

Aushadhi Vivaran Pustika

Varsha Rшту - July - August 2012



Rшту Description

With the onset of Varsha Rшту, the sky is full with clouds brought by the western winds. These clouds come along with lightening & thunder. The mother earth looks beautiful covered with soft green grass & Vanaspati like Kadamba, Neem, Kutaja, Ketaki etc. Further as the Rшту progresses, due to heavy rainfall the level of water in the river rises. The force of the river water is such that, even the trees near the river banks get uprooted. The lake water looks beautiful due to the presence of Kumud (white lotus) & Neelkamal. The cold rain water falls on the soil along with flow of wind leading to production of vapours from the soil which is already heated in the previous Rшту i.e. Greeshma Rшту. Due to heavy rainfall, the soil becomes soft & gets easily dislodged from the earth crest, hence it is advised not to walk bare feet. In Varsha Rшту, the river water gets easily contaminated. The rain water falling on trees gets mixed with faeces, urine, saliva, Shukra of poisonous insects & becomes toxic. Similarly the flowing winds entoxicated due to Shalapushpadi & Vishoushahhipushpagandhadi Dosha also contaminate the water. Hence it is advised not to consume such water. Due to presence of cold winds along with heavy rainfall, the temperature drops & the environment becomes cool leading to vitiation of Tridosha in the human body. The Jatharagni becomes weak & loss of physical strength is also noticed due to Vata Dosha vitiation. As a result of this, disease conditions like Agnimandya, Ajeerna, Atisar, Jwara, Shwasa, Kasa, Pratishtyaya, Shleepada & Vatavikar are more commonly seen in Varsha Rшту.

- 01 Suvarna (Svarna) Parpati
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Suvarna (Svarna) Parpati

S.D.S. Monograph No. 080190

Ayurved Rasashastra mentions four types of Rasayan, out of which one is Parpati Rasayan. Parpati means a thin substance like a Papad. Due to the specific process of preparation of Parpati Rasayan, the disintegration of Parpati Kalpa takes place at the level of Grahani. Hence this should be understood as a type of Gamitva towards Grahani. The Sanskar of Gopitta present in the Gomaya on Parpati during its preparation is helpful in enhancing the functions - Agnideepan & Pachan of Parpati Rasayan.



Kajjali is the main ingredient of all Parpati Kalpa. The Parpati prepared only from Kajjali is Rasaparpati. Various Parpati are prepared using Kajjali as one of the constituents. The nomenclature of these Parpati is done using the name of the main ingredient like Kutaja Parpati, Suvarna (Svarna) Parpati, Panchamrut Parpati etc. Shweta Parpati is exceptional prepared without Kajjali & is called Parpati due to its appearance after the formation.

Suvarna (Svarna) Parpati is one such important medicine prepared by Parpati Vidhi, which is useful in both acute & chronic conditions of various diseases.

'अग्नि अधिष्ठानं ..ग्रहणी मता।', which means that Grahani is the site of Agni & an important organ of the digestive system. 'अपक्वं धारयतिअन्नं पक्वं सृजति पार्श्वतः।', is the function of Grahani, which means Dharan of Apakva Anna till appropriate time & propulsion of Pakva Anna for the purpose of further digestion. Due to Vikruti in the Grahani, food is not digested properly & Apakva or indigested food is propelled further. As a result of this Apakva Anna, conditions like lethargy, loss of physical strength, indigestion, feeling of heaviness in body, burning sensation of epigastrium, sour belching, excessive thirst etc. arise. If proper treatment is not taken for Grahani disease, then symptoms like debilitation, weight loss, weakness etc. arise. At times, the ingested food comes alongwith the stools without digestion.



In such a condition of Grahani Vikar, Agnipradeepak & Pachak Aushadhi is required. Suvarna (Svarna) Parpati acts on the Grahani itself & due to its Deepan, Pachan properties is helpful in such a condition. Along with Agnivardhan, Suvarna Parpati also provides strength to the Grahani. Suvarna Parpati is effective in all three i.e. Vataj, Pittaj & Kaphaj types of Grahani. As per the Dasha Prakopa, it can be used alongwith different Anupan. In Pitta Pradhanya alongwith Ghrit & in Kapha Pradhanya with Honey. Suvarna Parpati is extremely effective in Dhatuksheenata & loss of physical strength seen in Rajayakshma. Not only is the Jatharagni enhanced, but the Dhatvagni also functions properly by its usage. Due to this, good quality Aahar Rasa is produced & absorption of

Aahar Rasa in the body increases leading to proper nourishment of the Sapta Dhatus by which physical strength is restored in the body. As a result of proper nourishment of Dhatus, the Vyadhikshamatva too is enhanced.

Suvarna (Svarna) Parpati is also beneficial in Atisar & Pravahika. Suvarna Parpati proves effective in Atisar with symptoms like excessive bouts of loose motions or watery diarrhoea, weakness, Dhatuksheenata, Krushata etc. In such a condition, Suvarna (Svarna) Parpati enhances proper digestion of food & absorption of Aahar Rasa, thus relieving from Dhatukshaya & enhancing physical strength. Suvarna Parpati is also effective in Rajayakshmajanya Atisar due to its Jantughna Karya. Here, the word Jantughna should not be considered as Antibiotic, instead

should be understood as a property by which Sookshma Jeevanu cannot stay alive.

Many a times, symptoms of Sarakta Atisar or Pravahika are seen due to Antraja Vrana. Suvarna Parpati is effective even in Antraja Sannipata. The spikes of Fever reduce gradually when Suvarna Parpati is given alongwith Jwaraghna Dravya like Musta & Guduchi Satva. Due to its usage in such a condition, Antraja Vrana are not formed.

Pravala Panchamrut (With Mouktik)

S.D.S. Monograph No. 0500074

The Kalpa prepared from the five ingredients - Pravala, Mouktik, Shankha, Shouktik, Kapardika with its Prabhav similar to that of Amrut, is Pravala Panchamrut.

Important ingredients & properties -

Pravala Bhasma – Sheeta Veeryatmak, Pittashamak
Mouktik Bhasma – Sheeta Veeryatmak,
Dahashamak, Excellent Pittashamak
Shankha Bhasma – Agni Deepan, Pachan,
Shoolaghna

Shouktik Bhasma – Pachan, reduces Teekshnatva of Pitta

Kapardika Bhasma - Agnideepan, Pachan, Shoolaghna, Grahani Gamitva

Arka Ksheer Bhavana – Teekshna, Ushna, Pachak, Sarak



This Kalpa has its efficacy over Amashaya, complete Antra, Yakrut – Pleeha & Vrukka – Basti, i.e. Pravala Panchamrut (With Mouktik) is extremely beneficial in disorders of Annavaha Srotas, Raktavaha Srotas & Mootravaha Srotas.

