

CHAPTER IV

USES OF PLANTS

This chapter is on the uses of plants. Plants are inseparable part of our life. *Atharvaveda* mentions about the importance of plants. Green plants are essential for the existence of human being. “Plants and herbs destroy poisons.”⁴⁴⁴ Here poison means pollutions. They help in maintaining the purity of the atmosphere. Plant posses the qualities of all the duties and they are the saviours of humanity.⁴⁴⁵

DAILY USES OF PLANTS:

Traditionally, people use to keep *Neem* or *Tulsi* leaves for purification of water. In the Vedic period, there were wide uses of plants. For the sake of livelihood, people of that time used to take shelter in plants and various kinds of plant products. In the morning, they cleaned their tooth with such kind of leave or sticks of *Neem* and bamboo, leaves of beetle nut, a kind of tooth powder made of *Abhayā*, *Elā*, *Samangā*, *Jyotiṣmatī*, *Lodhra*, *Dārvī*, *Kuṣṭha* are used; these helps in protect the teeth from diseases and cures bleeding, itching and pain in the teeth.⁴⁴⁶ Another powder called *Kalaka Curṇa* made of kitchen shoot, *Yavakṣāra*, *Pāṭhā*, *Sunthi*, *Pippalī*, *Marica*, the extract of *Dāruharidrā*, *Haritakī*, *Bibhūta*, *Āmalakī*, *Lodhra*, *Citraka* and honey; this also keeps the teeth disease free as well as throat also.⁴⁴⁷ *Lavanga*, *Jāti*, *Haridrā*, *Uśira*, *Yaṣṭimadhu*, *Mañjiṣṭhā*, *Tvak*, *Dhātakī*, *Katphala*, *Jātamāmsī*, *Lākṣā*, *Aguru*, *Vacā*, *Khadira* are also used for this purpose.⁴⁴⁸

Then for bath sandal paste were used. And decoration of body *Lodhra*, *Ketaka*, lotus; and the pollen grains of *Lodhra* and lotus were smeared as talcum powder by the women. Males were used to wear garlands of lotus and various scented flowers. People used various plant drugs for hair care. For anointing oils from the seeds of sesame, mustard and *Ingudī* are used. In *Caraka Saṃhitā* we find many plant drugs for hair care. For softening of hair they used to apply *Lauha Bhasma*, *Saindhava* salt, *Suktāmla*, a certain kind of vinegar with fruits like *Harītakī*, *Āmalakī*,

⁴⁴⁴ A.V. 8.7.10

⁴⁴⁵ Ibid.8.7.4

⁴⁴⁶ C.S.Cikitsā. 26. 190-191

⁴⁴⁷ Ibid. 26. 194-196

⁴⁴⁸ Ibid. 26. 206-214

Bibhītaka are used. With all the mentioned here by making decoction is a dye. Needless to say about food; plant plays an important role in supplying of food. At that time, plant products were used mainly as food though animal products like milk, ghee, curd were used but incomparable with those were gained from the plants. Fruits, vegetables either by cooking or freshly used to take. Now also, its importance has not decrease as food. But, in other fields like furniture and materials for building of house, these are replaced by some other materials. At that time, for building of house woods and bamboos were used for walls and roofs were made of grasses which are now replace with bricks and tins. Those types of houses are still having been seen in villages. Weapons, utensils, papers for writing were collected from plants means were made of plants. Ropes were made of the barks of *Murvā*, *Arka*, *Śaṇa*, *Gavedhuka*, *Ātasī* and such other plants. *Kauṭilya* has mentioned them as *Rajjubhāṇḍa*.⁴⁴⁹ Plant gives us everything. Even for inhalation oxygen is provided.

The heritage of medicinal plants use in India has an ancient history dating back to the pre Vedic culture at least 4000 years. Plants have been used in traditional medicine for several thousand years. The uses of those for primary health care, even for major applications also well documented in the ancient Ayurvedic scriptures. Many of the methods for treating injuries and diseases have been passed down through families for generation and some of these have been adopted for use by the medicinal profession.

