

Aushadhi Vivaran Pustika

Hemant Rшту - November & December 2012



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Rшту Description

The period of November and December which corresponds to Margshirsha and Paush months in Hindu calendar, is known as Hemant Rшту. It is the last season of Visarga Kala and marks the beginning of winter. As Sun is in Dakshinayan, sunrays are less intense in this season. Increased temperature of Sharad Rшту decreases in this season and weather becomes cool.

Jatharagni, enhanced due to increased coldness in the atmosphere, improves appetite & digestion of food that is consumed. Diet with Guru, Snigdha properties and in large quantity can also be easily digested in this season.

Due to good physical strength as well as Jatharagni along with balanced state of Dosha, occurrence of diseases is less likely in this season. But if the diet is not taken as per the need of Jatharagni (i.e consumption of food in less quantity, with Laghu and Ruksha Properties) it leads to vitiation of Vata Dosha. Faulty diet and lifestyle along with cold weather can cause increase of Kapha Dosha as well. Hence diseases such as Vatavyadhi, Shwasa, Kasa are more likely to occur in this season. Enhancement of symptoms can be seen in persons who are already suffering from these diseases.

To prevent aggravation of Vata and Kapha Dosha due to cold weather and to maintain balanced state of Dosha, it is necessary to follow regular exercise and Yoga regimen along with appropriate diet.

Vasant Kusumakar Rasa

S.D.S. Monograph No. – 0900144

Like trees lose all the leaves in the Shishir Rшту, losing their beauty and bear new leaves and flowers in Vasant Rшту, similarly consumption of Vasant Kusumakar Rasa reduces the Dhatukshaya and promotes Saptadhatu Vrुddhi.

Vasant Kusumakar Rasa is



regarded as one of the best Rasayan, Vajeekaran, Mehaghna, Medhya and Pustidayak Kalpa. It proves to be effective in disorders like Valipalit, Prameha, Kshaya, Kasa, Trushna, Unmad, Shwasa, Rakta Dosha and Visha Vikars.

वलिपलितहृन्मेध्यः कामदः सुखदः सदा।

मेहघ्नः पुष्टिदः श्रेष्ठः परं वृष्यो रसायनम्॥

आयुर्वृद्धिकरं पुंसां प्रजाजननमुत्तमम् ।

क्षयकासतृषोन्मादश्वासरक्तविषातिजित् ॥ भा.भै.र. ४/६९६७

In recent times there has been a significant rise in the number of patients suffering from Prameha especially Madhumeha. Even after continuous intake of allopathic drugs for many years the sugar levels are found to be high in blood and urine. Even the injectable insulin does not provide expected relief. As a result frustrated patients turn to Dialysis. But sometimes all of these treatments fail to provide any relief and patient starts suffering from the complications of Madhumeha like Neuropathy, Retinopathy, Atherosclerosis and Diabetic wounds.

Vasant Kusumakar Rasa is the most preferred Suvarnakalpa in Madhumeha and its complications. It is especially effective in Apatarpanjanya Madhumeha. The ingredients and the Bhavana Dravyas present in this Kalpa help in disrupting the Prameha Samprapti and promote the formation of Prakrut Dhatu. Even though it is a Brumhan Kalpa it does not cause increase of Kapha, Meda and Kleda Vruddhi.

Among the ingredients present in this Kalpa, Suvarna Bhasma is best Rasayan, Ojovardhak, Vishaghna, Raktaprasadak and Hrudya. Rajat Bhasma is Majja & Shukra Dhatuwardhak, Dahashamak and reduces nerve irritation, Vanga and Naga Bhasma are Shukra Dhatuwardhak, Balya and Rasayan. Kantaloha Bhasma is Raktavardhak, Kledanashak, Balya and reduces Dhatushaithilya. Abhraka Bhasma is Ojovardhak, Rasayan and is Balya for Hrudaya and Mashtishka. Pravala and Mouktik Bhasma is an excellent Pittashamak, Dahashamak and Raktaprasadak & Rasasindoor is Yogavahi & Rasayan.

Vasant Kusumakar Rasa is triturated with Cowmilk, Madhur Sheeta & Brumhan Dravyas like Ikshurasa & excellent Pittaghna & Dahashamak Dravyas



like Shwetchandan, Usheeradvaya, Kadali Kanda & Kamalpushpa. Kshayaroganashak and Raktapittaghna Dravyas like Vasa and excellent Pramehaghna, Kledanashak and Raktaprasadak Dravyas like Haridra.

It is an effective Kalpa in Jeerna Madhumeha and related Hrudroga. Vasant Kusumakar Rasa being Hrudya improves the contraction and relaxation of cardiac muscles & thus relieves the symptoms like breathlessness, giddiness, debility etc. due to cardiac disorders. In such cases Vasant Kusumakar Rasa taken along with Arjunarishta proves to be more beneficial. It helps in improving the abnormality of Hrudayasta Dhamani and restores appropriate blood supply to the cardiac muscles.

Rajat Bhasma present in Vasant Kusumakar Rasa reduces the nerve irritation in Diabetic neuropathy & Retinopathy. Vanga and Naga Bhasma helps healing of Diabetic wounds.



This Kalpa is also useful in complications of Madhumeha like Indriya Shaithilya and Shukrakshaya. Being excellent Vajeekaran and due to presence of Suvarna, Vanga and Naga Bhasma Vasant Kusumakar Rasa proves to be beneficial in Indriya Shaithilya & Shukrakshaya. Vasant Kusumakar Rasa effectively improves premature ejaculation. In such cases it proves to be beneficial when taken with Ashwagandharishta.

Being excellent Rasayan Kalpa and due to presence of Abhakra Bhasma, Suvarna Bhasma & Rasasindoor Vasant Kusumakar Rasa is useful in Shwasa, Kasa caused due to low immunity & in initial stage of Rajayakshma. If Apatarpan or Vata Vruddhi is the root cause in these diseases, Vasant Kusumakar Rasa proves to be beneficial.

Makardhwaj Gutika

S.D.S. Monograph No. 0900034

Makardhwaj Gutika prepared from Vrushya and Rasayan Dravyas like Suvarna Bhasma and Poornachandroday Makardhwaj is very useful Kalpa for enhancing Agni of Shukra Dhatu along with providing nourishment to Sarvadaihi Shukra Dhatu.

Among the ingredients present in Makardhwaj Gutika, Suvarna Bhasma is Balya, Rasayan and Hrudy, Poornachandroday Makardhwaj is Vrushya, Balya, Hrudy, Vishaghna and Rasayan, Bhimseni Karpoor is Balya, Vrushya, Strotorodhnashak, Jayphal is Vrushya and Shukrastambhak, Maricha is Pramathi, Strotorodhnashak and is useful for Dhvajabhanga, Lavanga is Shukrastambhak and Vajeekaran, Latakasturi being Vrushya is effective in Shukradourbalya and Dhvajabhanga. Makardhwaj Gutika is been triturated with Nagavela Patra Swaras which is Vajeekaran and is beneficial for Dhvajabhanga.

Therefore Makardhwaj Gutika proves to be a very useful formulation for diseases of Shukravaha Strotas. Use of this formulation quickly improves Shukrakshaya and eradicates physical as well as mental debility.

With Saptadhatu Poshan and Ojovardhan, this formulation enhances Sarvadaihi Shukra which helps to regenerate



all the body constituents as well as nourishes local Shukra Dhatu which eventually improves quantity as well as quality of sperms. By enhancing Shukradhatvagni, this formulation proves to be effective in many disorders.



