

Aushadhi Vivaran Pustika

Greeshma Rhotu - April - May 2012



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Rhotu Description

Many a times, ideas which may not be correct, get easily imbibed in the minds of people. For example, whenever the name of Ayurved comes across it is said that, Ayurved is very hard to understand as it is written in Sanskrit. However, what needs to be understood as the unique aspect or the speciality of Ayurved Shastra is that every word used in the Ayurvedic texts is meaningful & capable of explaining its use in the appropriate manner.

When it comes to the environmental changes occurring during Greeshma Rhotu, the heat starts getting severe & due to the sunrays getting perpendicular on the surface of the earth, it leads to body fluid loss. These adverse climatic conditions result in depletion of Sharirik Bala which can be very commonly seen. In such conditions, it is the responsibility of an Ayurvedic physician to use medicines which are known to nullify the ill effects of the diseases caused due to excessive heat. The medicines commonly used during such conditions along with their detailed usage in different conditions or diseases is being discussed in this issue of Aushadhi Vivaran Pustika. It is hoped that all of you – the respected Ayurvedic Physicians – will appreciate it.

Chandraprabha (With Loha - Shilajit)

S.D.S. Monograph No. 0500014

" Chandraprabha " is the synonym of the herb known as "Shati" & since it is the first ingredient of this formulation, hence the name Chandraprabha. But apart from this, it should also be understood that, the name "Chandraprabha" has been given to this formulation due to its Dahashamak (calming) effect over the body constituents like that of the moonlight.



Due to this Dahashamak effect, many Vaidya use Chandraprabha in the disorders of Mootravaha Srotas like Mootradaha, Mootrakrucchra

etc. to reduce the burning sensation experienced during such conditions. Chandraprabha is also used in various other diseases as per specific conditions.

'चंद्रप्रभेति विख्याता सर्वरोगप्रणाशनी', i.e. Chandraprabha is known to cure multiple types of diseases.

Mootrashmari (Urinary Calculi), Mootrasharkara (Crystalluria) & Mootraghat (Anuria) are some of the painful disorders of Mootravaha Srotas in which symptoms like Urine with blood (Haematuria), Urine with presence of Pus cells (Pyuria) & Painful micturition (Dysuria) are commonly seen. Chandraprabha is effective in Disintegrating Urinary Calculi & flushing out the broken particles of the calculi. It is also useful in reducing complaints of Crystalluria.



Mootraghat or Anuria is a condition in which the production of urine itself is low. Mootraghat developed due to improper functioning of kidneys can be treated very well with the help of Chandraprabha alongwith Punarnavasava. This combination helps in increasing production of urine & is helpful in improving the function of kidneys, which further is useful in expelling out unwanted substances through the urinary system. This inturn helps in reducing condition of Vrukkavikrutijanya Shotha.

Chandraprabha is an excellent Rasayan Kalpa. 'Shilajit' is an important content of this medicine & being an excellent Rasayan itself is useful in all the types of Prameha Vyadhi. Chandraprabha is all the more effective in Madhumeha in which it improves the Kledavahan function of Mootra & is useful in reducing Dhatukshaya.

Being Vajeekar alongwith being Rasayan, it also

provides strength to Mootravaha & Shukravaha Srotas.

'मूत्रस्य क्लेदवाहनम्' Kledavahan is a natural function of the Mootra as per the Ayurvedic texts. Chandraprabha proves effective in all those diseases or conditions which occur due to deposition of Kleda in the body constituents. In Skin diseases, especially Oozing type like Sravee Vicharchika, Chandraprabha helps in expelling excessive Kleda through the Mootramarga & thereby, reduces the quantity of discharge through the skin.

Chandraprabha is considered a potent medicine in the treatment of Female as well as Male Infertility.

Disorders of the Uterus, Vandhyatva, various disorders related to Menstruation, Leucorrhoea etc. in females can be treated effectively with the use of Chandraprabha.

In males, a very important disorder usually occurring in old age is Benign Prostate Hypertrophy, in which the flow of urine is improper due to swelling of the prostate gland. In such a condition, the person has to pass urine several times a day. Sometimes burning & painful micturition is experienced. Urge to urinate frequently, but only a small quantity actually getting out is a situation that is very common at such a stage. Chandraprabha is extremely beneficial in such a condition due to the presence of Shilajit & Guggul, which reduces the complaints arisen during micturition.

While explaining Shilajit, Acharya Charak has mentioned, 'न सोऽस्ति रोगो भुवि साध्यरूपः शिलाढ्यं यं न जयेत् प्रसह्य।'

i.e. there is no disease which cannot be treated through the administration of Shilajit or in simple words, Shilajit



if used appropriately can successfully treat various diseases. Shilajit is not only used for treatment, but also is helpful as a Rasayan in avoiding recurrence of the disease.

According to the Sootra, 'गोमूत्रगन्धयः सर्वे सर्वकर्मसु योगिकाः।', all types of Shilajit contain the odour or smell of Gomootra. In proportion with all other contents of Chandraprabha, Shilajit is more in quantity, hence Chandraprabha too has Gomootra Gandha or odour of Gomootra.

Chandraprabha Vati of Shree Dhootapapeshwar Ltd. contains not only the best quality Shilajit, but is also standardised as per Ayurvedic & Modern Parameters.

The Guggul used in Chandraprabha Vati of Shree Dhootapapeshwar Ltd. is Dashamool Vishesh Shodhit, which is more potent & effective in comparison with Samanya Shodhit Guggul.

Chandraprabha Vati of Shree Dhootapapeshwar Ltd. is also extremely useful in Streeroga of different types. Dashamool Vishesh Shodhit Guggul in Chandraprabha is able to deliver better & faster results in treating Streeroga, as the Sanskars of Dashamool on the Shodhit Guggul are able to deliver the results better & faster.

Punarnavasava

S.D.S. Monograph No. 100018



Punarnava - पुनः नूतनं इव कुरुते the one with a quality of regeneration i.e.



being Rasayan & Vayasthapak in nature is the main ingredient of Punarnavasava which is effective especially in reducing Shotha. This Asava is extremely beneficial in Shotha developed due to improper functioning or disorders of Heart, Kidney, Liver & Spleen.

Important ingredient & properties :-

Shweta Purnarnava – Shothaghna, Mootral, Hrudya

Shotha Vyadhi is developed due to deposition of Apachit Jala in the body tissues, which can arise due to various reasons. This deposition usually occurs especially due to Apadhatu Vikruti or malfunction of Heart, Liver & Kidney. Bilateral pedal oedema is noticed due to Hruday Vikruti. Puffiness of face or oedema over face is noted due to Vrukka Vikruti & Swelling over abdomen is noted in Yakrut & Pleeha Vikruti. Punarnavasava proves beneficial in all kinds of Shotha due to its Shothaghna & Mootral Karya.

