

**CLASSICAL AYURVEDIC PRESCRIPTIONS
FOR
COMMON DISEASES**

**(ONLY FOR REGISTERED AYURVEDIC MEDICAL
PRACTITIONERS)**



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA

Department of AYUSH, Ministry of Health & Family Welfare
Government of India, J.L.N.B.C.E.H. Anusandhan Bhavan, 61-65
Institutional Area, Opp. D-Block, Janakpuri, New Delhi - 110 058

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PREFACE

Āyurveda -literally meaning the science of life is a comprehensive system of health care based on mainly experiential knowledge which passed from family to family or from teacher to student. The glimpses of therapeutic measures mentioned in Veda were expanded in Ayurveda with eight specialities. The knowledge expanded further with lying down of fundamentals and concepts of Āyurveda and systematization in classical texts like *Caraka Saṃhitā*, *Suśruta Saṃhitā* and *Aṣṭāṅga Saṅgraha*. Present form of Āyurveda is the outcome of continued scientific inputs that have gone in to the evolution of its principles, theories and guidelines of healthy living and disease management; this reflects the pragmatic aspect of Āyurveda.

Āyurveda attributes primary importance to preventive medicine and the maintenance of positive health. The major preventive approaches for maintaining and improving the quality of life include individualized specific daily regimen (*Dinacaryā*), seasonal regimen (*Ṛtucaryā*), behavioural and ethical consideration (*Sadvṛtta*). Healthy lifestyle is emphasized as the determinant of longevity of life, which by and large depends on the *Prakṛti* (bio-identity i.e. body -mind constitution) of an individual. Proper understanding of *Prakṛti* leads the physician in making right diagnosis, prognosis and treatment plan and in guiding patients as well as disease-free individuals what do's and don'ts need to follow for restoration and maintenance of health.

The therapeutic streams advocated in Āyurveda Comprise *Daivavyapāśraya Cikitsā* (Spiritual measure), *Yuktivyapāśhraya Cikitsā* (Pharmacological therapies) and *Satvāvajaya* (Non-pharmacological

Psychotherapies). The treatment plan is worked out on the basis of underlying morbidity keeping in mind the strength of the disease and the tolerability of the patient. Four - pronged treatment plan consisting of avoidance of causative and precipitating factors of disease (*Nidāna Parivarjana*), bio-purification (*Samśodhana*), use of palliative remedies (*Samśamana*) and health-promoting regimen (*Pathyavyavasthā*) is the hall mark of Āyurvedic therapeutics recommended for physicians to prescribe. Specific diet and lifestyle guidelines are always prescribed along with the drugs and therapies so as to facilitate restoration of bio-humoral balance and health status. Āyurveda believes in system biology holistic approach.

About 65% of population in India is reported to use Āyurveda and medicinal plants to help meet their health care needs. Besides, synergy of ingredient in conjunction with individualized *Prakṛti*-based treatment plan forms the basis of efficacy and safety of Āyurvedic formulations. Specific guidelines are prescribed for the use of certain apparently toxic medicinal plants with certain detoxification processing in limited prescribed dose which also enhances the bioavailability and efficacy of the final product.

During ancient period, the requisite drugs and prescription have been directly delivered by family physician manufactured by themselves from time to time. In the current scenario the practice of Āyurveda is mainly based on classical as well as proprietary drugs and formulation being manufactured by numerous pharmaceutical companies across the country. Diverse prescription practices are prevalent in different corners of the country based on the leads from text, experience of the physician and practices in vogue among different communities. This has drawn the

attention of the upcoming Āyurvedic practitioners to have a concise hand book for ready reference in their day-to - day clinical practices.

This hand book enriched with multiple prescription option from classical texts, which are freely available in the market being manufactured by various companies and easily adopted by general practitioners in rural and urban India.

It is hoped that this document will serve as a ready reference hand book for Āyurvedic physicians, academicians, interneers for sustainable utilization of merits and wisdom of Āyurveda to deliver better health care services.