India has had a rich, vibrant and diverse cultural history. An important component of this culture and tradition is that of health and healing. Thus there is a large health and healing related knowledge base present in all ethnic communities across the diverse ecosystems.

Biodiversity is a wealth to which no value can be put. If we analyse, the very survival of the human race is dependent on conservation of biodiversity. The country has a number of alternative medicines, like *Āyurveda*, *Yunani*, *Siddha* and Homeopathic systems which are predominantly based on plant based raw materials in most of their preparations and formulations.

Our ancestors apparently used dozens upon dozens of wild plants for food and medicine. Fruits and vegetable were used more for the purpose of food. Fruits and vegetables give many nutrients

⁴⁴⁹ Arthaśāstra. 2.17.8

like vitamins, minerals, dietary fibers and such other healthful ingredients. Besides all these things act as anti oxidants to the body and prevents from many diseases and gives freshness.

Plants are the precious gift the Nature presented to us. We are strongly dependant on these in our day today life. Since ancient times, human societies all over the world have been using plant resources for fulfilling their basic needs like, food, medicine and shelter. The plants make significant contribution on diets of people. Food plants are not only supplement to the food quantity, but also an important option during starvation for survival and thus makes significant contribution to the human nutrition. All parts of plants are used somehow. The different part of the plants, namely; barks, secretions, fiber, juice, tender leaves, alkali preparations, latex, fruits, flowers, ashes, oils, thorns, matured leaves, roots , rhizomes, sprouts are used for the purpose of medicine. From roots to shoots are used; all parts are useful. In ancient days the raw products were used to collect from the forests. Of course, some of them grew in gardens.

About the uses of plants *Sāyana* had commented on *Śatapatha Brāhmaṇa*, herbs are to be used as medicine in their different forms of *anna*, *mula*, *phala*, and *kānda*. We are taking the plants mainly as food. Actually, most of the parts of the plants are taken as food. Wheat, sugarcane, bamboo shoots and leaves, *Yava*, rice- these are the grasses that are included in our food list. Not only grasses but tubers, rhizomes are also we take as food. Ginger, reddish, potato, turmeric are of this group. This plant kingdom provides us food. Every creature of the world depends or must have to depend on plants directly or indirectly. Rice, pulses, fruits, various spices, like coriander, cinnamomum we get from plants. Even for respiration oxygen also we are supplied by plants. Cloths are also provided.

IN RELIGIOUS CUSTOMS:

India is very rich in plant biodiversity as well as in ethnic diversity and has a great traditional knowledge based in plant resources. The cultural history of India is associated with religious beliefs and any emphasis on arguments dealing with plant- man- god relationship appeals to people even today. Plants are used in many ways including religious matters. In Vedic period, sacrifices were frequently done. There, most of the things used were gained from the plants. Woods, grasses, straws, grains, flowers, fruits and utensils also made out of wood. Sometimes plants are worshiped as god either individually or associated with gods; and sometimes these