Drava Guna, is a natural Guna of Pitta Dosha. When this Drava Guna increases, Pitta cannot digest the food properly & Vidaha of food occurs causing symptoms like recurrent abdominal distension, heaviness of stomach after food intake, abdominal pain etc. In such a condition, Pravala Panchamrut (With Mouktik) if used alongwith Amla (Sour) Rasa improves digestion & causes Vatanuloman, thus relieving from abdominal pain & other symptoms.

If Agnimandya & Ama Nirmitti are the causative factors of Ajeerna Vyadhi, then Pravala Panchamrut (With Mouktik) is the preferred medicine. Specifically if Ajeerna is the consequence of Ama, Kapha Vruddhi or Sama Pitta, then this Kalpa is extremely effective. In such a condition, Pravala Panchamrut (With Mouktik) should be given alongwith Nimbu Swarasa or buttermilk.

Amlapitta is a very important Vyadhi of the Annavaha Srotas, which has two Avasthas i.e. Samavastha & Niramavastha. Samavastha is identified by symptoms like Amlasyata, Agnimandya, Aruchi, Hrullas, Chhardi, Shirahshool, Atisar etc. & Niramavastha comprises of symptoms like Katu & Tikta Asyata, Vidaha, Agnivruddhi etc.



Pravala Panchamrut is not only useful in Shoshan of Dravatva of Pitta, but also helps in Agnivardhan. By

reducing increased Amlata of Pitta, it helps in improving digestion process. The ingredients in Pravala Panchamrut help in Pachan & Shaman of Vikrut Pitta. Due to Bhavana of Arka Ksheer, this Kalpa not only becomes 'Kaphamarutaghna', but it is also effective in Samapitta Pachan.

भुक्ते जीर्यति यत् शूलं तदेव परिणामजम्।
i.e. the Shool or Pain experienced

during Anna Parinaman or digestion is called as Parinamshool. By using this Kalpa in Kaphaj Shool, the Pachan of Vikrut Kapha is facilitated, whereas in Parinamshool it helps in digestion of increased Teekshnatva & Ushnatva of Pitta & thus the pain is reduced quickly.

Due to increased Ushnatva & Teekshnatva of Pitta, Daha or burning sensation is experienced first in the inner linings of stomach & intestines. In such a condition, if Katu Rasatmak & Kshobhjanak or spicy food is consumed, then Daha & Shool aggravate. If this condition persists for a longer duration, then chances of ulceration in stomach & intestine increase. In such a condition, if Pravala Panchamrut (With Mouktik) is used alongwith Suvarnamakshik Bhasma, Guduchi Satva or Sheetasudha, relief from Daha, Shool & ulceration in stomach & intestines is achieved.

Pravala Panchamrut (With Mouktik) is effective in Pittatisar & Pittaj Grahani in reducing Drava, Ushna & Teekshna properties of Pitta. With ingredients of Sudha Varga, this Kalpa is useful in reducing the Amlata & Teekshnata of Amashaya & Grahani. This Kalpa is extremely beneficial for Deepan Pachan & Vatanuloman purpose in Atisar & Grahani.

Picchil Malapravrutti or sticky stools after excessive straining is the main symptom of Pravahika. If Pravahika persists for a long duration, then indigestion, abdominal distension, tastelessness occur alongwith this symptom. Pravala Panchamrut (With Mouktik) if used in Pravahika, helps not only in Pachan of Vikrut Kapha or Ama, but also helps in Agnideepan which facilitates proper evacuation of bowels & Nirama Malapravrutti. Pravahika can be treated well, if Pravala Panchamrut (With Mouktik) is used alongwith Drakshasava or Kutajarishtha.

According to Ayurved Shastra, the commencement of formation of Mootra or urine takes place at Antra. Excessive formation of Kleda from Aahar Rasa results into increased levels of Kleda in the urine. In such a condition, Pravala Panchamrut (With Mouktik) helps in Pachan & Shoshan of excessive Kleda in the Antra, which inturn helps to reduce the quantity of Kleda in urine. Due to presence of Shamak Dravya like Pravala & Mouktik, relief from symptoms like Mootradaha & Mootrakrucchra is also attained.

Alongwith the digestive system, Pravala Panchamrut (With Mouktik) is also effective in diseases of Asthi Dhatu, due to the presence of contents of Sudha Varga. It is effective in Asthidhatvagnivardhan & Asthi Dhatu Poshan. The use of Pravala Panchamrut (With Mouktik) is beneficial in conditions arised due to Asthi Dhatu Kshaya in children. Pravala Panchamrut (With Mouktik) is very effective in symptoms like Hair loss, pain in lower back & legs arised during Sootikavastha. Due to presence of Snuhi Ksheer, this Kalpa relieves from Agnimandya & enhances faster digestion of Ama, due to which it is extremely effective in Samavastha of various diseases.

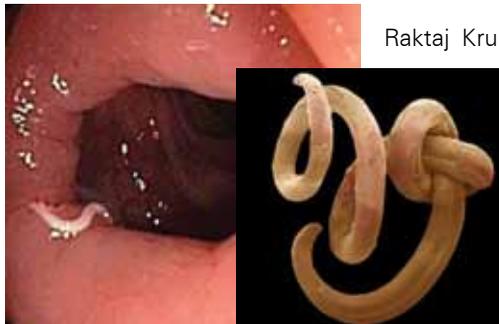
Krumikuthar Rasa

S.D.S. Monograph No. 0800294

'कुर्यात् कृमिविनाशं च सर्वशं सप्तभिर्दिनेः।', the Rasakalpa which is effective in eradicating all types of Krumi or worms is Krumikuthar Rasa. This Kalpa is extremely beneficial in nullifying all the symptoms arised due to Krumi alongwith their eradication.

Important ingredients & properties -

Karpoor – Krumighna,
Kaphaghna, Sugandhi
Vidanga – Krumighna
(Especially effective in
Prakrutivighat Karya)
Shuddha Hingul – Yogavahi,
Krumighna, Amapachak
Palash Beej – Krumighna,
Mootravaha Srotogamitva
Kutaja – Antraja Krumi
Nashak, Kandughna,
Amapachak



Trayamana – Malavashthambhanashak, Anulomak
Ajamoda – Krumighna, Deepan, Pachan, Shoolahar,
Vatanuloman
Bhrungaraj Swaras – Yakruttoajak, Krumighna
Akhuparni Swaras – Krumighna, Shoolaghna

Almost all the ingredients of this Kalpa are Krumighna.

Two types of line of treatment are seen in the treatment of Krumi, i.e. Prakrutivighat & Krumi Patan. Prakrutivighat Karya helps in eradicating the environment or substances required for the growth of Krumi, by which the habit of production of new Krumi is stopped. Krumikuthar Rasa is very useful in such Prakrutivighat Karya.