Faulty diet, lifestyle and mental stress causes Shukrakshaya in men along with Beejadushti. On carrying out semen analysis, common observations are decreased sperm count and increased number of abnormal sperms which adversely affects the fertility. In addition to this, many persons complain of Erectile dysfunction and Loss of libido. These can be the signs of infertility or Impotency. Makardhwaj Gutika is effective formulation for all these ailments. It proves to be more beneficial when taken with milk or Ashwagandharishta.

Along with being an excellent Vajeekaran, Makardhwaj Gutika is also a best Rasayan and hence is very useful for Dhatukshaya and weakness observed in long term illnesses. It is especially beneficial in diseases caused by Dhatukshaya such as Shwasa, Kasa, Karshya, Kshaya etc.

Makardhwaj Gutika is effective in improving Dhatukshaya caused by diseases like Rajayakshma, Prameha etc. This formulation helps in Saptadhatu Poshan, enhancing Dhatvagni & in Strotorodhnashan along with improving physical as well as mental weakness. Makardhwaj Gutika proves to be effective in Madhumehajanya Napunsakata (infertility caused by Diabetes) by eradicating Shukra Dushti and improving erectile dysfunction.

Hence knowledgeable Ayurvedic physicians can use Makardhwaj Gutika in all types of chronic diseases, conditions of Dhatukshaya and can prescribe it with appropriate Anupan as per the disease.

In Ayurved Dravyas acting on Shukradhatu have been classified in three groups namely Shukravruddhikar, Shukrastrutikar/Pravartan & Shukravruddhistrutikar.

Makardhwaj Gutika mainly act as Shukravruddhikar. Harsha, Utsaha etc. are qualities of Shukra. With increase in Shukra, there is rise in these qualities as well. Makardhwaj Gutika proves to be very effective for Shukrakshaya caused by inappropriate sexual activities, faulty diet and lifestyle.

Kanchanar Guggul

S.D.S Monograph No. 0400074

Kanchanar Guggul, prepared from 'Kanchanar' having Gandamalanashak Prabhav, proves to be an extremely effective formulation for diseases of Mansavaha and Medovaha Strotas due to its ability to achieve Pachan as well as Lekhan of Vikrut Mansa and Meda.

गलगण्डं जयत्युग्रमपचीमर्बुदानि च।

ग्रन्थीन् व्रणानि गुल्मांश्चकुष्ठानि च भगन्दरम्॥ शै.र. - गलगण्ड

Kanchanar Guggul is an effective formulation for Galaganda, Apachi, Arbuda, Granthi, Vrana, Gulma, Kushta and Bhagandar.



Among the ingredients present in Kanchanar Guggul, Kanchanar is Ruksha, Laghu, Katu Vipaki, Lekhan, Pachan and Gandamalanashan, Trikatu, Triphala, and Trijata are Vikrut Kapha - Meda nashak & Kledanashak, Varun is an excellent Bhedan and Gandamalahar Dravya. Due to the presence of Triphala Vishesh Shodhit Guggul in Kanchanar Guggul, this formulation has more effective Lekhan and Pachan action.

Kanchanar Guggul is an extremely efficient formulation in Galaganda Vyadhi and related obesity caused by dysfunction of Thyroid gland.



This action is seen because of specific action of Kanchanar on Thyroid. Kanchanar Guggul helps in Lekhan as well as Pachan of Vikrut Kapha - Meda - Kleda. It also helps in formation of Prakrut Mansa and Meda Dhatu by appropriately igniting, the Dhatvagni of Mansa & Meda. In case of obesity caused due to Thyroid dysfunction, the use of Kanchanar Guggul with Kumari Asav No. 1 proves to be beneficial.

Kanchanar Guggul is a very effective formulation in treatment of diseases such as Gandamala, Apachi, Medoj Granthi (Lymphoma) and Arbuda (Tumour). In the Samprapti of all the above mentioned diseases, Vikrut Mansa - Meda - Kapha are the important factors. Kanchanar Guggul is useful in various conditions of the above mentioned diseases as in all of these Lekhan is the treatment of choice.

According to 'श्लीपदं मांसमेदोभ्यां विद्यात् 1-' च.चि. १२/९३, it is clear that, there is Mansa and Meda Dhatu Dushti in Shleepada Vyadhi. When Kanchanar Guggul is used in combination with Amrutarishta in Shleepada cases, it helps in Lekhan of Vikrut Mansa as well as Meda present in Shleepada and regular use helps in reducing the size of Shleepada.

Vikrut Mansa as well as Meda are also the causative factors for Ashtheela (Benign Prostrate Hypertrophy). Due to increase in the size of Ashtheela, symptoms such as dribbling micturition, obstructive micturition, straining during micturition are seen. In such conditions use of Kanchanar Guggul with Punarnavasava helps in reducing inflammation or increased size of Ashtheela and relieves the above mentioned symptoms.

In many of the cases of Bhagandar (Fistula) there is delayed healing due to the Dushta Kapha - Kleda and sometimes discharge mostly, pus discharge is seen from its opening. In this condition use of Kanchanar Guggul helps in easy healing by helping in Lekhan of Dushta Kapha - Kleda. When taken with Mahamanjishtadi Kadha and Gandhak Rasayan it gives quick relief in Bhagandar.

Triphala Guggul

S.D.S. Monograph No. – 0400034

Triphala Guggul prepared from ingredients like



In Arsha Vyadhi, Triphala Guggul is useful in cases of inflammation and development of Mansankur. It relieves Malavibandha and reduces the pain and inflammation in Arsha. The ingredients of Triphala Guggul help in Agnideepan and disband Moola Samprapti of Arsha.

In Bhagandhar and Nadivrana Rakta, Mansa and Meda Dhatu are vitiated. Due to lack of healing, bleeding and pus discharge are also seen. In such cases, combine use of Triphala Guggul and Gandhak Rasayan proves to be beneficial. It helps in Lekhan of Dushta Rakta, Mansa and Meda and also accelerates the process of Vranaropan.

Triphala which are capable of Vikrut Meda Lekhan Pachan and Kledanashan, is an excellent medicinal formulation for disorders of Medovaha Srotas. With presence of Triphala Vishesh Shodhit Guggul, Lekhan action of Triphala becomes more effective. According to the 'रोपणी त्वग्गतमेहोमेदकफासजित्।' (वा.सू.) Triphala present in the Triphala Guggul does the Vikrut Kapha - Meda - Kleda Nashan and helps in Vranaropan. Pippali is Deepan, Pachan & Rasayan. Triphala Vishesh Shodhit Guggul is an excellent Lekhan.

Triphala Guggul is useful in Dushta Vrana and Dushta Peedaka. Likewise it is also used in traumatic wounds for Vrana Shodhan and Ropan purpose. With its Shothaghna and Peedanashak properties, Triphala Guggul proves to be beneficial in traumatic wounds. It is also very useful in Puyadanta for reducing toothache and pus formation.

Triphala Guggul is effective in Diabetic wounds where Dushta Rakta - Mansa - Meda and Kleda are involved in Samprapti. In such cases, Triphala Guggul taken along-with Yashada Bhasma proves to be beneficial.