plants are used to worship gods. This is a part of nature worship is generally believed to have begun in the initial stage of human society. Sometimes, religious beliefs help in the conservation of the natural resources. For Hindu belief in every house people use to plant a *Tulsī* which actually helps in reducing air pollution. Like this Muslim people used to plant *Jetukā** which prevents from snake bite. And some plants are prevented from cutting believing as sacred tree. The woods of *Palāśa*, *Inguḍī*, *Udumbara*, *Madhuka*, *Kuśa* are used for sacrifices to beget a child of desired qualities.⁴⁵⁰ A certain *mantra* from *R̥gveda Viṣṇuḥ kalpayatu.... Garbham dadhātu me* ||⁴⁵¹ during *Puṃsavana* sacrifice certain recipes are used to make with *Māṣa*, seeds of *Sarṣapa*, buds of *Nyāgrodha*, *Jīvaka*, *R̥ṣabhaka*, *Apamārga*, *Sahacara*.⁴⁵² The plants *Aindrī*, *Brāhmī*, *Śatavīrya*, *Sahasravīrya*, *Pātala*, *Guḍucī*, *Haritakī*, *Ariṣṭa*, *Vātyapuṣpī*, *Priyangu* should be worn in the right hand of the woman in the period of her pregnancy.⁴⁵³ The uses of *Kuśa*, *Nyāgrodha* are seen in the ceremony of *Puṃsavanana*.⁴⁵⁴ In the *Cūḍākarāṇa Saṃskāra*, *Darbhā* grass, sesame, *Keśara* and *Udumbara* leaves are used.⁴⁵⁵ *Muñja* grasses were used to make the sacred thread.⁴⁵⁶ It is believed that a person can get relief of all diseases by planting a *Madhuka* tree. Assamese people used to write *Mantras* of *Mahādeva Śiva* on the leaves of *Hema* in the first day of *Bahāg* month (14 April aprox.) to protect from storm and heavy rain.

USES OF PLANTS AS FOOD:

In general terms, a vegetable is an edible plant or its part, intended for cooking or eating raw. In biological terms ‘vegetable’ assigned all members of the plant kingdom. ‘Vegetable’ comes from the Latin word *Vegetabilis* (energetic) and from *Vegetare* (Liven up) which derives from *Vegetus* (active), in reference to the process of plant growing. The word ‘vegetable’ was first recorded in English in the 15th century,⁴⁵⁷ and originally applied to any plant. This is still the

⁴⁵⁰ *Tatropaviṣṭaḥ palśī*.....C.S. Śārīra. 8.10

⁴⁵¹ *R̥gveda Viṣṇuḥ kalpayatu.... Garbham dadhātu me* || R.V. X.184.1

⁴⁵² *Tasmādāpannagarbhā*..... *iti puṃsavanāni* || C.S. Sarira. 8.19

⁴⁵³ *Ata ūrdham garbhasthāpanāni vyākhyāsyāmaḥ*..... *Aindrī*.....C.S. Śārīra. 8.20

⁴⁵⁴ *Sāṃkhyāyana*, 1.20

⁴⁵⁵ *Yājñavalkya Smṛti*. 2.5.12 (Mitaksara tika)

⁴⁵⁶ *Manusmṛti*. 2.171

⁴⁵⁷ Online Etymology Dictionary (<http://www.etymonline.com/index.php?search=vegetable>). Retrieved 2009-11-25.

sense of the adjective ‘vegetable’ in biological context.⁴⁵⁸ In 1767 A. D. the meaning of the term ‘vegetable’ was specified to mean ‘plant cultivated for food, edible herb or root.’ As an adjective, the word vegetable is used in scientific and technical contexts with a different and much broader meaning, ‘related to plants’ in general, edible or not — as in *vegetable matter*, *vegetable kingdom*, *vegetable origin* and others. The meaning of ‘vegetable’ as ‘plant grown for food’ was not established until the 18th century.⁴⁵⁹ Flower bud, leaves, Leaf sheaths, shoots, tubers, stems, bulbs, fruits are taken as food.

Since ancient times, human beings all over the world have been using plant resources for fulfilling their basic needs like food, medicine and shelter. Utilization of wild edible plants as a food source is an integral part of the culture of indigenous people who dwell nearby forests. In the very ancient days, people were mainly dependant on wild edible plants for food or medicine as were lived nearby forest areas. Wild edible plants refer to the species that are neither cultivated nor domesticated, but available from their natural habitat and used as sources of food. The green leafy vegetables are cheap source of proteins, carbohydrates, iron, and some other essential minerals; and very useful in regular diet. The wild edible plants have tremendous influence on man since the dawn of the civilization or may be before that. The plants contain significantly high nutritional value. The wild plants play an important role in gathering the nutritional requirement of the human beings.

