campanulate limb. Achenes 2.5mm long, 2-edged.

### Parts used

Whole plant, leaves.

### Ayurvedic properties

**Rasa:** katu, tikta, **Guna:** ruksa, laghu, **Virya:** usna, **Vipaaka:** katu, **Dosakarma:**kapha vaata shaamaka

### Actions & uses

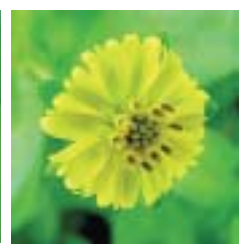
Hepatoprotective, antihepatotoxic, antiviral, antibacterial, spasmogenic, anodyne, hypotensive, haematinic, depurative, anthelmintic, ovicidal, antileprotic, trichogenous, aphrodisiac, anticancer, antioxidant, antimyotoxic, deobstruent, febrifuge, styptic, vulnerary & useful in immature hair greying & fall, rejuvenation, elephantiasis, ophthalmopathy, Intestinal disorders, odontalgia, otalgia, cephalalgia, jaundice, hepato-spleno-megaly & skin diseases etc.

### Formulations

Bhrngaraaja tl, B.gt, B. ch, Bhrngaraajaadya gt, Nilikaadya tl, Nilibhrngaadi tl, Sadbindu tl, Sutashekhara rs, Aanandabhairava rs, Ashwakanchuki rs, Kumaari tl. M.vaatavidhwamsana rs, Bhrngaraajaasava, Rasa parpati, M.triphalaadya gt.

### Therapeutic uses

- i. Rejuvenation - Juice 50 ml in morning in empty stomach continuous for one month living only on milk-CD
- ii. Habitual abortion - Juice 20 ml + milk 20 ml, bd- VD
- iii. Cough - Juice 10 ml + honey 3 ml -CS
- iv. Chronic fever - Juice 10 ml + ginger juice 3 ml + black peper powder 1g, bd, 15 days-DGKD





## Pita Bhrngaraaja

<b>Botanical name</b>	: <i>Wedelia chinensis</i> (Osbeck) Merr.
<b>Synonym</b>	: <i>W. calendulacea</i> (L.), <i>Solidago chinensis</i> Osbeck
<b>Family</b>	: Asteraceae
<b>Trade name</b>	: Bhrungaraj
<b>Local name</b>	: Pita Bhrngaraaja, Kesharaaja

### Description

A procumbent or ascending herb; stems creeping below. Leaves simple, opposite, subsessile or shortly petiolate, oblanceolate or lanceolate-oblong, 5-8 x 0.8-1.8 cm, subentire or crenate or with large serratures, sparsely strigose both sides. Flower heads 1-2 cm diam, at the end of long peduncles from the upper leaf axils. Involucure campanulate; bracts broadly oblong, spreading above. Corolla of female florets ligulate, the ligule spreading, 3-toothed or 3-lobed. Corollas of bisexual florets tubular with 5 teeth. Pappus a denticulate membranous cup.

## Nila Bhrngaraaja

<b>Botanical name</b>	: <i>Limnophylla rugosa</i> (Roth) Merr.
<b>Family</b>	: Scrophulariaceae
<b>Synonym</b>	: <i>L. roxburghii</i> auct. non Don., <i>Herpestis rugosa</i> Roth.
<b>Local name</b>	: Bhrngaraaja

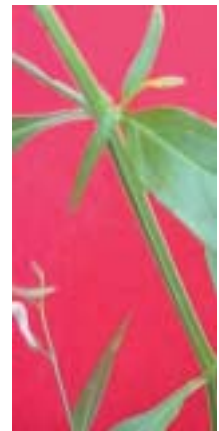
### Description

An aromatic herb with 30-60 cm long ascending stout stem, from a creeping base. Leaves simple opposite, elliptic or ovate, 2.5-8.7 x 1.5-4 cm, crenate-serrate or crenulate, apex obtuse, punctate beneath, secondary nerves 7-10, strong, base narrowed; petiole 0.6-2.5 cm long. Flowers blue-purple with yellow mouth, in dense axillary heads; heads globose or oblong, sessile with conspicuous bracts to the flowers. Calyx hairy or pubescent, 7.5 mm long, lobes lanceolate, acute to acuminate, with strong midrib. Corolla 7.5 mm long. Capsule compressed oblong.

### Note

Pita Bhrngaraaja is widely accepted by the scholars of Ayurveda as the substitute of Bhrngaraaja in formulations as well as in therapeutic uses for it resembles the later in its medicinal properties. But Nila Bhrngaraaja is used in preparation of hair oil by local people and the infusion of its leaves is used as diuretic, stomachic and tonic.







## Bhunimba

<b>Botanical name</b>	: <i>Andrographis paniculata</i> (Burm.f.) Wall. ex Nees.
<b>Family</b>	: Acanthaceae
<b>Synonym</b>	: <i>A. subspanthulata</i> C.B.Cl., <i>Justicia paniculata</i> Burm.f.
<b>Ayurvedic syn.</b>	: Yavatikta, Shankhini, Upanimba, Kunimba, Bhuminimbaka.
<b>Trade name</b>	: Kalmegh ; <b>Local name:</b> Bhuinima

### Description

An erect herb, 30-90cm high with square stems, glabrous below and hairy above. Leaves simple, opposite sessile or subsessile, linear-lanceolate or lanceolate; 3.7 - 8 cm long, apex acute, base cuneate. Flowers pedicelled, white-purple or spotted purple, solitary and erect on slender, branches of a pyramidal panicles; pedicels 2.5-10mm, slender. Calyx- lobes subulate, 2.5-3.7 mm. Corolla 7.5-12.5 mm, tube about half as long as the corolla. Stamens 2, filaments hairy; anthers purple, bearded at base. Capsule oblong, 18-20 x 4.5-5 mm.

### Parts used

Whole plant.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:**kapha pitta shaamaka

### Actions & uses

Bitter, febrifuge, stomachic, laxative, liver tonic, hepato-protective, anthelmintic, depurative, anti-histaminic, stimulant, IQ- promoter & useful in allergy, anasarca, ascites, verminosis, hepatopathy, fever & skin diseases etc.

### Formulations

Bhunimbaadi kw, Bhunimbaadi gt, Bhunimbaasava, Mrnaalaadya mishraka tl, Triphalaa ggl, Chandraprabhaa gtk, M.bhallaataka av, Devadaarvyaadi kw, Vaasakaadi kw, Pathyaadi kw, Bilwaadi kw, Panchamulaadi kw, Br.guduchyaadi kw, Naagaraadi kw, Kantakaaryaadi kw, Draaksaadya astaadashaanga kw.

### Therapeutic uses

- i. Scanty lactation - Decoction 20 ml, bd- CS
- ii. Oedema - Paste of Bhunimba + Shunthi 5 g, bd- CS
- iii. Intrinsic hemorrhage - Decoction of Bhunimba +Chandana 20 ml, bd- CS









## Bibhitaka

<b>Botanical name</b>	: <i>Terminalia bellirica</i> (Gaertn.) Roxb.
<b>Family</b>	: Combretaceae
<b>Synonym</b>	: <i>Myrobalanus bellirica</i> Gaertn.
<b>Ayurvedic syn.</b>	: Bibhitaki, Aksa, Karsaphala, Bhutaavaasa, Kalidruma.
<b>Trade name</b>	: Belliric myrobalan ; <b>Local name:</b> Baahaadaa

### Description

A medium sized tree, bark dark grey. Leaves simple, clustered towards the ends of the branchlets, broadly elliptic or obovate, 7.5-20 x 7-15 cm, entire, apex rounded, obtusely-cuspidate or subacute, cuneate at base, puberulous when young. Flowers greenish white or greenish yellow, 5-6.2 mm across, in solitary axillary or extra axillary spikes, 7.5-15 cm long. Calyx-tube copular, densely villous inside, lobes deflexed, Stamens inserted outside the disc. Drupes subglobose or pyriform, 1.8 cm across, grey, tomentose.

### Parts used

Fruits, seeds, bark.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** ruksa, laghu; **Virya:** usna; **Vipaaka:** madhura;  
**Dosakarma:** tridosa shaamaka, especially kapha shamaka.

### Actions & uses

Thermogenic, antiinflammatory, styptic, digestive, anthelmintic, aperient, expectorant, ophthalmic, febrifuge, antiemetic, purgative, antifungal, trichogenous, bronchodialatory, antispasmodic, antibacterial, amoebicidal, endurance - promoting, blood pressure depressant, rejuvenative & useful in cough, asthma, bronchitis, pharyngitis, insomnia, dropsy, dyspepsia, flatulence, dipsia, splenomegaly, ophthalmopathy, strangury, cephalalgia, skin diseases, leucoderma & greyness of hairs.

### Formulations

Triphalaa ch, T.gt, T. mdk, Bibhitakaadi kw, Phalatrikaadi kw, Taalishaadi ch, Lavangaadi vt, Chandrodaya varti, M.yogaraaja ggl, Kaanchanaara ggl, M.naaraayana tl. Madhupakwa haritaki, Navajwarahari vt, Surana vtk.

### Therapeutic uses

- i. Cough & dyspnoea - Fruit powder 10g.+honey 3ml, after meal-RM, CD
- ii. Corneal opacity - Col: Seed kernel-paste + honey - SS, RM
- iii. Diarrhoea - Fruit ash + salt - BS
- iv. Calculus - Seed kernel paste with any arista / aasava- SS





## Bijaka

<b>Botanical name</b>	: <i>Pterocarpus marsupium</i> Roxb.;	<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Bijaka, Pitashaalaka, Pitasaara, Bandhukapuspa.		
<b>Trade name</b>	: Indian kino ;	<b>Local name</b>	: Piashaala

### Description

A large deciduous tree; bark thick, grey, with vertical cracks; wood very hard, yellowish brown with darker streaks. Leaves alternate, compound, imparipinnate, leaflets alternate, 5-7, oblong or elliptic, 6.5-15 x 3-9 cm, apex rounded, obtuse or retuse, glaucous beneath, secondary nerves close and parallel. Flowers 1.2 cm, in dense flowered racemes on terminal panicles, 15-25 cm long and broad. Calyx-tube campanulate, greenish black, somewhat curved, teeth short. Corolla exerted, petals clawed, yellow, crisped at margins. Stamens 10, filaments connate in a tube, split above. Pods suborbicular, 2.5-4.5 cm diam, completely rounded with a curved, veined, membranous wing, rugose and woody in the center.

### Parts used

Leaves, heartwood, flowers, gum.

### Ayurvedic properties

**Rasa:** kasaaya, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & Uses

Heartwood: cooling, anodyne, antiinflammatory, depurative, urinary astringent, haemostatic, hypoglycaemic, anthelmintic, alterant & useful in fracture, leprosy, skin diseases, leucoderma, erysipelas, diabetes, urethrorrhoea, rectitis, hemorrhages, ophthalmopathy, odontalgia, gout, rheumatic arthritis, cough, asthma, bronchitis & greyness of hair. Leaves useful in boils, sores & skin diseases. Flowers cooling, appetizing, febrifuge & useful in anorexia & fever. Gum: styptic, vulnerary, febrifuge, liver tonic & useful in spasmodic gastralgia, boils, gleet, urethrorrhoea, odontalgia, diarrhoea, psoriasis, wounds, ulcers, ophthalmia.

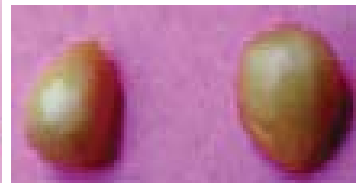
### Formulation

Bijakaarista, Muktaadi mahaanjana, Bhallaataka av, Panchanimbaka av, Kushaadi gt, Bhunimbaadya gt, M.naraayana tl, Varaadi ggl, V. kw, Triphalaa ggl, Nyagrodhaadi ch, Br. manjisthaadi kw, Nilikaadya tl, Louha rsyn.

### Therapeutic uses

- i. Diabetes - Powder, paste or infusion of heartwood - DT
- ii. Obesity - Heartwood decoction 50ml + honey 1tsf - VD
- iii. Gonorrhoea - Heart wood: decoction 50 ml orally, paste LA - BS







## Bilwaparni

<b>Botanical name</b>	: <i>Naringi crenulata</i> (Roxb.) ; <b>Family:</b> Rutaceae
<b>Synonym</b>	: <i>Limonia crenulata</i> Roxb., <i>L. acidissima</i> auct. non <i>L. Hesperethusa crenulata</i> (Roxb.)
<b>Ayurvedic syn.</b>	: Surasi ; <b>Local name:</b> Behentaa, Raanabeli

### Description

A small tree with 1-2 axillary spines; branchlets pubescent. Leaves alternate, compound, imparipinnate, 5-10 cm long; rachis and petiole jointed and winged; leaflets 5-11, opposites, elliptic or elliptic-ovate, 2.5-5 x 1-3 cm, crenulate, apex usually obtuse, notched, base cuneate. Flowers white, small 3.5-12 mm diam, long-pedicelled, 4-merous, in very short, close racemes, 1.2-2.5 cm, mostly from leafless axils. Stamens -9, inserted round the disc, style short, thick, stigma obtuse & capitate. Berry globose, 1.2 cm diam, black when ripe, bitter.

### Parts used

Root, leaves, fruits.

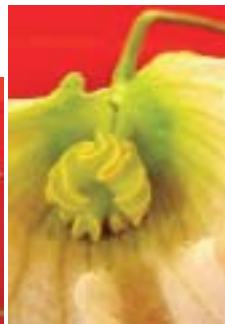
### Actions & uses

Root: purgative, sudorific & used in colic & cardialgia. Leaves: used in epilepsy. Dried fruit is tonic & used in intestinal fermentation, small pox, malignant & pestilent fevers & various poisonings etc.

### Note

Sushruta includes this species in Surasaadigana as 'Surasi' & Charaka describes it as 'Bilwaparni' (Su. 27/104). Dalhana's comment : "It's a species with leaves like that of Kapitha & called as Bilwanaashi in folk."









## Bimbi

<b>Botanical name</b>	: <i>Coccinia grandis</i> (L.) Voigt.;	<b>Family</b>	: Cucurbitaceae
<b>Synonym</b>	: <i>C. indica</i> W. & A., <i>Cephalandra indica</i> Naud.		
<b>Ayurvedic syn.</b>	: Bimbikaa, Tundi, Tunidikeri, Raktaphalaa, Osthopamaphalaa, Piluparni.		
<b>Trade name</b>	: Ivy gourd; <b>Local name</b> : Bana kunduri		

### Description

A climbing herb with tuberous roots; stem angular, glabrous or scabrous. Leaves simple, alternate, ovate or orbicular, entire, 3-10 x 3-6 cm, 3-5-angled, delicately venose beneath, punctate above, nervules usually ending in glandular small denticulations, base 5-nerved; petiole 1.2-3.7 cm long; tendril simple. Male flowers solitary or 2-4 clustered on a very abbreviated peduncle; pedicels 0.8-5 cm long. Calyx-tube campanulate, glabrous; lobes, 3-4 mm long. Corolla campanulate, white, 2.5-3 cm across, distinctly gamopetalous with tube exceeding the lobes, papillose hairy within. Stamens 3, filaments connate into a column, anthers connate into a capitulum. Female flower: stigma spreading. Fruit oblong, narrowed apically or at both ends, 5x2 cm, red when ripe. Seeds oblong, 5-6 x 2.5 mm, compressed.

### Parts used

Root, leaves, fruits.

### Ayurvedic properties

**Rasa**: tikta; **Guna**: laghu, ruksa, tiksna; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: kapha pitta shaamaka

### Actions & uses

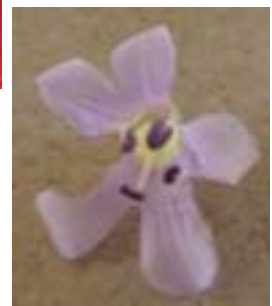
Hypoglycaemic, antiprotozoal, antioxidant, enzyme activity, hepatoprotective, antidiabetic. Roots: cooling & useful in vomiting, burning sensation, diabetes & uterine discharges. Fruits & leaves: bitter, acrid, thermogenic, emetic, purgative, vulnerary, anti-inflammatory, digestive, liver-tonic, alexeteric, depurative, febrifuge, sudorific, antispasmodic & expectorant & useful in helminthiasis, psoriasis, leprosy, ringworm, dyspepsia, dysentery, stomatitis & anaemia etc.

### Formulations

Bimbi gt, Varunaadigana kw, M.laxminaraayana tl, Amrtapraasha gt.

### Therapeutic uses

- i. Diabetes - Leaf juice 5 ml bd before food - DT
- ii. Lock jaw - Paste of ripe fruit + jaggery - put in mouth followed by oleation & fomentation - BS





## Braahmi

<b>Botanical name</b>	: <i>Bacopa monnieri</i> (L.) Pennell
<b>Family</b>	: Scrophulariaceae
<b>Synonym</b>	: <i>Herpestis monnierra</i> (L.) H.B.K, <i>Bacopa monnieria</i> (L.) Wettst.
<b>Ayurvedic syn.</b>	: Kapotavalli, Somavalli, Saraswati, Aindri, Jananimba.
<b>Trade name</b>	: Brahmi ; <b>Local name:</b> Braahmi

### Description

A creeping, subsucculent, marshy herb; stems upto 30 cm. Leaves simple, opposite, sessile, narrowly obovate-oblong or spatulate, 5-18 x 1.5-4 mm, entire, apex obtuse, rounded, nerves obscure. Flowers solitary, axillary, pedicels 0.5-2.5 cm long. Calyx-lobes very unequal, 2 outer ovate-oblong. 4.3-6 mm long, acute or subacute, inner lobes linear lanceolate. Corolla broadly campanulate, 5-lobed, purplish-white, bluish or pink, 7-11 mm long and 7.5 mm across. Stamens 4, didynamous; style simple, stigma capitate. Capsule ovoid, acute, included in calyx.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** medhya;  
**Dosakarma:** kapha pitta shaamaka

### Actions & Uses

Cooling, laxative, intellect promoting, anodyne, antiinflammatory, digestive, carminative, tranquillizer, anticonvulsant, depurative, cardiotoxic, bronchodilator, diuretic, emmenagogue, sudorific, febrifuge, tonic & useful in neuralgia, inflammation, epilepsy, insanity, amentia, tumours, ulcers, splenomegaly, ascites, dyspepsia, biliousness, flatulence, constipation, fever, asthma, bronchitis, skin diseases, leprosy, leucoderma, erysipelas, syphilis, hoarseness, strangury, elephantiasis, dysmenorrhoea, sterility, & delirium.

### Formulations

Braahmi taila, Braahmi ghrta, Astamangala ghrta, Mahaa paishaachika ghrta, Saaraswataarista, Braahmipraasha, Braahmi rasaayana, Smrtisaagara rasaayana.

### Therapeutic uses

- i. Dysuria + Constipation - Braahmi juice 10 ml - DGKD
- ii. Chicken pox - Braahmi Juice 10 ml + honey 5 ml, bd-BS
- iv. Epilepsy - Braahmi juice 10 ml + honey 3 ml, bd- CS







## Brhati

<b>Botanical name</b>	: <i>Solanum violaceum</i> Orteg.;	<b>Family</b>	: Solanaceae
<b>Synonym</b>	: <i>Solanum indicum</i> auct. non L.		
<b>Ayurvedic syn.</b>	: Raastrikaa, Simhi, Vaarttaaki, Aakraantaa, Pitaphalaa, Hraswaphalaa, Duspradharsini, Chaakuli, Kuli.		
<b>Trade name</b>	: Poison berry ;	<b>Local name:</b>	Dengaabheji

### Description

An undershrub, 0.6-1.5 m high; stems and branches with compressed, often curved short prickles. Leaves simple, alternate, ovate or oblong, 5-15 x 2-10 cm, deeply lobed, apex acuminate, lobes obtuse or rounded, white-stellate-tomentose beneath, sparsely stellate above, petiole 1-3.5 cm. Flowers blue, 1.2-1.8 cm across, 3-12 in lateral simple, scorpioid cymes; cymes with very short peduncle or sessile, tomentose; pedicels 1.2-1.8 cm long, thickened upwards. Calyx often prickly, stellate-tomentose, tube very short, lobes lanceolate, 3.7 mm long, spreading but not enlarged in fruit. Corolla tomentose outside, lobes lanceolate. Filaments hardly any; anthers 3 mm long, attenuate from about halfway up. Berry yellow when ripe, shining, globose, 0.8-1.2 cm diam.

### Parts used

Roots, fruits, flowers & leaves.

### Ayurvedic properties

**Rasa:** katu, tikta, **Guna:** laghu, ruksa, tiksna, **Virya:** usna, **Vipaaka:** katu, **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, anodyne, digestive, carminative, anthelmintic, antibacterial, diuretic, resolvent, demulcent, depurative, expectorant, aphrodisiac, emmenagogue, cardiogenic & used in dyspepsia, colic, flatulence, cough, asthma, bronchitis, amenorrhoea, dysmenorrhoea, fever, skin diseases & trichopathy etc.

### Formulations

Brhatyaadi kw, L.panchamula kw, Dashamulaarista, D.kw, D.gt, D.tl, M.chaitasa gt, Paasaanabhedaadya gt, Trikatukaadya mdk, Devadaarvaadi kw.

### Therapeutic uses

- i. Alopecia - LA: fruit juice + honey - SG
- ii. Cough, anorexia - 10-20g fruits steamed, pounded & fried with ghee. + rocksalt 1g, bd/tds - KK
- iii. Chronic dysentery - Fruit juice 5-10ml + butter milk, after lunch - SG









## Chaangeri

<b>Botanical name</b>	: <i>Oxalis corniculata</i> L.;	<b>Family</b>	: Oxalidaceae
<b>Ayurvedic syn.</b>	: Amlapatrikaa, Amlalonikaa, Dantashathaa.		
<b>Trade name</b>	: Indian sorrel ;	<b>Local name</b>	: Aambiliti, Aambaruli

### Description

A procumbent herb; stem creeping and rooting at nodes, hairy. Leaves alternate, compound, digitately 3-foliolate; petiole 2-4 cm. leaflets subsessile, obcordate, 6-15 x 8-17 mm, apex emarginate, base cuneate. Flowers yellow, 8-12 mm across, in 2-8-flowered pseudo-umbels, pilose. Capsules narrowly oblong, 1.5 cm long, abruptly tapering above, puberulous. Seeds ovoid or ellipsoid.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa**: amla, kasaaya; **Guna**: laghu, ruksa; **Virya**: usna; **Vipaaka**: amla;

**Dosakarma**: kapha vaata shaamaka, pitta vardhaka

### Actions & uses

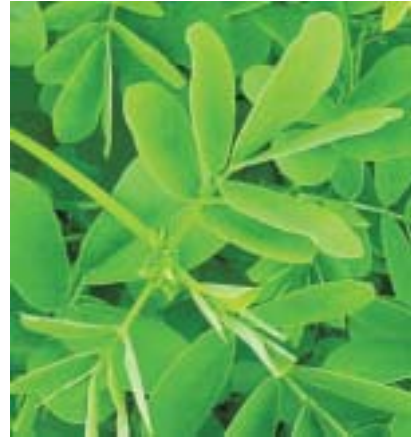
Thermogenic, anodyne, antiinflammatory, digestive, carminative, constipating, liver tonic, vermifuge, diuretic, febrifuge, emmenagogue, antibacterial, antiseptic, I.Q. promoter & useful in dyspepsia, diarrhoea, dysentery, proctitis, proctoptosis, dysuria, gout, haemorrhoids, anaemia, tympanitis, scurvy, corns, warts, excrescences of skin, inflamed ulcers, cephalalgia, ophthalmopathy, toxicity, cardiopathy & menstrual disorders etc.

### Formulations

Chaangeri gt, Chaangeryaadi ch, Sunisannaka chaangeri gt, Pippalyaadi chaangeri gt, Naagaraadi gt, Udayaadi rs, Taamra bhasma.

### Therapeutic uses

- i. Corneal opacity - Eye drop: leaf juice - DGKD
- ii. Datura poisoning - Leaf juice orally - Chunekar
- iii. Scurvy - Infusion of the herb - Pandey
- iv. Protopsis - Powder of the herb - BP
- v. Insanity - Chaangeri juice + sour gruel + jaggery in equal quantity, churned together, 3 days - BS
- vi. Haemorrhoids - Wholesome as vegetable - CS
- vii. Diarrhoea - Wholesome as vegetable - SS





## Chakramarda

<b>Botanical name</b>	: <i>Cassia tora</i> L. ;	<b>Family</b>	: Caesalpiniaceae
<b>Ayurvedic syn.</b>	: Dadrughna, Edagaja, Mesalochana, Prapunnaada, Padmaata, Chakri, Punnaata, Vyaavartaka.		
<b>Trade name</b>	: Ring worm cassia ;	<b>Local name</b>	: Chaakunda

### Description

An annual herb, 0.3-0.7 m. Leaves alternate, compound, paripinnate, leaflets 3 pairs, sessile or shortly petioluled, obovate, 2.5-6 cm long, apex obtuse, rounded or retuse, increasing in size upwards, glabrous or thinly hairy; rachis with linear glands between two lowest pairs of leaflets. Flowers yellow, 1.2 cm across, usually 2 on a very short axillary peduncle but one often abortive. Calyx lobes 5, ovate. Fertile stamens 7; all anthers rounded at apex. Pods short-stipitate, 15-30 cm long, incompletely septate. Seeds many, brown, oblong, 3 mm long.

### Parts used

Leaves, seeds.

### Ayurvedic properties

**Rasa:** katu; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Spasmolytic, diuretic, antiviral, antibacterial, fungicidal, insecticidal, anthelmintic, hepato-protective, oxytocic, laxative, thermogenic, depurative, antiperiodic, ophthalmic, expectorant, anodyne, cardio-tonic & useful in skin diseases, leprosy, head diseases, cervical adenitis, arthralgia, hepatic disorders, flatulence, colic, dyspepsia, dysentery, cardiac disorders & haemorrhoids. Found active against p388 lymphocytic leukemia in mice.

### Formulations

Chakramarda tl, Dadrughni vt, Dadrugajendrasimha rs, Mm. manjisthaadi kw, Br. marichyaadi tl, Somaraaji tl, Kandarpasaara tl, M.Trnaka tl, Sarvatobhadra louha.

### Therapeutic uses

- i. Bee-sting, scorpion-sting - LA: leaf-paste - AY
- ii. Cold, cough - Seed powder 3 g+ honey 3 ml, bd - DGKD
- iii. Leucorrhoea - Root powder 3g followed by a cup of rice water in morning - DGKD
- iv. Osteo arthritis - LA: seed powder + curd - DGKD
- v. Ringworm - LA: leaf juice - DGKD







## Chaksusyaa

<b>Botanical name</b>	: <i>Cassia absus</i> L.
<b>Family</b>	: Caesalpiniaceae
<b>Ayurvedic syn.</b>	: Drkprasaadaa, Kulatthikaa, Vanakulattha, Kulaali, Kumbhakaari, Malaapahaa, Lochanahitaa, Khalwa, Abhisyanda ripu, Netrabhaaskara, Aranya prabhava.
<b>Trade name</b>	: Chaksusyaa ; <b>Local name:</b> Chaksusyaa, Chaaksu

### Description

An erect, viscid-hairy herb, 22-45cm high. Leaves alternate, compound, paripinnate, leaflets 2 pairs, ovate, rhombic-ovate, or obovate, 0.7-3.8 x 0.6 - 2.2 cm, apex obtuse or subobtuse, mucronate, rarely rounded, pubescent; rachis with sessile glands between leaflets. Racemes terminal, 2.5-5 cm long. Flowers yellow or tinged with red, 7-8 mm across. Stamens 4(5) perfect. Pods flat, 2.5-3.7 x 0.6cm, scatteredly strigose, short-stipitate. Seeds black, shining, ovoid.

### Parts used

Seeds, leaves.

### Ayurvedic properties

**Rasa:** tikta, kasaaya, **Guna:** ruksa, **Virya:** shita, **Vipaaka:** katu, **Prabhaava:** chaksusya, **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Leaves bitter, acrid, astringent, thermogenic, vulnerary, haemostatic, haematinic, diuretic, constipating, revulsive, expectorant, alexeteric & useful in tumour, anaemia, diarrhoea, nasitis, cough, asthma, hiccough & vitiated conditions of kapha. Seeds bitter, acrid, astringent, refrigerant, ophthalmic, vulnerary, haemostatic, diuretic, revulsive, constipating, alexeteric & useful in vitiated conditions of pitta & kapha, conjunctivitis, dysopia, ophthalmia, cataract, epistaxis, haematemesis, haemorrhages, strangury, obesity, dysentery, renal calculi, poisonous bites, wounds & ulcers etc.

### Formulations

Chaksusyaa kalpa.

### Therapeutic uses

- i. Conjunctivitis - Col. in night: powder of dehusked seeds, boiled in cow dung-juice - AH
- ii. Hiccough, catarrh - Leaves wholesome as vegetable - KN









## Chandana

<b>Botanical name</b>	: <i>Santalum album</i> L. ;	<b>Family</b>	: Santalaceae
<b>Ayurvedic syn.</b>	: Shweta chandana, Malayaja, Gandhasaara.		
<b>Trade name</b>	: Sandal ;	<b>Local name</b>	: Chandana

### Description

A small, evergreen tree, hemiparasitic on the roots of other plants when young; bark grey, rough with brown longitudinal streaks; wood hard and close grained, sapwood white, scentless, heartwood yellowish-brown, strongly scented. Leaves simple, opposite, elliptic, elliptic-ovate or ovate-lanceolate, 2.5-8 x 1.8-3.7 cm, apex obtuse, acute or subacute, glaucous beneath, base obtuse; petiole 1-1.5 cm. Flowers bisexual, axillary or in terminal trichotomous paniculate cymes; small, 4.5 mm diam; at first white then turning to pinkish-brown and finally red. Tepals ovate, rotate. Disc-lobes very thick. Stamens free from the tepals or only loosely adhering at their base. Drupe black when ripe, fleshy, globose or ovoid, shining, 1 cm diam; annulate on the top by the deciduous perianth.

### Parts used

Heart wood, oil.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Aromatic, cooling, deodorant, disinfectant, antibacterial, antiviral, antifungal, depurative, intellect promoting, cardiotonic, diuretic, diaphoretic, aphrodisiac, haemostatic, febrifuge, tonic & useful in burning sensation, dipsia, cephalalgia, foul odour due to hyperhidrosis, skin diseases, leprosy, amentia, psychopathy, jaundice, cough, cystitis, bronchitis, dysentery, gastric irritability, menorrhagia, leucorrhoea, spermatorrhoea, intermittent fever & general debility.

### Formulations

Br.marichaadya tl, Mm.naaraayana tl, M.laaksaadi tl, Ashwagandhaa tl, Puga pk, Vyaaghri tl, Br.chhaagalaadya gt, Naasika ch, Angamarda prashama kasaaya ch, Kutajaastaka ch, Chandanaasava, Chandana tl, Phala gt, Amrtapraasha av.

### Therapeutic uses

- i. Urticaria - Paste of Chandana & Guduchi - VD
- ii. Vomiting - Sandal paste 10g + amla juice 10 ml- VM, SS, CS
- iii. Haemorrhoids - Decoction of sandal & dry ginger - CS
- iv. Spermatorrhoea- Decoction of Arjuna bark & sandal wood- CS





## Chhilihinta

<b>Botanical name</b>	: <i>Cocculus hirsutus</i> (L.) Diels.
<b>Family</b>	: Menispermaceae
<b>Synonym</b>	: <i>C. villosus</i> DC., <i>Menispermum hirsutum</i> L.
<b>Ayurvedic syn.</b>	: Mahaamula, Paataalagarudi, Souparni, Taarksi, Gaarudi, Dirghavalli, Vaasani, Dirghakaandaa
<b>Trade name</b>	: Broom creeper, Ink berry
<b>Local name</b>	: Dahidahikaa, Da-daiyaa.

### Description

A slender, villosely tomentose climber. Leaves simple, alternate, deltoid to ovate, 2.5-7.5 x 2-3.5 cm, base rounded, truncate or cordate, margin entire, rarely lobed, apex obtuse, rounded or emarginated, undersurface densely villous, pubescent to glabrescent above. Flowers minute; male flowers in axillary, short-peduncled small capitate cymes. Sepals free, petals free, greenish, obovate, stamens enclosed by petals. Female flowers 1-3 from short axillary peduncles. Sepals as in male. Petals hairy. Drupe purple when ripe, compressed, 4-8 mm across, tomentose.

### Parts used

Root, leaves, whole plant.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, snigdha, pichchhila; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** visaghna; **Dosakarma:** tridosa shaamaka

### Actions & uses

Roots acrid, bitter, thermogenic, anodyne, digestive, carminative, laxative, expectorant, alexeteric, alterant, emollient, depurative, demulcent, diuretic, aphrodisiac, febrifuge, tonic & useful in vitiated conditions of vaata & kapha, poisonous bites, leprosy, pruritus, skin diseases, colic, strangury, cough, bronchitis, gout, cephalalgia, intermittent fevers, spermatorrhoea, urethrorrhoea, burning sensation, tubercular glands, fractures, hypertension & general debility. Leaves mucilaginous, refrigerant, anodyne, expectorant, demulcent & useful in eczema, gonorrhoea, prurigo, impetigo, neuralgia & ophthalmia etc.

### Therapeutic uses

- i. Snake poisoning - LA: root paste. Snuff, collyrium & oral intake of juice of whole plant - GN
- ii. Guinea worm - Root decoction 50 ml - YR







## Chirabilwa

<b>Botanical name</b>	: <i>Holoptelea integrifolia</i> (Roxb.) Planch.
<b>Family</b>	: Ulmaceae
<b>Synonym</b>	: <i>Ulmus integrifolia</i> Roxb.
<b>Ayurvedic syn.</b>	: Prakiryaa, Sadgranthaa, Hastivaaruni, Markati, Vaayasi, Karanji, Karabhanjikkaa.
<b>Trade name</b>	: Indian elm ; <b>Local name:</b> Dhaaranja, Chudraa

### Description

A medium sized tree; bark light-coloured, becoming thick and fleshy in very old trees. Leaves simple, alternate, elliptic or ovate, 5-15 x 3.7-8.5 cm, usually entire, apex obtuse or often shortly acuminate, base rounded, oblique or somewhat cordate; petiole 7.5-12 mm, stipules linear. Flowers green, in very numerous fascicles or abbreviated racemes on the leafless branches; male and female flowers in same clusters. Fruit a samara, broadly elliptic or suborbicular, 2.5-3.5 cm long, notched between the two stigmas, glabrous.

### Parts used

Bark, leaves, seeds.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** sita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Bark & leaves: bitter, astringent, acrid, thermogenic, antiinflammatory, digestive, carminative, laxative, anthelmintic, depurative, revulsive, urinary astringent & useful in inflammations, gastritis, dyspepsia, flatulence, colic, worms, vomiting, wounds, skin diseases, vitiligo, leprosy, filariasis, diabetes, piles & rheumatism. Seeds: useful in infected ulcers & as deodorant for foul smell of body.

### Formulations

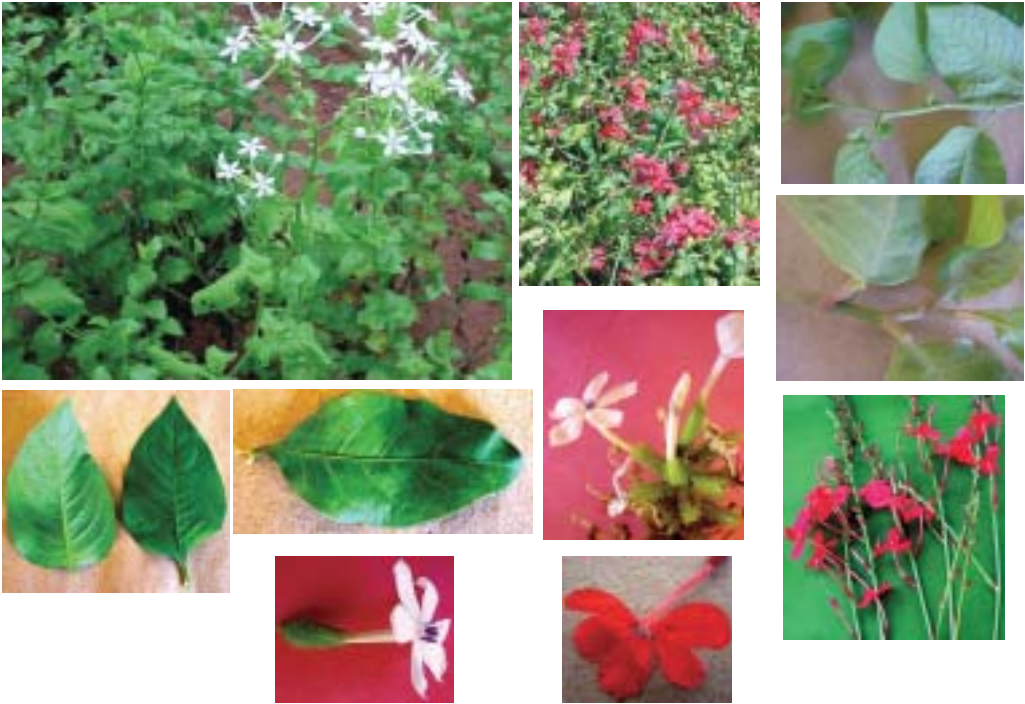
Chiravilwaadi kw, ch, lp, Agurvaadi tl, Kusthanaashana rs, Karanjaadi ch, Dwipanchamulaadya tl.

### Therapeutic uses

- i. Rheumatic swellings - LA: tepid root paste with a bandage of boiled up barks- Chunekar
- ii. Ringworm - LA: seed paste - Chunekar
- iii. Abscess - LA: fresh leaves cooked with oil -Chunekar
- iv. Colic - Leaf buds fried in oil - SS, BS



## Chitraka



## Rakta Chitraka







## Chitraka

<b>Botanical name</b>	: <i>Plumbago zeylanica</i> L. ; <b>Family</b> : Plumbaginaceae
<b>Ayurvedic syn.</b>	: Agni, Analanaamaa, Bahni, Vyaala, Usana, Dahana.
<b>Trade name</b>	: Ceylon leadwort ; <b>Local name</b> : Chitaapaaru, Chitaa

### Description

An undershrub, sometimes subscandent; stems 0.6-1.5 m, spreading, terete, striate, glabrous. Leaves simple, alternate, ovate or oblong-ovate, 3-7.5 x 2-3.7 cm, apex acute or subacute; glabrous, somewhat glaucous beneath, shortly and abruptly attenuated into a short petiole; petiole amplexicaul at base and often auriculate. Flowers white, in elongate, terminal, often-panicled racemes; rachis with sessile glands. Calyx narrowly tubular, 9-12 mm long, densely covered with stalked glands; teeth small. Corolla 1.2-1.8 cm diam.; lobes obovate-oblong, acute. Capsule oblong, acute with 5 furrows.

## Rakta Chitraka

<b>Botanical name</b>	: <i>Plumbago indica</i> L. ; <b>Family</b> : Plumbaginaceae
<b>Synonym</b>	: <i>Plumbago rosea</i> L. ; <b>Local name</b> : Naalichitaapaaru, Chitaa

### Description

A spreading undershrub, branched from the base; stems terete, glabrous. Leaves simple, alternate, ovate or ovate-oblong, 5-15 x 2.5-8 cm, apex acute or subacute, base tapering; petiole 1-1.5 cm long. Flowers red, in axillary and terminal elongate, lax racemes. Calyx short-cylindric, 8-10 mm long, covered with stalked glands; lobes 5. Corolla tube slender, 2.5-3 cm long; lobes 5. Capsule oblong.

### Parts used

Root, root bark, leaves.

### Ayurvedic properties

**Rasa**: katu, **Guna**: laghu, ruksa, tiksna, **Virya**: usna, **Vipaaka**: katu, **Dosakarma**: vaata kapha shaamaka, pittavardhaka.

### Actions & Uses

Root & root bark stomachic, appetizer, carminative, laxative, astringent to bowels, anthelmintic, abortifacient, alexipharmic, tonic, alterative & useful in intestinal disorders, dysentery, haemorrhoids, leucoderma, itching, ringworm, scabies, inflammation, bronchitis, hepatopathy, splenopathy, ascites, laryngitis & rheumatism. Leaves caustic, vesicant, aphrodisiac & good for scabies.

### Formulations

Chitrakaadi vt, C.louha, C.asv, C.lh, C.tl, C.gt, C.haritaki, Panchakola ch, Yakrtplihaari louha, M.yogaraaja ggl, Punarnavaa ggl, Saindhavaadi tl, Varunaadi gt, Kantakaari av, Rasonapinda, Vidangaadi mdk, Naaraacha gt, Draaksaasava, Louhaasava, Dashamulaarista, Ashwagandhaarista, Saddharana yg, Louha rsyn.





### Therapeutic uses

- i. Haemorrhoids & dysentery - Root powder 3g, bd after food followed by butter milk 1 glass -AH
- ii. Obesity - Root powder 3g + honey, bd - BS
- iii. Leucoderma - Root powder 3g + cow's urine 1 tsf- AH
- iv. Filariasis - LA: root pounded with cow's urin - CD

### Note

*Plumbago indica* L. is named as Rakta chitraka for its red flowers, but is used for the same conditions as *Plumbago zeylanica* L. Dr. K.C.Chunekar in his commentary of Bhaavaprakasha Nighantu mentions *P. indica* to be more efficacious than *P. zeylanica*.

## Dagdhaasya

<b>Botanical name</b>	: <i>Toddalia asiatica</i> (L.) Lam.;	<b>Family</b>	: Rutaceae
<b>Synonym</b>	: <i>T. aculeata</i> Pers., <i>Paullinia asiatica</i> L.		
<b>Ayurvedic syn.</b>	: Tikснаasya, Tikснаpatra, Dahana, Kumarichaka.		
<b>Trade name</b>	: Forest pepper ;	<b>Local name</b>	: Tunda podaa

### Description

A rambling and prickly shrub. Leaves alternate, compound, 3-foliolate; petiole 2-3 cm; leaflets sessile, elliptic, ovate-oblong, 2.5-7.5 cm long, crenulate, apex obtusely acute, glabrous. Flowers white, small, 5 mm diam, 1-sexual, in axillary cymes or panicles. Calyx short, 5-lobed. Petals 5-6, stamens in male-flowers as many as the petals and slightly longer, in female flower reduced to staminodes. Ovary in male flower with columnar style, in female flowers oblong or globose. Berry orange, globose, 6-7 mm diam.

### Parts used

Root, leaves, flowers, fruits.

### Ayurvedic properties

**Rasa**: kasaaya, tikta, madhura, katu; **Guna**: laghu, tiksna, sara; **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: vaata kapha shaamaka

### Actions & uses

Roots acrid, astringent, bitter, sweet, aromatic, antiperiodic, diaphoretic, antipyretic, digestive, carminative, constipating, expectorant, antibacterial, vulnerary, tonic & useful in vitiated conditions of vaata & kapha, odontalgia, paralysis, malarial & intermittent fevers, dyspepsia, colic, flatulence, diarrhoea, cough, bronchitis, nausea, wound, filthy ulcers, epilepsy, gonorrhoea & general debility. Unripe fruits & leaves are good for vitiated vaata. Leaves contribute to folk dishes too. Flowers & fruits are useful as an external application in wasp-sting.





## Danti

<b>Botanical name</b>	: <i>Baliospermum montanum</i> (Willd.) Muell. - Arg.
<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>Baliospermum axillare</i> Bl., <i>B. polyandrum</i> Wight, <i>Jatropha montana</i> Willd.
<b>Ayurvedic syn.</b>	: Rechani, Nikumbha, Udumbaraparni, Shighraa, Erandaphalaa, Laghudanti, Vishalyaa, Pratyakshreni.
<b>Trade name</b>	: Jamal gotta ; <b>Local name</b> : Danti

### Description

An erect undershrub, 0.6-1.2 m high with perennial rootstock; stems pubescent or strigose. Leaves simple, alternate, variable in shape and size, obovate-oblong, ovate, elliptic-oblong or upper lanceolate and smaller, lower leaves variously lobed or lowest sometimes palmately lobed and broad, margin coarsely sinuate or serrate, strigose but hairs deciduous; petiole 1-8 cm. Flowers yellowish - green in axillary panicles. Capsule 3-lobed 7.5-15 mm diam. hirsute or pubescent. Seeds with brown caruncle.

### Parts used

Root, leaves, seeds.

### Ayurvedic properties

**Rasa:** katu; **Guna:** tiksna; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** virechana; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Roots: acrid, thermogenic, anodyne, antiinflammatory, digestive, purgative, anthelmintic, diuretic, diaphoretic, rubefacient, febrifuge, tonic, & useful in anasarca, dropsy, flatulence, constipation, haemorrhoids, leprosy, skin diseases, strangury, vesical calculi, wounds, jaundice, splenomegaly, anaemia, leucoderma & fever. Leaves: purgative & used in dropsy, asthma & bronchitis. Seeds: drastic purgative, rubefacient, hydrogogue, stimulant & useful in inflammation & flatulence; in large dose acronarcotic poison.

### Formulations

Dantyaadi ch, Arsha kuthaara rs, Chandraprabhaa vt, Yakrtplihaari louha, Dantyaasava, Kumaaryaasava, Dantyarista, Abhayaarista, Danti haritaki.

### Therapeutic uses

- i. Drastic constipation - Root powder 2g at bed time followed by lukewarm milk 1 glass - CS
- ii. Jaundice - Root powder 1 g + old jaggery 3g- CS
- iii. For suppuration of abscess - LA: root paste - CS









## Dhaataki

<b>Botanical name</b>	: <i>Woodfordia fruticosa</i> (L.) Kurz.; <b>Family</b> : Lythraceae
<b>Synonym</b>	: <i>W. floribunda</i> Salisb., <i>Lythrum fruticosum</i> L., <i>Grislea tomentosa</i> Roxb.
<b>Ayurvedic syn.</b>	: Dhaatupuspi, Vahnijwaalaa, Taamrapuspi, Subhikhsaa, Bahupuspi, Madakaraa, Paarvati
<b>Trade names</b>	: Fire flame bush ; <b>Local name</b> : Dhaaiphula

### Description

A large spreading shrub; bark reddish brown, peeling off in thin strips. Leaves simple, opposite, sessile or subsessile, lanceolate, ovate-lanceolate or linear-lanceolate, 3.7-10 x 1.5-3.7 cm, apex acuminate, finely pubescent and dotted beneath. Flowers scarlet, 1.2-1.8 cm long, in fascicled cymes, axillary and from the old wood, often completely covering the branches. Calyx scarlet, tubular, 1-1.5 cm long, persistent. 6-toothed. Petals 6, very small, scarlet. Stamens 12, inserted below the middle of the calyx tube, alternate ones longer. Capsules ellipsoid, 1 cm long, included within the persistent calyx-tube.

### Parts used

Flowers

### Ayurvedic properties

**Rasa**: kasaaya, katu; **Guna**: laghu, ruksa; **Virya**: shita; **Vipaaka**: katu;

**Dosakarma**: kapha pitta shaamaka

### Actions & uses

Refrigerant, stimulant, depurative, styptic, uterine sedative, anthelmintic, constipating, vulnerary, corrective of urinary pigment, alexeteric, febrifuge & useful in leprosy, skin diseases, burning sensations, hemorrhages, haemorrhoids, menorrhagia, leucorrhoea, haemoptysis, erysipelas, diarrhoea, dysentery, foul ulcers, wounds, diabetes, bilious fever, hepatopathy, fracture, verminosis & these are the important ingredient in aristas & aasavas as they aid on fermentation.

### Formulations

Dhaatakyaadi ch, D.tl, D. kk, Pusyaanuga ch, Kutajaastaka ch, Piyusavalli rs, L. gangaadhara ch, Br. g. ch, Br. shrngaaraabhra rs & all arista, aasavas.

### Therapeutic uses

- i. Leucorrhoea - Powder 10 g mixed with profuse honey bd - VM
- ii. Menorrhagia - Powder 10 g bd - CD
- iii. Diarrhoea - Powder 3 g + curd 1 cup - BP





## Dhanwana

<b>Botanical name</b>	: <i>Grewia tiliifolia</i> Vahl.
<b>Family</b>	: Tiliaceae
<b>Synonym</b>	: <i>G. arborea</i> Roxb. ex Rottl.
<b>Ayurvedic syn.</b>	: Dhanurvrksa, Virasevika, Gaatravrksa, Sutejana, Saaravrksa, Pichchhilaka, Rujaapaha, Rakta kusuma.
<b>Trade name</b>	: Dhaman
<b>Local name</b>	: Dhamuraa, Bhaangiaa, Dhaman

### Description

A small tree; bark smooth. Leaves simple, alternate, very broadly ovate to obovate, large, 15cm or more long, unequal sided, apex obtuse or shortly cuspidate, margin serrate, 3-7 nerved at base and very distinct sub-parallel cross nervules. Petiole up to 2.5 cm long, usually thickened at the top. Flowers yellow, in axillary cymes, peduncles much shorter than the petiole 6-8mm long; buds ellipsoid & oblong, sepals 6.5 mm; petals shorter than the sepals; stamens many, free, on a raised torus. Drupe globose, 2 lobed.

### Parts used

Bark, fruits.

### Ayurvedic properties

**Rasa:** kasaaya, madhura; **Guna:** laghu, ruksa, pichchhila; **Virya:** shita; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Root: sweet, acrid, astringent, refrigerant, expectorant, antipruritic, vulnerary, constipating, emetic, styptic, aphrodisiac, tonic & useful in vitiated conditions of kapha & pitta, in burning sensation, hyperdipsia, rhinopathy, pharyngopathy, cough, skin diseases, pruritus, wounds, ulcers, diarrhoea, haematemesis, epistaxis, hemorrhages, seminal weakness & general debility. Fruits edible, sweet, sour, refrigerant & useful in vitiated conditions of vaata & kapha.

### Formulations

Chandanaadya taila

### Therapeutic uses

- i. Excessive hemorrhage - Dusting bark powder & bandaging- SS
- ii. Colic - Soup of Dhanwana mixed with candy- SS
- iii. Kaphaja prameha - Decoction of bark - SS







## Dhava

<b>Botanical name</b>	: <i>Anogeissus latifolia</i> (Roxb. ex DC.) Wall. ex Guill. & Perr.
<b>Family</b>	: Combretaceae
<b>Synonym</b>	: <i>Conocarpus latifolia</i> Roxb. ex DC.
<b>Ayurvedic syn.</b>	: Dhata, Dhavala, Goura, Sthira, Dhurandhara, Pishaachavrksa, Drdhataru, Paandutaru, Bhaarodwaha, Pitaphala
<b>Trade name</b>	: Axle wood, Button tree ; <b>Local name:</b> Dha, Dhauraa

### Description

A large sized tree; bark whitish, smooth. Leaves simple, opposite and alternate, broadly elliptic or oblong- elliptic, rarely orbicular, 5-10 x 3-5 cm apex rounded, obtuse, rarely acute, mostly glabrous above, pale beneath, petiole 6-8 mm. Flowers small, greenish, in dense globose heads. Fruit 5-6 mm about as long as broad, beak equaling or shorter than the main fruit; wing with entire margin.

### Parts used

Root, bark, leaves, fruits, gum.

### Ayurvedic properties

**Rasa:** madhura, kasaaya, katu; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Root: thermogenic, stomachic & useful in abdominal disorders. Bark: cooling, antiinflammatory, urinary astringent, vulnerary, haemostatic, constipating, depurative, rejuvenating & useful in wounds, ulcers, inflammation, diabetes, hemorrhages, haemoptysis, diarrhoea, dysentery, haemorrhoids, skin diseases, leprosy, hepatopathy, erysipelas, ophthalmia & general debility. Leaves used in otopyorrhoea. Fruits sweet, cooling, constipating & used in vitiated pitta & kapha, diarrhoea & dysentery.

### Formulations

Sarjaadi kw, Dhaatakyaaadi tl, Nyagrodhaadya ch.

### Therapeutic uses

- i. Rejuvenation therapy - Heart wood paste 10g in morning, in empty stomach followed by sufficient cold water, 1yr - CS
- ii. Prameha - Heart wood decoction 20 ml, bd - Sharma
- iii. Erysipelas - LA: heart wood paste - CS
- iv. Otorrhoea - Ear drop: oil cooked with heartwood extract - SS









## Eranda

<b>Botanical name</b>	: <i>Ricinus communis</i> L. ; <b>Family:</b> Euphorbiaceae
<b>Ayurvedic syn.</b>	: Panchaangula, Vardhamaana, Gandharvahastaka, Triputipala, Dirghadanda.
<b>Trade name</b>	: Castor ; <b>Local name:</b> Jadaa

### Description

A tall, stout, perennial shrub, growing as an escape on the road side in moist ground. Leaves alternate, large, orbicular, palmately-lobed, margin serrate. Flowers in terminal, sub paniced racemes, monoecious. Male flowers in the lower parts of racemes, perianth splitting in to 3-5 segments. Stamens many, the filaments connate and repeatedly branched. Female flower in the upper part of the raceme, perianth spathaceous, caducous. Ovary 3-celled; ovule 1 per cell. Capsules of three 2-valved cocci, globose, 2-2.5cm diam, soft prickly; seeds oblong, testa hard, black.

### Parts used

Root, leaves, flowers, seeds, oil.

### Ayurvedic properties

**Rasa:** madhura, katu, kasaaya; **Guna:** guru, snigdha, tiksna, suksma;  
**Virya:** usna; **Vipaaka:** madhura; **Dosakarma:** kapha vaata shaamaka, pitta vardhaka, oil: pitta shaamaka

### Actions & uses

Roots: carminative, purgative, anthelmintic, emollient, diuretic, aphrodisiac, galactagogue, sudorific, expectorant, depurative & useful in gastropathy, constipation, inflammations, fever, ascites, strangury, bronchitis, cough, skin diseases, colic, colitis, coxalgia, lumbago, nyctalopia, rheumatic arthritis, urodynia, arthralgia, glandular tumours, scrotocele etc.

### Formulations

Eranda pk, E.mulaadi kw, E.saptaka kw, Raasnaa panchaka kw, R.saptaka kw, Punarnavaadyavaleha, Punarnavaa ggl, Shilodbhidaadi tl, Viratarvaadi tl.

### Therapeutic uses

- i. Scrotocele - Oil 5 ml + 1 glass milk, for one month - VM
- ii. Obesity - Cold infusion of root 50 ml + honey 1 tsf - BP
- iii. Constipation - Oil 5 ml + a glass of warm milk, at bed time - AY
- iv. Vaginal pain - Suppository: cotton swab impregnated with castor oil - GN





## Gajapippali

<b>Botanical name</b>	: <i>Schindapsus officinalis</i> (Roxb.) Schott.
<b>Family</b>	: Araceae
<b>Synonym</b>	: <i>Pothos officinalis</i> Roxb.
<b>Ayurvedic syn.</b>	: Ibhakanaa, Gajaahwaa, Shreyasi, Hastikrsnaa, Gajosanaa, Hastipippali, Kapivalli, Kolavalli, Vashira.
<b>Trade name</b>	: Gajapippali ; <b>Local name</b> : Gajapippali, Giridhuni

### Description

A stout climber; stem almost woody when old; nodes often with fleshy roots. Leaves large, undivided, broadly elliptic or ovate, 20-30 x 6.2-16 cm, apex acuminate, rather fleshy, base rounded or subcordate; petiole 7.5-17.5 cm long, more or less dilated or broadly winged upto the knee. Spathe oblong, 10-15 cm long, terminating in a long acumen, green outside, yellow within, deciduous. Spadix stout, nearly as long as the spathe, elongating to 15-22.5 cm in fruit, with densely packed prismatic truncate ovaries.

### Parts used

Dried mature inflorescence.

### Ayurvedic properties

**Rasa:** katu, madhura; **Guna:** ruksa, laghu; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Thermogenic, stimulant, aphrodisiac, expectorant, diaphoretic, digestive, carminative, sudorific, anthelmintic, tonic & useful in diarrhoea, cough, bronchitis, pharyngopathy & helminthiasis etc.

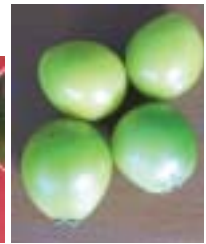
### Formulations

Yogaraaja kw, Y. ggl, M.y. ggl, Chandraprabhaa gtk, C. ggl, Devadaarvaadi kw, Pippalyaadi kw, M. kalyaanaka gd, Kusmaanda kalyaanaka gd, Prasaarini tl, Dhaanwantara gt, Lashuna tl, Bilwaadi kw, Rajanyaadi ch, Astaadashaanga kw, Kanaadi kw, Puga pk, Kumaaryaasava, Agastya haritaki av, Lavana tritayaadi ch, Dhaatasyaadi kw.

### Therapeutic uses

- i. Cough - Hot infusion 1 cup bd/ tds - Chunekar
- ii. Diarrhoea with blood & mucus - Powder 0.5-1g + honey + sugar - AS
- iii. Rheumatic arthritis - LA: paste - DGKD







## Gambhaari

<b>Botanical name</b>	: <i>Gmelina arborea</i> Roxb. ;	<b>Family</b>	: Verbenaceae
<b>Ayurvedic syn.</b>	: Shriparni, Madhuparni, Kaashmari, Kaashmarya, Krsnavrnta, Mahaakusumikaa, Madhurasaa.		
<b>Trade name</b>	: Comb tree, Gambhari ;		
<b>Local name</b>	: Gambhaari		

### Description

A moderate-sized tree; bark light grey, exfoliating in lighter coloured patches when old. Leaves simple, opposite, broadly ovate, 10-18 x 6-12.5 cm, entire, apex acuminate or caudate, glabrous above, white- or grey beneath, base cordate or subcordate, strongly 3-5 nerved and usually shortly cuneate on the petiole, petiole 5-15 cm long. Flowers yellow, or yellow-brown, 2.5-3.7 cm long in lateral or terminal panicles, 7.5-20 mm long. Calyx campanulate, 5-6.2 mm, tomentose. Corolla up to 5 cm across, obliquely funnel-shaped, upper lip much shorter than the lower, anterior lobe shovel-shaped. Stamens 4, didynamous (2+2), inserted below the throat of corolla, style slender. Drupe obovoid, 1.8-2.5 cm diam, usually 2-1-celled and-seeded.

### Parts used

Root, bark, leaves, flowers, fruits.

### Ayurvedic properties

**Rasa:** tikta, kasaaya, madhura; **Guna:** guru; **Virya:** usna, fruit-shita;  
**Vipaaka:**katu; **Dosakarma:** tridosha shaamaka

### Actions & uses

Refrigerant, stomachic, laxative, anthelmintic, galactagogue, febrifuge, trichogenous, aphrodisiac, tonic & useful in hallucination, fever, dyspepsia, stomachalgia, hyperdipsia, constipation, colitis, haemorrhoids, burning sensation, leprosy, anaemia, ulcers, strangury, leucorrhoea, colpitis & etc.

### Formulations

Dashamula haritaki, D. kw, D. ast, D.gt, D.tl, D.satpalaka gt, Dhaanwatara gt, Indukaanta gt, Draaksaadi kw, Sriparnyaadi kw, Br. panchamulyaadi kw, Kaashmarya kw, Kaashmaryaadi shita ksy, Sriparni tl, Musakaadya tl, Vaayuchchhaaya surendra tl, Mrtasanjivani suraa, Aravindaasava.

### Therapeutic uses

- i. Urticaria - Milk processed with dried ripe fruits- CD
- ii. Foetal atrophy - Milk processed with fruits, candy, Yastimadhu -CS
- iii. Slackness of breast - Massage with oil processed with bark - BS









## Gandhaprasaarini

<b>Botanical name</b>	: <i>Paederia foetida</i> L. ; <b>Family:</b> Rubiaceae
<b>Ayurvedic syn.</b>	: Prasaarini, Puti gandhaa, Gandha patraa, Bhadraparni, Prataarini, Sarani, Bhadraa, Katambharaa, Ajashrngi.
<b>Trade name</b>	: Chinise moon creeper ; <b>Local name:</b> Pasaaruni

### Description

A slender twining shrub, foetid when bruised. Leaves simple, opposite, elliptic-ovate, or ovate, 5-10 x 2-4.5 cm, apex acute or acuminate, glabrous, base rounded or subcordate; petiole 2.5-4.5 cm. Flowers in axillary and terminal paniced cymes, nearly sessile, tubular-funnel-shaped, 1.2 cm long. Calyx-lobes 4-5, small, obtuse or triangular. Corolla-tube white outside, purple inside, lobes oblong, one fourth the length of tube, with incurved, crisped margins, tube glandular hairy within. Stigmas-2, capillary, twisted. Fruit elliptic-ovate or oblong, 1cm long, compressed.

### Parts used

Root, stem, leaves.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** guru; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Thermogenic, anodyne, antiinflammatory, antispasmodic, anticancer, anthelmintic, hepatoprotective, emmenagogue, aphrodisiac & useful in anasarca, rheumatic arthritis, flatulence, colic, haemorrhoids, fever, epistaxis, vesical calculi, paraplegia, nyctalopia, ophthalmopathy, otitis, herpes, diarrhoea, splenopathy, gout & odontopathy etc. Useful in upanaaha sweda & niruha vasti. Mahaa prasaarini taila, one of its formulations is found highly effective in diabetic polyneuropathy.

### Formulations

Prasaarini tl., Kubja p. tl, Mahaaraaja p. tl, Trishati p. tl, Saptashatika p. tl, Ekaadasha shatika, p. taila, Pusparaaja P.tl, Maasa tl, M. m. tl, Maasabalaadi tl, Naaraayana tl, Mm. n. tl, Dhattura tl, Prasaarini lh, Dashamulaarista, Dashamulyaadi upnh, Prasaarinyaasava.

### Therapeutic uses

- i. Rheumatic arthritis - (a) LA: paste - BP (b) juice orally - DT
- ii. Vesical calculi - Leaf juice - DT





## Ghrtakumaari

<b>Botanical name</b>	: <i>Aloe barbadensis</i> Mill. ;	<b>Family</b>	: Liliaceae
<b>Synonym</b>	: <i>A. vera</i> (L.) Burm.f., <i>A. perfoliata</i> var. <i>vera</i> L.		
<b>Ayurvedic syn.</b>	: Kumari, Grhakanyaa, Ghrtakumaarika, Kanyaa.		
<b>Trade name</b>	: Aloe ;	<b>Local name</b>	: Ghi-kuaanri

### Description

A perennial herb with short rhizome. Leaves radical, fleshy, forming a rosette, 30-60 x 5-10 cm, margin spinous-dentate, apex gradually tapering, spine-tipped, pale-green, sometimes white spotted. Scape 60-90 cm long, simple or branched. Racemes dense, 15-30 cm long. Perianth reddish-yellow, cylindric, 1.8-2-5 cm long.

### Parts used

Leaves, leaf-juice, dried juice of leaves (aloe).

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** guru, snigdha, pichchhila(leaves), laghu, ruksa, tiksna (aloe); **Virya:** shita(l), usna(a); **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka(l), vaata shaamaka(a)

### Actions & uses

Cooling, anthelmintic, aperient, carminative, deobstruent, depurative, stomachic, cathartic, antiinflammatory, emmenagogue, anaesthetic, fertility, antifertility, hepatoprotective, antibacterial, antiprostaglandin, hypotensive, antispasmodic, spasmogenic, alexeteric & useful in amenorrhoea, burns, colic, dyspepsia, hyperadenosis, hepatopathy, splenopathy, skin diseases, abdominal tumours, dropsy, carbuncles, renal calculi, dysuria, intestinal disorders, epilepsy. sciatica, lumbago & ophthalmia etc. Used in processing of almost all rasousadhis.

### Formulations

Kumari asv, K.vt, K.tl, K.pk, Rajah pravarttini vt, Chandrashura rs, Pradaraantaka rs, Br. chandrodaya makaradhwaaja rs, Purna chandrodaya rs, Hemagarbha pottali rs.