Those children or adults who have a habit of excessive intake of sweet foodstuff like jaggery, sugar, milk, curd or meat, have a tendency of formation of worms. Due to intake of sweet foodstuff, Kaphaj Krumi are formed in the Amashaya. Due to Kaphaj Krumi, symptoms of excessive salivation, recurrent cold, cough, fever, headache, nausea, vomiting, abdominal pain, white discolouration on face etc. are seen. In such a condition, Krumikuthar Rasa is effective when used alongwith Suvarna Vasant Malati, A-Flu-O-Cil Forte or Mahasudarshan Kadha.

Purishaj Krumi are formed due to excessive intake of Malavardhak substances like Urad, sprouts, various types of leafy vegetables, peas, beans etc. The formation of Purishaj Krumi occurs in Pakvashaya & Grahani due to which symptoms like constipation or loose stools, severe pricking pain & itching at anal region, Adhman, Karshya etc. arise. By using Krumikuthar Rasa alongwith Kumari Asava No. 1 or Drakshasava, eradication of Krumi through stools, i.e. Krumi Patan or Virechan is facilitated.

Raktaj Krumi are formed due to causes like eating foodstuff during Ajeerna or indigestion, Virudhannasevan, excessive intake of leafy vegetables etc. Symptoms like loss or Patan of Keshha, Shmashru, Roma, discolouration over skin or skin diseases arise due to Raktaj Krumi.

Krumikuthar Rasa plays a prime role in the treatment of skin diseases. Kushtha or skin diseases are of two types – Sravi & Shushka. In both these types, Krumikuthar Rasa is useful. In skin diseases like Vicharchika & Kitibha Kushtha, symptoms like itching over skin, discharge or dryness of skin, discolouration, burning sensation, formation of boils are seen. In Sravi Twacha Vikar, Krumikuthar



Rasa is extremely effective when used alongwith Amrutarishta & Amrutadi Guggul & in Shushka Twacha Vikar, Krumikuthar Rasa proves beneficial when used alongwith Mahamanjishthadi Kadha & Panchatikta Ghrut Guggul.

Shwitra Vyadhi or leucorrhoea is diagnosed due to white discolouration of skin. In this disease too, the cause of Krumi should

be ruled out. Hence in Shwitra Vyadhi, Krumikuthar Rasa should be given alongwith Swayambhuva Guggul & Mahamanjishthadi Kadha.

Pimples, Arunshika, Dadru etc. Kshudra Kushtha can be very well treated with a combination of Krumikuthar Rasa, Amrutadi Guggul & Mahamanjishthadi Kadha or Khadirarishta.

Purishaj Krumi is one of the causes of Sheetapitta & Udarda. In these diseases, symptoms like red coloured patches, severe itching & burning sensation arise, in which Krumikuthar Rasa can be given alongwith Arogyavardhani, Gandhak Rasayan & Mahamanjishthadi Kadha.

Krumikuthar Rasa is not merely a Krumipatan Kalpa, but is a Krumivighatakar Kalpa, hence it should not be given only for 5 to 6 days as like anthelmintic drugs. It should be continued considering the Vikrut Dosha Bala along with other medicines unless skin disease is completely cured. Repeated Krumivighatakar treatment is beneficial and does not cause any harm.

Agnimandya is the main cause of Karshya, but the presence of Krumi should not be overlooked. In such a condition, Krumikuthar Rasa can be given in

combination with Virechak Kalpa like Abhayarishta & Avipattikar Choorna. As a result of this combination, Krumi are eradicated through stools & due to Agnideepan, appetite increases too.

Krumikuthar Rasa has its efficacy not only in Twacha Vikar, but also in Pandu Vyadhi. It would be recommended to use Krumikuthar Rasa in Pandu Vyadhi before the use of Loha Kalpa, by which the condition of Pandu is improved quickly.

Kravyad Rasa

'Kravyad' word is used synonymously with Crow. The way crow can quickly and easily digest any heavy food, Kravyad Rasa quickly digests any Guru as well as Snigdha diet by enhancing Jatharagni.

अत्यंतगुरुभोज्यानि गुरुमांसान्यनेकशः।

भक्षयेत्कठापर्यंतं ततो देयो रसोत्तमः॥

According to the above mentioned Shloka, Kravyad Rasa has been described in Ajeerna Chikitsa Adhyaya of Yogaratnakar. This Kalpa was originally prepared for the King of Srilanka who had a habit of consuming lot of meat, heavy food and used to take number of meals each day.

Important ingredients and properties -

Kajjali - Yogavahi, Rasayan

Tamra Bhasma - Yakrut Gamitva, Pittasravi, Vishaghna, Raktavardhak

Loha Bhasma - Raktavardhak, Balya, Rasayan

Panchakol - Agnideepan, Amapachak

Marich - Pramathi, Amapachak, Katu, Ushna, Teekshna

Amlavetas, Jambheeri Nimbu, Chanakamla - Amla,

Ushna, Agnideepan, Amapachak, Ruchikar

When Jatharagni in Amashaya is in its normal state, food is digested properly and is converted into normal Aahar Rasa and good quality Dhatus. But when Jatharagni is Manda, food is not digested properly resulting in formation of 'Ama'. In this condition, if the diet consisting of Guru, Snigdha, Madhur Rasa or meat is consumed then Jatharagni gets even more Manda giving rise to excessive Ama formation.

Due to ingredients like Tamra Bhasma, Loha Bhasma, Panchakol, Marich, Amlavetas, Jambheeri Nimbu

and Chanakmla, Kravyad Rasa is an excellent Agnideepak, Amapachak and Shoolaghna Kalpa. This Kalpa is especially useful in Ajeerna and Ama formation due to excessive consumption of meat and food with Guru - Snigdha properties.

If Doshasthiti is taken into consideration, this Kalpa is beneficial in condition of Ama formation as well as Jatharagnimandya with Kaphavatmak symptoms. But if this Kalpa is used in conditions with Pittapradhan symptoms, then instead of relief there is possibility of symptoms getting aggravated. Therefore if one wants to use Kravyad Rasa in Pittapradhan conditions, it should always be used in proper Kaal and with appropriate Anupan.

अविपक्वो ऽ निमान्द्येन यो रसः स निगद्यते।

रोगाणां प्रथमो हेतुः सर्वेषामामसंज्ञया।।

Ajeerna Vyadhi has been described in Yogaratnakar in such a way. Due to Jatharagnimandya food is not digested properly resulting in formation of Vikrut Rasa or Ama. This Ama is the main causative factor for all types of diseases.

Kravyad Rasa is especially effective in all the diseases caused by Agnimandya, Ajeerna, Amanirmiti. Kravyad Rasa is useful mainly in two types of Ajeerna namely Amajeerna and Rasasheshajeerna with symptoms like Udargaurav, Hrullas, Angasad, Udarshool, Atisar or Malavibandha etc.

Jatharagnimandya being the root cause of Grahani as well as Arsha, treatment with Deepan, Pachan Aushadhis is beneficial. In this condition when Kravyad Rasa is used with Drakshasava, it stimulates Agni and improves digestion as well.