New Delhi

Date: 25/02/2010



(Prof. G.S Lavekar)

Director General

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ABBREVIATION

Y.R.	:	Yoga Ratnākara
B.R	:	Bhaiṣajya Ratnāvalī
C.S. Su.	:	Caraka Saṃhitā Sūtrasthāna
S.S.Ma.K	:	Śārṅgadhara, Madhyama khaṇḍa
B.P.	:	Bhāvaprakāśa
S.Y.	:	Sahasra Yoga
C. S.Ci.	:	Caraka Saṃhitā Cikitsā Sthāna
B.P.N.	:	Bhāvaprakāśa Nighaṇṭū
S.Y.Pr.P.	:	Sahasra Yoga, Prathama Prakaraṇa
S.S.Ut.	:	Suśruta Saṃhitā, Uttara Taṇṭra
R.S.	:	Rasaratna Samuccaya
A.H.K.	:	Aṣṭāṅga Hṛdaya, Kalpasthāna
A.H.U.	:	Aṣṭāṅga Hṛdaya Uttarataṇṭra
C.D.	:	Cakradatta
N.A.	:	Nighaṇṭū Ādarśa
A.S.Su.	:	Aṣṭāṅga Saṅgraha, Sūtrasthāna
A.F.I.	:	Ayurvedic Formulary of India
S.Y.S.	:	Siddha Yoga Saṅgraha
S.S.Ci.	:	Suśruta Saṃhitā Cikitsā
A.H.Ci	:	Aṣṭāṅga Hṛdaya, Cikitsāsthāna

D.V.	:	Dravyaguṇa Vijñāna
R.S.S.	:	Rasendra Sāra Saṅgraha
R.T.	:	Rasa Taraṅginī
S.Y.P.P.	:	Sahasra Yoga, Pañcama Prakaraṇa
D.N.	:	Dhanvantari Nighaṇṭu
V.M.	:	Vṛnda Mādhava
Rm.	:	Rasāmṛta
S.B.M.	:	Siddha Bheṣaja Maṇimālā
G.N.	:	Gada Nigraha
Q.S.	:	Quantity Sufficient
C.S.S.	:	Caraka Saṃhitā Siddhisthāna
B.N.R.	:	Bṛhat Nighaṇṭu Ratnākara
B.D.	:	Twice a day (Bis die)
T.D.S.	:	Three times a day (Ter die sumendus)

GENERAL INSTRUCTIONS

Measurements

5 gm = 1 Tea spoon full

5 ml = 1 Tea spoon full

The dose given in the booklet is for adult. For children $\frac{1}{2}$ or $\frac{1}{4}$ of this adult dose may be used.

The dosage may be adjusted with little alterations according to the tolerance and desire.

These preparations may be used regularly for many days. But in case of any discomfort drug should be stopped immediately.

Decoction should be prepared by boiling crushed/ coarsely powdered drug in four parts of water and reducing to one fourth.

Juice should be prepared by crushing/ grinding in mixi the fresh drug with little water if required and the juice should be expressed through a clean cloth.

Paste should be prepared by crushing/ grinding the drug very finely with desired liquid if required.

In general too spicy, salty, chily, sour, preserved items fried food, heavy, indigestible, too cold & hot, stale food and the food that do not suit the health should be avoided.

Irregular food habit, sleep and lack of physical exercise are main cause for any diseases.

Too much tea, coffee, should be avoided. Tobacco, alcohol and drugs

should not be taken.

Mental stress should be tackled by recreation such as meditation, prayer, sports, exercises, yoga & other activities of individual's choice.

