

## 1. JVARA (FEVER)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Guḍūci (Tinospora cordifolia)	Swarasa	10 ml	Honey or pippalī Cūrṇa	A.H.U. 1/60
2.	Kirāta tikta Phāṇṭa (Swertia chirayita)	Phāṇṭa	30 ml BD	Dhānyaka leaves	S.B.M, 4/32
3.	Katukī (Picrorrhiza kurroa)	Cūrṇa	3 gm BD	Sugar	G. N. 2.1.238
4.	Mustā Kwātha (Cyperus rotundus)	Kwātha	30 ml	Parpaṭa Cūrṇa	A.H.U. 40/72
5.	Pippalī (Piper longum)	Cūrṇa	2 gm BD	Honey	N. A. Part-II, Pg.209
6.	Vāsā (Adhatoda vasica)	Swarasa	10 ml BD	Sugar and Honey	A.S.Ci. 1/92

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Sudarśana Cūrṇa	Cūrṇa	3 gm BD	Cold water	B. R. Jwara cikitsā
2.	Trailokya Cintāmaṇi Rasa	Vatī	125 mg BD	Coconut water	B. R. Jwara cikitsā
3.	Mṛtyuñjaya Rasa	Vatī	250 mg BD	Honey	B. R. Jwara cikitsā
4.	Daśamūla Kwātha	Kwātha	30 ml BD	Water	B. R. Jwara cikitsā
5.	Sanjīvani Vatī	Vatī	250 mg BD	Ginger juice	S.S.Ma. K.7/18-21
6.	Lakṣmīvilāsa Rasa	Vatī	250 mg BD	Betel leaf juice/ Ginger juice	B. R. Jwara cikitsā

7.	Mahā Jwarāñkuśa Rasa	Vatī	250 mg BD	Ginger juice/ Honey	B. R. Jwara cikitsā
8.	Tribhuvana Kīrti Rasa	Vatī	250 mg BD	Ginger juice/ Honey	AFI, Part-I 20-20
9.	Candrakalā Rasa	Vatī	250 mg BD	Water	B. R. Jwara cikitsā
10.	Śrīgārābhra Rasa	Vatī	250 mg BD	Honey	B. R. Jwara cikitsā
11.	Amṛtāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meal	B. R. Jwara cikitsā
12.	Candana balā laksādi taila	Taila	Q. S Ext. Appln.		B. R. Jwara cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice, gruel (yavāgū), barley, porridge (daliyā)	

Pulses	Green gram (mudga), masūra	Chickpea (canā)
Fruits & vegetables	Tanḍulīyaka, paṭola, bitter gourd (kāravellaka), śigru, guḍūci, jīvantī, grapes, kapiththa, pomegranate	
Others	Light food	Sesame, fast/junk food, Heavy, distending diets and food causing burning sensation and acidity with poor digestion, contaminated water
Life style	Lightning (laṅghana), therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti), snuffing, massage, rest	Suppression of natural urges, physical exercise, day sleeping, bathing, eating before digestion previous food

**Note:**

1. The above are certain suggested choices only.

2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

**1. ATISĀRA - (DIARRHOEA)****A. Single formulations**

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Nāgakeśara Cūrṇa (Mesua ferrea)	Cūrṇa	3 gm BD	Butter/ Honey	B.R. Atisāra cikitsā
2.	Kuṭajāvaleha (Holarrhena antidysenterica)	Avaleha	12 gm BD	Water	B.R. Atisāra cikitsā
3.	Kuṭaja Twak (Holarrhena antidysenterica)	Cūrṇa	3 gm BD	Butter milk	C.S.Su. 25

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bṛhat Dādimāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	S.S.Ma. K. 6/64
2.	Laghu Gañgādhara Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	B.P. Atisāra adhikāra
3.	Bṛhat Gangādhara Cūrṇa	Cūrṇa	3 gm BD	Rice water, Honey	B.P. Atisāra adhikāra
4.	Kapitthāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Hot water	Y.R. Atisāra cikitsā
5.	Kuṭajāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	S.Y. part-1,7th prakarana
6.	Cāñgerī Ghṛta	Ghṛta	10 gm BD	Hot water	B.P. Atisāra adhikāra

7.	Karpūra Rasa	Vatī	125 mg BD	Honey	B.R. Atisāra cikitsā
----	--------------	------	-----------------	-------	----------------------------

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

	<b>Pathya (Do's)</b>	<b>Apathya (Don'ts)</b>
Cereals	Old śāli rice, porridge (daliya)	Refined flour (maidā)
Pulses	Masūra, green gram (mudga)	Peas(Maṭara), black gram (uḍada), chickpea (canā)
Fruits & vegetables	Jambo (jambū), pomegranate, bilva, banana, lisora, bottle gourd (lauki), paṭola	Jack fruit (kaṭahala), beans, long cucumber (kakaḍi), cucumber (khīrā), bathuā, pumpkin, plum (Badara, bera), grapes
Others	Honey, cumin, coriander butter milk, goat's milk	Excess intake of water, sugarcane juice, betel nut, betel, alcohol, curd
Life style	Fasting, sleeping, rest & relaxation	Exercise, sudation, Bathing, massage, tub-bath, snuffing, sunlight exposure, day sleeping, smoking, anger,

		sexual indulgence, night awakening, suppression of natural urges
--	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

**2. VIBANDHA (CONSTIPATION)****A. Single formulations**

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Trvṛt Cūrṇa (Operculina turpethum)	Cūrṇa	3 gm BD	Hot water	C.S.Su. 25
2.	Eraṇḍa Taila (Ricinus communis)	Seed oil (Caster oil)	10 ml BD	Warm milk	C.S.Ci. 13/12

**B. Compound formulations**

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vaiśwānara Cūrṇa	Cūrṇa	3 gm BD	Hot water	B.R. Āmavāta cikitsā

2.	Abhayāriṣṭa	Ariṣṭa	20 ml BD	with equal qty. of water after meals	B.R, Arśa cikitsā
3.	Icchabhedi Rasa	Vatī	250 mg BD	Cold water	B.R. Udara roga cikitsā
4.	Pathyādi Kwātha	Kwātha	30 ml BD	Water	B.R, Arśa cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat	Rice
Pulses	Green gram (mudga), pigeon pea (arahara)	Black gram (uḍada), peas (maṭara)
Fruits & vegetables	Green vegetables, papaya, carrot, radish, cucumber (khīrā), cabbage, bottle gourd (lauki)	Banana, potato and other tubers
Others	Excess intake of water	Spicy food, fast food

Life style	Sudation, therapeutic purgation (virecana), therapeutic enema (vasti), exercise, walking	Night awakening, suppression of natural urges, lack of exercise
------------	--	---

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

### 3. PARINĀMA ŚŪLA (DUODENAL ULCER)

#### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śambūka Bhasma (Bi-valve Shell)	Bhasma	250 mg BD	Hot water	Y.R. Śūla cikitsā

#### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Sūtaśekhara Rasa	Vatī	250 mg BD	Water	Y.R. Amlapitta cikitsā
2.	Nārikela Kṣāra	Kṣāra	500 mg BD	Pippali Cūrṇa	B.P. Śūla adhikāra

3.	Śūlagajakeśarī Rasa	Vatī	250 mg BD	Bettle leaf juice	B.R., Śūla roga cikitsā
4.	Śūlavajriṇī Rasa	Vatī	250 mg BD	Water/ Goat's milk	B.R., Śūla roga cikitsā
5.	Nārikela Khaṇḍa	Modaka	6 gm BD	Water	B.P. Amlapitta adhikāra
6.	Śatāvari Maṇḍūra	Vatī	500 mg BD	Water	Y.R., Śūla cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice, some special varieties of rice (sāmvaka, kodrava), parched roasted rice (dhāna ka lāvā), barley powder (yava-sattu)	Rice
Pulses	Pea soup (kalāyayūṣa)	Kulattha and other pulses
Fruits & vegetables	Banana, coconut	Ginger (ārdraka)

Others	Cow's milk, coconut water	Spicy foods, mustard oil, rāī, sour food substance, fish, alcohol
Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti)	Night awakening, sun exposure, fasting

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

#### **4. AMLAPITTA (HYPER ACIDITY/ ACID PEPTIC DISORDER)**

##### **A. Single formulations**

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Āmalakī Swarasa (Phyllanthus emblica)	Swarasa	10 ml BD		B.P. Amlapitta adhikāra

##### **B. Compound formulations**

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kūṣmāṇḍa Avaleha	Avaleha	12 gm BD	Water	B.R. Amlapitta Cikitsā
2.	Nārikela Khaṇḍa	Modaka	6 gm BD	Water	B.P. Amlapitta adhikāra