Even now, consuming wild edible plants is a part of food habits of people in many societies and intimately connected to virtually all aspects of their socio- cultural, spiritual life and health.

We, survive our life by taking food. Generally, we take pulses, cereals, and vegetables as our food. The Indian sub continent is one of the mega centers of crop plant diversity. The country also possesses cultural and ethnic diversity. It is a centre for domestication and diversification of plants. It is a treasure house of wild economic plants, which are largely underutilized particularly wild edible, medicinal and aromatic plants. Plants are the basis of life on earth and are essential to people's livelihoods.

⁴⁵⁸ Swedenborg, Emanuel (2003). *Swedenborg Concordance 1888*. Kessinger Publishing. p. 502. ISBN 0-7661-3728-7.

*Assamese word for henna

⁴⁵⁹ Ayto, John (1993). *Dictionary of Word Origins*. New York: Arcade Publishing. ISBN 1-55970-214-1.

Indian people are very much fond of various types of foods from the very ancient period. Various foodstuffs are used to make in the cuisine of Indian people. Today what are found the traditional Indian foods are as highly valued as in ancient days. Among various articles vegetables and fruits takes important place than non vegetarian articles. For the same various fruits and vegetables are used. We find various kinds of vegetable and fruits in the *Bṛhat Trayī*. They were very much conscious regarding their diet and what are described are very much scientific. In diet, carbohydrates, protein, various minerals and vitamins are essential for maintaining proper health. ⁴⁶⁰ *Vāgbhaṭa* also in his *Aṣṭāṅgasamgraha* described various food ingredients that supplies energy, and nourishment to health. ⁴⁶¹ They were so much scientific that we have found in one place of the treatise that we should take those foods that help in the growth and development of our health. Each and every essential nutrient we get from food. Though not directly, but *Caraka* mentioned in one verse of *Caraka Saṁhitā* about those nutrient ingredients. *Śāli* and *Ṣaṣṭhika*, the best types of rice are the suppliers of Carbohydrates; gives energy to the body. Without Carbohydrate in diet the development of physical growth stops working. *Mudga* (the various types of pulses) supplies protein that helps in the growth of our body; protects health from diseases and controls hormones.

Plants are the nature's gift to mankind and have been used as an important source of food and medicine from the very beginning of time. Plants have a great socio-economic significance because of their food and medicinal values. Vegetables are the edible parts of plants that are consumed wholly or in parts either cooked or raw as part of main dish or salad. Vegetables are good and chief sources of vitamins, oil, carbohydrates and minerals which may not be available in other food sources. Vegetables constitute a major part of daily food intakes and play an important role in well-balanced diet and maintain healthy living. Adequate intake of essential mineral is necessary to remain healthy as they are involved in numerous biochemical processes and diets rich in vegetables and fruits are link to reduce the risk of diseases like diabetes, cancer, coronary heart disease.

Food is the basic necessity of life which satisfies the physiological and social needs of human beings. Vegetables form an essential part of the diet of both rich and the poor as majority of the

⁴⁶⁰ *Ṣaṣṭhikāncchhālīmudgāśca saindhamālake | Antarikṣam payaḥ sarpijāgal madhu cabhyaset || C.S. Sūtra. 5.12*

⁴⁶¹ *Sīlayecchhaligodhumayava.....rogocchhedakaram ca yat. Aṣṭāṅgasamgraha. Sūtra.8.42-43.*

Indian population is vegetarian. Vegetables are the major source of vitamins and minerals which are the chief regulators in metabolism in human beings.