CONTRIBUTING INSTITUTES

1. Dr. Achanta Lakshmipathi Research Centre for Ayurveda, Chennai
2. Advanced Centre for Ayurveda in Mental Health and Neurosciences, Bangalore
3. Ayurveda Contraceptive Drug Research Institute, Ahmedabad
4. Ayurveda Regional Research Institute, Gangtok
5. Ayurveda Central Research Institute, Jaipur
6. National Veterinary- Ayurveda Research Institute & Hospital, Lucknow
7. National Institute of Ayurvedic Pharmaceutical Research, Patiala
8. Ayurveda Regional Research Institute, Mandi
9. Ayurveda Mental Health Research Institute, Nagpur
10. North East India Ayurveda Research Institute, Guwahati
11. Ayurveda Central Research Institute, Delhi
12. Ayurveda Regional Research Institute, Jammu
13. National Ayurveda Dietetics Research Institute, Bangalore
14. National Ayurveda Research Institute for Vector Borne Diseases, Vijayawada
15. National Research Institute for Ayurveda-Siddha Human Resource Development, Gwalior
16. National Research Institute for Panchakarma, Cheruthuruthy

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1. JVARA (FEVER)

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.	Guḍūcī (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.	Kaṭukī (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	Auṣadha 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	Vaṭī	125 mg BD	Coconut water	B. R. Jwara cikitsā
3.	Mṛtyuñjaya Rasa	Vaṭī	250 mg BD	Honey	B. R. Jwara cikitsā
4.	Daśamūla Kwātha	Kwātha	30 ml BD	Water	B. R. Jwara cikitsā
5.	Saṅjīvanī Vaṭī	Vaṭī	250 mg BD	Ginger juice	S.S.Ma. K.7/18-21
6.	Lakṣmīvilāsa Rasa	Vaṭī	250 mg BD	Betel leaf juice/ Ginger juice	B. R. Jwara cikitsā

7.	Mahā Jwarāṇkuśa Rasa	Vaṭī	250 mg BD	Ginger juice/ Honey	B. R. Jwara cikitsā
8.	Tribhuvana Kīrti Rasa	Vaṭī	250 mg BD	Ginger juice/ Honey	AFI, Part-I 20-20
9.	Candrakalā Rasa	Vaṭī	250 mg BD	Water	B. R. Jwara cikitsā
10.	Śṛṅgārābhra Rasa	Vaṭī	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 lakṣādi 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	Taṇḍulīyaka, paṭola, bitter gourd (kāravellaka), śigru, guḍūcī, jīvantī, grapes, kapittha, 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 & apathya 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)	Auṣadha 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bṛhat Dāḍimāṣṭaka Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	S.S.Ma. K. 6/64
2.	Laghu Gaṅgādhara 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 prakaraṇa
6.	Cāñgerī Ghṛta	Ghṛta	10 gm BD	Hot water	B.P. Atisāra adhikāra

7.	Karpūra Rasa	Vaṭī	125 mg BD	Honey	B.R. Atisāra cikitsā
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C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
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 (laukī), 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
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Note:

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

2. VIBANDHA (CONSTIPATION)

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.	Tr̥vṛt 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	Auśadha 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.	Ichhabhedī Rasa	Vaṭī	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 (laukī)	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
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Note:

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

3. PARIṆĀMA 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	Vaṭī	250 mg BD	Water	Y.R. Amlapitta cikitsā
2.	Nārikela Kṣāra	Kṣāra	500 mg BD	Pippalī Cūrṇa	B.P. Śūla adhikāra

3.	Śūlagajakeśarī Rasa	Vaṭī	250 mg BD	Bettle leaf juice	B.R., Śūla roga cikitsā
4.	Śūlavajriṇī Rasa	Vaṭī	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.	Śatāvarī Maṇḍūra	Vaṭī	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 (sām̐vaka, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

4. AMLAPITTA (HYPER ACIDITY/ ACID PEPTIC DISORDER)**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.	Āmalakī Swarasa (Phyllanthus emblica)	Swarasa	10 ml BD		B.P. Amlapitta adhikāra

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha 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	Vaṭī	500 mg BD	Water	B.R. Amlapitta Cikitsā
6.	Dhātrī lauha	Vaṭī	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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic 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.	Viḍaṅgādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Chardi

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

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

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

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

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

6. GRAHAṆĪ (MALABSORPTION SYNDROME)

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.	Takra (Butter Milk)	Takra	Q.S.	Saindhava Lavaṇa	C.S. Ci. 15