3.	Bṛhat Nārikela Khaṇḍa	Modaka	5 gm BD	Water	B.P. Amlapitta adhikāra
4.	Avipattikara Cūrṇa	Cūrṇa	3 gm BD	Water	B.R. Amlapitta Cikitsā
5.	Bṛhat Śatāvarī Maṇḍūra	Vatī	500 mg BD	Water	B.R. Amlapitta Cikitsā
6.	Dhātrī lauha	Vatī	500 mg BD	Honey/ Ghee	B.R. Sūla roga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley	Rice, chickpea flour (besana)
Pulses	Green gram (mudga)	Black gram (uḍada), kulattha
Fruits & vegetables	Paṭola, bitter gourd (kāravellaka), white gourd melon (kūṣmāṇḍa), green vegetables	Potato, brinjal

Others	Cold water	Sour vinegar (kāñjī), rock salt, spicy food, tea, coffee, alcohol, fast food
Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti)	Day sleeping, suppression of natural urges

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 5. CHARDI (VOMITING)

### A. Single formulations

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

### B. Compound formulations

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

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

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

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

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

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 6. GRAHĀṄĪ (MALABSORPTION SYNDROME)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Takra (Butter Milk)	Takra	Q.S.	Saindhava Lavaṇa	C.S. Ci. 15

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citrakādi Guṭikā	Guṭikā	500 mg BD	Lukeworm water	B.R. GrahaṄī Cikitsā
2.	Kapitthāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Lukeworm water	B.R. GrahaṄī Cikitsā

3.	Laghu Gañgādhara Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	B.R. Grahaṇī Cikitsā
4.	Br̥hat Gañgādhara Cūrṇa	Cūrṇa	3 gm BD	Rice water, Honey	B.R. Grahaṇī Cikitsā
5.	Mustakādi Modaka	Modaka	3 gm BD	Lukeworm water	B.R. Grahaṇī Cikitsā
6.	Jīrakādi Modaka	Modaka	3 gm BD	Lukeworm water	B.R. Grahaṇī Cikitsā
7.	Agnikumāra Rasa	Vatī	250 mg BD	Lukeworm water	B.R. Grahaṇī Cikitsā
8.	Grahaṇīkapāṭa Rasa	Vatī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā
9.	Nṛpativallabha Rasa	Vatī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā

## DISORDERS OF THE DIGESTIVE SYSTEM

10.	Pañcāmr̥ta Parpatī	Cūrṇa	125 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā
11.	Mustakāriṣṭa	Ariṣṭa	20 ml BD	Equal quantity of water after meals	B. R. Agnimā- ndya Cikitsā
12.	Cāṅgerī Ghṛta	Ghṛta	10 ml BD	Lukeworm water	B.R. Grahaṇī Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice	Wheat
Pulses	Green gram (mudga), masūra, pigeon pea (arahara)	Peas (maṭara)
Fruits & vegetables	Water chestnut (singhāḍā), banana, Jambo (jambū)	Garlic (lahasuna)
Others	Without cream curd, goat's milk, clarified butter, sesame oil,	Betel nut, sour vinegar (kāñjī), milk, jaggery, sour food, spicy food, laxatives

## DISORDERS OF THE DIGESTIVE SYSTEM

	honey, soup (yūṣa), butter milk, cumin, coriander	and purgatives
Life style	Therapeutic emesis (vaman), fasting, therapeutic enema (vasti)	Therapeutic purgation (virecana), night awakening, excessive intake of water, suppression of natural urges, snuffing, Eye collyrium (añjana) smoking, excessive physical exercise, sun exposure

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 7. ARUCHI (ANOREXIA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Dāḍima Swarasa (Punica granatum)	Swarasa	10 ml BD	Black salt	B. R. Arocaka Cikitsā
2.	Takra (Butter Milk)	Takra	Q.S.	Hiñgu, Śuṇṭhi & Rock salt	B.P. Arocaka Adhikāra

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Samaśarkarā Cūrṇa	Cūrṇa	3 gm BD	Hot water	B.R., Arśa Rogādhikāra

2.	Dādimadi Cūrnā	Cūrnā	3 gm BD	Hot water/ Butter Milk	B.R. Arocaka Cikitsā
3.	Pippalyādyāsava	Āsava	20 ml BD	With Equal Qty. of water after meals	S.S.Ma. K 10/ 28-32

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Red variety of rice (rakta śāli), wheat	
Pulses	Green gram (mudga)	
Fruits & vegetables	Green vegetables, banana, pomegranate, garlic (lahasuna), ginger (ārdraka), plum (badar, bera), grape fruit (drākṣā), black pepper	
Others	Cow's milk, clarified butter, butter milk, curd	Heavy, slimy obstructing channels food

Life style	Tongue cleaning, teeth cleaning, bathing, gargle	Suppression of hunger,eructation and tears,urges,anger,shock, fetid odour, unpleasant sight ( <i>vibhatsa drsyā</i> )
------------	--	---

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 8. PRAVĀHIKĀ (DYSENTERY)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mustā Kwātha (Cyperus rotundus)	Kwātha	30 ml BD	Water	S.S.U.. 40/72
2.	Bilwa (Aegle marmelos)	Cūrṇa	3 gm BD	Honey/ Jaggery	S.S.U. 40/119
3.	Jātiphala (Myristica fragrans)	Cūrṇa	2 gm BD	Takra	B. R. Atisāra Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bṛhat Gañgādhara Cūrṇa	Cūrṇa	3 gm BD	Takra/ Guḍa	S.S.Ma. K.6/50-52

2.	Karpūra Rasa	Vatī	125 mg BD	Water	B. R. Atisāra Cikitsā
3.	Kuṭajāvaleha	Avaleha	12 gm BD	Milk/ Curd/ Water	S.S.Ma. K.8/38-44
4.	Cāṅgerī Ghṛta	Ghṛta	10 gm BD	Warm milk/ warm water	S.S.Ma. K.
5.	Kuṭajāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	B. R. Atisāra Cikitsā
6.	Lokanātha Rasa	Vatī	250 mg BD	Water	B. R. Atisāra Cikitsā

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

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

Fruits & vegetables	Dry ginger ( <i>sunṭhi</i> ), ginger ( <i>ārdraka</i> ), bilva, pomegranate, banana	Bathuā, śigru, mango
Others	Cumin, coriander, curd, water processed with certain Ayurvedic medicines ( <i>śaḍāṅgapāniya</i> ), milched warm milk	Betel nut, sugarcane product, sour and bitter food substances
Life style	Fasting, sleeping	Sudation, sunlight exposure, night awakening, suppression of natural urges, excessive use of water

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 9. MUKHAPAKA (STOMATITIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vāsā Swarasa (Adhatoda vasika)	Swarasa (For <i>gandūṣa</i> )	Q.S	-	A.H.U. 22/106

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Khadirādi vatī	Vatī	500 mg (chew able) TDS	-	B.R. Mukha roga Cikitsā
2.	Irimedādyā Taila	Taila	Q.S (for	-	B.R. Mukha

			gandūṣā)		roga cikitsā
3.	Triphalā Kaṣāya	Kwātha	Q.S (for gandūṣā)	-	C.D. Mukha roga 33
4.	Pañcavalkala Kaṣāya	Kwātha	Q.S (for gandūṣā)	-	C.D. Mukha roga 33

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses		Black gram (Uḍada)
Fruits & vegetables		
Others		Milk, curd, jiggery, rough and hard food substance, heavy and channel obstructing food
Life style	Therapeutic emesis (Vamana)	Teeth cleaning, bathing, sour substance, fish, Meat

		of marshy animal, sleeping in dorsal position (adhomukha śayana), day sleeping
--	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 10. ARŚA (HAEMORRHOIDS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Hot water	B. P. N. Harītakī Varga

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Arśoghna Lepa	Lepa	Q.S.	-	B.R. Arśa Cikitsā
2.	Br̥hat Sūraṇa Modaka	Modaka	6 gm BD	Water Butter milk	B.P. Arśa Adhikāra

3.	Kāñkāyana Modaka	Modaka	1 gm BD	Butter Milk	B.R. Arśa Cikitsā
4.	Abhayāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	B.R. Arśa Cikitsā
5.	Arśakuṭhāra Rasa	Vatī	250 mg BD	Hot water	B.R. Arśa Cikitsā
6.	Samaśarkarā Cūrṇa	Cūrṇa	3 gm BD	Miśrī	B.R. Arśa Cikitsā
7.	Kāñkāyana Gutikā	Gutikā	250 mg BD	Hot water	B.R., Arśa Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Special variety of rice (sāṭhī cāvala), wheat, barley	
Pulses	Kulattha, green gram (mudga)	Black gram (uḍada), chickpea (canā)

Fruits & vegetables	Bottle gourd (lauki), paravala, spinach, green vegetables, papaya, apple, cucumber, (Khira), grapes, mango, amalaki	Potato and other tubers
Others	Clarified butter, rock salt, butter milk, sugar candy, cow's milk, goat's milk, sour vinegar (kanchi)	Spices, pickle, sesame
Life style	Physical exercise, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic unctuous enema (anuvasana vasti), slimy enema (picchha vasti)	Day sleeping, suppression of natural urges, eating before digestion of previous food, excessive intake of food