Patola, Saptalā, Ariṣṭa, Sangesthi, Avalguja, young sprout of Vetra, Pāthā, Bṛhatī, Vāsā, Tilaparṇī, Maṇḍukaparṇī, Karkotaka, Kāravellaka, Parpotaka, Gojihvā, Vartaka, Vanatiktaka, Karira, Kulaka, Sakulādani, Cāngerī, Śatī, Śatin, Gavedhuka- these can be taken as vegetables. *Caraka* has grouped the plants also based on dietetic principle that are discussed in the previous chapter.

MEDICINAL USES:

In the field of medicine, plants provided incomparable contribution. The medicinal plants were used to worship and given the place of god. Because of their powers and functions and popularity they were compared to gods and people made a form of human being in the mind. In the succeeding period, they were worshiped as god or deities. We have found in *Veda* various instances. There is a hymn in *R̥gveda* named *Auṣadhi Sūkta*,⁴⁶² where plants were worshiped. *Atharvaveda* also contains various hymns ‘*Bheṣajasūktāni*’ where the seer addressed the plants as the god and praised to remove the diseases and for providing of good health. The famous *Soma* creeper is addressed in the *Veda* as the king of Plants or somewhere as deity and praised to bestow good health and prosperity. Even, sacrifices were also done to praise *Soma*. People prepared the medicines using the materials collected from forest. At the earlier stage, these medicines were applied on animals, latterly having seen good results people used to apply these on human beings also; and thus these knowledge spread and were become popular among the society. At first, these knowledge spread from mouth to mouth and from generations to generations and they saw the authenticity in them and started to document them. People were very much knowledgeable and had deep scholarship on any subject. Without any advanced technique and mechanical instruments they had completed huge projects for the welfare of human kind. *Yajurveda* also supplies various valuable informations on plant medicine, their collection period, parts used.

India has great wealth of medicinal plants and their traditional uses. The use of traditional medicinal plants as sources for relief from illness is widely seen among societies. Herbal

⁴⁶² R.V.10.97

medicine is the oldest form of healthcare known to mankind. Herbs have been used by all cultures throughout the history and they constitute an integral part of the development of modern civilization. Ayurvedic medicines are mainly based on plants enjoy a highly respective position today. People still depends upon the herbal drugs for their health care. These are the main source of primary health care in all over the world. There has been an increase demand for the Ayurvedic products in all over the world because of the side effect of the allopathic medicines. In this respect the Ayurvedic system of medicines are widely accepted and practiced by people not only in India but also in other countries. This is due to the ethnic knowledge of our ancestors. The development of this traditional Indian system of medicines with perspective of safety, efficacy and quality will help not only to preserve this traditional heritage but also to rationalize the use of natural products in health care without side effects.

There we find various plants that are used for different applications. These are mentioned in the following few paragraphs.

Medicinal plants and herbs are important part of Ayurvedic formulary. It is interesting at this point to review briefly the history of plant usage, drug collection, selection and evaluation. Great attention was paid in ancient times to ensuring the quality, safety and efficacy of the herbs used. The chemical contents of the plants are varied according to the quality of the soil of cultivation or growing, area, season, time, way of harvesting. It is also kept in note that the procedure of processing may effect on the components of that vary drug. It is amazing thing that these aspects were marked out hundreds of years ago. In the Ayurvedic text *Kāśyapa Samhitā* we have seen of cultivation and collection method of plant drug. *Kāśyapa* has pointed out two important things about raw materials for medicine. These must be collected in appropriate time and season ensuring the absence of damage from heat, water, insect, stool and urine. They must be collected from areas away from road sides, burial grounds and so on. If are cultivated than must be cultivated in suitable soil and in proper season.⁴⁶³ According to *Caraka*, the leaves are to be collected in *Vasanta* (Spring) and *Prāvṛt* (rainy season). In these seasons there content highest medicinal components in plant leaves.⁴⁶⁴

⁴⁶³ *Kāśyapa Samhitā*, Sūtra. 26.5

⁴⁶⁴ C. S. Kalpa. 1.10

Here, some of the few following pages describe the uses of plants for various purposes especially for medicine for various diseases.