Like other diseases, Udar Vyadhi is a result of Agnimandya and Amanirmiti. Therefore alongwith Virechan, Agnideepan and Amapachan are important treatments in this condition. Kravyad Rasa is very effective in Vatakaphapradhan Udar due to its Agnideepan and Amapachan action.

Symptoms like Sandhishotha / Aatop, Sandhigraha,

Sandhishool, Ushna Sparsha at Sandhi are seen in Samavastha of Amavata or Sandhigata Vata. The root cause of Amavata is Ama, is formed due to Jatharagnimandya in Aamashaya which acts like Visha. Intake of Kravyad Rasa alleviates Ama formation and improves Jatharagni. In Samavastha of Amavata or Sandhigata Vata, use of Kravyad Rasa with Sinhanad Guggul, Yogaraj Guggul or Maharasnadi Kadha is beneficial for Agnivardhan.

'स्रोतांस्यन्यैश्च दारुणैः।' i.e. Dushti of Pranavaha Srotas caused by Dushti in other Srotas is considered as the main factor among all the factors responsible for Pranavaha Srotas Dushti. In Shwasa Vyadhi, the process of digestion is affected mainly due to formation of 'Ama' in Annavaha Srotas resulting in Srotorodha. Due to this, Gati of Apana Vayu becomes Pratilom giving rise to Shwasa Vyadhi. In this condition, when Kravyad Rasa is used with Drakshasava, it not only facilitates digestion of Ama but also helps in reducing Shwasa Vega by providing Anulom Gati to Apana Vayu.

Similarly, when Kaphavatmak and Amajanya symptoms are present in diseases like Prameha, Pandu, Kushtha, Vatavikar etc., Kravyad Rasa proves to be an excellent Agnideepak, Amapachak as well as Shoolaghna Kalpa.

Shankhavati

S.D.S. Monograph No. 0800184

This Kalpa has been named as Shankhavati due to presence of 'Shankha Bhasma' as main ingredient. Shankhavati consisting of Kajjali, Shuddha Vatsanabh alongwith Panchalavan, Trikatu and Hing is an excellent Deepan, Pachan, Shoolaghna as well as Vatanulomak Rasakalpa.

Important ingredients and properties -

Shankha Bhasma - Deepan, Pachan, Shoolaghna, Vataghna

Chincha Kshara - Ushna, Teekshna, Deepan, Pachan, Bhedan

Panchalavan - Deepan, Pachan, Vatanulomak

Trikatu - Ushna, Teekshna, Deepan, Pachan

Hing - Vataghna, Kaphaghna, Shoolaghna,

Kaphavataghna, Anah and Adhman Nashak

Kajjali - Yogavahi, Rasayan
Shuddha Vatsanabh -
Ampachak, Swedajanan,
Shoolaghna as well as
Vatanulomak, Yogavahi
Nimbu Swaras - Deepan,
Pachan, Vatanuloman



helps in relieving the pain by normalizing the function of Apana Vayu and enhances Agni as well.

'मुहुःबद्धमुहुःद्रव' type of stool is the main sign of Grahani Vikar. Agnimandya as well as formation of Ama are two main causative factors of Grahani. Shankhavati being excellent Amapachak is very effective in Amavastha of

As all the ingredients present in Shankhavati have Deepan, Pachan properties, hence this Kalpa is especially effective on Amashaya, Grahani and Pakvashaya related disorders.

Grahani.

Shankhavati acts very effectively on Udarshool related to Amashaya, Grahani and Pakvashaya. Shankhavati helps in Vatanuloman and gives relief in Shool. When Vatavardhak food is consumed in excess, it gives rise to Udarshool alongwith Anah, Adhman etc. There is feeling of discomfort due to bloating of abdomen. In this condition, difficulty in breathing can be experienced sometimes due to increased gaseous distension shifting diaphragm in upward direction. Pratilom Gati of Apana Vayu is the cause behind these symptoms. In Anah, Adhman, Shwasakashtata use of Shankhavati with Drakshasava, Abhayarishta or lukewarm water causes quick Vatanuloman and gives relief.

Hikka or Hiccup is mostly seen due to spasm of muscles close to Amashaya. Hikka is also seen due to Pratilom Gati of Prana Vayu. In this condition use of Shankhavati relieves Udarshool as well as muscle spasm by causing Vatanuloman and normalizing Gati of Prana Vayu. The combined use of Shankhavati & Drakshasava is useful Hikka Vikar. Shankhavati should be used with precaution in Pitta Pradhan Hikka.

Many patients, suffering from chronic constipation get relief with intake of Virechak Kalpa. If they stop taking the Virechak Yoga, symptoms reappear. Sometimes Virechak Kalpa are also not effective. In this condition, 'Shankhavati' with Agnivardhan as well as Vatanuloman properties is more effective. The use of Abhayarishta, Myrolax Lite with Shankhavati proves beneficial.

As per Shloka 'न हि वातादृते योनि...1' Vata Vikruti is the most important factor in Yoni Roga. Apan Vayu is of prime importance in the disorders of Yoni & Garbhashay. Lot of women complain of Dysmenorrhoea. Sometimes the pain is so acute that during menses symptoms such as lethargy, weakness, nausea etc. are also seen. Shankhavati being excellent Shoolaghna as well as Vatanulomak Kalpa is beneficial in Dysmenorrhoea. It is more effective when used with Dashamoolarishta.

In Atisar as well as Pravahika, Udarshool is seen alongwith main symptoms like loose & sticky stools respectively. Vitiated Vata is main reason for this. Shankhavati with its Deepan, Pachan and Vatanulomak properties



Shankhavati should be used with precaution in pregnant women due to Anulomak action of Shankhavati and presence of ingredients like Hing, Panchalavan, Chinchu Kshara alongwith Vatsanabh. In pregnant women, Shankhavati should be used in proper dose, with appropriate Anupan and at proper time as per the advise of Ayurvedic physician or Vaidya.

Similarly Shankhavati should be used in all those diseases where Vatanuloman, Shoolaprashaman, Pachan as well as Ushnateekshnadi Agnideepan is expected.

Kutajarishta

S.D.S. Monograph No. 100008

Kutajarishta prepared from Kutaja, which is an excellent Pachak as well as Stambhak Dravya, is effective in intestinal diseases such as Atisar, Pravahika, Grahani etc.

Important ingredient and properties -

Kutaj - कुटजत्वक्श्लेष्मपित्तरक्तसांग्राहिकोपशोषणानाम् । (च.सू.२५)
Stambhak, Amapachak, Sravashoshak, Kledaghna, Arshoghna, Tridoshaghna especially Kaphapittaghna, Raktashodhak

ज्वरान्प्रशमयेत्सर्वान् कुर्यात्तीक्ष्णं धनंजयम् ।

दुर्वारां ग्रहणीं हन्ति रक्तातिसारमुल्बणम् ॥ भैषज्यरत्नावली

In diseases caused due to Agnimandya, Jwara, Atisar, Pravahika & Grahani are considered important.