### Therapeutic uses

- i. Splenomegaly, scrofula - leaf juice 10-20ml + turmeric 5g - SG
- ii. Mastitis - LA: root + turmeric paste -GN
- iii. Penile wart - Wrapping with leaves -RM, BP
- iv. Jaundice - Snuff: leaf juice - BP







## Gojihwaa

<b>Botanical name</b>	: <i>Elephantopus scaber</i> L. ; <b>Family</b> : Asteraceae
<b>Ayurvedic syn.</b>	: Gojikka, Gaabhi, Darvikaa, Kharaparnini, Bhulagnaa, Hastipaadi, Bhumikaalikaa.
<b>Trade name</b>	: Prickly leaved elephant's foot
<b>Local name</b>	: Totaamuliaa

### Description

An erect rigid herb, 20-45 cm high, with a cluster of radical leaves. Stems slender, dichotomously branched, strigosely hairy. Radical leaves larger, 10-15 x 4-5.5 cm, erect, obovate or oblanceolate, with attenuate or sheathing base. Leaves on the stem smaller, alternate, 2.5-7.5 cm long, sessile. Leaf surface rough, hairy, margin serrate, apex subacute. Flower heads collected into a dense terminal cluster with conspicuous cordate leafy bracts, usually 3 in number, giving the cluster a three-cornered appearance. Corolla purple, limb 4-5 lobed. Style arms subulate. Achenes brown, 3.7 mm long, ribbed.

### Parts used

Leaves, roots, whole plant.

### Ayurvedic properties

**Rasa**: tikta, kasaaya, madhura; **Guna**: laghu, ruksa; **Virya**: shita;  
**Vipaaka**: madhura; **Dosakarma**: kapha pitta shaamaka

### Actions & uses

Bitter, acrid, astringent, febrifuge, constipating, diuretic, tonic, germicidal, ophthalmic, aphrodisiac, expectorant & used in dysuria, urethrorrhoea, intermittent fevers, diarrhoea, cough, bronchitis, skin diseases, hepatopathy, ophthalmopathy, swelling & vitiated conditions of kapha & pitta.

### Formulation

Himsraadya taila

### Therapeutic uses

- i. Dysuria - Decoction of whole plant 50 ml, bd-Chunekar
- ii. Blood dysentery - Root powder 5 g, bd- Chunekar
- iii. Nausea - Root powder 5 g - Chunekar
- iv. Odontalgia - Root powder 3 g + black pepper powder 1g - Chunekar









## Goksuraa

<b>Botanical name</b>	: <i>Tribulus terrestris</i> L.; <b>Family</b> : Zygophyllaceae
<b>Ayurvedic syn.</b>	: Swaadukantaka, Vanashrngata, Chanadruma, Iksugandhika, Ksudraka, Gokantaka, Shwadamstraa.
<b>Trade name</b>	: Puncture vine ; <b>Local name</b> : Gokhuraa

### Description

A densely hairy prostrate herb; branches 30-50 cm long. Leaves opposites, compound, paripinnate, 5-7.5 cm long, often unequal in a pair; leaflets 4-7 pairs, oblong with oblique base, 0.75-1.5 cm, mucronate. Flowers solitary, yellowish, 7.5-15 mm across; peduncles 1-1.3 cm long. Sepals lanceolate, silky hairy. Petals 5, spreading, oblong-obovate, 9 mm long. Disk annular 10-lobed. Stamens 10, alternatively longer and shorter. Stigmas 5-12. Fruit globose, 1 cm diam, consisting of usually 5 hairy often muricate woody cocci, each with 2 pairs of rigid sharp spines, one pair longer than the other.

### Parts used

Fruits, whole plant.

### Ayurvedic properties

**Rasa**: madhura; **Guna**: guru, snigdha; **Virya**: shita; **Vipaaka**: madhura;

**Dosakarma**: vaata pitta shaamaka

### Actions & uses

Cooling, diuretic, aphrodisiac, emollient, appetizer, digestive, depurative, anthelmintic, expectorant, anodyne, anti-inflammatory, alterant, laxative, cardiogenic, styptic, lithontriptic, tonic & useful in dysuria, strangury, vesical calculi, spermatorrhoea, haemoptysis, epistaxis, rheumatic arthritis, ulcerative stomatitis, anorexia, cough, asthma, consumption, inflammation etc.

### Formulations

Goksuraaadi ggl, G. mdk, G. av, Trikantakaadi kw, Trikantaka gt, Shwadamstraadi lp, Dashamula kw, D.katutraya kw, D.Panchakolaadi kw, D. ast, D.tl, D.haritaki, D.gt, Sahacharaadi tl, Ushiraadya tl, Amrtapraasha gt, Ashmarihara ksy, Varunaadi kw, Raasnaa saptaka kw, Devadaarvaadi kw, Mutravirechaniya ksy, Chyavanapraasha, Garbha chintaamani rs.

### Therapeutic uses

- |      |               |   |
|------|---------------|---|
| i.   | Dysuria       | - Decoction of whole plant/ fruits 50m, tds- CS   |
| ii.  | Renal calculi | - Powder 3g + 1glass goat's milk, bd for 1week-SS |
| iii. | Spermatorrhea | - Cold infusion of fruits 1 cup, bd - DGKD        |
| iv.  | Splenomegaly  | - Whole plant as vegetable - DGKD                 |

## Goksuraa-II



## Goraksaganjaa





## Goksuraa-II

<b>Botanical name</b>	: <i>Pedalium murex</i> L. ; <b>Family:</b> Pedaliaceae
<b>Local name</b>	: Bada gokhuraa, Ghodaa goksuraa

### Description

A foetid glabrous herb, 12-25 cm high. Leaves simple, alternate, long-petioled, ovate or obovate, 2.5-5 cm long, repand, dentate, obtuse. Flowers axillary, yellow or whitish-yellow, 2.5 cm long. Calyx partite; lobes lanceolate, 1.8-2 mm. Corolla-tube minutely gland-pubescent, limb spreading, oblique, 1.8-2.5 cm diam, lobes suborbiculate, 2 upper outer in bud. Filaments glandular hairy. Fruits 1.5-1.8 cm long, broadly pyramido-conical above the spines, 7.5 mm diam, glabrous, succulent, with crustaceous endocarp.

### Parts used

Fruits

### Note

Database on Medicinal Plants used in Ayurveda, CCRAS mentions *Pedalium murex* L. to be the substitute of *Tribulus terrestris* L. Dr. K.C.Chunekar describes that these two species are functionally very similar whereas Dravyaguna Kalpadruma mentions the former to be more efficacious.

## Goraksaganjaa

<b>Botanical name</b>	: <i>Aerva lanata</i> (L.) Juss. ex Schultes.
<b>Family</b>	: Amaranthaceae
<b>Synonym</b>	: <i>A. floribunda</i> Wight., <i>Achyranthes lanata</i> L.
<b>Ayurvedic syn.</b>	: Bhadraa, Bhadrikaa, Shwetapuspi.
<b>Trade name</b>	: Gorakhganja ; <b>Local name:</b> Paaunshiaa

### Description

A perennial, suberect, diffuse or prostrate, hoary-villous herb. Leaves simple, variable in shape, obovate, rounded, broadly ovate or elliptic, 0.6-2.5 x 0.6-2 cm apex obtuse, white-tomentose beneath or hairy both sides; petiole 0.5-2 cm. Spikes 0.6-1.2 cm sessile, usually in axillary clusters. Flowers white. Tepals 1.3 mm obtuse. Utricle 1mm rotund, compressed.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, tiksna; **Virya:** usna; **Vipaaka:** katu, **Prabhaava:** ashmari bhedana; **Dosakarma:** kapha vaata shaamaka.

### Actions & uses

Refrigerant, emollient, vermifuge, suppurative, diuretic, lithontriptic & useful in cephalalgia, cough, strangury, dysuria & specifically for vesical calculi as a substitute of Paasaanabheda.







## Guduchi

<b>Botanical name</b>	: <i>Tinospora cordifolia</i> (Willd.) Miers. ex Hk. f. & Th.
<b>Family</b>	: Menispermaceae
<b>Synonym</b>	: <i>Menispermum cordifolium</i> Willd. <i>Cocculus cordifolius</i> DC.
<b>Ayurvedic syn.</b>	: Amrtaa, Chhinnodbhavaa, Vatsaadani, Madhuparni, Chakra laksanikaa, Dhiraa, Rasaayani, Vayasthaa.
<b>Trade names</b>	: Giloy ; <b>Local names:</b> Guluchi, Koilisutaa

### Description

A soft stemmed climber; bark tubercled, becoming loose and detached on drying. Leaves simple, alternate, thin, cordate, 4-10 x 4.5-10 cm, glabrous, 5-7 nerved at base, margin entire, apex acuminate; petiole 2.5-10 cm. Flowers in axillary or terminal racemes or on leafless branches, shorter or longer than the leaves. Male flowers: Clustered in the axils of minute bracts; pedicels filiform. Sepals minute, petals green, free, obovate, reflexed. Stamens 6, enclosed by petals. Female flowers usually solitary on the racemes. Petals broadly spatulate. Carpels 3; styles stout. Drupes red, globose, 6-8mm across, radiating from a 2-3-branched carpophore. Seeds with hard coat, broadly ellipsoid, with slender dorsal ridge and a ventral depression.

### Parts used

Root, stem, leaves.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** guru, snigdha; **Virya:** usna; **Vipaaka:** madhura;  
**Dosakarma:** tridosa shaamaka

### Actions & uses

Hypoglycaemic, antimicrobial, antipyretic, antiinflammatory, antiallergic, hepatoprotective, analgesic, depurative, ophthalmic, haematinic, expectorant, immunostimulant, antineoplastic, antistress, antidiabetic, antitumour, adaptogenic, antileishmanial, antioxidant, antiendotoxic, hypotensive, diuretic & useful in hepatopathy, splenopathy, arthritis, gout, urino-genital disorders etc.

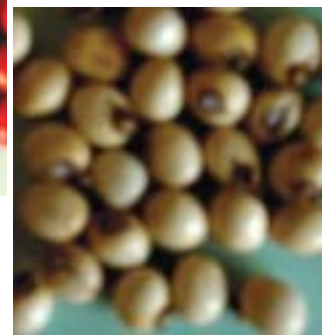
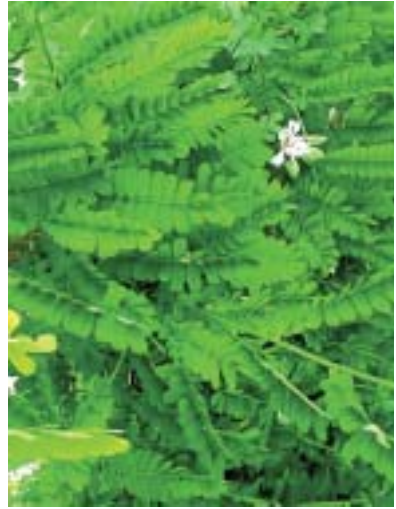
### Formulations

Guduchyaadi ch, G. kw, G. tl, G. gt, G. louha, Guduchi sattwa, Chyavanapraasha, Amrtaarista, Amrtaa ggl, Sarvajwarahara louha, Koishora ggl, Kantakaari av, Dashamulaarista, Stanyasodhana ksy, Amrtaastaka ch, Bhadramustaadi kw etc.

### Therapeutic uses

1. Rejuvenation & promotion of I.Q & memory, hepatopathy, gout, jaundice - Juice - CS









## Gunjaa

<b>Botanical name</b>	: <i>Abrus precatorius</i> L. ; <b>Family</b> : Fabaceae
<b>Ayurvedic syn.</b>	: Kaakaadani, Kaakachinchi, Kaakavallari, Krsnalaa, Uchchataa, Kaakanantikaa, Raktikaa, Kaakapilu.
<b>Trade names</b>	: Indian liquorice
<b>Local name</b>	: Kaaincha, Runja, Gunja, Kaainsha

### Description

A slender climber. Leaves compound, paripinnate, alternate; 5-8.7 cm long, leaflets 10-20 pairs, opposite, oblong, entire, obtuse, glabrous. Flowers bluish-white or white, 7-10 mm long, in crowded racemes of 2.5-7.5 cm long. Calyx campanulate with very short teeth. Corolla much exserted; standard broadly ovate, narrowed into a short claw; wings narrow, oblong-falcate; keel curved. Stamens 9, anthers uniform. Pods oblong, 2.5-3.5 cm long, turgid, 3-5 seeded. Seeds subglobose, 5-7 mm, polished, usually scarlet with a black eye but sometimes white.

### Parts used

Root, leaves, seeds.

### Ayurvedic properties

**Rasa**: tikta, kasaaya (seeds), madhura, tikta (leaves & root); **Guna**: tiksna, laghu, snigdha (root); **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: kapha pitta shaamaka (seeds), tridosashaamaka (leaves & roots)

### Actions & uses

Roots & leaves: emetic, diuretic, alexeteric & useful in cough, pharyngodynia, pectoralgia, inflammation & strangury. Roots useful in gonorrhoea, jaundice & haemoglobinuric bile. Seeds: purgative, toxic, abortifacient, aphrodisiac, trichogenous & used in skin diseases, wounds, alopecia, asthma, tubercular glands, stomatitis, hyperdipsia & fever. Roots & leaves contain glycyrrhizin, the principal constituent of liquorice & hence used as a substitute of liquorice in cough & catarrhal affections.

### Formulations

Gunjaa pralepa, Gunjaa taila, Gunjaadi taila, Gunjaa bhadra, Mahaa laxminaaraayana taila, Gunjaa phalaagni churna, Mrtasanjivani gutikaa.

### Therapeutic uses

- i. Hair loss - Application of leaf paste upon the scalp - SS
- ii. Alopecia - Application of leaf paste upon the scalp - SG
- iii. Dandruff - Application of oil cooked with Gunjaa seeds & Bhrngaraaja leaves - VM
- iv. Weak eye-sight - Root powder 3 g + cow's urine 3 ml - AY





## Haridru

<b>Botanical name</b>	: <i>Haldinia cordifolia</i> (Roxb.) Ridsd.; <b>Fam:</b> Rubiaceae
<b>Synonym</b>	: <i>Adina cordifolia</i> (Roxb.) Hook.f. ex Brandis. <i>Nauclea cordifolia</i> Roxb.
<b>Ayurvedic syn.</b>	: Haridraka, Girikadamba, Sudaaruka, Supuspa, Pitakaastha.
<b>Trade name</b>	: Haldu ; <b>Local name</b> : Kuruma, Kaima

### Description

A large tree; bark smooth, light-coloured, exfoliating in patches. Leaves simple, opposite, broadly 10-20 x 10-18 cm, shortly abruptly acuminate, petiole 5-9 cm, stipules suborbicular, enclosing the terminal bud. Flower heads 1.8-2.5 cm diam, yellow, axillary; peduncles 2.5-7.5 cm. Calyx-lobes linear. Corolla 6.2 mm, tube pubescent. Fruiting heads dry, 1-1.2 cm diam.

### Parts used

Bark, roots.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Vulnerary, diuretic, demulcent, tonic & useful in dysentery, wounds, strangury, skin diseases, gastropathy, chronic fever, burning sensation, promotion of complexioin, anaemia, hepatopathy, vomiting, thirst & general debility.







## Haritaki

<b>Botanical name</b>	: <i>Terminalia chebula</i> Retz.;	<b>Family</b>	: Combretaceae
<b>Ayurvedic syn.</b>	: Abhayaa, Pathyaa, Kaayasthaa, Putanaa, Haimavati, Ayyathaa, Chetaki, Shivaa, Vayasthaa, Rohini.		
<b>Trade name</b>	: Chebulic myrobalan ; <b>Local names</b> : Haridaa		

### Description

A medium sized tree; bark grey or dark gray, cracked in old trees. Leaves simple, usually subopposite, ovate or elliptic, 10-19 x 5-10 cm, entire, apex acute or obtuse, base rounded or rarely acute, silky hairy when young, glabrous or nearly so when mature. Petiole 1.2-2.5 cm. with usually 2 glands near the top. Spikes 5-9 cm, from the upper new leaf-axils and forming a small terminal panicles. Flowers whitish, very densely white villous within. Calyx-tube campanulate, lobes triangular. Stamens inserted outside the disc. Drupes ellipsoid, 2.5-3 cm long, glabrous, often 5-ribbed when dry due to the 5-ribbed endocarp.

### Parts used

Fruits

### Ayurvedic properties

**Rasa:** tikta, kasaaya, madhura, katu, amla; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** madhura; **Prabhaava:** tridoso shaamaka; **Dosakarma:** tridosa shaamaka, especially vaata shaamaka.

### Actions & uses

Thermogenic, anodyne, antiinflammatory, vulnerary, alterant, stomachic, digestive, laxative, purgative, carminative, anthelmintic, cardi tonic, aphrodisiac, antiseptic, diuretic, febrifuge, depurative, tonic, ophthalmic & useful in all sorts of GIT disorders, ophthalmopathy, hepatosplenopathy, vesical & renal calculi, soft chancre, scrotal enlargement, urino-genital disorders, cephalalgia, cardiopathy, neuropathy, epilepsy & general debility etc.

### Formulations

Pathyaadi kw, P. vt, P. ch, Abhayaadi ggl, A. kk, A. ast, Haritaki lh & Amrtaa haritaki, Chitraka haritaki, Kamsa haritaki etc. more than 20 haritakis.

### Therapeutic uses

To keep on progressive immunity & integral health, Haritaki powder 3g can be taken in morning, in empty stomach daily, with the following seasonwise vehicles: summer-jaggery 3g, rain-black salt 0.5 g, autumn-candy 10g, dewy-ginger 3g, winter-long pepper 1g, spring-honey 3ml - BP. This therapy is popularly called as Rtu Haritaki.









## Haritamanjari

<b>Botanical name</b>	: <i>Acalypha indica</i> L.
<b>Family</b>	: Euphorbiaceae
<b>Ayurvedic syn.</b>	: Indramaarisa, Rupagandhaa, Vishwarupi, Kokilaa, Kaakali, Mundaa, Kutsyaparni, Muraakraantaa, Vrsodari, Shwetashunthi.
<b>Trade name</b>	: Indian acalypha
<b>Local name</b>	: Indra maarisa, Naakachanaa

### Description

A stiff erect herb, 30-60 cm high; with puberulous stems. Leaves simple, alternate, long-petioled, petiole 1.5-5.5 cm, ovate or rhomboid-ovoid, 1.2-6 x 0.9-3.8 cm, margin serrate, apex acute, base 3-nerved, subacute. Flowers monoecious, in axillary or terminal spikes or racemes; spikes numerous, 2.5-6.2 cm long, female flowers below, males above; female bracts foliaceous, concave, suborbicular-cuneiform, 3-7 mm long, many-nerved. Male flowers ebracteate, very minute, clustered. Capsule concealed by the bract, hispid, usually 1-seeded.

### Parts used

Whole plant, leaves.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka.

### Actions & uses

The plant is bitter, acrid, thermogenic, expectorant, purgative, emetic, gastrointestinal irritant, diuretic & useful in vitiated conditions of kapha & vaata, fever, cough, asthma, bronchitis, glycosuria, constipation, abdominal colic, haemorrhoids, ulcers, skin diseases & otalgia etc.

### Formulations

Punarnavaadi churna.

### Therapeutic uses

- i. Toothache - Haritamanjari + Shunthi - powder or paste applied to the tooth & also taken 5 g, bd- VD
- ii. Otalgia - Ear drop: leaf juice - IMP
- iii. Corneal opacity - Eye drop: leaf juice- DGKD
- iv. Skin diseases - Leaf juice 5 ml, bd - DGKD
- v. Epileptic fits - Leaf juice 5 ml + butter 1 tsf, bd/ tds - DGKD





## Hijjala

<b>Botanical name</b>	: <i>Barringtonia acutangula</i> Gaertn.
<b>Family</b>	: Barringtoniaceae
<b>Synonym</b>	: <i>Eugenia acutangula</i> L.
<b>Ayurvedic syn.</b>	: Ijjala, Nichula, Vidula, Ambuja, Nadikaanta, Nadija, Jalaja, Dirghpatraka, Kaarmuka, Samudraphala.
<b>Trade name</b>	: Hijal ; <b>Local name</b> : Hinjala

### Description

A medium-sized tree; bark thick, dark grey. Leaves simple, alternate, mostly clustered towards the ends of the branches, obovate or oblanceolate, 7-12 x 4-10 cm, crenulate, apex rounded or subacute, base narrowed; petiole 5-15 mm. Racemes lax, drooping, 15-45 cm long; pedicels 5-7 mm long. Flowers red, 1-1.2 cm across, fragrant. Hypanthium acutely 4-angled, calyx lobes 2.5 mm, denticulate. Petals cadulous, 5 mm. Stamens bright red. Fruit oblong, quadrangular truncate, 2.5 cm long.

### Parts used

Roots, leaves, fruits.

### Ayurvedic properties

**Rasa:** tikta, katu, madhura; **Guna:** laghu, ruksa, tiksna; **Virya:** shita; **Vipaaka:** Katu; **Dosakarma:** kapha pitta samshodhaka, vaata shaamaka.

### Actions & uses

Roots: cooling, aperient, antipyretic, stimulant, emetic & useful in catarrh, splenomegaly, constipation; comparable to cinchona in malaria. Leaves: bitter, constipating, tonic, antidiarrhoeal, & antidyenteric. Fruits: acrid, bitter, cooling, anthelmintic, galactagogue, alexeteric, vulnerary, depurative, emetic, purgative, expectorant, diuretic, emmenagogue, antipyretic & useful in colic, agalactia, leprosy, splenomegaly, cough, bronchitis, strangury, cephalalgia, lumbago, syphilis, ophthalmitis, nasal catarrh, hallucination & dysmenorrhoea etc.

### Formulations

Hijjala rasakriyaa, Nichulaadi lepa, Dhaanwantara ghrta, Madanaananda mdk.

### Therapeutic uses

- i. Amoebic dysentery - Leaf juice 10 ml + honey 3ml, bd - VM
- ii. Excessive lachrymation - Col.: fruit rubbed with water - BS
- iii. Goiter - EA: warm fruit paste - SG
- iv. Cough, bronchitis - Seed powder 250 - 500 mg + ginger juice 3ml, bd - DGKD







## Hilamochikaa

<b>Botanical name</b>	: <i>Enydra fluctuans</i> Lour. ; <b>Family</b> : Asteraceae
<b>Ayurvedic syn.</b>	: Hilamochi, Shankhadharaa, Aachaari, Matsyaaksi.
<b>Trade name</b>	: Harkuch sag ; <b>Local name</b> : Hidimichikaa

### Description

A prostrate herb on moist ground, rooting at the nodes; stems succulent, with short ascending flowering hairy branches. Leaves simple, opposite, sessile, narrowly oblong, 2-5 cm long, margin serrate, punctate beneath. Flower heads greenish yellow, terminal and axillary, sessile, 7-18 mm diam. Involucral bracts 4, foliaceous, greenish yellow. Ray florets female, disc florets bisexual. Achenes oblong.

### Parts used

Whole plant.

### Ayurvedic properties

**Rasa**: kasaaya, tikta, madhura; **Guna**: laghu, snigdha; **Virya**: shita;  
**Vipaaka**: madhura, **Dosakarma**: vaata pitta shaamaka

### Actions & uses

Cooling, digestive, carminative, tonic, liver-tonic, antimicrobial & useful in inflammation, leprosy, skin diseases, cough & hepatopathy etc.

### Therapeutic uses

- i. Pox - (a) Juice of Hilamochikaa + Braahmi, 10 ml - VM  
(b) Juice of Hilamochikaa 10ml + Sandal paste 5g - BP
- ii. Obetic foul odour - EA: juice + Samudraphena churna (calcaneous exoskeleton of cuttle fish, *Sepia officinalis*) - BP



### Himsraa



### Ahimsraa







## Himsraa

**Botanical name** : *Capparis sepiaria* L.; **Family**: Capparaceae

**Ayurvedic syn.** : Grdhranakhi, Kanthaari ; **Local name**: Kantikapaali

### Description

A much branched sub-scandent shrub, sometimes climbing; young branches grey tomentose but later glabrescent; twigs stout, zigzag, terete, thorns recurved, 3-5 mm long. Leaves simple, alternate, elliptic, lanceolate 1.5-4 x 1-2.5 cm, base obtuse, apex, acute, blunt or often notched; petiole 2-4 mm. Flowers white up to 1 cm across; pedicels long and slender; buds globular, 4 mm diam. Sepals ovate or orbicular, 4-6 mm long. Petals obovate, 4.5-6 x 1.2-3 mm, very thin. Stamens many, 5-8mm. Gynophore 8mm, ovary ovoid. Fruit globose, 0.5cm diam., black when ripe.

### Parts used

Root, leaves.

### Ayurvedic properties

**Rasa**: katu, tikta; **Guna**: ruksa, laghu; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: kapha vaata shaamaka

### Actions & uses

Anodyne, antiinflammatory, stimulative, digestive, cholagogue, hepato protective, & useful in filaria, fever, tumour, cholera, haemorrhoids, cough, hiccough & asthma.

### Formulations

Himsraadya tl, Himsradya gt, M.naaraayana tl, Amrtaadi tl, Bijapuraadi lp.

### Therapeutic uses

- i. Swelling - LA: paste of leaves - VM
- ii. Vaginal disorders - Suppository: leaf paste - CS

## Ahimsraa

**Botanical name** : *Capparis zeylanica* L.; **Synonym**: *C.horrída* L.f.

**Ayurvedic syn.** : Vyaaghranakhi, Alpahimsraa ; **Local name**: Asaadhuua

### Description

A thorny climbing shrub; stems brown-red to grayish tomentose; thorns recurved, 3-6 mm long. Leaves simple, alternate, ovate-elliptic or rarely obovate, 2-7 x 1.5-5 cm, base cuneate, apex acute to rounded; Flowers white but turning pink, 3.7-5 cm diam. 1-few in supra axillary rows. Sepals tomentose outside, petals, oblong with rounded top, 1-1.5 cm long. Stamens many, initially white and turning to purple, 2-3.5 cm. Gynophore slightly exceeding the stamens, upto 4.5 cm. Fruit globose, upto 3.5 x 2.5 cm, reddish or orange when ripe. Seeds many, 5 mm.

### Note

Ahimsraa resembles Himsraa in its pharmacological properties, but has less efficiency.





## Ishwari

<b>Botanical name</b>	: <i>Aristolochia indica</i> L.
<b>Family</b>	: Aristolochiaceae
<b>Synonym</b>	: <i>A. lanceolata</i> Wt.
<b>Ayurvedic syn.</b>	: Rudrajataa, Visamardini, Naakuli, Gandhanaakuli
<b>Trade name</b>	: Indian birthwort ; <b>Local name:</b> Paana airi

### Description

A glabrous perennial twiner with slender branches and woody root stock. Leaves simple, alternate, ovate or usually panduriform, 3.5-14 x 1.3-6.5 cm apex obtusely acuminate or acuminate, glabrous above pale beneath, base truncate; petiole 0.6-1.5 cm long. Flowers axillary, fascicled or in short racemes. Perianth globose at base, 6.2 mm diam, and slightly 6- grooved, then narrowly tubular for 1.2-1.5 cm with obliquely trumpet-shaped mouth, 7.5 mm diam., notched in front and produced behind into an oblong strap-shaped dark brown lip, 5-7.5 mm, thickened upwards. Capsule subglobose or broadly oblong and narrowed towards pedicel, 2.5-4.5 cm diam., dehiscent from the base & forming a parachute-like structure. Seeds triangular, flat, winged, 6-8 mm across with the wings.

### Parts used

Root, leaves, seeds.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Root: thermogenic, anodyne, antiinflammatory, depurative, stomachic, digestive, purgative, anthelmintic, cardio tonic, antifertility, antitubercular, antifeedant, phagocytic, antiestrogenic, anti-implantation, anticancer, antispermatogenic, interceptive, diuretic, sudorific, emmenagogue, tonic & useful in arthralgia, leprosy, leucoderma, strangury, hyperpyrexia, menstrual disorders & all poisonous bites. Leaves: useful in cholera, bowel complaints & intermittent fever in children. Seeds: useful in inflammations, biliousness, dry cough, & dyspnoea in children.

### Formulations

Ishwari rasaayana, Rudrajataasava, Agurvaadi taila, Trikantaakadi ghrta.

### Therapeutic uses

- i. Hydrocele - LA: root paste - GN
- ii. Snake bite - LA: root paste after bloodletting - AH







## Jaati

<b>Botanical name</b>	: <i>Jasminum grandiflorum</i> L.; <b>Family</b> : Oleaceae
<b>Synonyms</b>	: <i>J. officinale</i> L. var. <i>grandiflorum</i> (L.), <i>J. officinale</i> L. forma <i>gradiflorum</i> (L.)
<b>Ayurvedic syn.</b>	: Soumanasyaayani, Sumanaa, Chetikaa, Hrdyagandhaa, Maalati, Raajaputrikaa.
<b>Trade name</b>	: Spanish jasmine ; <b>Local name</b> : Jaaiphula

### Description

A shade loving slender or subscandent shrub. Leaves compound, opposite, imparipinnate; leaflets ovate, 1.5 x 1 cm, entire, acute, terminal leaflet larger than others. Flowers white, fragrant, in terminal lax cymes; bracts ovate; bracteoles linear. Calyx-lobes linear. Corolla-tube 2-2.5 cm long, lobes obovate, spreading. Stamens-2, included in the corolla tube.

### Parts used

Root, leaves, flowers.

### Ayurvedic properties

**Rasa**: tikta, kasaya; **Guna**: laghu, snigdha, mrdu; **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: Tridosha shaamaka.

### Actions & uses:

The plant is thermogenic, anodyne, aphrodisiac; antiseptic, depurative, emmenagogue, emollient, diuretic, anthelmintic, deobstruent, dentifrice, suppurative & tonic. Roots useful in headache, paralysis, facial paralysis, mental debility, chronic constipation, flatulence, strangury, sterility, dysmenorrhoea, amenorrhoea, ringworm, leprosy, skin diseases & giddiness. Leaves useful in dental disorders, ulcerative stomatitis, leprosy, skin diseases, wounds, ulcers, corns, otorrhoea, otalgia, strangury & dysmenorrhoea. Flowers cooling, aromatic, ophthalmic & useful in buccal diseases, headache, skin diseases & dysmenorrhoea.

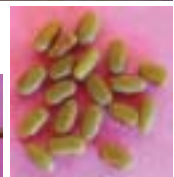
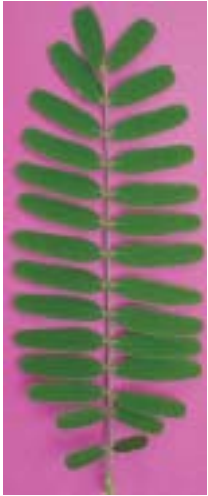
### Formulations

Jaatyaadi tl, J. gt, J. varti, Gandharaaja tl, Sinduraadya tl, Visa tl, Vajraka tl, Vicharchikaari tl, Paaniya kalyaanaka gt, Phala gt, Karanja tl, Paathaadya tl, Sannipaataa bhairava rs, Pratisaarana ch, Puspa varti, Prabodhana anjana, Rasaanjana rk, Ropani rk.

### Therapeutic uses

- i. Otorrhoea - Ear drop: sesame oil cooked with leaf juice- BP
- ii. Stomatitis - Chewing leaves - BP
- iii. Dysuria - Root paste 3 g + goat's milk 1 cup, bd - DGKD









## Jayanti

<b>Botanical name</b>	: <i>Sesbania sesban</i> (L.) Merr.;	<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>Sesbania aegyptiaca</i> Poir.		
<b>Ayurvedic syn.</b>	: Suksmamulaa, Suksmapatraa, Balaamotaa, Vijayaa, Jayaa, Haritaa, Aparaaajitaa.		
<b>Trade name</b>	: Jayanti ;	<b>Local name</b>	: Jayanti

### Description

A large shrub or small straight tree, attaining 3m height. Leaves alternate, compound, paripinnate, 10-15 cm, ending in a point; leaflets 12-20 pairs, opposite, close-set, linear-oblong, 1.5-2 cm, apex obtuse. Flowers yellow, 1.2-1.8 cm long, 2-10 in lax, axillary, drooping racemes; bracts linear 6 mm; pedicels 5-10 mm. Standard obovate, 1.5-1.8 cm broad, yellow inside dotted with purple outside with tailed appendages at the base. Pods slender, 15-23 cm long, thin, twisted, pendulous, the sutures not much thickened. Seeds 20-30, oblong, 3 mm long.

### Parts used

Root, bark, leaves, flowers, seeds.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Anodyne, anti-inflammatory, febrifuge, hypoglycaemic, alexipharmic, diaphoretic, abortifacient, alterative, tonic & useful in skin diseases, dyspepsia, dysentery, goiter, chronic cold, cough, sore throat, asthma, bronchitis & amenorrhoea.

### Formulations

Jayaa vt, Jayanti vt, M. naaraayana tl, M.vahni rs, Grahani vajra kapaata rs, Kandarpasaara tl, Trailokyasundara rs, Plihashaardula rs.

### Therapeutic uses

- i. Chronic cold, cough - Leaf juice 10ml + honey 3 ml bd.  
Taking leaves as vegetable. - DGKD
- ii. Female contraceptioin - Flowers 10 g + old jaggerry 3 g, continuous three days during menstruation - BP
- iii. Hair greying, hair loss - Application of leaf paste on scalp ½ hr before bath - Sharma
- iv. Leucoderma - Root powder 5 g + milk one cup, bd - CD





## Jingini

<b>Botanical name</b>	: <i>Lannea coromandelica</i> (Houtt.) Merr.
<b>Family</b>	: Anacardiaceae
<b>Synonyms</b>	: <i>Odina wodier</i> Roxb., <i>Dialium coromandelium</i> Houtt.
<b>Ayurvedic syn.</b>	: Jhingini, Jhalli, Modaki, Gudamanjari, Paarvatiyaa, Madanamanjari, Jaatasaaraa, Suniryasaa.
<b>Trade name</b>	: Wodier ; <b>Local name:</b> Moi, Raaji-mohi, Jiaa

### Description

A moderate-sized deciduous tree; bark light-coloured. Leaves alternate, compound, imparipinnate; 10-25 cm long, clustered at the end of the thick branchlets; leaflets 5-9 or more, ovate or ovate-oblong, 6-14 x 2.5-4.5 cm, entire, apex acuminate, slightly oblique at base, lower smaller leaflets shortly petiolate, upper pairs sessile, terminal with 1-1.5 cm long petiolule. Flowers small, yellowish green, dioecious, 4-rarely 5-merous, fascicled on the rachis of numerous racemes crowded towards the ends of leafless branchlets; racemes 7-20 cm long. Male flowers; petals oblong, 3 mm long, pistillode deeply 4-lobed. Female flowers; petals larger, obtuse, staminodes 8. Ovary 4-6-lobed, usually 1-celled. Drupes red when ripe, curved, oblong, compressed, 1-1.2 cm long.

### Parts used

Bark, leaves, exudation.

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** laghu, ruska; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** vaata kapha shaamaka

### Actions & uses

Bark acrid, astringent, sweet, thermogenic, stomachic, deodorant, anodyne & useful in vitiated conditions of kapha & vaata, cuts, wounds, bruises, sprains, ulcers, ophthalmia, gout, ulcerative stomatitis, odontalgia, diarrhoea, dysentery, elephantiasis, inflammations, neuralgia, haemorrhoids, fistula, leprosy, erysipelas, skin diseases, spondylitis & frozen shoulders etc.

### Formulation

Kandarpasara taila

### Therapeutic uses

- i. Avabaahuka - Snuff: Jingini exudation - AH, BP
- ii. Neck spondylitis - Snuff: exudation + kapikachchu root pounded in cool water - BS, GN
- iii. Filariasis - LA: leaves pounded with vinegar- BS, GN







## Jivanti

<b>Botanical name</b>	: <i>Leptadenia reticulata</i> (Retz.) W. & A.
<b>Family</b>	: Asclepiadaceae
<b>Ayurvedic syn.</b>	: Jivani, Jivaa, Jivaniyaa, Madhusravaa, Maangalya-naamadheyaa, Shaakashresthaa, Payaswini.
<b>Trade name</b>	: Jivanti ; <b>Local name:</b> Jivanti, Mendhi saaga.

### Description

A twiner with corky bark, tough green branches and thick but not milky juice, young parts hoary tomentose. Leaves simple, opposite, ovate, oblong or lanceolate, 2.5-5 x 1.8-3.5 cm, apex acute or cuspidate, more rarely obtuse, hairy beneath, base very obtuse, rounded, or subcordate; petiole slender, 1.5-3 cm long. Cymes axillary, sometimes 2-3-nate, rounded, dense, 1.2-1.8 cm diam, horary; peduncle 6.2-12 mm; petiole short, upto 6.2 mm. Calyx pubescent, lobes ovate-oblong. Corolla greenish- yellow, villous-pubescent, lobes thick, lanceolate, acuminate, margins recurved, grooved within at base. Staminal corona not very conspicuous. Follicles green, 6-8.7 x 1.8-2.5 cm, with a long acumen and often curved tip, stalk short, thick. Seeds linear-obovoid, 5 mm long.

### Parts used

Root, leaves, fruits.

### Ayurvedic properties

**Rasa:** madhura; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaaka:** madhura;  
**Dosakarma:** tridosa shaamaka, especially vaata pitta shaamaka.

### Actions & uses

Stimulant, galactagogue, restorative, tonic, lactogenic, estrogenio-mimetic, hypertensive, vasodilator, spasmogenic, antibacterial, antimicrobial, anabolic cum androgen-like, respiratory stimulant, depressant & useful in cough, asthma, ringworm, wounds, fever, chest pain, ophthalmopathy & diseases of mouth.

### Formulations

Jivantyaadya gt, Rati vallabha mdk, Godhumaadya gt, Amrtaapraasha gt, Jivantyadi lh, Br. ashwagandhaa gt, Br. chhaagalaadya gt, Shataavaryaadi gt.

### Therapeutic uses

- i. Nyctalopia - Green leaves cooked with ghee - AH
- ii. Fever with burning sensation - Root decoction 50 ml + ghee 3 ml - VD
- iii. Wound - LA: paste of leaves or roots, 3 days - VD









## Jyotismati

<b>Botanical name</b>	: <i>Celastrus paniculatus</i> Willd.;	<b>Family:</b> Celastraceae
<b>Ayurvedic syn.</b>	: Putitailaa, Paaraavataanghri, Jyotiskaa, Kangunikaa, Pinyaa, Lataa, Vegaa, Pitaphalaa, Swarnalataa.	
<b>Trade name</b>	: Malkangni ;	<b>Local name:</b> Pingu, Pengu lai.

### Description

A scrambling shrub; branches long, lenticellate. Leaves simple, alternate, obovate, elliptic or oblong, 3.5-15 x 2.5-8 cm, margin serrulate, apex shortly abruptly acuminate, glabrous above, pubescent beneath especially along the nerves, base acute to rounded; petiole 0.6-1.2 cm. Flowers polygamous, in terminal axillary panicles of 5-15 cm long; bracts minute. flowers yellowish, whitish or greenish, 3 mm across; pedicels 1.5-2 mm long. Sepals orbicular. Petals 5, spreading, ovate oblong, obtuse. Stamens 5, inserted on the margin of the disc, more or less rudimentary in bisexual flowers. Style short, thick, stigmas 3. Capsule yellow, globose or obovoid, 7-8 mm across, 3-valved, 3-6-seeded. Seed red, arilled.

### Parts used

Root, bark, leaves, seeds, seed oil.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** tiksna; **Virya:** usna; **Vipaaka:** katu;

**Prabhaava:** medhya; **Dosakarma:** vaata kapha shaamaka

### Actions & uses

Antihistaminic, sedative, anticonvulsant, antiprotozoal, antiviral, antiulcerogenic, antipyretic, antiemetic, antibacterial, schizontocidal, emmenagogue, hypotensive, antiinflammatory, diaphoretic, stimulant, central muscle-relaxant, hypolipidaemic, antiatherosclerotic, spasmolytic, tranquillizer, antispermatogenic, promotor of memory & I.Q. & useful in abdominal disorders, leprosy, pruritus, leucoderma, paralysis, cephalalgia, arthralgia, asthma, cardiac debility, menstrual disorders, beri beri, sores, strangury, nephropathy.

### Formulations

Jyotismati tl, J.aasava, Smrtisaagara rs, Visagarbha tl, M.paishaachika gt.

### Therapeutic uses

- i. Amenorrhoea - Fresh leaves cooked with ghee 5g - CD
- ii. Beri beri - Jyotismati oil 10-15 drops - Chunekar
- iii. Promotion of memory & I.Q. - J.oil 2-10 drops - Chunekar
- iv. Gout, arthritis - Decoction of the seeds 20ml - Chunekar





## Kaakaadani

<b>Botanical name</b>	: <i>Cardiospermum halicacabum</i> L.
<b>Family</b>	: Sapindaceae
<b>Ayurvedic syn.</b>	: Shakralataa, Indravalli, Indraahwaa.
<b>Trade name</b>	: Ballon vine, Heart's pea
<b>Local name</b>	: Phatkaa, Kaanaphutaa

### Description

An annual tendril-bearing climbing herb with wiry stems and branches. Leaves alternate, compound, biternate; leaflets ovate-lanceolate, 3-6 x 1.5-4.5 cm, deeply incised, coarsely dentate, apex acuminate; petiole up to 5 cm; petiolule 2-5 mm. Flowers small, white, 3-3.5 mm diam. Sepals 4, concave, unequal. Stamens 8, basally connate. Fruit a membranous inflated, 3-lobed capsule, 1.5 x 2 cm, winged at the angles.

### Parts used

Roots, leaves, seeds.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** vaata kapha shaamaka, tridosa hara.

### Actions & uses

Roots bitter, mucilaginous, thermogenic, diuretic, diaphoretic, aperient, emetic, trichogenous, stimulant, laxative, anthelmintic, emmenagogue & useful in vitiated conditions of vaata & kapha, poisonous bites, strangury, fever, arthritis, chronic rheumatism, haemorrhoids, gonorrhoea, amenorrhoea, alopecia, lumbago & neuropathy. Leaves emmenagogue, rubefacient & useful in arthritis, lumbago, otalgia, ophthalmodynia & cut injuries. Seeds tonic, diaphoretic & useful in arthritis & fever. The plant has a sedative action on the central nervous system; it reduces swellings, stiffness of limbs & hardened tumours.

### Formulations

Lashunaadi kasaaya, Aatalotakaadi kasaaya, Dashaswarasa ghrta, Nili bhrngaadi taila.

### Therapeutic uses

- i. Rat poisoning - Ghee cooked with Kaakaadani & Kaakamaachi 3ml - SS
- ii. Rheumatic arthritis - Leaf juice 10ml + castor oil 3ml at bed time - KB







## Kaakamaachi

<b>Botanical name</b>	: <i>Solanum nigrum</i> L.;	<b>Family</b>	: Solanaceae
<b>Synonym</b>	: <i>S. rubrum</i> Mill.		
<b>Ayurvedic syn.</b>	: Kaakaahwaa, Dhwaanksamaachi, Kapotaa, Maachikaa		
<b>Trade name</b>	: Black night shade ;	<b>Local name</b>	: Luniluniaa koli

### Description

A small, erect, branched herb; branches often with raised lines. Leaves simple, alternate, ovate, lanceolate-ovate or oblong, 1.2-5 x 0.5-3 cm, entire, apex acute, glabrous, base decurrent on petiole, petiole 1.2-2.5 cm. Flowers small, white, 5-7.5 mm across, few subumbelled on extra axillary peduncles, pedicles deflexed in fruit, 1.2 cm long. Calyx 6.2 mm across, pubescent or glabrous; corolla white, lobes broad, rounded, 1.5 mm long. Anthers short, not attenuate. Berry black when ripe, globose, 6-8 mm diam.

### Parts used

Whole plant, fruits.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, snigdha; **Virya:** anusna; **Vipaaka:** katu;

**Dosakarma:** tridosha shaamaka

### Actions & uses

Emollient, antiseptic, antiinflammatory, expectorant, anodyne, vulnerary, digestive, laxative, diuretic, cardio tonic, depurative, diaphoretic, febrifuge, hydragogue, sedative, alterant, tonic, rejuvenative & useful in rheumatism, swellings, catarrh, cough, asthma, bronchitis, hiccough, hepatomegaly, otalgia, ophthalmopathy, splenomegaly, nephropathy, hepatitis, strangury, general debility, erysipelas & rat-bite etc.

### Formulations

Kaakamaachi arka, Rasaraaja rs, Siddhaphala paaniyatikaa, Br. visama jwaraantaka louha, Kaasha samhaara bhairava rs, Kaalakuta rs, Rasa parpati, Br.sarvajwarahara louha, M.visagarbha tl, Vaayasyaadi gtk, Surasaadigana kw.

### Therapeutic uses

- i. Premature hair greying- Nasal drop: sesame oil cooked with seeds - RR
- ii. Tonic & restorant - Decoction of the plant + jaggery / black pepper/ long pepper- VD
- iii. Cough - Wholesome as green - CS
- iv. Difficult labor - Paste of root, applied below umbilicus - VD







## Kaakodumbara

<b>Botanical name</b>	: <i>Ficus hispida</i> L.f. ;	<b>Family</b>	: Moraceae
<b>Synonyms</b>	: <i>F. oppositifolia</i> Roxb., <i>F. daemona</i> Koenig.		
<b>Ayurvedic syn.</b>	: Phalgu, Malayu, Jaghanephala, Kaasthodumbara, Switrabhesaja, Phalasambhaari, Raajiphalgu.		
<b>Trade name</b>	: Kathgular		
<b>Local name</b>	: Paanidimri, Baaidimbiri.		

### Description

A small tree; branches hispid with hollow or sometimes solid internodes. Leaves simple, mostly opposite, obovate, or ovate-oblong, 10-30 x 5-20 cm, margin minutely serrate or rarely entire, apex acuminate, scabrous above, hispid, especially on the nerves beneath, base obtuse, secondary nerves 5-7, strong and raised beneath, petiole 1.2-5 cm. Figs numerous, fascicled on both the trunk and branches, often on the leafless drooping branches, globose, 2-2.5 cm diam. Yellowish when ripe, tomentose or closely shortly hairy, umbo prominent, base narrowed to a slender or very short stalk with scattered bracts.

### Parts used

Root bark, fruits, latex.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** vaata pitta shaamaka

### Actions & uses

Bark: emetic, laxative & used in poultice. Fruits: refrigerant, antidiarrhetic, antiinflammatory, depurative, vulnerary, haemostatic, galactagogue & useful in vitiated conditions of pitta, ulcers, leucoderma, anaemia, haemorrhoids, jaundice, epistaxis, psoriasis, stomatorrhagia, inflammations & intermittent fevers.

### Formulations

Marichyaadi hima, Kustha naashana rasa.

### Therapeutic uses

- i. Leucoderma - Root bark powder 3g + Baakuchi seed powder 3 g with a glass of butter milk - BP
- ii. Intrinsic hemorrhage - Root bark powder 3g with rice water - RM
- iii. Cough & asthma - Milk decoction of tender leaves 50 ml + long pepper powder 1g - VD
- iv. Meno-metrorrhagia - Fruit juice 10 ml + honey 3 ml - CD



## Kaanchanaara

<b>Botanical name</b>	: <i>Bauhinia variegata</i> L.;	<b>Family</b>	: Caesalpiniaceae
<b>Synonym</b>	: <i>Phanera variegata</i> (L.) Benth.		
<b>Ayurvedic syn.</b>	: Kaanchanaka, Gandaari, Kaanchanaaraka, Paakaari, Karbudaara, Swalpakeshari, Ashmantaka, Chamarika.		
<b>Trade name</b>	: Kachnar ;	<b>Local name</b>	: Kanchana

### Description

A moderate-sized tree; branchelets glabrescent; bark grey, longitudinally cracked. Leaves simple, alternate, 6.2-15 x 7.5-16.5 cm, lobed about one-fourth to one-third way down, lobes rounded, overlapping, 11-15-nerved; petiole 1.5-2.5 cm, pubescent, stout. Flowers pink with one petal variegated red or yellow in short racemes, mostly from the leafless axils; flower-buds terete. Calyx spathaceous, tube 2.5-3 cm, limb broadly ovate. Petals obovate, 5-6.2 cm long. Perfect stamens 5; staminodes 0. Pods 15-25 x 1.8-2.5 cm, glabrous, very flat, venose when dry. Seeds suborbicular.

### Parts used

Bark, flowers.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu,  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Cooling, constipating, depurative, anthelmintic, vulnerary, anti-inflammatory, stytic, antidysenteric, antidiarrhoeal & useful in goiter, cervical adenitis, leprosy, tumour, scrofula, proctoptosis, haemorrhoids, intestinal worms, haemoptysis, cough, menorrhagia & hyperglycaemia etc.

### Formulations

Kaanchanaara kwaatha, Kobidaaraadi vrnta vasti yoga, Ushiraarista, Vidangaarista, Hemagarbha potali rasa, Mrgaanka potali rasa, M.naaraayana taila, Paashaanabhedaadya ghrta, Chandanaasava.

### Therapeutic uses

- i. Goitre, cervical adenitis - Decoction of Kaanchanaara + Triphalaa + Pippali 50 ml, bd- CD
- ii. Chicken pox - Bark decoction 50 ml + Swarna maksika bhasma 125 mg, bd - BP
- iii. Headache in malaria - Leaf decoction 50 ml, bd - DGKD







## Kaashamarda

<b>Botanical name</b>	: <i>Cassia occidentalis</i> L.
<b>Family</b>	: Caesalpiaceae
<b>Synonym</b>	: <i>Senna occidentalis</i> Roxb.
<b>Ayurvedic syn.</b>	: Arimarda, Kaashaari, Kaashaghna, Susaa, Kaalakataka, Taalakataka, Karkasha, Kaashamardikaa.
<b>Trade name</b>	: Negro coffee
<b>Local name</b>	: Kaashundaa

### Description

An erect glabrous herb, 0.3-1.5 m high; stems often grooved; whole plant foetid. Leaves alternate, compound, paripinnate, 15-30 cm long; stipules sub-ovate, acuminate, caducous; petiole with a large gland above its base; leaflets 4-5 pairs, ovate, ovate-oblong, ovate-lanceolate or sometimes lanceolate, 3.5-10 x 1.5-2.5 cm, acute or acuminate. Flowers yellows, 1.2-1.8 cm across, in axillary and terminal racemes, sometimes paniced. Fertile stamens 7. Pods short-stipitate, 10-13 cm, flattened, obtuse at apex, many-seeded, septate between the seed. Seeds ovoid, 6 mm long.

### Parts used

Whole plant, seeds, leaves, roots.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** ruksa, laghu, tiksna; **Virya:** usna; **Vipaaka:** katu, **Dosakarma:** kapha vaata shaamaka, pitta saaraka

### Actions & uses

Thermogenic, alexeteric, antiinflammatory, digestive, stomachic, purgative, expectorant, febrifuge, diuretic, tonic, depurative, vulnerary, anodyne, aphrodisiac, & useful in cough, hiccough, bronchitis, asthma, diabetes, elephantiasis, ringworm, leprosy, erysipelas, pruritus etc skin diseases, epilepsy, convulsion, pharyngodynia, hydrophobia & dyspepsia etc.

### Formulations

Shitakeshari rasa, Surasaadi gana kwaatha, Somaraaji taila.

### Therapeutic uses

- i. Filaria - Root paste 5 g + ghee 3 g, b d - BS
- ii. Eczema - LA : root paste + lemon juice - VM
- iii. Scorpion sting - L A : leaf juice acts as instant analgesic - AY
- iv. Hiccough, asthma - Soup of leaves of Kaashamarda + Shigru + dried radish - CS









## Kadamba

<b>Botanical name</b>	: <i>Anthocephalus chinensis</i> (Lamk.) A. Rich. ex Wal.
<b>Family</b>	: Rubiaceae
<b>Synonym</b>	: <i>A. indicus</i> Miq., <i>A. cadamba</i> (Roxb.) Miq., <i>Nauclea cadamba</i> Roxb. <i>Neolamarckia cadamba</i> (Roxb.) Bosser.
<b>Ayurvedic syn.</b>	: Priyaka, Nipa, Vrttapuspa, Halipriya, Praavrsya, Pulaki, Kaadambarya, Kutsitaambha, Alipriya, Girikadambaka, Raajakadamba, Meghaagamapriya.
<b>Trade name</b>	: Kadamba ; <b>Local name:</b> Kadamba, Kuduma

### Description

A large straight deciduous tree with spreading branches; bark smooth, dark grey. Leaves simple, opposite, elliptic-oblong or ovate, 12-28 x 10-15 cm entire, apex acute or shortly acuminate, glabrous or pubescent beneath, secondary nerves 8-15, strong, base sometimes subcordate or sometimes suddenly cuneate on the petiole; petiole 2.5-6 cm. Flower-heads globose, 5-7 cm diam; peduncle stout, 1.2-4 cm. Flowers small, orange-coloured, fragrant. Sepals erect, narrowly oblanceolate, Corolla 7.5 mm long. Stigma white, far exserted.

### Parts used

Bark, leaves, fruits, root.

### Ayurvedic properties

Rasa: Tikta, Kasaaya, Guna : Ruksa, Virya : Shita, Vipaka: Katu, Dosakarma: Tridosashaamaka

### Actions & uses

Anodyne, antipyretic, anthelmintic, digestive, tonic, aphrodisiac, expectorant, antiemetic, antidiarrhoeal, antidysenteric, antitoxic, galactagogue, complexion promoter & useful in conjunctivitis, mouth disorders, dysuria, renal & cystic calculi, sunstroke, cholera, wounds & ulcers etc.

### Formulations

Kadamba kw, Kadamba gt, Kadambaarista, Nyagrodhaadi kw., Gandharaaja tl.

### Therapeutic uses

- i. Dysuria, urine discolouration - Milk decoction of bark - CS
- ii. Gravels & calculus - Root powder 3g, bd followed by a cup of lukewarm water- AH
- iii. Blood dysentery - Decoction of bark + shunthi 50 ml at bed time, continuous three nights - VD
- iv. Thirst in fever - Fruit juice - DGKD





## Kampillaka

<b>Botanical name</b>	: <i>Mallotus philippensis</i> (Lam.) Muell.-Arg.
<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>Croton philippense</i> Lam., <i>Rottlera tinctoria</i> Roxb.
<b>Ayurvedic syn.</b>	: Rechana, Ranjaka, Karkasha, Chandra, Raktaanga, Raktachurnaka
<b>Trade name</b>	: Kamela tree ; <b>Local name:</b> Kamalaa gundi

### Description

A small tree, 6-9 m high; bark nearly smooth, grey. Leaves simple, alternate, ovate, rhomboid, ovate-oblong, or ovate-lanceolate, 6-22.5 x 3-12.5 cm, entire; covered beneath with small red glands, glabrescent above, apex acute or acuminate, base rounded, 3-nerved, secondary nerves 3-4; petiole 2.5-8.7 cm. Male flowers clustered in racemes, 11-25 cm long, axillary and densely paniced at the end of the branchlets. Flowers whitish-yellow, 3 mm diam. Anther-cells longitudinally dehiscent, sometimes with a few red glands. Female racemes 5-7.5 cm long, flowers distant, rarely 2 together. Capsule globose, 7.5-12.5 mm diam., smooth, densely covered with red glands, 3-valved.

### Parts used

Glandular hairs of the fruit.

### Ayurvedic properties

**Rasa:** katu; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu, **Dosakarma:** kapha vaata samshodhaka

### Actions & uses

Acrid, thermogenic, purgative, digestive, lithontriptic, styptic, vermifuge, alexipharmic, depurative & useful in vitiated conditions of kapha & vaata, poisonous affections, scabies, ringworm, herpes & other parasitic skin affections, wounds, ulcers, cough, verminosis, constipation, flatulence, intestinal disorders, renal and vesical calculi, hemorrhages, inflammations, anaemia, jaundice, gout, insanity, epilepsy, fistula in ano & matropathy.

### Formulations

Goksuraadi churna, Dhaanwantara ghrta, Panchajiraka paaka, Trivrtaadi kalka, Kaashishaadi ghrta, Vindu ghrta, Dhattura taila.

### Therapeutic uses

- i. Helminthiasis - Powder 1-5g + jaggery 3g - BP
- ii. Wound - LA : oil cooked with Kampillaka powder- CS
- iii. Flatulence - Powder 3g + honey - CS







## Kantakaari

<b>Botanical name</b>	: <i>Solanum virginianum</i> L. ;	<b>Family:</b> Solanaceae
<b>Synonym</b>	: <i>S. surattense</i> Burm.f., <i>S. jacquini</i> Willd., <i>S. xanthocarpum</i> Schrad & Wendl.,	
<b>Ayurvedic syn.</b>	: Ksudraa, Vyaaghri, Duhsparshaa, Nidigdhikaa.	
<b>Trade name</b>	: Yellow berried night-shade	
<b>Local name</b>	: Ankaraanti	

### Description

A diffuse herb, spreading on the ground; very copiously armed all over with straight, yellow, very sharp prickles, up to 1.8 cm long; young parts sometimes stellate-tomentose. Leaves simple, alternate, ovate, oblong or elliptic, 2.5-8 x 1-4 cm, lacerate with the lobes or segments mostly again lobed or dentate. Flowers deep blue, 2.5-3 cm across, in extra-axillary, few-flowered cymes. Calyx 3.7-5 mm long in flower, usually prickly, scarcely accrescent in fruit. Corolla-lobes broadly ovate-triangular. Berry yellow or white, blotched with green, globose, 1.2-2.5 cm diam.

### Parts used

Roots, fruits, flowers, leaves, whole plant.

### Ayurvedic properties

**Rasa:** tikta, katu; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamakaa

### Actions & uses

Thermogenic, anti-inflammatory, expectorant, antiasthmatic, anodyne, digestive, carminative, vermifuge, laxative, diuretic, rejuvenating, emmenagogue, aphrodisiac & useful in intestinal disorders, bronchopathy, skin diseases, rheumatic arthritis, urolithiasis, menstrual disorders, lumbago, epilepsy & catarrh.

### Formulations

Vyaaghri haritaki, V. tl, Bhrgu haritaki, Kantakaari av, K.kw, K.gt, M.raasnaadi kw, M.guduchi gt, Mm. naaraayana tl, Laaksaadi tl, Maasa tl, Trikatukaadya mdk, Simhaamrta gt, Pippalyaadi kw, Marichaadi kw.

### Therapeutic uses

- i. Cough - Whole plant decoction 50 ml + black pepper powder 1-3 g, bd - VM
- ii. Bronchial asthma - Whole plant powder 3 g + amla powder 3 g + hing 1.5g + honey 3ml, bd for three days - SS
- iii. Epileptic fit - Snuff of fruit juice restores consciousness - SBM









## Kapikachchhu

<b>Botanical name</b>	: <i>Mucuna pruriens</i> (L.) DC. ;	<b>Family:</b> Fabaceae
<b>Synonym</b>	: <i>Mucuna prurita</i> Hook., <i>Dolichos pruriens</i> L.	
<b>Ayurvedic syn.</b>	: Aatmagupta, Kanduraa, Shukashimbi, Rsyaproktaa, Vrsyaa, Vyangaa, Dusparshaa, Praavrsaayani, Vaanari.	
<b>Trade name</b>	: Cowhage ;	<b>Local name:</b> Baaidanka

### Description

An annual twiner; branches densely clothed with appressed hairs. Leaves alternate, compound, pinnately 3-foliolate; Petiole 3-25 cm long; stipules lanceolate; leaflets appressed hairy or pubescent, apex obtuse, 7.5-15 cm long, laterals ovate, very inequilateral, base truncate, terminal rhomboid-ovate. Flowers dark purple, 3-3.7 cm long in rather dense, drooping short-peduncled racemes, 15-30 cm long. Calyx 1 cm, grey silky hairy. Petals unequal. Stamens dimorphous. Pods turgid, oblong 5-10 x 1.5 cm, the ends curved in opposite directions, densely clothed with brown and grey intensely irritant bristles.

### Parts used

Roots, leaves, seeds, hairs.

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** guru, snigdha; **Virya:** usna; **Vipaaka:** madhura; **Prabhaava:** shukrala; vaajikara; **Dosakarma:** vaata shamaka

### Actions & uses

Thermogenic, emollient, stimulant, purgative, anthelmintic, hypotensive, spasmodic, antiparkinsonian, hypocholesterolemic, antifungal, anti-inflammatory, aphrodisiac, nervine tonic, diuretic, alexipharmic, emmenagogue, febrifuge & useful in constipation, nephropathy, strangury, dysmenorrhoea, amenorrhoea, elephantiasis, dropsy, neuropathy, consumption, ulcers, helminthiasis, cephalalgia, gonorrhoea, sterility, parkinsonism & general debility etc.

### Formulations

Kapikachchhu ch, K. pk, Vaanari gtk, Maasabalaadi paachana, Maasa tl, Musali pk, Shataavaryaadi ch, Dhaatupaustika ch, Somaraaji tl, Manmatha rs, Agastya haritaki, Br. kusmaanda av, Kumaaryaasava, Kapikachchwarista.

### Therapeutic uses

- i. Aphrodisiac - Seed powder 3-5g + candy 5g + milk 1 glass-SS
- ii. Avabaahuka - Root decoction 50 ml, one month - CD
- iii. Cough & asthma - Smoking with the whole plant - DGKD







## Kaakaandaphala

<b>Botanical name</b>	: <i>Mucuna monosperma</i> DC. ex Wight.
<b>Ayurvedic syn.</b>	: Kaakaandolaa, Kaakaandaki, Shukarashimbi
<b>Local name</b>	: Dhenku

### Description

A large perennial climber; young branches clothed with rusty, brown, deciduous tomentum. Leaves alternate, compound, pinnately 3-foliolate. Petiole 9 cm; leaflets ovate, ovate elliptic, 9-12 x 5-9 cm, lateral leaflets inequilateral; petiolules fulvous hairy, lateral 5-6 mm, terminal 2.5-3 cm; stipels minute, setaceous. Flowers purple, 5cm long, in short, few-flowered racemes. Pods ovoid, ellipsoid or rhomboid, 7-9 x 4.5 cm, densely clothed with rusty irritant bristles.

### Parts used

Root, leaves, seeds, hairs.

### Note

Charaka, Sushruta & Vaagbhatta describe Kaakaandaphala under Shamidhaanya varga, to be as effective as Kapikachchhu. In view of this the species is described.







## Kapittha

<b>Botanical name</b>	: <i>Limonia acidissima</i> L.; <b>Family</b> : Rutaceae
<b>Synonym</b>	: <i>L. elephantum</i> Corr, <i>Feronia limonia</i> (L.) Swingle, <i>Schinus limonia</i> L.
<b>Ayurvedic syn.</b>	: Dadhittha, Surabhichchhada, Maalura, Kapipriya, Graahiphala, Gajabhaksa, Chirapaaki, Takrachhit.
<b>Trade name</b>	: Elephant apple ; <b>Local name</b> : Kaitha

### Description

A small tree with axillary spines, 10-12 m high; bark dark grey or black, rough. Leaves fascicled, alternate, imparipinnate; leaflets opposite, subsessile, elliptic or obovate, 1.2-2.5 cm long, entire, obtuse often notched at apex, glabrous. Flowers 7.5 mm diam, in short racemes or racemes paniced on short lateral branches; pedicels glabrous, articulate. Sepals minute, open in bud, soon withering. Petals green or reddish, oblong. Stamens usually 10, bases adnate to the large woody disc; anthers red. Ovary globose or oblong, style short, stigma fusiform. Fruit 6-8 cm diam, many seeded, rind rough, woody.

### Parts used

Bark, leaves, fruits, gum.