WIDELY USED CATEGORY:

Caraka has used some plants very frequently for medicinal purposes.

*Āmalakī*⁴⁶⁵ *Āmlakī*, *Āmalaka*, *Ādiphala*, *Dhātrīphala*, *Kāyasthā* (Skt); *Āmalakhi* (Ass). *Amarkoṣa* has mentioned various synonyms of this plant- *Tisyaphala*, *Āmalakī*, *Amṛtā*, *Vayasthā*,⁴⁶⁶ *Āmalaka*.⁴⁶⁷ A small sized deciduous tree; distributed throughout India; also planted in public parks.⁴⁶⁸

Caraka has included this in *Phalavarga*; have all tastes except saline.⁴⁶⁹ It is one of the ingredients of *Triphalā*. It has all the six tastes; hot in potency, light, nourishing, promoter of good health, digestion, intellect, memory, sense of perception and vitality; anti-aging, and carminative, and alleviate all *Doṣas*. It cures all skin diseases including leprosy, tumour, consumption, anemia, intoxication, piles, chronic and irregular fever, diarrhea, heart disease, diseases of head, obstinate urinary disorders including Diabetes mellitus, anorexia, ascites, hoarseness of voice, edema, worms, vomiting, bronchial asthma.⁴⁷⁰ The use of this plant is very wide. In many preparations of Ayurvedic medicines such as *Cyavanpraśā*, *Churṇa*, *Rasāyana*, it is used. Mainly fruits are used very much. It helps in indigestion, a good appetizer, cures asthma, biliousness, bronchitis, diarrhea. As a rich source of vitamin C it cures infection of skin, cures jaundice. The juice of the fruits promotes urination. The fruits of the plant have rejuvenative power.⁴⁷¹ Drink made with the juice of *Āmalakī* is sweet, ununctuous, delicious, refreshing, nourishing and strength promoting.⁴⁷² The plant is used for aphrodisiac therapy.⁴⁷³ The fruits are used for the treatment of *Raktapitta*.⁴⁷⁴ And also used externally for the treatment

⁴⁶⁵ C.S. Sūtra. 4.15

⁴⁶⁶ Ibid.4. 18

⁴⁶⁷ Amarkoṣa. 2.57

⁴⁶⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁴⁶⁹ C.S. Sūtra. 27.125-165

⁴⁷⁰ C.S. Cikitsā. 1. 29-37

⁴⁷¹ C.S. Sūtra. 25.40

⁴⁷² Ibid.27. 279-283

⁴⁷³ C.S. Cikitsā. 2.24-32

⁴⁷⁴ Ibid.4.54-61

of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.⁴⁷⁵ Epilepsy, fever, cough, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, dysuria, erysipelas, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.⁴⁷⁶

Marica⁴⁷⁷, *Jāluk* (Ass). The plant is native to Indo- Malaysian region; cultivated in Western Ghats, Karnataka, Maharashtra, Assam and Kerala.⁴⁷⁸

The seeds are used as spice; light, hot in potency, palatable, digestive promoter, alleviate *Kapha* and *Vāta*;⁴⁷⁹ and used against urinary disorders including diabetes. The plant is used for aphrodisiac therapy;⁴⁸⁰ cures pains in the sides of the chest, tumour, dysuria, pain in female genital tract, sprue syndrome, piles, splenic disorder, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.⁴⁸¹ This is also used for the treatment of cures edema, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁴⁸² The fruits with other plant drugs are useful for the treatment of cough, asthma, heart diseases, anemia, consumption, vomiting, diarrhea and colic pain.⁴⁸³ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁴⁸⁴ The plant is useful for epilepsy,⁴⁸⁵ obstinate skin diseases including leprosy, jaundice and urinary stones.⁴⁸⁶ The leaves of the plant as ointment are useful for the treatment of edema.⁴⁸⁷ This is also used for the treatment of anemia, heart diseases, obstinate abdominal diseases including ascites, obstinate skin diseases including leprosy, anorexia, jaundice, leucoderma, parasitic infection, adenitis, freckles, tuberculosis and fever.⁴⁸⁸