According to 'गुदेन बहुद्रवसरणं अतिसारम्'-मा.नि. Atisar is a disease in which there is excessive passage of liquid stools. Atisar is an acute disease, many a times. Apart from Agnimandya, Ama formation and Krumi (worms) are also considered as causative factors for Atisar Vyadhi. Kutaja present in Kutajarishta is an excellent Pachak, Stambhak & Krumighna Dravya, hence is very beneficial in Atisar. It not only decreases frequency of loose motions but also improves digestion by treating Agnimandya along with relieving symptoms like Udarshool, Jwara etc. Similarly Kutajarishta can also effectively treat Atisar associated with Jwara, where Atisar is developed as one of the symptoms. In Jwaratarisar, Kutajarishta proves to be more effective when used with Bruhat Kastoori Bhairav.



'प्रवाहमाणस्य प्रवाहिका।' - सु.३.४०, this disease is called as Pravahika because Pravahan or straining while passing stools is its main sign. Most of the times in Pravahika, stool is accompanied by Shleshma or mucus. As the disease becomes chronic there is 'कफमात्र निःसरणं' i.e. only Shleshma or mucus comes out after straining. If this condition remains untreated for long time, there is passage of blood mixed with stool on straining. Alongwith

this, there are symptoms like Udarshool, Adhman, 'कृतेऽपि अकृत संज्ञता' i.e. even with excessive straining there is very less passage of stools and hence symptoms like unsatisfactory motions, weakness and drowsiness arise. In this condition, Kutajarishta helps in absorption of intestinal secretion and Kleda, removes intestinal laxity, helps in Amapachan and Agnivardhan. Kutajarishta also helps in Stambhan of per rectal bleeding.

'मुहुर्बद्धं मुहुर्द्रवम्' is the main symptom of Grahani Vyadhi. Food is not digested properly due to Agnimandya. In addition to this functions of Grahani such as अन्नं गृह्णाति पचति विवेचयति..1 are adversely affected. This results in Sama Malapravrutti. Moreover, consistency of stool is sometimes solid or liquid. Older the Grahani disease, more is the intestinal weakness. In such condition, depending upon the symptoms use of Kutajarishta with Parpati Kalpa like Suvarna Parpati, Panchamrut Parpati or Rasa Parpati proves to be effective. Especially in the treatment of Jeernavastha of Grahani, Suvarna (Svarna) Parpati proves to be more beneficial considering Apunarbhava Chikitsa. Function of Grahani can be re-established & passage of stool becomes appropriate.

'कुष्णाति वपुः तत् कुष्ठम्' - मा.नि., Kushtha is the disease in which there is discolouration of skin (Twak Vaivarnya) and formation of Kotha in other Shareer Dhatus. Kutajarishta is used especially in Kushtha Vikar having Kaphapittatmak Lakshan. With its Raktashodhak, Sravshoshak, Krumighna, Kandughna, Kledaghna properties, Kutajarishta is beneficial in Kaphapittatmak Kushtha. In Sravi Kushtha Kutajarishta proves to be effective when used with Amrutadi Guggul.

Abhayarishta

S.D.S. Monograph No.100022

This Arishta prepared from Abhaya or Haritaki as main ingredient has Agni deep an, Pachan as well as Anuloman properties. It is



an excellent Arishta Kalpa for Arsha, Malavibandha and Agnimandya.

Important ingredients and properties -

Abhaya - 'संतर्पणकृतान् रोगान् प्रायो हन्ति हरीतकी।' (ध. नि.)
Tridosahar, Deepan, Pachan, Anuloman, Krumighna, Vibandhanashak, Rasayan
Draksha - Vatapittashamak, Mrudu Rechak, Vrushya, Brunhan
Vidang - Krumighna

अर्शासि नाशयेच्छीघ्रं तथाष्टान्युदराणि च।

वर्चोमूत्रविबंधघ्नो वह्निसंदीपनः परः ॥ भै. र.

Abhayarishta is the Arishta Kalpa which gives quick relief in almost all the diseases of Purishavaha Srotas.

Due to Agnimandya, food is neither digested properly nor in appropriate time resulting in symptoms like Adhman alongwith Grathit Purisha, Malavibandha etc. Due to constipation, patient has to strain frequently which causes laxity in rectal blood vessels alongwith inflammation and development of Mansankur. Due to presence of Mrudu Rechak and Deepan Pachan ingredients like Draksha alongwith Haritaki which is Shreshtha Anulomak Dravya, this Kalpa helps in smooth as well as easy passage of stools. Appropriate Vatanuloman improves Agni results in proper digestion. As a result there is reduction in inflammation of ano-rectal sphincters.

This Arishta which is prepared from Draksha, is considered as the best among fruits (द्राक्षाफलोत्तमा वृष्या ..। वा.सू.६/११३) and Haritaki which is considered as foremost among Pathyakar Aushadhis (हरितकी पथ्यानां श्रेष्ठः। च.सू.२५/४०) can be consumed for long duration.



Many patients suffering from chronic constipation consume strong purgative formulations without any medical advise. This causes excessive Rukshata in intestine alongwith decreased capacity of evacuation. As this Arishta contains Rasayana and Anulomak Dravya like Abhaya, intestinal laxity decreases as a result of which evacuation strength increases.

Elimination of Mala, Mootra etc. depends mainly on efficacy of

Apana Vayu. Due to Apana Vayu Vikruti, Mala, Mootra cannot be evacuated properly. In such a condition, improper urination is observed without any anatomical deformity. Use of Anulomak Aushadhi like Abhayarishta helps in correcting Apana Vayu Dushti, which further helps in appropriate elimination of urine.

Evacuation of hard stool is the main cause for Parikartika Vyadhi. Incomplete evacuation of bowels and factors causing extreme Rukshata and Vataprakopa make the stool hard which may result in Parikartika Vyadhi (Fissure).

Abhayarishta alongwith Vatanuloman, relieves constipation and makes the stool soft which helps in easy wound healing. Abhayarishta is also beneficial in Bhagandar for reducing Sthanik Kleda and Pus formation.

Agnitundi Vati

SDS Monograph No. 0800024

Just as all the things get transformed after coming in contact with Agni, similarly Aahar gets converted to Aahar Rasa on consumption of Agnitundi Vati. Due to presence of Kuchala, Agnitundi Vati acts as an excellent Vedanashamak as well.