Due to laxity of the cardiac muscles or improper pumping of the heart, Shotha is seen over the lower limbs. This accumulation of excessive fluid in the body imparts pressure on the heart. Punarnavasava helps expel out the unwanted & accumulated Drava Dhatu or fluid from the body & improves the circulation of the heart by easing the pressure due to fluid overload.

Udara Vyadhi or Ascitis occurs due to Agnimandya which primarily is the outcome of improper functioning of the Liver. Fluid accumulation takes place in the abdominal cavity due to a process called as Osmosis which occurs due to Srotorodha or obstruction of Ama & Kleda. Due to presence of contents like Guduchi, Chaturjata etc. alongwith Punarnava, this Asava improves functions of liver, increases appetite & most importantly clears the obstruction or Srotorodha of various Srotas.



As per 'मूत्रस्य क्लेदवाहनम्', the deposited Kleda is expelled out of the body through Mootra or Urine. Punarnavasava is very effective in disorders of Mootravaha Srotas. In condition of Mootraghat, the production of urine in the kidney gets hampered & less quantity of urine is produced. Punarnavasava stimulates & corrects the mechanism of production

of urine in the kidneys, which helps in condition of Shotha developed due to malfunction of kidney. The Shotha or swelling reduces when the accumulated fluid gets expelled out through urine.

Pandu is one such disease, in which all the Dhatus of the body from Rasa Dhatu to Shukra Dhatu become Shithil or laxity is observed in them. The condition of Pandujanya Shotha can be treated effectively if a combination of Punarnavasava, Punarnava Mandoora & Arogyavardhani which consist Shothanashak property are used.

Galaganda or disorder of Thyroid Gland exhibits swelling not only in the Galapradesh, but also over the whole body. Punarnavasava alongwith Kanchar Guggul prove effective in reducing the Shotha developed due to Nikanthamani Vikruti.

Urahkshata is usually considered as a serious symptom or complication of Vataj Kasa, in which a wound is formed in the lung due to aggravated Vata Dosha which further leads to accumulation of fluid in the Pleural cavity, termed as Pleurisy. This symptom is also noted in Rajayakshma. In this condition Suvarna Vasant Malati & Punarnavasava are effective.

Punarnavasava can be given in Shotha caused due to Hruday Vikruti along with Bruhat Vata Chintamani Rasa, in Shotha caused due to Vrukka Vikruti alongwith Chandraprabha (With Loha Shilajatu) or Sheetaprabha & in Shotha caused due to Yakrut – Pleeha Vikruti along with Arogyavardhani.

Shoulya Vyadhi is characterized by the increase in size of the body or puffiness of the body due to excessive deposition of Apachit Meda Dhatu, Apachit Jala or Kleda. In this condition, Punarnavasava can be given for a longer duration alongwith Chandraprabha (With Loha Shilajatu) & Medohar Guggul which helps to expel excessive Kleda through urine. This helps not only to reduce the weight, but also helps to reduce Dhatushaithilya.

Chandanasava

S.D.S. Monograph No. 100004

The Asava which is prepared with contents initiated by 'Chandan' is Chandanasava. The other ingredients in Chandanasava enhance the Sheetal Guna of Chandan. Renowned by its Sheetal Gunadharm, the effect of Chandan becomes even more potent

due to its combination with the other ingredients of Chandanasava.

Important ingredients & properties -

Chandan – Tikta, Kashay Rasatmak, Sheeta Veerya, Pitta Vata Shamak

Mrudvika – Madhur Rasatmak, Sheeta Veerya, Pittashamak, Anulomak

Chandanasava is an extremely beneficial Asava in disorders of Mootravaha Srotas, especially Mootradaha, Mootrakrucchra & Mootraghat. Chandanasava with its Sheetal Gunadharm & Mootral Karya helps reduce Dosha Dushti of Mootramarga instantly.

Puyameha or Gonorrhoea is characterized with Urethral Inflammation, Burning sensation, Wound formation & Pus formation. Being Dahashamak & Puyanashak, Chandanasava is extremely effective in such a condition. In situations where recurrent Urethral inflammation is noted, Chandanasava proves to be extremely effective if used alongwith Chandraprabha (With Loha Shilajatu).



Raktapitta is one such disease, in which the Ushna & Teekshna Guna of Pitta aggravate & vitiate Rakta Dhatu leading to Raktasrava. Chandanasava is beneficial in this disorder due to its Sheeta Veerya, Pittashaman & Stambhan properties, which not only helps in Raktastambhan, but also facilitates Raktaprasadan & clears Rakta Dushti. In severe conditions, Chandanasava if given alongwith Pravala Pishti, Chandrakala Rasa etc. gives best results.

Raktapradar & Shwetapradar, especially caused due to Pitta vitiation can be treated very well with the use of Chandanasava. Cervical & Vaginal inflammation is commonly seen in Shwetapradar, in which this local inflammation is reduced spontaneously due to the Tikta, Kashay Rasa & Pittashamak properties of Chandan. These properties also help to reduce the occurrence of white discharge.

The contents of Chandanasava like Chandan, Mocharasa, Usheer, Lodhra etc. with their Stambhan property are beneficial in condition of Raktpadar. Pradar Vyadhi is characterized by Vaginal discharge, Mootradaha, Mootrakrucchra & Katishoola, in which Chandanasava if given alongwith Chandraprabha Vati proves effective.

Sheetapitta & Twachavikar caused mainly due to vitiated Pitta, appears with redness of skin, burning sensation of skin, boils, pus discharge, abscess formation etc. The administration of Chandanasava is fruitful in such conditions.

The Niramavastha of Amlapitta is characterized with symptoms like dryness of mouth, excessive thirst, burning sensation of chest & abdomen, abdominal pain, which are caused due to increase in Ushna - Teekshna Guna of Pitta. In such a condition, Chandanasava if given alongwith Kamadugha (Mouktikyukta) is extremely effective.

Pittadushti is observed in the body due to the excessive heat in the environment during Greeshma Rhotu. This causes burning sensation throughout the body, dryness of mouth, Shirodaha, Shirahshoola, Dourbalya etc. Chandan due to its Shramahar, Shothahar, Trushnahar properties provides relief from the excessive heat in the body.

Chandanasava is also effective in Jwara Vyadhi with symptoms of Daha etc. caused due to vitiated Pitta.

Gokshuradi Guggul

S.D.S. Monograph No. 0400024

'Gokshur' is the main ingredient of this Guggulkalpa, hence the name. Gokshuradi Guggul consists of Triphala Vishesh Shodhit Guggul & is extremely effective in Niramavastha of Amavata & disorders of Mootravaha Srotas.

Important ingredients & properties -

Gokshur – 'मूत्रकृच्छ्रनिलहराणाम् ।' – Mootral, Vatahar, Mootrakrucchranashak, Ashmarinashak



Triphala Vishesh Shodhit Guggul – V a t a s h a m a k , Vedanashamak, Amapachak

According to the Sootra **मूत्रस्य क्लेदवाहनम्**, elimination of Kleda is the main function of Mootra. Gokshuradi Guggul when used in disorders of Mootravaha Srotas like Mootrakrucchra, Mootraghat, Mootradaha helps in elimination of excessive Kleda accumulated in the body through the urinary system & reduces the symptoms of these disorders. By the use of Gokshuradi Guggul, the quantity of urine is increased & relief is noted in the burning sensation of urine.