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 11. BHAGANDARA (FISTULA IN ANO)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Apāmārga (Achyranthes aspera)	Kṣāra	Q.S. (for kṣāra sūtra)		B.P. Bhagan- dara Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Cirabilwādi kaṣāya	Kwātha	30 ml BD	Water	S.Y. Pr. P. Kaṣāya yoga
2.	Kāñcanāra Guggulu	Vatī	1 gm BD	Warm water/	S.S.Ma. K. 7 <sup>th</sup>

				Harītakī kaṣāya	chapter
3.	Śivā Guṭikā	Guṭikā	500 mg BD	Mudga yūṣa/ Water	Y.R. Bhagan- dara Cikitsā
4.	Triphalā Guggulu	Vatī	1 gm BD	Water	S.S.Ma. K.7 <sup>th</sup> chapter
5.	Jātyādi taila	Taila	Q.S. Ext. use	-	S.S.Ma. K.9 <sup>th</sup> chapter

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses	Green gram (mudga)	
Fruits & vegetables	Bathuā and other leafy vegetables	
Others	Light food	Heavy and cold food, unsuitable - incompatible food

Life style	Fasting, therapeutic emesis (Vamana), therapeutic purgation, (Virecana) bloodletting, non unctuous enema	Exercise, coitus, wrestling, riding, day sleeping, intake of food at improper time
------------	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 12. KĀMALĀ (JAUNDICE)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Guḍūci Kalka (Tinospora cordifolia)	Kalka	5 gm BD	Butter milk	B.P.N. Guḍūci varga
2.	Trvṛt (Operculina turpethum)	Cūrṇa	3 gm BD	sugar	S.S.Ut. 40/30.

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Triphalā swarasa (kwātha)	Kwātha	10 ml BD	Honey	S.S.Ma. K.1 <sup>st</sup> chapter

2.	Kumāryāsava	Āsava	20 ml BD	Equal Qty. of water after meals	S.S.Ma. K.10 <sup>th</sup> chapter 18-27
3.	Ārogyavardhani Guṭikā	Vatī	250 mg BD	Water/ honey	R.S, 20/ 106-112
4.	Kalyāṇaka Guḍa	Avaleha	12 gm BD	Water/ milk	A.H.K. 2/71
5.	Phalatrikādi Kwātha	Kwātha	30 ml BD	Water	B.R. Pāṇḍu roga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, barley	Fried and difficult to digest articles of food
Pulses	Pigeon pea (arahara), green gram (mudga), masūra	Peas(maṭara), black gram (uḍada)
Fruits & vegetables	Papaya, banana, potato, āmalaki, pomegranate,	

	grapes, añjīra, apple, paravala, mango, harītakī	
Others	Clarified butter from cow's milk, cow's milk, butter milk, Punarnavā, guḍūcī	Excessive use of oil and clarified butter, mustard oil, betel, spices, rāī, hiṅgu, sesame, heavy food
Life style	Therapeutic purgation (virecana), unction, rest	Therapeutic blood letting, smoking, therapeutic emesis (vamana), suppression of natural urges, sudation, sexual indulgence, day sleeping, sunlight exposure, physical exercise, anger, excessive walking, excessive intake of water

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 1. ŠIRAHŠŪLA (HEADACHE)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Apārmārga Taila (Achyranthes aspera)	Taila (Nasyā rtha)	2 drops BD	-	B. R. Śiroroga cikitsā
3.	Godantī (Gypsum) Bhasma	Bhasma	500 mg BD	With honey	R. T. 11/238

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Ṣadbīndu Taila	Taila Nasyārtha	3 drops BD	-	B. R. Śiroroga Cikitsā

2.	Śirahśūlādrivajra Rasa	Vatī	250 mg BD	Water/ Honey	B. R. Śiroroga Cikitsā
3.	Mahālakṣmīvilāsa Rasa	Vatī	125 mg BD	Water/ Honey	B. R. Śiroroga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat	Special variety of rice (kodrava, sāṁvaka)
Pulses	Black gram (uḍada)	Green gram (mudga), pigeon pea (arahara), peas (matar), chickpea (canā)
Fruits & vegetables	Paravala, brinjal, mango, pomegranate, phālasā, grapes, garlic, drum stick (śigru)	Jambo (jambū), bitter gourd (kāravellaka)
Others	Clarified butter, oil, milk, coconut water, sour vinegar (kāñjī), sesame	Betel nut, excessively heavy food substance
Life style	Massage on head, gentle	Excessive exercise, suppression

	pressing, rest	of natural urges, use of uneven bed, night awakening
--	----------------	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. PAKṢĀGHĀTA (PARALYSIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā (Pluchea lanceolata)	Kwātha	30 ml BD	Water	C.S.Su. 25/40
2.	Laśuna (Alium sativam)	Kalka	3 gm BD	Saindhava lavaṇa	B. P. Vātav- yādhi Ci.24/343

### B. Compound formulations

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

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

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

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

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

### 3. KAMPAVĀTA (PARKINSONISM)

#### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kapikacchu (Mucuna pruriens)	Cūrṇa	3 gm BD	Water	B. P. Vātav- yādhi Cikitsā
2.	Aśwagandhā (Withania somnifera)	Cūrṇa	3 gm BD	Water/ Milk	B. P. Vātav- yādhi Cikitsā

#### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mahāyogarāja	Vatī	500 mg	Water	B. P.

	Guggulu		BD		Vātav-yādhi Cikitsā
2.	Mahānārāyaṇa Taila	Taila	Q.S Ext. Appli cation		B. P. Vātav-yādhi Cikitsā
3.	Vṛhadvāta cintāmaṇī Rasa	Vatī	125 mg BD	Honey/ Milk/ Water	B. R. Vātav-yādhi Cikitsā
4.	Mahārāsnādi Kwātha	Kwātha	30 ml BD	Water	B. R. Vātav-yādhi Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (sāṁvaka, kodrava)
Pulses	Black gram (uḍada), kulattha	Peas (maṭara), chickpea (canā), pigeon pea (arahara), green gram (mudga)

Fruits & vegetables	Garlic, paravala, śigru, brinjal, pomegranate, mango, phālasā, jujube plum (badara, bera), grapes	Beans, lotus stem (kamalanāla), bitter gourd (kāravellaka), Jambo(jambū)
Others	Clarified butter, sesame oil, milk, sour vinegar (kāñjī), coconut water, nourishing (br̥̄mhaṇa), rejuvenation (rasāyana),	Betel nut, udumbara, alkaline substances (ksāriya padārtha), honey
Life style	Unction, sudation, exercise, water exercises (jalakrīḍā), gentle pressing (samvāhana), sleeping on the ground, bathing, sunlight exposure	Night awakening, sadness, suppression of natural urges, physical exercise, fasting

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 4. GRDHRASĪ (SCIATICA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Eraṇḍa Taila (Ricinus communis)	Taila (oral)	10 ml BD	Daśamūla Kwātha /Śuṇṭhi Kwātha	B. R. Āmavāta Cikitsā
2.	Śuṇṭhī Cūrṇa (Zingiber officinale)	Cūrṇa	3 gm BD	Hot water	B.P.N. Harītak- yādi varga

### B. Compound formulations

Sl. No.	Name of the formulation	Ousadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vatī	1 gm	Water	B. R.

			BD		Āmavāta Cikitsā
2.	Punarnavādi Guggulu	Vatī	1 gm BD	Water	B. R. Āmavāta Cikitsā
3.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Āmavāta Cikitsā
4.	Prasāraṇī taila	Taila	Q.S Ext. Appli cation	-	B. R. Āmavāta Cikitsā
5.	Rāsnāsaptaka Kwātha	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat,	Special variety of rice (kodrava, sāmvaka)
Pulses	Black gram (uḍada),	Chickpea (canā), peas

	kulattha	(maṭara), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Garlic, brinjal, paravala, drum stick (śigru), mango, pomegranate, phālasā, lemon, grapes	Bitter gourd (kāravellaka), lotus stem, jambū, beans, leafy vegetables (patraśāka), udumbara
Others	Milk, coconut water, sour vinegar (kañjī), tamarind (imalī), meat juice, clarified butter, oil	Betel nut, honey
Life style	Massage, sudation, therapeutic unctuous enema (anuvāsana vasti), therapeutic non unctuous enema (nirūha vasti), therapeutic purgation (virecana), gentle pressing (samvāhana), sleeping on the ground, saturation (santarpana), nourishing diet, sunlight exposure	Sadness (śoka), night awakening, fasting, physical exercise, suppression of natural urges, excessive walking

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. KĀSA (COUGH)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vāsā swarasa (Adhatoda vasica)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/8 Honey
2.	Ārdraka swarasa (Zingiber officinale)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/13
3.	Tulasī (Ocimum sanctum)	Swarasa	5 ml BD	Honey	C. S.Ci, 18/117
4.	Kaṇṭakārī kwātha (Solanum xanthocarpum)	Kwātha	20 ml BD	Pippalī <sup>†</sup> Cūrnā	C.D, 11/25