Obesity or Sthoulya is the most important disease of Medovaha Srotas which has various causative factors. Triphala Guggul proves to be extremely beneficial in those cases where Apachit Medasanchiti is the causative factor for the Sthoulya. Triphala Guggul increases the efficiency of Medadhatvagni which helps in Lekhan of Apachit Meda and Kleda. Triphala Guggul is also effective in other ailments caused by Sthoulya such as Sweda Durgandhi, Dhatukshaya, Avrushata etc. In Sthoulya Chikitsa, Triphala Guggul taken alongwith Kumari Asava No. 1 proves to be more beneficial.

भगन्दरं गुल्मशोथावर्शासि च विनाशयेत् ।
शा. सं. म. खं. ७ / ८३

According to the textual reference from Sharangdhar Samhita Triphala Guggul is useful in diseases like Bhagandhar, Gulma, Shotha and Arsha.



Ashwagandharishta

S.D.S Monograph No. - 100003

Ashwagandharishta prepared from best Vrushya Dravya 'Ashwagandha' along with other Balya, Rasayan Dravyas is an excellent Brumhan, Balya, Rasayan and Vajeekaran Arishta Kalpa.

According to 'बल्या रसायनी तित्ता कषा योष्णातिशुक्रला।' (भा.प्र.), Ashwagandha present in Ashwagandharishta



is Atishukral and Shweta Mushali is an excellent Vajeekaran, Brumhan, Balya, Rasayan. As per textual reference, quantity of honey in Ashwagandharishta is more than total quantity of all other ingredients.

**मूर्च्छामपस्मृतिं शोषमुन्मादमपि दारुणम् ।
कार्श्यमर्शांसि मन्दत्वमग्नेर्वातभवान् गदान् ॥
अश्वगन्धाद्यरिष्टोऽयं पीतो हन्यादसंशयम् । भै. र. - मूर्च्छ**

Ashwagandharishta is found mentioned in Bhaishajya Ratnavali - Moorchharog Chikitsadhyaya. Ashwagandharishta is effective in diseases like Moorchha, Apasmar, Shosha, Darun Unmad, Karshya, Arsha, Agnimandya as well as in disorders caused by Vata Prakop.

Ashwagandharishta proves to be a useful formulation for diseases of Shukravaha Strotas, due to Atishukral property of Ashwagandha and its specific action on genital organs. Many Ayurvedic physicians use it as Anupan with other Vajeekaran medicines. Ashwagandharishta is very effective Arishta formulation especially for Shukrakshaya, Dhvajabhanga, decreased sperm count (Oligospermia), Klaihya etc. It helps in stimulating Dhatvagi which improves the process of Dhatu Poshan and helps in appropriate nourishment of all seven Dhatus. For Klaihya caused by Shukrakshaya and decreased sperm count, use of Ashwagandharishta with Makardhwaj Gutika, Poornachandroday Makardhwaj and for Dhvajabhanga, use of Ashwagandharishta with Shilapravang Special as well as Trivanga Bhasma proves to be beneficial.

With Balya and Brumhan properties Ashwagandharishta is an effective formulation for Krushata and weakness caused by Mansadhatu Vikruti or Mansa Kshaya. Its use help in reducing physical as well as mental weakness and maintains vitality and endurance in the body.

In Vata Vikar especially in diseases like Pakshaghat, Ardita, Ashwagandharishta proves to be useful

for eradicating Vata Prakop and Dhatu Kshaya. It's main quality of giving strength to the nerves is expected here. In chronic stage of Pakshaghat, along with loss of muscle tissues, Shosha (atrophy) is seen. Because of which there is loss of function that is inability/poor ability of that organ especially extremities to perform its normal functions. With presence of Ashwagandha which is Mansaposhak and Balya, Ashwagandharishta helps to reduce muscle weakness in chronic stage of Pakshaghat and improves efficiency of muscles. In cases



where Asthikhshaya and Vayu Vruddhi is seen in chronic Sandhigata Vata, many Ayurvedic physicians prefer to use Ashwagandharishta. It helps in reducing the pain due to Asthisausheerya (Osteoporosis) to some degree. For Pakshaghat Ardit etc., use of Ashwagandharishta with Bruhat Vata Chintamani Rasa and for chronic

Sandhigata Vata use of Ashwagandharishta with Yogendra Rasa proves to be beneficial.

Ashwagandharishta is very useful formulation for Vata Prakop and Dhatukshaya due to any cause. In long term illnesses, as per disease state, the use of Ashwagandharishta as Anupan with different formulations proves to be beneficial.

Poornachandroday Makardhwaj

S.D.S. Monograph No. - 080105



Poornachandroday Makardhwaj or Suvarna Sindoor is a prime Kupipakva Rasayan having excellent Saptadhatuposhak, Rasayan and Vajeekaran properties. Being red in colour and due to presence of Suvarna, this Sindoor Kalpa is called as 'Suvarna Sindoor'.

Poornachandroday Makardhwaj is the Kupipakva Rasayan prepared by triturating Shuddha Suvarna, Shuddha Parad, Shuddha Gandhak with Kumari Swarasa and Karpas Swarasa. Shuddha Suvarna is an excellent Balya, Rasayan, Vajeekaran. Kajjali prepared from Shuddha Parad and Shuddha Gandhak is Yogavahi and Rasayan. Kumari Swarasa is Vishaghna, Rasayan. Brumhan, Vrushya, Vatakaphaghna and Sarak and Karpas Swarasa is Vatashamak and Vajeekaran.

न विकाराय भवति साधकेन्द्रस्य वत्सरात् ।

मृत्युञ्जयो यथाऽभ्यासान्मृत्युं जयति देहिनाम् ॥ भा.भै.र. २/१९०८

Shloka given above quotes that, with regular consumption of Poornachandroday Makardhwaj, chances of occurrence of any disease is equal to nil. Being an excellent Rasayan and Saptadhatuposhak, it enhances the activity of all the senses and improves their regular activities. This formulation proves to be effective, especially in long term illnesses and senility.

रतिकाले रतान्ते वा पुनःसेव्यो रसोत्तमः ।

अभ्यासात्साधक स्त्रीणां शतं जयति नित्यशः ॥

मानहानि करोत्येष प्रमदानां तु निश्चितम् ॥ भा.भै.र. २/१९०८

Above mentioned quote describes eminence of Poornachandroday Makardhwaj. With regular consumption this formulation gives such a strength to Shukrasthana that man can have sex with hundred women at a time. Hence Poornachandroday Makardhwaj is considered as best Vajeekaran formulation.

This Kalpa is favoured by Ayurvedic physicians for ailments like infertility, loss of libido, nocturnal emission and premature ejaculation. Being Kupipakva Rasayan it proves to be more effective in less dosages. It not only



helps in Saptadhatuposhan but also stimulates Shukradhatvagni which eradicates Shukrakshaya. Being Vrushya and effective in treating erectile dysfunction, this formulation proves to be beneficial in diseases of Shukravaha Strotas.

By improving Dhatuposhankrama and alleviating vitiated Vata, Poornachandroday Makardhwaj proves to be useful in all long term illnesses for regaining the strength. Its use proves to be beneficial in chronic diseases like Jeerna Jwara, Rajyakshama and related Shwasa-Kasa, Hruddourbalya, Jeerna Vatavikar such as Apasmar, Pakshaghat etc. for eradicating Dhatukshaya and normalising the functions of all the senses.