In condition of Mootrashmari or Urinary Calculi, Gokshuradi Guggul helps in disintegration of the calculi & relieves pain & burning sensation caused due to the calculi. Gokshuradi Guggul helps in improving urine production & reduces the inflammation of urinary tract.

Gokshuradi Guggul is an effective formulation in the treatment of Jeerna Amavata or Niramavastha of Amavata. Symptoms like Teevra Shoola, Sandhigraha, Jwara etc. are not seen in Niramavastha of Amavata. Gokshuradi Guggul helps in the Pachan of the residual Ama & causes Vatashaman. Hence Gokshuradi Guggul is extremely beneficial as a Rasayan in Niramavastha of Amavata & Sandhigata Vata.

Being effective in Apana Vayu Kshetra, Gokshuradi Guggul is useful in disorders caused due to Shukradosha. Specifically in conditions like Erectile Dysfunction, Gokshuradi Guggul is used alongwith medicines containing Shilajatu.

Prameha is included in the category of Santarpanjanya Vyadhi. Various Hetus or causes are noted in the occurrence of Prameha, but Kleda is considered as the most important cause of Prameha. In the treatment of Prameha, Gokshuradi Guggul if given alongwith Chandraprabha (With Loha Shilajatu) proves to be more effective.

Gokshuradi Guggul is prepared from 'Gokshur', which is considered as



the 'Agyra' or the best Mootrakrucchrahar & Vatahar Dravya. While explaining the functions of Gokshur, Bhavaprakash has mentioned its function of Basti Vishodhan. Due to its Vishodhan Karma or cleansing effect over Basti or Urinary Bladder, Gokshuradi Guggul is effective in disorders like Mootradaha, Mootrakrucchra, Sapooya Mootrapravrutti etc. It improves the quantity of urine & helps to eliminate unwanted substances out of the body alongwith the urine.

Gokshuradi Guggul is useful in disorders like Mootrasharkara (Crystalluria) & Mootrashmari (Urinary calculi). It not only disintegrates the calculi, but also facilitates proper elimination of the Mootrasharkara. Due to its Shamak Karya, it is useful in the inflammation of Urinary tract.

There is a specific set of muscles near the mouth of the Urinary bladder (Basti) called as the Urinary sphincter, which play the role of controlling the exit of urine & eliminating the urine at the right time. This function is also carried out by the nerves supplying the urinary bladder. If there is any improper functioning of the nerves and / or the urinary sphincter, it leads to difficulty in voiding off the urine. Gokshuradi Guggul if given in such a condition proves extremely effective in reducing the obstruction & helps in proper elimination of the urine.

Both the contents, Gokshur & Triphala Vishesh Shodhit Guggul of Gokshuradi Guggul are excellent Balya, Vatashamak & Rasayan ingredients. Hence Gokshuradi Guggul is effective in Niramavastha of Amavata & Sandhigata Vata as it helps in residual Dosha Pachan, Shaman & Khavaigunya Nash. It provides relief to the Sandhi Sthana by nullifying the effect on the Sandhi after suffering from Amavata or Sandhigata Vata. Gokshuradi Guggul can be given for longer durations in disorders of joints as a Rasayan.

Kumari Asava No. 1

S.D.S. Monograph No. 100007

Kumari Asava No. 1 is prepared from 'Kumari' which has excellent Deepan, Pachan & Yakrutottejak properties.

Important ingredients & properties :-

Kumari – Yakrut & Pleeha Gamitva, Pureesha Bhedak, Artavanak, Vatakaphashamak, Pittasravak, Vishaghna, Netrya, Rasayan

Haritaki – Rasayan,
Tridoshanashak especially
Vatakaphanashak, Pureesha
Sarak
Madhu – Kaphanashak
Somanathi Tamra Bhasma –
Yakrutottejak, Pittasravak
Loha Bhasma – Raktavardhak

Indications -

Kumari Asava No. 1 with contents having Gamitva towards Yakrut & Pleeha, is extremely effective in all the disorders related to these two organs. Especially conditions like Hepatomegaly & Splenomegaly, may it be in the form of a symptom or a disorder itself, can be treated very well with the use of Kumari Asava No. 1. If given alongwith Punarnava Mandoora, the results are seen even faster.



Kamala (Jaundice) is a disease caused due to Vikruti in Yakrut & Pleeha - the Moolasthan of Raktavaha Srotas, which further leads to improper Srava of Pachak Pitta. The presence of Somanathi Tamra Bhasma & Kumari in Kumari Asava No. 1 clears the obstruction of the Srotas & facilitates the Srava of Pachak Pitta in the Koshtha. In such a condition the use of Arogyavardhani with Kumari Asava No. 1 as an Anupan serves even better results.

'Pandu' commonly known as Anaemia is a disorder of the Rasavaha Srotas & Rasadhatvagnimandya is the major cause of Pandu. Ranjak Pitta residing in Yakrut & Pleeha performs the role of conversion of Rasa Dhatu to Rakta Dhatu. With contents like Loha Bhasma & Tamra Bhasma, Kumari Asava No. 1 proves to be very effective in the treatment of Pandu caused due to such Yakrut & Pleeha Vikruti. Due to Vikruti of Yakrut, this process of Rasaranjan gets hampered, which exhibits the symptoms of Pandu Vyadhi. In such a condition, Kumari Asava No. 1 with content like Tamra Bhasma, improves the function of Yakrut & helps in the process of production of Rakta Dhatu.

All types of Shotha related to Yakrut & Pleeha Vikruti can be effectively treated with the combination of Kumari Asava No. 1, Punarnavadi Guggul & Punarnava

Mandoora. Udara Vyadhi is a disease in which the abdominal size increases tremendously, due to accumulation of Kleda in the Udaradhara Kala or Audarya Kala. Due to causes like Alcohol consumption, presence of Apachit Meda etc. the Srotas present in the Yakrut get vitiated & obstruction of these Srotas is seen, which further causes Udara Vyadhi. Kumari Asava No. 1 is beneficial in clearing the obstruction in the Srotas of Yakrut & relieving Agnimandya.



Kumari Asava No. 1 & Triphala Guggul if used in combination causes Lekhan of Vikrut Kapha & Meda responsible for the occurrence of Sthoulya Vyadhi. In such condition the use of Arogyavardhani alongwith Kumari Asava No. 1 also proves to be beneficial.

Agnimandya is the main cause of Chronic constipation & related Arsha Vikar. The contents of Kumari Asava No. 1 reduce laxity of the intestines & improve the motility of the intestines alongwith reducing the swelling of Arsha. Kumari Asava No. 1 if used alongwith Arsha Hita is extremely effective.