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Tālisādi Cūrṇa	Cūrṇa	3 gm BD	Honey	S.S.Ma. K,6/132-135
2.	Agastya harītakī rasāyana	Avaleha	12 gm BD	Water/ Milk	S.S.Ma. K, 8/32-37
3.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga Cikitsā
4.	Bṛhat kastūri bhairava rasa	Rasayoga	125 mg BD	Water	B.R. Jwara Cikitsā
5.	Trailokya cintāmaṇī rasa	Rasa Yoga	125 mg BD	Goat milk	B.R. Jwara Cikitsā
6.	Daśamūla katu trayādi kwātha	Kaṣāya	20 ml BD	Honey	S.Y. Pr. P. /171

7.	Dhanwantari Gutikā	Vatī	250 mg BD	Water	S. Y. Dwitiya Prakarana/ 65
8.	Khadirādi gutikā	Vatī	250 mg BD	Honey	B.R. Mukharoga Cikitsā
9.	Drāksāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	S.S.Ma. K 10/69- 72
10.	Babbūlāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	S.S.Ma. K,10/66- 68
11.	Elādi gutikā	Vatī	1 gm BD	Water	B.R. Rakta pitta Cikitsā
12.	Kaṇṭakāryāvaleha	Avaleha	12 gm BD	Water	S.S.Ma. K, 8/5-9
13.	Kaphaketu rasa	Vatī	250 mg BD	Ārdraka swarasa	B.R., Jwara Cikitsā

14.	Maricyādi guṭikā	Guṭikā	500 mg BD	Water	S.S.Ma. K 7/13- 15
15.	Kāsakuṭhāra Rasa	Vatī	250 mg BD	Honey	B.R. Kāsa Cikitsā

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

	<b>Pathya (Do's)</b>	<b>Apathya (Don'ts)</b>
Cereals	Old rice, wheat, special varieties of rice (kodrava, sāmvaka), barley	
Pulses	Soup of green gram (mudga)	
Fruits & vegetables	Bathuā, makoya, brinjal, paṭola, grapes	Potato and other tubers mustard leaf vegetable
Others	Light food, cow's milk, goat's milk, clarified butter, cardamom, garlic, luke warm water, harītaki, black pepper, dry ginger, long pepper, honey	Dust, smoke, cereals causing burning sensation and acidity with poor digestion (vidāhi anna), fish, contaminated / rotten food, contaminated water, cold

		food stuff, cold water, dry food
Life style	Day sleeping, sudation, therapeutic purgation (virecana), smoking, massage	Therapeutic enema (vasti), snuffing, therapeutic blood letting, physical exercise, suppression of natural urges

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. TAMAKA ŚWĀSA (BRONCHIAL ASTHMA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Ārdraka swarasa (Zingiber officinale)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/13
2.	Vāsā swarasa	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K, 1/8

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śrīngyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā

2.	Śwāsakuṭhāra Rasa	Vatī	250 mg BD	Ginger Juice	B.R. Hikkā Śwāsa Cikitsā
3.	Śwāsakāsa Cintāmaṇī	Vatī	125 mg BD	Honey	B.R. Hikkā Śwāsa Cikitsā
4.	Kanakāsava	Āsava	10 ml BD	Equal qty. of water after meals	B.R. Hikkā Śwāsa Cikitsā
5.	Bhārñgīgūḍa	Avaleha	12 gm BD	Water	B.P. Śwāsarogā dhikāra
6.	Daśamūla Kwātha	Kwātha	30 ml BD	-	B.R. Kāsa Cikitsā
7.	Śuṇṭhyādi Cūrṇa	Cūrṇa	3 gm BD	Hot water	S.S.Ma. K. 6/120
8.	Tālisādi Cūrṇa	Cūrṇa	3 gm BD	Honey	S.S.Ma. K.6/132- 135

9.	Vyoṣādi Vaṭī	Vaṭī	1 gm BD	Hot Water	S.S.Ma. K. 7/22- 23
10.	Kaṇṭakārī Avaleha	Avaleha	12 gm BD	Water	S.S.Ma. K. 8/5-9
11.	Vyāghrī Harītakī	Avaleha	12 gm BD	Water	B.R. Kāsa Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, ṣaṣṭhika rice	Maze (Makkā), chickpea flour (besana)
Pulses	Kulattha	Black gram (uḍada)
Fruits & vegetables	Bathuā, taṇḍulīyaka, garlic, harītakī, paṭola	Tuber vegetables like potato, sweat potato, mustard leaves, lady fingers etc.
Others	Goat milk, old clarified butter, honey, black pepper, dry ginger, long pepper, Luke warm water	Buffalo's milk, clarified butter, curd, fish, cold water

Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana), smoking, sudation, day sleeping	Exposure to cold, rainy and cold season, physical exercise suppression of natural urges, snuffing, therapeutic enema (vasti)
------------	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. PRATIŚYĀYA (RHINITIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śunṭhi (Zingiber officinale)	Cūrṇa	3 gm BD	Honey	D.V. Vol. II, P.V. Sharma, Page-333
2.	Marica (Piper nigrum)	Cūrṇa	3 gm BD	Curd and Jaggery	B.R. Nāsāroga Adhikāra

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga

					cikitsā
2.	Śr̥ngyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā
3.	Vyoṣādi Vaṭī	Vaṭī	1 gm, BD	-	S.S.Ma. K. 7/ 22-23
4.	Kaphaketu Rasa	Vaṭī	250 mg BD	Ārdraka swarasa	B.R. Jwara Cikitsā
5.	Lakṣmīvilāsa Rasa	Vaṭī	250 mg BD	Honey	B.R. Rājaya- kṣmā Cikitsā
6.	Anu Taila	Taila (Nasyā rtha)	2 drops	-	S.Y.Pa. P./5

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śālī rice	

Pulses	Kulattha, green gram (mudga)	
Fruits & vegetables	Paravala, drum stick (śigru), radish, garlic	
Others	Hot freshly prepared food, jaggery, powder of roasted cereals (sattu), harītakī, ṣadāṅgayūṣa, ṣadabindu taila, cyavanaprāśa	
Life style	Lightening, drinking of clarified butter (ghṛta), sudation, therapeutic emesis (vamana), snuffing (avapīḍana nasya)	Use of excessive cold water for drinking and bathing, excessive worry (atyadhika cintā), intake of alcohol, dry food, suppression of natural urges, day sleeping, sleeping on the ground.

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on  $\overline{\text{A}}\text{yurvedic}$  principles.

## 2. DUŠTA PRATIŚYĀYA (SINUSITIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vibhītakī (Trminalia belerica)	Cūrṇa	3 gm BD	Water	C.S.Su 27
2.	Marica (Piper nigrum)	Cūrṇa	2 gm BD	Guḍa (Jaggery)	B. R. Nāsāroga Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga Cikitsā

2.	Śr̥ngyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā
3.	Vyosādi Vatī	Vatī	1 gm BD	-	S.S.Ma. K. 7/22- 23
4.	Kaphaketu Rasa	Vatī	250 mg BD	Ārdraka swarasa	B.R. Jwara Cikitsā
5.	Lakṣmīvilāsa Rasa	Vatī	250 mg BD	Honey	B.R. Rājaya- kṣmā Cikitsā
6.	Anu Taila	Taila (Nasyā rtha)	2 drops BD	-	S.Y.Pa. P./5

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śālī rice	
Pulses	Kulattha, green gram	

	(mudga)	
Fruits & vegetables	Paravala, drum stick ( <i>śigru</i> ), radish, garlic	
Others	Citraka harītakī, jaggery, curd, black pepper	Intake of alcohol, dry food
Life style	Intake of warm water, therapeutic emesis ( <i>vamana</i> ), <i>śadabindu taila</i> , intake of luke warm water through nasal passage, smoking	Use of cold water for drinking and bathing, excessive thinking, suppression of natural urges, smoke, dust, day sleeping, sleeping on the ground.

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 1. KATIŚŪLA (BACKACHE)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā kwātha (Pluchea lanceolata)	Kwātha	30 ml BD	Water	C.S. Ci. 25/40
2.	Laśuna (Alium sativam)	Kalka	3 gm BD	Saindhava lavaṇa	B. R. Vātavyādhī <sup>1</sup> Cikitsā 24/343
3.	Eraṇḍamūla (Ricinus communis)	Kwātha	30 ml BD	Water	C.S.Ci. 25/40

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Daśamūla Kwātha	Kwātha	30 ml	Water	B. R.