### Ayurvedic properties

**Rasa:** kasaaya, amla; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** tridosa hara, vaata pitta shaamaka

### Actions & uses

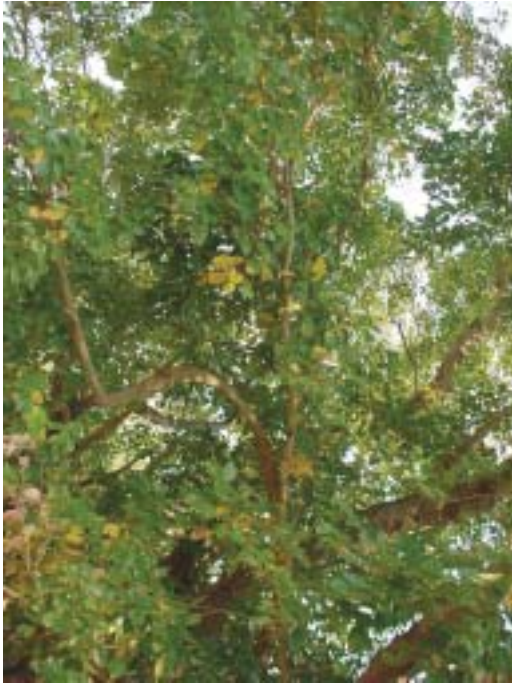
Aromatic, cooling, stomachic, carminative, antiemetic, expectorant, cardiogenic, anodyne, aphrodisiac, antiscorbutic, alexipharmic, diuretic, vulnerary & useful in gastropathy, bronchitis, hiccough, cardiac debility, pharyngodynia, stomatitis, gingivitis, hyperdipsia, tumour & haemorrhoids etc.

### Formulations

Dhaatakyaadi yg, M.naaraayana tl, Nyagrodhaadya ch, Kumbhikaadya tl, Kapitthaastaka ch, Dashmularista, Mehabaddha rs, Grahani kapaata rs, Grahani vajra kapaata rs, Madhupakwa haritaki.

### Therapeutic uses

- i. Haemorrhoids - Soup of Bilwa + Kapittha - CS
- ii. Vomiting - Frequent dose of pippali powder mixed with Kapittha juice & honey - SS
- iii. Freckles - LA: kapittha paste- SS







## Karanja

<b>Botanical name</b>	: <i>Pongamia pinnata</i> (L.) Pierre.;	<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>P. glabra</i> Vent, <i>Derris indica</i> (Lam.) Bennet.		
<b>Ayurvedic syn.</b>	: Naktamala, Ghrtapura, Snigdhapatra, Udakiryaa.		
<b>Trade name</b>	: Indian beech ;	<b>Local name</b>	: Karanja

### Description

A moderate sized tree; bark smooth, thin grey. Leaves alternate, compound, imparipinnate; leaflets opposite; petiole 4-5 cm; stipules oblong, 2 mm; leaflets 5-7, ovate or oblong, 4.5-12.5 cm long, entire, apex acuminate or cuspidate, glossy and shining above. Flowers in lax axillary racemes, 7-18 cm long; pedicels 0.6-1.5 cm, purplish-white or pinkish-white, 1 cm across. Calyx 2-3 mm long. Corolla 1.2 cm; standard silky, sub-orbicular; stamens 10, monadelphous; style incurved, stigma capitate. Pods woody, 3.7-5x1.7-3.2 cm with a short decurved point. Seed 1, reniform.

### Parts used

Root, stem bark, young braches, leaves, flowers, seeds, seed oil.

### Ayurvedic properties

**Rasa:** katu, tikta, kasaaya; **Guna:** laghu, tiksna; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Antibacterial, insecticidal, anthelmintic, nematicidal, hypoglycaemic, antipyretic, hypotensive, anticholinergic, antitubercular, sedative, vulnerary, alexeteric, haematinic & useful in dermatopathy, vaginopathy, ophthalmopathy, intestinal disorders, gonorrhoea, cough, rheumatalgia, diabetes, lumbago, otalgia, pectoral diseases, hydrocele, haemorrhoids, anaemia, chronic fever & herpes.

### Formulations

Karanjaadi ch, K.gt, K.tl, K.ast, Somaraaji tl, M.trnaka tl, Vajraka tl, M.sinduraadya tl, Rudra tl, M.rudra tl, Br.marichyaadi tl, Shuska mulakadya tl, M.khadiraka gt, Jaatyaadi varti, Kusthakuthaara rs, Br.manjisthaadi kw.

### Therapeutic uses

- i. Pruritus, scabies, ringworm  
eczema etc. skin diseases - EA: seed oil mixed with lime juice & bath in water boiled with its leaves - DGKD
- ii. Diabetes - Flower 1g + honey 3ml, bd - DGKD
- iii. Haemorrhoids - Leaves cooked with ghee & sesame oil 3g - CS







## Karmaranga

<b>Botanical name</b>	: <i>Averrhoa carambola</i> L.
<b>Family</b>	: Averrhoaceae
<b>Ayurvedic syn.</b>	: Karmaara, Karmaraka, Pitaphala, Mudgaraka, Shiraala, Mudgaraphala, Dhaaraphala, Shukapriya, Rujaakara.
<b>Trade name</b>	: Coromandal gooseberry, carambola apple.
<b>Local name</b>	: Karamangaa

### Description

A small tree with smooth bark. Leaves alternate, compound, imparipinnate; leaflets 7-11; alternate to subopposite, ovate, broadly oblong, elliptic or elliptic-lanceolate, 2-10 x 2-3 cm, progressively larger upwards, entire, acuminate. Flowers pink with deep pink throat, campanulate, 5-6.5 mm long and broad, in paniced cymes, often from the old wood. Sepals 5, oblong or ovate. Petals 5, oblong-obovate. Stamens 10, often 5 fertile, alternating with 5 staminodes. Ovary oblong; berry oblong or ellipsoid, 5-10 cm long, yellowish, 5 ridged or lobed.

### Parts used

Leaves, fruits.

### Ayurvedic properties

**Rasa:** amla, madhura, kasaaya; **Guna:** laghu; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Leaves refrigerant, febrifuge, anthelmintic, antipruritic & useful in scabies, pruritus, leprosy, various types of poisonings, intermittent fevers & intestinal worms. Fruits sour, sweet, astringent to bowels, thermogenic, tonic, stimulant, constipating, febrifuge, antiscorbutic & useful in vitiated conditions of vaata, diarrhoea, vomiting, dipsia, hyperdipsia, flatulence, haemorrhoids, fistula in ano, hepatodynia, gout, fever & general debility.

### Formulations

Mahaapinda taila

### Therapeutic uses

- i. Thirst & excitement in fever, bleeding piles - Ripe fruits - KB
- ii. Scabies - EA: leaf paste - KB







## Kataka

<b>Botanical name</b>	: <i>Strychnos potatorum</i> L.f. ;	<b>Family</b>	: Strychnaceae
<b>Ayurvedic syn.</b>	: Payahprasaadi, Chaksusya, Ambu-prasaada, Gudaphala, Chhedaniya, Kataphala, Tiktaphala.		
<b>Trade name</b>	: Clearing nut		
<b>Local name</b>	: Kataka, Jananirmali		

### Description

A small, densely branched tree; bark blackish, cracked. Leaves simple, opposite, elliptic or ovate, 3.7-12.5 x 2.5-6 cm, apex usually acute or subacute, glabrous, with usually 2 strong secondary nerves each side, curving and reaching nearly to the tip, base acute, subacute or obtuse; petiole very short, under 5 mm long. Flowers small, white, fragrant, in dense glabrous cymes mostly in the axils of fallen leaves; peduncle hardly any. Corolla campanulate, 3-4.5 mm long, with tufts of white hairs in the throat, lobes longer than the tube. Berry globose, 1.2-2 cm diam; pericarp firm.

### Parts used

Seeds

### Ayurvedic properties

**Rasa:** madhura, kasaaya, tikta; **Guna:** laghu, vishada; **Virya:** shita;  
**Vipaaka:** madhura; **Dosakarma:** vaata kapha shaamaka

### Actions & uses

Refrigerant, demulcent, emetic, diuretic, digestive, anthelmintic, aphrodisiac, ophthalmic, appetizer, alexeteric, tonic, water purifier & useful in gastropathy, hepatopathy, bronchopathy, nephropathy, gonorrhoea, leucorrhoea, diabetes, renal & vesical calculi, cholera, dysentery, diarrhoea, burning sensation, dipsia, conjunctivitis, scleritis, ulcers, ophthalmopathy & maggot infested ulcers.

### Formulations

Paasaanabhedaadya gt, Snehani rk, Katakaadyanjana, Katakaarka, Katakaadi gt.

### Therapeutic uses

- i. Prameha - Seed powder 10 g + honey 3 ml followed by a glass of butter milk - YR
- ii. Eye-diseases - Col.: seed rubbed with honey mixed with a little camphore- SG, BP, DGKD
- iii. Renal calculi - Milk decoction of seeds - CS
- iv. Erectile dysfunction - Milk infusion of seeds overnight - DGKD







## Ketaki

<b>Botanical name</b>	: <i>Pandanus fascicularis</i> Lam.
<b>Family</b>	: Pandanaceae
<b>Synonym</b>	: <i>P. odoratissimus</i> L.f. <i>P. tectorius</i> auct. non Soland ex Parkinson.
<b>Ayurvedic syn.</b>	: Ketaka, Suchipuspa, Karkashachchhada, Trnashunya, Dhulipuspika, Sthiragandha.
<b>Trade name</b>	: Kewra, Screw pine ; <b>Local name:</b> Ketaki

### Description

A bushy shrub, stems bearing many thick stilt roots. Leaves closely spirally arranged, margins with forward pointing spinules. Male inflorescence very sweet - scented, flowers pedicelled, stamens spirally arranged on the floral axis; spikes cylindric, 5-10 cm long; spathes white. Female spikes stout. Fruit woody, with flat tubercle, crowned by the withered stigma.

### Parts used

Root, leaves, flowers, fruits.

### Ayurvedic properties

**Rasa:** tikta, madhura, katu; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** tridosa shaamaka, especially kapha pitta shaamaka

### Actions & uses

Thermogenic, emollient, depurative, antiseptic, aphrodisiac, stomachic, carminative, anodyne, suppurative, deodorant, demulcent, urinary astringent, vulnerary, sudorific, febrifuge, tonic & useful in cephalalgia, coxalgia, otalgia, leprosy, wounds, ulcers, dyspepsia, flatulence, colic, fever, diabetes, sterility, spontaneous abortion, syphilis, scabies, leucoderma, cardiopathy, rheumatic arthritis etc.

### Formulations

Ketakaarka, Ketaka paanaka, Ketakaadi tl, Srigopala tl, Chandrakalaa rs, Akika bhasma, Nilikaadya tl, Astaadasha shatika prasaarini tl, Ekaadasha shatika prasaarini tl, M. naaraayana tl.

### Therapeutic uses

- i. Otitis, otalgia, otorrhoea- Ear drop: oil cooked with flowers - DGKD
- ii. Immature hair greying - Application on scalp: root paste-BP
- iii. Habitual abortion - Root 5g pounded with milk 50 ml- DGKD
- iv. Menorrhagia - Root-paste 5g + candy 3g - DGKD







## Kevuka

<b>Botanical name</b>	: <i>Costus speciosus</i> (Koenig.) Sm.
<b>Family</b>	: Zingiberaceae
<b>Synonym</b>	: <i>Banksea speciosa</i> Koenig. in Retz.
<b>Ayurvedic syn.</b>	: Kemuka, Kevuka, Pechulaa, Pelu, Peluni, Dalashaalini.
<b>Local name</b>	: Kendudiphula, Gaaigendaaliaa, Gaaigobaraa.

### Description

A perennial herb with fleshy rhizome spreading horizontally. Leaves simple, spirally arranged, elliptic-oblong, oblong-lanceolate, or obovate-oblong, 12.5-30 x 5-8.5 cm, apex acute, acuminate or obtusely acuminate, often cuspidate, glabrous above, pubescent and paler beneath. Flower white, very large, in dense terminal spikes, 5-10 cm long; bracts red, ovate, 1.8-3.7 cm long. Calyx 2.5 cm. Petals 2.5-3.7 cm long. Labellum suborbicular, 5-7.5 cm, often yellow in the center.

### Parts used

Rhizome

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Rhizomes bitter, acrid, astringent, refrigerant, anodyne, aphrodisiac, purgative, anthelmintic, depurative, febrifuge, expectorant, tonic & useful in vitiated conditions of kapha & pitta, burning sensation, flatulence, constipation, obesity, rheumatic arthritis, lumbago, dysuria, helminthiasis, leprosy, skin diseases, fever, hiccough, asthma, bronchitis, inflammations & anaemia etc.

### Formulations

Trikatukaadya modaka, Vyoshaadya shaktu.

### Therapeutic uses

- i. Filaria - Juice of Kebuka 10ml + Putranjiva 10ml + bida salt 50mg - SS
- ii. Worms - Juice 10-20 ml, bd - SS
- iii. Dysuria due to vesical calculi - Decoction 50ml - BP
- iv. Fractures - EA: paste - BP
- v. Rheumatic arthritis - EA: paste - BP







## Khadira

<b>Botanical name</b>	: <i>Acacia catechu</i> (L.f.) Willd.;	<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>Mimosa catechu</i> L.f.		
<b>Ayurvedic syn.</b>	: Baalapatra, Bahushalya, Danta dhaavana, Gaayatri.		
<b>Trade name</b>	: Catechu ;	<b>Local name</b>	: Khaira

### Description

A small tree with longitudinally fissured, dark brown bark, branches slender, armed with (stipulary) hooked spines. Leaves alternate, compound, bipinnate; pinnae paripinnate. Leaf-rachis 5-15cm; pinnae 7-24 pairs, leaflets mostly 12-20 pairs, opposite, sessile, 2.5-5 mm long, subacute or obtuse. Flowers white or yellowish, 2-2.5mm long, crowded in pubescent spikes. Corolla one-and-a-half to twice as long as the calyx. Stamens in 5 bundles at the base of corolla; filaments long. Pods 5-12.5 x 1.5-2 cm, often irregularly constricted, 2-7 seeded, dehiscent.

### Parts used

Bark, heartwood, catechu.

### Ayurvedic properties

**Rasa:** tikta, kassaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;  
**Prabhaava:** kusthaghna; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

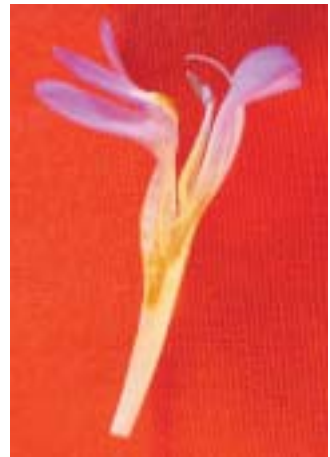
Bark: used in melancholia, conjunctivitis & haemoptysis. Heartwood: cooling, antiviral, depurative, spasmolytic, anthelmintic, antifungal, antiseptic, antipyretic, antidysenteric, appetizer, haemostatic, anti inflammatory, hypoglycaemic, tonic & used in catarrh, cough, pruritus, leprosy, leucoderma, skin diseases, diarrhoea, foul ulcers, wounds, haemoptysis, haematemesis, anaemia, diabetes & pharyngodynia. Catechu: digestive, appetizer, aphrodisiac, vulnerary, anthelmintic, depurative, tonic & used in laryngopathy, flatulence, ulcers, wounds, skin diseases, urine incontinence, colporrhagia, bed sore, gonorrhoea, otitis & otorrhoea.

### Formulations

Khadiraadi kw, K. vt, Saptashaali vt, Khadiraastaka ch, Khadiraarista, Louhaarista, Triphalaa ggl, Swayambhuva ggl, Varaadi ggl, Naaraayana tl, Marichyaadi tl, Sahacharaadi tl, Jaatyaadi tl, Bhunimbaadi gt, M.khadira gt, Somaraaji gt, M.bhallaataka av, Pancha nimbaka av, Asanaadi yg.

### Therapeutic uses

- Toothache, spongy gum, hoarseness, sore throat & tonsilitis - Decoction of catechu held in mouth or gargled - DT







## Kokilaaksa

<b>Botanical name</b>	: <i>Hygrophila auriculata</i> (Schum.) Reine.
<b>Family</b>	: Acanthaceae
<b>Synonym</b>	: <i>H. spinosa</i> T. Anders, <i>Asteracantha longifolia</i> Nees.
<b>Ayurvedic syn.</b>	: Iksuraka, Iksura, Kaakeksu, Iksugandha, Iksu-baalikaa, Tilakantaka, Bhiksu, Ksuraka, Pundra.
<b>Trade name</b>	: Long leaved barleria; <b>Local name</b> : Koilikhiaa, Koilekhaa

### Description

A robust, often gregarious, erect herb, 0.4-1 m high in marshy patches; with sparsely sub-hispidly hairy stems and whorled spines at the nodes: Spines 1-3 cm long, often 6 in a whorl. Leaves simple, sessile, pseudo-whorled from the shortened axillary branchlets; the two outer ones often larger; oblong 5-10 x 1.3-2.5 cm, entire or minutely dentate, apex acute. Flowers purple, 3-3.7 cm long, in axillary whorls. Calyx 4-partite, silky, posterior lobe 1.8 cm, lateral smaller, anterior 2-toothed. Corolla-tube 1.2-1.5 cm, cylindric below, enlarged above; upper lip 2-lobed, the lower 3-lobed with 2 crested folds on the palate. Stamens 4, didynamous. Ovules 4 per cell. Style pubescent. Capsules linear-oblong, 7.5 mm long, shorter than calyx-lobes. Seeds 4-8, on hard retinacula, flat and white hairy when wet.

### Parts used

Roots, leaves, seeds, whole plant.

### Ayurvedic properties

**Rasa**: madhura; **Guna**: guru, snigdha, pichchhila; **Virya**: shita; **Vipaaka**: madhura; **Dosakarma**: vaata pitta shaamaka

### Actions & uses

Refrigerant, antiinflammatory, aphrodisiac, tonic, liver tonic, sexual tonic, ophthalmic, diuretic, lithontriptic, rejuvenating & useful in dropsy of chronic Bright's disease, ascities, hyperdipsia, vesical calculi, natural abortion, jaundice, rheumatism, lumbago, arthralgia, anasarca & sexual debilities etc.

### Formulations

Kokilaaksa ksr, Viratarvaadi tl, Br.agnimukha ch, Shataavari ch, Madana kaamadeva rs.

### Therapeutic uses

- i. Sexual strength - Seed powder 3g + a glass of milk - SS
- ii. Gout - Decoction of whole plant 50 ml & leaves as vegetable-AH
- iii. Insomnia - Decoction of whole plant 50 ml - HS







## Koshaataki

<b>Botanical name</b>	: <i>Luffa acutangula</i> (L.) Thumb.
<b>Family</b>	: Cucurbitaceae
<b>Synonym</b>	: <i>L. amara</i> Roxb. <i>L. acutangula</i> (L.) Roxb. var. <i>amara</i> (Roxb.) <i>Cucumis acutangula</i> L.
<b>Ayurvedic syn.</b>	: Krtavedhana, Jaalini, Raajimatphalaa, Mrdangaphalini
<b>Trade name</b>	: Ribbed luffa ; <b>Local name</b> : Pitaa taradaa

### Description

An extensive annual climber, stem smooth, angled. Leaves simple, alternate, 5-7-lobed or angled, 7.5-15 cm across, base deeply cordate, minutely closely scabrous above, more softly so beneath, margin dentate; petiole 8-12 cm long, scabrous; tendril often trifid, subhispid. Flowers yellow, male and female in the same axil. Male flowers: racemed or sometimes paniced. Calyx-tube campanulate, pentagonous; lobes 5, lanceolate. Petals 5, free, obcordate, 2 x 2-2.5 cm. Stamens 5, filaments 3-4 mm long. Female flowers: solitary, larger. Ovary elongate, angular, apex constricted. Fruit calvate-oblong, 15-30 x 6-10 cm, narrowed at base to a stalk of often its own length.

### Parts used

Fruit, leaves, roots.

### Ayurvedic properties

**Rasa**: tikta; **Guna**: laghu, ruksa, tiksna; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: kapha vaata samshodhaka

### Actions & uses

Leaves are used in splenitis, haemorrhoids, leprosy, granular conjunctivitis & ringworm. Fruits demulcent, diuretic, tonic & nutritive. Seeds bitter, emetic, expectorant, purgative & are useful in dermatopathy.

### Formulations

60 medicinal recipes are narrated in Charaka Samhita, Kalpa Sthaana, 6<sup>th</sup> Chapter.

### Therapeutic uses

- i. Vaginal polyp - Fruit juice mixed with curd water - BS
- ii. Hair depilatory - LA: seed-oil after shaving- RM
- iii. Haemorrhoids - Taking a brinjal steamed in Kosaataki juice, then fried with ghee, followed by a glass of butter milk once daily for a week - GN







## Koshaamra

<b>Botanical name</b>	: <i>Schleichera oleosa</i> (Lour.) Oken
<b>Family</b>	: Sapindaceae
<b>Synonym</b>	: <i>S. trijuga</i> Willd., <i>Pistacia oleosa</i> Lour.
<b>Ayurvedic syn.</b>	: Laaksaa vrksa, Mukulaka, Raktaamra, Sukosha, Krmivrksa, Ghanaskandha, Ksudramoukuli.
<b>Trade name</b>	: Lac tree
<b>Local name</b>	: Kusuma, Kosaangi, Swaada kusuma, Paagadaa.

### Description

A large handsome tree; new foliage bright red, dark green and dense when old; bark rather thin. Leaves alternate, compound, paripinnate, 20-40 cm long; leaflets 2-4 pairs, opposite or subopposite, elliptic or oblong, 7-25 cm, entire, rarely repand, apex acuminate or acute, glabrous, nerves distinct. The racemes 5-15 cm, axillary or below the leaves and often on special abbreviated branchlets. Flowers yellowish, small. Fruit ovoid, 2-2.5 x 1.5 cm, sharply pointed. Seed compressed, brown, 1-1.5 cm long.

### Parts used

Bark, seeds, seed oil, fruits, lac.

### Ayurvedic properties

**Rasa:** amla (fruit), katu, tikta, kasaaya (oil); **Guna:** guru; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Bark astringent, febrifuge & useful in pruritus, adenitis, lumbago, notalgia, arthralgia, malaria, inflammations, ulcers, pimples & ripening boils. Seed oil sour, sweet, bitter, appetizer, stomachic, digestive, purgative, anthelmintic, trichogenous, tonic & useful in vitiated conditions of vaata, burns, acne, dermatopathy, scald, hairfall, trichopathy & cephalalgia etc.

### Formulation

Nyagrodhaadi kwaatha

### Therapeutic uses

- i. Wound - LA: Seed paste - VM
- ii. Scrotal enlargement - Seed oil 2.5 ml - 5 ml with a cup of milk at bed time - SS







## Krsnamusali

<b>Botanical name</b>	: <i>Curculigo orchioides</i> Gaertn.
<b>Family</b>	: Hypoxidaceae
<b>Ayurvedic syn.</b>	: Taalamuli, Taalapatri, Kharjuri, Khalini, Musali, Hiranyapuspi, Taalamulikaa, Vrsakandaa, Mousali, Mahaavrsaa, Bhutaala, Mulapuspi, Parnapuspi.
<b>Trade name</b>	: Kali musli
<b>Local name</b>	: Taalamuli, Kuaakendaa

### Description

A stemless perennial herb; rootstock of elongate tuber up to 30 cm long. Leaves radical, simple, narrow, linear-oblong, or linear-lanceolate, 10-50 x 2-3.7 cm, apex acute, sessile or tapering into a short petiole. Scape usually very short and hidden among the bases of the leaves underground, only the perianth rising not far above the ground, flowers few, opening in succession of 2-3 together. Perianth yellow, 0.8-1.7 cm across. Ovary usually below ground.

### Parts used

Root stocks

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** guru, snigdha, pichchhila; **Virya:** usna; **Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka, kapha vardhaka.

### Actions & uses

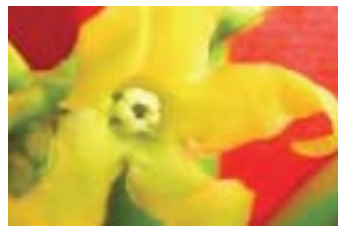
Cooling, emollient, diuretic, aphrodisiac, depurative, alterant, appetizer, carminative, viriligenic, antipyretic, tonic & useful in gonorrhoea, leucorrhoea, haemorrhoids, pruritus, asthma, bronchitis, jaundice, colic, lumbago, ophthalmia & seminal weakness etc.

### Formulations

Musali pk, Puga pk, Goksuraadi mdk, M.naaraayana tl, Br. surana mdk, Br.kusmaanda av, Louha rsyn, Khandakaadya louha.

### Therapeutic uses

- i. Sexual strength - Powder 3g + ghee 3 ml, bd - VV
- ii. Dysuria - Decoction 150 ml, bd - BH
- iii. Jaundice - Powder 3g + cumin powder 3g - DGKD
- iv. Promotion of colour & complexion - Powder 3g + onion juice 5ml - DGKD







## Krsnasaarivaa

<b>Botanical name</b>	: <i>Cryptolepis buchanani</i> Roem. & Schult.
<b>Family</b>	: Asclepiadaceae
<b>Ayurvedic syn.</b>	: Jambupatraa, Chandanagandhaa, Dugdthagarbhaa, Shyaamaa, Gopi, Gopabadhu, Kalaghantikaa.
<b>Trade name</b>	: <i>Cryptolepis</i> ; <b>Local name:</b> Gopakaanhu, Gopikaniara.

### Description

A large glabrous climber with copious milky juice; bark brown on old stems. Leaves simple, opposite, oblong or elliptic, 7-15 x 3.7-6.2 cm, apex obtuse, rounded, often apiculate, glabrous and shining above, pale- glaucous beneath, secondary nerves numerous, nearly parallel, united in an intramarginal ring, base rounded or subacute; petiole 7.5-15 mm long. Flowers whitish-yellow, 1.8 cm across, in axillary lax, often paniced cymes. Cymes usually 2.5-5 cm long and broad; pedicles 3 mm long. Calyx-lobes ovate, acute, 2.5 mm. Corolla-tube 2.5-3 mm; lobes linear, linear-lanceolate, 7.5 mm. Coronal-scales clavate, fleshy. Pollinia very minute, linear. Follicles divaricate, 5-10 cm long, 1.2-1.8 cm diam in the middle. Seeds oblong, flattened, crowned with a coma of long silky hairs.

### Parts used

Root, whole plant.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** tridosa shaamaka

### Actions & uses

Mild aromatic, depurative, cooling, antibacterial, antimicrobial, hypotensive, antiamphetamine, galactagogue & also used in rickets, sores, ascities, cholera, dysentery, abdominal pains, anasarca, bodyache, fractures. Mahaatikta ghrita, one of its formulations is found highly effective in duodenal ulcer.

### Formulations

Br. chhaagalaadya gt, Madhukaadi shita ksy, Triphalaa gt, Br. phala gt, M.kalyaanaka gt, M.tiktaka gt, Vatsaamayaantaka gt, M.panchagavya gt, Goksuraadi gt, Chandanaadi tl.

### Therapeutic uses

- i. Paralysis - Decoction of stems - DT
- ii. Rheumatism - Root bark powder - DT

**Krsnasaarivaa-II**



**Ksirachampaka**







## Krsnasaarivaa-II

<b>Botanical name</b>	: <i>Ichnocarpus frutescens</i> R. Br.
<b>Family</b>	: Apocynaceae ; <b>Local name</b> : Suaamalai

### Description

A large rambling shrub branches rusty-tomentose. Leaves simple, opposite, lanceolate-oblong or broadly oblong, 4-11.5 x 2-5 cm, apex acute to acuminate, glabrous, base acute or rounded; petiole 4-6.5 mm. Panicle narrow, usually leafy, with short branches. Flowers white, small, 7.5mm diam; pedicels 1.2-5 mm. Calyx lobes 1.7 mm. Corolla-tube swollen in the middle, 3mm, mouth villous, lobes narrow, twisted. Follicles linear, 4.5-16 x 0.3 cm, divaricate, slightly flattened. Seeds brown, linear, 1.2cm, grooved, with a coma about 6.2 mm.

### Note

*Ichnocarpus frutescens* R. Br. is also used as Krsnasaarivaa in several parts of India.

## Ksirachampaka

<b>Botanical name</b>	: <i>Plumeria rubra</i> L. ; <b>Family</b> : Apocynaceae
<b>Synonym</b>	: <i>P. acuminata</i> R.Br., <i>P. acutifolia</i> Poir.
<b>Trade name</b>	: Temple tree ; <b>Local name</b> : Kaatha champaa

### Description

A small tree. Leaves simple, alternate, oblanceolate or oblong, 20-30 x 7-8 cm, apex acute or obtuse, mid-rib thick, secondary nerves parallel, base tapering; petiole upto 8 cm. Flowers red or white with a yellow center, fragrant, in short umbellately divided cymes on a long peduncle. Corolla funnel-shaped, with a slender tube and 5 large. Petals, lobes obovate-elliptic, 3.7cm; tube hairy within. Anthers sub-sessile, at the base of the tube.

### Parts used

Bark, leaves, flowers, latex.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya; **Guna:** sara; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamaka.

### Actions & uses

Bark is thermogenic, purgative, emetic & local application of its paste is useful in arthralgia & varicose vein. Latex purgative, emetic, anodyne, aphrodisiac & its massage is done in erectile dysfunction & notalgia. Oil processed with the leaves is useful in leprosy, ulcers, pruritus, eczema, ringwork & insect poisoning.



**Ksiravidaari**



**Vidaari**







## Ksiravidaari

<b>Botanical name</b>	: <i>Ipomoea mauritiana</i> Jacq. ; <b>Family:</b> Convolvulaceae
<b>Synonym</b>	: <i>I. paniculata</i> R.Br., <i>I. digitata</i> auct. non L.
<b>Ayurvedic syn.</b>	: Swaadukandaa, Gajavaajipriyaa, Bhumikusmaanda.
<b>Trade name</b>	: Bidarikanda ; <b>Local name:</b> Bhuin kakhaaru

### Description

A shade loving twiner from a tuberous root. Leaves simple, alternate, suborbicular, 7.5-15.5cm diam, deeply palmately 5-7-lobed up to the middle, base deeply cordate; lobes elliptic; petiole 5-10cm. flowers pink-purple, many in long-peduncled, corymbose cymes; peduncle 5-15cm; pedicel 6-10 mm. Sepals elliptic, 6-12.5mm, obtuse, concave, inner ones orbicular. Corolla widely campanulate, 3.7-6.2cm long, with a narrow tubular base. Stamens unequal, included. Style slender; stigma of 2-globose lobes.

### Parts used

Root tubers

### Ayurvedic properties

**Rasa:** madhura; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** madhura;  
**Dosakarma:** vaata pitta shaamaka

### Actions & uses

Refrigerant, emollient, laxative, aphrodisiac, galactagogue, diuretic, rejuvenating, emetic, cardiogenic, alterant, expectorant, febrifuge, tonic, aphrodisiac & useful in arthritis, agalactia, strangury, emaciation, cardiac debility, hepatosplenomegaly, leprosy, pharyngitis, tuberculosis & spermatorrhoea etc.

### Formulations

Vidaari ch, V. gt, Vidaaryaadi tl, Bhadraavaha gt, Punarnavaadi av, Kushaadi gt, Shataavari gt, Chyavanapraasha, Puga pk , Shataavaryadi kw, Parusaka gt.

### Therapeutic uses

- i. Scanty lactation - Powder with milk - BS
- ii. Sexual strength, spermatorrhoea - Powder with milk & ghee - SS

## Vidaari

<b>Botanical name</b>	: <i>Pueraria tuberosa</i> (Willd.) DC. ; <b>Family:</b> Fabaceae;
<b>Local name</b>	: Bhuin kakhaaru

### Description

A large woody climber with tuberous roots. Tubers sometimes attaining enormous size. Leaves alternate, compound, 3-foliolate; petiole 9-18 cm long, leaflets 15-20cm long, roundish or the terminal one rhomboid, the lateral ones ovate, inequilateral, 15 x 12cm, apex acuminate; lateral petiolules 0.8-10mm, terminal petiolule upto 5cm. Flowers bluish.

### Note

Ksiravidaari & Vidaari are counted separately in madhura skandha in CS/Vmn/Ch.8. Both have nearly same medicinal value, but the former is more efficacious.







## Ksirini

<b>Botanical name</b>	: <i>Manilkara hexandra</i> (Roxb.) Dubard.
<b>Family</b>	: Sapotaceae
<b>Synonym</b>	: <i>Mimusops hexandra</i> Roxb., <i>M. indica</i> A.DC. in DC.
<b>Ayurvedic syn.</b>	: Raajaadana, Kapista, Ksirapuraka, Nimbabija, Maadhavodbhava, Shukesta, Vishwarupaka.
<b>Trade name</b>	: Obtuse leaved mimusops
<b>Local name</b>	: Kshiri koli

### Description

A small tree; bark rough, grey. Leaves simple, alternate, clustered towards the end of the branches, coriaceous, oblanceolate-oblong, elliptic or elliptic-oblong, 5-12 x 3-6 cm, entire, apex rounded and often emarginated, glabrous, secondary nerves obscure, base rounded or cuneate, petiole 7.5-12.5 mm. Flowers small, 6.2 mm long, white; pedicels 6.2-7.5 mm long, in fascicles of 2-6 and from the axils of fallen leaves. Calyx-lobes 3+3. corolla-lobes 6, narrower than their 2-fid appendages. Berry oblong-ellipsoid, 1.2 cm long. Seeds compressed, ellipsoid.

### Parts used

Bark, leaves, flowers, fruits.

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** amla; **Dosakarma:** vaata shaamaka

### Actions & uses

Refrigerant, aphrodisiac, alexipharmic, appetizer, stomachic, anthelmintic, emollient, tonic & useful in ulorrhagia, ulitis, odontopathy, fever, anorexia, dyspepsia, colic, flatulence, helminthiasis, hyperdipsia, burning sensation, hallucination, loss of consciousness, dipsia, bronchitis, urethrorrhoea, leprosy, corneal ulcer & opacity etc.

### Formulations

Amrtapraasha av, M. pinda tl, Puga pk, Aarshabhaka gt, Raajaadana lh, Raajaadanaarista, Ksirinyaasava

### Therapeutic uses

- i. Menometrorrhagia - Leaf paste fried in ghee 3g, bd - CS
- ii. Freckles - LA: bark paste- SS
- iii. Wound - LA: bark paste + cow's urine - SS
- iv. Thirst - Flowers pounded with candy 5g - SS







## Kuchandana

<b>Botanical name</b>	: <i>Adenantha pavonina</i> L.
<b>Family</b>	: Mimosaceae
<b>Trade name</b>	: Coral wood tree
<b>Local name</b>	: Mandaakaaincha

### Description

A small handsome tree, soemtimes flowering as a shrub; bark grey. Leaves alternate, compound, bipinnate, pinnae opposite, 4-6-pairs, distant; leaflets alternate, oblong, 1.8-3.2 cm long, obtuse, apiculate. Flowers small, yellowish-white, in paniced spiciform racemes, 5-15 cm long. Calyx short, companulate, 5-lobed. Petals 5, connate below. Stamens 10, free and as long as the corolla. Ovary sessile, style filiform. Pods linear, septate within, curved, 15-22.5 x 1.2cm, the valves much twisted after dehiscence. Seeds about 10, thick, with hard shining scarlet testa.

### Parts used

Bark, leaves, seeds, heartwood.

### Ayurvedic properties

**Rasa:** kasaaya, tikta, madhura; **Guna:** laghu; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** pitta shaamaka, flowers- kapha vaata shaamaka.

### Actions & uses

Bark & leaves: astringent, vulnerary, aphrodisiac & useful in vitiated conditions of vaata, colonorrhoea, haematuria, ulcers, pharyngopathy, gout. Seeds: bitter, astringent, sweet, cooling, aphrodisiac, suppurative, antiemetic, febrifuge & useful in vitiated conditions of vaata, gout, burning sensation, hyperdipsia, vomiting, fever & giddiness. Heart wood: astringent, aphrodisiac, haemostatic & useful in dysentery, hemorrhages & vitiated conditions of vaata. Flowers: aphrodisiac & ophthalmic.

### Therapeutic uses

- i. Summer boils, burning sensation - Smearing seed paste cools body soon. - DGKD
- ii. Headache, lumbago, migraine - Applying seed paste on forehead. - DGKD
- iii. Diarrhoea, blood dysentery - Root decoction 20-40 ml. bd/tds - DGKD







## Kukundara

<b>Botanical name</b>	: <i>Blumea lacera</i> DC.;	<b>Family</b>	: Asteraceae
<b>Synonym</b>	: <i>B. subcapitata</i> DC., <i>Conyza lacera</i> Burm.f.		
<b>Ayurvedic syn.</b>	: Taamrachuda, Mrduchchhada, Suksmapatra.		
<b>Trade name</b>	: Kukraundha		
<b>Local name</b>	: Bada pokashunghaa, Kukurashunghaa		

### Description

An aromatic herb with subtomentose or pilose stems. Leaves simple, alternate, sessile or petiolate, elliptic-oblong to obovate-oblong, sharply sometimes doubly toothed, or serrate and lower often lyrate or lobulate; lower or all narrowed into a petiole, more or less hairy, often densely sericeous beneath. Heads 5-6.5 mm, in axillary and terminal, dense to lax panicles. Involucral bracts linear and tapering, slightly longer than the florets; reflexed at maturity. Corollas yellow, those of bisexual florets 5 lobed, those of the female florets 2-3-lobed.

### Parts used

Whole plant, roots, leaves.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

The plant is acrid, astringent, bitter, thermogenic, errhine, antiinflammatory, stryptic, ophthalmic, stimulative, digestive, anthelmintic, liver tonic, expectorant, febrifuge, sudorific, diuretic, deobstruent & useful in vitiated conditions of pitta & kapha, catarrh, cephalalgia, inflammation, ophthalmia, bruises, wounds, abdominal disorders, intestinal worms, liver disorders, haemorrhoids, hemorrhages, haematemesis, cough, bronchitis, leucorrhoea, fever, intermittent fevers, burning sensation, pruritus, stomatopathy, hyperdipsia, halitosis & cholera etc. Leaves possess volatile aromatic oil, also yield camphor.

### Therapeutic uses

- i. Intermittent fever - Snuff: leaf juice bd / tds - DGKD
- ii. Lice - LA: leaf paste - DGKD
- iii. Blood dysentery - Decoction of whole plant 50 ml - DGKD
- iv. Bleeding piles - Leaf juice 10ml + black pepper 1g - Chunekar
- v. Fever - Juice 10ml powder + decoction of Nirgundi-Chunekar







## Kumbhi

<b>Botanical name</b>	: <i>Careya arborea</i> Roxb.
<b>Family</b>	: Barringtoniaceae
<b>Ayurvedic syn.</b>	: Kumbhikaa, Kumbhika, Sthalakumbhi, Daadimaakaaraphala.
<b>Trade name</b>	: Kumbhi ; <b>Local name</b> : Kumbhi

### Description:

A medium-sized tree; bark thick, dark brown, rather smooth with exfoliating scales. Leaves simple, alternate, obovate or obovate-oblong, 15-38 x 7-18 cm, margin crenate-serrate, apex obtuse, rounded or shortly acuminate, base narrowed; petiole short, margined. Flowers white and pink, 5-8 cm across, sessile or subsessile; bracts lanceolate, 1.5 cm long; bracteoles 2, upto 1.2 cm long. Calyx-lobes ovate, obtuse. Petals elliptic-oblong, 4 cm long. Filaments pink on the lower half, white above. Ovary usually 4-celled; style upto 4 cm. Fruit globose, 5-7cm diam., fleshy, crowned with the calyx-tube.

### Parts used

Bark, leaves, flowers.

### Ayurvedic properties

**Rasa:** kasaaya, tikta; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** vaata pitta shaamaka

### Actions & uses

Bark bitter, acrid, astringent, mucilaginous, thermogenic, alexeteric, vulnerary, antiinflammatory, digestive, stimulative, anthelmintic, febrifuge, expectorant, demulcent, emollient, antipruritic & used in wounds, ulcers, sinus, small pox, leucoderma, skin diseases, eruptive fever, dyspepsia, colic, diarrhoea, dysentery, spermatorrhoea, menorrhagia, leucorrhoea, tumours, cough, catarrh, bronchitis, urinary discharges & epileptic fits. Leaves useful in ulcers. Flowers are vulnerary, tonic, demulcent, useful in cough, cold, healing vaginal raptures caused by child birth and also as a tonic in post partum period. Fruits acrid, astringent, aromatic, anaphrodisiac & useful in vitiated conditions of Kapha & dyspepsia.

### Formulation

Kumbhikaadi taila

### Therapeutic uses

- i. Spermatorrhoea - Bark decoction 20-50 ml, bd - BP







## Kupilu

<b>Botanical name</b>	: <i>Strychnus noxvomica</i> L.;	<b>Family</b>	: Loganiaceae
<b>Ayurvedic syn.</b>	: Kaakapilu, Visamusti, Visatinduka, Kaaraskara, Kakatinduka, Kaalakuta, Garadruma, Ramyaphala, Kupaaka, Sumustika, Ksudhaahwa, Keshamusti.		
<b>Trade name</b>	: Nuxvomica		
<b>Local name</b>	: Kuchulaa, Kochilaa, Karaa.		

### Description

A medium sized tree; bark smooth, grey. Leaves simple, opposite, ovate, 5-14 x 3.5-7.5 cm, apex acute, obtuse or rounded, shining, glabrous, with 3 strong nerves from the base; base rounded or suddenly acute; petiole 7.5-12.5 mm long. Flowers 6.5-7.5 mm long, in short-peduncled cymes mostly at the ends of short branchlets. Calyx very small. Corolla greenish-white, tubular with short lobes; tube 5-6.2 mm long, throat glabrous. Stigma entire. Berry bright orange, globose, 3-5 cm diam. Seeds several, embedded in white, intensely bitter pulp.

### Parts used

Bark, leaves, seeds.

### Ayurvedic properties

**Rasa:** tikta, katu; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Bark is bitter & useful in cholera. Leaves are applied as poultice in wounds & ulcers & the leaf decoction is useful in paralysis. The pulp of ripe fruit is useful in paralytic affection of paws & feet. Seeds bitter, acrid, alexeteric, aphrodisiac, stimulant, appetizer, stomachic, digestive, purgative, antiperiodic, anthelmintic, febrifuge, emmenagogue & useful in cholera, anaemia, asthma, bronchitis, constipation, diabetes, insomnia, intermittent & malarial fevers, cardiopalmus, skin diseases, paralysis & weakness of limbs.

### Formulations

Galitakusthaari rs, Krmimudgar rs, Laxmivilaasa rs, Navajivana rs, Agnitundi vt, Visatinduka vt, Visamusti yg, Kupilu hingwaadi yg, Sarveshwara rs, Kupilubijaadi kw, Kaaraskara gt.

### Note

It is a highly poisonous drug for it possesses a poisonous alkaloid strychnine. So it is used only after some sorts of pharmaceutical purifications. Yet overdose or prolonged use leads to convulsion & hence prescription needs due care.







## Kutaja

<b>Botanical name</b>	: <i>Holarrhena pubescens</i> (Buch.-Ham.) Wall.ex G. Don.
<b>Family</b>	: Apocyanaceae
<b>Synonym</b>	: <i>H. antidysenterica</i> Wall. ex A. DC., <i>H. codaga</i> Don., <i>H. malaccensis</i> Wight., <i>Echites pubescens</i> Buch.-Ham.
<b>Ayurvedic syn.</b>	: Kouta, Vatsaka, Vrksaka, Girimallikaa, Kaalinga, Shakrashaakhi, Indravrkasa, Yavaphala, Indradru.
<b>Trade name</b>	: Kurchi ; <b>Local name:</b> Pitaakoruaa, Kurchi, Kurei.

### Description

A large shrub or small tree; bark thick, smooth exuding latex when cut. Leaves simple, opposite, distichously spreading, subsessile, elliptic, ovate or elliptic-oblong, 20 x 3.5-6.5 cm, apex acute to acuminate, base acute, obtuse or rounded; secondary nerve 8-12, quite distinct on both surface. Cymes 7.5-15 cm wide. Flowers white, sweet scented, 1.8-3.7 cm diam. Calyx-lobes 2.5 mm. Corolla-tube 1 cm, pubescent, lobes 1.2-1.5 cm. Follicles slender, divaricate 15-25 cm long. Seeds linear-oblong, about 1 cm long with brown coma.

### Parts used

Stem bark, leaves, seeds (called as Indrayava)

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** katu; **Vipaaka:** shita;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Antiprotozoal, Antiamoebic, antidysenteric, antidiarrhoeal, antispasmodic, anti-giardiasis, antispirochetal, antifungal, antitubercular, anticancer, hypotensive, anthelmintic, antiperiodic, aphrodisiac, digestive, carminative, expectorant, tonic & useful in amoebic dysentery, diarrhoea, asthma, broncho-pneumonia, hepatosplenomegaly, internal hemorrhages, haemorrhoids, rheumatism, malaria, vomiting, uropathy & skin diseases.

### Formulations

Kutajaarista, Kutajavaaleha, Br. gangaadhara ch, L. g. ch, Jirakaadya ch, Br.marichaadya tl., Panchanimba ch, Palaashabijaadi ch, Kutajaasava.

### Therapeutic uses

- i. Amoebic dysentery,  
blood dysentery - Bark decoction 50 ml, bd - SS
- ii. Bleeding haemorrhoids - Bark decoction 20ml +ginger powder 3g -CS







## Laangali

<b>Botanical name</b>	: <i>Gloriosa superba</i> L.;	<b>Family</b>	: Liliaceae
<b>Ayurvedic syn.</b>	: Kalihaari, Halini, Shakrapuspi, Vishalyaa, Agnishikhaa, Garbhapaatani, Yugmakandaa.		
<b>Trade name</b>	: Glory lily ;	<b>Local name:</b>	Lahalangaliaa

### Description

A pretty climbing or usually scrambling shrub with leafy stem and diagonally shaped tuberous rootstock. Leaves simple, spirally arranged, sessile or subsessile, lanceolate or linear, 7.5-18.5 x 1.2-5 cm, apex circinate, finely parallel nerved each side of the midrib, base rounded. Flowers 8-15 cm across, solitary, axillary on reflexed pedicels; pedicels rather stout, up to 17.5 cm long. Tepals 6, free, spreading, linear, 5-8.5 x 1-1.5 cm, beautifully waved and crisped, lower half yellow, upper half red, finally the whole turning more or less red. Stamens 6, hypogynous; filaments filiform; anthers linear, versatile; style filiform, sharply deflexed; apex 3-fid. Fruit oblong, 4-6.5 cm long. Seeds orange-red, 5 mm across.

### Parts used

Rootstocks

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** katu, tiksna; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Intensely poisonous, abortifacient, depurative, anthelmintic, purgative, emetic, gastro-intestinal irritant, antipyretic, alexeteric, expectorant, rejuvenative, tonic & useful in scrofula, haemorrhoids, parasitic skin diseases, helminthiasis, intermittent fever etc. In large dose, it is highly poisonous & causes vomiting, purging, gastrodynia & burning sensation.

### Formulations

Laangali gtk, Laangalyaadi vtk, Br.kaashishaadi tl, M.naaraayana tl, Viparitamalla tl, Visyandana tl, Karaviraadi tl, M.marichyaadi tl, Aadityapaaka tl, Kachchhuraaksasa tl, Snuhidugdhaadi tl, Somaraaji tl.

### Therapeutic uses

- i. Expulsion of placenta - Application of paste on palms & feet - SS
- ii. Easy delivery - Application of paste on lower abdomen - BP
- iii. Otorrhoea - Ear drop: juice + trikatu powder - GN
- iv. Baldness - LA: rootstock paste - AH







## Lakucha

<b>Botanical name</b>	: <i>Artocarpus lacucha</i> Roxb. ex Buch.-Ham.
<b>Family</b>	: Moraceae
<b>Ayurvedic syn.</b>	: Likucha, Ksudra panasa, Granthimat phala, Sthulaskandha, Drdhavalkala, Sura, Pittanaasha.
<b>Trade name</b>	: Wild jack
<b>Local name</b>	: Jeuta

### Description

A moderate-sized tree with dense crown; branchlets villously-tomentose; bark grey, flaky in small scales. Leaves simple, alternate, elliptic or ovate, 10-25 x 5-12 cm, apex acute or acuminate, margin broadly dentate in young leaves, entire when old; pubescent or tomentose beneath, secondary nerves 8-13, strong, nearly reaching the margin, tertiaries scalariform and raised beneath; petiole 1.2-2.5 cm, tomentose; stipules lanceolate, caducous, leaving a scar. Receptacles axillary, males subsessile from previous years axils, females shortly peduncled from the current year axils. Fruiting receptacles irregularly subglobose, 7.5-10 cm diam, yellow when ripe.

### Parts used

Fruits, bark, leaves.

### Ayurvedic properties

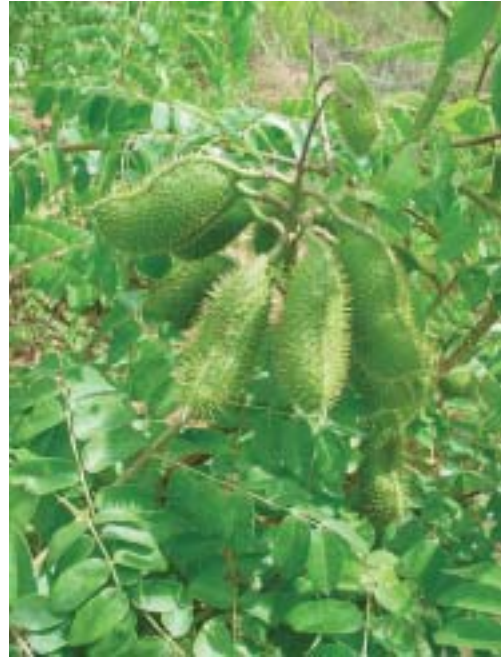
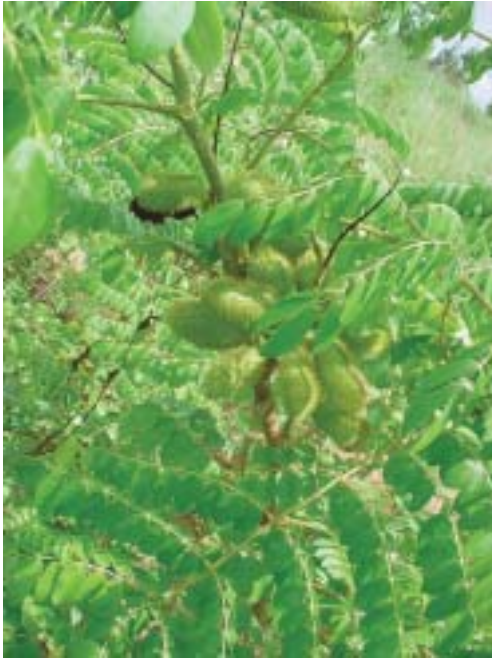
**Rasa:** amla, madhura, kasaaya; **Guna:** guru, ruksa; **Virya:** usna; **Vipaaka:** Amla; **Dosakarma:** tridosha kopana, vaata kapha hara.

### Actions & uses

Ripe fruits sweet, sour, refrigerant, appetizer, aphrodisiac, indigestible & useful in anorexia, dysentery, otalgia, otorrhoea, inflammations, frozen shoulder, ophthalmopathy & vitiated conditions of vaata & pitta. Bark useful in acnes, cracks, sores & leaves in bubose & hydrocele.

### Therapeutic uses

- i. Dysentery with blood, mucus & tenasmus - Fruit juice 40 ml + goat's milk 40ml in morning - VD
- ii. Otorrhoea - Ear drop: fruit juice + little salt, 3 days - VD
- iii. Frozen shoulder & arthritic swelling - LA: oil cooked with Lakucha, Haridraa, Shatapuspaa, Devadaaru & Sarjarasa - VD







## Lataakaranja

<b>Botanical name</b>	: <i>Caesalpinia bonduc</i> (L.) Roxb.
<b>Family</b>	: Caesalpinaceae
<b>Synonym</b>	: <i>Caesalpinia bonducella</i> (L.) Fleming, <i>C.crista</i> auct. non L., <i>Guilandina bonduc</i> L., <i>G. bonducella</i> (L.) Fleming.
<b>Ayurvedic syn.</b>	: Kuberaaksa, Kantaka karanja, Putikaranja, Prakirnaa, Vitapakaranja, Yaksalochana
<b>Trade name</b>	: Fever nut, bonduc nut ; <b>Local name:</b> Gila

### Description

A large climber with straight or recurved prickles; branchlets fulvous hairy. Leaves opposite, pinnately compound, rachis prickly; pinnae 6-8 pairs, leaflets 8-11 pairs, lanceolate, elliptic, oblong or ovate-oblong. 1.2-3 x 1.2-1.6 cm, obtuse or acute, mucronate, glabrous or pubescent beneath, base rounded to cuneate. Flowers yellow, in simple, usually supra-axillary, elongate racemes; the lower flowers only fertile; bracts linear, deciduous. Petals small, erect, marked with orange. Pods broadly oblong, 5-7.5 x 4 cm, prickly, dehiscent, 1-2 seeded. Seeds large, round, 1.8 cm diam, grey; testa very hard.

### Parts used

Root bark, leaves, seeds.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamaka, pitta virechaka.

### Actions & uses

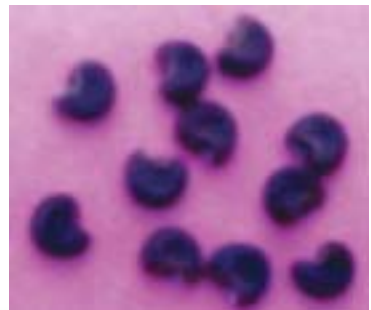
Emmenagogue, febrifuge, expectorant, anthelmintic, anodyne, digestive, depurative, antiviral, antifungal, antifertility, antiamoebic, antimalarial, antiinflammatory, antiestrogenic & useful in menstrual disorders, diarrhoea, spleno-hepatomegaly, pharyngodynia, arthralgia, hydrocele, asthma, leprosy, leucoderma, diabetes & intermittent fever.

### Formulations

Shakra vt, Visamajwaraghnī vt, Prameha mihira tl, Mishraka sneha, Vayasya gudaadi lepa yg, Putikaadyarista, Saptaparna ghana vt, Kuberaaksa vt.

### Therapeutic uses

- i. Colic - Fried seed kernels 2/3 + salt - SBM
- ii. Filariasis - Leaf juice 10 ml + mustard oil 5 ml - SS
- iii. Helminthiasis - Juice of leaves or roots + honey - SS







## Lataakasturi

<b>Botanical name</b>	: <i>Abelmoschus moschatus</i> Medic.
<b>Family</b>	: Malvaceae
<b>Synonym</b>	: <i>Hibiscus abelmoschus</i> L.
<b>Ayurvedic syn.</b>	: Kasturipurvakaa, Lataakasturikaa, Sugandhabhendaa, Muskabija.
<b>Trade name</b>	: Musk mallow ; <b>Local name:</b> Bana bhendi.

### Description

A hirsute or hispid herb upto 1 m height. Leaves simple, alternate, shape variable, mostly orbicular, 6-18 cm across, usually cordate or 3-7-lobed, upper leaves usually narrower & sagittate, margin coarsely serrate, lower surface with stellate hairs, petiole 2-20 cm; stipules linear. Pedicels 3-7.5 cm, epicalyx segments 6-10. Calyx 2-3.5 cm. Corolla yellow with a small dark purple centre, 10-12 cm across. Staminal column 1.5-2 cm. Capsule oblong, 5-8 cm long, with a short beak, more or less densely hispid. Seeds brown or black-brown, reniform, musk-scented.

### Parts used

Seeds

### Ayurvedic properties

**Rasa:** tikta, madhura, katu; **Guna:** laghu, ruksa, tiksna; **Virya:** shita;

**Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka.

### Actions & uses

Aromatic, refrigerant, aphrodisiac, ophthalmic, cardiogenic, digestive, stomachic, constipating, carminative, pectoral, anticonvulsant, diuretic, stimulant, antispasmodic, deodorant, insecticidal, tonic & useful in vitiated conditions of kapha & pitta, ophthalmopathy, cardiac debility, cough, asthma, bronchitis, hyperdipsia, burning sensation, nausea, dyspepsia, flatulent colic, diarrhoea, dysentery, strangury, gonorrhoea, spermatorrhoea, calculi, halitosis, ptyalism, hysteria, leucoderma & general debility.

### Formulation

Mahaachandanaadi taila

### Therapeutic uses

- i. Dysentery - Seed powder 3g, bd - DGKD
- ii. Dysuria, fever - Decoction of whole plant 100 ml, bd - DGKD
- iii. Asthma - Infusion 30-40 ml - Chunekar







## Lodhra

<b>Botanical name</b>	: <i>Symplocos racemosa</i> Roxb.;	<b>Family</b>	: Symplocaceae
<b>Synonym</b>	: <i>S. khasiana</i> (C.B.Cl), <i>S. nicobarica</i> C.B.Cl. <i>S. racemosa</i> Roxb. var. <i>khasiana</i> C.B.Cl.		
<b>Ayurvedic syn.</b>	: Rodhra, Tiritā, Shaavara, Gaalava.		
<b>Trade name</b>	: Lodh, Symplocos ; <b>Local name</b> : Lodha		

### Description

A small tree; bark smooth or rough, grey or in young parts yellowish. Leaves simple, alternate, lanceolate-oblong, elliptic or elliptic-lanceolate, 5-15 x 2-6 cm, serrate, serrulate, apex acute to acuminate, glabrous; petiole 0.6-1.5 cm long. Flowers in axillary, simple or compound racemes of 5-7.5 cm long, white, 1-1.2 cm diam, pedicels 1.2-3 mm. Calyx-lobes broadly oblong-ovate, 2-2.5 mm, connate below, puberulous or glabrous. Corolla-lobes connate at base. Stamens many, anthers as broad as long; connective very small. Style-1, stigma capitale. Drupe oblong, 7-12 x 4-6 mm, crowned by calyx. Seeds straight.

### Parts used

Bark

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, alterant, ophthalmic, expectorant, anti-inflammatory, depurative, phaemostatic, stomachic, constipating, suppurative & useful in ophthalmopathy, ulemorrhagia, hemorrhages, haemoptysis, asthma, bronchitis, dropsy, arthritis, ulcers, tumours, leprosy, skin disorders, fever, dyspepsia, flatulence, dysentery, diarrhoea, leucorrhoea & gonorrhoea etc.

### Formulations

Lodhraasava, Lodhraadi kw, L. lp, L. ch, Jaatyaadi tl, Padmakaadi tl, Jwara bhairava ch, Kumkumaadya tl, Laaksaadya tl, Saaraswata gt, Daadimaadya gt, Br.gangaadhara ch, Ativisaavaleha, Gandha tl, Kumbhikaadya tl, Gunavati varti.

### Therapeutic uses

- i. Hemorrhage - Dusting bark powder acts as haemostatic - SS
- ii. Wound - Dusting bark powder promotes healing - CS
- iii. Pimples - EA: bark paste mixed with alum powder - AS
- iv. Dysentery - Bark powder 3 g with a cup of curd, bd - BP







## Maadhavi

<b>Botanical name</b>	: <i>Hiptage benghalensis</i> (L.) Kurz.
<b>Family</b>	: Malpighiaceae
<b>Synonym</b>	: <i>H. madablota</i> Gaertn, <i>H. parviflora</i> W. & A.
<b>Ayurvedic syn.</b>	: Vaasanti, Pundraka, Mandaka, Atimuktaa, Vimuktaa, Chandravalli, Bhramarotsavaa
<b>Trade name</b>	: Clustered Hiptage
<b>Local name</b>	: Maadhavi, Nata naageshwara

### Description

A large woody climber; young branches tomentose but soon glabrescent. Leaves simple, opposite, coriaceous, ovate-oblong, elliptic or oblong-lanceolate, 10-18 x 5-8 cm, shortly acuminate or rounded at apex, base acute to rounded, petiole 5-10 mm. Flowers white, showy and fragrant, 1.2-2 cm across, in terminal and axillary simple or branched racemes. Calyx with a large gland adnate to the pedicel. Sepals 5, ovate, elliptic or oblong. Petals 5, unequal, four of them white and the inner one yellow, 1-1.5 cm long, more or less clawed, margins fimbriate. Stamens unequal, anterior one being 2-3 times as long as the other 9, filaments connate at the base. Fruit a samara, consisting of a globular mericarp with 3 laterally developed, coriaceous wings; middle wing the longest, two laterals smaller.

### Parts used

Bark, leaves, flowers, seeds.

### Ayurvedic properties

**Rasa:** madhura, tikta, kasaaya, **Guna:** laghu; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** tridosa shaamaka

### Actions & uses

Aromatic, cooling, vulnerary, expectorant, cardiogenic, anti-inflammatory, insecticidal & useful in pruritus, scabies, leprosy etc. skin diseases, cough, asthma, cardiac debility, rheumatism, hyperdipsia, obesity, intrinsic hemorrhage, wounds, ulcers, burning sensation etc.

### Formulation

Atimuktaka taila

### Therapeutic uses

- i. Obesity - (a) Seed kernel + honey - BP  
(b) Root powder 3g + butter milk 1 glass, bd - CD
- ii. Scabies : - EA: leaf paste - Chunekar







## Maamsarohini

<b>Botanical name</b>	: <i>Soymida febrifuga</i> (Roxb.) A.Juss.
<b>Family</b>	: Meliaceae
<b>Ayurvedic syn.</b>	: Rohini, Atiruhaa, Vrttaa, Charmakasaa, Prahaaravalli, Vikashaa, Viravati, Sulomaa, Sulomakarani.
<b>Trade name</b>	: Indian Red wood
<b>Local name</b>	: Rohini, Suaama

### Description

A medium sized tree; bark dark brown or blackish, splitting into oblong flakes in old trees. Leaves alternate, compound, paripinnate; 22-45 cm long; leaflets opposite, 3-6 pairs, broadly oblong, elliptic or suborbicular, 4.5-15 x 4-15 cm, lower pair small, middle larger, apex obtuse or rounded, glabrous, base unequal, petiolule 0-5 mm. Flowers in large terminal or axillary panicles, white, 7.5-10 mm across. Calyx saucer-shaped, 5-lobed. Petals 5, free, spreading, clawed. Staminal-tube short, cupular, 10-cleft, apex dentate. Style short, stigma large, capitate, slightly toothed. Capsule large, ellipsoid, obovoid, 7.5x 5 cm, 5-valved woody, valves separating from a large 5-rayed central axis. Seeds numerous, winged both ends, albuminous.

### Parts used

Bark, fruits.

### Ayurvedic properties

**Rasa:** kasaaya, katu; **Guna:** laghu, ruksa; **Virya:** Shita; **Vipaaka:** Katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Bark: acrid, astringent, refrigerant, tonic, rejuvenant, aphrodisiac, antiperiodic, antiinflammatory, laxative, anthelmintic, vulnerary, antidysenteric, haemostatic, febrifuge, good antimalarial like cinchona, union promoter and useful in vitiated conditions of kapha & pitta, wounds, ulcers, fracture, trauma, bruises, odontopathy, sore throat, pharyngopathy, chronic fever, cough, asthma, bronchitis, intrinsic hemorrhages, malaria, general and sexual debility and in bringing normal colour & complexion of the skin.

### Therapeutic uses

- i. To bring normal colour in scars of acnes & wounds - LA: fruit paste - Pandey
- ii. Odontopathy, soar throat - Gargle with decoction - KB







## Maasaparni

<b>Botanical name</b>	: <i>Teramnus labialis</i> (L.f.) Spreng ; <b>Family:</b> Fabaceae
<b>Synonym</b>	: <i>Glycine labialis</i> L.f.
<b>Ayurvedic syn.</b>	: Mahaasahaa, Surpaparni, Paanduraa, Hayapuchchikaa, Hamsamaasaa, Swadumaasaa, Maamsamaasaa, Kaamboji, Simhavinnaa, Krsnavrntaa, Vishaachikaa, Vanasambhavaa.
<b>Trade name</b>	: Maswan, Jangli udad ; <b>Local name:</b> Maasaparni

### Description

A very slender twiner; branches glabrescent or appressed-pubescent. Leaves alternate, compound, pinnately 3-foliolate, petiole 2.5 -4 cm, stipules small; leaflets variable in size, 1.5-5.5 cm, elliptic or ovate; apex acute, petiolule of terminal leaflet 0.5-1.2 cm, that of lateral leaflet very minute. Flowers very small, in slender axillary racemes; solitary or in distant clusters. Calyx tube campanulate. Corolla little exerted, pinkish or white, standard orbicular or obovate, wings oblong. Stamens monadelphous. Pods narrow linear, 3.7 - 5.5cm long, 3-4mm wide, ending in a hook formed by the persistent style. Seeds red when fresh, black when dry.