Kumari, as the name suggests is effective in menstruation related complaints of Kumarika (Teenage girls). Due to Vikruti in Garbhashaya & Beejakosha menstruation related diseases like Kashtartava, Nashtartava etc. arise. In such conditions, combination of Kumari Asava No. 1 & Rajahpravartani Vati is very effective in regularizing menstrual cycles.

Kumari Asava No. 1 if given alongwith Triphala Guggul & Arogyavardhani in Sthoulya caused due to Apachit Meda & Vikrut Kapha, causes even better Meda Lekhan & yields faster results.

Punarnavadi Guggul

S.D.S. Monograph No. 0400054

Punarnavadi Guggul prepared from Punarnava & similar acting ingredients or such ingredients which facilitate better action of Punarnava alongwith Gomootra Vishesh Shodhit Guggul is very effective

in the treatment of Shotha, whether it be a symptom or a disease.

Important ingredients & properties -

Punarnava – '.....सशोथपाण्डु हृद्रोग कासोरः क्षतशूलनुत।' – Lekhan, Deepan, Shothaghna, Swedajanan, Mootral, Raktavardhak

Eranda – Amapachan, Virechan, Vataghna, Bhedan
Gomootra – Shothaghna, Kushthaghna, Amapachan

Indications -

Punarnavadi Guggul is extremely effective in all kinds of Shotha or swelling. It is useful in Padashotha, Akshikoota Shotha, Pandujanya Shotha, Udara especially Jalodara, Hrudrogajanya Shotha, Vrukka & Mootrapinda Vikrutijanya Shotha etc. with different Anupan as per the disease. Shotha is developed when the Apachit Jala or Kleda gets deposited in any part of the body. From the Ayurvedic point of view, Shotha occurs due to 'Jalamahabhutagni Mandya'.

Sthoulya or Obesity is developed due to many causative factors, but if Sthoulya is developed due to Jalamahabhutagni Vikruti, Punarnavadi Guggul is beneficial. Punarnavadi Guggul proves effective by causing Pachan of the excessive fat or Vikrut Meda.

Punarnavadi Guggul when used in Kushtha Vyadhi helps in Pachan of Vikrut Kapha – Meda, especially in those skin diseases which are caused due to Jalamahabhuta Pradhanata.

In Mootravaha Srotas Vikar like Mootrakrucchra, Mootradaha, Mootraghat etc. Punarnavadi Guggul is very effective in eliminating the Apachit Jala & Kleda out through the Mootramarga.

The administration of Punarnavadi Guggul in conditions of Dhatushaithilya, Shotha & Raktalpata in Pandu Vyadhi is beneficial. It helps to eliminate the Kleda accumulated in the Dhatus through the urinary system & with Raktavardhak ingredient like Punarnava improves condition of Raktalpata.



Punarnava Mandoor

S.D.S. Monograph No. 0500094

It is an excellent Raktavardhak & Shothaghna Kalpa, prepared from two main ingredients namely Punarnava & Mandoora Bhasma.

Important ingredients and properties -

Punarnava - Vatakaphaghna, Shothaghna, Mootrajanan, Raktavardhak, Swedajanan

Mandoora - Kashay Rasatmak, Raktavardhak, Acts on Yakrut, Shothaghna

Gomootra - Vatakaphaghna, Shothaghna, Amapachak

Indications -

Punarnava Mandoora is very useful Kalpa in Pandu Vyadhi. In Pandu Vyadhi which is a disease of Rasavaha Srotas, there is Rasa as well as Rakta Dhatvagni-mandya. Ranjak Pitta resides in Yakrut - Pleeha and performs the important function of Parinaman of Rasa Dhatu to Rakta Dhatu. When it gets vitiated there is decrease in quality as well as quantity of blood which is known as Pandu Vikar. Rakta Vardhak Dravya are essential for treatment of this condition but Dravya or Kalpa which have Raktadhatvagni Vardhak properties & act on Yakrut - Pleeha are more effective. Punarnava Mandoora is one such excellent Raktavardhak Kalpa which when used with Lohasava or Amrutarishta proves to be very effective.



In Shotha Vyadhi there is collection of Apachit Jala or Kleda in different parts of the body. Punarnava Mandoora contains Punarnava having ability to eliminate Kleda through Mootra. Due to its presence, Punarnava Mandoora with different Anupan acts as an effective Shothaghna Kalpa in all types of Shotha including Vrukkajanya Shotha, Hrudrogajanya Shotha, Pandujanya Shotha, Yakrut - Pleeha Vikrutijanya Shotha as well as Shotha due to thyroid dysfunction.

Ingredients of Punarnava Mandoora have Gamitva towards Yakrut as well as Pleeha hence this Kalpa

is very effective in diseases like Udara. In Udara especially in Jalodara, Yakrutodara & Pleehodara, because of decreased function of Yakrut and Pleeha there is collection of Apachit Jala or Kleda in Udayakala. In this condition Punarnava Mandoora proves to be effective when used with Arogyavardhani.

In Kamala Vyadhi Agnideepan, Pitta Virechan & Raktaprasadan are very important from treatment point of view. Due to action on Yakrut as well as Pleeha, Punarnava Mandoora proves to be beneficial in Kamala Vyadhi by improving secretion of Pachak Pitta, alleviating Dhatushathilya & eliminating Pitta through Mala. In Kamala, Punarnava Mandoora proves to be more beneficial when used in combination with Kumari Asava No. 1.

Punarnava Mandoora is very effective in Jwara especially Vishamajwara having Yakrut - Pleeha Vriddhi & quantitative decrease in RBC count with its Shothaghna and Raktavardhak action. In Yakrut - Pleeha Vriddhi developed in Jwara, Punarnava Mandoora is especially useful when used in combination with A-Flu-O-Cil Forte.



Mouktik Bhasma

S.D.S. Monograph No. 020010

Mouktik Bhasma is prepared from Mouktik or Pearl which is a shining white gem. This Bhasma being excellent Pittashamak is useful in all diseases caused due to Vikrut Pitta.

Important Ingredient and properties -

Mouktik - Excellent Pittashamak, Dahashamak, Sheeta Gunatmak, Mootral

Indications -

Mouktik Bhasma is very effective in Pitta Vikruti in Greeshma and Sharad Rhotu and also for symptoms

like Sarvangadaha, Trushna, Bhrama, Nasagata Raktasrava (Nasal Bleeding) developed in Pitta Prakruti Vyakti. Use of Mouktik Bhasma quickly reduces Ushna, Teekshna Guna of Vikrut Pitta and helps in Rakta Stambhan.

Mouktik Bhasma which is one of the best Pittashamak and has Sheeta Guna gives immediate relief in the symptoms like Urahdaha, Udaradaha, Hrullas, Amlodgar, Shirahshool, Bhrama developed in Amlapitta due to vitiated Pitta. With the use of Mouktik Bhasma, tendency of Pitta to generate Vidaha is reduced. It has effective Mootral action on Mootravaha Srotas. When used in combination with Chandanasava, Mouktik Bhasma with its Sheeta & Pittashamak properties proves to be more beneficial in symptoms like Burning micturition, Painful micturition, Irritation in urinary tract, Haematuria etc.