			B.D		Vātavyādhi Cikitsā
2.	Mahārāsnādi Kwātha	Kwātha	30 ml B.D	Water	B. R. Āmavāta Cikitsā
3.	Mahāyogarāja Guggulu	Vatī	500 mg BD	Water	B. R. Vātavyādhi Cikitsā
4.	Trayodaśāñga Guggulu	Vatī	500 mg BD	Water	B. R. Vātavyādhi Cikitsā
5.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vātavyādhi Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sāṁvaka)
Pulses	Black gram (uḍada)	Peas (maṭara), Chickpea (canā), pigeon pea (arahara)

## 76 DISORDERS OF THE MUSCULOSKELETAL SYSTEM

Fruits & vegetables	Garlic, drum stick ( <i>śigru</i> ), paravala, brinjal, pomegranate, mango, <i>phālassā</i> , jujube plum (badara, bera), grapes	Jambo (jambū), bitter gourd (kāravellaka), lotus stem, cauliflower, lady finger
Others	Sesame, milk, sour vinegar (kāñjī), coconut water, clarified butter, oil, nourishing food (br̥mhaṇa)	Betel nut, excessively heavy food substance
Life style	Bathing with warm water, gentle pressing (samvāhana), sleeping on the ground, sunlight exposure	Excessive exercise, lifting heavy weight, suppression of natural urges, use of uneven bed

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. MANYĀ STAMBHA (CERVICAL SPONDYLOSIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Laśuna (Alium sativam)	Kalka	3 gm BD	Saindhava lavaṇa	B. P. Vātavyādhi Cikitsā 24/343

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Daśamūla Kwātha	Kwātha	30 ml B.D	Water	B. R. Vātavyādhi Cikitsā
2.	Rāsnādi Kwātha	Kwātha	30 ml B.D	Water	B. R. Vātavyādhi Cikitsā

3.	Mahānārayaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vātavyādhī Cikitsā
4.	Prasāraṇī Taila	Taila	Q.S Ext. Appln.	-	S.S.Ma. K./10
5.	Lākṣādi Guggulu	Vatī	500 mg B.D	Warm water	B. R. Vātavyādhī Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat	Special variety of rice (kodrava, sāṁvaka)
Pulses	Kulattha, black gram (uḍada)	Peas (maṭara), pigeon pea (arahara), chickpea (canā), green gram (mudga)
Fruits & vegetables	Garlic, pomegranate, mango, brinjal, paravala, śigru, phālasā, lemon, jujube plum (badara, bera), grapes	Cauliflower, lady finger, bitter gourd (kāravellaka), date, leafy vegetables (patraśāka), udumbara, lotus stem

Others	Clarified butter, oil, gokṣura, milk, coconut water, sour vinegar ( <i>kāñjī</i> ), cow's urine, tamarind ( <i>imalī</i> ), meat juice	Jambū, betel nut
Life style	Dry sudation ( <i>rukṣa svedana</i> ), snuffing, exercise, water exercises ( <i>jalakriḍā</i> ), gentle pressing ( <i>samvāhana</i> ), sleeping on the ground, bathing, saturation ( <i>santarpaṇa</i> ), sunlight exposure	Day sleeping, sleeping in improper posture ( <i>viṣama śayana</i> ), upward looking with backward bending of neck ( <i>ūrdhva dṛṣṭī</i> ), night awakening, suppression of natural urges, physical exercise, fasting, excessive walking ( <i>atyadhika caṅkramaṇa</i> )

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

### 3. ĀMAVĀTA (RHEUMATISM)

#### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śuṇṭhi Cūrṇa (Zingiber officinale)	Cūrṇa	3 gm BD	Kānji	B. R. Āmavāta Cikitsā
2.	Rāsnā kwātha (Pluchea lanceolata)	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā

#### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Simhanāda Guggulu	Vatī	500 mg BD	Hot water	B. R. Āmavāta Cikitsā

2.	Vaiśwānara Cūrṇa	Cūrṇa	3 gm BD	Hot water	B. R. Āmavāta Cikitsā
3.	Rāsnā saptaka Kwātha	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā
4.	Mahārasnādi Kwātha	Kwātha	30 ml BD	Water	S.S.Ma. K. 2/90- 96
5.	Āmavātāri Rasa	Vatī	250 mg BD	Water	B. R. Āmavāta Cikitsā
6.	Yogarāja Guggulu	Vatī	500 mg BD	Hot Water	B.R. Āmavāta Cikitsā,
7.	Citrakādi Vatī	Vatī	500 mg BD	Hot Water	S.Si. 15/ 97

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, red variety of śāli rice,	

Pulses	Kulathī	Black gram (uḍada)
Fruits & vegetables	Drum stick ((śigru), paravala, bitter gourd (kāravellaka))	-
Others	Dry ginger (śunṭhī), ginger (ārdraka), ajavāyana, fennel, black pepper, rock salt, hīngu, garlic, cumin, butter milk, Luke warm water, castor oil	Curd, fish, jaggery, milk, incompatible food, excessively heavy food (gariṣṭha bhojana)
Life style	Sudation, lightening, walking, light exercise, woolen cloths	Suppression of natural urges, night awakening, Tension (cintā), Sadness (śoka), Cloudy weather (megha āchchādita ākāśa), Eastern wind (pūrvī vāyu)

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 4. SANDHIVĀTA (OSTEOARTHRITIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā Cūrṇa (Pluchea lanceolata)	Cūrṇa	3 gm BD	Water	C.S.Ci28
2.	Rasona kalka (Allium sativum)	Kalka	3 gm BD	Tila taila (Sesamum oil)	B. R. Vātavyādhī <sup>1</sup> Cikitsā 24/343
3.	Gandha prasāriṇī (Paederia foetida)	Swarasa	10 ml BD	Taila	C.S.Ci.- 28

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vatī	500 mg	Luke	B. R.

## 84 DISORDERS OF THE MUSCULOSKELETAL SYSTEM

			BD	Warm water	Āmavāta Cikitsā
2.	Ajamodādi Cūrṇa	Cūrṇa	3 gm BD	Hot water	S.S.Ma. K. 6/53
3.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation		B. R. Vātav- yādhi Cikitsā
4.	Rāsnādi Guggulu	Vatī	500 mg BD	Daśamūla kwātha	Y. R. Vātavyādhi Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sāmvaka)
Pulses	Black gram (uḍada), kulattha	Peas (maṭara), chickpea (canā), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Paṭola, śigru, brinjal, garlic, pomegranate, mango, phālasā, lemon,	Bitter gourd (kāravellaka), lotus stem

	jujube plum (badara, bera), grapes	
Others	Clarified butter, oil, sesame, milk, coconut water, sour vinegar ( <i>kāñji</i> ), tamarind ( <i>imalī</i> )	Jambū, betel nut
Life style	Gentle pressing ( <i>samvāhana</i> ), sleeping on the ground, bathing, nourishing diet, sunlight exposure	Night awakening, suppression of natural urges, exertion, fasting, excessive walking, over eating

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 5. VĀTARAKTA (GOUT)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Guḍūci Kwātha	B.R. Vātarakta Cikitsā
2.	Guḍūci (Tinospora cordifolia)	Kwātha	30 ml BD	Water	V. M. 23/9
3.	Eraṇḍa (Ricinus communis)	Taila	QS	Milk	A.H.Ci. 21/11

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śivā Guṭikā	Vati	1 gm BD	Milk	A.H.Ut 49/193

2.	Amṛtādi Guggulu	Vatī	500 mg BD	Warm water	B. R. Vātarakta Cikitsā
3.	Kaiśora Guggulu	Vatī	500 mg BD	Mudga yūṣa	B. R. Vātarakta Cikitsā
4.	Amṛtādya Ghṛta	Ghṛta	10 gm BD	Luke warm water	C. D. Vātarakta Cikitsā
5.	Piṇḍa Taila	Taila	QS Ext. Appln.	-	A.H.Ut. Vātaśonita Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, wheat, śāli rice	-
Pulses	Pigeon pea (arahara), chickpea (canā), green gram (mudga), masūra	Kulathī, peas (maṭara)
Fruits & vegetables	Bathuā, white gourd melon (kūṣmāṇḍa), paṭola, makoya, śatāvarī	Radish

## 88 DISORDERS OF THE MUSCULOSKELETAL SYSTEM

Others	Clarified butter	Sour vinegar ( <i>kāñjī</i> ), curd, pungent, sour, heavy and hot food substances
Life style	Massage, sprinkling ( <i>pariṣeka</i> )	Day sleeping, sunlight exposure, physical exercise

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 1. VICARCIKĀ (ECZEMA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Khadira (Acacia catechu)	Sāra	500 mg BD	Water	C.S.Su. 25
2.	Somarājī <sup>†</sup> (Psoralia corylifolia)	Cūrṇa (Udvart ana)	Q.S. External appli cation	-	S.S.Ma. K. Kuṣ- ṭharoga cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mañjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	B.R. Kuṣṭha roga Cikitsā

2.	Rasamanikya Rasa	Rasa	125 mg BD	Honey	B.R. Kuṣṭha roga Cikitsā
3.	Amṛtabhallātaka	Avaleha	12 gm BD	Luke warm Milk	B.R. Kuṣṭha roga Cikitsā
4.	Tiktaka Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B.R. Kuṣṭha roga Cikitsā
5.	Somarājī Ghṛta	Ghṛta	10 gm BD	Luke warm water	B.R. Kuṣṭha roga Cikitsā
6.	Pañcatikta Ghṛta	Ghṛta	10 gm BD	Luke warm water	B.R. Kuṣṭha roga Cikitsā
7.	Bṛhat Maricyādya Taila	Taila	Q.S. (External appln.)	-	B.R. Kuṣṭha roga Cikitsā