वह्निमांघमजीर्णं च विसूर्वीं ग्रहणीगदान्।

शूलं कोष्ठगतं वातरोगानन्यांश्च नाशयेत् ॥

शूलं सर्वांगजं वाऽपि शूलं वा परिणामजम् ।

Important ingredients and properties -

Kajjali - Rasayan, Yogavahi, Krumighna
Shuddha Kuchala - Shoolaghna, Krumighna, Rasayan, Balya for Vatavaha Nadi Sansthan, Shothaghna Shuddha
Vatsanabh - Amapachak, Vedanashamak
Yavakshara, Sajjikshara - Shoolaghna, Kaphavataghna, Vibandhanashak
Nimbu Swaras - Deepan, Pachan, Anulomak



Agnitundi Vati is beneficial in Ajeerna Vyadhi, especially in Agnimandya and Ajeerna caused by Kaphavruddhi in Amashaya. 'Agnitundi Vati' proves to be very effective in symptoms of Ajeerna Vikar like; heaviness in abdomen, uneasiness, lethargy, hatred towards food especially for sweet foods, sweet belching etc. It enhances flow of Pachak Pitta in Koshta. Food is digested properly. It helps in digestion of Kapha and Kleda in Amashaya which reduces heaviness of abdomen.

Shool which arises during Parinaman of food is known as Parinamshool. Agnitundi Vati is beneficial when Kaphapradhan or Kaphavatapradhan symptoms are seen in Parinamshool. Presence of Shuddha Kuchala in Agnitundi Vati helps in Shoolaprashaman and Yavakshara and Sajjikshara relieve Vibandha.

आमवातं विशेषेण हन्ति..... Agnitundi Vati is an excellent Amapachak, Agnideepak and Shoolaghna Kalpa hence proves effective when used with 'Sinhanad Guggul' in Samavastha of Amavata. It reduces Ama formation alongwith Shool or Pain. This action is due to presence of excellent Shoolaghna Dravya like Kuchala. Therefore many Vaidyas use Agnitundi Vati for Amavata Chikitsa.

Atisar is also a condition caused by Agnimandya where passage of loose stools is the main sign. In Visuchika Vyadhi, Prakupit Vata produces symptoms such as Suchivat Vedana i.e pricking pain all over the body, Atisar and Chhardi. Krumi can also give rise to Visuchika and Atisar. Agnitundi Vati acts as Agnivardhak and eradicates Krumi due to its Krumighna Karya. This reduces frequency of loose stool and in addition to this, pricking pain is also taken care by Shoolaghna action.

Yakrut and Pleeha are Moolsthan of Raktavaha Srotas. Vikruti in it causes Yakrut Pleeha Vruddhi and Udar Vikar. Especially in Kaphapradhan or Kaphavatapradhan condition, symptoms like Aruchi, Madhurasyata, heaviness of abdomen, whitish discolouration of skin, eyes, nails & stools, Udarshool etc. are present. In this condition Agnitundi Vati is very beneficial Kalpa. Use of Agnitundi Vati with Kumari Asava No. 1 proves to be more effective. Agnitundi Vati is more Ushna, Teekshna, Agnideepak, Amapachak and Shoolaghna compared to Shankhavati. With ingredients like Shuddha Kuchala and Vidang, Agnitundi Vati also acts as Krumighna.

If we compare Agnitundi Vati and Kravyad Rasa, Agnitundi Vati is mild Amapachak and Agnideepak Kalpa as compared to Kravyad Rasa.

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, Brunhan, Vrushya

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

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

.....ग्रहणीदीपनः परः।

अर्शसां नाशनः श्रेष्ठ उदावर्तसगुल्मनुत्।

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 and formation of 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 Dhatupariposhan 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.

'स्रोतांस्यन्यैश्च दारुणैः' is mentioned in the causative factors for Pranavaha Srotas Dushti. Ama formed in Annavaha Srotas causes Strotorodh, 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 - 'द्रणश्लेष्मकण्डुक्रिमिविषापहः'

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

Kanakasava prepared from Visha Dravya, Dhattur, should be given to patient in an appropriate dose since 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 वेगवदूर्ध्वातत्वं' - 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 'Shwasak 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 Parinamashool 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 Pittanalika 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.

Kapardika (Varatika) Bhasma

SDS Monograph No. 020007

Prepared from Kapardika or Cowrie, this Bhasma is effective especially in disorders of the organ named Grahani.

Important ingredients and properties -

Kapardika – Agnideepak, Pachak, Grahi, Pittashamak

especially effective in reducing increased Amlata of Pitta, Shoolaghna, Koshthastha Vatahar, Kaphaghna

परिणामादिशूलघ्नी ग्रहणीक्षयनाशिनी।

कटूष्णा दीपनी वृष्या नेत्र्या वातकफपहा।। र. र. स.

Kapardika is one of the Dravya of Sudha Varga like Shankha, Shouktik etc. The Kalpa of Sudha Varga are renowned for nullifying the Vikruti occurred in the Annavaha Srotas. Kapardika Bhasma is Tridosahar, especially it contains properties like reducing Koshthastha Vatavruddhi & reducing Amlata of Pitta Dosh.

‘भुक्ते जीर्यति यच्छूलं तदेवं परिणामजम्।’ मा. नि. i.e. the disease which is characterized with pain developed during Paripaka or Parinaman of Anna or food, is Parinamshool. Pitta Dosh has its dominance during the Pachyaman Avastha of digestion of food. In Parinamshool, Shool or pain is experienced at Kukshi Pradesh, Udara Pradesh, Parshwa, Nabhi, Basti, Stanantar & Kati Pradesh. This Shool arises after some duration of food intake & resolves itself after the food is digested. At times, after presence of Shool, vomiting occurs & the Shool resolves immediately after the vomiting. This same symptom is present in Amlapitta Vyadhi as well, but pain arised only during the digestion of food & relief from pain immediately after the food is digested, is the typical sign of Parinamshool Vyadhi. Pain arises in Amlapitta Vyadhi at any time of the day & has no direct relation with the digestion of food. Vitiation of Pitta & Vata Dosh is seen in Parinamshool. Kapardika (Varatika) Bhasma is extremely beneficial in such a condition. If used alongwith butter or milk cream, Kapardika (Varatika) Bhasma proves to be effective in Parinamshool. Similarly products which contain Kapardika Bhasma like Pravala Pancharut (With Mouktik) & Kamadugha (Mouktikyukta) are also effective in Parinamshool.

Grahani Vikar arises due to Vikruti in Grahani & the function of Grahani (अन्नं गृह्णाति..) i.e. Anna Grahani is impaired. Kapardika (Varatika) Bhasma is effective in Grahani occurred



due to vitiation of Vata & Pitta Dosh. It is useful not only for Vatanuloman & Vikrut Pitta Pachan, but also in reducing the Shaithilya or laxity of the organ Grahani. Especially when severe pain arises in Grahani due to Ama Nirmiti, Kapardika (Varatika) Bhasma proves beneficial.



‘अम्लगुणोद्विक्तं पित्तं अम्लपित्तम्।’, i.e. increase of Amla Guna of Pitta is the characteristic sign of Amlapitta. In such a condition, Kapardika (Varatika) Bhasma is useful in Pachan of Amla Gunadharmi Pitta.