In Raktapitta there is increase of Ushna, Teekshna, Amla Guna of Rakta Dhatu & Pitta alongwith bleeding from Urdhwaga, Adhoga or Teeryak Marga. In this condition Mouktik Bhasma given with sugar, Ghee or milk quickly controls the bleeding & pacifies Pitta. Mouktik Bhasma is very effective in Raktapradar Vyadhi seen in females.

In Pittajanya Jeerna Jwara with symptoms like Antardaha, Excessive sweating, Mukhashosha, Mukhapaka, Burning micturition, Dourbalya, Bhrama, Mouktik Bhasma is found to be extremely effective. It not only pacifies Pitta but also improves Poshan & strength of Rasadi Dhatu.

When Mouktik Bhasma is used with Ghruta in Pittatisar and Raktarsha, complaints like burning, inflammation are reduced & bleeding is immediately controlled. With internal use of Mouktik Bhasma, external application of Shatadhauta Ghruta in anal region proves more beneficial.



In Shwasa & Kasa developed due to Pittaj Hetu, the use of Mouktik Bhasma decreases irritation of Shwasavahini. Mouktik Bhasma is especially effective in Rajayakshma Vyadhi having Pittaj symptoms like Urahdaha etc.

Asthishosha, is a disease in which Asthiposhak Ansha from diet cannot be converted into Asthi Dhatu due to Asthi Dhatvagnimandya. This causes malnutrition of Asthidhatu along with Asthi Dhatu Sousheerya. The use of Mouktik Bhasma with Milk and Ghruta proves to be useful in Asthisousheerya.

Mouktik Bhasma is useful in Prameha Vyadhi with Pittaj symptoms. It acts on Mootravaha Srotas and reduces symptoms like frequent micturition, burning micturition etc. In such a condition, when used with Chandanasava it proves to be more beneficial.

In Unmada and Apasmar developed as a result of Mastishka Kshobha due to aggravated Pitta, the use of Mouktik Bhasma decreases Mastishka Kshobha due to its Pittashamak action and pacifying effect on Vatavahini.

Amrutarishta

Amrutarishta prepared from 'Amruta' or Guduchi is an excellent Jwaraghna & Amapachak Kalpa useful in all types of Jwara. As it contains Dashamoola in equal quantity to Guduchi, this Arishta proves to be an effective Vatashamak as well.

Important ingredients and properties -

Amruta - Rasa Dhatu Pachak, Amapachak, Jwaraghna
Dashamoola - Effective Vatashamak, Anulomak

Indications -

“ अमृतारिष्ट इत्येष सर्वज्वरकुलान्तकृत् । ” Amrutarishta is an excellent Jwaraghna Arishta useful in all types of Jwara. Guduchi (Amruta) present in it, with its Rasa Dhatu Gamitva, Rasa Pachan & Ama Pachan properties is very useful in all Rasa Dhatu Dushtijanya Vikar especially Jwara.



As Jatharagnimandya is the main causative factor in Jwara, it gives rise to Rasadhatvagni Mandya & other Rasapradoshaj diseases. In this condition the use of Kalpa which have Jwaraghna action, such as Amrutarishta, Sanshamani Vati or A-Flu-O-Cil Forte is effective.

Due to its action on Yakrut & Pleeha, Amrutarishta is beneficial in Yakrut - Pleeha Vruddhi occurring in Vishamajwara. Amrutarishta is also effective in reducing the frequency of intermittant fever in Vishamajwara. When Amrutarishta is used in combination with Tribhuvankeerti Rasa, it proves to be more effective in Vishamajwara.

'Amavata' is a disease occurring due to Rasa Dhatu Dushti. Along with Sandhishotha, Sandhishool, Jwara is a symptom seen in Amavata. In this state Amrutarishta with Rasa Pachan, Ama Pachan as well as Rasa Dhatu Poshan i.e. Rasayan properties proves to be effective when used in combination with Sinhanad Guggul. Dashamool present in Amrutarishta helps in reducing Sandhishool as well as Shotha due to its Vatashaman action.

Nirmal Twacha or Clear skin is a sign of Prakrut Rasa Dhatu or Rasa Sarata. Rasadhatvagnimandya causes Rasa Dhatu Dushti giving rise to various Twacha Vikar. In Sravi Twacha Vikar combination of Amrutarishta & Amrutadi Guggul proves to be very effective & in Shushka Twacha Vikar the use of Amrutarishta with Panchatikta Ghruta Guggul is very beneficial.

With its effective action on Rasa, Rakta Dhatu as well as on Yakrut and Pleeha, Amrutarishta is very useful in Kamala Vyadhi. Ingredients of Amrutarishta are effective in regularizing secretion of Pachak Pitta. In Kamala Vyadhi, there is Vikruti of Rasa as well as Rakta Dhatu which causes yellowish discolouration of skin. In Kamala Vyadhi, Amrutarishta proves to be more efficient when used with Arogyavardhani.



Amrutarishta is especially effective in Dhatugata Jwara. It has efficiency to improve Poshan of the Dhatus by improving Jatharagnimandya and Dhatvagnimandya. This along with eradicating Dhatugata Jwara, gives strength to Saptadhatu and improves Oja Nirmiti. Therefore Amrutarishta is seen in the form of an excellent Rasayan.

Avipattikar Choorna

S.D.S. Monograph No. 030005

The name Avipattikar Choorna is given due to its action of eradicating vitiated Pitta. Avipattikar Choorna is an effective Choorna in Amlapitta Chikitsa.

Important Ingredients and Properties -

Trivrut - Mrudu Virechak, Pitta Shamak, Kapha Shamak
 Lavang - Kaphapitta Shamak, Vatashamak, Purisha Pachak
 Shunthi - Amapachak, Kaphavataghna, Purisha Sangrahan, Shothaghna
 Triphala - Rasayan, Tridoshashamak, Mrudu Virechak, Agnivardhak
 Marich - Kaphavataghna, Agnivardhak
 Musta - Kaphapittaghna, Lekhan, Purisha Sangrahan

Indications -

“ अम्लगुणोद्विक्तं पित्तं अम्लपित्तम् । ” the disease in which Amla Guna of Pitta is aggravated immensely or Pitta becomes Amlagunadharmi, is known as Amlapitta. Prakrut Rasa of Pitta is 'Katu'. But in Amlapitta due to excess intake of Amla Gunatmak Aahar, there is increase of Amla Rasa Guna in Pitta. Because of which there is increased Amla Vipak of Aahar resulting in rise of Amlagunadharmi Pitta. From the treatment point of view of increased Pitta, Virechan Karma is effective. Being Mrudu Virechak, Avipattikar Choorna helps in eliminating Dooshit Pitta through Mala. In Amlapitta and related conditions, the



use of Avipattikar Choorna in combination with Sootashekhar Rasa or Kamadugha proves to be beneficial.