B. Compound formulations

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

3.	Laghu Gaṅgādhara Cūrṇa	Cūrṇa	3 gm BD	Butter Milk, Honey	B.R. Grahaṇī Cikitsā
4.	Bṛhat Gaṅgādhara 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	Vaṭī	250 mg BD	Lukeworm water	B.R. Grahaṇī Cikitsā
8.	Grahaṇīkapāṭa Rasa	Vaṭī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā
9.	Nṛpativallabha Rasa	Vaṭī	250 mg BD	Butter Milk	B.R. Grahaṇī Cikitsā

DISORDERS OF THE DIGESTIVE SYSTEM

10.	Pañcāmṛta 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	Lukewarm 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 & apathya 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)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Dāḍīma Swarasa (Punica granatum)	Swarasa	10 ml BD	Black salt	B. R. Arocaka Cikitsā
2.	Takra (Butter Milk)	Takra	Q.S.	Hiṅgu, Śuṇṭhī & Rock salt	B.P. Arocaka Adhikāra

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Samaśarkarā Cūrṇa	Cūrṇa	3 gm BD	Hot water	BR., Arśa Rogādhi- kāra

2.	Dāḍimadi Cūrṇa	Cūrṇa	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 (ādraka), 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, unpleasantsight (vībhatsa drśya)
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Note:

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

8. PRAVĀHIKĀ (DYSENTERY)

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.	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.	Jātīphala (Myristica fragrans)	Cūrṇa	2 gm BD	Takra	B. R. Atisāra Cikitsā

B. Compound formulations

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

2.	Karpūra Rasa	Vaṭī	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 Ghr̥ta	Ghr̥ta	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	Vaṭī	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 (śuṇṭhī), ginger (ādraka), bilva, pomegranate, banana	Bathuā, śigru, mango
Others	Cumin, coriander, curd, water processed with certain Ayurvedic medicines (ṣaḍaṅgapānīya), 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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vāsā Swarasa (Adhatoda vasika)	Swarasa (For gaṇḍūṣa)	Q.S	-	A.H.U. 22/106

B. Compound formulations

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

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

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

10. ARŚA (HAEMORRHOIDS)

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.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Hot water	B. P. N. Harītakī Varga

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Arśoghna Lepa	Lepa	Q.S.	-	B.R. Arśa Cikitsā
2.	Bṛhat 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	Vaṭī	250 mg BD	Hot water	B.R. Arśa Cikitsā
6.	Samaśarkarā Cūrṇa	Cūrṇa	3 gm BD	Miśrī	B.R. Arśa Cikitsā
7.	Kāñkāyana Guṭikā	Guṭikā	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	Kulaththa, green gram (mudga)	Black gram (uḍada), chickpea (canā)

Fruits & vegetables	Bottle gourd (laukī), paravala, spinach, green vegetables, papaya, apple, cucumber,(Khirā), grapes, mango, āmalakī	Potato and other tubers
Others	Clarified butter, rock salt, butter milk, sugar candy, cow's milk, goat's milk, sour vinegar (kāñjī)	Spices, pickle, sesame
Life style	Physical exercise, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic unctuous enema (anuvāsana vasti), slimy enema (picchā 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

11. BHAGANDARA (FISTULA IN ANO)

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.	Apāmārga (Achyranthes aspera)	Kṣāra	Q.S. (for kṣāra sūtra)		B.P. Bhagandara Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha 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	Vaṭī	1 gm BD	Warm water/	S.S.Ma. K. 7 th

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

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

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.	Guḍūcī Kalka (Tinospora cordifolia)	Kalka	5 gm BD	Butter milk	B.P.N. Guḍūcī varga
2.	Trṛṛṛt (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 st chapter

2.	Kumāryāsava	Āsava	20 ml BD	Equal Qty. of water after meals	S.S.Ma. K.10 th chapter 18-27
3.	Ārogyavardhanī 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, āmalakī, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. ŚĪRAHŚŪLA (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. Śīroroga 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.	Ṣaḍbindu Taila	Taila Nasyārtha	3 drops BD	-	B. R. Śīroroga Cikitsā