If Ama Nirmiti is the cause of Atisar Vyadhi, then for the purpose of Ama Pachan in such an Amatar, the use of Kapardika (Varatika) Bhasma is very effective. Due to its Gamitva towards Grahani & Pakvashaya & presence of Deepan, Pachan, Grahi Gunadharna, Kapardika (Varatika) Bhasma is extremely effective in Samavastha of Atisar.

‘रक्तस्य पित्तमाख्यातं रक्तपित्तं मनीषिभिः।’ - च.चि.४ Raktapitta Vyadhi occurs due to increase in quantity of Vikrut Pitta in Rakta Dhatu. In Raktapitta Vyadhi, if the increase in quantity of Vikrut Pitta is especially due to increase of Ushna, Drava & Amla Guna, then Kapardika (Varatika) Bhasma is extremely useful.

Kapardika (Varatika) Bhasma should be used alongwith honey, butter or milk cream, so that it does not come in direct contact with inner surface of mouth, otherwise it may cause ulcers over tongue & in mouth.

Shankha Bhasma

SDS Monograph No. 020016

Shankha Bhasma is prepared from an important ingredient of Sudha Varga, i.e. 'Shankha'.

दक्षिणावर्तशंखस्तु प्रशस्तो देवपूजने।

वामावर्ताभिः शंखः.....वैद्येस्तु मारणार्थं प्रयुज्यते।। रसरंगिणी

Two types of Shankha exist – Dakshinavarta &

Vamavarta. Dakshinavarta Shankha are used for religious purpose & Vamavarta Shankha being easily available are used for medicinal purpose.

Important ingredients and properties -

Shankha – Ushna, Agnideepak, Amapachak, Grahi, Dravansha Shoshak especially reducing Dravansha increased in Pitta Dosha, Kshara Gunadharmi

Shankha Bhasma with its Agnideepak, Pachak & Ushna Gunadharma is extremely effective in diseases like Agnimandya & Ajeerna, especially developed due to Ama Nirmiti, Kleda or Kapha Vruddhi. In such a condition, Shankha Bhasma should be given alongwith Nimbu Swaras or Ghrut.

Amlapitta Vyadhi occurs in Varsha Rhotu due to intake of Amlavipaki Jala & Agnimandya. Out of the two Avasthas of Amlapitta, i.e. Samavastha & Niramavastha, Shankha Bhasma is useful in Samavastha. Apart from Ama Pachan, Agnivruddhi etc., the Kshareeya Gunadharmas of Shankha Bhasma is effective in Amlapitta. Shankha Bhasma being from the Sudha Varga, is an excellent Dravansha Shoshak especially useful in reducing the increased Dravansha of Pitta Dosha. In Amlapitta Vyadhi, Shankha Bhasma should be used alongwith Amalaki Choorana. As a result, relief is attained from symptoms of Amlapitta like vomiting, nausea, pain & burning sensation in abdomen.



Adhman, Udarashool & Malavibandha are very common signs of improper digestion seen in Varsha

Rhotu. If these signs or diseases are developed due to Ama Nirmiti or Kledak Kapha Vruddhi, then administration of Shankha Bhasma proves beneficial. When given alongwith Nimbu Swaras, it causes Agnivruddhi & Vatanuloman & further relieves Udarashool & Adhman. It also facilitates proper Malapravrutti & relieves constipation.

Being a Kalpa of Sudha Varga & due to its Kshareeya Gunadharmas, Shankha Bhasma is effective in

diseases related to Grahani & Pakvashaya like Atisar, Visuchika & Grahani.

‘यदा पक्वोऽप्यतीसारः सरत्येव मुहुर्मुहुः ।

ग्रहण्या मार्दवाज्जन्तोस्तत्र संस्तंभनं हितम् ।।’ सु. उ. ४० / ६८

In Pakvavastha of Atisar or Pakvatisar, Shankha Bhasma is used alongwith Stambhak Kalpa like Pushyanuga Choorana for the purpose of Dravansha Shoshan, Agnivardhan & enhancing the Grahan Karya of Grahani. Relief from Atisar Vyadhi is achieved if Shankha Bhasma is given alongwith Anupan like Takra or buttermilk.

In comparison with Atisar, Visuchika Vyadhi has more symptoms & the severity of the symptoms is also more. Due to Vikruti formed in Yakrut & Pleeha alongwith the Vikruti in the Antra, symptoms like Dravamalapravrutti, Chhardi, Udarashool, Dourbalya, Bhrama etc. arise. In such conditions, Shankha Bhasma or Kalpa like Kamadugha (Mouktikyukta), Pravala Panchamrut (with Mouktik) which contain Shankha Bhasma are effective.

Shankha Bhasma is beneficial in Grahani Vyadhi especially, in Kaphaj Grahani for the purpose of Agnivardhan & Pachan. Due to the use of Shankha Bhasma, Vikruti of the organ Grahani is nullified & the Grahan Karya of Anna is enhanced. In this condition, it is ideal to use Shankha Bhasma alongwith Nimbu Swaras or Takra. Shankhavati which comprises of Shankha Bhasma is also effective in Kaphaj Grahani.

Mukhadooshika or Pimples is a skin disease which is seen during Tarunyavastha. There is predominance of Kapha Dosha in Balyavastha, whereas Pitta Dosha is dominant in Kishoravastha & Tarunyavastha. These pimples arise due to Pittavardhak Aahar – Vihar. Due to its Kshareeya Gunadharmas, use of Shankha Bhasma in such a condition for the purpose of Dravansha Shoshan of Pitta Dosha is effective. If given alongwith Amalaki Choorana, it yields even better results.

Sinhanad Guggul

SDS Monograph No.0400064

With Vyadhipratyanik contents like Amruta Vishesh Shodhit Guggul & Eranda Sneha, Sinhanad Guggul is an extremely effective Kalpa in the treatment of Amavata & Margavarodhajanya Vatavyadhi. This

Kalpa has its efficacy in eradicating diseases like Amavata, Kushtha, Udara etc. like a lion which captures its prey with all might.

Important ingredients and properties -

Triphala – Tridoshashamak especially Kaphapittaghna, Saragunayukta, Deepan, Kushthahar
 Shuddha Gandhak – Deepan, Pachan, Kleda & Ama Shoshak, Kushthanashak, Krumihar
 Eranda – Amapachak, Virechak, Vatahar
 Amruta Vishesh Shodhit Guggul – Deepan, Vatahar, Vibandhanashak, Vedanashamak, Kushthahar, Dahahar

Ama Utpatti & Vataprakopa are the two main Samprapti Ghatak of 'Amavata' Vyadhi. Due to the aggravated Vata Dosha, the Ama gets mobilized & is accumulated in the Shleshmasthanas i.e. big joints.