8.	Tiktaṣatpala Ghṛta	Ghṛta	10 gm BD	Luke warm water	Y.R. Kuṣṭha Cikitsā
9.	Mahākhadirādi Ghṛta	Ghṛta	10 gm BD	Luke warm water	Y.R. Kuṣṭha Cikitsā

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

	<b>Pathya (Do's)</b>	<b>Apathya (Don'ts)</b>
Cereals	Wheat, barley	Newly harvested cereals (navānna)
Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	Khadira, āmalaki, paṭola, bitter gourd (kāravellaka), garlic, pomegranate, phālassā	Radish, lisora, makoya
Others	Honey, light food, bitter dietary substances, old clarified butter, nimba, haridrā	Incompatible food (viruddh āhāra), curd, sesame, salt, food with heavy, unctuous cold and acidic properties,

		food causing burning sensation and obstructing the channels (vidāhī, abhiṣyandī padārtha), milk, jaggery
Life style	Mild exercise (alpa vyāyāma), bathing, massage with maricyādi taila, arka taila, mustard oil	Day sleeping, suppression of natural urges, excessive physical exercise

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. KACCHŪ (SCABIES)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śirīṣa Twak (Albizzia lebbeck)	Swarasa/ Kwātha	Q. S. Ext. Appln.	-	C.S.Ci. 7/96
2.	Kākamācī <sup>1</sup> (Solanum Indicum)	Swarasa	Q. S. Ext. Appln.	-	C.S.Ci. 7/96
3.	Śuddha gandhaka (Sulphur)	Cūrṇa	500 mg BD	Honey/ Milk	Rm. 2/18

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī Taila	Taila	Q.S Ext.	-	B. R. Kuṣṭha

			Appln.		Cikitsā
2.	Haridrā khaṇḍa	Pāka	3 gm BD	Mañjis ṭhādi kwātha	B. R. Śītapitta Cikitsā
3.	Tuvaraka Taila	Taila	Q.S Ext. Appln.	-	S.S.Ci. 13/20-23
4.	Rasamāṇikya Rasa	Rasa	125 mg BD	Honey	B. R. Kuṣṭha Cikitsā
5.	Nimbādi Cūrṇa	Cūrṇa	3 gm BD	Guḍūci Kwātha	B. R. Vātarakata Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old barley, wheat, rice	
Pulses	Green gram (mudga), pigeon pea (arahara), masūra	Black gram (uḍada)
Fruits & vegetables	Cucumber (khīrā), paṭola, kākamāci, garlic	Radish

Others	Bitter dietary substances, old ghee, mustard oil, sesame oil, nimba oil, cow's urine	Sour and heavy substance, newly harvested cereals, milk, curd, sugarcane product, jaggery etc.
--------	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

### 3. KANḌŪ (PRURITIS)

#### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Karañja (Pongamia pinnata)	Taila	Q.S Ext. Appln.	-	S.S.Ci.9/ 20
2.	Śuddha Gandhaka (Sulphur)	Cūrṇa	500 mg BD	Honey/ Milk	Rm. 2/18

#### B. Compound formulations

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

2.	Haridrā khaṇḍa	Pāka	3 gm BD	Mānjiṣṭhādi kwāṭha	B. R. Udard- Śītapitta Cikitsā
3.	Rasamāṇikya	Rasa	125 mg BD	Honey	B. R. Kuṣṭha Cikitsā
4.	Amṛtabhallātaka Ghr̥ta	Ghr̥ta	10 gm BD	Milk/ Warm water	B. R. Kuṣṭha Cikitsā
5.	Ārogyavardhaniī Vatī	Vatī	250 mg BD	Honey	R. S. 20/106- 108
6.	Mañjiṣṭhādi kwāṭha	Kwāṭha	30 ml BD	Water	S.S.Ma. K. 2/

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

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

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

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 4. KITIBHA (PSORIASIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrā (Curcuma longa)	Cūrṇa	1 gm BD	Water	B. P. Kuṣṭha Cikitsā Prakarāṇa
2.	Khadira (Acacia catechu)	Cūrṇa	3 gm BD	Water	B. P. Kuṣṭha Cikitsā Prakarāṇa

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mañjīṣṭhādi Kwātha	Kwātha	30 ml	Water	B. R.

			BD		Kuṣṭha Cikitsa
2.	Rasamāṇikya Rasa	Rasa	125 mg BD	Honey	B. R. Kuṣṭha Cikitsā
3.	Amṛtabhallātaka	Avaleha	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
4.	Tiktaka Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
5.	Somarājī Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
6.	Pañcatikta Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
7.	Bṛhat Maricyādya Taila	Taila	Q. S. (Extn. Appln.)	-	B. R. Kuṣṭha Cikitsā
8.	Tiktaṣatpala Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā

9.	Mahākhadirādi Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
10.	Kāsamardādi lepa	Lepa	Q. S. Ext. Appln.	-	Y. R. Kuṣṭha Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navānna)
Pulses	Green gram (mudga), masūra	-
Fruits & vegetables	Nimba, haridrā, paṭola, bitter gourd (kāravellaka), garlic, pomegranate, nutmeg (jāyaphala), phālasā	
Others	Use of mahāmaricyādi taila, dry and bitter taste food substances, khadira, dry ginger	Incompatible food (viruddha āhāra), food with heavy, cold and unctuous properties, food causing burning

	(śuṇṭhi), black pepper, long pepper, old clarified butter, honey	sensation and obstructing the channels, curd, fish sesame, salt, sour substance, black gram(uḍada), jaggery, lisora, makoya, milk
Life style	Bathing, light exercise (alpa vyāyāma), massage	Day sleeping, suppression of natural urges, mental stress, excessive exercise

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 5. ŠITĀ PITTA (URTICARIA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrā (Curcuma longa)	Cūrṇa	1 gm BD	Water	B. P. Kuṣṭha Cikitsā
2.	Āmalaki (Phyllanthus emblica)	Cūrṇa	3 gm BD	Guḍa	B. P. Kuṣṭha Cikitsā
3.	Nimba Patra Cūrṇa (Azadirachta indica)	Cūrṇa	3 gm BD	Water	D. N.

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrākhanḍa	Cūrṇa	3 gm BD	Hotwater	B. R. Śitapit-

					todar dakoṭha Cikitsā
2.	Kaiśora Guggulu	Vatī	500 mg BD	Hot water	Y. R. Kuṣṭha Cikitsā
3.	Māṇikya Rasa	Vatī	125 mg BD	Ghee & Honey	B. R. Śītapit- todar dakoṭha Cikitsā
4.	Manjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	B. R. Śītapit- todar dakoṭha Cikitsā
5.	Pañcanimba Cūrṇa	Cūrṇa	3 gm BD	Ghee & Honey	B. R. Śītapit- todar dakoṭha Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice	-

Pulses	Green gram (mudga), kulathī	-
Fruits & vegetables	Bitter gourd (kāravell-aka), drum stick (śigru), pomegranate, Indian spinach (upodikā), dried radish	-
Others	Honey, curd, mustard oil	Sugarcane products, alcohol intake, use of sour food stuffs, incompatible food, fish
Life style	Fasting/ lightening, massage	Suppression of vomiting, air exposure, day sleeping, bathing, sunlight exposure.

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 6. ŚWITRA (VITILIGO)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī (Psoralia corylifolia)	Cūrṇa	3 gm BD	Sesame seed powder	B.R. Kuṣṭha roga Cikitsā
2.	Kakodumbara (Ficus hispida)	Cūrṇa (Twak)	3 gm BD	Water	B.P. Kuṣṭha roga Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī Taila	Taila	Q. S. (Ext.)	-	B. R. Kuṣṭha

			appln.)		Cikitsā
2.	Maricyādi Taila	Taila	Q. S. (Ext. appln.)	-	S.S.Ma K.9/ 149-152
3.	Jyotiṣmatī Taila	Taila	Q. S. (Ext. appln.)	-	Y.R. Kuṣṭha Cikitsā,
4.	Avalgujādi lepa	Lepa	Q. S. (Ext.appln)	-	A.H. Ci. 20/13
5.	Āragwadhādi Taila	Taila	Q. S. (Ext. appln.)	-	B.R. Kuṣṭha Cikitsā
6.	Amṛtādi Guggulu	Vatī	500 mg BD	Warm water	B.R. Kuṣṭha Cikitsā
7.	Mañjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	S.S.Ma K.- 2

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	

Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	Nimba, haridrā, āmalaki, khadira, paṭola, bitter gourd (kāravellaka), honey, garlic, torai, pomegranate, jāyaphala, phālasā	Radish, lisora
Others	Light food, Food having bitter taste predominantly, old clarified butter	Incompatible food (viruddha āhāra e.g. milk+ fish), fresh cereals, heavy, cold, oily diets, food causing burning sensation and acidity with poor digestion and obstructing channels, curd, sesame, salt, sour, jaggery, alcohol, milk
Life style	Bathing, massage, exposure to sunlight	Day sleeping, suppression of natural urges, mental stress

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on *Āyurvedic* principles.