Poornachandroday Makardhwaj is a very useful formulation for physical as well as mental debility. This formulation or its presence as an ingredient in other formulations e.g 'Makardhwaj Gutika or Swamala, proves to be effective in all genders and age groups including Men, women, children, elderly. It's regular consumption not only helps in Saptadhatuposhan but also in normal formation of the Dhatus. It also proves to be beneficial in preventing various diseases by improving the immunity. This Kalpa in effect can be considered to be the best example of 'तत् वृष्यं तत् रसायनम्'.

Suvarnarajvangeshwar (Svarnavang)

S.D.S Monograph No. - 080022

Suvarnarajvangeshwar is the Kupipakva Rasayan which has colour and lustre like gold and has Vanga as its chief ingredient. Even though it doesn't contain actual gold, it is known as Svarnavanga.

It is a Talastha Kupipakva Rasayan Kalpa containing Shuddha Vanga, Shuddha Parad, Shuddha Gandhak and Navsagar. Shuddha Vanga present in it is Kledanashak, Vrushya and Shukrastambak, whereas Kajjali prepared from Shuddha Parad and Shuddha Gandhak is Yogavahi, Rasayan and Krumighna.



रसायनं मेहरज्य मेध्यं बल्यञ्च नेत्र्यं परमं प्रदिष्टम् ॥
लावण्यदं वह्निविवर्धनञ्च श्लेष्मामयघ्नं परमञ्च वृष्यम् ।
मेदोहरं शुक्रकरं निकामं सुवर्णवंगं कथितं रसज्ञैः ॥

रसतरंगिणी - १८/८१-८२

Suvarnarajvangeswar is an excellent Rasayan, Pramehahar, Medhya, Balya, Netrya Kalpa, it is beneficial to body and act as Agnivardhak, Kaphaghna, Vrushya, Medohar and Shukravardhak.

On mentioning Suvarnarajvangeswar the very first disease that comes to mind is 'Upadansha'.

Upadansha is a type of infectious disease. Due to its complicated nature very few medicines can be effectively used in it. Among these medicines 'Suvarnarajvangeswar' is the most important one.



It is especially useful in second and third stage of Upadansha. It is beneficial in symptoms of Upadansha like Mootradaha, Mootramarga Shotha, Vrana also in its complications like Sandhishool and Shotha. Its use quickly reduces Mootradaha, Mootramarga Shotha, pus suppuration and also accelerates the healing process.

Suvarnarajvangeswar is a Vrushya and Rasayan Kalpa effective in disorders of Shukravaha Srotas. It not only treats the defects in the genital organs by decimating the diseases of Shukravaha Srotas, but also with its Rasayan Karma prevents the recurrence of the disease.

Being Shukrastambhak, Shukravardhak and Janendriya Balya Suvarnarajvangeswar proves to be an effective for Klaihya, Nocturnal emission & Premature ejaculation. It is regarded as one of the best Vajeekarana Kalpa.

Suvarnarajvangeswar can be used effectively in disorders of Kaphasthanas due to its ability to absorb excessive Kleda and Dushit Kapha accumulated in Kaphasthanas. It is especially useful in reducing excess Kleda formation seen in Bahumootrata, Prameha, Sthoulya etc.

In skin disorders especially those with discharge, Suvarnarajvangeswar proves to be beneficial for Srava-Kleda Shoshan and Vranaropan. It proves to be more beneficial when used with Amrutarishta or Amrutadi Guggul.

Suvarnarajvangeswar being Netrya is useful in Ophthalmic disorders. Netra is the site for Alochak Pitta which may get afflicted by Kapha Dushti. Kaphavruddhi in Netra causes symptoms like Drushtimandya and Netragourav and may lead to other Kaphajanya disorders. In such cases Suvarnarajvangeswar reduces the Kleda & improves the condition of eye.

Vanga Bhasma

S. D. S. Monograph No. – 020021

Vanga Bhasma is especially effective in all types of Klaihya and Prameha.

Important ingredients and properties -

Vanga Bhasma - Laghu, Ruksha, Sara, Teekshna, Guru Gunayukta, Tikta Rasatmak, Ushnaveerya, Balya, Vrushya & effective on all types of Prameha.

वंग भक्षयतो नरस्य न भवेत्स्वप्नेऽपि शुक्रक्षयः । आ. प्र.

The above Sootra clearly proves excellence of Vanga Bhasma in all types of Shukra Vikruti. Vanga Bhasma exhibits Balya and Rasayan action on both Shukra Dhatu and Shukravaha Srotas. It reduces the weakness and Shaithilya of Shukrasthana i.e. Vrushan and Shukravahini. Excessive indulgence in sex causes laxity of Shukrasthana resulting in disorders like premature ejaculation &



Indriya Dourbalya. Vanga Bhasma with its Guru Guna and Balya Karma improves the muscle laxity and proves to be beneficial in these disorders.

‘क्लीबः स्यात्सूरताशक्तः तदभावः क्लैब्यमुच्यते।’

In Klaihya Vyadhi even with sexual urge person is unable to perform intercourse due to Indriya Dourbalya. In Klaihya Vyadhi various deformities of reduced sexual activity are seen which include Ejaculatory Dysfunction, Erectile Dysfunction, Indriya Dourbalya etc. Vanga Bhasma proves to be beneficial in these conditions due to its Balya and Vrushya properties. It is especially effective when taken with Kalpas like Makardhwaj Gutika.

Many times excessive indulgence in sexual activities leads to Shukrakshaya along with Snayushaithilya (laxity of muscles) which causes infertility or Vandhyatva in men. In such cases Vanga Bhasma administered with Shukravardhak Dravyas like Vidarikanda, Ashwagandha, Kapikacchu, Shilajit etc proves to be very beneficial.

सिंहो यथा हस्तिगुणं निहन्ति तथैव वंगोऽखिलमेहवर्गम्। आ. प्र.

Lion kills the elephant, similarly Vanga Bhasma destroys Prameha. Dhatvagnimandya and Dhatushaithilya are the important factors of Prameha Samprapti. Vanga Bhasma being Ushnaveerya helps in correcting the Dhatvagnimandya and with its Guru Guna and Balya Karma it improves Dhatushaithilya. It is useful in Bastishaithilya seen in Prameha. Vanga Bhasma acts as Vyadhi Pratyani Kalpa in ailments caused by Prameha such as Napunsakata and Indriya Dourbalya.

Vanga Bhasma is also useful in female specific disorders like Garbhashaya Dourbalya and Shwetapradar. With its Balya



Karma it reduces Dourbalata and Shaithilya of Uterine muscles. Vanga Bhasma is an excellent Kruminashak. Hence it is useful in Shwetapradar and Upadanshadi Vikar caused by Krumi. It not only eradicates the Krumi but also improves weakness and laxity of genital organs.

It is beneficial in chronic skin diseases due to its Kruminashak action. It is specially useful in skin disorders with symptoms like itching and pus suppuration. It proves to be beneficial when taken with Kalpas like Gandhak Rasayan.

Abhraka Bhasma (Sahastraputi)

S.D.S. Monograph No. 020002

शतादिस्तु सहस्रान्तः पुटो देयो रसायने। आ. प्र.

Abhraka Bhasma Sahastraputi prepared from Vajrabhraka has Rasayan properties and is more efficient than ‘Nischandra Abhraka Bhasma’.

Important ingredients and properties -

Abhraka Bhasma Sahastraputi – Snigdha, Sheeta Gunayukta, Sheeta Veerya, Kashaya, Madhur Rasa, Sarva Dhatuposhak, Netrya, Medhya and Rasayan.