### Parts used

Whole plant, roots.

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** vaata kapha shaamaka, kapha vardhaka

### Actions & uses

Anodyne, anti-inflammatory, febrifuge, digestive, carminative, rejuvenative, aphrodisiac, tonic, antidysenteric, antispasmodic, depurative & useful in facial paralysis, hemiplegia, rheumatic arthritis & osteoarthritis, spermatorrhoea, leucorrhoea & menorrhagia etc.

### Formulations

Chyavanapraasha, Braahma rsyn, Dwipanchamulyaadi gt, Jivakaadya gt, J.tl, Sastikaadi gudikaa, Balaa ghrta taila, Jivaniyagana ch, Kaakolyaadigana kk.

### Therapeutic uses

- i. Menorrhagia - Cotton swabbed in the oil cooked with Maasaparni as suppository - BS
- ii. Promotion of lactation - Juice 10 ml, bd - DGKD
- iii. Spermatorrhoea - Decoction 50 ml - Sharma







## Madana

<b>Botanical name</b>	: <i>Catunaregam spinosa</i> (Thunb.) Tiruv.
<b>Family</b>	: Rubiaceae
<b>Synonym</b>	: <i>Randia dumetorum</i> (Retz.) Poir.
<b>Ayurvedic syn.</b>	: Madanaphala, Chhardana, Pindi, Shalyaka, Visapuspaka, Raathaka, Shwasana, Vastirodhana.
<b>Trade name</b>	: Emetic nut ; <b>Local name</b> : Madanaphala

### Description

A small tree or large shrub; usually armed with straight axillary spines; bark grey nearly smooth. Leaves simple, opposite, mostly clustered on short branchlets, obovate to oblanceolate, 2.5-7.5 x 2-4 cm, apex obtuse or shortly acuminate, base narrowed into a short petiole, 5-10 mm long. Flowers white, turning yellow, 1.2-3 cm across, solitary. Calyx-tube strigose; lobes obovate-lanceolate or oblong. Corolla tube campanulate, 6-10 mm long, lobes twisted in bud, ultimately reflexed. Stamens 5, inserted on the mouth of the corolla. Berry yellow when ripe, globose or ovoid, 2.5-3.7 cm diam, crowned by the calyx, glabrous.

### Parts used

Fruits, bark.

### Ayurvedic properties

**Rasa**: kasaaya, madhura, tikta, katu; **Guna**: laghu, ruksa; **Virya**: usna; **Vipaaka**: katu; **Prabhaava**: vamana; **Dosakarma**: kapha vaata shaamaka, kapha pitta shaamaka

### Actions & uses

Emetic, anodyne, antiinflammatory, sudorific, antispasmodic, antiovertory, antiimplantation, abortifacient, anticancer, insecticidal, antibacterial, antiseptic, anthelmintic, CNS depressant, antidiarrhoeal, sedative & nervine sedative, depurative, vulnerary, emmenagogue, expectorant & useful in therapeutic emesis, sprain, gout, skin diseases, tumour, asthma, bronchitis, colic, menstrual disorders, leprosy, rheumatism, ostealgia & painful labor etc.

### Formulations

Madanaadi lp, Br. saindhavaadi tl, Jivantyaadi anuvaasana vasti, Guduchyaadi niruha vasti, Durlabhaadya ksr etc. Charaka Samhitaa represents Madana as the best among all emetic drugs & describes its 133 medicinal recipes.

### Therapeutic uses

- i. Epilepsy - Seed powder 1g followed by a glass of water - BS
- ii. Headache - LA: root bark paste - DGKD







## Madayanti

<b>Botanical name</b>	: <i>Lawsonia inermis</i> L.
<b>Family</b>	: Lythraceae
<b>Synonym</b>	: <i>L. alba</i> Lam.
<b>Ayurvedic syn.</b>	: Madayantikaa, Nakharanjani, Ranjanaa.
<b>Trade name</b>	: Henna, Mehendi.
<b>Local name</b>	: Manjuaati

### Description

A much branched shrub or small tree; branches often ending in thorns. Leaves simple, opposite, elliptic or broadly lanceolate, 2.5 x 0.6-2.5 cm. apex acute or mucronulate, base tapering; petiole very short. Flowers small, in terminal paniced cymes, white or cream-coloured, 0.6 mm diam, fragrant. Petals 4, obovate, wrinkled. Stamens 8. Capsule seated on the calyx-tube with the persistent small calyx-lobes, depressed globose, 6-7.5 mm diam, crowned with the style.

### Parts used

Root, leaf, flower, seed.

### Ayurvedic properties

Rasa : Kasaaya, Tikta, Guna : Laghu, Ruksa Virya : Shita, Vipaka : Katu, Dosakarma : Kapha-pitta-shamaka

### Actions & uses

Refrigerant, depurative, diuretic, emmenagogue, abortifacient, trichogenous, intellect promoting, cardio tonic, soporific, haematinic, styptic, febrifuge, antibacterial, antifungal, analgesic, hepatoprotective, antiinflammatory, antitubercular, antitumour, tonic & useful in jaundice, menstrual disorders, premature hair greying, cephalalgia, hemicrania, amentia, insomnia, burning sensation, cardiopathy, rheumatagia, lumbago & splenopathy etc.

### Formulations

Madayantyaadi ch, Vrsakaadi ch, M.panchagavya gt, M.nila tl, M.padmaka tl, Dwipanchamulaadya tl.

### Therapeutic uses

- i. Jaundice - Root powder 3g + 1 cup ricewater tds, 5 days- AY
- ii. Hair vitalisation - Apply leaf paste on scalp  $\frac{1}{2}$  hr. before bath - DGKD
- iii. Spermatorrhoea - Leaf juice 10 ml + candy 10 g + cool water - DGKD
- iv. Wounds - LA: Oil processed with paste of leaves - DGKD







## Madhuka

<b>Botanical Name</b>	: <i>Madhuca indica</i> Gmel.
<b>Family</b>	: Sapotaceae
<b>Synonym</b>	: <i>M. longifolia</i> (Koenig) Macbr. var. <i>latifolia</i> A. Chev. <i>Bassia latifolia</i> Roxb.
<b>Ayurvedic syn.</b>	: Gudapuspa, Madhusrava, Vaanaprastha, Madhusthila, Madhukapuspa, Madhulaka.
<b>Trade name</b>	: Mahua
<b>Local name</b>	: Mahula

### Description

A moderate-sized tree with milky juice; bark brown, nearly smooth. Leaves simple, alternate, clustered near the ends of the branches, elliptic, elliptic-oblong or ovate, 12-20 x 6-10 cm, apex acuminate, pubescent or rusty tomentose beneath when young; petiole 2.5-4.5 cm long. Flowers cream, fleshy, on rusty tomentose pedicels, clustered at the end of the usually leafless branches, pedicels 2-2.5 cm long, elongating to 4.8 cm in fruit. Calyx-lobes ovate, rusty tomentose. Corolla tube ovoid, 1.8-1.2 cm long; erect in flower. Stamens subsessile, style subulate, elongate. Berry ovoid, 2.5-5 cm long, tomentose. Seed ellipsoid, pale-brown, 3-3.7 cm long with a long hilum.

### Parts used

Bark, heart wood, flowers, fruits, seeds.

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** madhura;  
**Dosakarma:** vaata pitta shaamaka

### Actions & uses

Refrigerant, aphrodisiac, tonic, diuretic, stimulant, anthelmintic, emollient, laxative & useful in dipsia, bronchitis, consumption, dermatopathy, rheumatism, cephalalgia, haemorrhoids, haemoptysis, hepatopathy, gastropathy especially in children & epilepsy etc.

### Formulations

Madhukaasava, Madhukaadi hima, Katphalaadi churna, Amrtaapraasha avaleha, Nyagrodhaadi churna.

### Therapeutic uses

- i. Corneal opacity - Col.: heart wood paste + honey - SS
- ii. Conjunctivitis - Col.: heart wood paste + red ochre- SS
- iii. Tonic - Flowers cooked with candy, cumin & ghee- KK







## Mahaanimba

<b>Botanical name</b>	: <i>Melia azedarach</i> L.;	<b>Family:</b> Meliaceae
<b>Ayurvedic syn.</b>	: Ramyaka, Girinimba, Keshamusti, Bakaayana, Paarvatya, Dreka, Kaarmuka, Nimbavara.	
<b>Trade name</b>	: Persian lilac, Pride of India, Bead tree.	
<b>Local name</b>	: Mahaanima	

### Description

A Medium sized tree; bark brown, thick and deeply fluted in old trees, smooth in young. Leaves alternate, compound, 3-pinnate, upto 60 cm long; pinnae upto 30 cm long, leaflets 1-5 pairs, opposite, ovate-lanceolate to lanceolate, 1.5-6 x 1.5-3 cm, margin serrate, apex acuminate, base slightly oblique. Flowers in large, many branched axillary panicles. Calyx 5-lobed. Petals 5, free, much longer than the calyx, lilac. Staminal tube purple, cylindric, slightly dialated at the mouth; anthers 10, yellow, seated at the apex of the tube. Style cylindric, stigma capitate. Drupe yellowish, ellipsoid, with very hard endocarp.

### Parts used

Root, root bark, wood, stem bark, leaves, flowers, seeds.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya; **Guna:** laghu, ruksa; **Virya :** isadusna; **Vipaaka:** katu; **Prabhaava:** arshoghna; **Dosakarma :** tridosa shaamaka

### Actions & uses

Thermogenic, anodyne, depurative, vulnerary, febrifuge, emmenagogue, deobstruent, alexipharmic, antilithic, resolvent, laxative, tonic, antispasmodic, antiviral, antifeedant, insecticidal, anthelmintic, antibacterial, anticancer, fungistatic, fungicidal, antiseptic, antileukemic & useful in tap worm, hysteria, rheumatism, hepato splenopathy, dysmenorrhoea, eruptive skin diseases, piles, cough, asthma, scrofula, urinary calculi, otalgia & strangury etc.

### Formulations

Arshoghni vt, Kandarpasaara tl, Dhattura tl, Mehavajra rs, Br.manjisthaadi kw, M.bhallaataka gd, Pippalyaadi kw, M.naaraayana tl, Kusthakuthaara rs, Ramyaka gt.

### Therapeutic uses

- i. Sciatica - Root paste 5g, bd - SG , BP, BS
- ii. Cervical adenitis - Bark decoction 50 ml, bd- DGKD
- iii. Blood dysentery - Bark 3g pounded with a cup of curd, bd- DGKD
- iv. Worms - Leaf juice 10ml in morning in empty stomach-VV







## Mahabhari vachaa

<b>Botanical name</b>	: <i>Zingiber zerumbet</i> (L.) Sm.
<b>Family</b>	: Zingiberaceae
<b>Synonyms</b>	: <i>Amomum zerumbet</i> L.
<b>Ayurvedic syn.</b>	: Sthulagranthi, Sugandhaa, Avanti, Karpuraharidraa, Kumbhika, Aahava.
<b>Trade name</b>	: Martinic ginger
<b>Local name</b>	: Parashu kedaara

### Description

An aromatic herb with large leaves. Stems 0.9-1.2 m; rhizome whitish outside, pale-yellow inside. Leaves 8-12 each side, elliptic-oblong or elliptic-lanceolate, 25-37.5 x 4-8.7 cm, acute or acuminate. Spike cylindric or ellipsoid-oblong, 6.2-11 x 3.7-4.3 cm; flowering bracts usually green during flowering, glabrous or glabrescent; peduncle 22.5-25 cm long, clothed with sheathing bracts. Flowers uniformly yellow, 4.5 cm long. Calyx 1.8 cm long, sheathing. Corolla-tube slender, 1.8 cm, upper segment broader than the two others. Labellum with lateral lobes suborbicular, 1.5-1.8 cm diam, thin, wrinkled, nearly as long as the corolla. Stamens 1.5-1.8 cm; filament very short and broad.

### Parts used

Rhizome

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, snigdha (dry), guru, ruksa, tiksna (fresh),

**Virya:** usna; **Vipaaka:** madhura (dry), katu (fresh);

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, anodyne, antiinflammatory, anthelmintic, appetizer, digestive, antispasmodic, demulcent, stimulant, antimicrobial & used in cough, cold, asthma, bronchitis, worms, leprosy & other skin diseases.

### Note

In folk *Z. zerumbet* (L.) Sm. is called as Mahaabhari vachaa & *Alpinia galanga* Willd. as Kulinjana. But Bhaavaprakaasha Nighantu mentions the former as the second category of Mahaabhari vachaa having less medicinal value & Kulinjana the first category with greater medicinal value. Dr.

K.C.Chunekar mentions its properties & actions to be similar with ginger, in his commentary of Bhaavaprakaasha Nighantu, whereas Dr. P.V.Sharma describes it as a variety of ginger, martinic ginger in his Dravyaguna Vijnana, vol.2.







## Mandukaparni

<b>Botanical name</b>	: <i>Centella asiatica</i> (L.) Urban;	<b>Family</b>	: Apiaceae
<b>Synonym</b>	: <i>Hydrocotyle asiatica</i> L.		
<b>Ayurvedic syn.</b>	: Maanduki, Divyaa, Mahousadhi, Twaastri.		
<b>Trade name</b>	: Indian pennywort ;	<b>Local name</b>	: Thaalkudi

### Description

A creeping herb, rooting at the nodes. Young leaves and petioles pubescent villous. Leaves simple and several from the rootstock, orbicular-reniform, 1.2-3.7 cm across, shallowly crenate or coarsely dentate, base cordate; petiole 1.2-5 cm long. Flowers in umbels, usually several at a node, 3-5 in each umbel, subsessile. Fruits ellipsoid, 2-3 mm across, broader than long.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa**: tikta, kasaaya, madhura; **Guna**: laghu, ruksa; **Virya**: shita; **Vipaaka**: madhura; **Prabhaava**: medhya; **Dosakarma**: tridosha shaamaka

### Actions & uses

Antiprotozoal, antiinflammatory, antifertility, antitubercular, antileprotic, antispasmodic, antiamebic, spasmolytic, soporific, hepato protective, hypotensive, diuretic, stomachic, carminative, nervine tonic, intellect promoting, alterative & useful in cough, hiccough, asthma, bronchitis, hoarseness, abdominal disorders, strangury, epilepsy, insomnia & amentia etc.

### Formulations

Mandukaparnyaadi yoga, Saaraswata ghrta, Saaraswataarista, Braahmi paanaka, Braahma rasaayana.

### Therapeutic uses

- i. For development of memory, I.Q. & immunity
  - Juice 10-20 ml, in morning in empty stomach followed by one cup lukewarm milk - CS
- ii. Rejuvenation
  - Leaves fried with ghee for a month - AH
- iii. Jaundice
  - Juice 10-20ml + honey 3ml or turmeric 3g or amla 3g or milk 1 cup - VD





## Maricha

<b>Botanical name</b>	: <i>Piper nigrum</i> L.
<b>Family</b>	: Piperaceae
<b>Ayurvedic syn.</b>	: Vellaja, Krsna, Usana, Dharmapattana, Vrttaphala.
<b>Trade name</b>	: Black pepper
<b>Local name</b>	: Gola maricha

### Description

A stout climber growing high up on trees. Leaves simple, alternate, broadly lanceolate to broadly ovate, 10-18 x 5-12.5 cm, acuminate or acute, shining and dark green above, often glaucous beneath, base rounded, petiole 1-3 cm long. Spikes long, slender, pendulous; flowers mostly dioecious, sometimes the female spikes bearing some bisexual flowers. Female spikes shorter, thicker. Berry sessile, globose, 5 mm diam, turning yellow and then red when ripe, black on drying.

### Parts used

Fruits

### Ayurvedic properties

**Rasa:** katu; **Guna:** guru(green), laghu, tiksna(dry); **Virya:** naatyusna(g), usna(d); **Vipaaka:** madhura(g), katu(d); **Dosakarma:** vaata kapha shaamaka

### Actions & uses

Anthelmintic, stimulant, digestive, stomachic, carminative, alexeteric, rubefacient, antiperiodic, deobstruent, diuretic, emmenagogue, alterant, aphrodisiac, & useful in catarrh, cough, hiccough, asthma, pharyngodynia, fever, dyspepsia, dysentery, flatulence, haemorrhoids, urethrorrhoea, dermatopathy & arthritis etc.

### Formulations

Trikatu ch, Marichaadi gtk, M.marichyaadi tl, Marichaadya ch, Panchakola ch, Raamabaana rs, Shwaasakuthaara rs, Jwaraankusha rs, Durjalajetaa rs, L. & Br. surana mdk, Sinduraadi lp, Sanmaaksika yg, Apratisaaraanjana etc.

### Therapeutic uses

- i. Obesity - Black pepper 10 grains + one betel leaf followed by a glass of cold water, in morning for 2 months - VD
- ii. Nyctalopia - Col.: black pepper + curd - AH
- iii. Cough - Powder 1g + honey 3 ml - SS
- iv. Paediatric oedema - Powder 125-250 mg + butter 1 tsf, bd- BS







## Matsyaaksi

<b>Botanical name</b>	: <i>Alternanthera sessilis</i> (L.) R.Br. ex DC.
<b>Family</b>	: Amaranthaceae
<b>Synonym</b>	: <i>A. triandra</i> Lam.
<b>Ayurvedic syn.</b>	: Matsyaaksaka, Pattura, Garttakalambuka, Matsyagandha, Naadikalaayaka.
<b>Local name</b>	: Madarangaa

### Description

A prostrate and much branched herb growing in moist localities; younger branches with 2 lines of pubescence; nodes hairy. Leaves simple, opposite, sessile or subsessile, linear, elliptic-oblong, oblanceolate, 1-5 x 0.3-1.2 cm apex obtuse, acute or subacute, base narrowed. Flowers in axillary spikes or pedunculate heads, white or pinkish; bracts scarious white. Tepals elliptic, 1.5-2.5 mm acuminate or acute, stamens 5. Utricle compressed.

### Parts used

Whole plant, stem, leaves.

### Ayurvedic properties

**Rasa** : tikta, kasaaya, madhura; **Guna** : laghu; **Virya** : usna; **Vipaaka**: katu;  
**Dosakarma**: pitta kapha shaamaka, vaatala.

### Actions & uses

The plant is bitter, sweet, acrid, astringent, refrigerant, constipating, depurative, digestive, cholagogue, galactagogue, febrifuge, antidiarrhoeal & useful in vitiated conditions of kapha & pitta, fever, ophthalmopathy, burning sensation, dyspepsia, haemorrhoids, agalactia, splenomegaly, burns, leprosy, pururitus & other skin diseases.

### Formulations

Aindra rasaayana, Matsyaaksakaadi leha.

### Therapeutic uses

- i. Promotion of I.Q. - Matsyaaksi + Shankhapuspi+ Swarnabhasma + honey + ghee - This linctus promotes physical development, strength, I.Q. & memory in children - SS
- ii. Eye diseases - Application of sesame oil cooked with Matsyaaksi juice on scalp. - DGKD







## Medaasaka

<b>Botanical name</b>	: <i>Litsea glutinosa</i> (Lour.) C.B.Robins.
<b>Family</b>	: Lauraceae
<b>Synonym</b>	: <i>L. chinensis</i> Lamk., <i>L. sebifera</i> Pors, <i>Tetranthera longifolia</i> Jacq.
<b>Ayurvedic syn.</b>	: Gandhaparna, Sadaaparna.
<b>Local name</b>	: Govinda garuda, Garuda govinda.

### Description

A medium sized tree; bark grey smooth and slightly rough in old trees. Leaves simple, alternate, aromatic, very variable in size and shape, elliptic, elliptic lanceolate, oblong or lanceolate, 5-16 x 2.5-6.5 cm, apex obtuse to acuminate, glabrous, base obtuse or acute, petiole 1.8-3.5 cm. Flowers axillary, yellowish, in corymbose or racemose few-flowered umbels; peduncles 0.7-2 cm long, pedicels short, bracts concave, orbicular. Perianth-tube minute in flower, thickened and disc-like in continuation with the pedicel, 3.7-4 mm diam in fruit. Stamens 9-20, with long villous filaments. Fruit black when ripe, globose, 0.8-1 cm diam.

### Parts used

Root, inner bark, leaves.

### Ayurvedic properties

**Rasa:** katu, tikta, kasaaya; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Root sweet, refrigerant, anodyne, antiinflammatory, antidiarrhoeal, antidysenteric, emollient, emmenagogue, antispasmodic, tonic, aphrodisiac & useful in trauma, fracture, wounds, ulcers, rheumatic and gouty joints, sciatica, neuralgia, splenopathy, dipsia, pharyngopathy, paralysis, notalgia, oedema, impotency & menstrual disorders. Bark mucilaginous, demulcent, mild astringent, anodyne, styptic, emollient, aphrodisiac and useful in dysentery, diarrhoea, bruises, cut wounds, hemorrhages. Leaves same as bark. Oil from the berries is used in rheumatism.

### Therapeutic uses

- i. Sciatica, gouty & rheumatic joints, trauma
  - Local poultice of leaves - Pandey
- ii. Menstrual disorders
  - Root decoction 50 ml, bd- Pandey
- iii. Dysentery, diarrhoea
  - Sarbat: leaves + black pepper + candy
  - Pandey.







## Mesashrngga

<b>Botanical name</b>	: <i>Dolichandrone falcata</i> Seem.
<b>Family</b>	: Bignoniaceae
<b>Synonym</b>	: <i>Spathodea falcate</i> Wall. ex DC. <i>Bignonia spathacea</i> Roxb.
<b>Ayurvedic syn.</b>	: Mesashrngi
<b>Trade name</b>	: Dolichandron
<b>Local name</b>	: Mirigashinga, Belshrung.

### Description

A small but rare deciduous tree, bark grey, exfoliating in irregular scales. Leaves opposite, compound, pinnate or sub2-pinnate; leaflets 5-7 or in 2-pinnate upto 13, 3-5 cm long, broadly elliptic, ovate with very short acute apex. Secondary pinnae usually from lower nodes of primary rachis and consisting of 3 leaflets only; petiolule 0-25mm in lateral leaflets but longer in terminal leaflet. Flowers very prettly, white, in short few-flowered corymbose racemes terminating in new shoots. Calyx spathaceous; corolla funnel-shaped with a narrow-tubular portion of 2-2.5 cm long and then widening to 2.5-5 cm with crisped rounded or oblong petals. Stamens included, didynamous, 2+2 with diverging anther cells. Ovary linear-oblong. Fruit 30-45 cm long, usually curved with coriaceous flat valves, septum narrow. Seeds rectangular with thin white wings.

### Parts used

Bark, heart wood, flowers.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** madhura, **Dosakarma:** vaata shaamaka

### Actions & uses

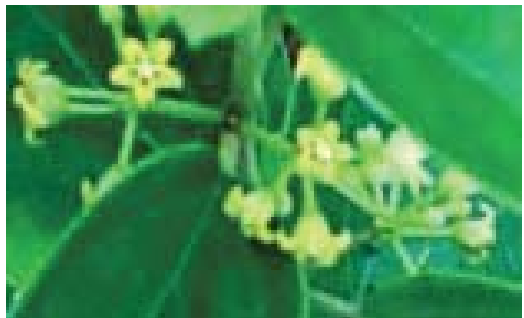
Sushruta places it in Shaalasaaraadi & Varunaadi gana, Shirovirechana & Vaata samshamana varga & describes its use particularly in cataract, vision disorders, head diseases & wound healing.

### Formulations

Mesashrngaanjana, Mesashrangaadyanjana.

### Therapeutic uses

- i. Wound - LA: oil cooked with bark - SS
- ii. Cataract - Col.: paste of flowers mixed with Souviraanjana - SS





## Mesashrngi

<b>Botanical name</b>	: <i>Gymnema sylvestre</i> (Retz.) R. Br. ex Schult.
<b>Family</b>	: Asclepiadaceae
<b>Synonym</b>	: <i>Periploca sylvestris</i> Retz.
<b>Ayurvedic syn.</b>	: Visaani, Mesavalli, Ajashrngi, Putrashreni.
<b>Trade name</b>	: Gudmar
<b>Local name</b>	: Gudamaari

### Description

A slender woody climber; branchlets pubescent or hirsute. Leaves simple, alternate, ovate, broadly elliptic or oblong, 2.5-7.5 x 2-5.2 cm, apex subacute or suddenly acute, more or less pubescent especially on the nerves beneath, base rounded or cordate; petiole 2.5-10 mm long. Flowers minute, in peduncled umbelliform cymes, 1-1.2 cm long with the peduncle. Calyx segments broadly oblong. Corolla yellow, 1.5-2.5 mm long and 3-3.7 mm across; lobes about as long as the tube. Follicles usually solitary, 5-7.5 cm long, 6-7 mm board near the base, gradually tapering from base to tip. Seed compressed, 7.5 mm long, brown with white coma.

### Parts used

Leaves, roots

### Ayurvedic properties

**Rasa:** kasaaya, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, hypoglycaemic, antiinflammatory, anodyne, stimulative, digestive, stomachic, laxative, hepato protective, emetic, diuretic, anthelmintic, alexipharmic, cardiotonic, expectorant, antpyretic, uterine tonic & useful in hepato splenomegaly, dyspepsia, constipation, helminthiasis, haemorrhoids, inflammations, diabetes, cardiopathy, jaundice, renal & vesical calculi, cough, asthma, bronchitis, intermittent fever, leucoderma, amenorrhoea, ophthalmia & vitiated conditions of vaata & kapha.

### Formulations

Madhumehaantaka churna, Gudamaaryaasava.

### Therapeutic uses

- i. Diabetes - Leaf powder 3g, bd - Pandey
- ii. Cough, fever - Root bark powder 125mg to 250 mg - Chunekar







## Muchukunda

<b>Botanical name</b>	: <i>Pterospermum acerifolium</i> (L.) Willd.
<b>Family</b>	: Sterculiaceae
<b>Synonym</b>	: <i>Pentapetes acerifolium</i> L.
<b>Ayurvedic syn.</b>	: Ksatravrksha, Chitraka, Prativisnuka, Bahupatra, Sudala, Supuspa, Harivallabha, Arghyaarha, Laksmanaka, Raktaprasava, Vasunaamaa, Paadapotpala, Parivyaadha.
<b>Trade name</b>	: Muchukund
<b>Local name</b>	: Muchukunda, Baarhaakaani.

### Description

An evergreen tree upto 12m high; branchlets rusty-tomentose. Leaves simple, alternate, broadly ovate-oblong to oblong-obovate, 15-30 x 8-20 cm, deeply toothed, coriaceous, glabrous above, white-tomentose beneath; petiole upto 4cm; stipules entire or bifid. Flowers large, axillary and terminal, white, fragrant, 12-15 cm across. Sepals 4-5, linear-oblong, 8-12 cm long, thick, brown or yellow tomentose without, yellowish tomentose within. Petals linear-oblong, 8.5-12 cm long, white. Stamens 15, connate at the base, gynandrophore upto 5 cm long, staminode white. Ovary oblong; style filiform, 6-7 cm long. Capsule oblong, woody, 10-15 cm long.

### Parts used

Flowers

### Ayurvedic properties

**Rasa:** kasaaya, katu, tikta; **Guna:** pichchila; **Virya:** kinchidusna; **Vipaaka:** katu; **Dosakarma:** tridosa shaamaka

### Actions & uses

Flowers bitter, acrid, astringent, mildly thermogenic, mucilaginous, anodyne, antiinflammatory, depurative, anthelmintic, alexeteric, laxative, tonic & useful in hemicrania, cephalalgia, pharyngitis, inflammations, sores, intrinsic hemorrhage, ascites, seminal weakness, cough, bronchitis, wounds, ulcers, leprosy, tumours, skin diseases & different kinds of poisons.

### Therapeutic uses

- Headache - Smearing the paste of the flowers on forehead.  
- CD, SG, VM, DGKD, AY







## Mundi

<b>Botanical name</b>	: <i>Sphaeranthus indicus</i> L.;	<b>Family</b>	: Asteraceae
<b>Synonym</b>	: <i>S. senegalensis</i> DC., <i>S. indicus</i> auct. non L.		
<b>Ayurvedic syn.</b>	: Munditika, Shraavani, Tapodhanaa, Paribraaji, Shraavana shirsakaa, Bhiksu, Prabrajitaa.		
<b>Trade name</b>	: East Indian globe thistle ;	<b>Local name</b>	: Bhuinkadamba

### Description

An aromatic glandular and pilose herb, 10-45 cm; stems winged, wings irregularly toothed. Leaves alternate, sessile or semi-amplexicaul, decurrent at the base, obovate or oblanceolate, 1-6 x 0.5-2.5 cm, serrate-dentate, apex acute or obtuse, glandular and pilose on both sides. Flower heads terminal and leaf-opposed, purple, spherical, 1.2-1.8 cm long; peduncles also with crisped or toothed wings; common receptacle elongated, surrounded by many linear bracts with soft subspinous tips. Female florets with 2 linear style arms. Bisexual florets with tailed anther-cells and long subulate pubescent style.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa** : Tikta, Katu; **Guna**: Laghu, ruksa; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: Tridosha shaamaka

### Actions & uses

Thermogenic, anodyne, diuretic, expectorant, stomachic, digestive, depurative, hepatoprotective, vermifuge, alterant, tonic, nervine tonic, promotor of I.Q. and memory & useful in epilepsy, hemicrania, jaundice, hepatopathy, gastropathy, strangury, diabetes, leprosy, pruritus, skin diseases, pectoralgia, cough, fever, hernia, dyspepsia, haemorrhoids, worms & scrofula etc.

### Formulations

Mundi arka, Bhukadambaasava, Punarnavaadi churna, Amrtaadya churna.

### Therapeutic uses

- i. Foul odour due to obesity - Powder 3 g, bd - RM
- ii. Rheumatic arthritis - Paste of Mundi & Shunthi 5g, bd - BP
- iii. Vaginal pain - Suppository: paste of Mundi - RM
- iv. Scrofula, cervical adenitis, jaundice - Mundi juice 80 ml - VM, BS
- v. Elevating breasts - LA & nasal drop of oil cooked with Mundi & Pippali - BS







## Murvaa

<b>Botanical name</b>	: <i>Marsdenia tenacissima</i> (Roxb.)
<b>Family</b>	: Asclepiadaceae
<b>Synonym</b>	: <i>Asclepias tenacissima</i> Roxb.
<b>Ayurvedic syn.</b>	: Devi, Morataa, Tejani, Sruvaa, Madhushreni, Gokarni, Piluparni, Mourvi, Tiktavalli, Charasnaayu.
<b>Trade name</b>	: Murva ; <b>Local name:</b> Ghaa, Aadhiri, Banakaakiri.

### Description

A stout, very tough-stemmed twiner with milky juice and all parts densely softly pubescent or tomentose. The bark contains very strong fibre. Leaves simple, opposite, broadly ovate, 10-17.5 x 7.5-12.5 cm but at the time of flowering only about 7.5 x 6.2 cm; apex acuminate or cuspidate, velvety on both sides, base deeply cordate, petiole 3.7-5 cm. Flowers in corymbosely branched tomentose cymes, 5-10 cm diam, shortly peduncled. Calyx 3.7-4 mm long, segments elliptic. Corolla green, subcampanulate, 7.5 mm diam, lobes broadly oblong, 7.5 mm long, nearly as long as the tube, spreading. Staminal corona with erect, linear-oblong appendages, curving over the top of the stigma and often toothed at the apex. Follicles usually solitary, velvety, 10-12.5x2.5-4 cm, tapering from the thickest part to short thick beak, grooved on one side. Seeds flat, coma white.

### Parts used

Root

### Ayurvedic properties

**Rasa:** madhura, tikta, kasaaya; **Guna:** sara, guru, ruksa; **Virya:** usna; **Vipaaka:**katu; **Dosakarma:** tridosha shaamaka

### Actions & uses

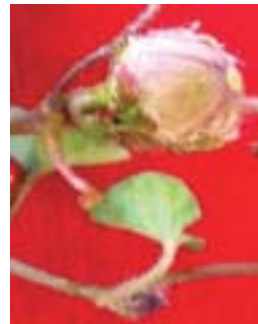
Antipyretic, galactagogue, depurative, diaphoretic, cardi tonic, cholagogue, stomachic, carminative, tonic, aphrodisiac, rejuvenant & useful in fever, intermittent fevers, colic, vomiting, chronic dysentery, cough, cold, leprosy, ophthalmopathy, thirst, cardiopathy & skin diseases.

### Formulations

M.sadgunatakra tl, Bhadraavaha gt, Kushaadi gt, Viratarvaadi gana kw, Varundaadi gana kw, Grahani bala vardhana ksr, M.tiktaka gt, Kanakaksiri tl, Tiktekswaakwaadi tl, Dwipanchamulaadi tl, Jwarabhairava ch.

### Therapeutic uses

- |     |          |                                  |
|-----|----------|----------------------------------|
| i.  | Vomiting | - Powder 3g with rice water - CS |
| ii. | Fever    | - Decoction 50-100 ml - SS       |







## Musaakarni

<b>Botanical name</b>	: <i>Merremia emerginata</i> (Burm.f.) Hall.f.
<b>Family</b>	: Convolvulaceae
<b>Synonym</b>	: <i>Ipomoea reniformis</i> (Roxb.) Choisy.
<b>Ayurvedic syn.</b>	: Aakhuparni, Musaaparni, Likaa, Bhudarihava, Undurakarni, Akhukarnaparnikaa, Bahupaadikaa, Putrashreni, Nyagrodhi, Pratiparnashiphaa.
<b>Trade name</b>	: Musakarni ; <b>Local name</b> : Musaakaani

### Description

A small creeping herb, rooting at the nodes, stems numerous, filiform, clothed with scattered long soft hairs. Leaves simple, alternate, usually reniform, sometimes ovate-cordate, 0.5-2.8 cm diam, margin dentate or sinuate-denticulate, apex obtuse to broadly rounded or slightly emarginated; petiole 0.5-2 cm. Flowers small, yellow, 1.2-1.8 cm across, axillary, solitary or in 2-3-flowered cymose clusters; peduncle very short; pedicels 2-4 mm. Two outer sepals small, lanceolate, oblanceolate, three inner much larger entire or obcordate or 2-lobed, 5 mm long, ciliate with long hairs. Corolla campanulate, glabrous; stigma large. Capsules sub-globose 3.7-5 mm diam, 2-celled.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, katu; **Guna:** laghu, ruksa, riksna; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** krmighna; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

The plant is bitter, acrid, refrigerant, anodyne, antiinflammatory, deobstruent, diuretic, anthelmintic, stimulative, digestive, carminative, laxative, purgative in large dose, febrifuge, alterant & useful in liver disorders, hepatomegaly, abdominal colic, constipation, helminthiasis, haemorrhoids, fistula in ano, tumours, nephropathy, dysuria, uropathy, pneumonosis, cardiac diseases, rheumatic arthritis, paralysis, metropathy, fever, anaemia, leucoderma, skin diseases, wounds, strangury, otalgia, cephalalgia, general debility & rat-bite.

### Therapeutic uses

- i. Verminosis - Juice 10-20 ml, bd - CS
- ii. Fever due to verminosis - Juice 10-20ml + candy 3g, bd- RRS
- iii. Vaginal disorders - Suppository: root paste - GN







## Muskaka

<b>Botanical name</b>	: <i>Schrebera swietenoides</i> Roxb.
<b>Family</b>	: Oleaceae
<b>Ayurvedic syn.</b>	: Visaapaha, Ksaarataru, Govalidha, Hariphala, Ghantaapaatali, Moksaka, Mochaka, Mehana, Tataala, Vanavaasi, Sutiksnaka, Shikhari.
<b>Trade name</b>	: Weaver's beam
<b>Local name</b>	: Ekshiraa

### Description

A moderate-sized tree; bark pale grey, exfoliating in thin scales; branchlets pale lenticellate. Leaves opposite, compound, imparipinnate, 3-7-foliolate, 22-30 cm long, leaflets opposite, ovate, oblong or ovate-lanceolate, 5-17.5 x 2.5-7 cm, apex subacuminate to acute, pale beneath, base narrowed into a short petiolule; the terminal leaflets larger and with 2.5-5 cm long petiolules. Flowers whitish, 1.2-1.5 cm diam. Capsule drooping, obovoid or pyriform, 3.7-5 x 2.5-3 cm, woody, loculicidally 2-valved. Seeds winged, 2-4 in each cell, angular.

### Parts used

Roots, bark, leaves, fruits.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Root, bark & leaves are bitter, acrid, thermogenic, appetizer, digestive, stomachic, constipating, anthelmintic, depurative, urinary astringent & useful in dyspepsia, colic, flatulence, diarrhoea, helminthiasis, rectal disorders, haemorrhoids, vesical calculi, urethrorrhoea, diabetes, leprosy, anaemia, splenomegaly, boils & burns. Fruits digestive, stomachic, purgative & useful in hydrocele, anorexia, flatulence, colic, anaemia, haemorrhoids, vesical calculi & diabetes. It is one of the best sources of ksaara used in anorectal treatments.

### Formulations

Brhat agnimukha churna, Patra lavana, Muskakaadi gutikaa, Ksaara ghrta.

### Therapeutic uses

- i. Leprosy - LA & oral intake of ghee cooked with Muskaka - SS
- ii. Polyuria - Paste of Muskaka, Shaala, Kampillaka + juice of Aamalaki + powder of Haridraa + honey - SS







## Mustaka

<b>Botanical name</b>	: <i>Cyperus rotundus</i> L. ;	<b>Family</b>	: Cyperaceae
<b>Ayurvedic syn.</b>	: Mustaa, Vaarida, Vaaridanaamaa, Kuruvinda.		
<b>Trade name</b>	: Nutgrass ;	<b>Local name</b>	: Muthaa, Muthaaghaasa.

### Description

A perennial erect grass with creeping rhizomes. The tubers at the end of slender stolons are black, fragrant, subglobose, 1.2cm diam. Stems slender, triquetrous, smooth. Leaves several, mostly radical, 2-3 mm wide, acuminate, scabrid on the margins in the upper part; lower sheaths reddish-brown, soon disintegrating. Inflorescence simple or compound, usually small; spikes ovoid, loose to rather dense with glabrous rachis; spikelets spicately arranged, linear, 0.6-1.8cm long, acute, strongly compressed, 10-40 flowered.

### Parts used

Tubers

### Ayurvedic properties

**Rasa**: tikta, katu, kasaaya; **Guna**: laghu, ruksa; **Virya** : shita; **Vipaaka** : katu; **Dosakarma**: kapha pitta shaamaka

### Actions & uses

Tranquillizing, antiinflammatory, revulsive, antipyretic, depurative, diuretic, galactagogue, antiemetic, antimicrobial, anthelmintic, stomachic, digestive, carminative, constipating, intellect-promoting, nervine tonic, lithontriptic, expectorant, diaphoretic, emmenagogue, vulnerary, febrifuge, antiperiodic, tonic & useful in hyperdipsia, inflammations, agalactia, leprosy, skin diseases, scabies, erysipelas, amentia, neurasthenia, epilepsiy, ophthalmia, strangury, renal & vesical calculi, cough, bronchitis, menstrual disorders & intermittent fevers etc.

### Formulations

Mustakaadi ch, M.kw, M.vt, M.lh, Mustakaarista, Sadanga paaniya, Aadraka khanda av, Kutajaastaka kw, Daarvyaadi kw, Dhaanyapanchaka kw, Vatsakaadi ch, V.kw, Stanyashodhana ksy, Kanaadi kw, Yogaraaja ggl, Samasharkaraa ggl, Aamra pk, Bhunimbaadi kw, Parpataadi kw, Draaksaadya astaadashaanga kw.

### Therapeutic uses

- i. Diarrhoea - (a) Decoction, 50ml - SS  
(b) Decoction of Mustaka + Parpata 50 ml- CS
- ii. Cough - Mustaka 3g + Maricha 0.5g + honey 3ml - CS
- iii. Cut wound - LA: paste + ghee - CD







## Naadihingu

<b>Botanical Name</b>	: <i>Gardenia gummifera</i> L.f.
<b>Family</b>	: Rubiaceae
<b>Ayurvedic Syn.</b>	: Palaashaa, Jantukaa, Raamathi, Vamshapatri, Pindaahwaa, Suviryaa, Hingunaadikaa, Chaarupatrikaa, Hingupatri, Shivaatikaa, Kava ri.
<b>Trade name</b>	: Gummy gardenia
<b>Local name</b>	: Naadihingu

### Description

An unarmed shrub, 2-3 m high; twigs, leaves and inflorescence often covered with resin. Leaves simple, opposite, sessile or subsessile, obovate, 3.7-7.5 x 1.5-3 cm, apex obtuse or rounded, secondary nerves 12-16, base usually narrowly cordate, sometimes cuneate; stipules connate. Flowers medium sized, usually white, turning yellow, solitary or sometimes 2-3 together; terminal but becoming latered in fruit. Calyx-lobes short, triangular, acute, upto 2.5 mm. Corolla-tube long, lobes 5, oblong, 2.5-3.7 cm long. Stamens adnate to corolla tube, style thick, stigma club-shaped. Fruits ovoid or ellipsoid, 2.5-3.7 cm long, beaked with the calyx; mesocarp fleshy; endocarp hard, thin.

### Parts used

Resin

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, antispasmodic, antiseptic, antimicrobial, expectorant, appetizer, digestive, carminative, diaphoretic, anodyne, vulnerary, anthelmintic, cardiogenic, depurative, revulsive & useful in neuropathy, cough, hiccough, bronchitis, anorexia, dyspepsia, flatulence, colic, constipation, odontalgia, ulitis, melalgia, foul ulcers, wounds, round worms, cardiac debility, leprosy, skin diseases, intermittent fever, splenomegaly & obesity etc.

### Therapeutic uses

- i. Foul ulcers - Dusting prevents maggotification, kills those too - Chunekar
- ii. Paediatric diarrhoea during dentition - Rubbed on gums to allay irritation & orally 50 mg, bd - Pandey







## Naagakeshara

<b>Botanical name</b>	: <i>Mesua ferrea</i> L.;	<b>Family</b> : Clusiaceae
<b>Synonym</b>	: <i>M. speciosa</i> Chois., <i>M. coromandelina</i> Wight.	
<b>Ayurvedic syn.</b>	: Naagapuspa, Naagakinjalka, Chaampeya, Kaanchana	
<b>Trade name</b>	: Nagkeshar ;	<b>Local name</b> : Naageswar

### Description

A moderate sized or large, pretty tree; wood very hard & heavy. Leaves simple, opposite, oblong, oblong-lanceolate or linear-lanceolate, 7-16 x 2.5-4.3cm, apex acute or mostly acuminate, rigidly coriaceous, shining above, whitish beneath, lateral nerves very fine, parallel; petiole 7-12mm. Flowers white, from the uppermost axils, very variable in size, 1.8-7.5cm across, fragrant. Sepals-4, orbicular, thick. Petals 4, alternating with sepals, cuneate-obovate. Stamens bright yellow. Fruits ovoid, 2.5-3.2 cm long, with conical pointed apex, 1-4 seeded, supported on the persistent calyx, almost woody.

### Parts used

Flowers, oil, bark, leaves, buds, seeds.

### Ayurvedic properties

**Rasa**: kasaaya, tikta; **Guna**: laghu, ruksa; **Virya**: usna; **Vipaaka**: katu;  
**Dosakarma**: kapha pitta shaamaka

### Actions & uses

Anodyne, stomachic, digestive, carminative, constipating, diuretic, alexipharmic, expectorant, haemostatic, cardi tonic, antibacterial, antifungal, sudorific, febrifuge, anthelmintic, hypotensive, antispasmodic, antianaphylactic, insecticidal, juveno-mimetic, antiasthmatic, antiimplantation, antiinflammatory & useful in cough, asthma, hiccough, halitosis, leprosy, scabies, dermatopathy, pharyngodynia, vomiting, haemorrhoids, dipsia, impotency, leucorrhoea, cephalalgia & haemoptysis.

### Formulations

Pusyaanuga ch, Pradaraantaka ch, Lavana bhaaskara ch, Supaari pk, Chyavanapraasha, Aardraka khanda, Gandhaka rsyn, Br. shrngaaraabhra rs, Braahmi vt, Shatamulyaadi louha, Guduchyaadi tl, Br. chhaagalaadya gt, Draaksaasava, Babbulaarista, Dashamulaarista, Ashwagandhaarista.

### Therapeutic uses

- i. Haemorrhoids - Anthers powder 3g + candy 3g + ghee 3ml, bd-CS
- ii. Leucorrhoea - Sarbat: fresh flowers + butter milk 1 glass, bd- BP
- iii. Blood dysentery - Powdered flowers 3 g + candy 3g, tds- BS
- iv. Menorrhagia - Decoction of flowers 20 ml, bd- DGKD







## Nilotpala

<b>Botanical name</b>	: <i>Nymphaea nouchali</i> Burm.f.
<b>Family</b>	: Nymphaeaceae
<b>Synonym</b>	: <i>N. stellata</i> Willd.
<b>Ayurvedic syn.</b>	: Nilakumuda, Sougandhika, Indivara.
<b>Trade name</b>	: Indian blue lily ; <b>Local name</b> : Nilakain

### Description

An aquatic perennial herb. Leaves simple, floating, orbicular, 8-30 cm across, entire, sinuate or bluntly dentate, greenish above, purple beneath, glabrous, sinus 5-12 cm deep. Flowers blue, whitish, 5-12 cm across. Sepals oblong, obscurely nerved, acute. Petals oblong, 2.5-5 x 0.6-1.8 cm, Receptacle up to 1.5 cm. Stamens slightly connate to petals; filaments yellow.

### Parts used

Rhizome, leaves, flowers, seeds, whole plant.

### Ayurvedic properties

**Rasa** : kasaaya, madhura, tikta; **Guna** : laghu, snigdha, pichchhila; **Virya** : shita; **Vipaaka**: madhura; **Dosakarma**: kapha pitta shaamaka

### Actions & uses

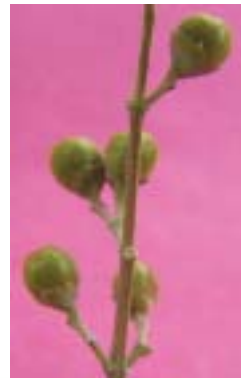
Refrigerant, aphrodisiac, tonic, cardiogenic, brain tonic, stomachic, constipating, restorative & useful in diarrhoea, dysentery, dipsia, dermatopathy, cardiopathy, habitual abortive tendency & also promotes I.Q.

### Formulations

Kaamadeva ghrta, Ushiraasava, Kamkolaadya ch, Aravindaasava, Kumkumaadya tl, Nilotpalaasava, Nilotpalaadi hima, Chatuhkuvalaya ghrta, Phala ghrta, Padmakaadi taila, Chyavanapraasha, Shilaaajatwaadi churna.

### Therapeutic uses

- i. Post menopausal osteoporosis - Leaf juice 20 ml + sesame oil 3 ml, bd - VD
- ii. Vaginitis - Rhizome paste 5g + rice water 50 ml, bd- BP
- iii. Premature hair greying - Whole plant pounded with milk is kept underground for a month and then applied on scalp blackens and glossifies hairs. - VM
- iv. Fracture of tooth - Milk cooked with stalk paste - SS







## Nirgundi

<b>Botanical name</b>	: <i>Vitex negundo</i> L.;	<b>Family</b>	: Verbenaceae
<b>Ayurvedic syn.</b>	: Sugandhika, Sindhuvaara, Shephaali, Indraanikaa.		
<b>Trade name</b>	: Five-leaved chest tree ; <b>Local name</b> : Beguniaa		

### Description

A large shrub; bark thin, grey, finely hoary-tomentose. Leaves opposite, compound, digitately 3-5-foliolate; petiole 2.5-4 cm long; leaflets lanceolate or narrowly lanceolate, 5-15 cm long, apex acute to acuminate, glabrescent or puberulous above, finely white-tomentose beneath, base obtuse, two lateral leaflets in 5-foliolate leaves sessile or subsessile; others petioluled, 1.2-2.5 cm long. Flowers bluish purple, in large terminal panicles, 5-20cm long. Calyx 2.5 mm long, hoary-tomentose. Corolla 6.2-7.5 mm across. Stamens inserted near the base of the corolla. Drupe globose, 3 mm diam.

### Parts used

Root, bark, leaves, flowers, seeds.

### Ayurvedic properties

**Rasa**: katu, tikta; **Guna**: laghu, ruksa; **Virya**: usna; **Vipaaka** : katu;  
**Dosakarma**: kapha vaata shaamaka

### Actions & uses

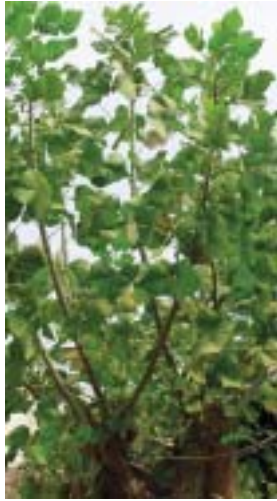
Thermogenic, anthelmintic, expectorant, antiinflammatory, antibacterial, antifertility, antispasmodic, analgesic, hepatoprotective, anticonvulsant, antimicrobial, mosquito repellent, rejuvenative, vulnerary, tonic & useful in hepato-splenomegaly, cephalalgia, otalgia, arthritis, uropathy, cough, bronchitis, malarial fever, haemorrhoids, dysmenorrhoea, ophthalmopathy, otorrhoea, diarrhoea, cholera, cardiac disorders & hemorrhages etc.

### Formulations

Nirgundi tl, N.gt, N.kalpa, N.asv, Trivikrama rs, M.vaatavidhwamsana rs, Anu tl, Sri jayamangala rs, Pusparaaja prasaarini tl, Laangali tl, Trinetra rs, Guduchi tl, Agninaamaa rs, Swachchhandabhairava rs, Manthaanabhairava rs, Louha rsyn, Karanjaadi lp, Raamabaana rs, Raasnaadi ksy, M.sugandhi tl, Laaksaadi tl.

### Therapeutic uses

- i. Cough - Ghee cooked with leaf juice - SS, AH
- ii. Guinea worm - Taking ghee for first three days, then taking Nirgundi juice next three days - VM
- iii. Cervical adenitis - Snuff : root juice-CD







## Paaribhadra

<b>Botanical name</b>	: <i>Erythrina variegata</i> L.;	<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>E. indica</i> Lam., <i>E. orientalis</i> L.		
<b>Ayurvedic syn.</b>	: Kantaki palaasha, Prabhadra, Kantakimshuka.		
<b>Trade name</b>	: Indian coral tree ;	<b>Local name</b>	: Paaladhuaa

### Description

A small prickly tree; prickles black; bark smooth and greenish with elongated white streaks. Leaves alternate, compound, digitately 3-foliolate. Leaflets rhomboid-ovate, 5-15 cm x 5.5-17 cm, acute or acuminate, more or less stellate pubescent when young, glabrescent with age; stipels short thick, reflexed, finally hard. Racemes very elongate, usually 15 cm, excluding the 10 cm long peduncle. Flower scarlet, 7 cm long. Calyx split, spathaceous with very oblique mouth, persistent and ultimately recurved, 5-toothed at the narrow tip. Standard 4times as long as the wings. Pods many, subcylindric, 15-25 cm long, beaked, somewhat curved, narrowed into a seedless base and a stout stipe. Seeds 1.5-1.8 cm, dark purple.

### Parts used

Stem, bark, leaves.

### Ayurvedic properties

**Rasa** : tikta, katu; **Guna** : laghu; **Virya**: usna; **Vipaaka**: katu;  
**Dosakarma**: kapha vaata shaamaka

### Actions & uses

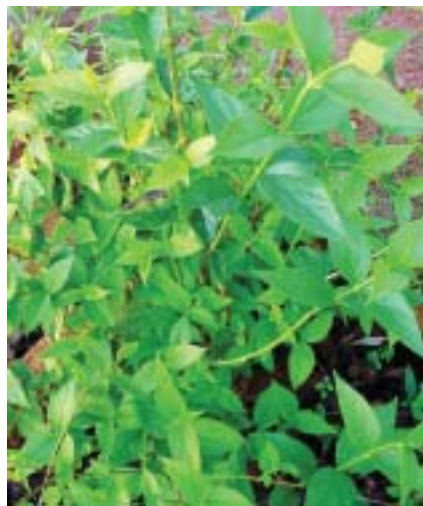
Antiinflammatory, sedative, vulnerary, digestive, antibilious, carminative, diuretic, anthelmintic, haematinic, expectorant, emmenagogue, rejuvenating, depurative, galactagogue, anticonvulsant, neuromuscular blocking, smooth muscle relaxant, skeletal muscle relaxant, slightly anticancerous, hydrocholeretic, proteinase-inhibitory & useful in acid-gastritis, dyspepsia, dysmenorrhoea, urinary disorders, toothache & earache etc. It has antagonistic action to strychnine due to presence of erythrine & may be used as antidote to strychnine poisoning.

### Formulations

Paaribhadraavaleha, Ksaaraagada, Shikhari ghrta, Sudhaakara taila.

### Therapeutic uses

- i. Avavaahuka - Leaf juice 5 ml, bd - GN
- ii. Helminthiasis - Leaf juice 5 ml + honey 3 ml, bd - VM
- iii. Splenomegaly - Decoction of flowers 20 ml, bd - DGKD
- iv. Acid gastritis - Decoction of leaves + amla, 20 ml, bd - HS
- v. Scanty laccation - Leaf juice 5 ml + soft pulp of coconut, bd - DGKD







## Paarijaata

<b>Botanical name</b>	: <i>Nyctanthes arbor-tristis</i> L.
<b>Family</b>	: Oleaceae
<b>Ayurvedic syn.</b>	: Shephaali, Naalakumkumaka, Raagapuspi, Kharapatraka, Harashrngaara, Praajakta.
<b>Trade name</b>	: Coral jasmine
<b>Local name</b>	: Ganga Siuli, Shingaraahaara

### Description

A small tree; branchlets 4-angular, often drooping. Leaves simple, opposite, ovate, 5-14 x 3-10 cm, entire or coarsely toothed, apex acute or acuminate, very scabrous; petiole 8-10 mm long. Flowers in terminal trichotomous cymes, fragrant, 1.8-2.5 cm across. Corolla salver-shaped, tube cylindric, orange. Capsules elliptic or obovoid, 1.8-2.5 x 1.2-1.7 cm, compressed, 5 mm thick, glabrous. Seeds orbicular.

### Parts used

Leaves, flowers, seeds.

### Ayurvedic properties

Rasa: tikta; **Guna**: laghu, ruksa; **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: kapha vaata shaamaka, pittasamshodhaka

### Actions & uses

Antibacterial, anthelmintic, antimalarial, antipyretic, anodyne, antiinflammatory, digestive, carminative, laxative, cholagogue, depurative, sudorific, expectorant, diuretic, trichogenous, tonic & useful in rheumatic & osteo arthritis, sciatica, pruritus, ringworm, baldness, greyness of hairs, scurvy, dysuria, worms, splenomegaly, ophthalmopathy, hepatopathy, constipation, haemorrhoids, cough, asthma, strangury, fever, intermittent fevers & malarial fever etc.

### Formulations

Yakrt-plihodaraari louha

### Therapeutic uses

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| i. Sciatica                     | - Leaf decoction 20-50 ml, bd - BP    |
| ii. Arthritis                   | - Root decoction 50 ml, bd - RM       |
| iii. Udakameha                  | - Leaf decoction - 50 ml, bd - SS, VM |
| iv. Enlarged uvula, tonsillitis | - Chewing its root - CD               |
| v. Fever                        | - Leaf juice 10 ml + honey 3ml - BR   |







## Paarisa

<b>Botanical name</b>	: <i>Thespesia populnea</i> (L.) Sol. ex Corr.
<b>Family</b>	: Malvaceae
<b>Synonym</b>	: <i>T. macrophylla</i> Bl., <i>Hibiscus populneus</i> L.
<b>Ayurvedic syn.</b>	: Kapitana, Paarshwapippala, Kapichuta, Phalisha, Vaanira, Gardhabhaanda, Supaarshwaka, Kamandalu.
<b>Trade name</b>	: Portia tree
<b>Local name</b>	: Ganjaa osta

### Description

A small tree. Leaves simple, alternate, ovate to orbicular-ovate, 5-15x5.5-12 cm, base cordate, apex acute to acuminate, 5-7 nerved at base, petiole 5-15 cm long. Flowers solitary, axillary; pedicel 2-5 cm long. Epicalyx segments oblong, acute, calyx campanulate, 1.8 cm across, accrescent with 5 minute teeth. Corolla yellow with dark purple centre, broadly campanulate, 5-7.5 cm across. Staminal column 1.5-2.5 cm. Capsules globose, 2-3.5 cm across, slightly depressed at the top, 4-5 loculed.

### Parts used

Bark, root, fruits, leaves.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu, **Dosakarma:** kapha pitta shaamaka.

### Actions & uses

Cooling, depurative, antiinflammatory, antiobetic, haemostatic, vulnerary, antidiarrhoeal, antibacterial, alterant, tonic, aphrodisiac & useful in vitiated conditions of kapha & pitta, vaatika diseases, scabies, psoriasis, warts, acne, pruritus, skin diseases, wounds, ulcers, fracture, burning sensation, head diseases, deafness, ophthalmopathy, pasychological disorders, ascitis, leprosy, ringworm, guineaworm, urethritis, vaginal disorders, gonorrhoea, haemorrhoids, diabetes, obesity, dipsia, catarrh, cough, asthma, cholera, dysentery, diarrhoea & haemoptysis. The ethanolic extract of fruits shows activity against Ranikhet disease virus and anticancer activity against Lewis lung carcinoma in the mice.

### Formulations

Nyagrodhaadi kwaatha, Mahaa naaraayana taila.

### Therapeutic use

- Female sterility - Paarisa bark powder 5g + Jiraka 3g + Sharapunkhaa 3g + honey 3 ml - RP, BP







## Paatalaa

<b>Botanical name</b>	: <i>Stereospermum chelonoides</i> (L.f.) DC.
<b>Family</b>	: Bignoniaceae
<b>Synonym</b>	: <i>S. suaveolens</i> (Roxb.) DC., <i>Bignonia chelonoides</i> L.f., <i>B. suaveolens</i> Roxb.
<b>Ayurvedic syn.</b>	: Krsnavrntaa, Kaamaduti, Alivallabhaa, Kumbhipuspi.
<b>Trade name</b>	: Trumpet flower tree ; <b>Local name</b> : Paatali, Paatuli.

### Description

A moderate-sized tree; young part tomentose; bark nearly smooth, grey. Leaves opposite, compound, imparipinnate, long petioled; leaflets 5-9, sessile or very shortly petioled, broadly elliptic or oblong, 7.5-18 x 3.5-9 cm, entire, suddenly acuminate or caudate, more or less pubescent above, densely so beneath. Flowers in large terminal panicles, dull crimson, yellow streaked within, very fragrant, 2.5-3.7cm long. Calyx 8.7-10mm, campanulate, unequally 5-lobed. Corolla tubular-campanulate, curved, 2-lipped, the upper lip 2 & the lower 3-lobed, lobes crisped. Stamens 4, didynamous. Style slender, stigmas-2. Capsule elongate, cylindrical, up to 45cm long and 1.5-2.5cm diam, terete, closely lenticellate. Seeds compressed, winged.

### Parts used

Root, root bark, leaves, flowers, fruits, seeds.

### Ayurvedic properties

**Rasa:** tikta, kasaaya(bark), kasaaya, madhura(flowers & fruits); **Guna:** laghu, ruksa; **Virya:** usna(b), shita(f); **Vipaaka:** katu; **Dosakarma:**kapha vaata shaamaka(b), vaata pitta shaamaka(f)

### Actions & uses

Anodyne, appetizer, constipating, diuretic, lithontriptic, expectorant, cardi tonic, aphrodisiac, antiinflammatory, antibacterial, febrifuge, tonic, refrigerant & useful in intestinal disorders, cardiopathy, bronchopathy, renal & vesical calculi, otalgia, odontalgia, rheumatalgia, hemicrania, malaria & general debility etc.

### Formulations

Paatali tl, Paatalaadi ksaarodaka, Dashamula kw, D.tl, D.ast, D.gt, Kushaadi gt, Bhadraavaha gt., Dwaatrimshat kw, Mm.naaraayana tl, M.yogaraaja ggl.

### Therapeutic uses

- i. Burn ulcers - LA: mustard oil cooked with paste of root bark-VM
- ii. Conjunctivitis - Col.: flowers pounded with honey or cane juice- SS
- iii. Hiccough - Fruits & flowers mixed with honey- SS







## Paathaa

<b>Botanical name</b>	: <i>Cissampelos pareira</i> L. var. <i>hirsuta</i> (DC.) Forman
<b>Family</b>	: Menispermaceae
<b>Synonym</b>	: <i>C. hirsuta</i> Buch.-Ham.ex DC., <i>C. pareira</i> L.
<b>Ayurvedic syn.</b>	: Ambosthaa, Baratiktikaa, Abiddhakarni, Vrttaparni
<b>Trade name</b>	: Velvet leaf ; <b>Local name:</b> Akaanabindhi

### Description

A slender climber with perennial root-stock. Leaves simple, alternate, broadly ovate or orbicular, 4.5-11 x 4.5-12 cm, base rounded, slightly peltate, apex obtuse or retuse, mucronate, margin entire, palmately 5-7-nerved, lower surface tomentose to pubescent, upper surface puberulous; petiole 2-9 cm long. Male inflorescence 2-4 cm long. Male flowers green to yellow. Female inflorescence upto 18 cm, bract upto 1.5 cm long, puberulous. Female flowers on pedicels 1-1.5 mm. Drupe red, pubescent. Seeds horse shoe-shaped.

### Parts used

Stem bark, leaves.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, tiksna; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** tridosha shaamaka

### Actions & uses

Anthelmintic, stomachic, digestive, carminative, depurative, anti-inflammatory, diuretic, expectorant, galactagogue, bitter tonic, hypoglycaemic, antibacterial, CNS depressant, neuromuscular blocker, muscle relaxant, antileukemic, antifertility, fungitoxic, antitumour & used in dyspepsia, dysentery, diarrhoea, oedema, cough, asthma, coryza, bronchitis, cystitis, dysuria, fistula, non-healing ulcers, scabies, leprosy, migrane, leucorrhoea & gonorrhoea etc. Its activity is reported against human carcinoma cells of nasopharynx in cell culture.

### Formulations

Paathaadi kw, P.ch, Kutajaadi ksy, Panchamulyaadi ksy, Shunthyaadi kw, Panchanimba ch, Saaraswata ch, Vyosaadi ch, Saddharana yg, Eranda pk, Punarnavaadyarista, Nityaananda rs, Amrtasaara rs, Ambasthaasava.

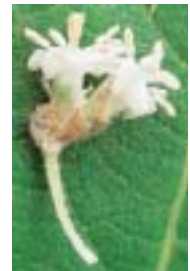
### Therapeutic uses

- i. Haemorrhoids - Root powder 2g + ginger powder 3g, bd - CS
- ii. Dysentery - Root powder 3 g + curd 1 cup, bd - BS
- iii. Scorpion sting - L A: leaf juice - AY
- iv. Splenomegaly - Leaf juice 10 ml + a cup of rice water - RM

## Raajapaathaa



## Tilaka







## Raajapaathaa

<b>Botanical name</b>	: <i>Stephania japonica</i> (Thunb.) Miers.
<b>Family</b>	: Menispermaceae
<b>Synonym</b>	: <i>Stephania hernandifolia</i> (Willd.) Walp. <i>Menispermum japonicum</i> Thunb. <i>Cissampelos hernandiifolia</i> Willd.
<b>Local name</b>	: Sandhimaali

### Description

A slender, glabrous climber, root tuberous. Leaves simple, alternate, peltate, ovate, 4-12 x 4-10 cm, base broadly rounded to truncate, apex acute to acuminate; petiole 3-12 cm long. Inflorescence axillary, 4-9 cm. Male flower: green, white or yellow, sessile or subsessile. Female flowers: sepals and petals as in male but the number of sepals often reduced. Drupes yellow when ripe, obovoid with style scar near the base.

