

daily is recommended. In Oligospermia, 3-6 gms. powder of Musali with equal quantity of sugar-candy and 100 ml. milk is indicated twice daily.

Nimbu (*Citrus limon* Linn.)

Nimbu is a common citrus fruit used in our houses having various therapeutic activities. In distaste and indigestion, it is indicated as 7-14 ml. juice of fruits three times a day after meals. In jaundice, 12-24 ml. juice of fruit should be taken twice a day. In vomiting, syrup of sugar in water with lemon juice is useful. In pain on heels, the use of nimbu cut in two halves, warmed in sauce pan and applied as fomentation at ankle joints and heels is indicated. In abdominal pain, 7-14 ml. fruit juice with 1 gm. Yavakshara thrice daily could be given.

Nirgundi (*Vitex negundo* Linn.)

Nirgundi is a small shrub seen all over the country and is used in various ailments. In simple fevers, 14-28 ml. decoction of leaves with honey thrice daily is useful. In rheumatic disorders and Sciatica 14-28 ml. decoction of leaves thrice daily is recommended.

Pippali (*Piper longum* Linn.)

This is a perennial climber with slender branches. It grows wild in the rainy parts of the country. This is one of the ingredients of 'Three Pungents' (Trikatu). It is commonly used in low digestive capacity in a combination of 1gm. of fruit powder with 2 gms. salt and lemon juice after meals twice daily. In productive cough, 2 gm. of powder of fruit with honey twice daily is useful. In dry cough, 60 mg. powder of fruit and 120 mg. Saindhava (rock-salt) with warm water twice daily is beneficial. In mucous diarrhoea, mix 5 gm. powder of fruit in 1 litre buttermilk and divide equally into 4 parts. Take 1 part 6 hourly.

Some compound formulations

Lashunadi Vati

In indigestion, diarrhoea and cholera, Lashunadi Vati 250 mg. is recommended. Two Tablets thrice daily with warm water could be given. Garlic is the main ingredient of the formulation. Plenty of boiled water and ORS liquid also could be given in this condition.