केश्यं वर्ण्यं रुचिकरमलं दीपनं चातिबल्यम्।

नेत्र्यं मेधां जनयतिरतं स्तन्यसंवर्द्धनश्च

क्षेत्रे स्थैर्यं वितरति परं दीपनं पुष्पकेतोः ॥

क्षिप्रं घोरां दलयति महारोगसंघातभितिं। र. त. (१०/७२-७३)

Sahastraputi Abhraka Bhasma is used especially for Apurnarbhava and Rasayan purpose. It is extremely beneficial in Chronic, long term and debilitating diseases.

With its Snigdha, Kashaya, Madhur Rasa and Dhatuposhak Karma, Sahastraputi Abhraka Bhasma proves to be Pranavaha Strotas Balya and Rasayan. It especially strengthens the Lungs and the Pranavahinis. Because of these properties it is very beneficial in diseases of Pranavaha Strotas such as Rajayakshma, Shwasa, Kasa etc.



Dhatu Shaithilya, Sapta Dhatu Asaratva, Ojakshaya and Dhatu Kshayajanya Vataprakopa are main factors in Samprapti of Madhumeha which is one of the type of Vataj Prameha. Hence Dhatuposhak and Rasayan Chikitsa is especially important in Madhumeha. Abhraka Bhasma being Kashaya and Sheeta Veerya helps reducing Dhatu Shaithilya, it also helps in Dhatuposhan with its Snigdha, Madhur Rasa. Sahastraputi Abhraka Bhasma being Rasayan is an extremely effective Kalpa in the treatment of Madhumeha. It is especially beneficial when used with Kalpas like Vasant Kusumakar Rasa.

Abhraka Bhasma strengthens the Majjavaha Srotas and Vatavaha Nadis. It is beneficial in Mashtishka Dourbalya and Vatanadi Dourbalya with its Medhya, Rasayan and Majjavardhan action. In Unmad and Apasmar Vyadhis where symptoms like Indriya Dourbalya, Smruti Vibhrama are present, Abhraka Bhasma efficiently reduces the irritation of Sanyavahi & Nyanvahi Nadis and strengthens them. Abhraka Bhasma is also beneficial in individuals suffering from Pakshaghat, by alleviating Vatanadi Dourbalya and restoring Majjavardhan Karma. Being Sheeta Veerya, Madhur Rasa and Snigdghagunayukta it is useful in reducing the Manakshobha.

In diseases like Jeerna Jwara and Pandu there is excessive Dhatukshaya and Dhatushaithilya. Abhraka Bhasma is beneficial in these conditions due to its Dhatuposhak and Rasayan action. In Pandu Vyadhi, Sahastraputi Abhraka Bhasma when used with Tapyadi Loha proves to be beneficial. In case of Jeerna Jwara Abhraka Bhasma taken with other Jwarnashak Kalpas proves helpful in Vyadhi Shaman.

Abhraka Bhasma is an excellent Rasayan. It is useful in correcting and restoring the Dhatupariposhan Krama. Also it is especially beneficial in Shukrakshaya caused due to impaired Dhatu Utpatti and Pariposhan. Use of Abhraka Bhasma with Dravyas like Shilajatu & Ashwagandha proves to be effective.

Abhraka Bhasma is extremely beneficial in ophthalmic disorders. With its Sheeta Guna, Madhur, Kashaya Rasa & Sheeta Veerya it is especially effective in Pittaj Netravikar. In these diseases, Abhraka Bhasma is more beneficial when used with Kalpas like Suvarna Vasant Malati & Saptamrut Loha.

Kantaloha Bhasma

S. D. S. Monograph No. 020006

Kantaloha Bhasma is an excellent Raktavardhak Bhasma prepared from "Kantaloha" which is considered as best among all types of Loha. Kantaloha Bhasma exhibits Rasayan action in both Swastha (healthy) as well as Aatur (diseased).

Important ingredients and properties -

Kantaloha Bhasma is Snigdha Gunayukta, Tiktarasa Pradhan, Sheetaveerya, Tridosha Shamak, Agnivaridhak, and excellent Rasayan Bhasma.

कान्तायोऽतिरसायनोत्तरतरं स्वस्थे चिरायुःप्रदं ।
स्निग्धं मेहरं त्रिदोषशमनं शूलाऽऽममूलापहम् ।
गुल्मप्लीहयकृत्क्षयामयहरं पाण्डूदरव्याधिनुत्तिकोष्णं
हिमवीर्यकं किमपरं योगेन सर्वार्तिनुत् ॥ (र. र. स. ५/१६)

In Pandu Vyadhi Pitta Dosha are found to be in vitiated state especially the Ranjak and Hrudayastha Sadhak Pitta.

Raktagni Dushti affects the functioning of Ranjak Pitta leading to pallor one of the most common symptom of Pandu. Vikrut Rakta Dhatu Utpatti and Rasa Dhatu Shaithilya leads to Rakta and Meda Dhatukshaya. Kantaloha Bhasma is very effective in reducing Dhatu Shaithilya and Rakta – Meda Kshaya. Being Tiktarasatmak and Sheetaveerya Kantaloha Bhasma pacifies the vitiated Pitta and helps in disbanding the Samprapti alongwith correcting the pallor. In Krumijanya Pandu, use of Kantaloha Bhasma along with Krumikuthar Rasa proves to be beneficial.

Excessive Pittaprapok is seen in Kamala especially Bahupitta Kamala which leads to Rakta and Mansa

Vidaha along with yellow discoloration of stools, urine, skin, eyes and nails. It is necessary to give all type of Pittanashak



treatment in Kamala. Kantaloha Bhasma pacifies the Pitta and disrupts the Samprapti. When taken along with Pittashamak Kalpas like Chandrakala Rasa and other Kamalanashak Kalpas it proves to be beneficial.

In Pandu and Kamala Vyadhi person becomes extremely weak hence in these patients along with Vyadhishamak Chikitsa, Rasayan Chikitsa is also important. In these conditions Kantaloha Bhasma not only acts as Vyadhishamak but also with its excellent Rasayan action helps in improving remaining weakness and restoring the health after Vyadhishaman. Hence it is beneficial to continue the use of Kantaloha Bhasma for some time even after the disease is cured.

Kantaloha Bhasma is beneficial in Prameha especially Pittaj and Kaphaj type of Prameha. It effectively clears the discoloration of urine and also reduces the Dhatushaithilya.

Chronic type of Grahani Vyadhi not only weakens the organ Grahani but also the whole body. In such patients many times Pandu Vyadhi is seen due to Raktakshaya. Kantaloha Bhasma proves to be excellent Shaktivardhak in such cases due to its Rasayan action. Especially in Sangrahani Vyadhi with extreme Dourbalata along with Bala and Mansakshaya Kantaloha Bhasma proves to be especially beneficial. Its use with Parpati Kalpas is effective in such cases.

Kantaloha Bhasma is an excellent Rasayan which promotes the formation of good quality Rasadi Dhatu. Its regular use also reduces Indriya Dourbalya. With these properties it is also beneficial in Napunsakata. For added benefits, it can be taken along with Shilajatu, Ashwagandharishta etc.

Kantaloha Bhasma with its Tridoshashamak and Rasayan action is beneficial in Jeerna Yakrut Vikar, Pleeharoga, Kshayaj Vikars etc. Kantaloha Bhasma if combined with specific Vyadhipratyanik Kalpas proves to be very beneficial in treating various diseases.