### Note

Ayurvedic texts describe Paathaadwaya, viz. Paathaa & Raajapaathaa having similar pharmacological features. Dr. K.C.Chunekar opines *Stephania japonica* (Thunb.) Miers. to be Raajapaathaa which is commonly used as Paathaa in Kerala., Dr. P.V.Sharma & Dr. G. Pandey represent *Cyclea peltata* H.f. & T. (Syn. *C. arnotii* Miers.) to be Raajapaathaa, which Dr. Chunekar considers to be of second category.

## Tilaka

<b>Botanical name</b>	: <i>Wendlandia heynei</i> (Roem. & Schult.)
<b>Family</b>	: Rubiaceae
<b>Synonym</b>	: <i>W. exserta</i> (Roxb.), <i>Rondeletia heynoi</i> Roem & Schult.
<b>Ayurvedic syn.</b>	: Ksuraka, Purusa ; <b>Local name</b> : Tilei

### Description

A small tree, hoary-pubescent all over; bark light brown. Leaves opposite, elliptic, elliptic-oblong, 10-20 x 2.5-6.5 cm, apex acuminate, hoary-pubescent, secondary nerves 12-16, prominent, base acute; petiole 1-2 cm; stipules broadly oblong or ovate. Panicles pyramidal, 7.5-15 cm, lower branches sometimes axillary. Flowers white, 2 mm long. Corolla-tube broad; lobes 2.5 mm long. Capsule 1.5-1.7 mm diam.

### Parts used

Bark

### Ayurvedic properties

**Rasa:** katu; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha shaamaka

### Actions & uses

Thermogenic, stimulative, purgative, anthelmintic, rejuvenant & useful in vesical, oral & dental diseases. Mastication of barks facilitates salivation.







## Padmachaarini

<b>Botanical name</b>	: <i>Hybanthus enneaspermus</i> (L.); <b>Family:</b> Violaceae
<b>Synonym</b>	: <i>Viola enneasperma</i> L., <i>V. suffruticosum</i> L., <i>Ionidium suffruticosum</i> (L.)
<b>Ayurvedic syn.</b>	: Sthalapadmini, Padmaa, Aticharaa, Avyathaa, Shaaradaa, Padmaavati, Padmaahwaa, Puskaraanandi, Ramyaa, Sthalaruhaa, Sugandhamulaa, Supuskaraa.
<b>Local name</b>	: Madanamastaka, Ratnapurusa.

### Description

An erect or suberect, often branched and spreading, more or less pubescent herb, 10-20 cm; tap root deep penetrating. Leaves simple, alternate, sub-sessile, variable, linear-lanceolate, elliptic or linear, 1.5 x 0.15-1 cm, base attenuate, margin entire, apex acute or subacute, stipules triangular to subulate. Flowers axillary, on jointed slender pedicels. Sepals subequal, triangular, membranous. Petals 5, rose coloured, unequal, upper ones oblong, 3.5 mm, lateral falcate, 4-5 mm, lower one larger, orbicular, clawed, 1.2 x 0.8 cm, saccate at base. Stamens 5, capsules subglobose, 4-5 mm diam.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu, tikta, kasaaya; **Guna:** laghu, ruksa, pichchhila; **Virya:** anusna;  
**Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

The plant is bitter, acrid, astringent, mildly thermogenic, anodyne, antiinflammatory, febrifuge, demulcent, diuretic, lithontriptic, alexeteric, ophthalmic, tonic, aphrodisiac & useful in vitiated conditions of kapha & vaata, dysuria, vesical calculi, uropathy, head diseases, wandering of mind, epileptic fits, ophthalmopathy, dysentery, colic, haemorrhoids, saanipaatika fever, cough, asthma, strangury, loose breasts & splenomegaly etc. Its paste is also used as a general tonic & immunostimulative for the developing foetus in the 4th month of pregnancy (BP).

### Formulations

Sthalapadma ghrta, Dashaanga kwaatha.

### Therapeutic use

- Splenomegaly - Paste 10g + milk 1 glass - SY







## Palaasha

<b>Botanical name</b>	: <i>Butea monosperma</i> (Lam.) Taub.;	<b>Family</b> : Fabaceae
<b>Synonym</b>	: <i>B. frondosa</i> Koen. ex Roxb.	
<b>Ayurvedic syn.</b>	: Kimshuka, Raktapuspa, Ksaarashrestha, Triparni, Brahmavrksa, Samidhvara, Yajniya, Vaatahara.	
<b>Trade name</b>	: Bengal kino ;	<b>Local name</b> : Palaasha

### Description

A small tree with crooked trunk, bark rough, exuding from wood a light red gum. Leaves alternate, compound, pinnately 3 foliate; petiole 10-15 cm; leaflets rigidly coriaceous, 10-20 cm long and broad, glabrous above, grey tomentose beneath, terminal leaflet rhomboid or obovate, lateral ones obliquely ovate and smaller; petiolules 5-10 mm long, stout. Racemes axillary, 4-6 cm long, rigid; pedicels 1.2-3 cm long, the rachis, bracts and calyx covered with brown velvety tomentum. Flowers bright orange-red or rarely yellow, 3.7-7 cm long. Calyx campanulate, upper lip sub emarginated, lower with three deltoid teeth. Petals silvery-tomentose outside, keel incurved. Pods stalked, 15cm long, velvety brown. Seeds oval, compressed.

### Parts used

Bark, leaves, flowers, seeds, gum.

### Ayurvedic properties

**Rasa** : tikta, katu, kasaaya; **Guna**: laghu, snigdha(flowers), laghu, ruksa(bark, leaves, seeds, gum); **Virya**: shita(f), usna(b,l,s,g); **Vipaaka**: madhura(f), katu(b,l,s,g); **Dosakarma**: kapha pitta shaamaka(f), kapha vaata shaamaka(b,l,s,g).

### Actions & uses

Haemostatic, diuretic, rubefacient, anthelmintic, antiimplantation, antiovolatory, antiestrogenic, abortifacient, antileprotic, ophthalmic, antifungal, bactericidal, antispasmodic, hypotensive, aphrodisiac, antiasthmatic, emollient, depurative, & useful in haemorrhoids, rectal diseases, hydrocele, diabetes, tumour, hepatopathy, gonorrhoea, arthralgia, hyperdipsia, epilepsy, skin diseases, haemoptysis, strangury.

### Formulations

Br. agnimukha ch, Vaishwaanara ksr, Br. shankha vt, Varunaadya gt, Louha rsyn, Kumkumaadya tl, Puspahaari varti, Krtamaalaadi kk, Shatapuspaadi kw.

### Therapeutic uses

- i. Helminthiasis - Seed paste 3g with rice water 1 cup, bd- SS
- ii. Haemorrhoids - Tender leaves cooked with equal parts of mustard oil & ghee 5 g, bd- CS
- iii. Leucorrhoea - Leaf powder 5g + candy 5g + milk, 3 weeks - AY







## Parnayavaani

<b>Botanical name</b>	: <i>Coleus amboinicus</i> Lour.
<b>Family</b>	: Lamiaceae
<b>Synonym</b>	: <i>C. aromaticus</i> Benth.
<b>Trade name</b>	: Country borage
<b>Local name</b>	: Rukunaa haatapachaa

### Description

A perennial herb, shrubby below, hispidly villous or tomentose. Stem 30-90 cm., fleshy. Leaves simple, opposite, 2.5-5 cm, petioled, broadly ovate or cordate, crenate, fleshy, very aromatic. Flowers in lax panicles, shortly pedicelled, 3 mm long, whorls distant, densely many-flowered. Calyx 2-lipped, upper lip ovate, acute, membranous, lower acuminate. Corolla 2-lipped, pale purplish, tube short, throat inflated, upper lip short, lower lip longer, boat-shaped. Stamens 4, didynamous, exserted. Style filiform, stigma 2-fid.

### Parts used

Leaves

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka.

### Actions & uses

The plant is bitter, acrid, thermogenic, aromatic, anodyne, antiinflammatory, stimulative, digestive, carminative, hepatoprotective, diuretic, cardi tonic & useful in anorexia, dyspepsia, chronic cough, asthma, bronchitis, hiccough, cardiac debility, dysuria, uropathy, diarrhoea, gastro enteritis, colic, flatulent colic & vaginal disorders etc. [As a lithontriptic, this species forms a very popular substitute source of Paasaanabheda. This plant is called as 'Pattharchur' in Hindi, Bengali & Marathi]. Leaves contribute to a nice palatable & digestive chutney.

### Therapeutic uses

- i. Diarrhoea - Leaf juice: first dose 12 ml. Second & proceeding doses 6 ml in each 1 hour - Pandey
- ii. Paediatric colic - Leaf juice + sugar - KB







## Parpata

<b>Botanical name</b>	: <i>Hedyotis corymbosa</i> (L.) Lam.;	<b>Family</b>	: Rubiaceae
<b>Synonym</b>	: <i>Oldenlandia corymbosa</i> L.		
<b>Ayurvedic syn.</b>	: Trsnaari, Pittaari, Varatikta, Shita, Suksmapatri, Jwaarahara, Paamshula, Shivavallabha.		
<b>Local name</b>	: Jarajaati, Khetapaampadaa, Pittapaampadaa.		

### Description

A diffuse, slender, annual herb of 5-30 cm long. Leaves simple, opposite, linear or linear-lanceolate, 1.2-2.5 cm long, margins recurved, secondary nerves not visible; stipules short, and membranous. Flowers white, minute, paired on the axillary peduncles. Calyx-lobes subulate, 1-1.2 mm long. Corolla 2.2 mm long; tube slightly exceeding the calyx-lobes, lobes 4, triangular. Stamens 4, in the throat of the corolla-tube; exerted. Capsules globose or slightly pyriform, crowned by the calyx-limb, somewhat didymous, 2-2.5 mm long and broad.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, katu; **Guna:** laghu; **Virya:** shita; **Vipaaka:** katu;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

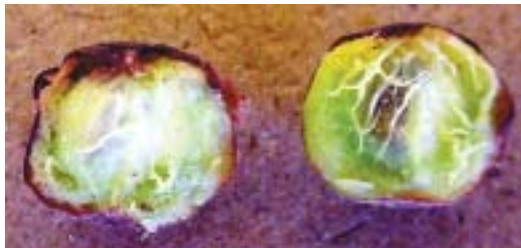
Refrigerant, febrifuge, digestive, aperient, anthelmintic, diuretic, depurative, diaphoretic, expectorant, liver tonic & useful in fever, depression, jaundice, heat eruptions, hyperdipsia, giddiness, dyspepsia, flatulence, colic, constipation, helminthiasis, strangury, leprosy, skin diseases, cough, catarrh & bronchitis etc.

### Formulations

Sadanga paaniya, Sudarshana ch, Shatyaadi kw, Laaksaadi tl, Jalavidhaana yg, Astaadashaanga louha, Br. kusmaanad av, Nimbaadi kw, Parpataadi kw, Kiraatatiktakaadi kw, Br. manjistha kw, Chandanaadi kw, Draaksaadi kw, Guduchyaadi kw, Hriveraadi kw, Panchabhadra kw, Shrngyaadi kw, Br.naarikela khanda, Amrta bhallaataka av, M. bhallaataka av, M.naaraayana tl.

### Therapeutic uses

- i. Fever - (a) Juice of Parpata alone or with giloy+amla- AS, VM  
(b) Decoction of Parpata + Shunthi 50ml, bd - RM
- ii. Psychosis in fever - Decoction 50-100ml, bd / tds - BP
- iii. Cough after fever - Fruit powder 3-5g, bd / tds -BP
- iv. Vomiting - Cool decoction + honey - VM







## Parusaka

<b>Botanical name</b>	: <i>Grewia subinaequalis</i> DC.;	<b>Family</b>	: Tiliaceae
<b>Synonym</b>	: <i>G. asiatica</i> auct. non L., <i>G. hainesiana</i> Hole.		
<b>Ayurvedic syn.</b>	: Parusa, Nilaarna, Ropana, Paaraavata, Dhanwanachchhada, Mrduphala.		
<b>Trade name</b>	: Phalsa ; <b>Local name</b> : Phaarsaakoli		

### Description

A Small tree; branchlets tomentose. Leaves simple, alternate, broadly ovate or suborbicular, 10-18 x 7-15 cm, margin serrate, apex subacute or shortly cuspidate, 5-7 nerved at base, tomentose when young, mature leaves subglabrous above, pubescent green or white beneath; petiole 4-18 mm; stipules linear or lanceolate. Flowers in axillary cymes; peduncles several, usually exceeding the petioles, upto 2.5 cm long. Flowers yellow, buds broadly cylindric or cleveate, upto 3.7 mm, ribbed. Sepals 7.5-11 mm, stellately pubescent or tomentose. Petals oblong, 3.7 mm long. Stamens many; stigma 4-lobed. Drupe purple & black, 4-12 mm diam.

### Parts used

Fruits, root, leaves, bark.

### Ayurvedic properties

**Rasa**: madhura, amla, kasaaya; **Guna**: laghu; **Virya**: shita; **Vipaaka**: amla; madhura; **Dosakarma**: vaata kapha hara, pitta shamana

### Actions & uses

Appetizer, stomachic, digestive, stimulant, sub-purgative, antidiarrhoeal, pectoral, refrigerant, antipyretic, demulcent, antirheumatic, antitubercular, antibacterial & useful in glycosuria, dysuria, vesical calculi, gout, pharyngopathy, burning sensation, dipsia, hyperdipsia & seminal disorders etc.

### Formulations

Parusaka gt, Parusakaadi kw, Vidaari gt, M.draaksaadi kw, Madhukaadi hm, Katphalaadi paana, Triphalaa ggl, Br. madhuka phaanta, Kharjuraadi mantha, Nilotpalaadi hm, Kandarpa sundara rs.

### Therapeutic uses

- i. Excessive thirst due to alcoholism - Cold fruit juice - CS
- ii. Pharyngopathy - Gargle with decoction of fruits of Draakaa & Parusaka - BP
- iv. Easy delivery - LA: root paste from umbilicus to vulva -VM, BS







## Pippali

<b>Botanical name</b>	: <i>Piper longum</i> L.;	<b>Family</b>	: Piperaceae
<b>Synonym</b>	: <i>Chavica roxburghii</i> Miq.		
<b>Ayurvedic syn.</b>	: Krsnaa, Maagadhi, Kanaa, Chapalaa, Usanaa, Upakulyaa, Shaundhi, Vaidehi, Tiksnatandulaa.		
<b>Trade name</b>	: Long pepper;	<b>Local name</b>	: Pippali

### Description

A creeping or rambling herb; stems sulcate when dry. Leaves simple, alternate, usually ovate, sometimes elliptic-oblong, 4-12.5 x 2-8 cm, apex acute, acuminate, base deeply cordate, lower leaves long petioled, the upper leaves sometimes sessile or amplexicaul. Flowers unisexual (dioecious); bract stalked, peltate, with free margins all round. Male spikes slender, yellow when ripe, 3.5-6.0 cm long. Female spikes 1.2-3 cm in fruit, black, used as pipali when dried. Berries distinct, 2.5 mm diam.

### Parts used

Dried female spike (fruit) - Pippali, Dried root - Pippali mula.

### Ayurvedic properties

**Rasa:** katu; **Guna:** laghu, snigdha, tiksna; **Virya:** anusna shita;

**Vipaaka:** madhura; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Tonic, expectorant, digestive, purgative, emmenagogue, emollient, antibacterial, antiinflammatory, antiseptic, antimalarial, anthelmintic, anti giardial, CNS stimulant, antitubercular, hypoglycaemic, hepato protective, diuretic, antinarcotic, antispasmodic, immunostimulatory, analeptic, antiulcerogenic, & useful in cough, asthma, bronchitis, hiccough, fever, stomachalgia, dyspepsia, flatulent colic, haemorrhoids, gout, lumbago, apoplexy, splenopathy, epilepsy & gonorrhoea.

### Formulations

Pippalyaasava, Pippali khanda, Guda pippali, Trikatu ch, Br.ashwagandhaa gt, Vaasaaveleha, Chitrakaadi vt, Kalyaanaavaleha, Vyaaghri haritaki, Sitopalaadi ch, Elaadi gtk, Lavanabhaaskara ch, M. kalyaanaka gd, Naarikela khanda etc.

### Therapeutic uses

- i. Chronic fever - Decoction of fruits 20-50ml - AS
- ii. Diarrhoea - fruit powder 1-3g - AH
- iii. Cough - fruit powder 1-3g with honey 3ml - BP
- iv. Acid gastritis - fruit powder 1-3g with profuse honey- VM







## Pishaacha Kaarpaasa

<b>Botanical name</b>	: <i>Abroma augusta</i> L.f.; <b>Family</b> : Sterculiaceae
<b>Synonym</b>	: <i>A. fastuosa</i> Gaertn.
<b>Ayurvedic syn.</b>	: Pivari
<b>Trade name</b>	: Devil's cotton, Ulat Kambal
<b>Local name</b>	: Olata kamala

### Description

A shrub or small tree, branches downy. Leaves simple, alternate, 10-15 x 10-12 cm, variable in shape; lower leaves orbicular, repand-denticulate, base 3-5 nerved while the upper smaller, narrower, entire, glabrescent above, tomentose below; petioles variable in length; stipules linear, deciduous. Flowers 5 cm diam., axillary, peduncle 2.5-3 cm long, Sepals 2.5 cm, lanceolate, free nearly to the base. Petals drooping, imbricate in bud, dark red; deciduous. Capsule 5- angled, obpyramidal, thrice as long as the persistent calyx. Seeds enveloped in light cottony wool.

### Parts used

Root, leaves, seed oil.

### Ayurvedic properties

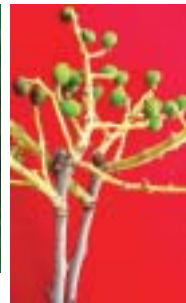
**Rasa** : katu, tikta; **Guna**: laghu, ruksa, tiksna; **Virya**: usna; **Vipaaka**: katu;  
**Dosakarma**: Kapha vaata shaamaka, pittavardhaka

### Actions & uses

Root: acrid, bitter, anodyne, antiinflammatory, depurative, stimulative, cholagogue, emmenagogue, uterotonic, utero-stimulative & useful in vitiated conditions of kapha & vaata, congestive & neuralgic varieties of dysmenorrhoea, sores & abscess etc. Leaves anodyne, antiinflammatory, hypoglycaemic, uterotonic & useful in matropathy, diabetes, rheumatalgia & sinusitis. Seed oil lowers cholesterol level in blood.

### Therapeutic use

- i. Dysmenorrhoea - Sap of the fresh root 5-10 ml, since 3 days earlier to mens upto 2 days after the cycle. - Sharma







## Priyaala

<b>Botanical name</b>	: <i>Buchanania lanzan</i> Spreng.;	<b>Family:</b> Anacardiaceae
<b>Synonym</b>	: <i>Buchanania latifolia</i> Roxb.	
<b>Ayurvedic syn.</b>	: Raajaadana, Taapasesta, Sannakadru, Dhanuspata, Chaara, Bahulavalkala, Lalana, Draaksaaphala.	
<b>Trade name</b>	: Chirounji ;	<b>Local name:</b> Chaara koli

### Description

A small tree; bark rough; dark grey or black. Leaves simple, alternate, oblong or obvate-oblong, 12-20 cm long, entire, apex rounded, pubescent beneath, strongly nerved; petiole 6-8 mm, stout, pubescent. Panicle axillary and terminal, dense, pyramidal. Flowers white, 5-7 mm across, bisexual. Sepals 5, nearly free. Petals 5, triangular. Stamens 10, inserted at the base of the disc, erect, as long as the spreading petals. Fruit a drupe, black when ripe.

### Parts used

Root, root-bark, leaves, fruits, gum, seed-oil.

### Ayurvedic properties

**Rasa:** madhura; **Guna:** snigdha, guru, sara; **Virya:** shita; **Vipaaka:** madhura, **Dosakarma:** vaata pitta shaamaka

### Actions & uses

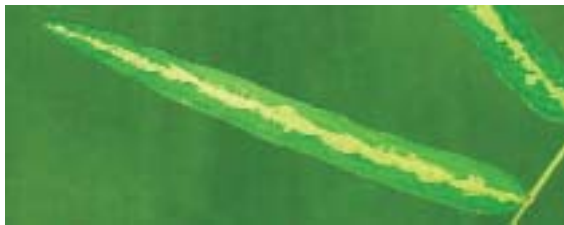
Roots: cooling, depurative, constipating & useful in leprosy, skin diseases & diarrhoea. Leaves: cooling, expectorant, digestive, purgative, depurative, tonic, cardio tonic, aphrodisiac & useful in hyperdipsia, burning sensation, cough, bronchitis, dyspepsia, flatulence, constipation, leprosy, skin diseases & seminal weakness. Fruits: sweet, sour, cooling, emollient, depurative, antiinflammatory, tonic, cardiogenic, stomachic, laxative, diuretic, expectorant, aphrodisiac, febrifuge & useful in strangury, urinary calculus, seminal weakness, cough, asthma, general debility, etc. Gum useful in diarrhoea & intercostal muscle sprain.

### Formulations

Soubhaagya shunthi pk, Rativallabha rs, Puga pk, Kaameshwara mdk, Ashoka gt, Nyagrodhaadya ch, N. kw, Asanaadi yg, Br.kusmaanda av, M.naaraayana tl.

### Therapeutic uses

- |      |                      |  |
|------|----------------------|--|
| i.   | Alopecia             | - LA: seed oil - DGKD                        |
| ii.  | Blood dysentery      | - Bark powder 3g + goat's milk 1 cup, bd- CD |
| iii. | Intrinsic hemorrhage | - Milk processed with fruits & candy - BP    |
| iv.  | Fever                | - Fruit juice - BP                           |







## Prshniparni

<b>Botanical name</b>	: <i>Uraria picta</i> (Jacq.) Desv. ex DC.
<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>Hedysarum pictum</i> Jacq.
<b>Ayurvedic syn.</b>	: Shrgalavinnaa, Prthakparni, kalashi, Dhaavani, Guhaa, Anghriparni, Chitraparni.
<b>Trade name</b>	: Prshniparni, Pithvan ; <b>Local name:</b> Prshniparni

### Description

An undershrub, 0.6-1.2 m; stem pubescent. Leaves alternate, compound, 25-30 cm long, lower 3-foliolate, with rounded or oblong leaflets; upper 5-9-foliolate with linear or linear-lanceolate leaflets, 8.5-15 cm long, usually with a pale cloud along the center; petiole 2.5-5 cm; stipules lanceolate, 1.2 cm long. Flowers small, redish-purple, in dense terminal cylindrical racemes, 7.5-10 cm long; bracts dry, many-nerved, long-acuminate, ciliate; pedicels with hooked hairs. Calyx-teeth with long spreading hairs. Pods 5-6-jointed, glabrous, polished grey. Seeds orbicular or subglobose.

### Parts used

Root

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** laghu, snigdha; **Virya:** usna; **Vipaaka:** madhura; **Dosakarma:** Tridosashaamaka

### Actions & uses

Anodyne, anti-inflammatory, antiseptic, nervine tonic, cardiogenic, expectorant, febrifuge, diuretic, ophthalmic & useful in cough, asthma, consumption, spermatorrhoea, dysuria, haemorrhoids, excessive thirst, colitis, anasarca, gonorrhoea & cardiopathy etc.

### Formulations

Sudarshana ch, Chyavanapraasha, Dashamula kw, D.tl, D.haritaki, D.ast, Parusakaadi kw, Utpalasasthaka kw, Rajanyaadi ch etc.

### Therapeutic uses

- i. Fracture union - Root powder 5g with meat-soup for 21 days - BP
- ii. Gout - Goat's milk 100 ml cooked with Prshniparni + sugar 5g + honey 3ml - SS
- iii. Excessive thirst due to alcoholism - Decoction 50-100ml - CS







## Punarnavaa

<b>Botanical name</b>	: <i>Boerhavia diffusa</i> L.; <b>Family</b> : Nyctaginaceae
<b>Synonym</b>	: <i>B. repens</i> L., <i>B. repens</i> var. <i>diffusa</i> (L.) HK.f. <i>B. repens</i> var. <i>procumbens</i> (Roxb) Hk. f.
<b>Ayurvedic syn.</b>	: Vrshchiva, Raktavrnta, Kathillaka, Varsaabhu, Jatila, Shothaghni, Varsaketu, Visaghni, Vikaswara, Saarini.
<b>Trade name</b>	: Hog weed ; <b>Local name</b> : Naali puruni

### Description

A diffuse herb; stem glabrous, often purplish, thickened at the nodes. Leaves simple, opposite, in unequal pairs, broadly ovate or suborbicular, 1.5-5 x 1.5-4-3 cm; obtuse or rounded at apex, green and glabrous above, usually whitish beneath, base rounded or subcordate; petiole nearly as long as the blade. Flowers very small, pink, sessile or subsessile, in small umbels on slender peduncles from the leaf-axils and in axillary and terminal panicles. Perianth 2-4 mm long, campanulate, tube constricted above the ovary and glandular, lobes emarginated. Fruits clavate, 3mm long, 5-ribbed, glandular.

### Parts used

Whole plant, root.

### Ayurvedic properties

**Rasa**: madhura, tikta, kasaaya; **Guna**: laghu, ruksa; **Virya**: usna;  
**Vipaaka**:madhura; **Dosakarma**:tridosha shaamaka

### Actions & uses

Cooling, diuretic, antiinflammarty, anthelmintic, febrifuge, antiviral, anticonvulsant, cardiostimulant, cardiotonic, antihypertensive, hepatoprotective, antibacterial, antifibrinolytic, diaphoretic, emetic, expectorant, laxative, tonic & useful in strangury, leucorrhoea, ophthalmia, lumbago, myalgia, scabies, cardiac disorders, jaundice, anaemia, dyspepsia, cough, bronchitis & general debility.

### Formulations

Punarnavaadi kw, Punarnavaa mandura, P. ggl, P.arista, Dashamulaarista, Kumaaryaasava, M.naaraayana tl, Sudhaanidhi rs, Sukumaara gt., Shothaghna lp.

### Therapeutic uses

- i. Rheumatic arthritis - Leaves as vegetable - BS
- ii. Insomnia - Decoction 50 ml, bd - HS
- iii. Anemic edema - Juice 10 ml, bd with a cup of luke warm milk - SS
- iv. Fever - Milk decoction of the plant 50ml + candy - SS







## Shweta Punarnavaa

<b>Botanical name</b>	: <i>Trianthema portulacastrum</i> L.;	<b>Family</b>	: Aizoaceae
<b>Synonym</b>	: <i>T. monogyna</i> L., <i>T. obcordata</i> Roxb.		
<b>Ayurvedic syn.</b>	: Shwetamulaa, Shothaghni, Dirghapatrikaa, Sadyomandala patraka, Shwetapatra, Virechani, Shwetavrshchiva, Varsaketu, Mahaa varsaabhu.		
<b>Trade name</b>	: Saphed gadahpurna ;	<b>Local name</b>	: Shweta puruni

### Description

A succulent herb with prostrate forked branches, 20-45 cm long, stems pubescent. Leaves simple, opposite or subopposite, unequal in pairs, broadly obovate, or elliptic, 1.2-2.5 x 0.8-2 cm, margin entire, often undulate, apex obtuse or rounded, base obtuse or attenuate; base of petiole sheathing with two stipule like appendages. Flowers white, solitary, sessile, sunk in the forks sheathed by the base of the petiole. Calyx lobes petaloid. Stamens 15-24. Capsule sunk in the fork of the petiole.

### Parts used

Whole plant, root.

### Ayurvedic properties

**Rasa**: madhura, tikta, kasaaya; **Guna**: laghu, ruksa; **Virya**: usna;  
**Vipaaka**: madhura; **Dosakarma**: tridosha shaamaka

### Actions & uses

Bitter, thermogenic, anodyne, antiinflammatory, depurative, alexeteric, stomachic, cathartic, hepato protective, diuretic, lithontriptic, uterostimulative, spasmogenic, ophthalmic, tonic, alterative, rejuvenative & useful in vitiated conditions of kapha & vaata, drastic constipation, anaemia, diseases of blood, inflammations, ascites, haemorrhoids, anaemia, corneal ulcers, itching, nyctalopia, refractive disorders, hepatomegaly, dysuria, renal & vesical calculi.

### Therapeutic uses

- i. Rejuvenation - Root powder 3g in morning in empty stomach followed by a glass of luke warm milk for 3 / 6 / 12 months continuously- VV
- ii. Dysuria - Decoction 20 ml - DGKD
- iii. Renal & vesical calculi - Milk decoction of the plant 50ml -SS
- iv. Conjunctivitis, nyctalopia - Eye drop: Leaf juice + honey + ds- DGKD

### Note

*Boerhavia diffusa* L. is mostly accepted as Punarnavaa in Ayurvedic texts. However *Trianthema portulacastrum* L. is called as Shweta Punarnavaa & has some special uses too.







## Punnaaga

<b>Botanical name</b>	: <i>Calophyllum inophyllum</i> L.
<b>Family</b>	: Clusiaceae
<b>Ayurvedic syn.</b>	: Punnaamaa, Paatalichchhada, Purusa, Tunga, Vibuddha, Sugandhi, Punarnaaga, Chaampeya, Devavallabha, Surakarnika, Paamshunaaga, Mahaanaaga, Satpadaalaya, Khachara.
<b>Trade name</b>	: Alexandrain laurel, Sultan champa
<b>Local name</b>	: Polaanga, Pulaanga

### Description

A medium-sized tree; branches glabrous, young ones tetragonous. Leaves simple, opposite, broadly elliptic-oblong or obovate, 10-15 x 5-9 cm, apex obtuse, rounded or emarginated, coriaceous, shining on both sides, midrib prominent below; petiole 1-1.5 cm. Racemes axillary, few-flowered, 7-12 cm long. Flowers white, fragrant, polygamous, 2 cm across. Sepals 4, reflexed, 2 outer ones concave; inner petaloid. Petals usually 4, reflexed. Stamens many, filaments free, yellow, anthers brown. Ovary red, depressed globose. Drupe yellow when ripe, globose, 2.5 cm across, smooth, pericarp pulpy.

### Parts used

Bark, leaves fruits, seeds, seed oil.

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** kapha pitta shaamaka, vaata shaamaka (seed oil).

### Actions & uses

Bark sweet, astringent, cooling, anodyne, vulnerary, diuretic, emollient, emetic, purgative, resolvent, demulcent, complexion promoter & useful in vitiated conditions of vaata & pitta, wounds, ulcers, skin diseases, pruritus, corneal ulcer, conjunctivitis, internal hemorrhages, orchitis & for promotion of colour & complexion in beauty therapy. Leaves useful in ophthalmia, migraine & vertigo. Seed oil anodyne, antiinflammatory, diuretic, demulcent & useful in rheumatism, gout, gonorrhoea, gleet, scabies, eczema, pruritus, wounds & ulcers etc.

### Therapeutic uses

- i. Scabies, eczema - LA: seed oil - DGKD
- ii. Wound - LA: bark paste - DGKD
- iii. Scrotal enlargement - Bandage with warm paste of bark - DGKD







## Putranjiva

<b>Botanical name</b>	: <i>Drypetes roxburghii</i> (Wall.) Hurusawa.
<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>Putranjiva roxburghii</i> Wall.
<b>Ayurvedic syn.</b>	: Garbhada, Artha saadhaka, Pavitra, Sutajivaka, Yasti puspa, Putraka manjari, Siddhida.
<b>Trade name</b>	: Putranjiva ; <b>Local name:</b> Poichaandiaa, Gaanjiaa

### Description

A moderate- large sized tree, often with drooping branches; branchlets pubescent or tomentose; bark dark grey. Leaves simple, alternate, bifarious, oblong broadly lanceolate, 2.5-10.5 x 1.2-5 cm, margin wavy, shining above, base obtuse, petiole 5-12 mm. Flowers monoecious or dioecious, male flowers in numerous clustered axillary or on leafless axillary shoots; female flowers solitary, axillary and long-peduncled. Male flower yellowish green, 2.5 mm across, tepals 3-6, stamens 2-4. Female flowers green, 4 mm across, tepals oblong, wider upwards, styles 2-3. Drupe obovoid or ellipsoid, 1.5-1.8 cm long, hoary-tomentose, with hard 1-celled and 1-seeded endocarp.

### Parts used

Leaves, seeds.

### Ayurvedic properties

**Rasa:** madhura, katu; **Guna:** guru, pichchhila; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka

### Actions & uses

Refrigerant, antiinflammatory, laxative, ophthalmic, diuretic, aphrodisiac, procreant & useful in vitiated conditions of vaata & pitta, sterility, habitual abortion, seminal disorders, hyperdipsia, tumours, skin diseases, ophthalmopathy, elephantiasis, strangury, constipation & burning sensation etc.

### Therapeutic uses

- i. Pumsavanam  
(To conceive male child) - Root of Putranjiva + Visnukraantaa + Shivalingi should be taken for 8 days in the second month of pregnancy - BP
- ii. Filariasis - LA: leaf juice & orally 20 ml, bd- SS
- iii. Eruptive boils & cysts - LA: paste of seed kernels - BP
- iv. Chest pain - Tepid juice of Putranjiva leaves + Shigru bark 20 ml + Hingu 250 mg - BS







## Raasnaa

<b>Botanical name</b>	: <i>Vanda tessellate</i> (Roxb.) Hook. ex G. Don
<b>Family</b>	: Orchidaceae
<b>Synonym</b>	: <i>V. roxburghii</i> R. Br., <i>Epidendrum tessellatum</i> Roxb.
<b>Ayurvedic syn.</b>	: Yuktarasaa, Ramyaa, Suvahaa, Rasanaa, Surabhi, Elaaparni, Sugandhaa, Shreyasi, Sugandhamulaa.
<b>Local name</b>	: Raasnaa, Malaanga.

### Description

An epiphytic herb, growing on the branches of the trees. Stems, 30-60 cm long. Leaves very coriaceous or fleshy, linear-oblong, keeled, 7.5-20 x 1.2-3 cm. Peduncles axillary, stout; racemes suberect, up to 25 cm long, 6-10-flowered. Flowers brown-tessellated, 3.7-5 cm across; bracts suborbicular, 3 mm long. Sepals obovate, spreading. Petals shorter; lip half as long to nearly as long, side lobes erect, small, midlobe thrice as long, violet or crimson; spur straight concial.

### Parts used

Whole plant, leaves.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** guru; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, digestive, carminative, laxative, anodyne, antiinflammatory, depurative, antiasthmatic, abdominal spasm, febrifuge, tonic & useful in rheumatic & ostio arthritis, bronchitis, constipation, flatulence, colic, piles, otalgia, skin diseases, gonorrhoea, epilepsy & insanity etc.

### Formulations

Raasnaa saptaka kw, Raasnaadi kw, M.r. kw, R. gt, R. tl, Raasnaa ggl, Laaksaadi tl, Yogaraaja ggl, M.y.ggl, Triphalaadi gt, Balaa gt, Kantakaari av, Balaa gt, M.sadgunatakra tl, Trayodashaanga ggl, Dashmulyaadi upnh, M.bhallaataka av, Simhaamrta gt, Vidaari gt, Sadbindu tl, M.guduchi gt, Mm. & M.naaraayana tl.

### Therapeutic uses

- i. Gout - Decoction of Raasnaa + Guduchi + Aaragvadha mixed with castor oil - VM
- ii. Rheumatic arthritis - Decoction of Raasnaa + Guduchi + Aaragvadha + Shunthi + Eranda - VM
- iii. Psoriasis - LA: paste - KS
- iv. Piles - Fomentation with poultice of Raasnaa - CS







## Raktachandana

<b>Botanical aname</b>	: <i>Pterocarpus santalinus</i> L.f.;	<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Jaghanya chadana, Ksoudra chandana, Taamrasaara, Pravaalaphala, Raktasaara, Harichandana, Kushada.		
<b>Trade name</b>	: Red sandal ;	<b>Local name</b>	: Rakta chandana

### Description

A moderate-sized tree; bark bluish-brown, deeply cleft into rectangular plates; wood extremely hard and claret red to nearly black. Leaves alternate, compound, leaflets usually 3, rarely 4-5; broadly ovate or nearly orbicular, 5-11.5 x 4-10 cm, apex obtuse to retuse, adpressed grey silky on the lower side, glabrous and shining above. Flowers in axillary, simple or sparingly branched racemes. Calyx-tube campanulate, somewhat curved, teeth short. Corolla exerted, petals clawed, yellow, crisped at margins. Stamens 10, filaments connate in a tube, split above. Pods suborbicular, 4.2-5 x 4-4.5 cm, indehiscent, much turgid against the seeds, narrowly winged, smooth, grey, silky.

### Parts used

Heart wood, fruits.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** guru, ruksa; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

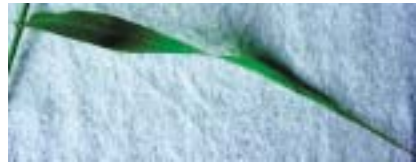
Heart wood: cooling, antiinflammatory, anthelmintic, depurative, alexeteric, febrifuge, haemostatic, ophthalmic, diaphoretic, aphrodisiac, tonic & useful in vitiated conditions of pitta, burning sensation, cephalalgia, odontalgia, hemicrania, vomiting, diarrhoea, dysentery, skin diseases, hemorrhages, haemoptysis, ophthalmopathy, haemorrhoids, general debility & psychological disorders. Fruits : tonic & used in chronic dysentery & urethrorrhagia.

### Formulations

M. chandanadi tl, Vaasaa Chandanaadya tl, Kumkumaadya tl, Chandanaasava, Dashaanga lp, Sadanga paaniya, Amrtaastaka kw, Phala gt, Amrta praasha, Amrta bhallaataka av, Puga pk, Laaksaadi tl., Pusyaanuga ch, Prasaarini tl.

### Therapeutic uses

- i. Defects in vision - Col.: red sandal paste with honey, ghee & sesame oil each for one week - BS
- ii. Headache, hemicrania - Application of paste on forehead - DGKD
- iii. Diarrhoea - Paste 3 g + honey - SS







## Rohisa

<b>Botanical name</b>	: <i>Cymbopogon martinii</i> (Roxb.) Wats.
<b>Family</b>	: Poaceae
<b>Synonym</b>	: <i>Andropogon martinii</i> Roxb., <i>A. schoenanthus</i> L.var. <i>martinii</i> (Roxb.)
<b>Ayurvedic syn.</b>	: Dhyaamaaka, Dhamana, Kattrna, Bhutruna, Bhutika, Bhuti, Bhuniska, Shyaamaka, Binduchita, Shamala, Daavadagdhaka, Mudgala, Devajagdha, Paavana.
<b>Trade name</b>	: Rusa grass ; <b>Local name</b> : Dhanwantari ghaasa

### Description

A tall perennial grass, 1-2.4 m; culms erect, smooth, glabrous; lower nodes often swollen. Leaves flat, linear-lanceolate to lanceolate, up to 22.5 cm long, 1.2-5 cm wide, tapering from above to a fine tip, glabrous except for the scabrid margins, more or less glaucous beneath, base cordate and amplexicaul; leaf-sheaths glabrous, smooth; ligule membranous. Panicle compound, narrow, erect, 3.7-5 cm wide, but sometimes broader.

### Parts used

Leaves, essential oil.

### Ayurvedic properties

**Rasa**: katu, tikta; **Guna**: ruksa, tiksna, usna; **Virya**: usna; **Vipaaka**: katu;

**Dosakarma**: kapha vaata shamaaka

### Actions & uses

Thermogenic, appetizer, digestive, carminative, cardiogenic, depurative, diuretic, galactagogue, sudorific, febrifuge, antimicrobial, analgesic, fumigant, antifungal, fungitoxic, mosquito repellent & useful in catarrh, cough, bronchitis, anorexia, dyspepsia, colic, helminthiasis, neuralgia, rheumatism, cardiac debility, leprosy, skin diseases, agalactia, strangury, epileptic fits, pharyngopathy & fever etc. Essential oil useful in rheumatism, neuralgia, hirsutism, hair loss after acute fever.

### Formulations

Agurvaadya tl, Guduchyaadi tl, M.panchagavya gt, Goksuraadichurna gtk, M.sadgunatakra tl, Dhaanwantara gt, Katphalaadi kw, Maasaadi nasya, Manahshilaadi dhuma, Trnka tl, M.trunaka tl.

### Therapeutic uses

- i. Fever - Decoction of leaves - BP
- ii. Fever, constipation, anorexia, cold, cough, sore throat, hoarseness of voice, arthritis, headache etc. - Decoction or infusion of leaves. - DGKD







## Saagaramekhalaa

<b>Botanical name</b>	: <i>Ipomoea pes-caprae</i> (L.) R.Br.
<b>Family</b>	: Convolvulaceae
<b>Synonym</b>	: <i>Convolvulus pes-caprae</i> L., <i>Ipomoea biloba</i> Forssk.
<b>Ayurvedic syn.</b>	: Maryaadaa valli, Maaravalli, Saagaraa, Manmathaa, Yugmapatraa, Raktapuspa.
<b>Trade name</b>	: Goat's foot creeper
<b>Local name</b>	: Kansaari nataa, Kasaari nai, Kanchana lataa.

### Description

A prostrate and far-creeping herb from a perennial elongate root stock; favouring sandy soil in open ground. Stems glabrous. Leaves simple, alternate, thick, 3.5-7 cm long and often broader than long, deeply 2-lobed at the apex, parallel nerved with two glands at the base of the midrib, petiole 2.5-10 cm. Flowers pink purple, darker in the throat, axillary, peduncles, 2.5-10 cm, pedicels 1.5-4 cm, stout. Sepals unequal, elliptic, 0.7-1.5 cm long. Corolla 3.7-5.5 cm long. Stamens unequal. Stigma 2-lobed. Capsule ovoid or globose.

### Parts used

Whole plant, leaves, seeds.

### Ayurvedic properties

**Rasa:** katu, madhura; **Guna:** guru, sara; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

The plant is astringent, acrid, mucilaginous, refrigerant, stomachic, laxative, diuretic, utero stimulant, tonic & useful in skin diseases, boils, swellings, wounds, ulcers, carbuncle, dropsy, menorrhagia, blenorrhagia, extraction of foetus, haemorrhoids, proctitis, proctoptosis, vomiting, dyspepsia, colic, flatulence, diarrhoea, cramp, strangury, vitiated conditions of pitta & burning sensation etc. Leaves antiinflammatory, diuretic & useful in inflammation, proctoptosis & externally in rheumatism & colic. Seeds useful in stomachache & cramps.

### Note

*Ipomoea pes-caprae* L. is mistaken for Vrddhadaaruka in some parts of India, which is a quite different & aphrodisiac drug species, identified too earlier as *Argyreia nervosa* (Burm.f.) Bojer.







## Saireyaka

<b>Botanical name</b>	: <i>Barleria prionitis</i> L. ; <b>Family</b> : Acanthaceae
<b>Ayurvedic syn.</b>	: Saireya, Katasaarikaa, Sahachara, Kurantaka.
<b>Trade name</b>	: Katsaraiya ; <b>Local name</b> : Daasakerentaa

### Description

A thorny undershrub of 0.5-1.5 m high; thorns 2-2.5 cm long, branchlets pubescent or strigose. Leaves simple, opposite, elliptic, ovate, obovate-oblong, 2-12 x 0.8-6 cm, apex acute, obtuse or acuminate, base cuneate or decurrent, lower leaves with petiole 1.2-2.5 cm or those on the secondary shoots subsessile. Flower yellow, 1-3 together in the axils and in terminal spikes; bracts elliptic or linear-oblong, 1.2-2.5 cm long, spine-tipped; bracteole converted into spines. Calyx-lobes 1 cm, spine-tipped, outer elliptic oblong, inner linear. Corolla 2.5-3.7 cm, pubescent outside. Stamens 2, long and fertile; style long. Capsule 1.2-1.8 cm with solid beak.

### Parts used

Whole plant, root, bark, leaves, flowers.

### Ayurvedic properties

**Rasa**: tikta, madhura; **Guna**: snigdha, laghu; **Virya**: usna; **Vipaaka**: katu;  
**Dosakarma**: kapha vaata shaamaka

### Actions & uses

Anodyne, antiinflammatory, hypoglycaemic, diuretic, spasmogenic, hypotensive, hypothermic, febrifuge, diaphoretic, depurative, expectorant, trichogenous, nervine tonic & useful in odontopathy, fever, catarrh, whooping cough, anasarca, dysuria, seminal disorders, spermatorrhoea, premature hair greying, acnes, wounds, itching, gout, rheumatic pain & nervous debility.

### Formulations

Sahachara kw, S. tl, S. gt, Aaragvadhaadi kw, A. ch, Raasnaadi ch, R. kw, Amrtaadi kw, Sutikaa dashamula, Dantaroganaashini ch, Maasa tl, M.maasaadi tl, Kushaadi gt, M.bhallaataka av, M.naaraayana tl, Triphalaadi gt.

### Therapeutic uses

- i. Premature hair greying - Application of the leaf juice on scalp- BP
- ii. Dysuria - Sarbat of flowers & leaves + candy - DT
- iii. Fever & catarrh - Leaf juice 5-10ml + honey 3ml - DGKD
- iv. Erysipelas - LA: paste of leaves - CS
- v. Foetal development - Root pounded with water - GN
- vi. Rat poisoning - Root powder + honey - AH







## Nila Saireyaka

<b>Botanical name</b>	: <i>Barleria strigosa</i> Willd. ;	<b>Family:</b>	Acanthaceae
<b>Ayurvedic syn.</b>	: Baana, Baanaa, Daasi, Aarttagala.		
<b>Local name</b>	: Nila daasakerentaa, Saptaphenaa.		

### Description

An undershrub, 0.5-1.2 m high; branches strigose. Leaves simple, opposite, large, elliptic or ovate, 4-2.5 x 2.5-12.5 cm, apex acuminate or sometimes acute, base decurrent, petiole long, up to 10 cm. Flowers blue, up to 7cm long and 3 cm across, in dense secund spikes, 2.5-7.5 cm long; bracteoles imbricate, lanceolate, 1-2.2 cm; two larger calyx-lobes imbricate in a row on the upper side of the spike; the bracteoles arranged in two lateral rows. Outer calyx lobes 2.5-3 cm, ciliate. Corolla-lobes 1.5-1.8 cm; tube 3-5 cm; stamens 2, fertile. Capsule 1.8 cm long, 4-seeded.

### Therapeutic uses

- i. Loose tooth, toothache- Hold the lukewarm decoction of the plant in mouth, bd - CD
- ii. Tinea versicolor - LA: leaf juice - CD
- iii. Leprosy - LA: leaf juice + Lakucha fruit juice + oil- VD

### Note

Bhaavaprakaasha mentions four kinds of Saireyaka only on the basis of colour of the flowers, such as Shweta, Rakta, Pita & Nila; but describes pharmacology as a whole that all the species possess similar medicinal values. But in the later part of treatment the blue variety is specially mentioned to be used in some cases.







## Sarpagandhaa

<b>Botanical name</b>	: <i>Rauwolfia serpentina</i> (L.) Benth. ex Kurz.
<b>Family</b>	: Apocynaceae
<b>Synonym</b>	: <i>Ophioxylon serpentium</i> L.
<b>Ayurvedic syn.</b>	: Dhavala vitapa, Chandramaara, Naakuli, Nakulestaa.
<b>Trade name</b>	: Rauwolfia, serpentine ; <b>Local name:</b> Sarpagandhaa

### Description

A glabrous undershrub, 30-60 cm high; Leaves simple, 3-4-nately whorled or opposite, elliptic-oblong, oblanceolate or obovate, 7.5-20 x 2-6.5 cm, apex acute to acuminate, glabrous, bright green and shining above, often paler beneath, secondary nerves 8-12, slender; petiole 0.6- 1.8 cm. Flowers small, white with pink tube, in terminal, peduncled bright red cymes; peduncles 5-7.5 cm long; pedicels bright red; bracts minute. Corolla tubular, tube slender, 1-1.8 cm long, often curved, lobes 5 mm. Drupe mostly bilobed, black when ripe, 5-12 mm diam, endocarp a little rugose.

### Parts used

Roots, leaves.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** Ruksa; **Virya:** Usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, carminative, laxative, anthelmintic, diuretic, sedative, febrifuge, uterine stimulative & useful in hypertension, strangury, fever, wounds, insomnia, epilepsy, giddiness, anxiety, dyspepsia, colic, helminthiasis, dysmenorrhoea, uterine disorders & corneal opacity etc.

### Formulations

Sarpagandhaa vati, Sarpagandhaarista, Sarpagandhaa yoga, Sarpagandhaa ghanavati, Sarpagandhaadi churna, Kaayasthaadi dhupa.

### Therapeutic uses

- i. Insomnia & headache - Powder 250 - 500 mg + ghee 1 ml+ honey 3 ml - DGKD
- ii. Diabetes - Powder 250 mg followed by a glass of orange juice- DGKD
- iii. Fever - Powder 125 mg + sugar 3g, bd/tds - DGKD
- iv. Corneal opacity - Eye drop: leaf juice - DGKD







## Shaaka

<b>Botanical name</b>	: <i>Tectona grandis</i> L.f.
<b>Family</b>	: Verbenaceae
<b>Ayurvedic syn.</b>	: Bhumisaha, Mahaapatra, Sthirasaara, Dwaaradaaru, Surabhisaaraka, Shishira, Raagagarbha, Manjarika.
<b>Trade name</b>	: Teak ; <b>Local name</b> : Shaaguaan, Shaaguaani

### Description

A large deciduous tree; young branches 4-sided and channeled, bark light brown or grey. Leaves simple, large, opposite, petioled, entire, elliptic or obovate, 30-60 cm long, scabrid above, stellate-tomentose beneath. Panicle large, erect, terminal, 30-60 or sometimes 90 cm long; bracts short. Flowers white, short pedicelled. Calyx 3-4 mm in flower, enlarging to 2.5 - 3.5 cm diam in fruit and enclosing the fruit. Corolla 5-6 mm long, tube short, lobes subequal. Stamens 5-6, inserted on the base of the corolla, style linear. Drupe subglobose, 1.2 cm diam., somewhat 4-lobed, with a thick spongy covering of matted hairy exocarp; endocarp bony with 1-4, usually 1-2 seed.

### Parts used

Root, heartwood, leaves, flowers, seeds, seed oil.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka, vaata shaamaka

### Actions & uses

Refrigerant, anthelmintic, depurative, haemostatic, anodyne, antiinflammatory, vulnerary, diuretic, lithontriptic, uterine sedative, demulcent, emollient, ophthalmic, trichogenous, expectorant, laxative, uterine sedative & useful in natural or habitual abortion, burning sensation, pruritus, eczema, leprosy, leucoderma, skin diseases, diabetes, stomatitis, indolent ulcers, hemorrhages, haemoptysis, hyperacidity, vesical calculi, dipsia, neuralgia, arthritis & menorrhagia etc. Leaf extract inhibits the bacteria *Mycobacterium rubericaulosis*.

### Formulations

Ksaaraagada, Paasaanabhedaadya ghrta.

### Therapeutic uses

- i. Vesical calculi - Sarbat: seed powder of Kaarpaasa + Ankola + Kataka + Nilotpala + Shaaka + jaggery + water - SS
- ii. Dysuria - Root paste 5g + candy 5g + goat's milk 1 glass - SN
- iii. Miscarraige - Seed powder 3g + 1 glass milk, daily in the first month.-SS







## Shaakhotaka

<b>Botanical name</b>	: <i>Streblus asper</i> Lour. ; <b>Family:</b> Moraceae
<b>Synonym</b>	: <i>Epicarpurus orientalis</i> Bl.
<b>Ayurvedic syn.</b>	: Patrollekhataru, Bhutaavaasa, Pitaphala, Yukaavaasa, Shankhivaasa.
<b>Trade name</b>	: Siamese rough bush ; <b>Local name:</b> Shaahaada

### Description

A rigid, much branched shrub or small tree; bark rough. Leaves simple, alternate, very shortly petioled, obovate or rhombic-elliptic, 1.2-6 x 0.6-4.0 cm, obscurely toothed, apex acute, stiff, scabrid on both sides, nerves raised beneath; petiole 2-3 mm. Male heads 6.2-7.5 mm diam., on 1-3-nate peduncles, up to 1.2 cm; bracts very small. Flowers 6-8. Perianth 2.5 mm long; tepals connate below. Stamens exceeding the perianth. Female peduncles 7.5-10 mm; bracts 2-3, 1.8-2 mm long. Tepals free but closely wrapping round the ovary. Fruit yellow, succulent, globose, 3.7 mm diam.

### Parts used

Root, bark, leaves, latex.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Root thermogenic, vulnerary, antiinflammatory, haemostatic, anticonvulsant, constipating, febrifuge, antiseptic & useful in fever, cough, sinusitis, bronchitis, inflammations, elephantiasis, hemorrhages, haemoptysis, haemorrhoids, boils, ulcers, syphilis, dysentery & diarrhoea etc. Bark antiinflammatory, vulnerary, constipating & useful in foul ulcers, diarrhoea, dysentery, obesity, inflammations, filaria & fever. Leaves useful in agalactia, hyperhidrosis & swellings etc. Latex antiseptic, sedative, styptic & useful in sore heels, chapped hands, adenitis, neuralgia & hemorrhages.

### Formulations

Shaakhota kw, Shaakhotaka lp, M.bhallataka av, Br. manjisthaadi kw.

### Therapeutic uses

- i. Filaria, obesity - Bark decoction 50ml + cow's urine 5ml- SG, GN, BS
- ii. Cervical adenitis - Oil cooked with bark: as snuff - VM,  
as snuff & orally for purgation -SS,  
local application - CD







## Shaala

<b>Botanical name</b>	: <i>Shorea robusta</i> Gaertn.;	<b>Family</b>	: Dipterocarpeae
<b>Ayurvedic syn.</b>	: Sarja, Suradhupa, Yaksadhupa, Agnivallabha, Ksanasanjna, Shasyashambara, Taarksyaprasava.		
<b>Trade name</b>	: Sal ;	<b>Local name</b>	: Shaala, Sargi.

### Description

A large tree, 10-25m or sometimes upto 45m high, bark dark brown to greyish brown, conspicuously vertically fissured. Leaves simple, alternate, ovate or ovate-oblong, mostly 10-25 x 5-15cm, entire, apex acute to shortly acuminate, coriaceous, shining, glabrous, base rounded or sub-cordate: petiole 1.2-2.5cm, stipules falcate, 6-12cm covering the young buds. Panicles upto 20cm long, pubescent or tomentose; racemes 4-6-flowered; bracts about 1cm long, deciduous. Flowers white to cream, 1.5cm across, pedicels 2.5mm long. Sepals ovate, 2-3mm long, acute to obtuse, pubescent outside, glabrous within. Petals lanceolate to acuminate, 1-1.3cm long. Stamens 30-32. Fruit indehiscent, 1-seeded, embraced by the base of the wing-like sepals, wings 5-10cm long, subequal, three larger, usually obtuse.

### Parts used

Bark, leaves, flowers, fruits, resin (called as Sarja rasa)

### Ayurvedic properties

**Rasa:** kasaaya(bark), kasaaya, madhura(resin); **Guna:** ruksa; **Virya:**shita  
**Vipaaka:**katu, **Dosakarma:**pitta kapha shaamaka

### Actions & uses

Refrigerant, antibacterial, anthelmintic, alexeteric, anodyne, depurative, deodorant, cholagogue, aphrodisiac, vulnerary, detergent, stomachic, carminative, constipating, expectorant, ophthalmic, tonic & useful in otalgia, ophthalmodynia, gonorrhoea, leucorrhoea, obesity, skin disorders, dipsia, splenomegaly, seminal weakness, tubercular ulcers, fractures, menorrhagia, neuralgia & hyperhidrosis.

### Formulations

Sarjarasa malahara, Sarjarasaadi lp, Sarja parpati, Asanaadi kw, Shaalasaaraadi gana kw, Lohaarista, M.chandanaadi tl, Elaadi yg, Sudhaakara malahara.

### Therapeutic uses

- i. Hiccough & asthma - Smoke of resin is to be inhaled - SS
- ii. Anaemia - Heartwood powder 3 g + honey 3 ml, bd - SS
- iii. Goitre - Heartwood paste 5g + cow's urine 10ml in morning - SS







## Shaalaparni

<b>Botanical name</b>	: <i>Desmodium gangeticum</i> (L.) DC.;	<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Sthiraa, Soumyaa, Triparni, Pivari, Guhaa, Anshumati, Vidaarigandhaa, Dirghaangi, Dirghapatraa.		
<b>Trade name</b>	: Sarivan ;	<b>Local name</b>	: Shaalaparni

### Description

A diffuse or suberect herb, 30- 70 cm high, stems somewhat angled. Leaves alternate, 1-foliolate, lanceolate, oblong or ovate oblong. 7.5 –15 x 3-6.5 cm, apex acute or slightly acuminate, glabrescent above and pale beneath, secondary nerves 7-8, prominent beneath, base some what rounded; petiole 1.2-2.5 cm; stipules erect. Flowers purple or white, 3-5 mm, 2-several-nate in ascending, lax elongate, slender axillary and terminal, usually paniced racemes, 15-30 cm long; pedicels, 2.5-3.5 mm; bracts minute or as long as the pedicel. Calyx 2 mm; lobes as long as tube; lanceolate. Corolla exserted, standard obovate or orbicular, usually narrowed at the base. Stamens diadelphous, 9+1. Pods subfalcate, 1.2- 2.3 cm, 6-8-jointed, deeply indented on the lower suture.

### Parts used

Root, whole plant.

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** guru, snigdha; **Virya:** usna; **Vipaaka:** madhura; **Dosakarma:** tridosa shaamaka

### Actions & uses

Nervine tonic, alterant, aphrodisiac, antifungal, anthelmintic, antibacterial, anodyne, demulcent, antiarthritic, antiinflammatory, febrifuge, spasmolytic, CNS stimulant & depressant, curariform, anticholinesterase, smooth muscle stimulant, bronchial muscle relaxant, cardio tonic, diuretic, haemostatic & useful in neuro-muscular disorders, ophthalmopathy, typhoid, gout, tuberculosis, cough, seminal weakness, haemorrhoids, nausea, angular pain, dyspepsia, flatulence & diarrhoea.

### Formulations

Shalaparnyaadi kw, Chitraka haritaki, Agastya haritaki, Braahma rsyn, Chyavanapraasha, Dashamulaarista, D.tl, D.gt, Satpalaka gt, Elaadi gt, Dadhika gt, Dhaanwantara gt, Br.chhaagalaadya gt, Vyaaghri tl, M.naaraayana tl, Vaayuchchhaaya surendra tl, Sahacharaadi tl, Maamsamitra tl, Madhuyastyaadi tl.

### Therapeutic uses

- i. Easy delivery - EA: root past + rice water on lower abdomen - BS
- ii. Migrane - Nasal drop: leaf juice - GN







## Shallaki

<b>Botanical name</b>	: <i>Boswellia serrata</i> Roxb. ex Colebr.
<b>Family</b>	: Burseraceae
<b>Synonym</b>	: <i>B. glabra</i> Roxb., <i>B. serrata</i> Roxb. var. <i>glabra</i> (Roxb.)
<b>Ayurvedic syn.</b>	: Susrava, Gajabhaksya, Kunduru.
<b>Trade name</b>	: Indian olibanum ; <b>Local name:</b> Shaalai

### Description

A deciduous tree with reddish, grey bark. Dry barks peeling off in thin flakes; blaze pinkish and exuding small drops of resin. Leaves alternate, compound, imparipinnate and crowded at the ends of the branches, 30-45 cm long; leaflets 9-16 pairs, opposite, sessile or subsessile, lanceolate or ovate-lanceolate, 3-5-7.5 cm long, crenate-serrate, apex obtuse or acute, glaucous beneath. Racemes at the ends of the branches, usually appearing when the tree is leafless. Flowers small, white. Fruit 1.2 cm, 3-gonous, with three valves and 3 winged hard pyrenes.

### Parts used

Bark, gum resin (called as Kunduru), leaves, fruits.

### Ayurvedic properties

**Rasa:** kasaaya, tikta, madhura; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Bark: cooling, tonic, & useful in asthma, diarrhoea, dysentery, ulcers, gonorrhoea, haemorrhoids & skin diseases. Gum resin: antidiysenteric, expectorant, diaphoretic, febrifuge, diuretic, ecboic, lithontriptic, antiseptic, stomachic, antiinflammatory, ophthalmic, emmenagogue & useful in fever, diaphoresis, convulsions, piles, urethrorrhoea, renal & vesical calculi, orchioopathy, cough, asthma, bronchitis, stomatitis, paittika conjunctivitis, seminal weakness, leucorrhoea, syphilitic diseases, skin diseases, ulcers, tumours, goiter, cystic breast, chronic laryngitis, jaundice, arthritis & psychic disorders.

### Formulations

Vidangaadi kw, Sarjaadi kw, Karanjaadi gt, Surasaadigana kw, Balaa tl, Nyagrodhaadi kw, Trutyaadi yg.

### Therapeutic uses

- i. Wound - Dusting fruit powder - SS
- ii. Diarrhoea - Barks of Shallaki + Priyaala + Tinisha + Shaalmali + Plaksa- pounded with milk +honey - SS, VM
- iii. Conjunctivitis - Col.: exudates of Palaasha +Shallaki +candy + honey- SS







## Shankhapuspi

<b>Botanical name</b>	: <i>Convolvulus pluricaulis</i> Chois.
<b>Family</b>	: Convolvulaceae
<b>Synonym</b>	: <i>C. prostratus</i> Forsk., <i>C. microphyllus</i> Sieb ex Spreng.
<b>Ayurvedic syn.</b>	: Ksirapuspi, Maangalyakusumaa, Shambukapuspi.
<b>Trade name</b>	: Shankhapuspi ; <b>Local name</b> : Shankhapuspi

### Description

A herb with many sub-erect and prostrate hairy stems from a woody rootstock. Stems 10-30cm long. Leaves simple, alternate, linear or lower somewhat oblanceolate, sub sessile, 1.5-3.5 cm long, appressed hairy, apex acute, base cuneate, midrib prominent beneath. Flower axillary on slender pedicels. Sepals 0.5-0.75 cm, narrowly linear-lanceolate, hairy. Corolla pale rose, campanulate, lobes-5, spreading, 7-18 mm diam. Stamens 5, included. Style slender, stigmas 2, filiform.

### Parts used

Whole plant, leaves.

### Ayurvedic properties

**Rasa:** tikta; **Guna:** snigdha, pichchhila; **Virya:** shita; **Vipaaka:** madhura;  
**Dosakarma:** tridosa hara, vaata pitta shaamaka

### Actions & uses

Refrigerant, tonic, brain tonic, promoter of I.Q. & memory, liver tonic, hypotensive & useful in insanity, epilepsy, dysuria, gonorrhoea, seminal disorders, uterine disorders, skin diseases, cough, pharyngitis, haematemesis, intrinsic hemorrhages, dyspepsia, flatulence, haemorrhoids & psychic debility etc.

### Formulations

Shankhapuspi paanaka, Shankhapuspi ghrta, Medhya kasaaya.

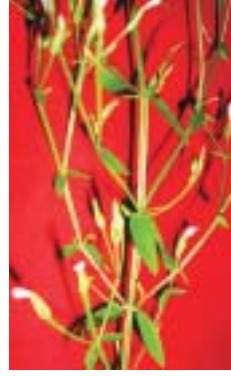
### Therapeutic uses

- Promotion of I.Q., memory, immunity, voice and complexion - Paste 5-10g + a glass of milk- CS
- Insanity & epilepsy - Old ghee cooked with Braahmi + Vachaa + Kustha + Shankhapuspi- CS
- Psychosis in fever - Decoction of the plant - 50ml - BP

### Note

This species is normally not available in Orissa except in the area boarding Chhatishgarh it is described to avoid adulteration.