2.	Śiraḥśūlādrivajra Rasa	Vaṭī	250 mg BD	Water/ Honey	B. R. Śīroroga Cikitsā
3.	Mahālakṣmīvilāsa Rasa	Vaṭī	125 mg BD	Water/ Honey	B. R. Śīroroga Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada)	Green gram (mudga), pigeon pea (arahara), peas (maṭar), 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
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Note:

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

2. PAKṢĀGHĀTA (PARALYSIS)

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.	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- yādhī Cī.24/343

B. Compound formulations

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

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

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

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

Note:

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

3. KAMPAVĀTA (PARKINSONISM)

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.	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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mahāyogarāja	Vaṭī	500 mg	Water	B. P.

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

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

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

Fruits & vegetables	Garlic, paravala, śīgru, 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 (br̥mhaṇa), rejuvenation (rasāyana),	Betel nut, udumbara, alkaline substances (kṣārīya padārtha), honey
Life style	Uction, sudation, exercise, water exercises (jalakrīḍā), gentle pressing (saṃvāhana), 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

4. GR̥DHRASĪ (SCIATICA)

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.	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	Ouṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vaṭī	1 gm	Water	B. R.

			BD		Āmavāta Cikitsā
2.	Punarnavādi Guggulu	Vaṭī	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, sāṃvaka)
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 (saṃvāhana), sleeping on the ground, saturation (santarpaṇa), 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. KĀSA (COUGH)

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.	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.	Kaṇṭhakārī kwātha (Solanum xanthocarpum)	Kwātha	20 ml BD	Pippalī Cūrṇa	C.D, 11/25

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha 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 kastūrī 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 Guṭikā	Vaṭī	250 mg BD	Water	S. Y. Dwitiya Prakarana/ 65
8.	Khadirādi guṭikā	Vaṭī	250 mg BD	Honey	B.R. Mukharoga Cikitsā
9.	Drākṣāriṣṭa	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 guṭikā	Vaṭī	1 gm BD	Water	B.R. Rakta pitta Cikitsā
12.	Kaṇṭakāryāvāleha	Avāleha	12 gm BD	Water	S.S.Ma. K, 8/5-9
13.	Kaphaketu rasa	Vaṭī	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	Vaṭī	250 mg BD	Honey	B.R. Kāsa Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, special varieties of rice (kodrava, sāṃvaka), 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, harītakī, black pepper, dry ginger, long pepper, honey	Dust, smoke, cereals causing burning sensation and acidity with poor digestion (vidāhī 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 & apathya 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)	Auṣadha 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śṛṅgyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā

2.	Śwāsakuṭhāra Rasa	Vaṭī	250 mg BD	Ginger Juice	B.R. Hikkā Śwāsa Cikitsā
3.	Śwāsakāsa Cintāmaṇī	Vaṭī	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.	Bhārṅgīguḍa	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)
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Note:

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

1. PRATIŚYĀYA (RHINITIS)

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.	Śuṇṭhī (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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga

					cikitsā
2.	Śrṅgyādi 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.	Aṇu 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, ṣaḍaṅgayūṣa, ṣaḍabindu 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

2. DUṢṬA PRATIŚYĀYA (SINUSITIS)

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.	Vibhītakī (Terminalia 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga Cikitsā

2.	Śrñgyādi 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.	Aṇu 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 (śigru), radish, garlic	
Others	Citraka harītakī, jaggery, curd, black pepper	Intake of alcohol, dry food
Life style	Intake of warm water, therapeutic emesis (vamana), ṣaḍabindu taila, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. KATĪŚŪLA (BACKACHE)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā 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. Vāṭavyāchi 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Daśamūla Kwātha	Kwātha	30 ml	Water	B. R.