In Agnimandya, Pachak Pitta is not properly secreted. Ingredients present in Avipattikar Choorna improve the secretion of Pachak Pitta and help in Agnivardhan as well.

Avipattikar Choorna with its Mrudu Virechak and Agnivardhak properties, is also effective in Baddhakoshthata (Constipation) and Arsha Vikar.

In Sheetapitta Vyadhi, reddish coloured welts along with small pustules having itching and burning sensation develop on the body. In this condition the use of Avipattikar Choorna with Arogyavardhani, helps in eliminating Dooshit Pitta through Mala and quickly reduces Itching and Burning sensation developed in Sheetapitta.

In Mukhapaka, Avipattikar Choorna proves to be more beneficial when used with Khadiradi Gutika.

In Greeshma and Sharad Rhotu, Sarvangadaha is commonly seen due to aggravated Pitta. With Sarvangadaha symptoms like increased Trushna, Bhrama, increased Sweda Pravrutti, Aruchi etc. are also present. In this state, use of Avipattikar Choorna in combination with Kamadugha (Mouktikyukta) proves to be useful.

In Raktapitta Vyadhi, Rakta Dhatu Dushti occurs due to vitiated Pitta and Raktasruti (bleeding) from Urdhwaga, Adhoga, Ubhayastha or Teeryak Marga is also present. Avipattikar Choorna is especially effective in Urdhwaga Raktapitta. Being Mrudu Virechak, it a best example of Gati Virodhi Chikitsa in Raktapitta.

Pandu and Kamala are the diseases due to Rasa as well as Rakta Dhatvagnimandya caused by Jatharagnimandya. Avipattikar Choorna having Deepan, Pachan and Mrudu Virechan properties helps in removing Dooshit Pitta as well as Kapha through Mala, facilitates Agnivardhan and proves beneficial in Pandu as well as Kamala.

Kamadugha (Mouktikyukta)

S.D.S. Monograph No. 0500044

It is called as Kamadugha because of its efficiency to give desired benefits. With presence of Mouktik as main ingredient, it is considered as an excellent Sheetal Kalpa. Kamadugha (Mouktikyukta) is a best Pittashamak in Nirama Pittavruddhi.

Important Ingredients and Properties -

Pravala Bhasma, Mouktik Bhasma - Excellent coolant, Best Pittashamak, Dahashamak
Shuddha Suvarnagairik - Kashay Rasatmak, Sheeta, Pittashamak, Absorbs increased Dravansha of Pitta
Shankha Bhasma - Absorbs increased Dravansha of Pitta, Agnivardhak
Shouktik Bhasma - Effective in reducing Teekshna Guna of Pitta
Kapardika Bhasma - Agnivardhak, Pachak, Grahi, Shoolaghna, Pittashamak
Guduchi Satva - Sheeta, Pittashamak, Rasa Dhatu Gamitva

Indications -

Amlapitta Vyadhi has Sama & Nirama Avastha. Kamadugha (Mouktikyukta) is a Kalpa effective in Niramavastha of Amlapitta. Urahadaha, Udarashool, Mukhapaka, Trushna, Chhardi, Bhrama etc. are common symptoms of Niramavastha of Amlapitta in which Kamadugha (Mouktikyuka) is found to be effective. In Pitta Vikruti due to increase in Ushna, Teekshna & Drava Guna of Pitta, Kalpa having Pittashamak, Sheetal, Dahashamak properties should be used.

Kamadugha (Mouktikyukta) is very effective in symptoms like Sarvangadaha, Bhrama, Trushna, Shirahshool which are seen in Greeshma & Sharad Rhotu or in Pitta Prakruti individuals. When used with Chandanasava or Usheerasava aggravated Pitta can be immediately alleviated.



In Mukhapaka Vyadhi, Dahayukta Vrana develop in Mukha Pradesh. In this condition, sucking of Kamadugha (Mouktikyukta) quickly reduces Daha & Shool caused due to Mukhapaka.

Use of Kamadugha (Mouktikyukta) with different Anupan is extremely beneficial in Raktapitta, Raktapradar, Raktatisar & Sarakta Mootrapravrutti. Pitta gets vitiated due to self provocative causes & vitiated Rakta Dhatu resulting in development of above mentioned diseases. Kamadugha (Mouktikyukta) acts effectively by alleviating Vikrut Pitta & facilitating Rakta Stambhan with its excellent Pittashamak as well as Raktaprasadak action.

Kamadugha (Mouktikyukta) is useful in Mootradaha with ingredients having Pittashamak, Dahashamak & Dravansha Shoshak properties.

In Sheetapitta Vyadhi, boils with burning & itching sensation are developed on the skin. Kamadugha (Mouktikyukta) is useful in Sheetapitta with ingredients having Pittashamak, Dahashamak & Dravansha Shoshak properties.

Being Mastishka Shamak, Kshobhanashak & Sheetal it is effectively used in Vikrut Pittajanya Anidra, Shirahshool, Bhrama, Unmada & Apasmar. It proves to be more beneficial when used with Saraswatarishta.

Kamadugha (Mouktikyukta) is useful in Pittaj Jwara for Pittashaman and Dahashaman.

Suvarna (Svarna) Bhasma

S.D.S. Monograph No. 0900014

Suvarna or Svarna is known not only for its attractive appearance, but in Ayurved Shastra no other Dravya has such an excellent medicinal use like Suvarna.

Efficiency of Suvarna -

सर्वोषधि प्रयोगैः ये व्याधयो न विनिर्जिताः ।

कर्मभिः पञ्चभिश्चापि सुवर्णं तेषु योजयेत् ॥ आ. प्र.

The importance of Suvarna in Ayurved Shastra is very clear from the above Sootra. As per Ayurvedic texts it is said that, Suvarna should be administered when no results of treatment are attained after the use of all the medicines or Panchakarma procedures.

Suvarna is considered to be the best Rasayan being Sarvadoshashamak & Sarvavyadhinashak.

Properties of Suvarna -

Suvarna is Sheetal, Vrushya, Balotpadak, Guru, Rasayan, Kashay – Madhur – Tikta Rasatmak, Madhur Vipaki, Picchil, Pavitra, Bruhan, Netrya, Medha – Smruti – Buddhivardhak, Hrudya, Ayu – Kantivardhak, Vakashuddhikar, Dehasthairyakar, Sthavar & Jangam Vishanashak, Unmada, Tridosha Jwara & Shokanashak.