**Shankhapuspi-II**



**Vishnukraantaa**





## Shankhapuspi-II

**Botanical Name :** *Canscora decussata* (Roxb.) Schult. & Schult.f.

**Family :** Gentianaceae **Local name :** Daankuni, Shankhaphuli

### Description

An erect annual herb, 15-38 cm high; stem and brachlets 4 winged. Leaves simple, opposite, sessile, lanceolate, oblong lanceolate, 0.4-3.3 x 0.3-1.1 cm, smaller upwards and passing into bracts, apex acute, 3-nerved at base. Flowers white, 1.8-2 cm long; pedicels 4-winged. Calyx 7.5-10 mm, winged. Corolla very irregular; tube as long as the calyx, limb 5 mm. One stamen conspicuously larger than the others. Capsule oblong, shorter than the calyx, 2-valved to the base.

### Note

This species and *Evolvulus alsinoides* (L.) L. (Vishnukraantaa) have been described as substitute of *Convolvulus pluricaulis*.

## Vishnukraantaa

**Botanical name :** *Evolvulus alsinoides* (L.) L. ; **Fam:** Convolvulaceae

**Ayurvedic syn. :** Nilapuspi, Satinachchhadikaa, Chhardikaa.

**Local name :** Bichhaamaaliaa, Vishnu ankaraanti.

### Description

A perennial, prostrate herb; branches many, 10-37.5 cm long, thinly silky. Leaves simple, alternate, subsessile, linear to broadly elliptic, 5-25 x 2-8 mm, obtuse or acute at both ends, densely appressed hairy on both sides. Flowers blue with a white center, 6.2-7.5 mm across, 1-3 on terminating slender axillary peduncles; peduncles 1.5-3.5 cm, pedicel usually short. Sepals small, 3 mm, acute. Corolla subrotate, 5 mm long, shallowly lobed. Stamens 5, exserted. Style 2, filiform, united at the base. Capsules globose, 3-3.5 mm diam.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;

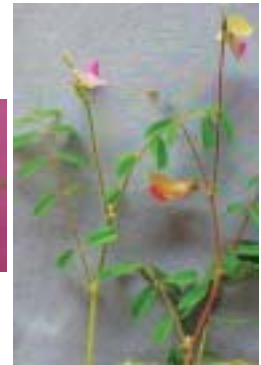
**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Febrifuge, aphrodisiac, I.Q.promoting, anthelmintic, trichogenous, expectorant, alexipharmic, tonic & useful in bronchitis, asthma, epilepsy, amentia, forgetfulness, psychic disorders, internal hemorrhage, dysentery, diarrhoea, falling & greying of hair, intermittent fever, ophthalmopathy & general debility.

### Therapeutic uses

- i. Peptic ulcer - Paste 5g + ghee 3ml + candy 5g + milk - SG
- ii. Intrinsic hemorrhage - Paste 5 g +candy 5g + milk - GN







## Sharapunkhaa

<b>Botanical name</b>	: <i>Tephrosia purpurea</i> Pers.;	<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>T. hamiltonii</i> Drumm		
<b>Ayurvedic syn.</b>	: Vishikhapunkhaa, Plihashatru, Baanapunkhaa, Nilivrksaakrti, Punkhikaa, Saayakapunkhaa.		
<b>Trade name</b>	: Wild Indigo, Purple Tephrosia		
<b>Local name</b>	: Sharapunkhaa		

### Description

An erect undershrub growing in open ground; 50-60 cm high, branches angled or rounded. Leaves alternate, compound, imparipinnate, leaf-rachis 5-6.2 cm; stipules filiform-subulate, 7.5-9 mm long; leaflets 5-8 pairs, oblanceolate to obovate, 1.5-3.2 cm long, apex truncate or slightly retuse, mucronate, glabrous or appressed hairy. Racemes terminal, elongate, lax, upto 12.5 cm long, with 3 or more nodes, each bearing 1-3 flowers in the axils of setaceous bracts. Flowers purple, 4-8.7 mm long. Calyx 3-4.5 mm long, appressed hairy, teeth longer than the tube. Standard 4 mm broad, scarcely emarginate. Pods 3.2-4 cm long, slightly curved, with short appressed hairs, 6-10-seeded.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, anthelmintic, antiinflammatory, digestive, laxative, diuretic, uterine tonic, depurative, styptic, deobstruent, alexeteric, alterant, antipyretic & useful in hepato splenomegaly, syphilis, gonorrhoea, dysmenorrhoea, chronic fever, strangury, odontalgia, gingivitis, stomachalgia, asthma, bronchitis, scrofula & elephantiasis etc.

### Formulations

Sharapunkhaa ksaara, Sharapunkhaasava, Viparita malla taila, Sharapunkhaadi lepa, Naaraayana rasa, Yakrt plihodara hara louha, M.mrtyunjaya louha.

### Therapeutic uses

- |      |                 |   |   |
|------|-----------------|---|---|
| i.   | Splenomegaly    | - | Leaf paste 5g + a cup of curd, bd - CD, BP, VM  |
| ii.  | Rat-poisoning   | - | Seed powder 1g + a glass of butter milk, bd- AH |
| iii. | Difficult labor | - | Snuff: leaf juice- VD                           |
| iv.  | Odema           | - | Leaf juice 10 ml, bd - DGKD                     |







## Shataavari

<b>Botanical name</b>	: <i>Asparagus racemosus</i> Willd.;	<b>Family</b>	: Liliaceae
<b>Ayurvedic syn.</b>	: Bahusutaa, Atirasaa, Abhiru, Rsyaproktaa, Indivari, Naaraayani, Shatamuli, Shataviryaa, Urdhwakantikaa.		
<b>Trade name</b>	: Wild Asparagus;	<b>Local name</b>	: Chhatuaari

### Description

A slender, perennial climber having tuberous roots. Branches angular, with strong, reflexed spines. Leaves reduced to minute scales which bear tufts of cladode in their axils. Cladodes 2-8-nate, more or less acicular and 3-quetrous, sometimes slightly compressed, falcate, 1-1.5 cm long, divaricate. Recemes simple or branched, many- or few-flowered, 2.5-8.7 cm long. Flowers greenish white, sweet-scented, 3 mm across. Stamens 6, filaments free. Fruit a globose pulpy berry, 2.5-6.2 mm diam.

### Parts used

Root tubers, leaves.

### Ayurvedic properties

**Rasa:** madhura, tikta; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka

### Actions & uses

Nematicidal, anticancer, antiviral, antibacterial, antifungal, antiamoebic, antidyenteric, gastric sedative, antiabortifacient, antioxytoxic, diuretic, galactagogue, spasmotic to uterus, hypoglycaemic, phagocytic, hypotensive, anticoagulant, ophthalmic, enzymatic, carminative, tonic, aphrodisiac & useful in hepatopathy, nephropathy, ophthalmopathy, tumours, hyperdipsia, tuberculosis, cough, bronchitis, gonorrhoea, gleet, leucorrhoea, leprosy, epilepsy, nervous disorders, fatigue, colic, haemorrhoids, agalactia, hyperacidity, hypertension.

### Formulations

Shataavari kalpa, S.paanaka, S.gt, S.mdk, Shatamulyaadi louha, Eranda pk, Puga khanda, Br. chhaagalaadya gt, Phala gt, Naaraayana tl, Guduchyaadi tl, Garbha chintaamani rs, Manmathaabhra rs, Visnu tl, Br.ashwagandhaa gt.

### Therapeutic uses

- i. Blood dysentery - Milk processed with tubers- CS
- ii. Nyctalopia - Ghee processed with leaves- AH
- iii. Dysuria - Root powder 3 g + cool water 1 glass- HS
- iv. Epilepsy - Juice of tubers 10 ml + milk 1 glass, bd - CS
- v. Scanty lactation - Root powder 5 g followed by 1 glass of lukewarm milk - AY







## Shimshapaa

<b>Botanical name</b>	: <i>Dalbergia sissoo</i> Roxb. ex DC.;	<b>Family</b>	: Fabaceae
<b>Ayurvedic syn.</b>	: Bhasma garbha, Pichchhila, Shyaama, Krsnasaara, Vrttapatra, Anupuspaka, Shimbiphala, Gurusaarika, Guchchhapuspa, Kapila, Angaara, Mandala patrikaa.		
<b>Trade name</b>	: Sissoo ;	<b>Local name</b>	: Shishu, Shimshapaa.

### Description

A medium sized tree; bark grey or pale brown, thick. Leaves alternate, compound, imparipinnate; rachis zig zag; leaflets 3-5, broadly elliptic; ovate, obovate 2.5-3.5 cm long, apex acuminate, coriaceous, narrowed to rounded at base, upper leaflets larger; petiolules 3-7 mm long. Flowers small, yellowish, 7-9 mm long, subsessile, secund on the branches of dense axillary panicles, 5-7.5 cm long. Calyx campanulate, 4.5-6 mm long. Corolla twice the size of calyx, standard orbicular, long-clawed. Stamens 9, monadelphous. Pods linear-oblong, 2.5-7.5 cm long, glabrous, base cuneate, 1-3 seeded.

### Parts used

Root, bark, heartwood, leaves, oil.

### Ayurvedic properties

**Rasa:** kasaaya, katu, tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** tridosa shaamaka

### Actions & uses

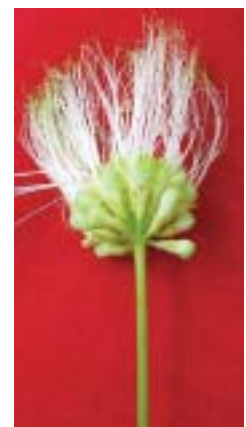
Anodyne, antiinflammatory, thermogenic, stimulant, digestive, anthelmintic, antihistaminic, antiseptic, hypolipidemic, febrifuge, vulnerary, depurative, abortifacient & useful in anaemia, menometrorrhagia, albuminuria, uropathy, gonorrhoea, syphilis, dysenteric proctoptosis, psoriasis, leprosy, leucoderma, vitiligo, scabies, skin diseases, chronic & foul ulcers, obesity, anasarca, nephropathy, dyspepsia, abdominal colic, blood dysentery, vomiting, haemorrhoids, sciatica, gout, fever & ophthalmic disorders.

### Formulations

Shimshapaa kwaatha, Narasimha ghrta, Shaalasaaraadi leha, Ayaskrti.

### Therapeutic uses

- |      |                         |   |   |
|------|-------------------------|---|---|
| i.   | Albuminuria             | - | Root bark decoction 20 ml, bd- SS                         |
| ii.  | Any fever               | - | Milk decoction of heartwood 50 ml, bd- SS                 |
| iii. | Eczema, ringworm        | - | LA: heart wood oil - DGKD                                 |
| iv.  | Any ophthalmic disorder | - | Eye drop: leaf juice + honey - HS                         |
| v.   | Rejuvenation            | - | Heartwood infusion 50 ml in morning in empty stomach - CS |







## Shirisa

<b>Botanical name</b>	: <i>Albizia lebbbeck</i> (L.) Willd.;	<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>Mimosa lebbbeck</i> L.		
<b>Ayurvedic syn.</b>	: Shirisa, Mrdupuspa, Shukataru, Shukapriya, Kapitana, Bhandi, Bhandira, Mandila		
<b>Trade name</b>	: Siris tree ;	<b>Local name</b>	: Shirisaa

### Description

A large or moderate-sized tree, bark rather rough; shoots, young leaves and inflorescence densely tomentose. Leaves alternate, compound, bipinnate; pinnae paripinnate, opposite, 2-4 rarely 5 pairs; rachis with a gland below the uppermost pair of pinnae and at the base; leaflets opposite, 5-8 pairs, sometimes up to 12 pairs, shortly petioluled, oblong of obovate-oblong, 1.8-5.6 x 0.8-2.5cm, apex rounded or obtuse, base rounded, 4-5 nerved. Flower-heads 3cm across; puduncles stout, 5-10cm long, 1-3 together in the axils of the leaves of young shoots. Flowers white, fragrant; pedicel 2.5-5mm long. Calyx 3mm, pubescent. Corolla tubular-ventricose, often 7.5mm long, lobes 3mm long. Pods yellowish white, oblong, 15-30 x 2.5-3.5cm, glabrous. Seeds 5-10, oval.

### Parts used

Bark, leaves, flowers, seeds.

### Ayurvedic properties

**Rasa:** madhura, tikta, kasaaya , **Guna:** laghu, ruksa tiksna; **Virya:** shita, **Vipaaka:** katu; **Dosakarma:** tridosa shaamaka

### Actions & uses

Antiprotozoal, antibacterial, antifungal, anticancer, antiallergic, antifertility, antiovolatory, abortifacient, spermicidal, antianaphylactic, hypotensive, anodyne, hypoglycaemic, expectorant, bronchodilator, aphrodisiac, tonic & useful in catarrh, cough, asthma, ophthalmopathy, nyctalopia, scrofula, leprosy, erysipelas, leucoderma, sprains, wounds, ulcers, neuralgia, seminal weakness & poisoning.

### Formulations

M. shirisa agada, Shirisaarista, Shirishabijaadi Ip, Shirisaadya anjana, Br.marichaadya tl, Kandarpasaara tl, Dashaanga Ip, Siddhaarthakaadi gt, M.naaraayana tl, M.marichaadya tl, Kushaadi gt, Bhadraavaha gt.

### Therapeutic uses

- i. Bronchitis, asthma - Juice of flowers 5 ml + Pippali 2g +honey 3ml- CS
- ii. Nyctalopia - Eye drop: leaf juice - DGKD
- iii. Loose tooth - Holding the bark decoction in mouth - DGKD







## Shivalingi

<b>Botanical name</b>	: <i>Diplocyclos palmatus</i> (L.) Jeffrey
<b>Family</b>	: Cucurbitaceae
<b>Synonym</b>	: <i>Bryonia palmata</i> L., <i>B. laciniosa</i> L., <i>B. lacifosa</i> auct. non (L.) Naud., <i>Bryonopsis amplexicaulis</i> sensu Mooney.
<b>Ayurvedic syn.</b>	: Shaivamallikaa, Lingasambhuta, Lingini, Chitrphalaa, Pandoli, Devi, Chanda, Apastambhini, Shivavalli.
<b>Local name</b>	: Shivalingi

### Description

A climbing foetid herb; stem nearly smooth. Leaves simple, alternate, deeply 3-5 lobed, base cordate, 5-10 cm long, slightly scabrid above, almost smooth beneath, petiole 2.5-3.5 cm; tendril 2-fid. Flowers small, yellowish, male and female clustered in the same axils. Calyx lobes 5, short. Petals ovate, 5mm long. Fruit globose. 1.2-1.5 cm diam, smooth, green with white stripes, red when ripe. Seeds few, embedded in bluish-green pulp.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu; tikta; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

The plant is bitter, acrid, thermogenic, alterant, tonic, aphrodisiac, procreant, stimulant, digestive, depurative, antiinflammatory, febrifuge & useful in viated conditions of kapha & pitta, female sterility, skin diseases, fever, flatulence, inflammations, cough & general debility etc.

### Formulations

Puga paaka, Marichaadyuddhulanam, Kravyaada rasa.

### Therapeutic uses

- i. Pumsavanam  
(to conceive male child) - Seed powder 3 g + a cup of milk, 8 days continuously in the second month of pregnancy - DGKD
- ii. To ensure implantation - Taking fruits on the fourth day of mens - DGKD







## Shlesmaataka

<b>Botanical name</b>	: <i>Cordia obliqua</i> Willd. ; <b>Family:</b> Boraginaceae
<b>Synonym</b>	: <i>C. dichotoma</i> auct.non-Forst.f., <i>C. mixa</i> auct. non L., <i>C. latifolia</i> Roxb.
<b>Ayurvedic syn.</b>	: Bahubaara, Shlesmaphala, Shelu, Dwijakutsita, Uddaalaka, Kachchhudaara, Vaivargamrttika.
<b>Trade name</b>	: Sebesten plum ; <b>Local name:</b> Guhaala

### Description

A small tree, usually with drooping branchlets. Leaves simple, alternate, orbicular, elliptic-oblong, broadly ovate or obovate, 6-12.5 cm long, entire, petiole slender, 1.8-3 cm. Flowers white, fragrant, in corymbose, often paniced cymes, or short lateral branches; panicles sometimes long-peduncled. Calyx globose in bud, funnel-shaped, 4-5mm in flower, soon accrescent, becoming campanulate to saucer-shaped, 1.2-1.8cm diam in fruit. Corolla tube as long as the calyx, lobes 4.3 mm long, linear-oblong. Drupe conical when young, ovoid when ripe, 1.2-1.8 cm long, yellowish or pinkish, glossy, with very viscous 1-seeded pulp.

### Parts used

Bark, leaves, seed, seed oil, fruits.

### Ayurvedic properties

**Rasa:** tikta, katu, kasaaya, madhura; **Guna:** ruksa, pichchhila; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** pitta kapha shaamaka

### Actions & uses

Cooling, depurative, emollient, anthelmintic, purgative, vulnerary, diuretic, expectorant, aphrodisiac, trichogenous, febrifuge & useful in helminthiasis, hyperdipsia, burning sensation, ringworm, erysipelas, leprosy, skin diseases, gonorrhoea, ophthalmodynia, bronchitis, dry cough, strangury, urethralgia, urethritis, arthralgia, chronic fever, pharyngopathy & splenopathy etc.

### Formulations

Shleshmaataka twak kasaaya, Sheluphala taila.

### Therapeutic uses

- i. Erysipelas - LA: bark paste - CS
- ii. Pox - LA: bark paste on eyes - BS, BP
- iii. Vitalising hairs - LA & snuff : seed oil + sour gruel - CD
- iv. Soft chancre of syphilis - LA: fruit powder + goat's milk - SBM







## Shwetakhadira

<b>Botanical name</b>	: <i>Acacia polyacantha</i> Willd.;	<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>A. suma</i> (Roxb.) Buch.-Ham., <i>Mimosa suma</i> Roxb.		
<b>Ayurvedic syn.</b>	: Kadara, Somavalka, Kaalaskandha, Kaamuka, Kaami, Nemi, Pathidruma, Shyaamasaara, Nemivrksa, Mahaakaala, Kaalaka, Ksudrakantaka, Chakravrksa, Kaarmuka, Kaambojipatraka, Marudbhava.		
<b>Trade name</b>	: Safed khair ;	<b>Local name</b>	: Shami

### Description

A small tree with whitish bark and flexuose branches; branches more or less angled with straight stipular thorns. Leaves compound, alternate, bipinnate, 10-25 cm long with a large gland above base of petiole; rachis pubescent, softly prickly; pinnae paripinnate, 10-20 pairs, 3.5-6 cm long; leaflets opposite, 20-50 pairs, linear, 8-9 mm long, apex subacute to obtuse. Spikes axillary, 8 to 10 cm. Flowers creamy white, 2-4 mm across. Pods stipitate, oblong, 5-12.5 x 1.5-1.8 cm, glabrous. Seeds 5-8, 0.7 cm across.

### Parts used

Heartwood

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** vishada, laghu; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Pharmacologically it resembles Khadira, but medicinal values are less. Heartwood bitter, astringent, acrid, thermogenic, depurative, anthelmintic, revulsive & useful in leprosy, leucoderma, pruritus, skin diseases, vitiated conditions of kapha, diabetes, helminthiasis, ulcers, epilepsy, insanity, rheumatism, fatigue, obesity, cough, asthma, diarrhoea, anorexia, dyspepsia, loose tooth, toothache & uropathy etc.

### Therapeutic uses

- i. Loose tooth, toothache - Holding bark decoction in mouth. Taking bark decoction orally 20 ml, bd- DGKD
- ii. Dyspepsia, cough, cold, myalgia, piles, worms - Bark decoction 20 ml, bd- DGKD

### Note

Local people call it 'Shami'; but the actual 'Shami' described in Ayurvedic scriptures is *Prosopis cineraria* (L.), Syn -*P. spicigera* L., *Mimosa cineraria* L, Fam: Mimosaceae.







## Shweta Saarivaa

<b>Botanical name</b>	: <i>Hemidesmus indicus</i> R.Br.;	<b>Family</b>	: Asclepiadaceae
<b>Ayurvedic syn.</b>	: Dhavalasaarivaa, Utpalasaarivaa, Gopaa, Gopavalli, Krshodari, Shyaamaa, Lataa, Aasphotaa, Chandanaa.		
<b>Trade name</b>	: Indian Sarsaparilla;	<b>Local name</b>	: Anantamula

### Description

A slender, twining and shade loving shrub with aromatic root-stock. Leaves simple, opposite on long inter nodes, most variable in shape, linear, oblong, ovate-oblong, broadly elliptic or rarely obovate or lanceolate, 2-10 x 0.8-2.5 cm, with white streak above, glabrous and pale beneath; apex acute, or obtuse, base rounded or subacute; petiole 3-6.2 mm. Flowers small and clustered in the leaf-axils, green outside and purplish brown within, 5-6.5 mm across. Calyx-lobes spreading. Corolla-lobes rather fleshy, valvate. Coronal-scales usually mere small fleshy knobs. Follicles slender, cylindric, gradually narrowed towards tip.

### Parts used

Root, leaves, stem.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** guru, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** tridosha shaamaka

### Actions & uses

Antibacterial, bacteriostatic, antiviral, antifungal, anticancer, antilithic, spasmodic, hypotensive, antiinflammatory, emollient, diaphoretic, expectorant, tonic & useful in leucoderma, leprosy & other skin diseases, ophthalmopathy, asthma, bronchitis, hyperdipsia, hemicrania, epileptic fits, helminthiasis, menstrual disorders, hepatopathy, cerebropathy, nephropathy, syphilis, odontalgia, conjunctivitis etc.

### Formulations

Saarivaadi ast, S.asv, S.vt, S. av, Patraangaasava, Aravindaasava, Chandrakalaa rs, M. tiktaka gt, Amrtaa gt, Pippalyaadi gt, M.sadgunatakra tl, Gandha tl, Padmakaadi tl, M.chaitasa gt, Jaatyaadi tl, J.gt, Pinda tl, M.p.tl, Guduchi tl.

### Therapeutic uses

- i. Bronchitis - Ghee cooked with double quantity of decoction of Saarivaa - SS
- ii. Syphilis - Decoction of roots + Guduchi, both externally & internally - Chuneekar.
- iii. Nephritis - Infusion of roots + Guduchi 20 ml - Chuneekar







## Shweta Tulasi

<b>Botanical name</b>	: <i>Ocimum canum</i> Sims. ; <b>Family:</b> Lamiaceae
<b>Synonym</b>	: <i>O. americanum</i> auct. non L.
<b>Ayurvedic yn.</b>	: Kuthera, Kutheraka, Arjaka, Ksudra tulasi, Jambira, Sitaarjaka, Aranya tulasi, Vana barbari, Sumukha, Suprasannaka, Sugandhi, Suksma patraka, Vaikuntha, Suprasunaka, Shophahaari, Suvaktra, Visaghna.
<b>Trade name</b>	: Hoary basil, Vantulsi
<b>Local name</b>	: Bana tulasi, Nandaa baguli

### Description

An erect branched herb, 15-50 cm high; stems and branches pubescent. Leaves simple, opposite, elliptic or elliptic-lanceolate, 1.5-4.5 x 1-1.8 cm, entire or shallowly serrate, apex acute, lower surface glabrous, base tapering; petiole 0.5-2 cm. Flowers about 6 in a whorl, in terminal racemes of 5-10 cm long; pedicels shorter than calyx. Calyx 2.5-4.3 mm long, in fruit 3-5.5 mm, hairy outside, villous within, upper calyx-lobe broad and rounded. Corolla mostly white often pale-purple, 4-7 mm long, stamens exserted. Nutlets oblong-ellipsoid, 1.2 mm long.

### Parts used

Roots, seeds, whole plant.

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** laghu, tiksna, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka, pittavardhara.

### Actions & uses

Leaves thermogenic, aromatic, anodyne, antiinflammatory, appetizer, digestive, carminative, depurative, expectorant, anthelmintic, cardiogenic, febrifuge, ophthalmic, alexeteric, tonic & useful in helminthiasis, dyspepsia, flatulence, dysentery, leprosy, pruritus, skin diseases, abscess, ulcers, parasitic poisonous infections, vomiting, haemoptysis, strangury, migraine, conjunctivitis, fever, malaria fever. Seeds useful in burning sensation, hyperdipsia & general debility.

### Formulations

Kutherakaadi ch, Durvaadi pralepa, Elaadi pralepa, Vatsakaadi pralepa, Dashamulaadi upnh, Arjaka rasakriyaa, Gunjaadi tl, Mulakaadi tl, Swarnaksiri tl, Yavaadikaanjana, Nirgundyaadi taila, Arjakaadi vt, M. trnaka tl.

### Therapeutic uses

- i. Conjunctivitis - Eye drop: leaf juice - GN
- ii. Acute abscess - Smearing leaf paste - BP







## Shyonaaka

<b>Botanical name</b>	: <i>Oroxylum indicum</i> (L.) Vent.;	<b>Family</b>	: Bignoniaceae
<b>Synonym</b>	: <i>Bignonia indica</i> L., <i>Calosanthes indica</i> (L.)		
<b>Ayurvedic syn.</b>	: Tuntuka, Kutannata, Prthushimba, Mrdubija, Shukanaasa, Katwanga, Shosana, Raaksasajihwa.		
<b>Trade name</b>	: Indian trumpet tree ;	<b>Local name</b>	: Phanaphanaa

### Description

A small tree with few branches but large compound leaves. Bark light brown, soft, bearing large leaf-scars. Leaves in terminal clusters, ternately 2-3-pinnate, 0.6-1.2 m long and broad; pinnae opposite; rachis very stout, cylindrical; leaflets 2-4 pairs, ovate to elliptic, 6-12 x 3.5-7.5 cm, acuminate, glabrous, base rounded; petiole of the lateral leaflets 0.6-1.5 cm long. Flowers borne on terminal, stout racemes of 30-60 cm long; reddish-purple outside, whitish inside. Pedicels 0.6-2 cm long. Calyx 2.5 x 1.8 cm, leathery. Corolla 5-7.5 cm long, fleshy. Stamens 5, perfect, unequal, the posterior one is shortest. Filament inserted and cottony near the base of the tube. Capsules flat, 30-90 x 5-8.7 cm and 0.8 cm thick, tapering to both ends, valves woody.

### Parts used

Root, root bark, leaves, fruits, seeds.

### Ayurvedic properties

**Rasa:** madhura, tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Antiinflammatory, anodyne, tonic, expectorant, appetizer, digestive, carminative, anthelmintic, diaphoretic, diuretic, sudorific, antifungal & useful in arthritis, leucoderma, leprosy, dropsy, cough, hiccough, asthma, bronchitis, sprain, colic, diarrhoea, dysentery, dyspepsia, flatulence, helminthiasis, otorrhoea & neuralgia.

### Formulations

Shyonaaka puta pk, S. tl, S. ksaara tl, Kaalakuta rs, Br.panchamulyaadi kw, Musakaadya tl, Dashamulaarista, D.kw, D. tl, D.gt, D.haritaki, Mulaka tl, Chyavanapraasha, Tuntukaasava, Himsraadi yg, Shyonaakaadi yg etc.

### Therapeutic uses

- i. Diarrhoea - Bark juice obtained by closed heating- CD
- ii. Intestinal disorder - Oil processed with alkali of root bark - CS
- iii. Arthritis - Bath in root bark decoction - Pandey
- iv. Otorrhoea - Ear drop: oil cooked with root bark paste - DGKD







## Sinduri

<b>Botanical name</b>	: <i>Bixa orellana</i> L.
<b>Family</b>	: Bixaceae
<b>Ayurvedic syn.</b>	: Bhutanaashaa, Chandipriyaa, Raktabijaa, Raktapuspa, Virapuspa, Trnapuspi, Karachchadaa, Sindurapuspi.
<b>Trade name</b>	: Annatto
<b>Local name</b>	: Kumkuma

### Description

A tall shrub or small tree, 2-6 m high. Leaves simple, spirally arranged, ovate, 5-22 x 3.5-14 cm, base subcordate or truncate, apex acute to acuminate, 5-nerved at base; petiole 4-12cm; stipules lanceolate. Flowers 4 cm across, 1-50 in corymbose panicles; bracts 4-10 cm long, brown, caducous, pedicels 7-15 mm. Sepals purplish-red, broadly ovate to orbicular, 1-1.2 cm long, concave. Petals purplish-pink or white, narrowly obovate, 2-2.5 x 0.8-1.2cm, apex rounded. Stamens many, filaments thin, 12 mm. Ovary prickly with long, pale yellow, soft prickles. Capsules ovoid or deltoid, 3.5-5 x 2.5-3 cm, covered with soft prickles which become stiff at maturity. Seeds obovoid, 5 mm long, angular, outer layer of testa with orange-red cells.

### Parts used

Root, bark, seeds, leaves.

### Ayurvedic properties

**Rasa:** katu, tikta, kasaaya; **Guna:** laghu, ruksa; **Virya:** usna; **Vipaaka:** Katu; **Dosakarma:** vaata kaapha shaamaka.

### Actions & uses

The root & bark are bitter, acrid, astringent, febrifuge, antiperiodic, slightly purgative, depurative, alexipharmic & useful in vitiated conditions of kapha & vaata, chronic fever, intermittent fever, dysentery, biliousness, nephropathy, headache, vomiting, hyperdipsia. Leaves febrifuge. Seeds astringent, febrifuge, antiperiodic & useful in gonorrhoea & fever. Seed pulp astringent, mosquito repellent & yield a nontoxic water soluble red dye, which is used as kumkum in India & called as Annatto dye used in colouring food materials.

### Therapeutic uses

- i. Fever - Decoction for root bark 50 ml, bd - Chunekar
- ii. Jaundice - Hot infusion of leaves 50 ml, bd - Chunekar







## Snuhi

<b>Botanical name</b>	: <i>Euphorbia ligularia</i> Roxb. ;	<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>E. nerifolia</i> auct. non L.		
<b>Ayurvedic syn.</b>	: Sudhaa, Samanta dugdhaa, Sehunda, Vajri, Snuk.		
<b>Trade name</b>	: Milk hedge ;	<b>Local name:</b>	Manasaa siju

### Description

A much branched, fleshy shrub, 1.8-4.5 m high with pairs of stipular spines on tubercles or swellings of the branchlets; tubercles more or less confluent in five vertical or slightly spiral lines. Leaves simple, alternate and spirally arranged, clustered towards top of the branches, obovate-oblong or oblanceolate, 15-23 x 4-6.5 cm, apex obtusely shortly acute, base narrowed into a short petiole. Stipular spines usually in pairs, 8-12 mm long. Cyathia (flowers) yellowish green, 3-7 in a cymes, with a very short, fleshy peduncle of 3.5 mm long; the central and oldest cyathia sessile and male, the lateral ones bisexual and with short thick peduncle. Involucre hemispheric, lobes fimbriate, anthers sagittate. Style 3-fid. Capsule deeply 3-lobed, 1.2 cm broad.

### Parts used

Latex, leaves, stem, root.

### Ayurvedic properties:

**Rasa:** katu; **Guna:** laghu, tiksna; **Virya:** usna; **Vipaaka:** katu;

**Dosakarma:** kapha vaata shaamaka

### Actions & uses

The plant is thermogenic, digestive, stomachic, carminative, laxative, vermifuge, depurative, abortifacient, deobstruent, expectorant, antiinflammatory, lithontriptic & useful in intestinal disorders, intermittent fever, bronchopathy, splenomegaly, leprosy, skin diseases, dropsy, jaundice, anaemia, urinary discharges, insanity, oedema, obesity, rheumatism, renal & vesical calculi etc. The latex is purgative, expectorant, rubefacient & useful in otalgia, ophthalmia, gastropathy, constipation, haemorrhoids & fistula in ano.

### Formulations

Vajraksara, Ksaarasutra, Snuhyaadi taila, S.varti, Jaatyaadi varti, Snuhi ghrita.

### Therapeutic uses

- i. Haemorrhoides - LA: latex + turmeric powder- CS
- ii. Fistula in ano - Filling the track with latex of Snuhi & Arka + Daaruharidraa - CD
- iii. Dental caries - Chewing the root - GN







## Somalataa

<b>Botanical name</b>	: <i>Sarcostemma acidum</i> (Roxb.) ; <b>Family:</b> Asclepiadaceae
<b>Synonym</b>	: <i>S. brevistigma</i> W. & A., <i>Asclepias acida</i> Roxb.
<b>Ayurvedic syn.</b>	: Soumayaa, Mahisavalli, Apatravallikaa.
<b>Trade name</b>	: Moon creeper ; <b>Local name:</b> Somalataa

### Description

A trailing shrub with leafless jointed stems and pendulous, green branches. Leaves when present in rainy season, linear oblong, 6-10 mm long. Flower in terminal or lateral umbels are small, white or sometimes creamy white, waxy, fragrant, 1 cm across, pedicels 7.5-12 mm. Calyx lobes 1-2 mm, pubescent. Corolla lobes 6 mm long, with revolute margins. Staminal column very short, with the inner coronal processes pure white, almost concealing the anthers, flat topped.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** katu, tikta; **Guna:** Shita; **Prabhava:** rasaayana;

**Dosakarma:** tridosa shaamaka

### Actions & uses:

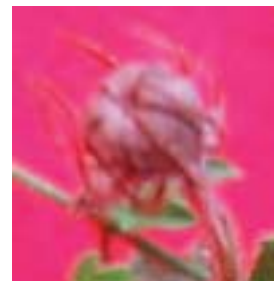
The plant is bitter, acrid, refrigerant, alterative, narcotic, emetic, antiviral, rejuvenative & useful in biliousness, dipsia, viral infections, hydrophobia, psychopathy & general debility etc.

### Formulation

Kandarpassara taila

### Note

Soma is a legendary elixir-drug highly celebrated in Ayurveda as well as in all vedic literature & Raaja Naghantu describes Somalataa to be its substitute drug.







## Sugandhabaalaa

<b>Botanical name</b>	: <i>Pavonia odorata</i> Willd.;	<b>Family</b>	: Malvaceae
<b>Ayurvedic syn.</b>	: Baalaa, Baala, Baalaka, Hribera, Barhistha, Udichya, Keshanaamaa, Ambunaamaa.		
<b>Trade name</b>	: Sugandhabala ; <b>Local name</b> : Sugandhabaalaa		

### Description

An erect suffruticose herb, 0.6-0.9 m; stem, petiole and pedicels covered with fragrant glandular hairs. Leaves simple, alternate, orbicular to ovate-orbicular, 2-10 x 1.5-5 cm, 3-5-lobed, base cordate, irregularly dentate, acute or slightly acuminate, 3-7-nerved at base, scattered stellate hairy on both sides; petiole 1-8 cm; stipules linear, hairy, deciduous. Flowers solitary, axillary; pedicel 1.5-4 cm, accrescent, jointed above middle. Epicalyx segments 10-12, free, linear, 0.5-1.5 cm long, persistent. Calyx 3 cm across, connate below middle, lobes ovate-lanceolate, 4 x 1.5 mm. Corolla pinkish-white; petals 1-2 cm long, glabrous. Staminal column shorter than the petals. Mericarps 5, more or less reniform, 4 x 2 mm.

### Parts used

Roots

### Ayurvedic properties

**Rasa:** tikta; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** madhura;

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, tonic, aphrodisiac, digestive, laxative, stimulant, antiinflammatory, febrifuge & useful in fever, chronic & intermittent fevers, dysentery, diarrhoea, cough, asthma, skin diseases, oedema, urinogenital disorders & poisoning etc.

### Formulations

Saarivaadi kk, Bhunimbaadi kw, Sudarshana ch, Draaksaadya astaadashaanga kw, Sadanga paaniya, Hriberaadi gt, H. yg, Vatsakaadi kw, Br.guduchyaadi kw, Kutajaadi kw, Dhaanyaadi paachaka kw, Br.gangaadhara ch, Br.kusmaanda av, M. naaraayana tl, Madhukaadya tl, Naagaraadi kw, M.chandanaadi tl.

### Therapeutic uses

- i. Excessive thirst due to alcoholism - Water processed with Sugandhabaalaa should be taken - CS
- ii. Vomiting - Sugandhabaalaa mixed with Ushira or Swarna gairika (ochre) taken orally - CS
- iii. Erysipelas - LA: paste - CS







## Sunisannaka

**Botanical name** : *Marsilea minuta* L.; **Family** : Marsileaceae

**Ayurvedic syn.** : Shitivaara, Swastika, Shrivaaraka, Suchipatra, Parnaka, Kukkuta, Sunisanna, Medhaakrt.

**Trade name** : Choupatia

**Local name** : Sunusuniaa, Susundi

### Description

A marshy herb with slender creeping much branched rhizome terminating in a 3-sided apical cell giving rise to 2 dorsal rows of leaves and a ventral row of roots. The growing tips hairy. Leaves 4-foliolate, leaflets cruciform, oblanceolate or obovate, variable in size, usually glabrous, outer margin rounded, entire. Pedicels 2-6, basal and slightly connate or free. Sporocarps 2-4, very variable in size and shape.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** kasaaya, madhura; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaka:** katu;

**Dosakarma:** tridosha shaamaka

### Actions & uses

The plant is sweet, astringent, refrigerant, tonic, aphrodisiac, emollient, anodyne, hypnotic, promoter of memory, ophthalmic, diuretic, digestive, stimulative, constipating, expectorant, depurative, febrifuge & useful in psychopathy, insomnia, cardiac debility, ophthalmia, strangury, urinary discharges, dyspepsia, flatulence, diarrhoea, haemorrhoids, fever with burning sensation, cough, bronchitis, splenopathy, leprosy, skin diseases. It is also prescribed as a wholesome green in gout, vaatika cough, urustambha, poisoning & ulcers; but contra indicated during the administration of Khandakaadya louha in Raktapitta.

### Formulation

Sunisannaka chaangeri ghrta

### Therapeutic uses

- |                          |  |
|--------------------------|--|
| i. Wound                 | - LA: paste - VD                           |
| ii. Gout, cough          | - Wholesome as vegetable - CS, BP          |
| iii. Dysuria             | - Seeds of Sunisannaka + curd - CS         |
| iv. Intrinsic hemorrhage | - Greens fried with ghee is wholesome - SS |







## Surana

**Botanical name** : *Amorphophallus paeoniifolius* (Dennst.) Nicolson var. *companulatus* (Decne.) Sivad.

**Family** : Araceae

**Synonym** : *A. companulatus* Decne., *A. dubius* Bl.

**Ayurvedic syn.** : Chhatraka, Trishirsapaat, Tryankura, Arshoghna, Sthulakanda, Tivrakanda, Ruchyakanda.

**Trade name** : Elephant foot yam ; **Local name**: Ola, Olua

### Description

A very stout herb; tuber depressed hemispherical, 15-25 cm diam, much warted in wild form. Leaf 30-90 cm broad, 3- partite, the lateral segments bifurcate, pinnatifid with oblong lobes or leaflets, 6.2-20 cm long, acuminate; petiole mottled dark and light green, very stout, rough with small tubercles. Peduncle much shorter than spathe, elongating in fruit to 12.5-15 cm. Spadix stout, as long, male and female portions about equal in length. Male portion of inflorescence subturbinate, with pale yellow anthers. Fruiting spikes 7.5-10 cm long with obovoid berries, red when ripe.

### Parts used

Corm

### Ayurvedic properties

**Rasa**: katu, kasaaya; **Guna**: laghu, ruksa, tiksna; **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: kapha vaata shaamaka

### Actions & uses

Thermogenic, irritant, anodyne, antiinflammatory, haemostatic, expectorant, digestive, carminative, anthelmintic, liver tonic, aphrodisiac, emmenagogue, tonic, ophthalmic & useful in arthralgia, elephantiasis, tumours, inflammations, vomiting, dyspepsia, peptic ulcer, colic, haemorrhoids, hemorrhages, cough, bronchitis, asthma, hepatopathy, splenopathy, menstrual disorders & seminal weakness etc.

### Formulations

Surana mdk, L. & Br. surana mdk, S. puta pk, S. av, S. pindi, S.vtk, Baahushaala gd, Shankara louha, Simhanaada ggl, Yakrtplihodarahara louha.

### Therapeutic uses

- i. Haemorrhoids : - (a) Corm powder 3 g + Kutaja bark powder 3g, followed by a glass of butter milk - RM
- (b) Chutney of fried corm mixed with oil & salt - AH, CD, SG , VM







## Surapunnaaga

<b>Botanical name</b>	: <i>Mammea suriga</i> (Buch.-Ham. ex Roxb.) Kosterm.
<b>Family</b>	: Clusiaceae
<b>Synonym</b>	: <i>Calophyllum suriga</i> Buch.-Ham. ex Roxb. <i>Ochrocarpus longifolius</i> (Wight) Benth. ex T. Anders, <i>Calysaccion logifolium</i> Wight.
<b>Ayurvedic syn.</b>	: Suraparnika, Surapati, Suresta, Suratunga, Nameru.
<b>Trade name</b>	: Lal nagkeshar ; <b>Local name:</b> Chhuriana

### Description

A small or moderate-sized tree with handsome dense foliage. Leaves simple, opposite, oblong to oblong-lanceolate, 14-22 x 4-7 cm, apex acute or obtuse, thickly coriaceous. Flowers white, 1.8 cm across, in dense axillary fascicles with numerous subulate bracts at base, at the axils of fallen leaves and from the trunk; pedicels 1.5-2.5 cm., Calyx bursting into 2 valves, which are reflexed during flowering. Petals 4. Stamens free, anthers erect, oblong, yellow. Ovary red, style subulate, stigma 3 lobed, white. Fruit 2.5 cm long, 1-seeded.

### Parts used

Bark, leaves, flower buds, seeds, oil.

### Ayurvedic properties

**Rasa:** madhura, kasaaya; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Bark refrigerant, astringent, stimulant, digestive, carminative, laxative & useful in dyspepsia, anorexia, gastric spasm, diarrhoea, haemorrhoids, dysuria, gonorrhoea, rheumatic arthritis, osteo arthritis, skin diseases & intrinsic hemorrhages Flowers aromatic, sweet, astringent, refrigerant, anodyne, stimulant, stomachic, carminative, depurative, aphrodisiac & useful in dyspepsia, biliousness, leprosy, disorders of blood & vitiated conditions of kapha. The aromatic oil extracted from the flowers is used for bath in fever. A special collyrium prepared using the seed oil is used in all sorts of ophthalmic disorders & for cooling effect.

### Note

Though less efficacious, Punnaaga (*Callophyllum inophyllum* L.) & Surapunnaaga (*Mammea suriga* (Buch. - Ham. ex Roxb.) Kosterm., resemble Naagakeshara (*Mesua ferrea* L.) in medicinal properties & are used as its substitute in several parts of India.







## Suvarchalaa

<b>Botanical name</b>	: <i>Cleome gynandra</i> L. ; <b>Family</b> : Capparaceae
<b>Synonym</b>	: <i>C.pentaphylla</i> L., <i>Gynandropsis pentaphylla</i> (L.) DC.
<b>Ayurvedic syn.</b>	: Suryabhaktaa, Varadaa, Badaraa, Suryaavarttaa, Ravipritaa, Ajagandhaa, Tilaparni, Divyatejaa, Shitavrdhaa, Arkakaantaa.
<b>Trade name</b>	: Dog mustard ; <b>Local name</b> : Arakasaaga

### Description

An erect, branched, glandular-pubescent, annual herb, 15-18 cm. Leaves alternate, compound, palmately 3-5-foliolate; leaflets shortly petiolulate, obovate, 1-5.5 x 0.5-2.5 cm, the middle leaflets larger than the lateral ones, base cuneate, margin ciliate to denticulate, apex acute to obtuse; petiole 2-10 cm, or more. Flowers white or purplish, in long corymbose racemes with diminished 3-foliolate leaves; pedicels 0.5-3 cm. Sepals lanceolate or ovate-lanceolate. Petals 4, obovate or elliptic, upto 1.5 cm with rounded top, clawed. Androgynophore and gynophore elongating in fruit. Stamens 6, style very short. Capsule terete, 6-10 cm including the beak, striate, glandular-pubescent. Seeds many, depressed-globular.

### Parts used

Seeds, leaves, roots.

### Ayurvedic properties

**Rasa**: madhura, katu, ksaara; **Guna**: guru, ruksa, sara; **Virya**: shita;  
**Vipaaka**: madhura; **Dosakarma**: kapha vaata shaamaka

### Actions & uses

Thermogenic, stimulative, stomachic, digestive, carminative, anticolic, diaphoretic, febrifuge, anodyne, rubefacient, vesicant, counter irritant, anthelmintic & useful in dyspepsia, biliousness, abdominal colic, fever, neuralgia, rheumatagia, otalgia, scorpion sting, helminthiasis, goetre, abscess & vaginal disorders. The alcoholic extract of the plant is reported to exhibit anticancer activity.

### Formulations

Virataraadigana kwaatha, Paaniyabhakta vatikaa.

### Therapeutic uses:

- i. Scorpion sting - Snuff: leaf juice -BP
- ii. Vaginitis - Suppository: root paste - BP
- iii. Otagia - Ear drop: leafjuice - CD, VM, SG
- iv. Goitre - LA: poultice by paste of its leaves +garlic results in blisters & with discharge of fluid, the growth subsides - VM







## Swarnajivanti

<b>Botanical name</b>	: <i>Wattakaka volubilis</i> (L.f.)
<b>Family</b>	: Asclepiadaceae
<b>Synonym</b>	: <i>Asclepias volubilis</i> L.f., <i>Dregea volubilis</i> (L.f.), <i>Marsdenia volubilis</i> (L.f.)
<b>Ayurvedic syn.</b>	: Hemajivanti, Hemaksiri, Hemalataa, Suparnikaa, Trnagranthi, Himaashrayaa, Swarnalataa.
<b>Trade name</b>	: Wattakaka
<b>Local name</b>	: Dugdhikaa

### Description

A stout twiner; stems attaining 2.5 cm diam., bark somewhat corky. Leaves broadly ovate, 6-17.5 x 3-10 cm, apex acuminate, usually hoary below and glabrescent above, base cordate or rounded, sometimes acute on some upper leaves; petiole 1.5-4 cm. Flowers green, 1.2-1.5 cm across, nearly glabrous, in dense, drooping umbels, 3.7-5 cm diam., peduncles 2.5-7.5 cm long; pedicels 1.2-3.5 cm, very slender in flower, woody in fruit. Calyx-lobes obtuse to almost acute. Corolla entirely green, rotate. Corona single, consisting 5 fleshy segments attached to the upper part of staminal-column. Follicles ovoid-oblong.

### Parts used

Roots, leaves & tender stalks.

### Properties & actions

Sweet variety: refrigerant, tonic, aphrodisiac & useful in vitiated conditions of vaata, biliousness, burning sensation, ophthalmic disorders & general debility. Bitter variety: antiinflammatory, febrifuge, digestive, alexeteric, astringent to the bowels, aphrodisiac & useful in dyspepsia, inflammations, asthma, fever, tumour, haemorrhoids, leucoderma, skin diseases, rat bite & urinary discharges etc. Leaves are applied externally in boils & abscess. Roots & tender stalks are used as emetic, expectorant & purgative. The tender shoots are sternutatory & are used in nasal catarrh & ophthalmic disorders to cause sneezing. Leaves, flowers, rind of the unripe fruits & seeds contribute to native dishes. Alcoholic extract of the plant shows activity against sarcoma 180 in mice.

### Note

This plant species is used as Murvaa in Kerala & the generic name comes from its Malayalam name Wattakkakkakoti.







## Swarnaksiri

<b>Botanical name</b>	: <i>Argemone mexicana</i> L. ; <b>Family</b> : Papaveraceae
<b>Ayurvedic syn.</b>	: Pitadugdhaa, Kaanchanaksiri, Shrgaalakantaki, Hemaahwaa, Hemaksiri, Rugmini, Yavachincaa.
<b>Trade name</b>	: Mexican poppy ; <b>Local name</b> : Agaraa

### Description

A pickly herb, 30-80 cm high, with yellow juice. Leaves simple, alternate, lobed, pinnatifid, green and white, very variable in shape, oblong or obovate, 10-15 x 3-8 cm, margin spinulose-dentate, lower leaves crowded, petioled, higher ones sessile. Flowers solitary, yellow, sessile or on short pedicel, 3-4 cm across. Sepals green with few prickles. Petals 6, in two series, obovate, 2-3 cm. Stamens many. Fruit capsular, opening by valves, spiny. Seeds black & brown.

### Parts used

Whole plant, root, latex, seed, seed oil.

### Ayurvedic properties

**Rasa**: tikta; **Guna**: laghu, snigdha; **Virya**: shita; **Vipaaka**: katu;  
**Dosakarma**: kapha pitta shaamaka

### Actions & uses

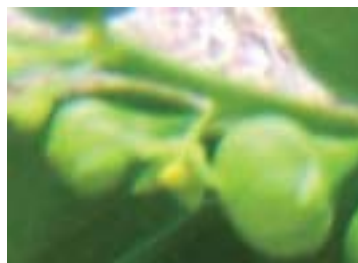
Purgative, expectorant, emetic, aphrodisiac, depurative, anodyne, anthelmintic, antipyretic, ophthalmic, stomachic, sedative, diuretic & used in guinea worm, fever, colic, all types of poisoning, blennorrhagia, vesical calculi, asthma, pertussis, leprosy, odontopathy, rheumatalgia, dropsy, jaundice & ophthalmopathy.

### Formulations

Kanakaksiri tl, Ksaara gtk, Naaraayana ch, Kaashishaadi tl, Br. k. tl, Kachchhuraaksasa tl, M. jwaraankusha rs, Kasaaraadi lp, Bindu gt, Hapusaadi ch, Ichchhaabhedhi rs, Swarnaksiri rs, Sannipaata bhairava rs, Sarvartuka yg.

### Therapeutic uses

- i. Rabies - Baakuchi seed powder 3g + Swarnaksiri root powder 3g + jaggery 10g, bd for continuous three days - SBM
- ii. Gonorrhoea - Swarnaksiri root powder 3g + trikatu powder 3g followed by 50 ml water in morning for 3 days.  
Diet: salt free bread & brinjal - SBM
- iii. Ringworm - LA: plant juice - SBM







## Taamalaki

<b>Botanical name</b>	: <i>Phyllanthus amarus</i> Schum. & Thonn.
<b>Family</b>	: Euphorbiaceae
<b>Synonym</b>	: <i>P. niruri</i> auct. non L., <i>P. nanus</i> Hook.
<b>Ayurvedic syn.</b>	: Bhumyaamalaki, Bhudhaatri, Bahupatraa, Bahuphalaa, Bahuviryaa, Ajaataa, Shivaa.
<b>Trade name</b>	: Bhuin amla ; <b>Local name:</b> Bhuinanlaa

### Description

An erect, very slender annual herb, 30-40 cm high, with numerous spreading or erect branches, 10-15 cm long. Branchlets looking like pinnate leaves bear close set simple, alternate, elliptic-oblong, distichously spreading, leaves of 3-5 x 15-25 mm; dark green above, pale beneath, with prominent midrib and 4-5 faintly raised lateral nerves. Flowers minute, green or whitish. Fruits small, globose, forming a row on the underside of the branchlets, 2 mm diam.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** tikta, kasaaya, madhura; **Guna:** laghu, ruksa; **Virya:** shita;  
**Vipaaka:** madhura, **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Cooling, antiseptic, deobstruent, stomachic, diuretic, febrifuge, antifungal, antispasmodic, anticancer, hypoglycaemic, antiviral, hepatoprotective & useful in gastropathy, dropsy, jaundice, diarrhoea, dysentery, intermittent fevers, ophthalmopathy, diseases of urino-genital system, scabies, ulcers & wounds etc.

### Formulations

Chitraka haritaki, Chyavanapraasha, Shataavari gd, Pippalyaadi gt, L. visagarbha tl, Shwaasahara ksy, Madhuyastyaadi tl, Guduchi tl, Vidaari gt, M.sugandhi tl.

### Therapeutic uses

- i. Asthma, hiccough - juice 10-20ml + candy orally; also as nasal drop - CS
- ii. Leucorrhoea, menorrhagia - fruits 5g pounded with rice water- CD
- iii. Jaundice, splenomegaly, edema - Juice 10-20ml + black pepper powder 1-2g, bd one week - DGKD
- iv. Haematuria, diarrhoea with blood - Fruits with rice water - BS







## Tanduliya

<b>Botanical name</b>	: <i>Amaranthus spinosus</i> L.
<b>Family</b>	: Amaranthaceae
<b>Ayurvedic syn.</b>	: Tanduliyaka, Meghanaada, Ghanaswana, Vega, Bhandira, Kaandera, Tanduleraka, Alpa-maarisaa.
<b>Local name</b>	: Kantaa maarisa, Kaani leutiaa, Kantaa leutiaa.

### Description

A much branched herb of 30-90 cm high and armed with sharp axillary spines. Spines upto 2.5 cm long, paired or clustered. Leaves simple, alternate, ovate, lanceolate or rhomboid, 1-10 x 1-5 cm, margin entire, waved, apex acute or subacute, base narrowed; petiole slender, upto 6 cm. Flowers green in axillary clusters, bracts narrow, shortly awned. Tepals 5, with green midrib and scarious margins. Stamens 5. Utricle ovoid. Seeds dark brown or black.

### Parts used

Leaves, roots, whole plant.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** pitta kapha shaamaka.

### Actions & uses

Refrigerant, alexeteric, stomachic, appetizer, laxative, diuretic, febrifuge, sudorific, galactogogue, haematinic, haemostatic, & useful in animal poisoning, burning sensation, hyperdipsia, hallucination, leprosy, eczema, abscess, boils, burns, bronchitis, leucorrhoea, menorrhagia, anorexia, flatulence, colic, haemorrhoids, strangury, nausea, intermittent fevers, agalactia, anaemia, haemoptysis & haematemesis.

### Formulations

Tanduliyaasava, T.kk, Manthaaanabhairava rs, Sannipaata bhairava rs.

### Therapeutic uses

- i. Blood dysentery - Root powder 5 g + honey 3ml + candy 3g followed by a cup of rice water- BS
- ii. Menorrhagia, leucorrhoea - Root powder 5g + honey 3ml followed by a cup of rice water- CS, SG, BS
- iii. Rat poisoning - Root paste 5-10g + honey - SS
- iv. Poison - Ghee cooked with whole plant counteracts all sorts of poison - CS







## Tankaari

<b>Botanical name</b>	: <i>Physalis minima</i> L.
<b>Family</b>	: Solanaceae
<b>Ayurvedic syn.</b>	: Laksmipriyaa, Chirapothaa, Tankaashi, Mrdukunchikaa, Shrikunchi, Koshaamlaki.
<b>Trade name</b>	: Country gooseberry
<b>Local name</b>	: Tipaai, Haandi khandi.

### Description

An erect herb, 8-60 cm high; stems pubescent, or glabrous. Leaves simple, alternate, ovate, 4-12 x 1.5-5 cm, coarsely toothed, sinuate or lobulate, apex acuminate or acute, petiole 4-6 cm. Flowers small, 5-7 mm long and broad. Calyx campanulate, 5 fid, accrescent in fruit, inflated, membranous, loosely enclosing the berry. Corolla yellowish-white, often with small purplish brown spots at the center within. Stamens 5, attached near the base of the corolla; anthers oblong, shorter than the filaments. Style linear; stigma obscurely 2-lobed. Fruit a globose berry, 7 mm diam; enveloped in the bladder-like calyx.

### Parts used

Roots, fruit, whole plant.

### Ayurvedic properties

**Rasa:** tikta, madhura; **Guna:** laghu, ruksa; **Virya:** shita;

**Dosakarma:** vaata kapha shaamaka

### Actions & uses

Cooling, anodyne, antiinflammatory, diuretic, laxative, expectorant, appetizer, tonic & useful in vitiated conditions of vaata & kapha, rheumatalgia, neuralgia, myalgia, inflammations, burning sensation, strangury, splenomegaly, ascites, gastropathy, colic, constipation, ulcers, cough, bronchitis, pruritus & erysipelas etc.

### Fomulation

Mahaa naaraayana taila

### Therapeutic uses

- i. Loose breast - LA: whole plant pounded with rice water - Chunekar
- ii. Bronchitis - Root powder 500mg + fried borax 250mg + honey - Chunekar







## Tavaksiri

<b>Botanical name</b>	: <i>Curcuma aromatica</i> Salisb. ;	<b>Family</b>	: Zingiberaceae
<b>Ayurvedic syn.</b>	: Tavaksira, Tugaaksiri.		
<b>Trade name</b>	: East Indian arrowroot ;		
<b>Local name</b>	: Paalua, Paalu		

### Description

A perennial herb, 65-90cm high, from the underground fleshy rhizome. Rhizome 3.7 cm diam, horizontally branched, white or dirty white inside; lateral tubers sessile. Leaves not mature at the time of flowering; mature leaf elliptic, elliptic-oblong, or lanceolate-oblong, 30-75 x 15-25 cm, caudate-acuminate, uniformly green; petiole as long or longer. Inflorescence lateral to the leaf-tuft; peduncle 10-17.5 cm; spike 15-22.5 cm long and 7.5-12.5 cm diam; bracts ovate, recurved, fertile bracts green or pale green, 5-6.2 cm long, tip very rounded, bracts of coma more or less tinged with pink. Flowers 5 cm long, reaching about the level of the mouth of their bracts, several to each bract. Calyx 1.2 cm long, scarcely 3-lobed. Corolla yellow, the upper lobe truncate, emarginate with a short horn or cusp from the sinus.

### Parts used

Rhizome

### Ayurvedic properties

**Rasa:** madhura; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** vaata pitta shaamaka.

### Actions & uses

Refrigerant, carminative, cardiotoxic, diuretic, antiinflammatory, febrifuge, tonic, aphrodisiac & useful in vitiated condition of vaata & pitta, anorexia, dyspepsia, acid peptic disorders, dehydration, dysentery, diarrhoea, intrinsic hemorrhage, cardiac debility, cough, asthma, seminal disorders, dysuria, cystitis, fever, burning sensation, dipsia, urticaria & general debility.

### Formulations

Br. Kusmaanda av, Br. daadimaastaka ch, Lavangaadi ch, Kantakaari av, Chyavanapraasha, Phala gt, Jaatiphalaadya ch.

### Note

In the formulations mentioned above, except the 1st one, Tavaksiri is the substitute drug of Vamshalochana, advised to be taken by the ancient commentators, e.g. Aadhamalla's commentary in SG/MK/6/61. Astanga Hrdaya one of the earlier Ayurvedic text mentions both Vamshalochana & Tavaksiri to possess similar medicinal properties. Perhaps scarcity of the former led the scholars to introduce the later. However *Maranta arundinacea* L. (Marantaceae) called as West Indian Arrow root also forms a source of Tavaksiri.







## Tinduka

<b>Botanical name</b>	: <i>Diospyros malabarica</i> (Desr.) Kostel.
<b>Family</b>	: Ebenaceae
<b>Synonym</b>	: <i>D. peregrina</i> auct. non Gruke, <i>D. embryopteris</i> Pers.
<b>Ayurvedic syn.</b>	: Nilasaara, Sphurjaka, Kaalaskandha, Atimuktaka, Krsnatwak, Krsnasaara, Raavana, Virupaka.
<b>Trade name</b>	: Indian persimon
<b>Local name</b>	: Maankada kendu

### Description

A medium sized handsome tree with low spreading branches; bark black. Leaves simple, alternate, coriaceous, oblong, glabrous and shining above, pale beneath; 10-23 x 2.5-6.5 cm; apex subacute or obtuse, base obtuse or rounded; petiole 1-1.5 cm. Flowers white, fragrant. Male flower in umbellate cymes. Corolla campanulate, 1.2cm; lobes short, suborbicular. Stamens 20-35 or more. Female flowers 2.5 cm diam., solitary; peduncle stout, 1.2cm long. Fruit globose, 4.5-7.5 cm diam. yellow when ripe and covered with a deciduous red scurf. Seeds about 8 nos, large.

### Parts used

Bark, leaves, flowers, fruits, seeds, seed oil.

### Ayurvedic properties

**Rasa:** kasaaya, (ripe fruit: madhura); **Guna:** laghu, ruksa; (ripe fruit:guru)  
**Virya:**shita; **Vipaaka:** katu; **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Refrigerant, antiinflammatory, carminative, constipating, depurative, febrifuge, diuretic, ophthalmic, styptic & useful in diabetes, spermatorrhoea, strangury, urethrorrhoea, leucorrhoea, vaginal disorders, scotoma, nyctalopia, ophthalmia, epistaxis, hiccough, haemoptysis, inflammations, burning sensation, diarrhoea, dysentery, leprosy, scabies, pruritus, burns, wounds, tubercular glands, splenomegaly, anaemia & pharyngodynia etc.

### Fomulations

Tindukatwak puta paaka, Nyagrodhaadi kwaatha.

### Therapeutic uses

- i. For repigmentation in the wound scar - LA: fruit paste - AH
- ii. Burn - LA: fruit paste + ghee - BP
- iii. Paediatric hiccough - Paste of flowers/fruits +honey+ghee - BS







## Tinisha

<b>Botanical name</b>	: <i>Desmodium oojeinensis</i> (Roxb.)
<b>Family</b>	: Fabaceae
<b>Synonym</b>	: <i>Dalbergia oojeinensis</i> Roxb. <i>Ougenia dalbergioides</i> Benth. in Miq. <i>O. oojeinensis</i> (Roxb.) Hochr.
<b>Ayurvedic syn.</b>	: Syandana, Nemi, Chakra-samvarana, Ashmagarbhaka, Rathadru, Sarvasaara.
<b>Trade name</b>	: Sandan ; <b>Local name:</b> Baandhana, Tinisha

### Description

A small and crooked tree; bark dark brown, deeply cracked; branches slender, grey. Leaves alternate, compound, pinnately 3-foliolate, petiole 4-5 cm long; stipules lanceolate, 6 mm long, caducous; Leaflets rigidly coriaceous, the terminal ovate, orbicular, obovate or trapezoidal, 7.5-15 x 5-10 cm, obtuse, entire or crenate, secondary nerves 5-10, strong, lateral leaflets opposite, obliquely ovate, 7.5-10 x 3.7-7.5 cm, glabrous above, sub-tomentose beneath; petiolules of lateral leaflets 3 mm long. Flowers white, small, mostly 3-nate, in dense fascicled racemes from the leaf-axils and the old wood; pedicels slender. Calyx brownish, campanulate, teeth short, triangular. Corolla exserted; standard orbicular; wings spurred, slightly adnate to the obtuse keel. Stamens 9+1. Pod linear or linear oblong, 5-7.5cm long, 2-5-jointed; joints flat and large.

### Parts used

Bark, heartwood.

### Ayurvedic properties

**Rasa:** kasaaya; **Guna:** laghu, ruska; **Virya:** shita; **Vipaaka:** katu;  
**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Colling, stimulant, antiinflammatory, constipating, anthelmintic, styptic, sudorific, febrifuge, depurative, rejuvenant & useful in inflammations, burning sensation, diarrhoea, dysentery, urorrhagia, diabetes, verminosis, leprosy, leucoderma, hemorrhages, fever, ulcers, gonorrhoea, anaemia & general debility etc.

### Therapeutic uses

- i. Leprosy - Heartwood decoction for bath & intake - CS
- ii. Diarrhoea with blood - Pounded barks of Tinisha, Priyaala, Shaalmali, Shallaki & Plaksa dissolved in milk - SS
- iii. Rejuvenation - Heartwood paste 10-15g + milk in morning - CS





## Trivrt

<b>Botanical name</b>	: <i>Operculina turpethum</i> (L.) Silva Mano.
<b>Family</b>	: Convolvulaceae
<b>Synonym</b>	: <i>Convolvulus turpethum</i> L., <i>Ipomoea turpethum</i> (L.), <i>Merremia turpethum</i> (L.) Shah & Bhat.
<b>Ayurvedic syn.</b>	: Rechani, Saralaa, Triputaa, Tribhandi, Suvahaa.
<b>Trade name</b>	: Indian jalap ; <b>Local name</b> : Tihudi

### Description

A large but soft climber with winged stems and simple, alternate leaves. Lower leaves broadly ovate, cordate, often 15 x 11.8 cm, acuminate or acute, upper ones often oblong, obtuse and mucronate; petiole 1.8-7.5 cm. Flowers in 3-5-flowered peduncled cymes, bracts large, oblong, 1.5-2.5 cm long, pedicels 2.5-3 cm, lengthening and stouter in fruit. Sepals ovate-oblong or broadly elliptic, 1.8cm long, outer 2 very broad, inner 3 membranous, all enlarged, hardened and often split in fruit. Corolla white, funnel-shaped or broadly campanulate, 3-4.5cm long. Capsules depressed globose, 1.5cm diam, 2-celled. Seeds 4, obovoid, 5mm long, brown.