Naga Bhasma

S.D.S. Monograph No. – 020013

नागस्तु नागशततुल्यबलं ददाति ।

It means by consuming Naga Bhasma, person can procure strength equivalent to 100 Naga's i.e. 100 elephants.

Naga Bhasma is an excellent Saptadhatu Poshak & increases Indriyabala as well as Agnibala.

Important ingredients and properties -

Naga Bhasma – Snigdha, Guru, Sara gunayukta, Madhur, Tikta Rasatmak, Ushna Veerya, Lekhan, Agnivardhak, Excellent Rasagamitvayukta and Saptadhatu Poshak Bhasma.

प्रमेहकरिकेशरी पवनरोगकालानलः ।

गृहव्यतिनिशारुणः खलु गुदाहृरेभाङ्कशः ।

बलासगदतस्करो व्रणगणीकसङ्घर्षणः ।

परं विजयतेतरां गदहरो भुजङ्गा मृतः ॥ र. त. १९/४४

In Prameha Vyadhi Vatadi Tridosha especially Kledak Kapha, Pachak Pitta and Saman Vayu are seen vitiated along with Meda, Mansa, Lasika, Rakta, Vasa, Oja, Majja and Rasadi Dhatu getting adversely affected. Due to the presence of Saptadhatu Asaratva and Dhatu Shaithilya Dhatuposhak Kalpas are especially beneficial in Prameha. Naga Bhasma helps in Dhatvagni Vardhan due to its Agnivardhak properties. It is specially beneficial in Sthoola Pramehi as with its Lekhan Karma Naga Bhasma causes Medadhatu Lekhan and also reduces the Dhatudushti by Dhatvagni Vardhan. Therefore it is said that Naga acts like lion in destroying Prameharoopi elephant.

Naga Bhasma is specially useful in Napunsakata caused due to chronic Madhumeha, laxity of muscles of Janendriya and Andakosha Dourbalata. Being Snigdha, Guru and Madhur, it proves to be Shukra Dhatu Poshak



and relieves the symptoms like Dhatuksheenata, Snayushaithilya. Thus, it helps in correcting the Napunsakata. It proves especially beneficial when used with Suvarna Bhasma and Shilajatu.

Agnimandya is an important factor in Grahani Vyadhi Samprapti. Agnimandya adversely affects the digestion of food and Sarakitta Vibhajan which in turn adversely affects Rasa Dhatu Utpatti. As a result of this Dhatuposhan of other Dhatus is also affected which leads to Balakshaya. With its Agnivardhan & Ushnaveerya Naga Bhasma helps in Sampraptibhanga and corrects Agnimandya. With Dhatuposhan Karma & excellent Rasagamitva Naga Bhasma helps in reducing Dhatuksheenata and Balakshaya & restoring good health. Hence the Acharyas have said that like a sun Naga Bhasma enlightens the Grahaniroopi Nisha i.e. Night.

Naga Bhasma is also useful in Arsha Vyadhi due to its Agnivardhak property as Agnimandya is also an important factor in the Samprapti of Arsha. In the individuals suffering from Arsha history of Chronic Malavarodha is commonly seen which causes laxity in ano-rectal muscles. Naga Bhasma helps improving this laxity of muscles and being Snigdha, Guru and Saragunayukta it helps in normalizing Malapravrutti. When used with Kalpas like Abhayarishtha it proves to be beneficial in improving both Malavarodha and Snayushaithilya.

Naga Bhasma is especially useful in chronic diseases like Pakshaghat and Vatavikars having Shira, Snaya, Kandara Shithilta. It proves to be more effective when used with Kalpas like Rasaraj Rasa, Yogendra Rasa.

Naga Bhasma is useful in Mootravikars caused by Basti and Mootravahini Shithilata. It is used in treating Vrana because of its Lekhan action. It reduces Rakta – Mansadi Dhatu Dushti thus helps in healing of Vrana.

It is said that person gains Herculean strength by long term use of Naga Bhasma in appropriate quantity.



Drakshasava

SDS Monograph No. 100006

Drakshasava, prepared from main ingredient 'Draksha', is an excellent Agnideepak, Pachak, Mrudurechak and Tridoshashamak Asava Kalpa. Drakshasava is especially effective Kalpa for Annavaha Srotas, Rasavaha Srotas and Pranavaha Srotas.

Important ingredients and properties -

Draksha- 'द्राक्षा फलोत्तमा...' वा.सू.६/११३ Tridoshashamak especially Vatapittashamak, Madhur Rasa - Vipak, Sheetaveerya, Brumhan, Vrushya

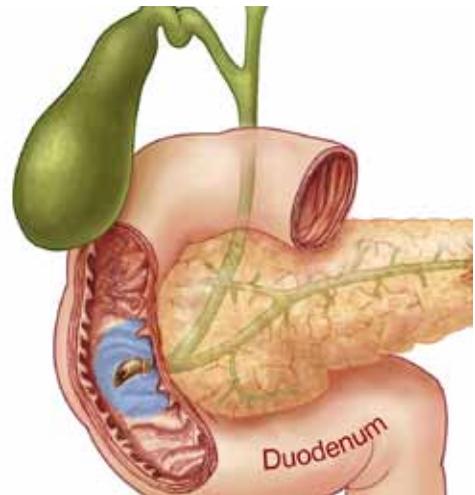
'द्राक्षा..... सन्तर्पणी परा।' - राजनिघंटु

Draksha is considered Shreshtha among all the fruits and is considered best for Santarpan.

.....ग्रहणीदीपनः परः।

अर्शासां नाशनः श्रेष्ठ उदावर्तासगुल्मनुत्।

Agnimandya and Ama formation are considered as main factors adversely affecting Annavaha Srotas. Among the diseases caused by Agnimandya, 'Grahani' is considered as very difficult to treat. Chronic nature of Grahani is the reason behind this. Grahani has been mentioned as Sthana of Pachak Pitta and Saman Vayu. Dushti of Grahani reflects Vikruti of Pachak Pitta as well as Saman Vayu. 'अन्नं गृह्णाति पचति विवेचयति मुञ्चति च...' is the normal function



of Grahani which gets adversely affected due to Dushti in Grahani. This causes improper digestion of food & formation of qualitatively poor Aahar Rasa as well. This causes inadequate nutrition of Dhatus, which leads to condition of Dhatukshaya. Use of Panchamrut Parpati or Rasa Parpati with Drakshasava is beneficial in the treatment of Grahani Vyadhi.

Agnimandya and Vikruti in digestion are the causative factors of Karshya Vyadhi. In this condition, lack of Poshan results in Kshaya of Rasadi Dhatus which gives rise to Karshya. In such a condition, Dravyas with Agnivardhan and Santarpan properties should be used. With Santarpan and Vrushya ingredient like Draksha and prepared by Asava Kalpana, Drakshasava provides Santarpan at the level of Dhatus, which helps in reducing Karshya by improving Dhatupriposhan Krama.

Draksha being the Dravya which is Mrudu Virechak especially with Pittavirechan and Pittaprasaman properties, proves to be effective in Pittapradhan Vyadhis like Jwara, Pandu and Kamala. In these diseases Drakshasava can be used as Anupan with other Aushadhi Dravyas. In Kamala Vyadhi, use of Drakshasava with Arogyavardhani and is Pandu Vyadhi use of Drakshasava with Abhraloha is beneficial.