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

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

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

Fruits & vegetables	Garlic, drum stick (śigru), paravala, brinjal, pomegranate, mango, phālasā, 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 (saṃvāhana), 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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Laśuna (<i>Alium sativum</i>)	Kalka	3 gm BD	Saindhava lavaṇa	B. P. Vāṭavyādhi Cikitsā 24/343

B. Compound formulations

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

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

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat	Special variety of rice (kodrava, sāṃvaka)
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 (kāñjī), cow's urine, tamarind (imalī), meat juice	Jambū, betel nut
Life style	Dry sudation (rukṣa svedana), snuffing, exercise, water exercises (jalakrīḍā), gentle pressing (saṃvāhana), sleeping on the ground, bathing, saturation (santarpaṇa), sunlight exposure	Day sleeping, sleeping in improper posture (viśama śayana), upward looking with backward bending of neck (ūrdhva dṛṣṭī), night awakening, suppression of natural urges, physical exercise, fasting, excessive walking (atyadhika caṅkramaṇa)

Note:

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

3. ĀMAVĀTA (RHEUMATISM)

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.	Śuṇṭhī Cūrṇa (Zingiber officinale)	Cūrṇa	3 gm BD	Kāñjī	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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Simḥanāda Guggulu	Vaṭī	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	Vaṭī	250 mg BD	Water	B. R. Āmavāta Cikitsā
6.	Yogarāja Guggulu	Vaṭī	500 mg BD	Hot Water	B.R. Āmavāta Cikitsā,
7.	Citrakādi Vaṭī	Vaṭī	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 (śuṇṭhī), ginger (ādraka), ajavāyana, fennel, black pepper, rock salt, hiṅgu, 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 ācchādita 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 & apathya 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)	Auṣadha 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. Vāṭavyāchi 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vaṭī	500 mg	Luke	B. R.

			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. Application		B. R. Vātav-yādhī Cikitsā
4.	Rāsnādi Guggulu	Vaṭī	500 mg BD	Daśamūla kwātha	Y. R. Vāṭavyādhī Cikitsā

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

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sāṃvaka)
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 (kāñjī), tamarind (imalī)	Jambū, betel nut
Life style	Gentle pressing (saṃvāhana), 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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Guḍūcī Kwātha	B.R. Vātarakta Cikitsā
2.	Guḍūcī (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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śivā Guṭīkā	Vaṭī	1 gm BD	Milk	A.H.Ut 49/193

2.	Amṛtādi Guggulu	Vaṭī	500 mg BD	Warm water	B. R. Vātarakta Cikitsā
3.	Kaiśora Guggulu	Vaṭī	500 mg BD	Mudga yūṣa	B. R. Vātarakta Cikitsā
4.	Amṛtādyā Ghr̥ta	Ghr̥ta	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

Others	Clarified butter	Sour vinegar (kāñjī), curd, pungent, sour, heavy and hot food substances
Life style	Massage, sprinkling (parīśeka)	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 & apathya 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 (Psoralia corylifolia)	Cūrṇa (Udvartana)	Q.S. External application	-	S.S.Ma. K. Kuṣṭharoga 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. Kuṣṭharoga Cikitsā

2.	Rasamaṇikya 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 Maricyādyā 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)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navāṇna)
Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	Khadira, āmalakī, paṭola, bitter gourd (kāravellaka), garlic, pomegranate, phālasā	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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śirīṣa Twak (Albizzia lebeck)	Swarasa/ Kwātha	Q. S. Ext. Appln.	-	C.S.Ci. 7/96
2.	Kākamācī (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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarāji Taila	Taila	Q.S Ext.	-	B. R. Kuṣṭha

			Appln.		Cikitsā
2.	Haridrā khaṇḍa	Pāka	3 gm BD	Mañjiṣ 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	Guḍūcī 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, kākamācī, garlic	Radish

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

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

3. KAṆḌŪ (PRURITIS)

A. Single formulations

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

B. Compound formulations

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

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

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

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

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

Note:

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

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 Prakaraṇa
2.	Khadira (Acacia catechu)	Cūrṇa	3 gm BD	Water	B. P. Kuṣṭha Cikitsā Prakaraṇa

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 Cikitsā
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 Maricyādyā Taila	Taila	Q. S. (Extn. Appln.)	-	B. R. Kuṣṭha Cikitsā
8.	Tiktaṣaṭpala 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 (navāṇna)
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

