Medicine

According to Ayurveda, everything in the universe is connected. Good health is achieved when your mind, body, and spirit are in harmony with the universe – a balance between ‘Prakriti’ and ‘Prakruthi’. A disruption of this harmony can lead to poor health and sickness.

Ayurvedic medicines aim to integrate and balance the body, mind, and spirit and keep them in harmony with the environment. This balance, leads to health and happiness, and prevents illness. Ayurvedic medicine also treats specific physical and mental health problems.

# Kashayam

**Code:** 0001

Ayurveda utilizes plant as the most powerful healing agents by making use of many Kwatha or hot infusions. Plants are endowed with biologically active chemicals like alkaloids, glycosides, polysaccharides etc.

**Ghritam**

**Code:** 0003

Medicated ghee. It mitigates Vata and Pitta. It improves digestion, memory, intelligence, voice, luster, skin softness, immunity, strength, lifespan, eye strength.

It also acts as an aphrodisiac .

In conditions involving Vata vitiation, Ghee is to be drunk.

Due to cold property, it mitigates Pitta, due to oilyness it mitigates Vata and due to processing with other medicinal herbs, it mitigates Kapha.

Preparations are mainly used to alleviate and manage vitiated Vata dosha and Pitta dosha. The ghee for preparing the medicines is obtained from the Cows.

**Gulika**

**Code:** 0005

Ayurvedic dispensations in the form of pills.

**Tailam**

**Code:** 0007

Special oils mixed with special herbs meant for different applications with both beauty as well as therapeutic uses.

**Arishtams / Asavas**

**Code:** 0002

Arishtam is a medicine prepared by fermentation of medicinal herbs. Arista or Asava treatment is suggested for a variety of diseases and conditions.

Arishtam is prepared from the essence of medicinal herbs while Asava is prepared from fresh herbs.

**Lehyam**

**Code:** 0004

Lehyam is a semisolid Malt/Jam like preparation, where jaggery or sugar is boiled with the prescribed drug / herb . Then spices and ghee are added and stirred well. After cooling honey is also added.

**Choornam**

**Code:** 0006

Choornam is a fine powder ground as a mix of different dried herbs and spices.

**Herbal cosmetics**

**Code:** 0008

Natural beauty is blessings and cosmetics help in presenting, enhancing the beauty & personality aspects of human beings. Ayurvedic system of medicines described lepa, alepa, pradeha, upanaha, for these purposes.