## 7. YUVĀNA PIDIKĀ (ACNE VULGARIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śālmalī Kanṭtaka (Bombax ceiba)	Lepa	Q. S. (Ext. appln.)	-	C. D. Kuṣṭha Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Lodhrādi Lepa	Lepa	Q. S. (Ext. appln.)	-	B. R. Kuṣṭha roga Cikitsā
2.	Gorocanādi Lepa	Lepa	Q. S. (Ext. appln.)	-	B. R. Kuṣṭha roga Cikitsā

3.	Raktacandanādi Lepa	Lepa	Q. S. (Ext. appln.)	-	B. R. Kuṣṭha roga Cikitsā
4.	Kuñkumādi Taila	Taila	Q. S. (Ext. appln.)	-	Y. R. Kuṣṭha roga Adhikāra
5.	Pañcanimbādi Cūrṇa	Cūrṇa	3 gm BD	Water	B. R. Kuṣṭha roga Cikitsā
6.	Pañcatikta Guggulu Ghr̥ta	Ghr̥ta	10 gm BD	Warm water	A. H. Ci. 21/ 57-60

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

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

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

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 8. KHĀLITYA (ALOPECIA AREATA/ BALDNESS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bhr̥ñgarāja swarasa (Eclipta alba)	Swarasa	Q. S.	-	B. R. Kṣudrarog ādhikāra
2.	Guñjā kalka (Abrus precatorius)	Kalka lepa	Q.S (Ext. appln.)	-	B. R. Kṣudrarog ādhikāra

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bhr̥ñgarāja Taila	Taila	Q.S. Ext. Appli cation	-	B. R. kṣudrarog ādhikāra

2.	Candanādi Taila	Taila	Q.S. Ext. Applic ation	-	C.D. Kṣudraro gādhikāra 54/102- 104
3.	Nīlīkādya Taila	Taila	Q. S. Ext. appln.)	-	S.S.Ma. K. 10 / 157-160
4.	Pañcanimbādi Cūrṇa	Cūrṇa	3 gm BD	Water	B. R. Kuṣṭharog ādhikāra

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

	Pathya (Do's)	Apathya (Don'ts)
Others	Triphalā, bhṛṅgarāja, honey, black pepper, sesame oil	Food causing burning sensation, alcohol
Life style	Unction, sudation, therapeutic blood letting, external application of medicinal paste (pralepa), massage, massage on head, snuffing	Smoking

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. MADHUMEHA (DIABETES MELLITUS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Guḍūci swarasa (Tinospora cordifolia)	Swarasa	10 ml BD	Honey	A. H.Ci. 12/6
2.	Āmalaki Cūrṇa ( Phyllanthus emblica)	Cūrṇa	6 gm BD	Honey	A.H.Ut. 40/48
3.	Kārvellaka Phala Cūrṇa (Momordia charantia)	Cūrṇa	3 gm BD	Water	D.V. (PV Sharma) vol.II, page-685

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Niśāmalakī vatī	Vatī	500 mg TDS	Triphala Kaṣāya	A. H. Prameha Cikitsā
2.	Bṛhat vañgeśwara Rasa	Rasayoga	125 mg BD	Ajādugdha/ Godugdha	B. R. Prameha Cikitsā
3.	Candraprabhāvatī	Vatī	500 mg BD	Water/ Milk	S.S.Ma. K.
4.	Devadārvāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Prameha Cikitsā
5.	Śilājitwādi lauha	Lauha	500 mg BD	Honey/ Milk	B. R. Prameha Cikitsā
6.	Vasanta kusumākara Rasa	Rasayoga	125 mg BD	Honey	R. S. Rasāyana Vājikarana Adhikāra

7.	Lodhrāsava	Āsava	20 ml BD	Equal qty. of water after meals	A.H. Ci. 10/39-42
----	------------	-------	-------------	---------------------------------------	----------------------

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, special variety of rice ( <i>sāmvaka</i> , <i>kodrava</i> ), wheat	Freshly harvested grains, rice
Pulses	Green gram (mudga), kulattha, pigeon pea (arahara), alasi, chickpea (canā)	Black gram (uḍada)
Fruits & vegetables	Paṭola, bitter gourd ( <i>kāravellaka</i> ), āmalaki, haridrā, kapittha, black pepper	
Others	Honey, betel nut, rock salt	Milk, curd, butter milk, clarified butter, oil, jaggery, alcohol, sugarcane products, betel, eating before digestion of previous food, incompatible food

Life style	Walking, playing, physical exercise, bathing	Day sleeping, sudation, smoking, suppression of natural urges, therapeutic blood letting, riding, walking
------------	--	---

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. STHAULYA (OBESITY)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śuddha Śilājatu (Black Bitumen)	-	500 mg BD	Hot Water	C.D. Sthaulya Cikitsā, 6-9
2.	Vijayasāra (Terminalia tomentosa)	Kwātha	20 ml BD	Honey	N. A. Palaśādi Varga, Pg-384

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Varuṇādi kwātha	Kwātha	30 ml BD	Honey	S.S.Ma. K.

2.	Navaka guggulu	Vatī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra,35 14
3.	Amṛtādi guggulu	Vatī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra, 35/12-13
4.	Trikaṭu Cūrṇa	Cūrṇa	2 gm BD	Honey/ Hotwater	B.R. Paribhāṣā Prakarana -16
5.	Rasa Sindūra	Vatī	125 mg BD	Honey	R.T. Taranga 6, 162-167
6.	Lodhrāsava	Āsava	20 ml BD	Equal qty. of water after meals	A.H.Ci 10/39-42

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice, sāṃvaka, kodrava, bājarā, maze (makkā), barley	Newly harvested śālī rice, wheat

Pulses	Chickpea (canā), pigeon pea (arahara), green gram (mudga), kulattha	Black gram (uḍada)
Fruits & vegetables	Brinjal, paravala, drum stick (śigru)	Potato
Others	Butter milk, cardamom, āmalaki, mustard oil, luke warm water, priyaṅgu, guggulu, lauha bhasma, śilājatu, intake of water before meal, food substances with pungent, bitter and astringent taste	Milk, curd, meet, fish, clarified butter, jaggery, intake of water after meal
Life style	Physical exercise, night awakening, worry, massage with medicated paste/powder (udvartana), lightening, sunlight exposure, walking, desaturation (apatarpana), exercise, Bathing with luke warm water	Bathing with cold water, day sleeping, luxurious lifestyle, oil massage

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. MŪTRĀŚMARĪ (RENAL/URETERIC CALCULUS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Gokṣura bīja Cūrṇa (Tribulus terrestris)	Cūrṇa	3 gm BD	Honey	N.A., Part-I Page 212
2.	Kulattha (Dolichos biflorus)	Cūrṇa	3 gm BD	Takra	A. S. Su. 7
3.	Varūṇa Mūla kwāṭha (Crataeva nurvala)	Kwāṭha	30 ml BD	Water	N.A., Part-I Page 96

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Gokṣurādi guggulu	Vatī	500 mg BD	Mustā kwāṭha/	AFI, Part-I/

				Uṣīra kwātha	5.3
2.	Candraprabhā Vatī	Vatī	500 mg BD	Water, Milk	S.S.Ma. K. 7 <sup>th</sup> chapter
3.	Varūṇādi Kwātha	Kwātha	30 ml BD	Water	C.D. 34/ 29
4.	Śweta Parpaṭī	Parpaṭī	250 mg BD	Butter Milk	S.Y.S Aśmari- Mūtrakṛ- cchra Adhikāra

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, barley	-
Pulses	Kulattha, green gram (mudga)	Black gram (uḍada)
Fruits & vegetables	White gourd melon (kūṣmāṇḍa), ginger (ārdraka), leafy vegetables	Brinjal, tomato, spinach

	(patraśāka), drum stick (śigru)	
Others		Incompatible, acidic, constipating, heavy and distending items of food
Life style	Unction, sudation, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti)	Suppression of natural urges, lack of exercise

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. AŚTHĀLĀ (BPH)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Gokṣura bīja (Tribulus terrestris)	Cūrṇa	3 gm BD	Honey	S.S.Ci 26/62

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Candraprabhāvatī	Vatī	500 mg BD	Water, Milk	S.S.Ma. K. 7 <sup>th</sup> chapter
2.	Rohitakāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B.R. Plīhā yakṛt rogādhi kāra

3.	Gokṣurādi guggulu	Vatī	500 mg BD	Mustā kwātha, Uśīra kwātha	AFI, Part-I/ 5.3
----	-------------------	------	--------------	-------------------------------------	------------------------

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, special variety of rice ( <i>sāṁvaka</i> )	Newly harvested cereals
Pulses	Green gram soup (mudga), kulattha	Black gram ( <i>uḍada</i> )
Fruits & vegetables	Garlic, fruit and leaf of śigru, bitter gourd ( <i>kāravellaka</i> ), patolapatra, leaf of punarnava	-
Others	Ghee, oil	Salty, pungent and acidic food substances, refined powder of cereals and pulses, sesame, jaggery, curd

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 2. KAŚTĀRTAVA (DYSMENORRHOEA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kāśisa Bhasma (ferrous sulphate)	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Kārpāsa kwātha (Gossypiuia herbaceum/Carpus luteum)	Kwātha	30 BD	Water	B. P. Yonirogā dhikāra
3.	Kumārī Ghanasāra (Aloe barbadensis)	Rasakriya	500 mg BD	Warm water	B. P.