Drakshasava is also useful in Pittapradhan Arsha as well as Raktarsha. Its use helps in arresting the bleeding along with reducing Daha, Shotha due to Arsha.

Drakshasava proves to be effective in symptoms due to vitiated Pitta especially symptoms caused by Sama Pitta including Trushna, Daha, Bhrama, Shirahshool, Udarshool. When Sootashekhar Rasa is given with Drakshasava it gives more benefits.

'स्रोतांस्यन्धैःश्च दारुणैः' is mentioned in the causative factors for Pranavaha Srotas Dushti. Ama formed in Annavaha Srotas causes Strotorodha, Apana Vayu attains upward movement and interferes with normal functioning of Prana



Vayu as well as Udana Vayu. This gives rise to Shwasa and Kasa. In this condition, use of Drakshasava is beneficial for Amapachan as well as Vatanuloman.

In Rajayakshma Vyadhi, especially in Anuloma type of Rajayakshma developed from Jatharagnimandya as well as Dhatvagnimandya, Kshaya of successive Dhatus is seen. Patient becomes very weak, lethargic and Ojaheen. In this condition, consumption of Drakshasava helps to increase appetite, improve digestion and provide appropriate Poshan to Dhatus. This leads to increase in physical strength. In Rajayakshma, the use of Suvarna Vasant Malati and Sitopaladi Choorna alongwith Drakshasava is very beneficial.

Draksha being an excellent Rasayan as well as Vrushya Dravya, Drakshasava prepared from it acts as a Balya Kalpa. Drakshasava is specifically useful in different Dhatukshayajanya Vikar as well as in Dhatuksheenata caused by long term illness.

Drakshasava is also effective in Udavarta and Gulma Vikar. Drakshasava is also used for maintaining proper digestion.

Kanakasava

In Kanakasava, word Kanak should be taken as 'Dhattur' and not as Gold. Kanakasava is an excellent Shothaghna and Shoolaghna Kalpa and acts effectively on Pranavaha and Annavaha Srotas.

Important ingredients and properties -

Dhattur - 'ब्रणश्लेष्मकण्डुक्रिमिनिषापहः'

Bronchodilator, Shothaghna, Shoolaghna, Sravashoshak, Kaphaghna, Krumighna, Kandughna Draksha - Vatapittashamak, Malanissarak, Brumhan

Kanakasava prepared from Visha Dravya, Dhattur, should be given to patient in an appropriate dose or else signs of overdosage of Dhattur are seen, when Kanakasava is given in excessive quantum. In Medicinal formulations, Visha Dravya should always be used after Shodhan or purification. Shodhan of Dhattur seeds is carried out in Gomootra by Dolayantra method. Dhattur purified by this

method, when used in medicinal formulations gives appropriate benefits, but dose determination of Kalpa having Visha Dravya should be perfect. Therefore dose of Kanakasava should be appropriate for patient as well as disease.

**निहन्ति निखिलान्धासान् कासं यक्ष्माणमेव च ।
क्षतक्षीणं ज्वरं जीर्णं रक्तपित्तमुरःक्षतम् ॥ भै. र.**

'श्वासत्वं वेगवदूर्ध्ववातत्वं' - मधुकोषटीका, the disease in which Vayu attains Urdhvagati is called as Shwasa Vyadhi. In Shwasa Vyadhi, Shwasakashtata or Shwasavarodha is the main symptom. Shwasan Gati increases due to obstruction in Pranavaha Srotas. Pranavaha Srotas Dushti caused by Vata Vruddhi and Annavaha Srotas Dushti caused by Kapha Vruddhi and Ama formation are two causative factors in Samprapti of Shwasa Vyadhi. From the treatment point of view, Vatadhikyajanya and Kaphadhikyajanya or Margavarodhajanya are the two main types.

In Vatadushtijanya Shwasa, there is spasm of Shwasavahini and in Margavarodhajanya Shwasa Vikrut Kapha or Kleda in Shwasavahini interferes with normal functioning of Prana-Udana Vayu. Kanakasava is very effective in both the conditions.

Shuddha Dhattur present in Kanakasava helps in bronchodilation by relieving bronchial spasm which helps in normalizing the Gati of Prana and Udana Vayu. Use of Kanakasava reduces inflammation & irritation of Bronchi. Kanakasava also alleviates Kapha and Kleda which are causative factors for Margavarodha and also helps in Srava Shoshan. In Vayuvruddhijanya Shwasa, Kanakasava proves effective when used with 'Shwaskas Chintamani Rasa' and when used with 'Mahalaxmivilas Rasa' it is effective in Margavarodhajanya Shwasa. This helps to normalize the respiratory rate.



'कसनात् कास उच्यते' - च.चि. १८ The disease in which Vayu comes out from throat with sound similar to broken bronze vessel is called as Kasa. Kanakasava helps in

elimination of Vikrut or Styan Kapha, relieving throat irritation, decreasing Kaphasrava, reducing bronchial irritation etc. In Kasa Vyadhi, use of Kanakasava with Kaphakuthar Rasa proves to be beneficial.

Kanakasava is very effective Kalpa in Rajayakshmajanya Shwasa - Kasa and for reducing pain in thorax and abdomen. In Rajayakshmajanya Shwasa-Kasa, Kanakasava gives excellent results when given with Suvarna Vasant Malati and Sitopaladi Choorna.

Shuddha Dhattur present in Kanakasava is an excellent Vedanashamak Dravya. This property of Shuddha Dhattur proves beneficial in abdominal and intestinal pain. Kanakasava is very effective Kalpa especially for Parinamshool and Annadravakhyashool. In this condition, Shankhavati can also be used with Kanakasava.

In case of pain due to Ashmari or calculi, Kanakasava is used for relieving pain. Acute pain is experienced during elimination of Mootrashmari and Mootrasharkara from urethra. Similarly when Pittashmari enters Pittanatika it give rise to acute abdominal pain. Use of Kanakasava gives relief from pain due to Mootrashmari and Pittashmari.

Hikka or Hiccups can be seen in the form of symptom as well as separate disease. According to following Shloka of Sharandhar **'नाभिस्थः प्राणपवनः'** it is clear that the process of respiration is initiated from Nabhipatal. Nabhipatal Vikruti, especially its spasm gives rise to Hikka or Hiccups. In this condition, use of Kanakasava helps in relieving spasm of diaphragm and maintaining normal Gati of Prana-Udana Vayu.



Triphala Choorna

S.D.S. Monograph No. – 030015

Triphala Choorna prepared by combining three ingredients namely Haritaki, Amalaki and Bibhitaki in equal quantities by weight is useful in various ailments with different Matra, Kaal, and Anupan. Along with being excellent Rasayan, Agnidheepak it is also an Mruduvirechak Choorna.

According to, 'हरितकी पथ्यानाम्।' (च. सू. २५), Haritaki present in Triphala Choorna is Tridoshaghna, Vranashodhan, Vranaropan, Sthothahar and Vedanasthapan. Amalaki is an excellent Rasayan, Agnideepan, Anuloman, Yakrut Uttejak, Hrudy, Vrushya & Garbhasthapak. Bibhitak is Tridoshaghna, Vedanasthapak, Agnideepan, Anuloman, Krumighna, Raktasthambhan, Chhardi Nigrahan & according to 'सर्वेषु श्वासकासेषु केवलं वा बिभितकम्।' (वा.चि. ३/१७२) it is an excellent Kasahar by reducing Shwasanalika Shotha. Notably Haritaki is Vataghna, Amalaki is Pittaghna & Bibhitak is Kaphaghna.