'वातपित्तकफैर्भूतो दूषितः।' in Amavata the Ama gets vitiated by all the three Dosha. This is the reason, the symptoms of Amavata like Sanchari Sandhishool, Ushna Sparsha, Gaurav, Aruchi are experienced at the same time. The Ama developed in Amavata is too Picchil. 'Sinhanad Guggul' used in Amavata has Amapachan, Shothahar & Shoolahar properties. Triphala present in Sinhanad Guggul, due to its Deepan, Pachan, Sara Gunadharmas facilitates Amapachan, Vatanuloman & is also effective in reducing the Picchilata of Ama. Deepan, Amashoshan & Shoolahar Karma is also facilitated due to Amruta Vishesh Shodhit Guggul.

From the treatment point of view of Amavata, Eranda Sneha is the most important content of this Kalpa. Eranda is an extremely effective constituent for Amapachan & Virechan. The excessive Picchilata of Ama in Amavata Vyadhi is eradicated by Eranda Sneha. Eranda due to its Deepan – Pachan Gunadharmas, facilitates Ama Pachan & due to its Vatahar Karma helps in Vatanuloman which further reduces Sandhishool & Shotha. Hence it is rightly said,

**आमवातगर्जेन्द्रस्य शरीरवनचारिणः।
 एकमेवनिहन्त्यास्ति एरंडगजकेसरी।।**



'Sinhanad Guggul' is effective in Amavata and all kinds of Vatavyadhi especially Margavarodhajanya Vatavyadhi. Alongwith Vata Dosha, the presence of Ama or vitiated

Kapha is always there in such a condition. Hence in treatment of such disorders, Sinhanad Guggul with its Deepan, Amapachak & Vatahar properties is extremely useful. It is also a Mrudu Vatanuloman alongwith possessing above said properties. Due to these properties, the Srotorodha is relieved & Vata Dosha gets back its Prakrit Gati, which further helps in Samprapti Bhanga.



With contents like Triphala, Shuddha Gandhak & Amruta Vishesh Shodhit Guggul, Sinhanad Guggul is very effective in Kushtha Vyadhi too. Vitiation of Twacha, Rakta, Mansa & Lasika is seen in Kushtha Samprapti as a result of Tridosha Dushti. Due to Kaphaghna Gunadharmas of Bibhitak, Pittaghna Gunadharmas of Amalaki & Vataghna Gunadharmas of Haritaki, Triphala possesses Tridoshashamak property. Triphala being Kashay Rasapradhan also helps in nullifying Mansadushti. Guduchi alongwith being Tridoshashamak, is also an excellent Raktashodhak. Shuddha Gandhak has Raktashodhan, Kledanashan, Kandunashan & Krumihar properties & hence is useful in Kushtha. Eranda Sneha with Kledanirharan & Anuloman property is effective in Kushtha. Hence Sinhanad Guggul, due to its Amapachan, Kledashoshan, Kledanirharan, Shoolahar & Shothahar properties is beneficial in Sravi Twacha Vikar & Twacha Vikar with Shotha & Shool. Especially if used alongwith Mahamanjishtyadi Kadha, its efficacy is increased. Many a times, Jayapal is used in Sinhanad Guggul for the purpose of Virechan, but the purpose of Amapachan is not fulfilled by it. The quantity of Eranda Sneha used in Sinhanad Guggul is not meant for Virechan, but is useful for Amapachan in Sookshma Srotas, which is to be understood properly.

Yogaraj Guggul

SDS Monograph No. 0400084

Yogaraj Guggul containing Dashamool Vishesh Shodhit Guggul and Deepan-Pachan Dravyas is very effective Kalpa for all types of Vatavyadhi. It is especially useful in Srotorodhatmak Samprapti.

Important ingredients and properties -

Shunthi - Amapachan, Srotorodhanashak, Deepan
Ajamoda - Deepan, Vatanuloman, Shoolaprashaman
Chitrak - Deepan, Pachan, Shoolanashan
Hingu - Deepan, Pachan, Anulomak, Shoolaprashaman,
Jantughna
Triphala - Kaphapittaghna, Anulomak, Deepan
Dashamoola Vishesh Shodhit Guggul - Vatahar,
Shoolaprashaman, Shothahar

In case of Srotorodha in Vatavyadhi, alongwith Vatahar Dravyas, Amapachan and Vatanuloman Dravyas should be used in treatment. 'Yogaraj Guggul' contains best combination of Vatahar Dravyas like Dashamoola Vishesh Shodhit Guggul, Renuka Beej, Deepan, Pachan Dravyas like Shunthi, Pippali, Chitrak, Jeerak etc. Shoolaprashaman and Anulomak Dravyas like Triphala, Ajamoda, Hingu etc. Due to this combination, Yogaraj Guggul can crack the Samprapti in Srotorodhajanya Vatavyadhi and helps acquiring Prakrut Gati of Vata. It also reduces symptoms like Shotha, Shool. It is considered as 'Vyadhi Pratyani' Kalpa in Srotorodhatmak Samprapti of Sandhigata Vata and is regularly used for the same.

The study on this subject done by Late Vaidyaraj Antarkarji, is extremely scientific and Granthokta which proves to be a good guideline for today's practitioners.

Agnimandya is the root cause of Grahani. Consumption of Ahitakar Aahar - Vihar in presence of Agnimandya gives rise to Grahani. 'मुहूर्बद्धं मुहूर्द्रवम्' Drava, Sama, Durgandhiyukta



type of stools is the cardinal symptom of this disease. Looking at the importance of Agnimandya in Samprapti of Grahani Vyadhi, Deepan, Pachan Dravyas should be used for the treatment. It is said that, 'ग्रहणीमाश्रित दोषमजीर्णवदुपाचरेत्।' अ.ह.चि. १०/१ Grahani should be treated like Ajeerna. 'Yogaraj Guggul' containing Deepan-Pachan Dravyas like Shunthi, Pippali, Ajamoda, Chitrak, Jeerak is beneficial in treatment of Grahani. This Kalpa containing Anulomak ingredients like Hingu, Triphala proves to be useful especially in Amavastha of Grahani where alongwith Amapachan, Anuloman is also needed. When used with Parpati Kalpa it gives good results in Grahani.

This Kalpa with Deepan, Pachan, Anuloman and Shoolaprashaman Karma is effective in symptoms like Aruchi, Agnimandya and Udarshool. Hence Yogaraj Guggul can be used in diseases where these symptoms can be seen. In diseases having above mentioned symptoms, 'Yogaraj Guggul' can be used with Kalpa like Bhaskar Lavan Choorana, Hingwashtak Choorana etc.

Yogaraj Guggul can be used in Kushtha Vyadhi when symptoms like Shotha, Shool, Srava are present. Triphala is a proven Kushthahar ingredient, but in addition to it presence of Krumihar Dravya like Vidang and Bhedan Dravya like Kutaki increases its usefulness in Kushtha. Alongwith Dosha Shaman

Karma it also helps in eradicating the symptoms like Raktadushti, Shotha, Shool etc. When used as supportive treatment alongwith Kushthahar Kalpa like Gandhak Rasayan, Mahamanjishthadi Kadha etc., it helps in reducing painful symptoms of Kushtha.

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