### Parts used

Root

### Ayurvedic properties

**Rasa:** katu; tikta, kasaaya, madhura; **Guna:** laghu, tiksna, ruksa; **Virya:** usna; **Vipaaka:** katu; **Prabhaava:** virechana; **Dosakarma:** pitta kapha samshodhana

### Actions & uses

Antibacterial, antiinflammatory, carminative, purgative, anthelmintic, cardiac depressant, spasmodic to smooth & skeletal muscles, thermogenic, expectorant, hepatic stimulant, hydrogogue & useful in colic, constipation, dropsy, paralysis, myalgia, arthralgia, bronchitis, obesity, ascities, inflammations, fever, leucoderma, pruritus, ulcers, erysipelas, haemorrhoids, tumours, jaundice & ophthalmia etc.

### Formulations

Trivrttaadi ch, T. gtk, T. kw, T. gt, Avipattikara ch, Punarnavaa mandura, Bindu gt, Chandraprabhaa vt, Yogaraaja ggl, Ashwagandhaarista, Naaraayana ch.

### Therapeutic uses

- i. Jaundice - Powder 3 g + candy 3g, bd- SS
- ii. Anaemia - Powder 3 g + candy 3g, bd- SS
- iii. Drastic constipation - Leaves as vegetable - CS
- iv. Haemorrhoids - Decoction of Trivrt +Triphalaa 50 ml, at bedtime. - CS







## Udumbara

<b>Botanical name</b>	: <i>Ficus racemosa</i> L.;	<b>Family</b>	: Moraceae
<b>Synonym</b>	: <i>Ficus glomerata</i> Roxb.		
<b>Ayurvedic syn.</b>	: Jantuphala, Hemadugdha, Yajnodumbara.		
<b>Trade name</b>	: Fig;	<b>Local name:</b>	Dimiri, Yajnodumbara, Dambaru.

### Description

A moderate-sized tree with few short aerial roots; bark mostly rusty. Leaves alternate, ovate, ovate-lanceolate, 7-15 x 3-6 cm, entire, apex obtuse or subacute, dark green above, paler beneath, base obtuse, rarely acute, 3-nerved, secondary nerves 4-8; raised below; petiole 1.5-5 cm long, stipules ovate-lanceolate, 1.2-2.5 cm long. Figs on short or sometimes up to 60 cm long leafless branchlets from the main trunk or larger branches; globose to pyriform, 2.5-3 cm diam, red when ripe, pubescent or tomentose. Peduncles up to 1.8 cm long. Male female and gall flowers in the same fig.

### Parts used

Stem bark, root, leaves, fruits, latex.

### Ayurvedic properties

**Rasa:** kasaaya, **Guna:** guru, ruksa, **Virya:** shita, **Vipaaka:** katu,

**Dosakarma:** kapha pitta shaamaka

### Actions & uses

Hypotensive, stomachic, carminative, antiprotozoal, hypoglycaemic, anti-inflammatory, hepato protective, antidiarrhoeal, aphrodisiac & useful in diarrhoea, dysentery, dipsia, burning, sensation, inflammations, wounds, ulcers, menorrhagia, leucorrhoea, vaginopathy, miscarriage, seminal disorders, fractures, odema, ophthalmopathy, haemoptysis & haemorrhoids etc.

### Formulations

Udumbara saara, Udumbaraadi gt, U.tl, U. lp, U.pradeha, Mutrasamgrahaniya ksy, Kiraatatiktaadi ch, Nyogradhaadi gt, N.ch, Ushiraasava, M.naaraayana tl,

### Therapeutic uses

- i. Miscarriage - Decoction of figs 50ml + rice powder 10g + honey 5 ml + candy 10g - SS, RM
- ii. Hiccough - Bark ash 3g + honey 3ml + ghee 6 ml - SS
- iii. Epistaxis - Ripe figs mixed with jaggery or honey - RM
- iv. Chronic dysentery - Steamed tender fruits, mixed with curd - SBM





## Ushira

<b>Botanical name</b>	: <i>Vetiveria zizanioides</i> (L.) Nash.; <b>Family</b> : Poaceae
<b>Synonym</b>	: <i>Andropogon squarrosus</i> auct. non L.f. <i>Phalaris zizanioides</i> L.
<b>Ayurvedic syn.</b>	: Sevyā, Nalada, Amrnala, Jalavaasa, Abhaya, Samagandhaka, Virana, Haripriya, Vira.
<b>Trade name</b>	: Vetiver, Khas-khas ; <b>Local name</b> : Benaā

### Description

A course perennial grass forming large clumps and with spongy aromatic roots. Leaves closely distichous at base, suberect, coriaceous, usually 30-60 cm long on the stem, margins distantly setose-scabrid. Panicle oblong or pyramidal, 15-30 cm long; lower branches with racemes up to 10 cm long. Sessile spikelets linear or linear-lanceolate, 3.2-4.3 mm long.

### Parts used

Roots

### Ayurvedic properties

**Rasa**: tikta, madhura; **Guna**: ruksa, laghu; **Virya**: shita; **Vipaaka**: katu;

**Dosakarma**: kapha pitta shaamaka

### Actions & uses

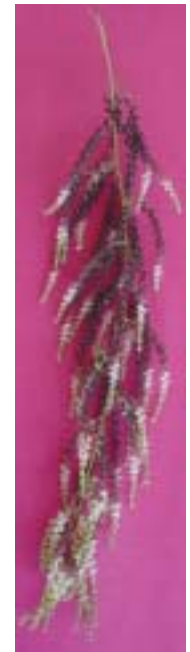
Aromatic, refrigerant, diaphoretic, depurative, digestive, carminative, antiemetic, constipating, haematinic, haemostatic, expectorant, diuretic, febrifuge, stimulant, anthelmintic, emmenagogue, alexeteric, soporific, antispasmodic, tonic & useful in intestinal disorders, bronchopathy, gout, lumbago, halitosis, cephalalgia, dipsia, burning, sensations, fever, spermatorrhoea, hysteria, insomnia, hyperhidrosis, amentia, menstrual disorders, erysipelas & general debility etc.

### Formulations

Ushiraasava, U.kw, U.ch, U.tl, Nilotpalaadi hm, Lokanaatha rs, Jaatyaadi gt, Sadangapaaniya, Parpataadi kw, Abhayaadi kw, Pippalyaasava, M.tikta gt.

### Therapeutic uses

- i. Summer boils - EA: paste - VM
- ii. Intrinsic hemorrhage - Sarvat: vetiver + sandal +candy+rice water -CS
- iii. Fever - Milk decoction of vetiver & Shishu - heart wood, 50 ml - BP
- iv. Vomiting - Ushira + Sugandhabaalaa followed by rice water - CS







## Vaaraahi

<b>Botanical name</b>	: <i>Dioscorea bulbifera</i> L.;	<b>Family</b>	: Dioscoreaceae
<b>Synonym</b>	: <i>Dioscorea sativa</i> L.		
<b>Ayurvedic syn.</b>	: Charmakaaraaluka, Varaahavadanaa, Grsti, Varadaa, Shukari, Maagadhi, Krodakanyaa, Brahmakanda, Shavarakanda, Shukarakanda, Vrddhidaa, Chhaagi.		
<b>Trade name</b>	: Dioscorea, yam.		
<b>Local name</b>	: Pitaa aalu, Bana aalu, Masiakandaa.		

### Description

A twiner with stem twining to the left, tuber not deep, usually single, subglobose. Bulbils common, axillary, roundish. Leaves simple, alternate, suborbicular or broadly ovate, 5-25 x 3-20 cm, acuminate or caudate, 7-11-ribbed, with very distinct scalariform cross-nervules, base usually deeply cordate, petiole as long as or shorter than the blade. Male flowers green and purplish, 1.5-2.5 mm long or more, pendulous, in numerous long, very slender axillary and paniced spikes, 5.5-10 cm long. Female spikes slender, droop-ing, several facicled at each axil. Capsule quadrately oblong, 1.5-2 x 1-1.2 cm, reflexed.

### Parts used

Tuber

### Ayurvedic properties

**Rasa** : katu, tikta, madhura; **Guna**: laghu, snigdha; **Virya**: usna; **Vipaka**: katu, **Dosakarma**: tridosha shaamaka

### Actions & uses

Thermogenic, anthelmintic, depurative, promoter of colour & complexion, stomachic, carminative, deflatulent, aphrodisiac, rejuvenating, tonic & useful in dyspepsia, abdominal colic, helminthiasis, haematological disorders, cervical adenitis, urinary discharges, leprosy, sinus, gonorrhoea, skin diseases, pigmentation abnormalities & emaciation etc.

### Formulations

Narasimha ch, Shivaa gtk, Aasitakaadi ch, Kushaadi gt, Bhadraavaha gt, Panchanimbaka av, Chyavanapraasha (as the substitute drug of Rddhi & Vrddhi).

### Therapeutic uses

- i. Sinus - Cavity filled with sesame oil cooked with tubers - SS
- ii. Rejuvenation - Powder 10g + honey 3ml, in morning in empty stomach, keeping on rice with milk & ghee - GN







## Vaasaa

<b>Botanical name</b>	: <i>Justicia adhatoda</i> L. ; <b>Family</b> : Acanthaceae
<b>Synonym</b>	: <i>Adhatoda zeylanica</i> Medic., <i>A. vasica</i> Nees. in Wall.
<b>Ayurvedic syn.</b>	: Vaasaka, Simhaasya, Simhaparna, Taamra, Naasaa, Vaajidantaa, Aatarusa, Bhisagmaataa, Simhikaa, Vrsa.
<b>Trade name</b>	: Adhatoda ; <b>Local name</b> : Vaasanga

### Description

A branchy shrub, 2-3 m high. Leaves large, simple, opposite, entire, elliptic, elliptic-lanceolate or ovate lanceolate, 12-20 cm long, apex acuminate, base cuneate; petiole 1.8-3 cm long. Flowers white, subsessile, 2.5-3 cm long, in axillary and terminal spikes, 2.5-10 cm long; bracts ovate; elliptic, or obovate, 1.8 cm long. Calyx 0.7-1.2 cm, lobes 5, equal, lanceolate, imbricate. Corolla 2-lipped, tube short, upper lip subentire, lower spreading, 3-lobed. Stamens 2, near top of corolla-tube; filaments hairy at base only; anther-cells entire. Capsule clavate-oblong, 1.8 cm long.

### Parts used

Root, leaves, flowers.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** ruksa, laghu; **Virya:** shita; **Vipaaka:** katu, **Dosakarma:** kapha pitta shaamaka

### Actions & uses

Antispasmodic, expectorant, antitussive, bronchodialator, respiratory stimulant, hypoglycaemic, uterotonic, uterine stimulant, abortifacient, antiviral, antibacterial, antiseptic, antianaphylactic, cardiac stimulant, hypotensive, anticonvulsant, antiarrhythmic, sudorific, depurative, styptic, tonic & useful in cough, asthma, bronchitis, fever, dipsia, phthisis, ophthalmia, odontopathy, haemorrhoids, strangury, haemoptysis, menorrhagia, cardiac debilities, urinary discharges & skin diseases.

### Formulations

Vaasaa ast, V.kantakaari lh, V.av, V. asv, V. ksr, V.chandanaadi tl, V.haritaki av, Raasnaadi kw, M.r.kw, Ashokaarista, Bhaagottara ch, B.gtk, Daarvyaadi kw, Kumaaryaasava, M. tiktaka gt, Patrangaasava, Triphalaa gt, M.t.gt,Kaasaamrta, Kanakaasava, Devadaarvaadyarista, Manjisthaadyarista, Panchatiktaghrta ggl.

### Therapeutic uses

- i. Pthisis - Leaf juice 5ml + honey 2ml + candy 3g, bd - SS
- ii. Cough - Leaf juice 5ml + honey 3ml, bd / tds - DGKD
- iii. Foul odour of body - EA: leaf juice + Shankhabhasma- BP
- iv. Painful haemorrhoids - Local poultice by the bark paste - BS







## Vaasanti

<b>Botanical name</b>	: <i>Jasminum arborescens</i> Roxb.
<b>Family</b>	: Oleaceae
<b>Ayurvedic syn.</b>	: Nevaari, Nepaali, Saptalaa, Navamallikaa.
<b>Trade name</b>	: Tree jasmine ; <b>Local name:</b> Banamalli

### Description

A scandent or suberect shrub with young parts pubescent all over. Leaves simple, opposite, ovate, elliptic or rarely ovate-lanceolate, 4-10 x 3-8.5 cm, apex acute or acuminate, petiole 0.6-1.5 cm, articulate. Flowers white, in lax, 7-many flowered trichotomous cymes; pedicles slender, 5-10 mm long. Calyx pubescent, lobes linear, erect, unequal. Corolla - tube 1-1.2 cm long, lobes often 6, linear or narrow-oblong, 1.2-1.8 cm, acuminate. Stamens, included in the corolla tube; anthers oblong. Berry solitary, oblong, ellipsoid or globose-ovoid, 1-2cm long, black when ripe.

### Parts used

Leaves & roots.

### Ayurvedic properties

**Rasa:** tikta, kasaaya; **Guna:** laghu, snigdha; **Virya:** shita; **Vipaaka:** madhura; **Dosakarma:** tridosa shaamaka

### Actions & uses

Leaves slightly bitter, astringent, sweet, refrigerant, stomachic, digestive, emetic, tonic & useful in cough, obstruction in the bronchial tubes, haematological disorders, menstrual disorders, miscarriage, colic, flatulence & general debility etc. Roots useful in ringworm, eczema, pruritus, death of nail bed & skin disorders. Fruits are considered as tonic.

### Therapeutic uses

- i. Menstrual spasm with cough, cold, acid peptic disorders - Leaf juice 5-10 ml + fried borax 125 mg + black pepper 125 mg + honey 3 ml, bd-DGKD
- ii. Ringworm, eczema, pruritus etc. skin diseases - LA: paste of Vaasanti (root) & Vachaa (rhizome) mixed with lemon juice-DGKD
- iii. Death of nail bed - LA: root of Vaasanti & borax pounded together - CD
- iv. Miscarriage - Powder of Vaasanti - BP







## Vachaa

<b>Botanical name</b>	: <i>Acorus calamus</i> L.;	<b>Family</b>	: Araceae
<b>Ayurvedic syn.</b>	: Ugragandhaa, Sadgranthaa, Golomi, Satparvikaa, Ksudrapatraa, Mangalyaa.		
<b>Trade name</b>	: Sweet flag;	<b>Local name</b>	: Vacha

### Description

A perennial undershrub; rootstock long, as thick as the middle finger, creeping and branching. Leaves 0.9-1.8 cm x 1.7-3.8 cm., bright green, acute, thickened in the middle, margins wavy. Spathe 15-75 cm. long, pedicel (formed of connate pedicel and spathe) 3.8-3.2 cm, broad. Spadix 5-10 cm long and 1.3-2 cm. diam. obtuse, slightly curved, green; sepals as long as the ovary, scarious; anthers yellow. Fruit turbinate, prismatic, top pyramidal.

### Parts used

Rhizome

### Ayurvedic properties

**Rasa**: katu, tikta; **Guna**: laghu, tiksna, sara; **Virya**: usna; **Vipaaka**: katu; **Dosakarma**: kapha vaata shaamaka

### Actions & uses

Thermogenic, I.Q. promoter, sialagogue, emetic, laxative, carminative, stomachic, emmenagogue, antiinflammatory, expectorant, diuretic, sudorific, febrifuge, hypotensive, spasmolytic, anticonvulsant, antimicrobial, anthelmintic, insecticidal, antibacterial, sedative, tranquillizing, nervine tonic & useful in stomatopathy, hoarseness, dyspepsia, flatulence, colic, menstrual disorders, cough, asthma, bronchitis, odontalgia, pectoralgia, hepatodynia, otalgia, calculi, nephropathy, gout, epilepsy, amentia, delirium & convulsions etc.

### Formulations

Br. saindhavaadi tl, Medhya rsyn, Saaraswata ch, Yogaraaja ggl, M.y. ggl, Ashwagandhaarista, Sanjivani vt, M.shankha vt, Braahmi vt, B.gt, Vidaari gt, Chandanaadi tl, Vrddhi baadhikaa vt, M.naaraayana tl, Hingwaadi ch, Simhanaada ggl, Unmaadagajakeshari rs, Smrtisaagara rs, Chandraprabhaa vt.

### Therapeutic uses

- i. Epilepsy - Powder 500 mg + honey 1 tsf, bd while keeping on milk & rice - VM, BS, SBM
- ii. Acid gastritis - Powder 50 mg + honey 3 ml + jaggery - GN
- iii. Promotion of I.Q. - Powder 500 mg followed by 1 cup milk- DGKD







## Vandaaaka

<b>Botanical name</b>	: <i>Dendrophthoe falcata</i> (L.f.) Etting.
<b>Family</b>	: Loranthaceae
<b>Synonym</b>	: <i>Loranthus falcatus</i> L.f., <i>L. bicolor</i> Roxb. Desr., <i>L. longiflorus</i> Desr. var. <i>falcata</i> (L.f.) Kurz.
<b>Ayurvedic syn.</b>	: Vrksaadani, Vrksaruhaa, Kaamvrksaa.
<b>Trade name</b>	: Mistletoe ; <b>Local name:</b> Malaanga, Madaanga

### Description

A parasitic branched shrub with glabrous branches. Leaves simple, opposite, sessile or shortly petioled, broadly ovate, ovate-oblong, 7.5-15 x 2.5-9 cm, apex obtuse, thickly coriaceous, glabrous, midrib often redish below. Flowers orange or scarlet, 2.5-5 cm long, in axillary and extra-axillary secund racemes, 2.5-10 cm long; bracts suborbicular, 1.5 mm. Hypanthium with distinct calyculus, 2.5-3.7 mm, broadly tubular, usually truncate or only faintly toothed. Perianth slender, tubular, expanded upwards, split at the back and curved with linear-oblong often green lobes, 7.5-10 mm long. Anthers linear. Style long, stigma globose.

### Parts used

Whole plant

### Ayurvedic properties

**Rasa:** kasaaya, tikta, madhura; **Guna:** laghu, ruksa; **Virya:** shita;

**Vipaaka:** katu; **Dosakarma:** tridosa shaamaka

### Actions & uses

Astringent, refrigerant, tonic, aphrodisiac, cardi tonic, nervine tonic, implantative, narcotic, depurative, diuretic, antiasthmatic, antiphlogistic, anticonvulsive, vulnerary & useful in cough, asthma, pulmonary tuberculosis, inflammations, oedema, wounds, ulcers, menstrual disorders, urepathy, strangury, haematological disorders, diarrhoea, dysentery, cardiopathy, convulsions, nervine disorders, insanity & epilepsy etc.

### Formulations

Kandarpa sundara rs, Viratarvaadi gana kw, V. upnh, V.tl, Paashaanabhedaadya gt, Kushaadya tl.

### Therapeutic uses

- i. Asthma - Juice of flower 5-10 ml, bd / tds -Chunekar
- ii. Implantation - Paste + goat's milk on 4<sup>th</sup> day of mens with a prior purgation therapy - VD







## Varuna

<b>Botanical name</b>	: <i>Crataeva magna</i> (Lour.) DC. ; <b>Family</b> : Capparaceae
<b>Synonym</b>	: <i>C. nurvala</i> Buch.-Ham, <i>C. religiosa</i> auct. non Forst. <i>C. religiosa</i> var. <i>nurvala</i> (Buch.-Ham.) Hook.
<b>Ayurvedic syn.</b>	: Kumaaraka, Tiktashaaka, Urumaana, Bilwaparna, Vyadhitaru, Shwetadruma, Kasaayaka, Triparna.
<b>Trade name</b>	: Three-leaved caper ; <b>Local name</b> : Baruna

### Description

A small sized deciduous tree, 2-8 m; branchlets lenticulate. Leaves alternate, compound, 3-foliolate, petiole 7-12 cm; leaflets lanceolate to ovate-lanceolate, 5-25 x 3-6cm, base acute, apex gradually acuminate. Flowers in terminal racemes, sustained by bracts. Sepals green. Petals 4, white, turning yellow, equal or subequal, more or less ovate-rhomboid with narrowed base. Stamens 12-30, filaments connate at the base with the gynophore. Berry yellowish-grey, ovoid or ellipsoid, 4.5 x 4 cm. Seeds horse-shoe-shaped.

### Parts used

Stem bark, leaves.

### Ayurvedic properties

**Rasa**:kasaaya, tikta; **Guna**: laghu, ruksa; **Virya**:usna; **Vipaaka**:katu;  
**Prabhaava**:ashmaribhedana; **Dosakarma**:kapha vaata shaamaka

### Actions & uses

Oxitocic, antibacterial, spasmolytic, cholinergic, diuretic, antiarthritic, corticosteroid like activity, lithontriptic, spasmodic, anti inflammatory, antipyretic, antifertility & useful in abdominal tumours, scrofula, hepatomegaly, abdominal distension, bronchitis, cough, gouty arthritis, obesity, abdominal & peritoneal abscess, renal & vesical calculi, recurrent urinary tract infections etc.

### Formulations

Varunaadi kw, V. gt, V. tl, V. gd, V. ksr, V. gana kw, V. ch, Ashmarihara ksy, Kaanchanaara ggl, M. manjisthaadyarista, B. m. kw, Varunaasava, Punarnavaadi kw, M.naaraayana tl, Vaishwaanara ksr, Alambusaadi ch.

### Therapeutic uses

- |      |                    |   |
|------|--------------------|---|
| i.   | Renal calculus     | - Rootbark decoction 50ml + paste 10g -VM   |
| ii.  | Cervical adenitis  | - Root bark decoction 200ml +honey 10ml-SG  |
| iii. | Freckles           | - LA: bark paste mixed with goat's milk- CD |
| iv.  | Peritoneal abscess | - Root bark decoction 50 ml - BP            |







## Vidanga

<b>Botanical name</b>	: <i>Embelia ribes</i> Burm. f. ; <b>Family:</b> Myrsinaceae
<b>Synonym</b>	: <i>E. glandulifera</i> Wight.
<b>Ayurvedic syn.</b>	: Krmighna, Chitratandula, Vella, Kairala, Mrgaamini.
<b>Trade name</b>	: Embelia ; <b>Local name:</b> Baaibidanga

### Description

A large climbing shrub; branches slender, flexible, lenticellate. Leaves simple, alternate, elliptic or elliptic-lanceolate, 5-10 x 1.8-3.5 cm, entire, apex acute or acuminate, glabrous on both sides, base acute; petioles more or less margined, glabrous, slightly curved. Racemes mostly from the upper leaf-axils; inflorescence branches pubescent. Calyx-teeth 5, broadly triangular-ovate, ciliate. Corolla greenish-yellow or greenish-white; lobes 5. Fruit globose, 3-4 mm across, smooth, succulent, brick red & finally turning black, tipped with the persistent style.

### Parts used

Fruits, roots, leaves.

### Ayurvedic properties

**Rasa:** katu, kasaaya; **Guna:** laghu, ruksa, tiksna; **Virya:** usna; **Vipaaka:** katu; **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Thermogenic, anthelmintic, depurative, tonic, brain tonic, digestive, carminative, stomachic, diuretic, contraceptive, rejuvenating, alterant, stimulant, alexeteric, laxative, anodyne, vulnerary & useful in helminthiasis, skin disorders, dyspepsia, flatulence, colic, constipation, strangury, tumours, cardiopathy, nervous debility, hemicrania, amentia, psychopathy, fever, cough, asthma, bronchitis, dyspnoea, hepatopathy, odontalgia, dental carries & general debility etc.

### Formulations

Vidangaadi ch, V. louha, V. lp, V. ksr, Vidanga tl, V. ast, V. asv, Sudarshana ch, Laaksaadi tl, Pippalyaadi kw, M. ggl, Simhanaada ggl, Punarnavaa ggl, Pathyaadi ggl, M.chaitasa gt, Goji tl, Naaraacha gt, Sadbindu tl, Mustaadi vt, Aardraka kharda, M. marichyaadi tl.

### Therapeutic uses

- i. Helminthiasis - Fruit powder 5 g + honey 3ml, bd - BP
- ii. Jaundice - Collyrium: Vidanga + Pippali - GN
- iii. Hemicrania - Snuff: Vidanga & Tila powder - BS







## Vikankata

<b>Botanical name</b>	: <i>Flacourtia indica</i> (Burm.f.) Merr.
<b>Family</b>	: Flacourtiaceae
<b>Synonym</b>	: <i>F. ramontchi</i> L.Herit, <i>F. sepiaria</i> Roxb., <i>Gmelina indica</i> Burm.f.
<b>Ayurvedic syn.</b>	: Sravarksa, Ksirika, Latika, Swaaduparna, Kantarohana, Vyaaghraparna, Mrduphala.
<b>Trade name</b>	: Governor's plum ; <b>Local name:</b> Bainchakoli, Bali Bainch

### Description

A small tree or large shrub with straight sharp thorns, 1.5-5 cm long or the older branches often unarmed; thorns sometimes branched; twigs pubescent. Leaves simple, alternate or clustered, variable in form, size & texture, mostly orbicular, obovate or ovate, 1.5-8 x 0.7-5 cm, coarsely crenate, especially towards apex, apex obtuse, rounded, glabrous on both sides; petiole 7-10 mm. Flowers small, yellowish, 5 mm across, in short, few-flowered racemes. Male flowers: Disc slightly lobulate or crenate. Female flowers: Disc entire or nearly so. Ovary globular with 4-7, almost free styles; stigmas slightly bilobed. Fruit globose to ellipsoid, 0.7-1 cm diam, ripening dull or blackish red.

### Parts used

Bark, fruits.

### Ayurvedic properties

**Rasa:** madhura, amla, kasaaya; **Guna:** laghu, ruksa; **Virya:** shita;

**Vipaaka:** madhura; **Dosakarma:** tridosa shaamaka

### Actions & uses

Refrigerant, stomachic, digestive, diaphoretic, alexipharmic, antiinflammatory, depurative, urinary astringent, liver tonic & useful in ulemorrhagia, odontalgia, dental carries, diarrhoea, liver disorders, jaundice, dyspepsia, haemorrhoids, stomatitis, cough, hyperdipsia, inflammation, rheumatagia, diabetes & tumours.

### Formulations

Jaatyaadi tl, Vashistha rsyn, Vikankataarista, V.aasava, V.leha, V.yaskrti.

### Therapeutic uses

- |      |                     |   |
|------|---------------------|---|
| i.   | Cyst                | - LA: bark paste - SS   |
| ii.  | Jaundice            | - Taking fruits - DGKD  |
| iii. | Rheumatic arthritis | - LA: oil cooked with bark paste - DGKD                             |
| iv.  | Spider poisoning    | - LA: bark paste; leaf juice orally,<br>bath in bark decoction - AH |







## Virataru

<b>Botanical name</b>	: <i>Dichrostachya cinerea</i> (L.) W. & A.
<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>Caillica cinerea</i> Macb.
<b>Ayurvedic syn.</b>	: Vellantara, Dhusari, Ekavira, Viradru, Bahudhaakara, Ashmakrchchhrahaa, Vrddhavaata, Dirghamula, Bilwaantara, Utpattisaaranaamaa, Priyadaaraka.
<b>Trade name</b>	: <i>Dichrostachya</i> ; <b>Local name:</b> Virataru

### Description

A large branched shrub; bark grey; the branches armed with short lateral and terminal straight thorns. Leaves alternate, compound, bipinnate; leaf-rachis 3.5-7.5 cm long, pubescent, pinnae 6-12 pairs bearing numerous small leaflets. When in flower, the plant is easily recognized by its pretty tassel like spikes. The lower 2.5-5 cm portion of the spike with pink, sterile flowers, the upper portion with yellow, bisexual flowers with shortly exerted stamens. Pods linear, curled and twisted.

### Parts used

Root, bark, leaves, tender shoots.

### Ayurvedic properties

**Rasa:** tikta, kasaaya, **Guna:** laghu, ruksa, **Virya:** usna, **Vipaaka:** katu, **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Root, bark & leaves are bitter, astringent, thermogenic, anodyne, antiinflammatory, appetizer, digestive, astringent to the bowels, diuretic, lithontriptic & useful in inflammation, oedema, arthralgia, filariasis, dyspepsia, dysentery, strangury, renal & vesical calculi, nephropathy, vaginopathy, metropathy & vitiated conditions of vaata & kapha. Tender shoots are useful in conjunctivitis.

### Formulations

Viratarvaadi kwaatha, Viratarvaadi taila, Viratarvaadi upanaaha.

### Therapeutic uses

- i. Conjunctivitis - Col: ghee with juice of young tender shoots - SS
- ii. Diarrhoea - Decoction of Virataru + Vandaaka + Brhati + Kantakaari + Maasaparni + Mudgaparni- SS
- iii. Renal calculus & Strangury - Shuddha shilajatu 125 mg + Viratarvaadi kwaatha 50 ml, bd - SS







## Vitkhadira

<b>Botanical name</b>	: <i>Acacia farnesiana</i> Willd.
<b>Family</b>	: Mimosaceae
<b>Synonym</b>	: <i>Mimosa farnesiana</i> L. <i>Vachellia farnesiana</i> (L.) W. & A.
<b>Trade name</b>	: Sweet Acacia
<b>Local name</b>	: Gayaa baabul, Gandhaguhaariaa.

### Description

A small tree, 4-7 m high, with zigzag, lenticellate branchlets. Leaves compound, bipinnate; pinnae paripinnate. Leaf-rachis with short petiole, pinnae 4-8 pairs, 1.2-2.5 cm long; leaflets 10-20 pairs, small, 1.8-3.7 mm long, apex obtuse. Branches with small and slender stipular spines; 0.3-1.8 cm long. Flower-heads deep orange and fragrant, 1-5 cm across; peduncles, 2.5 cm long, usually clustered on abbreviated shoots from the axils of fallen leaves. Pods turgid, 5-7.5 x 1.2-1.5 cm, curved, indehiscent. Seeds dark-brown, more or less oval, 5-6.2 mm long, scarcely compressed.

### Parts used

Bark, root bark, wood, leaves, flowers, seeds & gum.

### Ayurvedic properties

**Rasa:** tikta, kasaaya, katu; **Guna:** laghu, tiksna; **Virya:** usna; **Vipaaka:** katu;  
**Dosakarma:** kapha shaamaka

### Actions & uses

Bitter, acrid, astringent, thermogenic, vulnerary, styptic, alexeteric, anthelmintic, constipating, demulcent, expectorant, antipyretic, antidysenteric & used in toothache, loose tooth, odontalgia, dental carries, leprosy, pruritus, erysipelas, wounds, ulcers, scabies, stomatitis, rectal prolapse, diarrhoea, dysentery, cough, bronchitis & bronchial asthma etc. Flowers yield a perfume called as Cassie perfume, (\$9/5ml in US market) which is highly aphrodisiac & useful in spermatorrhoea too.

### Therapeutic uses

- i. Gonorrhoea - Leaves pounded with water one glass - DGKD
- ii Spermatorrhoea - Powder or paste of flowers - DGKD

### Note

This species is used as a substitute of *Acacia leucophloea* (Arimeda).







## Vrddhadaaruka

<b>Botanical name</b>	: <i>Argyreia nervosa</i> (Burm.f.) Bojer.
<b>Family</b>	: Convolvulaceae
<b>Synonym</b>	: <i>A. speciosa</i> Sweet.
<b>Ayurvedic syn.</b>	: Chhaagaantri, Vrsyagandhikaa, Kotarapuspi.
<b>Trade name</b>	: Elephant creeper ; <b>Local name:</b> Vrddhadaaraka

### Description

A stout climber, new shoots densely white-tomentose. Leaves simple, alternate, broadly ovate, 9-30 x 7.5 - 25 cm, apex rounded or obtusely acute, densely white tomentose beneath, glabrous above, base cordate; petiole 7.5-22.5 cm. Flowers purple or pink inside, 5-7.5 cm long, in many-flowered, subcapitate cymes; peduncle 12.5-22.5 cm long, stout, white-tomentose; bracts large, ovate-lanceolate, 1.2-3.7 cm long, softly pilose, deciduous. Sepals ovate or orbicular, obtuse, densely white-tomentose outside. Corolla tubular-funnel-shaped, midpetaline bands and tube white woolly outside, bright purple or rose within. Stamens 5, inserted at the base of corolla tube. Style filiform, stigma biglobular. Fruit globose, 1.8 cm diam, dry, fruiting sepals leathery.

### Parts used

Root, leaves, seeds.

### Ayurvedic properties

**Rasa:** katu, tikta, kasaaya; **Guna:** laghu, snigdha; **Virya:** usna;  
**Vipaaka:** madhura, **Dosakarma:** kapha vaata shaamaka

### Actions & uses

Emollient, digestive, carminative, purgative, aperient, aphrodisiac, tonic, nervine tonic, intellect promoting, antiinflammatory, antiviral, antibacterial, antidiabetic, antiobetic, diuretic, anabolic cum androgen like activity, hypotensive, vesicant, antiphlogistic, cardiotonic & useful in sexual disorders, hemiplegia, nervous weakness, neuralgic pain, cerebral disorders, synovitis, leucorrhoea, diabetes, syphilis, bronchitis, pharyngitis & pulmonary tuberculosis etc.

### Formulations

Vrddhadaaruka sama ch, V.sama gt, V.rsyn, Keshara pk, Amrtabhallaataka av, M.kaameshwara mdk, Aabhaadi ch, Naagaraadi mdk, Vrddhadaaruka kalpa.

### Therapeutic uses

- i. Tonic & sexual disorders - Root powder 3-5g + honey+ ghee - BS
- ii. Ophthalmia neonatorum - Eye drop: root juice + honey - BS
- iii. Filariasis - Root powder 3g + cow's urine 3ml, bd - BS







## Vrshchikaali

<b>Botanical name</b>	: <i>Pergularia daemia</i> (Forssk) Chiov.
<b>Family</b>	: Asclepiadaceae
<b>Synonym</b>	: <i>P. extensa</i> (Jacq.) N.E.Br., <i>Daemia extensa</i> (Jacq.) R.Br.
<b>Ayurvedic syn.</b>	: Uttaamaarani, Ksetravinaashi, Mastakamanjarikaa, Yugmaphalaa, Sushreni, Karkashanaasikaa.
<b>Trade name</b>	: Utran ; <b>Local name:</b> Uturuli

### Description

A slender, sub-hispidly hairy climber. Leaves simple, opposite, broadly orbicular, 4-10 x 2.5-7.5 cm, membranous, pubescent beneath, apex acuminate or caudate, base deeply and broadly cordate, lobes rounded; petiole 3-7 cm long. Flowers green or yellowish-green, 1.5-1.8 cm across, in long-peduncled, sometimes panicked, drooping corymbs. Calyx-lobes short, erect, 3 mm long. Corolla-tube short, lobes 5, spreading, densely villous-ciliate, linear or ovate-oblong with reflexed margins. Corolline corona white, slightly exceeding the tube, with 5 oblong, truncate, petaloid lobes and small inflexed intermediate lobes. Pollinia calvate, compressed. Follicles lanceolate, 3.7-7 x 1.2-1.6 cm, softly echinate, tapering towards apex.

### Parts used

Leaves, root, whole plant.

### Ayurvedic properties

**Rasa:** katu, kasaaya, tikta; **Guna:** laghu, ruksa; **Virya:** shita; **Vipaaka:** katu; **Dosakarma:** pitta kapha shaamaka

### Actions & uses

Thermogenic, anodyne, antiinflammatory, digestive, laxative, depurative, anthelmintic, febrifuge, emetic, expectorant, emmenagogue, implatative, abortifacient, vulnerary, liver tonic & useful in helminthiasis, rheumatic arthritis, amenorrhoea, dysmenorrhoea, sterility, matropathy, hepatomegaly, splenomegaly, ulcers & scorpion sting etc.

### Formulations

Kaashishaadya tl, Shimshapaadi suraakalpa, Varunaadi kw, Sarveshwar louha.

### Therapeutic uses

- i. Splenomegaly, hepatomegaly, verminosis, asthma, dysmenorrhoea - Leaf juice 3-5 ml, bd - DGKD
- ii. Rheumatic joint swelling - LA: leaf paste + lime - DGKD

## GLOSSARY OF BOTANICAL TERMS

achene	a small dry one-seeded fruit developed from a superior ovary, Pericarp and testa are free from one another.
acicular	needle shaped
acuminate	tip drawn out into a narrow prolonged termination
acute	tip forming an acute angle, without a special tapering
adhesion	union of dissimilar parts
adnate anther	filament is attached to the back of the anther throughout
adnate stipule	stipules become concrescent during growth with the leafbase or petiole
amplexicaul	lobes clasping the stem
apetalous	when the corolla or inner whorl of perianth is not present
apocarpous	all carpels being free when the gynoecium consists of more than one carpel
aril	major or micro outgrowths of various kinds which develop from any part of the seed, funicle, integuments, chalaza or micropyle
auriculate	ear shaped; two lobes of a sessile leaf partially overlapping the stem
axile placentation	placentae on which the ovules are borne being on the axis in the centre of the ovary
basal	ovules attached to the base of the ovary
basifixed	the connective being less prominent and the filament attached to the base of the anther
berry	a fleshy fruit with usually a massive, soft and juicy pericarp which is differentiated into an outer epicarp and a massive fleshy mesocarp
bicarpellary	with two carpels
bifoliate	with two leaflets
bilabiate	with two projecting lips
bipinnate	rachis is once branched and bears secondary rachis on which the leaflets are borne
bracteate	flower with a bract
bracteolate	flower with bracteoles
bulbils	small axillary bulbs which become fleshy due to storage of food materials
caducous	falling away early
campanulate	bell shaped
capsule	a dry dehiscent fruit formed from a multicarpellary syncarpous gynoecium dehiscent in a variety of ways
caryopsis	an achene in which the fruit wall and seed coat are fused with one another
cauline	leaves arising on the stem
circinate	rolled up spirally like a watch spring from the apex to the base
cirrhose	tendrilled apex
cohesion	union of similar parts
conduplicate	leaves folded lengthwise along the midrib with the upper face within
connate	the lobes of two opposite sessile leaves united at the node
cordate	heart shaped. The base is rounded in forming a notch or sinus where the stalk is attached
coriaceous	tough and rigid, leathery



corymb	a raceme relatively shorter and broader, the lower flowers bearing longer stalks relatively to the upper ones so that all the flowers reach the same level
cremocarp	a bicarpellary, bilocular capsule derived from an inferior ovary which splits into two indehiscent one-seeded parts or mericarps attached to the common axis, carpophore
crenate	teeth on the leaf margin rounded
crustaceous	hard and brittle
cuneate	wedge shaped, broad above and tapering by straight lines to an acute base
cuspidate	apex ends in a hard spine
cyathium	a special type of cymose inflorescence reduced to look like a single flower
cypsela	an achene that develops from a bicarpellary, inferior uniovulate ovary with the pericarp and testa free from one another
deciduous	lasting only for a single season
decompound	a general name applied to much or irregularly branched or dissected leaves
decurrent	leaf extending to a wing on the stem
decussate	the successive pairs of leaves stand at right angles to one another
dentate	margin with teeth directed outwards, not towards the apex of the blade
diadelphous	stamens united into two bundles
dichlamydeous	with two whorls of perianth or complete
didynamous	an androecium of four stamens in two pairs, a pair of short and a pair of long stamens
dioecious	unisexual flowers. The male and female flowers are present in different plants.
dorsifixed	tip of the filament attached to the back of the anther about the middle of it
drupe	a fleshy fruit having its pericarp differentiated into outer epicarp, middle mesocarp and inner endocarp
ebracteate	flower without a bract
ebracteolate	flower without bracteoles
elliptic	oblong but ends tapering towards both the ends
emarginate	with a terminal notch
epicalyx	a collection of bracteoles on the outside of the calyx
epigynous flower	The receptacle is cup shaped and the ovary of the gynaecium is sunk inside it and the ovary and the receptacle wall become fused. Calyx, corolla and androecium are inserted above the top of the ovary.
epipetalous	conrescent with the corolla
exstipulate	leaves without stipules
fascicle	a clustered form of an inflorescence in which the flowers are short and crowded
fistular	hollow
foliaceous	large green and leaf-like
foliaceous stipules	green and expanded leaf-like stipules that do the function of assimilation
follicle	a dry dehiscent fruit developed from a single carpel (superior ovary) which dehisces from the ventral suture only
free central	In a syncarpous unilocular ovary the ovules are borne on a mound or column in the centre, at the base of the common locule, free from the ovary walls
gamopetalous	petals united
gamosepalous	sepals united

glabrous	surface smooth without any hair
glaucous	covered with bluish waxy gloss
glumes	specialised bracts characteristic of the inflorescence of the grasses and the sedges
gynobasic	arising from the base of the ovary
gynophore	internode between the androecium and the gynoecium
hastate	with the two pointed lobes at the base stretching out horizontally
head (capitulum)	inflorescence with a common receptacle bearing sessile flowers in a dense mass with the youngest to the centre
helicoid	branching regularly to one side only
hesperidium	a fruit that develops from a superior multicarpellary syncarpous ovary. The fruit wall has outer glandular skin or epicarp, a middle fibrous mesocarp and an inner membranous endocarp and has juicy hairs or outgrowths from the placenta.
hispid	covered with rough bristly hair
hypanthodium	inflorescence axis hollowed into a cavity bearing a number of flowers and having a narrow opening at the top
hypogynous flower	calyx, corolla and androecium arranged in sequence below the gynoecium; the ovary is said to be superior.
imparipinnate	with an odd leaflet at the end
interpetiolar stipule	stipules lying between the petioles of opposite or whorled leaves so that they alternate with the latter
intrapetiolar stipule	stipules of the two sides of a leaf unite in the axil of a leaf and become axillary
involucre	a collection or cluster of bracts usually surrounding a condensed inflorescence
lanceolate	lance shaped
legume	a dry dehiscent fruit developed from a monocarpellary superior ovary which dehisces by both the sutures
lianes	large woody climbing or twining plants
ligule	a scale at the upper end of leaf sheath
linear	long and narrow
loculicidal	a capsule where the carpels split down along their dorsal sutures opening into their locules
lomentum	a pod constricted between the seeds breaking into one seeded parts
lyrate	divided with a large terminal lobe
marginal	in single carpels, the ovules are arranged along the length of the margin
monadelphous	stamens from only a single bundle
monocarpellary	containing a single carpel
monochlamydeous	with one whorl of perianth or incomplete-apetalous, if the corolla is not present
monoecious	flowers unisexual and both male and female flowers present in the same plant
mucronate	abruptly tipped with a small and short point on a nearly straight edge
multicarpellary	containing many carpels
multifoliate or digitate	with several leaflets
nut	a large dry indehiscent achene having woody hard pericarp
obcordate	heart shaped at the top
oblong	nearly elliptical, with sides more or less parallel, ends blunted, 2-4 times as long as broad
obovate	inversely ovate



obtuse	blunt tip ending in a blunt or roundish extremity forming an obtuse angle
offset	a stout and short runner-like branch which bends at the tip and gives rise to rosette of leaves above and roots below
orbicular	circular or round in outline
ovate	egg shaped; broad at the base and narrow at the tip
panicle	a compound raceme or any repeatedly branching inflorescence
papilionaceous	corolla consisting of vexillum (two laterals), alae (wings, two partially fused structures) and keel or carina
pappus	reduced to bristles or hairs
parallel venation	veins and veinlets parallel
parietal	ovules are borne on the inner walls of the ovary in unilocular syncarpous gynoecia
paripinnate	with an even number of leaflets
pendulous anther	filament flexible and hanging, carrying the anther at the top of it
pentacarpellary	containing five carpels
pepo	a baccate fruit developed from a tricarpellary syncarpous inferior ovary with parietal placentation. The epicarp is hard and the mesocarp fleshy.
perfoliate	lobes of the sessile leaf fused together round the stem
perigynous flower	receptacle concave or cup shaped, gynoecium situated at the bottom of the cup, calyx, corolla and androecium arise from the rim of the cup of the receptacle
perisperm	persisting nucellus
petaloid	brightly coloured and serves to attract insects
pilose	with soft scattered hair
pistillate	only gynoecium is present
polypetalous	petals free
polysepalous	sepals free
pome	a fleshy false fruit developed from a multicarpellary syncarpous inferior ovary in which the receptacle also develops along with the ovary to form fleshy edible part
pubescent	covered with fine, soft hair
pulvinate	swollen or cushion shaped
quadrifoliate	with four leaflets
raceme	a racemose inflorescence in which the main axis is unbranched and indefinite in growth, bearing pedicellate flowers
radical	leaves all crowded together and springing from the level of the ground
regular (actinomorphic)	a flower in which the members in each whorl are similar to one another, and can be divided in any plane into two equal halves
reniform	kidney shaped
repand	when the margin is wavy, slightly bending inward and outward
reticulate venation	ultimate branches of veins, forming a fine mesh or network
retuse	broad tip and slightly notched
rugose	ridged or wrinkled
sagittate	arrow-shaped where the ear-like parts are acute and turned downwards towards the stem, while the main body of the blade tapers upwards to a point
samara	a large winged achene

scabrous	surface rough
scarious	thin, dry not green, stiff
scorpioid	branching alternately to either side
septicidal	a capsule that splits along the septa
septifragal	a capsule may split either in a loculicidal or septicidal manner but the septa break from the outer walls of the carpels and remain attached to the central axis with the seeds left in the centre of the fruit
serrate	small and sharp teeth directed forward like the teeth of a saw, pointing to the tip of the blade
serrulate	diminutive of serrate and is equivalent to minutely serrate
sheathing	leaf base forming a sheath round the stem
siliqua	a dry dehiscent fruit developed from a bicarpellary syncarpous superior ovary divided vertically into two loculi by a false septum
simple pinnate	a once pinnate compound leaf possessing only a single unbranched rachis on which the leaflets are borne
sorosis	a multiple fruit that develops from a spicate inflorescence
spadix	a fleshy spike usually enclosed by a spathe
spathe	a large bract usually coloured and enclosing an inflorescence
spathulate	spoon shaped
spike	a raceme with sessile flowers
stipel	a stipule of a leaflet
stipulate	leaves with stipules
stolon	a prostrate or reclined branch which strikes root at its tip where it touches the ground and then develops an ascending growth
succulent	fleshy or spongy
sucker	a short branch which arises commonly from a subterranean stem from the axil of a scale leaf
superficial	ovary multilocular and placentae spread over the surface of the partition walls bearing the ovules
syncarpous	carpels united with one another
tomentose	covered with cottony felt
tricarpellary	containing three carpels
trifoliate	with three leaflets
tripinnate	secondary rachis of a pinnate compound leaf bearing tertiary rachii on which the leaflets are borne
truncate	tip as if cut off by a straight transverse line
umbel	a racemose inflorescence in which there is an extreme reduction of the inflorescence axis
unifoliate	a palmate compound leaf with a single leaflet joined to the petiole
variegated	multicoloured
versatile	top of the filament delicate and the anther free to swing in all directions
verticillaster	a special type of cymose inflorescence condensed and occurring in the axils of a pair of opposite leaves forming a false whorl at the node
whorled	more than two leaves arises at a node
zygomorphic	an irregular flower in which the members are so dissimilar to one another that the flower can be divided only into two equal halves in one plane only



## GLOSSARY OF MEDICAL TERMS

abortifacient	an agent that induces abortion
abscess	a localised collection of pus caused by suppuration in a tissue
absorbant	an agent which draws out and sucks up gases or secretions from a wound
acne	an inflammatory disease occurring in or around the sebaceous glands & hair follicles of skin
acid	biting, pungent
agalactia	absence or failure of secretion of milk
albuminuria	the presence of serum albumin and serum globulin in the urine
alexeteric	protective against infectious diseases
alexipharmic	antidote to poison
alopecia	loss of hair in a malady in which the hair falls from one or more circumscribed round or oval areas, leaving the skin smooth and white
alterative	causing a favourable change in the disordered functions of the body or metabolism
amenorrhoea	failure of menstruation
amentia	arrest of the development of the mind from birth to early childhood
anaemia	lack of enough blood causing paleness
anasarca	diffused dropsy in the skin and subcutaneous tissue
anodyne	a medicine that allays pain
anorexia	loss of appetite
anthelmintic	destroying or expelling worms
antidote	an agent which neutralises or opposes the action of a poison
antiemetic	an agent that relieves vomiting
antilithic	an agent which prevents the formation of calculi or promotes their dilution
antiperiodic	prevention the periodic recurrence of a disease
antiphlogistic	acting against heat or inflammation
antiscorbutic	acting against scurvy
antiseptic	a sterilising chemical which kills or controls pathogenic microbes
antispasmodic	preventing spasms or convulsions
aperient	a laxative or mild cathartic
aphrodisiac	drug which stimulates sexual desire & promotes sexual strength
arthralgia	pain in a joint
arthritis	Inflammation of a joint
ascites	an abnormal accumulation of fluid in the peritoneal cavity
beri beri	a deficiency disease caused by imbalance of carbohydrate and vitamin B
blennorrhagia	free discharge of mucus
bronchopathy	any disease of the bronchi
cachexia	depressed state of mind
calculus	a concretion formed in any part of the body, usually compounds of salts of organic or inorganic acids
carbuncle	an infection of the skin and subcutaneous tissue by <i>Staphylococcus aureus</i>

carcinoma	a malignant epithelial tumour eventually becoming fatal
cardiopathy	a morbid condition of the heart
carminative	drug curing flatulence
cataract	opacity in the crystalline lens of the eye, which may be partial or complete
catarrh	inflammation of mucous membrane, usually associated with an increase in the amount of normal secretion of mucus
catartic	having the power of cleansing the bowels; purgative
cephalalgia	headache
cephalopathy	any disease of the head or brain.
cholagogue	a drug which causes increased flow of bile into the intestine
cholera	a severe infectious epidemic disease due to <i>Vibrio cholerae</i>
cirrhosis	a general term meaning progressive fibrous tissue overgrowth in an organ
colic	a severe spasmodic griping pain
colitis	inflammation of the colon
collyrium	an eye salve or eye wash
conjunctivitis	inflammation of conjunctiva
consumption	pulmonary tuberculosis
contraceptive	any agent or measure used to prevent conception
convulsion	a violent involuntary contraction of the skeletal musculature
corn	painful horny growth
cystitis	inflammation of a bladder, especially urinary bladder
dandruff	dead scarf-skin separating in small scales and entangled in the hair
demulcent	soothing
dental caries	decay of teeth
deobstruent	relieving or removing obstruction
deodorant	removing odour
depurative	an agent that purifies blood
dermatopathy	any skin disorder
diaphoresis	sweating
diaphoretic	a drug which induces perspiration
disinfectant	having a lethal effect upon germs
diuretic	promoting the discharge of urine
dizziness	any sensation of light headness, whirling or a tendency to fall. Syn.- giddiness
dropsy	an excessive accumulation of clear or watery fluid in any of the tissues or cavities of the body
dysmenorrhoea	difficult or painful menstruation
dyspepsia	indigestion
dyspnoea	difficult breathing
dysuria	difficulty or pain in passing urine
eczema	a noncontagious inflammatory disease of the skin with itching and burning
elephantiasis	gross lymphatic oedema of the limbs leading to hypertrophy
emetic	causing vomiting



emmenagogue	medicine intended to restore menstruation
emollient	softening
epilepsy	a disorder of the nervous system resulting from excessive or defective discharge of cerebral neurons
epistaxis	bleeding from the nose
errhine	an agent causing increased nasal discharge
erysipelas	an inflammatory disease generally on the face marked by a bright redness of the skin
expectorant	aiding the secretion of the mucous membrane of the air passages and the removal of fluid by spitting
febrifuge	that which cures fever
filariasis	in man, infection by worms of the super family filarioidea
fistula is ano	an open channel from the anus or rectum to the skin near the anus
flatulence	distention of stomach with accumulated gas
galactagogue	that which promotes secretion of milk
gastralgia	pain in the stomach
gastropathy	any disease of the stomach
germicidal	destructive of micro organisms
gingivitis	inflammation of the gingival margins around the teeth with swelling and bleeding
gleet	chronic discharge of thin mucus from the vagina
glycosuria	the excretion of sugar in the urine
goitre	an enlargement of the thyroid gland
gonorrhoea	an inflammatory disease of the genito-urinary passages characterised by pain and discharge
gout	a disease of the purine metabolism characterised by attacks of arthritis with an associated raised serum uric acid
haematemesis	vomiting of blood
haematuria	the presence of blood in the urine
haemoptysis	spitting of blood
haemorrhoid	a bleeding pile
haemostatic	styptic
helminthiasis	morbid state due to infestation with worms
hemicrania	headache confined to one side
hemiplegia	paralysis of one side of the body
hepatitis (viral)	inflammation of the liver; jaundice
hepatomegaly	enlargement of liver
hepatopathy	any disease of the liver
herpes	inflammation of the skin or mucous membrane with clusters of deepseated vesicles
hydragogue	removing water or serum
hydrocele	a circumscribed collection of fluid in the tunica vaginalis, testis
hyperdipsia	intense thirst of relatively brief duration
hyperhidrosis	excessive perspiration
hypertension	high arterial blood pressure

hypotension	a fall in blood pressure below the normal range
hypothermia	greatly decreased temperature
hysteria	a neurotic disorder of varying symptoms
impotence	inability to perform the sexual act owing to failure of the reflex mechanism
insanity	mental disease of a kind
insecticide	any agent which kills or destroys insects
insomnia	the condition of being unable to sleep
laryngitis	inflammation of the larynx
laxative	having the action of loosening the bowels
leucaemia	blood cancer
leucoderma	any depigmented area on skin, depigmentation of the skin
leucorrhoea	an abnormal mucus discharge from the vagina
leukaemia	blood cancer
lithiasis	the formation of calculus of any kind
lithontriptic	an agent that effects the dissolution of calculus
lumbago	pain in mid or lower back
malignant	threatening life or tending to cause death
melancholia	a mental illness in which the predominant symptom is melancholy, depression, feeling of unhappiness and misery
menorrhagia	excessively profuse menstrual discharge
metropathy	any uterine disease
metrorrhagia	uterine bleeding, usually of normal amount occurring at completely irregular intervals, the period of flow sometimes being prolonged
migraine	a periodic condition with localised headaches, frequently associated with vomiting and sensory disturbances
myalgia	muscular pain
narcotic	a drug that induces sleep
nasitis	inflammation of the nose
nauseant	an agent that causes nausea
nephralgia	pain in the kidney
nephritis	a bilateral disease of the kidneys of toxic origin
nephrolithiasis	presence of renal calculi
nephropathy	disease of the kidneys
neuralgia	a painful disorder of the nerves due to functional disturbances or to neuritis
notalgia	pain in the back
nyctalopia	night blindness
obesity	an excessive accumulation of fat in the body
odontalgia	toothache
odontopathy	any disease of the teeth
oleaginous	oily, greasy
opacity	an opaque or non-transparent area
ophthalmia	a term usually applied to refer to conjunctivitis



ophthalmopathy	any disease of the eye
orchitis	inflammation affecting the testis and characterised by hypertrophy, pain and a sensation of weight
osteoarthritis	a type of arthritis marked by progressive cartilage deterioration in synovial joints & vertebrae.
otalgia	pain in the ear
otopathy	any disease of the ear
otorrhoea	discharge from the ear
Parkinsonism	Parkinson's Syndrome
pectoral	effective in diseases of the chest
pectoralgia	pain in the chest
pharyngitis	inflammation of the mucous membrane and underlying part of the pharynx
pharyngodynia	pain in the pharynx
pharyngopathy	any disease of the pharynx
pneumonia	a general disease in which the essential lesion is an inflammation of the spongy tissue of the lung with consolidation of the alveolar exudate
poultice	a soft mush prepared by various substances with oily or watery fluids
procreant	the drug that which beget
proctalgia	pain in the rectum
proctitis	inflammation of the rectum
proctoptosis	prolapse of the rectum
pruritis	itching
psoriasis	a condition characterised by the eruption of circumscribed discrete and confluent reddish, silvery scaled lesions
psychopathy	any disorder of the mind
pyorrhoea	a discharge of pus
refrigerant	cooling
renal calculi	calculi relating to kidney
resolvent	causing resolution of a tumour or swelling
restorative	having the power to restore or renew health
revulsive	causing revulsion in drawing away of blood from a pathological area to another area
rheumatic arthritis	arthritis accompanied with pain & swelling.
sarcocele	fleshy swelling or tumour of the testis
scabies	sarcoptic infestation of human skin, particularly a contagious skin disease caused by invasion of the epidermis
scald	the lesion caused by contact with a hot liquid or vapour
scrofula	tuberculous cervical adenities, with or without ulceration
scurvy	a deficiency disease due to lack of vitamin C
sialogogue	an agent that increases the secretion of saliva
sinusitis	inflammation affecting the mural epithelium of a sinus
somnolence	sleepiness
soporific	inducing sleep

splenohepatomegaly	enlargement of spleen and liver
splenomegaly	enlargement of the spleen
splenopathy	any disease of the spleen
stomachalgia	pain in the stomach
stomatitis	generalised inflammation of the oral mucosa
stomatopathy	any disorder of the mouth
styptic	having the power to arrest bleeding
suppurative	pus forming
syphilis	a contagious venereal disease
tonsillitis	inflammation of the tonsil
trichogenous	stimulating the growth of hair
ulorrhagia	free hemorrhage from the gums
urethrorrhagia	flow of blood from the urethra
urethrorrhea	abnormal discharge from the urethra
urocystitis	inflammation of the urinary bladder
urticaria	nettle rash
vaginitis	inflammation of the vagina
vaginopathy	any disease of the vagina
vermifuge	drug that expels worms
verminosis	helminthiasis
vertigo	dizziness
vesical	referring to the urinary bladder
visceromegaly	abnormal enlargement of the viscera
wart	a circumscribed cutaneous excrescence



## INDEX TO SCIENTIFIC NAMES

<i>Abelmoschus moschatus</i> Medic.	217
<i>Abroma augusta</i> L.f.	293
<i>Abroma fastuosa</i> Gaertn.	293
<i>Abrus precatorius</i> L.	125
<i>Abutilon indicum</i> (L.) Sweet	49
<i>Acacia arabica</i> auct. non (Lam.) Willd.,	53
<i>Acacia arabica</i> var. <i>indica</i> Benth.,	53
<i>Acacia catechu</i> (L.f.) Willd.	183
<i>Acacia farnesiana</i> Willd.	411
<i>Acacia leucophloea</i> Willd.	33
<i>Acacia nilotica</i> (L.) Delile var. <i>indica</i> (Benth.)	53
<i>Acacia nilotica</i> Delile ssp. <i>indica</i> (Benth.) Brenan.	53
<i>Acacia polyacantha</i> Willd.	347
<i>Acacia suma</i> (Roxb.) Buch.-Ham.	347
<i>Acalypha indica</i> L.	131
<i>Achyranthes aspera</i> L.	27
<i>Achyranthes lanata</i> L.	121
<i>Acorus calamus</i> L.	399
<i>Adenantha pavonina</i> L.	201
<i>Adhatoda vasica</i> Nees. in Wall.	395
<i>Adhatoda zeylanica</i> Medic.	395
<i>Adina cordifolia</i> (Roxb.) Hook.f. ex Brandis.	127
<i>Aerva floribunda</i> Wight.	121
<i>Aerva lanata</i> (L.) Juss. ex Schultes.	121
<i>Ailanthus excelsa</i> Roxb.	29
<i>Alangium decapetalum</i> Lam.,	25
<i>Alangium lamarckii</i> Thw.	25
<i>Alangium salvifolium</i> (L.f.) Wang.	25
<i>Albizia lebbek</i> (L.) Willd.	341
<i>Aloe perfoliata</i> var. <i>vera</i> L.	115
<i>Aloe barbadensis</i> Mill.	115
<i>Aloe vera</i> (L.) Burm.f.	115
<i>Alternanthera sessilis</i> (L.) R.Br. ex DC.	241
<i>Alternanthera triandra</i> Lam.	241
<i>Amaranthus spinosus</i> L.	377
<i>Ammannia baccifera</i> (L.)	21
<i>Amomum zerumbet</i> L.	235
<i>Amorphophallus companulatus</i> Decne., <i>A. dubius</i> Bl.	365
<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson var. <i>companulatus</i>	365
<i>Andrographis paniculata</i> (Burm.f.) Wall. ex Nees.	69
<i>Andrographis subspanthulata</i> C.B.Cl.	69
<i>Andropogon squarrosus</i> auct. non L.f.	391

<i>Andropogon martinii</i> Roxb.	311
<i>Andropogon schoenanthus</i> L.var. <i>martinii</i> (Roxb.)	311
<i>Anogeissus latifolia</i> (Roxb. ex DC.) Wall. ex Guill. & Perr.	105
<i>Anthocephalus chinensis</i> (Lamk.) A. Rich. ex Wal.	161
<i>Anthocephalus cadamba</i> (Roxb.) Miq.	161
<i>Anthocephalus indicus</i> Miq.	161
<i>Argemone mexicana</i> L.	373
<i>Argyreia nervosa</i> (Burm.f.) Bojer.	413
<i>Argyreia speciosa</i> Sweet.	413
<i>Aristolochia indica</i> L.	139
<i>Aristolochia lanceolata</i> Wt.	139
<i>Artocarpus lacucha</i> Roxb. ex Buch.-Ham.	213
<i>Asclepias acida</i> Roxb.	361
<i>Asclepias tenacissima</i> Roxb.	253
<i>Asclepias annularis</i> Roxb.	41
<i>Asclepias asthmatica</i> L.f.	39
<i>Asclepias volubilis</i> L.f.	371
<i>Asparagus racemosus</i> Willd.	337
<i>Asteracantha longifolia</i> Nees.	185
<i>Averrhoa carambola</i> L.	175
<i>Bacopa monnieri</i> (L.) Pennell	79
<i>Bacopa monniera</i> (L.) Wettst.	79
<i>Baliospermum axillare</i> Bl.	99
<i>Baliospermum montanum</i> (Willd.) Muell. - Arg.	99
<i>Baliospermum polyandrum</i> Wight	99
<i>Banksea speciosa</i> Koenig. in Retz.	181
<i>Barleria prionitis</i> L.	315
<i>Barleria strigosa</i> Willd.	317
<i>Barringtonia acutangula</i> Gaertn.	133
Barringtoniaceae	133
<i>Bassia latifolia</i> Roxb.	231
<i>Bauhinia variegata</i> L.	157
<i>Bignoia chelonoides</i> L.f.	275
<i>Bignoia suaveolens</i> Roxb.	275
<i>Bignonia spathacea</i> Roxb.	245
<i>Bignonia indica</i> L.	353
<i>Bixa orellana</i> L.	355
<i>Blumea lacera</i> DC.	203
<i>Blumea subcapitata</i> DC.	203
<i>Boerhavia diffusa</i> L.	299
<i>Boerhavia repens</i> L.	299
<i>Boerhavia repens</i> var. <i>diffusa</i> (L.) HK.f.	299
<i>Boerhavia repens</i> var. <i>procumbens</i> (Roxb) Hk. f.	299
<i>Borago indica</i> L.	15