Though Haritaki has dominant Kashaya Rasa, with Prabhav it acts as Virechak. Along with destroying hardness, Haritaki also digest undigested components in the stool. That is why with consumption of Triphala, stools are never eliminated in undigested form. Due to this Anuloman property of Haritaki, Triphala is effective in disrupting the Samprapti in the diseases of Annava and Purishvaha Strotas. All these properties of Haritaki are incorporated in Triphala Choorna only when Haritaki used while preparing the Choorna is completely ripe and has the weight of 2 Karsh. This means Bal Haritaki (Unripe fruit) should not be used while making Triphala. Therefore Shree Dhootapapeshwar Limited always use the Haritaki having above mentioned properties while preparing Triphala Choorna.

Thus Triphala has Trishoghna properties which by itself is a pointer to being the best Rasayan.

त्रिफला कफपित्तघ्नी मेहकुष्ठहरा सरा।

चक्षुष्या दीपनी रुच्या विषमज्वरनाशिनी।। भा.प्र.नि. भाग-१

Triphala Choorna is especially Kaphapittaghna, Pramehaghna, Kushtaghna, Sara Gunayukta, Netrya, Agnideepan & Anulomak Kalpa.

Triphala Choorna being an excellent Mruduvirechak, Agnideepak & Vatanulomak, is useful in all the disorders of Digestive system. It is useful in Agnimandyajanya Adhman, Udarshoola & Aruchi.



With specific action on Saman and Apan Vayu, Triphala Choorna is effective in diseases like Malavibandha, Arsha, Parikartika, Bhagandar. Mruduvirechak, Vranashodhan and Vranaropan properties of this Choorna prove to be beneficial in these diseases. In Bhagandar and Parikartika, Triphala Choorna with its Kashaya, Tikta Rasa helps in Stravashoshan and proves to be beneficial in process of Vranaropan.

In diseases like Sthoulya & Prameha, Vikruti of Pachan Sansthan or the digestive system plays a main role as Agnimandya is the important causative factor in both the diseases. For Vikrut Kapha, Meda & Kleda Shoshan in Sthoulya & Prameha, it is beneficial to administer Triphala Choorna with lukewarm water. According to the Textual reference Triphala Choorna and Loha Bhasma should be administered together along-with honey. This formulation is said to be beneficial in both Prameha and Sthoulya.

Kashaya Tikta Rasapradhan Triphala Choorna is beneficial in various Kushtha Vikars for Srava Shoshan, Kruminashan & Vranaropan. It is also useful for Pachan of Dushta Meda and Lekhan. Being Netrya it is useful in Ophthalmic diseases. Use of 'Triphala Ghruta' for Netra Tarpan Karma proves to be beneficial.

Due to its Vranashodhan, Vranaropan and Krumighna properties, Triphala Choorna is used externally in Vrana Chikitsa. Use of Triphala Choorna as Udavartan in Sthoulya proves to be beneficial. Being Keshya, Triphala Choorna as well as Kwath are useful in Hair disorders.

Hingwashtak Choorna

S.D.S. Monograph No. 030009

Hingwashtak Choorna is the combination of Hingu roasted in Ghee and seven other Agnideepak, Pachak ingredients in equal quantity. Along with being Agnideepak, this Choorna is an excellent Vatanulomak as well.

Among the ingredients present in Hingwashtak Choorna, Hingu is an excellent Agnideepak, Vatanulomak, Kaphavatashamak, Vedanasthapak and Vajeekar. Shunthi is Agnideepak, Pachak,

Vatanulomak, Shoolashamak and Kaphavataghna. Maricha is Teekshna, Ushna, Kaphavatashamak and Pramathi (it is Sookshma Strotogami due to it's potency). Pippali is Anushnasheet, Yakrut Uttejak, Rasayan, Kasashwasaghna and Vrushya. Ajamoda is Ushna, Teekshna, Kaphavatashamak, Vedanasthapan, Agnideepan, Pachan and Krumighna, Saindhav is Anushna, Hrudy, Tridoshanashak, Agnideepak and considered as best in Lavan Varga and Shwetajeerak as well as Krushnajeerak are Kaphavatashamak, Vedanasthapak, Agnideepak, Pachak and Vatanuloman.

प्रथमकवलभुक्तं सर्पिषः चूर्णमेत् ।

ज्जनयति जठराग्निं वातरोगांश्च हन्ति ॥ भै. र. अग्निमांघ

In Bhaishajya Ratnavali - Agnimandya Chikitsa Adhyaya, it has been advised that, Higwashtak Choorna along with Ghruta Anupana is to be taken mixed with first morsel of food. Higwashtak Choorna when used in Sabhakta stage, that is mixed along with food, it helps in stimulating Jatharagni and causes Vatanuloman which proves to be beneficial in Vata Vikar.

In Agnimandya Chikitsa, use of Higwashtak Choorna with Ghee proves to be effective in all the ailments caused by Agnimandya. These ailments include diseases like Pandu, Sthoulya, Grahani, Arsha etc. Hingwashtak Choorna causes Agnideepan which helps in digestion of Vikrut Meda, Kapha, Kleda and Ama along with destroying Strotorodha in Sookshma Strotas.

Intake of heavy (Guru) and constipating (Vishtambhi) food triggers vitiation of Kapha and also leads to formation of Aama which give rise to symptoms or ailments like Aruchi, Aadhman, Udarshool, Gulma etc. In this condition, use of Hingwashtak Choorna with lukewarm water proves to be instantly effective by causing Vatanuloman and Amapachan. Similarly, by helping the Anuloman of Apan Vayu, this Kalpa proves to be effective in diseases like Shwasa, Kasa etc.

Arsha (Piles) and Malavibandha (Constipation) are seen in the form of symptoms as well as



diseases which have Jatharagni mandya as their root cause. Sometimes constipation can result in piles due to excessive straining while passing the stools and there is incomplete evacuation of stools because of extreme pain during motions. This gives rise to symptoms like Adhman, Udarshool etc. As these diseases get formed in the sthan of Apan Vayu and has tendency to cause Vikruti of Saman Vayu, stimulation of Jatharagni and Anuloman of Apan Vayu are two main factors in Samprapti Bhanga. This can be effectively achieved with the use of Higwashtak Choorna. For the best results in Arsha and Malavibandha, use of Hingwashtak Choorna with Ghee or Buttermilk is advisable.



In Vata Vruddhijanya Vatavikar, Hingwashtak Choorna proves to be beneficial. When symptoms like Malavibandha, Aadhman, Shoola, Shwasa, Kasa etc. are due to Vata Vruddhi, it is desirable to use Hingwashtak Choorna with lukewarm water. Hingwashtak Choorna proves to be beneficial especially in cases where Vata Vruddhi/Prakop is caused by Apan and Saman Vayu and as a result of which there is abnormality in normal functioning of Prana as well as Udan Vayu. Ushna, Teekshna ingredients present in Hingwashtak Choorna, help in Amapachan and therefore, Hingwashtak proves to be effective in Strotorodhatmak Vata Vikar.

All the ingredients present in this Choorna have Ushna, Teekshna properties, it also proves to be very effective in Kapha Vata Pradhan Vikars. For Pitta Pradhan Agnimandya, it is best used with Ghee.

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