Indications -

1. Being 'Hrudya' & Raktaprasadak, it is an excellent medicine in Hrudroga, as it provides strength to Hrudaya & related blood vessels & nerves
2. Effective in first & second stage of Aupasargik & Dhatukshayajanya Rajayakshma
3. Provides strength to the Avayav - Grahani in condition of Jeerna Grahani Vikar, in which the Dharan Kshamata of Antra is minimum
4. Beneficial in Vata Pitta Dushtijanya Prameha
5. Being Vrushya & Shukravaha Srotas Balya, effective in production of best quality Shukra Dhatu & beneficial in condition of Napunsakata
6. Useful in Unmada & Apasmar due to its effect on Manovaha Srotas
7. Effective in Jeerna Kasa & Shwasa, especially in Pittapradhan or Vata Pittapradhan Avastha
8. Beneficial in Dhatukshaya developed from Jeerna Jwara
9. Useful in Pandu & Kamala being Pittashamak & Raktaprasadak
10. Being Medha – Smruti and Buddhivardhak, effective in condition of Smrutibhransha
11. Effective in Jeerna Twacha Vikar being Varna & Kantivardhak
12. Useful in Netraroga, especially with symptoms of Pittapradhanata
13. Beneficial in disorders developed due to Jangam & Sthavar Visha being Vishaghna



Paradmarit Suvarna Bhasma -

लोहानां मारणं श्रेष्ठं सर्वेषां रसभस्मना.....। रसेंद्र चुडामणी

If the Maran process of Lohadi Dhatus is done with Parad, i.e. they are Paradmarit, the Bhasma of those Dhatus are considered to be of best properties. Suvarna Bhasma of Shree Dhootapapeshwar Ltd. is Paradmarit, hence considered to have the best properties.

Standardisation of Suvarna Bhasma - Ayurvedic Parameters

The final mark of excellence in Shastrashuddha Bhaskikaran



Bhasma particles in the print of Tarjani showing Rekhapoorntava

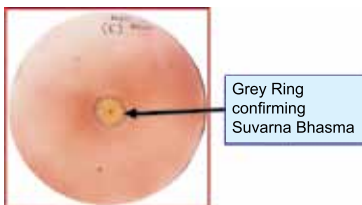


Rice grain floating atop Varitara Bhasma showing Uttam

Modern Parameters of Suvarna Bhasma

- Heat Consistency Graph
- Suvarna Content Consistency Graph (Standardised)
- Suvarna Bhasma with > 95% Suvarna Guaranteed)
- Infra Red Spectrophotometer
- Atomic Absorption Spectrophotometer

- Namburi Spot Fingerprint (Grey Ring confirming Suvarna Bhasma)



Namburi Spot Fingerprint

- Toxicity Study

Toxicity Study

The batches of Suvarna Bhasma studied for acute and chronic toxicity were found non-toxic when administered orally in a dose 10 times more than the therapeutic one.

Dr. V. D. Sangli
SDARF

Pushyanuga Choorna

S.D.S. Monograph No. 030022

The formulation useful in females in Pradar i.e. Raktapradar & Shwetapradar is Pushyanuga Choorna. With high percentage of Kashay Rasatmak contents, this Kalpa is known for its Stambhan properties. Hence Pushyanuga Choorna is also effective in Niramavastha of diseases like Atisar for the purpose of Stambhan.

Important ingredients and properties -

Lodhra – Kaphapittaghna, Shonitasthapan, Purishasangrahan
Shuddha Gairik – Kashay Rasatmak, Sheeta Veerya, Raktastambhak, Kaphapittaghna
Mocharasa – Shonitasthapan, Purishasangrahan, Kaphapittaghna, Vatashamak
Arjun Twak – Kashay Rasatmak, Shonitasthapan, Garbhashaya Balya, Kaphapitta Shamak

Indications -

There are two types of Pradar Vyadhi – Raktapradar & Shwetapradar. In Raktapradar, excessive bleeding is seen from the vaginal route, which is more during menstruation. Shwetapradar is characterized by white discharge from the vaginal route. In both of these Pradar Vyadhi, females experience symptoms like Katishoola, Dourbalya, Unenthusiastic nature. The ingredients of Pushyanuga Choorna act on the Garbhashaya & Raktadhatu. Both the types of Pradar Vyadhi are very well treated when Pushyanuga Choorna if given alongwith Bolabaddha Rasa or Ashokarishta. By the use of Pushyanuga Choorna, it is easy to nullify the symptoms like Raktasrava, Shwetrasrava, Katishoola, Dourbalya etc.

In condition of Shwetrasrava, Pushyanuga Choorna if given with rice water proves to be extremely effective.

Atyartava (Dysfunctional Uterine bleeding) is one such



disease, in which there is inability of contraction & dilatation of the Uterine muscles. Due to inability of contraction of uterine muscles during menstruation, massive bleeding occurs during this phase. Sometimes even blood clots are seen alongwith the menstrual blood. In such a condition, Raktastambhan alongwith correction of the uterine muscle tone or function is utmost important.

During the condition of Atyartava, due to heavy blood loss Dourbalya, Shwasakashtata, Bhrama etc. are noted. Hence in such a condition instant Raktastambhan has to be done on priority. The Kashay Rasatmak Dravya of Pushyanuga Choorna not only help in Raktastambhan, but also reduce the Shaithilya or laxity of the Uterine muscles, by which the contraction of the uterus becomes proper. Pushyanuga Choorna is beneficial if given alongwith Ashokarishta in Atyartava.

Dravamala Pravrutti is the characteristic of Atisar Vyadhi. As per the Shastra, if signs of Samata are noted, it is adviced that Stambhan of this Dravamala should not be done. But if signs of Niramata are seen or if signs of Bhrama, Dourbalya, Moorcca etc. caused due to excessive fluid loss are seen, then Stambhak Dravya have to be used. Atisar especially Raktatisar can be very well treated when Pushyanuga Choorna is given alongwith Kutajarishta. This not only causes Stambhan of the Dravamala, but it also causes Raktastambhan.

In Adhoga Raktapitta, Raktasrava is seen from Gudamarga, Yonimarga or Mootramarga. Pushyanuga Choorna is extremely effective in Raktasrava from Gudamarga & Yonimarga.

Arogyavardhani

S.D.S. Monograph No. 0800044

Arogyavardhani is one of the most important medicine used in Ayurvedic practice. Every Ayurvedic Vaidya uses Arogyavardhani in his clinic for the treatment of one or the other disease. Arogyavardhani is useful in all the disorders as mentioned in the Sootra 'सर्वरोगप्रशमनी ..।'

Arogyavardhani is most commonly used in Kushtha or skin disorders, but it can be used in various disorders alongwith different Anupan.

The main site of action of Arogyavardhani is Pachan Sanstha which comprises of the Grahani, Yakrut, Pleeha & Pakvashaya. Constipation is noted when digestion is hampered due to improper functioning of Grahani & Yakrut. The unwanted substances which ideally should have been eliminated out of the body accumulate in the Srotas & spread throughout the body. Due to the Malashuddhikar Karya of Arogyavardhani, improvement is noted in the Pachan & Shoshan Kriya. This causes proper production & flow of Pachak Rasa improving the mechanism of Pachan, Vibhajan & Poshan.