<i>Boswellia glabra</i> Roxb.	329
<i>Boswellia serrata</i> Roxb. ex Colebr.	329
<i>Boswellia serrata</i> Roxb. var. <i>glabra</i> (Roxb.)	329
<i>Bryonia lacifosa</i> auct. non (L.) Naud.	343
<i>Bryonia laciniosa</i> L.	343
<i>Bryonia palmata</i> L.	343
<i>Bryonopsis amplexicaulis</i> sensu Mooney	343
<i>Buchanania lanzan</i> Spreng.	295
<i>Buchanania latifolia</i> Roxb.	295
<i>Butea frondosa</i> Koen. ex Roxb.	283
<i>Butea monosperma</i> (Lam.) Taub.	283
<i>Caesalpinia bonduc</i> (L.) Roxb.	215
<i>Caesalpinia bonducella</i> (L.) Fleming	215
<i>Caesalpinia crista</i> auct. non L.	215
<i>Caillica cinerea</i> Macb.	409
<i>Calophyllum inophyllum</i> L.	303
<i>Calophyllum suriga</i> Buch.-Ham. ex Roxb.	367
<i>Calosanthus indica</i> (L.)	353
<i>Calysaccion logifolium</i> Wight.	367
<i>Canscora decussata</i> (Roxb.) Schult. & Schult.f.	333
<i>Capparis horrida</i> L.f.	137
<i>Capparis sepiaria</i> L.	137
<i>Capparis zeylanica</i> L.	137
<i>Cardiospermum halicacabum</i> L.	151
<i>Careya arborea</i> Roxb.	205
<i>Cassia absus</i> L.	87
<i>Cassia fistula</i> L.	9
<i>Cassia occidentalis</i> L.	159
<i>Cassia rhombifolia</i> Roxb.	9
<i>Cassia tora</i> L.	85
<i>Catunaregam spinosa</i> (Thunb.) Tiruv.	227
<i>Celastrus paniculatus</i> Willd.	149
<i>Centella asiatica</i> (L.) Urban	237
<i>Centrantherum anthelminticum</i> (L.) Kuntze.	31
<i>Cephalandra indica</i> Naud.	77
<i>Chavica roxburghii</i> Miq.	291
<i>Cissampelos hernandiifolia</i> Willd.	279
<i>Cissampelos hirsuta</i> Buch.-Ham.ex DC.	277
<i>Cissampelos pareira</i> L.	277
<i>Cissampelos pareira</i> L. var. <i>hirsuta</i> (DC.) Forman	277
<i>Cissus quadrangularis</i> L.	47
<i>Cleome gynandra</i> L.	369
<i>Cleome pentaphylla</i> L.	369
<i>Clerodendrum multiflorum</i> (Burm.f.) O.Ktze.	19

<i>Clerodendrum serratum</i> (L.) Moon.	61
<i>Clerodendrum phlomidis</i> L.f	19
<i>Coccinia grandis</i> (L.) Voigt.	77
<i>Coccinia indica</i> W. & A.	77
<i>Cocculus cordifolius</i> DC.	123
<i>Cocculus hirsutus</i> (L.) Diels.	91
<i>Cocculus villosus</i> DC.	91
<i>Coleus amboinicus</i> Lour.	285
<i>Coleus aromaticus</i> Benth.	285
<i>Conocarpus latifolia</i> Roxb.ex DC.	105
<i>Convolvulus turpethum</i> L.	387
<i>Convolvulus microphyllus</i> Sieb ex Spreng.	331
<i>Convolvulus pes-caprae</i> L.	313
<i>Convolvulus pluricaulis</i> Chois.	331
<i>Convolvulus prostratus</i> Forsk.	331
<i>Conyza lacera</i> Burm.f.	203
<i>Conyza anthelmintica</i> (L.)	31
<i>Cordia dichotoma</i> auct.non-Forst.f.	345
<i>Cordia latifolia</i> Roxb.	345
<i>Cordia mixa</i> auct. non L.	345
<i>Cordia obliqua</i> Willd.	345
<i>Costus speciosus</i> (Koenig.) Sm.	181
<i>Crataeva magna</i> (Lour.) DC.	403
<i>Crataeva nurvala</i> Buch.-Ham	403
<i>Crataeva religiosa</i> auct. non Forst.	403
<i>Crataeva religiosa</i> var. <i>nurvala</i> (Buch.-Ham.) Hook.	403
<i>Croton philippense</i> Lam.	163
<i>Cryptolepis buchanani</i> Roem. & Schult.	193
<i>Cucumis acutangula</i> L.	187
<i>Curculigo orchioides</i> Gaertn.	191
<i>Curcuma aromatica</i> Salisb.	381
<i>Cymbopogon martinii</i> (Roxb.) Wats.	211
<i>Cyperus rotundus</i> L.	259
<i>Daemia extensa</i> (Jacq.) R.Br.	415
<i>Dalbergia oojeinensis</i> Roxb.	385
<i>Dalbergia sissoo</i> Roxb. ex DC.	339
<i>Dendrophthoe falcata</i> (L.f.) Etting.	401
<i>Derris indica</i> (Lam.) Bennet.	173
<i>Desmodium gangetium</i> (L.) DC.	327
<i>Desmodium oojeinensis</i> (Roxb.)	385
<i>Dialium coromandelium</i> Houtt.	145
<i>Dichrostachya cinerea</i> (L.) W. & A.	409
<i>Dioscorea bulbifera</i> L.	393
<i>Dioscorea sativa</i> L.	393



<i>Diospyros embryopteris</i> Pers.	383
<i>Diospyros malabarica</i> (Desr.) Kostel.	383
<i>Diospyros peregrina</i> auct. non Gruke	383
<i>Diplocyclos palmatus</i> (L.) Jeffrey	343
<i>Dolichandrone falcata</i> Seem.	245
<i>Dolichos pruriens</i> L.	167
<i>Dregea volubilis</i> (L.f.)	371
<i>Drypetes roxburghii</i> (Wall.) Hurusawa.	305
<i>Echites dicotoma</i> Roxb.	11
<i>Echites pubescens</i> Buch.-Ham.	209
<i>Eclipta alba</i> (L.) Hassk.	65
<i>Eclipta prostrate</i> (L.) L.	65
<i>Elephantopus scaber</i> L.	117
<i>Embelia glandulifera</i> Wight.	405
<i>Embelia ribes</i> Burm. f.	405
<i>Emblica officinalis</i> Gaertn	5
<i>Enydra fluctuans</i> Lour.	135
<i>Epicarpurus orientalis</i> Bl.	323
<i>Epidendrum tessellatum</i> Roxb.	307
<i>Erythrina indica</i> Lam.	269
<i>Erythrina orientalis</i> L.	269
<i>Erythrina variegata</i> L.	269
<i>Eugenia acutangula</i> L.	133
<i>Eupatorium ayapana</i> Vent.	23
<i>Eupatorium triplinerve</i> Vahl.	23
<i>Euphorbia ligularia</i> Roxb.	357
<i>Euphorbia nerifolia</i> auct. non L.	357
<i>Evolvulus alsinoides</i> (L.) L.	335
<i>Feronia limonia</i> (L.) Swingle.	171
<i>Ficus daemona</i> Koenig.	155
<i>Ficus hispida</i> L.f.	155
<i>Ficus oppositifolia</i> Roxb.	155
<i>Ficus glomerata</i> Roxb.	389
<i>Ficus racemosa</i> L.	389
<i>Flacourtia indica</i> (Burm.f.) Merr.	407
<i>Flacourtia ramontchi</i> L.Herit	407
<i>Flacourtia sepiaria</i> Roxb.	407
<i>Gardenia gummifera</i> L.f	261
<i>Gloriosa superba</i> L.	211
<i>Glycine labialis</i> L.f.	225
<i>Gmelina arborea</i> Roxb.	111
<i>Gmelina indica</i> Burm.f.	407
<i>Grewia asiatica</i> auct. non L.	289
<i>Grewia hainesiana</i> Hole.	289

<i>Grewia salvifolia</i> (L.f.)	25
<i>Grewia subinaequalis</i> DC.	289
<i>Grewia arborea</i> Roxb. ex Rottl.	103
<i>Grewia tiliifolia</i> Vahl.	103
<i>Grislea tomentosa</i> Roxb.	101
<i>Guilandiana bonduc</i> L.	215
<i>Guilandiana bonducella</i> (L.) Fleming	215
<i>Gymnema sylvestre</i> (Retz.) R. Br. ex Schult.	247
<i>Gynandropsis pentaphylla</i> (L.) DC.	369
<i>Haldinia cordifolia</i> (Roxb.) Ridsd.	127
<i>Hedyotis corymbosa</i> (L.) Lam.	287
<i>Hedysarum pictum</i> Jacq.	297
<i>Helicteres isora</i> L.	13
<i>Hemidesmus indicus</i> R.Br.	349
<i>Herpestis monnierria</i> (L.) H.B.K.	79
<i>Hibiscus abelmoschus</i> L.	217
<i>Hibiscus populneus</i> L.	273
<i>Hiptage benghalensis</i> (L.) Kurz.	221
<i>Hiptage madablota</i> Gaertn.	221
<i>Hiptage parviflora</i> W. & A.	221
<i>Holarrhena antidysenterica</i> Wall. ex A. DC.	209
<i>Holarrhena codaga</i> Don.	209
<i>Holarrhena malaccensis</i> Wight.	209
<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall.ex G. Don.	209
<i>Holoptelea integrifolia</i> (Roxb.) Planch.	93
<i>Holostemma ada-kodien</i> Schult	41
<i>Holostemma annulare</i> (Roxb.)	41
<i>Holostemma rheedei</i> Wall.	41
<i>Hybanthus enneaspermus</i> (L.)	281
<i>Hydrocotyle asiatica</i> L.	237
<i>Hygrophila auriculata</i> (Schum.) Reine.	185
<i>Hygrophila spinosa</i> T. Anders	185
<i>Ichnocarpus frutescens</i> R. Br.	195
<i>Ionidium suffruticosum</i> (L.)	281
<i>Ipomoea pes-caprae</i> (L.) R.Br.	313
<i>Ipomoea reniformis</i> (Roxb.) Choisy.	255
<i>Ipomoea biloba</i> Forssk.	313
<i>Ipomoea digitata</i> auct. non L.	197
<i>Ipomoea mauritiana</i> Jacq.	197
<i>Ipomoea paniculata</i> R.Br.	197
<i>Ipomoea turpethum</i> (L.)	387
<i>Jasminum grandiflorum</i> L.	141
<i>Jasminum officinale</i> L. var. <i>grandiflorum</i> (L.),	141
<i>Jasminum officinale</i> L.forma <i>gradiflorum</i> (L.)	141



<i>Jasminum arborescens</i> Roxb.	397
<i>Jatropha montana</i> Willd.	99
<i>Justicia adhatoda</i> L.	395
<i>Justicia paniculata</i> Burm.f.	69
<i>Lansea coromandelica</i> (Houtt.) Merr.	145
<i>Lawsonia alba</i> Lam.	229
<i>Lawsonia inermis</i> L.	229
<i>Leptadenia reticulata</i> (Retz.) W. & A.	147
<i>Limonia acidissima</i> L.	171
<i>Limonia crenulata</i> Roxb.	75
<i>Limonia elephantum</i> Corr	171
<i>Limonia acidissima</i> auct. non	75
<i>Limonia Hesperethusa crenulata</i> (Roxb.)	75
<i>Litsea chinensis</i> Lamk.	243
<i>Litsea glutinosa</i> (Lour.) C.B.Robins.	243
<i>Litsea sebifera</i> Pors,	243
<i>Loranthus bicolor</i> Roxb. Desr.,	401
<i>Loranthus falcatus</i> L.f.	401
<i>Loranthus longiflorus</i> Desr. var. <i>falcata</i> (L.f.) Kurz.	401
<i>Luffa acutangula</i> (L.) Roxb. var. <i>amara</i> (Roxb.)	187
<i>Luffa acutangula</i> (L.) Thumb.	187
<i>Luffa amara</i> Roxb.	187
<i>Lythrum fruticosum</i> L.	101
<i>Madhuca indica</i> Gmel.	231
<i>Madhuca longifolia</i> (Koenig) Macbr. var. <i>latifolia</i> A. Chev.	231
<i>Mallotus philippensis</i> (Lam.) Muell.-Arg.	163
<i>Mammea suriga</i> (Buch.-Ham. ex Roxb.) Kosterm.	367
<i>Mangifera pinnata</i> L.f	5
<i>Manilkara hexandra</i> (Roxb.) Dubard.	199
<i>Manilkara indica</i> A.DC. in DC.	199
<i>Marsdenia tenacissima</i> (Roxb.)	253
<i>Marsdenia volubilis</i> (L.f.)	371
<i>Marsilea minuta</i> L.	363
<i>Melia azedarach</i> L.	233
<i>Melochia cordata</i> Burm. f	57
<i>Menispermum cordifolium</i> Willd.	123
<i>Menispermum hirsutum</i> L.	91
<i>Menispermum japonicum</i> Thunb.	279
<i>Merremia emerginata</i> (Burm.f.) Hall.f.	255
<i>Merremia turpethum</i> (L.) Shah & Bhat.	387
<i>Mesua coromandelina</i> Wight.	263
<i>Mesua ferrea</i> L.	263
<i>Mesua speciosa</i> Chois.	263
<i>Mimosa catechu</i> L.f.	183

<i>Mimosa farnesiana</i> L.	411
<i>Mimosa lebbek</i> L.	341
<i>Mimosa leucophloea</i> Roxb.	33
<i>Mimosa suma</i> Roxb.	347
<i>Mimusops hexandra</i> Roxb.	199
<i>Morinda coreia</i> Buch	3
<i>Morinda pubescens</i> Sm. in Rees	3
<i>Morinda tinctoria</i> Roxb	3
<i>Morinda tinctoria</i> Roxb. var. <i>tomentosa</i>	3
<i>Morinda tomentosa</i> Heyne ex Roth	3
<i>Mucuna monosperma</i> DC. ex Wight.	169
<i>Mucuna pruriens</i> (L.) DC.	169
<i>Mucuna prurita</i> Hook.	167
<i>Myrobalanus bellirica</i> Gaertn.	71
<i>Naringi crenulata</i> (Roxb.)	75
<i>Nauclea cordifolia</i> Roxb.	127
<i>Nauclea cadamba</i> Roxb.	161
<i>Neolamarckia cadamba</i> (Roxb.) Bosser.	161
<i>Nyctanthes arbor-tristis</i> L.	271
<i>Nymphaea nouchali</i> Burm.f.	265
<i>Nymphaea stellata</i> Willd.	265
<i>Ochrocarpus longifolius</i> (Wight) Benth. ex T. Anders	367
<i>Ocimum americanum</i> auct. non L.	351
<i>Ocimum basilicum</i> L.	59
<i>Ocimum canum</i> Sims.	351
<i>Odina wodier</i> Roxb.	145
<i>Oldenlandia corymbosa</i> L.	287
<i>Operculina turpethum</i> (L.) Silva Mano.	387
<i>Ophioxylon serpentium</i> L.	319
<i>Oroxylum indicum</i> (L.) vent.	353
<i>Ougenia dalbergioides</i> Benth. in Miq.	385
<i>Ougenia oojeinensis</i> (Roxb.) Hochr.	287
<i>Oxalis corniculata</i> L.	83
<i>Paederia foetida</i> L.	113
<i>Pandanus fascicularis</i> Lam.	179
<i>Pandanus odoratissimus</i> L.f.	179
<i>Pandanus tectorius</i> auct. non Soland ex Parkinson.	179
<i>Paullinia asiatica</i> L.	97
<i>Pavonia odorata</i> Willd.	361
<i>Pedaliium murex</i> L.	121
<i>Peltanthera solanacea</i> Roth.,	11
<i>Pentapetes acerifolium</i> L.	249
<i>Pentaptera arjuna</i> Roxb. ex DC.	37
<i>Pergularia daemia</i> (Forssk) Chiov	415



<i>Pergularia extensa</i> (Jacq.) N.E.Br.	415
<i>Periploca sylvestris</i> Retz.	247
<i>Phalaris zizanioides</i> L.	393
<i>Phanera variegata</i> (L.) Benth.	157
<i>Phyllanthus amarus</i> Schum. & Thonn.	375
<i>Phyllanthus emblica</i> L.	5
<i>Phyllanthus nanus</i> Hook.	375
<i>Phyllanthus niruri</i> auct. non L.	375
<i>Physalis somnifera</i> L.	45
<i>Physalis minima</i> L.	379
<i>Piper longum</i> L.	291
<i>Piper nigrum</i> L.	239
<i>Pistacia oleosa</i> Lour.	189
<i>Plumbago zeylanica</i> L.	95
<i>Plumbago indica</i> L.	95
<i>Plumbago rosea</i> L.	95
<i>Plumeria acuminata</i> R.Br.,	195
<i>Plumeria acutifolia</i> Poir.	195
<i>Plumeria rubra</i> L.	195
<i>Pongamia glabra</i> Vent	173
<i>Pongamia pinnata</i> (L.) Pierre.	173
<i>Pothos officinalis</i> Roxb.	109
<i>Premna integrifolia</i> L.	21
<i>Premna serratifolia</i> L.	21
<i>Psoralea corylifolia</i> L.	51
<i>Pterocarpus marsupium</i> Roxb.	73
<i>Pterocarpus santalinus</i> L.f.	309
<i>Pterospermum acerifolium</i> (L.) Willd.	249
<i>Pueraria tuberosa</i> (Willd.) DC.	197
<i>Putranjiva roxburghii</i> Wall.	305
<i>Randia dumetorum</i> (Retz.) Poir.	227
<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz.	319
<i>Ricinus communis</i> L.	107
<i>Rondeletia heynoi</i> Roem & Schult.	279
<i>Rottlera tinctoria</i> Roxb.	163
<i>Santalum album</i> L.	89
<i>Sapindus emarginata</i> Vahl.	35
<i>Sapindus trifoliata</i> auct. non L.	35
<i>Saraca asoca</i> (Roxb.) de Wilde	43
<i>Saraca indica</i> auct. non L.	43
<i>Sarcostema annulare</i> Roth.	41
<i>Sarcostemma acidum</i> (Roxb.)	359
<i>Sarcostemma brevistigma</i> W. & A.	359
<i>Schindapsus officinalis</i> (Roxb.) Schott.	109

<i>Schinus limonia</i> L.	171
<i>Schleichera oleosa</i> (Lour.) Oken	189
<i>Schleichera trijuga</i> Willd.	189
<i>Schrebera swietenoides</i> Roxb.	257
<i>Semecarpus anacardium</i> L.f.	63
<i>Senna occidentalis</i> Roxb.	159
<i>Sesbania aegyptiaca</i> Poir.	143
<i>Sesbania grandiflora</i> (L.) Poir.	17
<i>Sesbania sesban</i> (L.) Merr.	143
<i>Shorea robusta</i> Gaertn.	325
<i>Sida cordata</i> (Burm.f.)	57
<i>Sida cordifolia</i> L.	55
<i>Sida rhombifolia</i> L. Mast.	57
<i>Sida humilis</i> Cav.	57
<i>Sida veronicaefolia</i> Lam.	57
<i>Solanum indicum</i> auct. non L.	81
<i>Solanum nigrum</i> L.	153
<i>Solanum rubrum</i> Mill.	153
<i>Solanum violaceum</i> Orteg.	81
<i>Solanum jacquini</i> Willd.	165
<i>Solanum surattense</i> Burm.f.	165
<i>Solanum virginianum</i> L.	165
<i>Solanum xanthocarpum</i> Schrad & Wendl.	165
<i>Solidago chinensis</i> Osbeck	67
<i>Soymida febrifuga</i> (Roxb.) A.Juss.	223
<i>Spathodea falcate</i> Wall. ex DC.	245
<i>Sphaeranthus indicus</i> auct. non L.	251
<i>Sphaeranthus indicus</i> L.	251
<i>Sphaeranthus senegalensis</i> DC.	251
<i>Spondias pinnata</i> (L.f.) Kurz	7
<i>Spondias mangifera</i> Willd	7
<i>Stephania hernandifolia</i> (Willd.) Walp.	279
<i>Stephania japonica</i> (Thunb.) Miers.	279
<i>Stereospermum chelonoides</i> (L.f.) DC.	275
<i>Stereospermum suaveoloens</i> (Roxb.) DC.	275
<i>Streblus asper</i> Lour.	323
<i>Strychnos potatorum</i> L.f.	177
<i>Strychnus noxvomica</i> L.	207
<i>Symplocos khasiana</i> (C.B.Cl)	219
<i>Symplocos nicobarica</i> C.B.Cl.	219
<i>Symplocos racemosa</i> Roxb.	219
<i>Symplocos racemosa</i> Roxb. var. <i>khasiana</i> C.B.Cl.	219
<i>Tectona grandis</i> L.f.	321
<i>Tephrosia hamiltonii</i> Drumm	335



<i>Tephrosia purpurea</i> Pers.	335
<i>Teramnus labialis</i> (L.f.) Spreng	225
<i>Terminalia arjuna</i> (Roxb. ex DC.) W. & A.	37
<i>Terminalia chebula</i> Retz.	129
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	71
<i>Tetranthera longifolia</i> Jacq.	243
<i>Thespesia macrophylla</i> Bl.	273
<i>Thespesia populnea</i> (L.) Sol. ex Corr.	273
<i>Tinospora cordifolia</i> (Willd.) Miers. ex Hk. f. & Th.	123
<i>Toddalia aculeata</i> Pers.	97
<i>Toddalia asiatica</i> (L.) Lam.	97
<i>Trianthema monogyna</i> L.	301
<i>Trianthema portulacastrum</i> L.	301
<i>Trianthema obcordata</i> Roxb.	301
<i>Tribulus terrestris</i> L.	119
<i>Trichodesma indicum</i> (L.) R. Br.	15
<i>Tylophora asthmatica</i> (L.f.) W. & A.	39
<i>Tylophora indica</i> (Burm.f.) Merr.	39
<i>Ulmus integrifolia</i> Roxb.	93
<i>Uraria picta</i> (Jacq.) Desv. ex DC.	297
<i>Vachellia farnesiana</i> (L.) W. & A.	411
<i>Vallisneria spiralis</i> (L.) Kuntze.	11
<i>Vallisneria spiralis</i> Wall.,	11
<i>Vallisneria spiralis</i> Spreng	11
<i>Vanda roxburghii</i> R. Br.	307
<i>Vanda tessellate</i> (Roxb.) Hook. ex G. Don	307
<i>Vernonia anthelmintica</i> (L.) Willd.	31
<i>Vetiveria zizanioides</i> (L.) Nash.	391
<i>Viola enneasperma</i> L.	281
<i>Viola suffruticosum</i> L.	281
<i>Vitex negundo</i> L.	267
<i>Vitis quadrangularis</i> Wall. ex W. & A.	47
<i>Volkameria serrata</i> L.	61
<i>Wattakaka volubilis</i> (L.f.)	371
<i>Wedelia calendulacea</i> (L.)	67
<i>Wedelia chinensis</i> (Osbeck) Merr.	67
<i>Wendlandia exserta</i> (Roxb.)	279
<i>Wendlandia heynei</i> (Roem. & Schult.)	279
<i>Withania somnifera</i> (L.) Dunal	45
<i>Woodfordia floribunda</i> Salisb.	101
<i>Woodfordia fruticosa</i> (L.) Kurz.	101
<i>Zingiber zerumbet</i> (L.) Sm.	235

## INDEX TO SANSKRIT & VERNACULAR NAMES

Aabhaa	53	Akaanabindhi	277
Aachaari	135	Akhukarnaparnikaa	255
Aachchhuka	3	Aksa	71
Aachhu	3	Alang	25
Aadhiri	253	Alexandrain laurel	303
Aahava	235	Alipriya	161
Aakhuparni	255	Alivallabhaa	275
Aakraantaa	81	Aloe	115
Aaksika	3	Alpahimsraa	137
Aambadaa	7	Alpa-maarisa.	377
Aambaruli	83	Ambosthaa	277
Aambiliti	83	Ambuja	133
Aamraata	7	Ambunaamaa	361
Aankakoli	25	Ambu-prasaada	177
Aarttagala	317	Amla	5
Aasphotaa	349	Amlalonikaa	83
Aatarusa	395	Amlapaataka	7
Aatmagupta	167	Amlapatrikaa	83
Aavarttaki	13	Amrnala	391
Aavarttaphalaa	13	Amrtaa	5, 123
Aayaapaanaa	23	Anacardiaceae	63
Abhaya	391	Analanaamaa	95
Abhayaa	129	Anantamula	349
Abhiru	337	Andhahuli	15
Abhisyanda ripu	87	Andhakaa	15
Abiddhakarni	277	Andhapuspi	15
Adamant creeper	47	Angaara	339
Adhahpuspi	15	Angaaravalli	61
Adhahshalyaa	27	Anganaapriya	43
Adhatoda	395	Anghriparni	297
Adhomukhaa	15	Ankaraanti	165
Agaraa	373	Ankota	25
Agasti	17	Ankula	25
Agibathu	19	Anlaa	5
Agni	95	Annatto	355
Agnika	63	Anshumati	327
Agnikumaari	21	Antamula	39
Agnipatra	21	Anupuspaka	339
Agnishikhaa	211	Apaamaaranga	27
Agnivallabha	325	Aparaajitaa	143
Ahimaara	33	Aparamallikaa	11
Ahimedia	33	Apastambhini	343
Ailanthus	29	Apatravallikaa	359
Aindri	79	Arakasaaga	369
Ajaataa	375	Aralu	29
Ajagandhaa	59, 369	Arani	19
Ajashrngi	113, 247	Aranya prabhava	87



Aranya tulasi	351	Baarhaakaani	249
Arghyaarha	249	Babul	53
Arimarda	159	Babur	53
Arjaka	59, 351	Baburi kantaa	53
Arjun	37	Bada gokhuraa	121
Arjuna	37	Bada pokashunghaa	203
Arkakaantaa	369	Badaraa	369
Arkaparni	39	Bahni	95
Arkapuspi	41	Bahubaara	345
Arshoghna	365	Bahudhaakara	409
Artha saadhaka	305	Bahulavalkala	295
Arthasaadhana	35	Bahupaadikaa	255
Aruskara	63	Bahupatra	249
Asaadhuua	137	Bahupatraa	375
Ashmagarbhaka	385	Bahuphalaa	375
Ashmakrchchhrahaa	409	Bahupuspi	101
Ashmantaka	157	Bahushalya	183
Ashoka	43	Bahusutaa	337
Ashwagandhaa	45	Bahuviryaa	375
Askanda	45	Bainchakoli	407
Asthi-samhrta	47	Bakaayana	233
Asthisamyojaka	47	Balaadhyaa	55
Asthisrnkhalaa	47	Balaamotaa	143
Asurasaa	59	Ballon vine	151
Aticharaa	281	Bana aalu	393
Atimuktaa	231	Bana bhendi	217
Atimuktaka	383	Bana kaneri	11
Atirasaa	337	Bana kunduri	77
Atiruhaa	223	Bana tulasi	351
Avaakpuspi	15	Banakaakiri	253
Avalgujaa	51	Banamalli	397
Avanti	235	Bandhukapuspa	73
Avyathaa	129, 281	Bangasena Vakrapuspa	17
Axle wood	105	Baratiktikaa	277
Ayaaparna	23	Barbaa	59
Ayapan	23	Barhistha	361
Ayaparna	23	Baruna	403
Baahaadaa	71	Bead tree	233
Baaibidanga	405	Beguniaa	267
Baaidanka	167	Behentaa	75
Baaidimbiri	155	Belliric myrobalan	71
Baakuchi	51	Belshrung	245
Baala	361	Benaa	391
Baalaa	361	Bengal kino	283
Baalaka	361	Bhaaliaa	63
Baalapatra	183	Bhaangiaa	103
Baana	317	Bhaargavi	61
Baanaa	317	Bhaarodwaha	105
Baanapunkhaa	335	Bhadraa	113, 121
Baandhana	385	Bhadrabalaa	55

Bhadraparni	113	Braahmanajhaatiaa	61
Bhadrikaa	121	Braahmanayastikaa	61
Bhadroudani	55	Braahmi	79
Bhandi	341	Brahmaani	61
Bhandira	341, 377	Brahmakanda	393
Bharngi	61	Brahmavrksa	283
Bhasma garbha	339	Brahmi	79
Bhiksu	185, 251	Branaari	17
Bhisagmaataa	395	Brhatpaali	31
Bhramarotsavaa	231	Broom creeper	91
Bhrngaraaja	65	Button tree	105
Bhrngraj	65	Caksusyaa	87
Bhrungaraj	67	Carambola apple	175
Bhudaribhava	255	Castor	107
Bhudhaatri	375	Catechu	183
Bhuin amla	375	Ceylon leadwort	97
Bhuin kakhaaru	197	Chaaksu	87
Bhuin kakhaaru	197	Chaakuli	81
Bhuinanlaa	375	Chaakunda	85
Bhuinima	69	Chaampeya	263, 303
Bhuinkadamba	251	Chारा	295
Bhulagnaa	117	Chारा koli	295
Bhumibalaa	57	Chaarupatrikaa	261
Bhumikaalikaa	117	Chakra laksanikaa	123
Bhumikusmaanda	197	Chakra-samvarana	385
Bhumimbaka	69	Chakravrkasa	347
Bhumisaha	321	Chakri	85
Bhumyaamalaki	375	Chaksusya	177
Bhundiparni	31	Chaksusyaa	87
Bhuniska	311	Chamarika	157
Bhutaala	191	Chanadruma	119
Bhutaavaasa	71, 323	Chandaa	343
Bhutanaashaa	355	Chandana	89
Bhuti	311	Chandanaa	349
Bhutika	311	Chandanagandhaa	193
Bhutruna	311	Chandipriyaa	255
Bibhitaki	71	Chandra	163
Bichhaamaaliaa	333	Chandramaara	319
Bidarikanda	197	Chandravalli	221
Bijaka	73	Chapalaa	291
Bilwaantara	409	Charasnaayu	253
Bilwagandhaa surabhi	59	Charmakaaraaluka	393
Bilwaparna	403	Charmakasaa	223
Bimbikaa	77	Chaturangula	9
Binduchita	311	Chebulic myrobalan	129
Bisiripi	55	Chetaki	129
Black night shade	153	Chetikaa	141
Black pepper	239	Chhaagaantri	413
Blistering ammania	21	Chhaagi	393
Bonduc nut	215	Chhardana	227

Chhardikaa	333	Dengaabheji	81
Chhatraka	365	Devajagdha	311
Chhatuaari	337	Devavallabha	303
Chhedaniya	177	Devi	253, 343
Chhinnodbhavavaa	123	Devil's cotton	293
Chhurianaa	367	Dha	105
Chinise moon creeper	113	Dhaaiphula	101
Chirapaaki	171	Dhaaranja	93
Chirapothaa	379	Dhaaraphala	175
Chirounji	295	Dhaatri	5
Chirvel	41	Dhaatupuspi	101
Chitaa	95	Dhaavani	297
Chitaapaaru	95	Dhaman	103
Chitraka	249	Dhamana	311
Chitraparni.	297	Dhamuraa	103
Chitraphalaa	343	Dhanurvrksa	103
Chitratandula	405	Dhanuspata	295
Choupatia	363	Dhanwanachchhada	289
Chudraa	93	Dhanwantari ghaasa	311
Clearing nut	177	Dharmapattana	239
Clerodendrum	19	Dhata	105
Clustered Hiptage	231	Dhauraa	105
Comb tree	111	Dhavala	37, 105
Coral jasmine	271	Dhavala vitapa	319
Coral wood tree	201	Dhavalasaarivaa	349
Coromandal gooseberry	175	Dhenku	169
Country borage	285	Dhenujihwaa	15
Country gooseberry	379	Dhiraa	123
Country ipecac	39	Dhulipuspika	179
Country mallow	55	Dhurandhara	105
Cowhage	167	Dhusari	409
Cryptolepis	193	Dhwaanksamaachi	153
Daadimaakaaraphala	205	Dhyaamaaka	311
Daankuni	333	Dichrostachya	409
Daarvikaa	15	Dimiri	389
Daasakerentaa	315	Dioscorea	393
Daasi	317	Dirghaangi	327
Daavadagdhaka	311	Dirghadanda	107
Da-daiyaa	91	Dirghakaandaa	91
Dadhittha	171	Dirghakilaka	25
Dadrughna	85	Dirghapatraa	327
Dahana	95, 97	Dirghapatrikaa	301
Dahidahikaa	91	Dirghaphala	9, 17
Dalashaalini	181	Dirghavalli	91
Dambaru	389	Dirghmula	409
Dankaari	19	Dirghpatraka	133
Danta dhaavana	183	Dirghvrnta	29
Dantashathaa	83	Divyaa	237
Danti	99	Divyatejaa	369
Darvikaa	117	Dog mustard	369



Dolichandron	245	Gandaari	157
Draaksaaphala	295	Gandha patraa	113
Drdharuha	53	Gandhaguhaariaa	411
Drdhataru	105	Gandhanaa	19
Drdhavalkala	213	Gandhanaakuli	139
Dreka	233	Gandhaparna	243
Drkprasaadaa	87	Gandhapuspa	43
Dugdagarbhaa	193	Gandhapuspikaa	15
Dugdhikaa	371	Gandharvahastaka	107
Duhsparshaa	165	Gandhasaara.	89
Durgraha	27	Ganga Siuli	271
Durlabhaa	59	Ganikaarikaa	19
Dusparshaa	167	Ganjaa osta	273
Duspradharsini	81	Garadruma	207
Dwaaradaaru	321	Garbhada	305
Dwijakutsita	345	Garbhapaatana	35
East Indian arrowroot	381	Garbhapaatani	211
East Indian globe thistle	251	Gardhabhaanda	273
Edagaja	85	Garttakalambuka	241
Ekavira	409	Garuda govinda	243
Ekshiraa	257	Gayaa babul	411
Elaaparni	307	Ghaa	253
Elephant apple	171	Ghanaskandha	189
Elephant creeper	413	Ghanaswana	377
Elephant foot yam	365	Ghantaapaatali	257
Embelia	405	Ghi-kuanri	115
Emetic nut	227	Ghodaa goksuraa	121
Emetic swallow wory	39	Ghrtakumaarikaa	115
Erandaphalaa	99	Ghrtapura	173
Fever nut	205	Gila	215
Fig	389	Giloy	123
Fire flame bush	101	Giridhuni	109
Five-leaved chest tree	267	Girikadamba	127
Forest pepper	97	Girikadambaka	161
Gaabhi	117	Girimallikaa	209
Gaaigendaaliaa	181	Girinimba	233
Gaaigobaraa	181	Glory lily	211
Gaalava	219	Goat's foot creeper	313
Gaarudi	91	Godhaaskandha	33
Gaatravrkasa	103	Gohiraa	33
Gaayatri	183	Gojikaa	117
Gajaahwaa	109	Gokantaka	119
Gajabhaksa	171	Gokarni	253
Gajabhaksya	329	Gokhuraa	119
Gajapippali	109	Gola maricha	239
Gajapippali	109	Golomi	15, 399
Gajavaajipriyaa	199	Gopaa	349
Gajosanaa	109	Gopabadhu	193
Gambhaari	111	Gopakaaanhu	193
Gambhari	111	Gopavalli	349

Gopi	193	Hastivaaruni	93
Gopikaniara	193	Hayaahwaa	45
Gorakhganja	121	Hayapuchchhikaa	225
Goura	105	Heart's pea	151
Govalidha	257	Hemaahwaa	373
Governor's plum	407	Hemadugdhaka	389
Govinda garuda	243	Hemajivanti	371
Graahiphala	171	Hemaksiri	371, 373
Granthimaana	47	Hemalataa	371
Granthimat phala	203	Hemapuspa	43
Grdhranakhi	137	Henna	229
Grhakanyaa	115	Hetaamundiaa	15
Grsti	393	Hidimichikaa	135
Guchchhapuspa	339	Hijal	133
Gudamaari	247	Hilamochi	135
Gudamanjari	145	Himaashrayaa	371
Gudaphala	177	Hingunaadikaa	261
Gudapuspa	231	Hingupatri	261
Gudhamallika	25	Hinjala	133
Gudmar	247	Hiranyapuspi	191
Guhaa	297, 327	Hoary basil	351
Guhaala	345	Hog plum	7
Guluchi	123	Hog weed	299
Gummy gardenia	261	Hraswaphalaa	81
Gunaadhyaka	25	Hrdyagandhaa	141
Gunja	125	Hribera	361
Guptasneha	25	Ibhakanaa	109
Gurusaarikaa	339	Ijjala	133
Haadabhangaa	47	Iksu-baalikaa	185
Haadajodaa	47	Iksugandha	185
Haadashikuli	47	Iksugandhika	119
Haandi khandi	379	Iksura	185
Haimavati	129	Iksuraka	185
Haldu	127	Indian acalypha	131
Halini	211	Indian beech	173
Halipriya	161	Indian birthwort	139
Hamsamaasaa	225	Indian blue lily	265
Harashrngaa	271	Indian coral tree	269
Harichandana	309	Indian elm	93
Haridaa	129	Indian ipecac	39
Haridraka	127	Indian jalap	387
Hariphala	257	Indian kino	73
Haripriya	391	Indian laburnum	9
Haritaa	143	Indian liquorice	125
Harivallabha	249	Indian mallow	49
Harjikka	61	Indian olibanum	329
Harkuch sag	135	Indian pennywort	237
Hastikrsnaa	109	Indian persimon	383
Hastipaadi	117	Indian Red wood	223
Hastipippali	109	Indian Sarsaparilla	349

Indian screw tree	13	Jyotiskaa	149
Indian sorrel	83	Kaadambarya	161
Indian trumpet tree	353	Kaaincha	125
Indivara	265	Kaainsha	125
Indivari	337	Kaakaadani	125
Indra maarisa	131	Kaakaahwaa	153
Indraahwaa	151	Kaakaandaki	169
Indraanikaa	267	Kaakaandolaa	169
Indradru	37	Kaakachinchi	125
Indradru	209	Kaakali	131
Indramaarisa	131	Kaakanantikaa	125
Indravalli	151	Kaakapilu	207
Indravrksa	209	Kaakapilu	125
Ink berry	91	Kaakavallari	125
Irimeda	33	Kaakeksu	185
Ivy gourd	77	Kaalaka	347
Jaaiphula	141	Kaalakataka	159
Jaalini	187	Kaalakuta	207
Jaatasaraa	145	Kaalamesi	51
Jaatiphalarasaa	5	Kaalaskandha	33, 347, 383
Jadaa	107	Kaalinga	209
Jaghanephala	155	Kaamaduti	275
Jaghanya chadana	309	Kaamboji	51, 225
Jalaja	133	Kaambojipatraka	347
Jalakaamukaa	41	Kaami	347
Jalanimba	79	Kaamuka	347
Jalanirmali	177	Kaamvrksaa	401
Jalavaasa	391	Kaanaphutaa	191
Jamal gotta	99	Kaanchana	263
Jambira	351	Kaanchanaaraka	157
Jambupatraa	193	Kaanchanaka	157
Jangli udad	225	Kaanchanaksiri	373
Jantukaa	261	Kaandera	379
Jantuphala	389	Kaani leutiaa	379
Jarajaati	385	Kaaraskara	209
Jatila	299	Kaarmuka	135, 235, 349
Jayaa	143	Kaashaari	161
Jayanti	143	Kaashaghna	161
Jayanti	143	Kaashamardikaa	161
Jeuta	213	Kaashmari	111
Jhalli	145	Kaashmarya	111
Jhingini	145	Kaashundaa	161
Jhinjau	305	Kaasthodumbara	157
Jiaa	145	Kaatha champaa	197
Jivaa	147	Kaayasthaa	131
Jivani	147	Kachchhudaara	347
Jivaniyaa	147	Kachnar	159
Jivanti	147	Kadamba	163
Jwaarahara	287	Kadara	349
Jwaraantaka	9	Kaima	129



Kairala	409	Karkashanaasikaa	415
Kaitha	173	Karmaara	175
Kakatinduka	209	Karmaraka	175
Kakubha	37	Karpuraharidraa	235
Kalaghantikaa	195	Karsaphala	71
Kalashi	299	Kasaari nai	313
Kali musli	193	Kasaayaka	403
Kalidruma	71	Kasturipurvakaa	217
Kalihaari	213	Kataka	177
Kalmegh	69	Katambharaa	113
Kamalaa gundi	165	Kataphala	177
Kamandalu	275	Katasaarikaa	315
Kamela tree	165	Kathgular	155
Kanaa	293	Kathillaka	299
Kanchana	159	Katsaraiya	315
Kanchana lataa	315	Katrna	311
Kandavalli	47	Katwanga	29, 353
Kanduraa	169	Kavari	261
Kangunikaa	151	Kemuka	181
Kankatikaa	49	Kendudiphula	181
Kankeli	43	Keshaduraa	65
Kansaari nataa	315	Keshamusti	207, 233
Kantaa leutiaa	377	Keshanaamaa	361
Kantaa maarisa	377	Kesharaaja	65, 67
Kantaka karanja	215	Kesharanjana	65
Kantaki palaasha	269	Ketaka	179
Kantakimshuka	269	Ketaki	179
Kantarohana	407	Kevuka	181
Kanthaari	137	Kewra	179
Kantikapaali	137	Khachara	303
Kanyaa	115	Khaira	183
Kapichuda	7	Khalini	191
Kapichuta	273	Khalwa	87
Kapila	339	Khapari	57
Kapipriya	171	Kharamanjari	27
Kapista	199	Kharaparnini	117
Kapitana	273, 341	Kharapatraka	271
Kapivalli	109	Kharapuspa	59
Kapotaa	153	Kharashaaka	61
Kapotavalli	79	Kharayastikaa	55
Kapurakaanti	59	Kharjuri	191
Karaa	207	Khas-khas	391
Karabhanjikaa	93	Khetapaampadaa	287
Karachchhadaa	355	Kimkiraata	53
Karamangaa	175	Kimshuka	283
Karanja	173	Kinihi	27
Karanji	93	Kochilaa	207
Karbudaara	157	Koilekhaa	185
Karkasha	159, 163	Koilikhiaa	185
Karkashachchhada	179	Koilisutaa	123

Kokilaa	131	Kukkuta	363
Kolaka	25	Kukraundha	203
Kolambakarna	25	Kukurashunghaa	203
Kolavalli	109	Kulaali	87
Kosaangi	189	Kulatthikaa	87
Koshaamlaki	379	Kuli	81
Kotarapuspi	413	Kumaaraka	403
Kouta	209	Kumari	115
Krmighna	405	Kumarichaka	97
Krmivrksa	189	Kumbhakaari	87
Krodakanyaa	393	Kumbhi	205
Krshodari	349	Kumbhika	205, 235
Krsna	239	Kumbhikaa	205
Krsnaa	291	Kumbhipuspi	275
Krsnalaa	125	Kumkuma	355
Krsnaphalaa	51	Kunduru	329
Krsnasaara	339	Kunimba	69
Krsnasaara	383	Kuntalavardhana	65
Krsnatwak	383	Kupaaka	207
Krsnavrnta	111	Kurandikaa	21
Krsnavrntaa	225, 275	Kurantaka	315
Krtamaala	9	Kuranti	21
Krtavedhana	187	Kurchi	209
Krurakarmaa	41	Kurchi	209
Ksaarashrestha	283	Kurei	209
Ksaarataru	257	Kuruma	127
Ksanasanjna	325	Kuruvinda	259
Ksatravrksa	249	Kushada	309
Ksetrabalaa	57	Kusthagandhini	45
Ksetrabhusaa	21	Kusthaghni	51
Ksetranaashini	21	Kusthasudana	9
Ksetravinaashi	415	Kusuma	189
Kshiri koli	199	Kutannata	353
Ksirapuraka	199	Kuthera	351
Ksirapuspi	331	Kutheraka	353
Ksirika	407	Kutsitaambha	161
Ksoudra chandana	309	Kutsyaparni	131
Ksudhaahwa	207	Laaksaa vrksa	189
Ksudra panasa	213	Lac tree	189
Ksudra tulasi	351	Laghudanti	99
Ksudraa	165	Lahalangaliaa	211
Ksudraka	119	Laksmanaka	249
Ksudrakantaka	347	Laksmipriyaa	379
Ksudramoukuli	189	Lal nagkeshar	367
Ksudrapatraa	399	Lalana	295
Ksuraka	185, 279	Lataa	149, 349
Kuaakendaa	191	Lataakasturikaa	217
Kuberaaksa	215	Latika	407
Kuchulaa	207	Likaa	255
Kuduma	161	Likucha	213

Lingasambhuta	343	Mahua	231
Lingini	343	Mahula	231
Lochanahitaa	87	Malaanga	307
Lodh	219	Malaanga	401
Lodha	219	Malaapahaa	87
Long leaved barleria	185	Malayaja	89
Long pepper	291	Malayu	155
Luniluniaa koli	153	Malkangni	149
Maachikaa	153	Manasaa siju	357
Maadhavi	221	Mandaakaaincha	201
Maadhavodbhava	199	Mandaka	221
Maagadhi	291	Mandala patrikaa	239
Maagadhi	393	Mandila	341
Maahaala	29	Mangalyaa	399
Maalati	141	Manjarika	321
Maalura	171	Manjarikaa	59
Maamsamaasaa	225	Manjuaati	229
Maanduki	237	Manmathaa	313
Maangalya	35	Manojnaa	13
Maangalyakusumaa	331	Markataamra	7
Maankada kendu	383	Markati	93
Maaravalli	313	Marking nut	63
Maasaparni	225	Martinic ginger	235
Madaanga	401	Marudbhava	347
Madakaraa	101	Maryaadaa valli	313
Madanamanjari	145	Masiaakandaa	393
Madanamastaka	281	Mastakamanjarikaa	415
Madanaphala	227	Maswan	225
Madarangaa	241	Matsyaaksaka	241
Madayantikaa	229	Matsyaaksi	135
Madhukapuspa	231	Matsyagandha	241
Madhulaka	231	Mayuraka	27
Madhuparni	111, 123	Medhaakrt	363
Madhurasaa	111	Meghaagamapriya	161
Madhushreni	253	Meghanaada	377
Madhusrava	231	Mehana	257
Madhusravaa	147	Mehendi	229
Madhusthila	231	Mendhi saagsa	147
Mahaa varsaabhhu	301	Mesalochana	85
Mahaakaala	347	Mesashranga	245
Mahaakusumikaa	111	Mesashrngi	247
Mahaamula	91	Mesavalli	247
Mahaanaaga	303	Mexican poppy	373
Mahaanima	233	Mhisavalli	359
Mahaapatra	321	Milk hedge	357
Mahaaphala	53	Mirigashinga	245
Mahaasahaa	225	Mistletoe	401
Mahaasamangaa	55	Mithyoguchchha	3
Mahaavrsaa	191	Mochaka	257
Mahousadhi	237	Modaachhuin	13



Modaki	145	Naakachanaa	131
Modimodikaa	13	Naakuli	139, 319
Moi	145	Naalakumkumaka	271
Moksaka	257	Naali puruni	299
Moon creeper	359	Naalichitaapaaru	95
Morataa	253	Naaraayani	337
Morinda	3	Naasaa	397
Mouran Araka	41	Nadija	133
Mourvi	253	Nadikaanta	133
Mousali	191	Nadisarja	37
Mrdangaphalini	187	Nagkeshar	263
Mrdubija	353	Nakharanjani	229
Mrduchchhada	203	Naktamala	173
Mrdukunchikaa	379	Nakulestaa	319
Mrduphala	289	Nalada	393
Mrduphala	407	Nameru	367
Mrdupuspa	341	Nata	43
Mrdushimbi	17	Nata naageshwara	221
Mrgagaamini	405	Navamallikaa	397
Muchukund	249	Negro coffee	159
Muchukunda	249	Nemi	347
Mudgala	311	Nemi	385
Mudgaraka	175	Nemivksa	347
Mudgaraphala	175	Nepaali	397
Muktaa majaa	35	Netrabhaaskara	87
Mukulaka	189	Nevaari	397
Mulapuspi	191	Nichula	133
Mularaasnaa	39	Nidigdhikaa	165
Mulini	39	Nikochaka	25
Mundaa	131	Nikumbha	99
Munditikaa	251	Nila daasakerentaa	317
Munidruma	17	Nilarna	289
Munipuspa	17	Nilakain	265
Munishimbi	17	Nilakumuda	265
Muraakraantaa	131	Nilapuspi	333
Murva	253	Nilasaara	383
Musaakaani	255	Nilivksaakrti	335
Musaaparni	255	Nimbabija	199
Musakarni	255	Nimbavara	233
Musali	191	Nipa	161
Musk mallow	217	Nutgrass	259
Muskabija	217	Nuxvomica	207
Mustaa	259	Nyagrodhi	255
Muthaa	259	Ola	365
Muthaaghaasa	259	Olata kamala	293
Naadihingu	261	Olua	365
Naadikalaayaka	241	Osthopamaphalaa	77
Naagakinjalka	263	Paadapotpala	249
Naagapuspa	263	Paakaari	157
Naageswar	263	Paaladhuaa	269

Paalu	381	Pengu lai	149
Paalua	381	Persian lilac	233
Paamshula	287	Phaarsaakoli	289
Paamshunaaga	303	Phalasambhaari	155
Paana airi	139	Phalgu	155
Paanduraa	225	Phalisha	273
Paandutaru	105	Phalsa	289
Paanidimri	155	Phanaphanaa	353
Paaraavata	289	Phanji	61
Paaraavataanghri	149	Phaphana	3
Paarshwapippala	273	Phatkaa	151
Paartha	37	Phenila	35
Paarvati	101	Piashaala	73
Paarvatiyaa	145	Pichchhila	339
Paarvatya	233	Pichchhilaka	103
Paataalagarudi	91	Piluparni	77, 253
Paatali	275	Pindaahwaa	261
Paatalichchhada	303	Pindapuspa	43
Paatuli	275	Pindi	227
Paaunshiaa	121	Pingu	149
Paavana	311	Pinyaa	149
Padmaa	61, 281	Pippali	291
Padmaahwaa	281	Pishaachavrksa	105
Padmaata	85	Pita Bhrngaraaja	67
Padmaavati	281	Pitaa aalu	393
Palaasha	283	Pitaa taradaa	187
Palaashaa	261	Pitaakoruaa	209
Panchaangula	107	Pitadugdhaa	373
Pandoli	343	Pitakaastha	127
Paraakpuspi	27	Pitanaka	7
Parashu kedaaraa	235	Pitaphala	175, 323, 105
Paribraaji	251	Pitaphalaa	81, 149
Parivyaadha	249	Pitaphena	35
Parnaasha	59	Pitapuspaa	57
Parnaka	363	Pitasaara	25, 73
Parnapuspi	191	Pitashaalaka	73
Parusa	289	Pithvan	297
Pasaaruni	113	Pittaari	287
Pathidruma	347	Pittanaasha	213
Pathyaa	129	Pittapaampadaa	287
Patrollekhataru	323	Pittavalli	39
Pattura	241	Pivari	293
Pavitra	305	Pivari	327
Payahprasaadi	177	Plihashatru	335
Payaswini	147	Poichaandiaa	305
Payasyaa	41	Poison berry	81
Pechulaa	181	Polaanga	303
Pedipedikaa	49	Portia tree	273
Pelu	181	Praajakta	271
Peluni	181	Praavrsaayani	167

Praavrsya	161	Raajaadana	199, 295
Prabhadra	269	Raajakadamba	161
Prabrajitaa	251	Raajaputrikaa	141
Prahaaravalli	223	Raajavrksa	9
Prakirnaa	215	Raajimatphalaa	187
Prakiryaa	93	Raaji-mohi	145
Prapunnaada	85	Raajiphalgu	155
Prasaarini	113	Raaksasajihwa	353
Prataarini	113	Raamadaauni	21
Pratigandhaa	51	Raamathi	261
Pratiparnashiphaa	255	Raanabeli	75
Pratisomaa	359	Raasnaa	307
Prativisnuka	249	Raastrikaa	81
Pratyakpuspi	27	Raathaka	227
Pratyakshreni	99	Raavana	383
Pravaalaphala	309	Rakta chandana	309
Prickly chaff flower	27	Rakta kusuma	103
Pride of India	233	Raktaamra	189
Priyadaaraka	409	Raktaanga	163
Priyaka	161	Raktabija	35
Prshniparni	297	Raktabijaa	355
Prthagbija	63	Raktachurnaka	163
Prthakparni	297	Raktaphalaa	77
Prthushimba	353	Raktaprasava	249
Psoralia seeds	51	Raktapuspa	313, 355
Pulaanga	303	Raktapuspaka	283
Pulaki	161	Raktapuspi.	13
Punarnaaga	303	Raktasaara	309
Puncture vine	119	Raktavrnta	299
Pundra	185	Raktikaa	125
Pundraka	221	Ramyaa	281, 307
Punkhikaa	335	Ramyaka	233
Punnaamaa	303	Ramyaphala	207
Punnaata	85	Ranjaka	163
Purple fleebane	31	Ranjanaa	229
Purple Tephrosia	335	Rasaayani	123
Purusa	279, 303	Rasanaa	307
Puskaraanandi	281	Rathadru	385
Putanaa	129	Ratnapurusa	281
Puti gandhaa	113	Rauvolfia	319
Putikaranja	215	Ravipritaa	369
Putimeda	33	Rechana	163
Putiphali	51	Rechani	99, 387
Putitailaa	149	Rechi	25
Putivrksa	29	Red sandal	309
Putraka manjari	305	Renthaa	35
Putranjiva	305	Ribbed luffa	187
Putrashreni	247, 255	Rima	33
Raagagarbha	321	Ring worm cassia	85
Raagapuspi	271	Rithaa	35



Rithaaphala	35	Satpadaalaya	303
Rodhra	219	Satpadamodini	53
Rohini	129, 223	Satparvikaa	399
Romaalu	15	Screw pine	179
Ropana	289	Sebesten plum	345
Rsyaproktaa	49, 167, 337	Sehunda	357
Ruchyakanda	365	Serpentine	319
Rudrajataa	139	Sesban	17
Rugmini	373	Sevyaa	357
Rujaakara	175	Shaaguaan	321
Rujaapaha	103	Shaaguaani	321
Rukunaa haatapachaa	285	Shaahaada	323
Runja	125	Shaakashresthaa	147
Rupagandhaa	131	Shaala	325
Rusa grass	311	Shaalai	329
Saagaraa	133	Shaalaparni	327
Saaravrksa	103	Shaaradaa	281
Saarini	299	Shaavara	219
Saayakapunkhaa	335	Shaivamallikaa	343
Sadaaparna	243	Shakralataa	151
Sadgranthaa	93, 399	Shakrapuspi	211
Sadyomandala patraka	301	Shakrashaakhi	209
Safed khair	347	Shalyaka	227
Sahachara	315	Shamala	311
Sahadevaa	57	Shambukapuspi	331
Saireya	315	Shami	347
Sal	325	Shampaaka	9
Samagandhaka	391	Shankhadharaa	135
Samanta dugdhaa	357	Shankhaphuli	333
Samidhvara	283	Shankhapuspi	331
Samudraphala	133	Shankhini	69
Sandal	89	Shankhinivaasa	323
Sandan	385	Sharapunkhaa	335
Sandhimaali	279	Shashilekhaa	51
Sangi	7	Shasyashambara	325
Sannakadru	295	Shatamuli	337
Saphed gadahpurna	301	Shataviryaa	337
Sapitaka	53	Shaundhi	291
Saptalaa	397	Shavarakanda	393
Saptaphenaa	317	Shayaalu	15
Saralaa	387	Shelu	345
Sarani	113	Shephaali	267, 271
Saraswati	79	Shighraa	99
Sargi	325	Shikhari	27, 257
Sarivan	327	Shimbiphala	339
Sarja	325	Shimshapaa	339
Sarpaari	33	Shingaarahaara	271
Sarpagandhaa	319	Shiraala	175
Sarvasaara	385	Shirisa	341
Satinachchhadikaa	333	Shirisaa	341

Shishira	321	Simhavinnaa	225
Shishu	339	Simhi	81
Shita	287	Simhikaa	395
Shitavrddhaa	369	Sindhuvaara	267
Shitivaara	363	Sindurapuspi	355
Shivaa	129, 375	Siris tree	341
Shivaatika	261	Sissoo	339
Shivalingi	343	Sitaarjaka	351
Shivavallabha	287	Skandhaka	15
Shivavalli	343	Snigdhapatra	173
Shlesmaphala	345	Snuk	357
Shophahaari	351	Soap nut tree	35
Shosana	353	Somaa	51
Shothaghni	299, 301	Somalataa	359
Shraavana shirsakaa	251	Somaraaji	31, 51
Shraavani	251	Somavalka	347
Shreyasi	109, 307	Somavalli	51, 79
Shrgaalakantaki	373	Sougandhika	265
Shrgalavinnaa	297	Soumanasyaayani	141
Shrikunchi	379	Soumayaa	327, 359
Shriparni	111	Souparni	91
Shrivaaraka	363	Spanish jasmine	141
Shukanaasa	353	Sphotabijaka	63
Shukapriya	175, 341	Sphurjaka	383
Shukarakanda	393	Sruvaa	253
Shukarashimbi	169	Srvavrksa	407
Shukari	393	Sthalakumbhi	205
Shukashimbi	167	Sthalapadmini	281
Shukataru	341	Sthalaruhaa	281
Shukesta	199	Sthira	105
Shwaasaghni	39	Sthiraa	327
Shwadamstraa	119	Sthiragandha	179
Shwasana	227	Sthirasaara	321
Shweta chandana	89	Sthulagranthi	235
Shweta puruni	301	Sthulakanda	365
Shwetadruma	403	Sthulaskandha	213
Shwetamulaa	301	Suaama	223
Shwetapatra	301	Suaamalai	195
Shwetapuspi	121	Subhiksaa	101
Shwetashunthi	131	Suchipatra	363
Shwetavrshchiva	301	Suchipuspa	179
Shyaama	339	Sudaaruka	127
Shyaamaa	193, 349	Sudala	249
Shyaamaka	311	Sudhaa	357
Shyaamasaara	347	Sugandhaa	235, 307
Siamese rough bush	323	Sugandhabaalaa	361
Siddha	17	Sugandhabhendaa	217
Siddhida	305	Sugandhamulaa	281
Simhaasya	397	Sugandhamulaa	307
Simhaparna	397	Sugandhika	267

Sugandhi	303, 351	Swaada kusuma	189
Sukosha	189	Swaadukandaa	197
Suksma patraa	351	Swaadukantaka	119
Suksmabijaa	31	Swaaduparna	407
Suksmamulaa	143	Swadumaasaa	225
Suksmapatra	53, 203	Swalpakeshari	157
Suksmapatraa	31, 143	Swamp pea	17
Suksmapatri	287	Swarna bhusana	9
Sulomaa	223	Swarnalataa	149, 371
Sulomakarani	223	Swastika	363
Sultan champa	303	Sweet Acacia	333
Sumanaa	141	Sweet basil	59
Sumukha	351	Sweet flag	399
Sumustika	207	Switrabhesaja	155
Sunaari	9	Syandana	385
Suniryasaa	145	Symplocos	219
Sunisanna	363	Taalakataka	159
Sunusuniaa	363	Taalamuli	191
Supaarshwaka	273	Taalamulikaa	191
Suparnikaa	51, 371	Taalapatri	191
Suprasannaka	351	Taamra	395
Suprasunaka	351	Taamrachuda	203
Supuskaraa	281	Taamrapallava	43
Supuspa	127	Taamraphala	25
Supuspa	249	Taamrapuspi	101
Sura	213	Taamrasaara	309
Surabhi	307	Taapasesta	295
Surabhichchhada	171	Taarksi	91
Surabhisaaraka	321	Taarksyaprasava	325
Suradhupa	325	Takrachhit	171
Surakarnika	303	Tanduleraka	377
Suraparnika	367	Tanduliyaka	377
Surapati	367	Tankaashi	379
Surasaa	15	Tanumaamsa	7
Surasi	75	Tanutwacha	19
Suratunga	367	Tapodhanaa	251
Suresta	367	Tataala	257
Surpaparni	225	Tavaksira	381
Suryaavarttaa	369	Teak	321
Suryabhaktaa	369	Tejani	253
Susaa	159	Tejovrksa	19
Sushreni	415	Temple tree	195
Susrava	329	Thaalkudi	237
Susundi	363	Three-leaved caper	403
Sutajivaka	305	Tihudi	387
Sutejana	103	Tiksnaasya	97
Sutiksnaka	257	Tiksnapatra	97
Suvahaa	307, 389	Tiksnatandulaa	291
Suvaktra	351	Tiktaajaaji	31
Suviryaa	261	Tiktajiraka	31



Tiktaphala	177	Utpalasaarivaa	349
Tiktashaaka	403	Utpattisaaranaamaa	409
Tiktavalli	253	Utran	415
Tilakantaka	185	Uttaamaarani	415
Tilaparni	369	Uturuli	415
Tilei	279	Vaajidantaa	395
Tinisha	385	Vaajigandhaa	45
Tipai	379	Vaamaavarttaa	13
Tirita	219	Vaanaprastha	231
Tisyaphalaa	5	Vaanari	167
Tivrakanda	365	Vaanira	273
Totaamuliaa	117	Vaarida	259
Tree jasmine	397	Vaaridanaamaa	259
Tribhandi	387	Vaarttaaki	81
Triparna	403	Vaasaka	395
Triparni	283, 327	Vaasanga	395
Tripuraa	387	Vaasani	91
Triputiphala	107	Vaasanti	221
Trishirsapaat	365	Vaatahara	283
Trisiraayuktaparnaka	23	Vaatyaalikaa	55
Trnagranthi	371	Vaayasi	93
Trnapuspi	355	Vacha	399
Trnashunya	179	Vahnijwaalaa	101
Trsnaari	287	Vaidehi	291
Trtiyajiraka	31	Vaikuntha	351
Trumpet flower tree	275	Vaivargamrttika	345
Tryankura	365	Vajraanga	47
Tubari	59	Vajramuli	57
Tugaaksiri	381	Vajravalli	47
Tunda podaa	97	Vajri	357
Tundi	77	Vamshapatri	261
Tunga	303	Vana barbari	351
Tungi	59	Vanajanmaa	31
Tunidikeri	77	Vanakulattha	87
Tuntuka	351	Vanasambhavaa	225
Twaastri	237	Vanashrngata	119
Uchchataa	125	Vanavaasi	257
Udakiryaa	173	Vanjula	43
Uddaalaka	345	Vantulsi	351
Udichya	361	Vanyajiraa	31
Udumbaraparni	99	Varaahavadanaa	393
Ugragandhaa	499	Varadaa	369, 393
Ulat Kambal	293	Varatikta	287
Undurakarni	255	Vardhamaana	107
Upakulyaa	291	Varsaabhu	299
Upanimba	69	Varsaketu	299, 301
Urdhwakantikaa	337	Vashira	109
Urumaana	403	Vashyaangaa	15
Usana	95, 239	Vashyaraajyaa	15
Usanaa	291	Vastirodhana	227

Vasunaamaa	249	Vrddhidaa	393
Vatsaadani	123	Vrkadhuma	3
Vatsaka	209	Vrksaadani	401
Vayasthaa	5, 129	Vrksaka	209
Vayasthaa	123	Vrksaruhaa	401
Vega	377	Vrsa	395
Vegaa	149	Vrsakandaa	191
Vella	405	Vrshchiva	299
Vellaja	239	Vrsodari	131
Vellantara	409	Vrsyaa	5, 167
Velvet leaf	277	Vrsyagandhikaa	413
Vetiver	391	Vrttaa	223
Vibuddha	303	Vrttaparni	277
Vidaarigandhaa	327	Vrttapatra	339
Vidula	133	Vrttaphala	239
Vijayaa	19, 143	Vrttapuspa	161
Vikashaa	223	Vyaadhighaata	9
Vikaswara	299	Vyaaghranakhi	137
Vimuktaa	221	Vyaaghraparna	407
Vrttaphalaa	5	Vyaaghri	165
Vira	391	Vyaala	95
Viradru	409	Vyaavartaka	85
Virana	391	Vyadhitaru	403
Virapuspa	393	Vyangaa	167
Virasevika	103	Wattakaka	371
Virataru	409	Weaver's beam	157
Viravati	223	White babul	33
Viravrksa	37	Wild Asparagus	337
Virechani	301	Wild Indigo	335
Virupaka	383	Wild jack	213
Visaani	247	Winter cherry	45
Visaapaha	257	Wodier	145
Visaghna	351	Yajniya	283
Visaghni	299	Yajnodumbara	389
Visajit	25	Yaksadhupa	325
Visamardini	139	Yaksalochana	215
Visamusti	207	yam	393
Visapuspaka	227	Yasti puspa	305
Visatinduka	207	Yavachincaa	373
Vishaachikaa	225	Yavaphala	209
Vishalyaa	99, 211	Yavatikta	69
Vishikhapunkhaa	335	Yugmakandaa	211
Vishwarupaka	199	Yugmakanta	53
Vishwarupi	131	Yugmapatraa	313
Vitapakaranja	215	Yugmaphalaa	415
Vitkhadira	33	Yukaavaasa	323
Vrddhadaaraka	413	Yuktarasaa	307
Vrddhavaata	409		