	(śuṇṭhī), 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

5. ŚĪTA PITTA (URTICARIA)

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
2.	Āmalakī (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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrākhaṇḍa	Cūrṇa	3 gm BD	Hotwater	B. R. Śītāpit-

					todar dakoṭha Cikitsā
2.	Kaiśora Guggulu	Vaṭī	500 mg BD	Hot water	Y. R. Kuṣṭha Cikitsā
3.	Māṇikyā Rasa	Vaṭī	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 & apathya 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)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Somarājī (<i>Psoralia corylifolia</i>)	Cūrṇa	3 gm BD	Sesame seed powder	B.R. Kuṣṭha roga Cikitsā
2.	Kakodumbara (<i>Ficus hispida</i>)	Cūrṇa (Twak)	3 gm BD	Water	B.P. Kuṣṭha roga Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha 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	Vaṭī	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, āmalakī, 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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śālmālī Kaṇṭaka (Bombax ceiba)	Lepa	Q. S. (Ext. appln.)	-	C. D. Kuṣṭha Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha 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 Ghṛta	Ghṛta	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 & apathya 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)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bhṛṅgarāja 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Bhṛṅgarāja 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.	Nīlīkādyā Taila	Taila	Q. S. Ext. appln.)	-	S.S.Ma. K. 10 / 157-160
4.	Pañcanimbādi Cūrṇa	Cūrṇa	3 gm BD	Water	B. R. Kūṣṭhag 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	Uction, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. MADHUMEHA (DIABETES MELLITUS)

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.	Guḍūcī swarasa (Tinospora cordifolia)	Swarasa	10 ml BD	Honey	A. H.Ci. 12/6
2.	Āmalakī 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	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Nisāmalaḱī vaṭī	Vaṭī	500 mg TDS	Triphala Kaṣāya	A. H. Prameha Cikitsā
2.	Bṛhat vaṅgeśwara Rasa	Rasayoga	125 mg BD	Ajādagdha/ Godugdha	B. R. Prameha Cikitsā
3.	Candraprabhāvaṭī	Vaṭī	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.	Śilājītwādi lauha	Lauha	500 mg BD	Honey/ Milk	B. R. Prameha Cikitsā
6.	Vasanta kusumākara Rasa	Rasayoga	125 mg BD	Honey	R. S. Rasāyana Vājīkaraṇa Adhikāra

7.	Lodhrāsava	Āsava	20 ml BD	Equal qty. of water after meals	A.H. Ci. 10/39-42
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C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, special variety of rice (sām̐vaka, kodrava), wheat	Freshly harvested grains, rice
Pulses	Green gram (mudga), kulattha, pigeon pea (arahara), alasī, chickpea (canā)	Black gram (uḍada)
Fruits & vegetables	Paṭola, bitter gourd (kāravellaka), āmalakī, 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
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Note:

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

2. STHAULYA (OBESITY)

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.	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. Palāśādi Varga, Pg-384

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha 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	Vaṭī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra, 35 14
3.	Amṛtādi guggulu	Vaṭī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra, 35/12-13
4.	Trikaṭu Cūrṇa	Cūrṇa	2 gm BD	Honey/ Hotwater	B.R. Paribhāṣā Prakaraṇa -16
5.	Rasa Sindūra	Vaṭī	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 śālī 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, āmalakī, 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 (apatarpaṇa), 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. MŪTRĀŚMARĪ (RENAL/URETERIC CALCULUS)

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.	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 kwātha (Crataeva nurvala)	Kwātha	30 ml BD	Water	N.A., Part-I Page 96

B. Compound formulations

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

				Uṣīra kwātha	5.3
2.	Candraprabhā Vaṭī	Vaṭī	500 mg BD	Water, Milk	S.S.Ma. K. 7 th 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 Aśmarī- 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 (ārdra), leafy vegetables	Brinjal, tomato, spinach

	(patraśāka), drum stick (śigru)	
Others		Incompatible, acidic, constipating, heavy and distending items of food
Life style	Uction, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. AṢṬHĪLĀ (BPH)