### B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kumāryāsava	Āsava	20 ml	With equal	S.S.Ma.

			BD	Qty. of water after mealy	K.10/ 18-27
2.	Jīrakādyarışṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Sūtikā roga Cikitsā
3.	Rajahpravartanī vaṭī	Vatī	250 mg BD	Tila kwātha, kulattha kwātha	B. R. Strīroga Cikitsā
4.	Naṣṭapuṣpāntaka rasa	Vatī	250 mg BD	Tila kwātha mixed with guḍa	B. R. Yoniroga Cikitsā
5.	Phalakalyāṇaka Ghṛta	Ghṛta	10 gm BD	Luke warm Milk, sitā	B. R.
6..	Saptasāra Kaṣāya	Kwātha	30 ml BD	Water	S.Y.Pr. P.

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

	<b>Pathya (Do's)</b>	<b>Apathya (Don'ts)</b>
Cereals	Barley	
Others	Garlic, milk, meat juice, oil, long pepper, lauha bhasma, abhayāriṣṭa, balātaila	Māṇḍa, diets and life style causing aggravation of Vāta dosa
Life style	Unction, sudation, therapeutic enema (vasti)	-

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

### 3. ŠVETA PRADARA (LEUCORRHoeA)

#### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Taṇḍulīyaka Swarasa (Amaranthus tricolour)	Swarasa	20 ml BD	Honey	N.A. part-II pg.317
2.	Rohitaka mūla (Tecomella undulata)	Cūrṇa	3 gm BD	Rice water	N. A. part -II pg.189
3.	Lodhra Twak (Symplocos Racemosa)	Cūrṇa	3 gm BD	Water	N. A. part-I pg.824
4.	Vañga Bhasma	Bhasma	125 mg BD	Honey	A. F. I. Part-I/ 18:15

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Drākṣādi Cūrṇa	Cūrṇa	3 gm BD	Honey	A. F. I. Part-I / 7-16
2.	Candrakalārasa	Rasa Yoga	250 mg BD	Water	B. R. Mūtrakṛ <sup>c</sup> chra Cikitsā
3.	Aśokāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	B. R. Pradara roga Cikitsā
4.	Patrāṅgāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pradara roga Cikitsā

5.	Puṣyānuga Cūrṇa	Cūrṇa	3 gm BD	Tanḍulo daka	C. D. Asṛgdara Cikitsā 61/13-18
----	-----------------	-------	------------	-----------------	--

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, old rice	
Pulses	Masūra, chickpea (canā)	Black gram (uḍada)
Fruits & vegetables	Paravala, bathuā, chaulāī, spinach, bottle gourd (lauki), papaya, apple, pomegranate, grapes, banana, āmalakī, dry dates (chuārā), ginger (ārdraka), coriander	Onion, garlic, brinjal
Others	Cow's milk, goat's milk, fresh buffalo's ghee, cold substance	Alcohol, pickle, vinegar, sour curd, sour substance, oil, jiggery, spicy food
Life style		Day sleeping, night awakening, excessive exercise, fasting, eating

		before indigestion of previous food, walking in sunlight, sadness, excessive sexual indulgence
--	--	--

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 4. RAKTAPRADARA (DYSFUNCTIONAL UTERINE BLEEDING)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Āmalaki Cūrṇa (Phyllanthus emblica)	Cūrṇa	3 gm BD	Sitā, madhu	N. A. part -II pg.408
2.	Dhātaki Cūrṇa (Woodfordia fruticosa)	Cūrṇa	3 gm BD	Madhu	C. D. Asṛgdara Cikitsā 61/3.
3.	Aśoka valkala kṣīrapāka (Saraca indica)	Kṣīra pāka	30 ml BD	-	C. D. Asṛgdara Cikitsā 61/5
4.	Udumbara Swarasa (Ficus hispida)	Swarasa	10 ml BD	Honey	N. A. part -II pg.491

## B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Aśokariṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Pradara roga Cikitsā
2.	Patrāṅgāsava	Āsava	20 ml BD	Equal qty. of water after meals	B. R. Pradara roga Cikitsā
3.	Lodhrāsava	Āsava	20 ml BD	- do-	A.H.Ci. 12/24-26
4.	Puṣyānuga Cūrṇa	Cūrṇa	3 gm BD	Tandūlo daka	B. R. Pradara roga Cikitsā
5.	Pradarāntaka lauha	Vatī	500 mg BD	Durvā swarasa	B. R. Pradara roga Cikitsā

6.	Pradarāri lauha	Lauha	500 mg BD	Kuśamūla Kwātha	B. R. Pradara roga Cikitsā
7.	Aśoka ghr̥ta	Ghr̥ta	10 gm BD	Uṣṇo daka	B. R. Pradara roga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	śāli rice	
Fruits & vegetables	Paṭola, lisora, pomegranate, āmalaki	
Others	Milk, honey, clarified butter (ghr̥ta) processed with nyagrodhādi gaṇa	

#### Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Ayurvedic principles.

## 1. PĀNDU ROGA (ANAEMIA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kāsīsa Bhasma	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Drākṣā <sup>1</sup> (Vitis vinifera)	Ghr̥ta	10 gm BD	Warm water	N. A. Part-I, Pg-301
3.	Maṇḍūra Bhasma (Iron slag/Metallic oxide cum- Silicate of Iron)	Bhasma	250 mg BD	Triphalā kwātha, honey,	R. T. 20/126
4.	Swarnamāksika Bhasma (Copper pyrite)	Bhasma	250 mg BD	Honey	R. T. 21/4
5.	Harītakī <sup>2</sup> (Terminalia chebula)	Cūrṇa	3 gm BD	Jaggery	B. R. Pāndu roga Cikitsā

## B. Compound formulations

Sl. No.	Name of the formulation	Ausadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Dhātri Lauha	Lauha	500 mg BD	Honey, Ghee	B. R. Pāṇḍu roga Cikitsā
2.	Punarnavādi maṇḍūra	Maṇḍūra	500 mg BD	Butter milk, water	B. R. Pāṇḍu roga Cikitsā
3.	Lohāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pāṇḍu roga Cikitsā
4.	Maṇḍūra vāṭaka	Vāṭaka	500 mg BD	Butter milk/ honey	A. H.Ci. 16/16-18
5.	Drāksāvaleha	Avaleha	12 gm BD	Luke warm water	A.H. Ci. 16/29-30

6.	Navāyasa Lauha	Lauha	500 mg BD	Madhu	C. D. Pāñdu rogā dhikāra 8/8-11
7.	Lohāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pāñdu rogā Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, śāli rice	
Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	White gourd melon (kūśmāñḍa), paṭola, haridrā, spinach, Taṇḍulīyaka, methī, carrot, banana, garlic	Beans
Others	Honey, clarified butter, butter milk, harītaki,	Sour substance, sesame, hiṅgu, betel, mustard,

	Dry ginger ( <i>śunṭhī</i> ), āmalaki	alcohol, fish, excessive intake of water
Life style	Mild purgation (mrdu virecana)	Sunlight exposure, smoking, day sleeping, suppression of natural urges, exercise, tension (cintā), anger

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathy may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

## 2. ŚLĪPADA (FILARIASIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śweta- arka mūla (Calotropis procera)	Lepa	QS, Ext. Appln.	-	B. R. Ślīpada Cikitsā
2.	Guḍūci Swarasa (Tinospora cordifolia)	Swarasa	10 ml BD	Katu taila 5 ml	B. R. Ślīpada Cikitsā
3.	Śākhoṭaka (Streblus aspera)	Kwātha	30 ml BD	Cow's urine	S.S.Ma. K.2/127

### B. Compound formulations

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

			BD	water	Vraṇa śotha Cikitsā
2.	Nityānanda Rasa	Vatī	250 mg BD	Water/ Gomūtra	B. R. Ślīpada Cikitsā
3.	Pañcānana Ghrta	Ghrta	10 gm BD	Warm water	B. R. Ślīpada Cikitsā
4.	Ślīpadagajakeśari	Vatī	250 mg BD	Warm water	B. R. Ślīpada Cikitsā

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

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

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

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathyā may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.