While using Arogyavardhani, it should be understood that, it does not act like Ichchhabhedi Rasa or any other Virechak Kalpa, instead it is a Kalpa which will cause Malapachan & Bhedan. Kutaki comprises of half the percentage of the total composition of Arogyavardhani & Bhedan is its main action. The Dravya which have Bhedan Karya are known to cause Pachan & Bhedan of the Mala accumulated in the Srotas. Hence Arogyavardhani causes Pachan & elimination of the unwanted substances that are accumulated in the intestines. This function is not only seen in Sthoola Srotas, but also is noted in the Sookshma Srotas.

The Malashuddhikar Karya of Arogyavardhani is very effective in many other conditions like tartar formation over teeth, bad odour from mouth, excessive nasal discharge etc.

Arogyavardhani is an excellent Deepak & Pachak formulation, which is due to its content Tamra Bhasma. There is always a query regarding the safety &



quality of Tamra Bhasma, but the Tamra Bhasma of Shree Dhootapapeshwar Ltd. is Paradmarit & Standardised as per Ayurvedic & Modern parameters & only then it is used in Arogyavardhani. The toxicity study of this Paradmarit Bhasma reveals that, Tamra Bhasma of Shree Dhootapapeshwar Ltd, is extremely safe & free from toxicity.

Yakrut is the site of action of Tamra Bhasma, which is the Moolasthan of Raktavaha Srotas. By correcting the functions of the Yakrut, improvement is also noted in the Pachan Kriya & its helps to clear the Rakta Dhatvashrit Dasha. With contents



like Tamra Bhasma & Bhedan Dravya like Kutaki, Arogyavardhani is extremely effective in diseases like Kamala & Udara. It helps in clearing the obstruction of the Sookshma Srotas of Yakrut & facilitating proper flow of Yakrut Pitta. Once the Raktashrit Dooshit Pitta is reduced & the flow of Prakrut Pitta in the Koshta is instituted properly, Kamala gets cured alongwith signs of increase in appetite & improvement in digestion.

The relation of Rakta Dhatu & skin diseases is known to all as Rakta Dhatu is one of the Dooshya Sangraha of Twachavikar. Arogyavardhani with its effect over the Yakrut, which is the Moolasthan of Rakta Dhatu is extremely effective in skin disorders.

Arogyavardhani is the medicine of choice in skin diseases with symptoms like Kleda, Srava, Kandu, Puyotpatti etc. In such



conditions, Arogyavardhani if given alongwith Mahamanjishthadi Kadha or Khadirarishta proves beneficial.

Arogyavardhani is useful in Sthoulya developed due to Apachit Meda. It is equally effective in Sthoulya developed due to Nikanthamani

Vikruti (Galaganda). Due to this accumulation of Apachit Meda, its ill effects are seen in various organs of the body. With contents like Tamra Bhasma, Shuddha Shilajit, Loha Bhasma, Triphala etc. Arogyavardhani is a potent medicine in reducing excessive accumulated fat (Apachit Meda), further leading to improvement in digestion & proper nourishment of other Dhatus.

The term 'Hrudya' has been associated with Arogyavardhani, as it provides strength to the muscles of the heart & reduces Hruddourbalya. Now-a-days the percentage of people suffering from high Serum cholesterol & related Heart diseases is on a higher side. The use of Arogyavardhani is extremely beautiful in such conditions. Arogyavardhani with contents like Tamra Bhasma, Shilajit & Loha Bhasma, has its effect over the Rakta Dhatu & causes Pachan of the accumulated Vikrut Meda in the Raktavahini.

Arogyavardhani is beneficial in the treatment of various Jwara, especially after the process of Langhan, Pachan etc. for Shaman of the residual Doshas. When symptoms like Aruchi, Agnimandya etc. are present even after Dasha Pachan, the use of Arogyavardhani is effective. It causes cleansing of the Srotas leading to improvement in Aahar Rasa Pachan & Shoshan.

In condition of Yakrut – Pleeha Vriddhi seen in Vishama Jwara, Arogyavardhani is useful. The contents like Tamra Bhasma, Loha Bhasma improve the functions of Yakrut & Pleeha & steadily reduce their enlargement.



In Ayurved, many a times concepts are misunderstood, of which Arogyavardhani is a classical example. In Bharat Bhaishajya Ratnakar, its has been clearly mentioned (मण्डलं सेविता सैषा) & in Rasaratnasamucchaya it has been mentioned as (मण्डलं सेविता ह्येषा). Many studious persons have given their interpretations over these two Shloka & have mentioned different views regarding the same. All these views are very important & should be considered.

When we read the next line of the above mentioned Sootra, 'देया पंच दिने जाते' it clearly mentions that, Arogyavardhani should be used five days after the occurrence of Jwara. Keeping this is mind, if we see the meaning of Mandal, it can be taken as 42 days. Hence it is very clear that, Arogyavardhani can be given in Kushtha or various skin diseases for 42 days which will cause complete eradication of the disease.

Many people have accepted the meaning of 'Mandal' as a type of Kushtha. From our point of view, the meaning of Mandal if taken as a type of Kushtha will be a Punarukti Dosha as Kushtha has already been mentioned in the Phalashruti of Arogyavardhani & hence would not be proper.

Considering both the above meanings of Mandal, 42 days would be the appropriate meaning. The application of this meaning in Arogyavardhani used by the Granthakars specifies the trust they have in its properties & functions, rather than the time duration for which it has to be consumed.

Now-a-days when the topic of Bhasma comes in front, this Sootra of Arogyavardhani is placed forward & it is adviced that the Bhasmas should be taken only for a specific duration, as it is mentioned in the Ayurvedic texts. This statement should be considered completely wrong & as it is misleading.

If this was intended by the Ayurvedic seers, they would have written something about the time duration of consumption of medicines somewhere in the texts. Nothing of this sort has been

mentioned even in the medicines which contain even more percentage of Parad in comparison with Arogyavardhani.

In the Ayurvedic texts, wherever the duration has been mentioned, only the duration of treatment has been specified & not the duration of medicine consumption. For example, while explaining Tribhuvankeerti, it has been mentioned in Yogaratnakar (विनाशयेत् ज्वरान् सर्वान् सन्निपातान् त्रयोदश ।) If its meaning is taken in such a way that, Tribhuvankeerti should be taken for 13 days, then it would be inappropriate. Yogaratnakar Grantha wants to specify that, Tribhuvankeerti eradicates all the thirteen types of Sannipata Jwara.

If importance is not given to a medicine like Arogyavardhani, it would not only be wrong, but also would be against the Shastra. When Granthakars have mentioned that, using a specific medicine for a specific time duration will give proper results, they want to create a positive impact of the efficacy of that medicine & not try to create a doubt about its usage.

If the Acharyas wanted to mention the duration of medicine consumption of the Bhasmas, then they would have mentioned it clearly just like that of Kshara, Lavan & Pippali. But they did not feel do so.

Hopefully we have enlightened your views regarding some of the misconcepts used now-a-days about the Ayurvedic medicines & this will help you to boost your thought process.



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