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.	Gokṣura bīja (Tribulus terrestris)	Cūrṇa	3 gm BD	Honey	S.S.Ci 26/62

B. Compound formulations

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

3.	Gokṣurādi guggulu	Vaṭī	500 mg BD	Mustā kwātha, Uśīra kwātha	AFI, Part-I/ 5.3
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C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, special variety of rice (sām̐vaka)	Newly harvested cereals
Pulses	Green gram soup (mudga), kulattha	Black gram (uḍada)
Fruits & vegetables	Garlic, fruit and leaf of śigru, bitter gourd (kāravellaka), paṭolapatra, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

2. KAṢṬĀRTAVA (DYSMENORRHOEA)

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.	Kāśisa Bhasma (ferrous sulphate)	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Kārpāsa kwātha (Gossypia 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	Auṣadha 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.	Jīrakādyariṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Sūtikā roga Cikitsā
3.	Rajaḥpravartanī vaṭī	Vaṭī	250 mg BD	Tila kwātha, kulattha kwātha	B. R. Strīroga Cikitsā
4.	Naṣṭapuṣpāntaka rasa	Vaṭī	250 mg BD	Tila kwātha mixed with guḍa	B. R. Yoniroga Cikitsā
5.	Phalakalyāṇaka Ghr̥ta	Ghr̥ta	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)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley	
Others	Garlic, milk, meat juice, oil, long pepper, lauha bhasma, abhayāriṣṭa, balātaila	Maṇḍa, diets and life style causing aggravation of Vāta doṣa
Life style	Uction, 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

3. ŚVETA PRADARA (LEUCORRHOEA)

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.	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	Auṣadha 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.	Candrakalārāsa	Rasa Yoga	250 mg BD	Water	B. R. Mūtrakṛcchra 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	Taṇḍulo daka	C. D. Asṛgdara Cikitsā 61/13-18
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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
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Note:

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

4. RAKTAPRADARA (DYSFUNCTIONAL UTERINE BLEEDING)

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.	Āmalakī 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	Taṇḍulo daka	B. R. Pradara roga Cikitsā
5.	Pradarāntaka lauha	Vaṭī	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 ghṛta	Ghṛta	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, āmalakī	
Others	Milk, honey, clarified butter (ghṛta) 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 & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.

1. PĀṆḌU ROGA (ANAEMIA)

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.	Kāśīsa Bhasma	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Drākṣā (Vitis vinifera)	Ghṛta	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.	Swarnāmākṣika Bhasma (Copper pyrite)	Bhasma	250 mg BD	Honey	R. T. 21/4
5.	Harītakī (Terminalia chebula)	Cūrṇa	3 gm BD	Jaggery	B. R. Pāṇḍu roga Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha 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 vaṭaka	Vaṭaka	500 mg BD	Butter milk/ honey	A. H.Ci. 16/16-18
5.	Drākṣāvaleha	Avaleha	12 gm BD	Luke warm water	A.H. Ci. 16/29-30

6.	Navāyasa Lauha	Lauha	500 mg BD	Madhu	C. D. Pāṇḍu rogā dhikāra 8/8-11
7.	Lohāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pāṇḍu roga 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 (kūṣmāṇḍa), paṭola, haridrā, spinach, Taṇḍulīyaka, methī, carrot, banana, garlic	Beans
Others	Honey, clarified butter, butter milk, harītakī,	Sour substance, sesame, hiṅgu, betel, mustard,

	Dry ginger (śuṇṭhī), āmalakī	alcohol, fish, excessive intake of water
Life style	Mild purgation (mr̥du 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 & apathya 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.	Guḍūcī 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	Vaṭī	500 mg	Hot	B. R.

			BD	water	Vraṇa śoṭha Cikitsā
2.	Nityānanda Rasa	Vaṭī	250 mg BD	Water/ Gomūtra	B. R. Ślīpada Cikitsā
3.	Pañcānana Ghṛta	Ghṛta	10 gm BD	Warm water	B. R. Ślīpada Cikitsā
4.	Ślīpadagajakeśarī	Vaṭī	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)
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Note:

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

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