⁴⁷⁵ C.S. Cikitsā. 8. 89-102

⁴⁷⁶ Ibid.9. 35-41

⁴⁷⁷ C.S.Sūtra. 4.13

⁴⁷⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁴⁷⁹ C.S. Sūtra. 27. 296-304

⁴⁸⁰ C.S. Cikitsā. 4.12-14

⁴⁸¹ Ibid.5. 79-84

⁴⁸² Ibid.7. 65-67

⁴⁸³ Ibid.8. 145-148

⁴⁸⁴ Ibid.. 9. 52-56

⁴⁸⁵ Ibid.10. 19-24

⁴⁸⁶ Ibid.12. 43-46

⁴⁸⁷ Ibid.12. 71-73

⁴⁸⁸ Ibid.14.138-143

Hastidantī, this is also known as *Nāgadantī*. *Brhatphala*, *Godumba* are the synonyms of this plant. *Amarkoṣa* has presented synonyms of this plant- *Makūlaka*, *Nikumbha*, *Dantikā*, *Dantijā*, *Pratyakśreṇī*, *Udumbaraparṇī*, *Dantī*.⁴⁸⁹ *Dāntī*. Seed – *Jepāla*. *Danti*, *Jāiphāl* (Ass). A stout undershrub with herbaceous branches from the roots; found throughout India.⁴⁹⁰

The plant is used for the treatment of tumour, edema, piles, anemia, anorexia, heart disease, jaundice, irregular fever, obstinate skin diseases including leprosy, flatulence and splenic disorders.⁴⁹¹ The plant is used externally for the treatment of obstinate skin diseases including leprosy.⁴⁹² The root is purgative. The whole plant is pungent, heating, purgative, anthelmintic, diuretic, alexiteric. The plant is very much useful in pains, abdomen of piles, wounds, enlargement of spleen, itching, inflammations, anemia, jaundice and skin diseases. The seeds are used as a drastic purgative, but overdose can be appearing as acro- narcotic poison and stomach problem. They are also used externally as a stimulant and ruberfacient. The oil is powerful hydragogue cathartic, and is useful for external application in rheumatism, used in dropsy, anasarca and jaundice. The leaves are useful in asthma, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, unconsciousness and sterility of women.⁴⁹³ The plant is useful for epilepsy.⁴⁹⁴ It cures heart diseases, anemia, edema, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation, hiccup, and leucoderma.⁴⁹⁵ The plant is useful for abdominal diseases,⁴⁹⁶ sprue syndrome, and anorexia; stimulates the power of digestion and helps in the downward movement of flatus and stool.⁴⁹⁷

Haimavatī, *Vacā* , *Golomī*, *Putanākeśī* (Skt); *Bac* (Ass). *Amarkoṣa* has presented various synonyms of this plant- *Vacā*, *Uragandhā*, *Saḍgrathā*, *Golomī*, *Śataparvikā* , *Vaikhanda*, white variety- *Haimavatī*.⁴⁹⁸ *RājāNighaṇṭu* also presents synonyms of this plant.⁴⁹⁹ A marshy, semi-

⁴⁸⁹ *Amarkoṣa* 2.144

⁴⁹⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁴⁹¹ C.S. *Cikitsā*. 5. 154-160

⁴⁹² C.S. *Cikitsā*. 7. 111-116

⁴⁹³ *Ibid.* 9. 35-41

⁴⁹⁴ *Ibid.* 10. 19-24

⁴⁹⁵ *Ibid.* 12. 34-38

⁴⁹⁶ *Ibid.* 13. 75-88

⁴⁹⁷ *Ibid.* 14. 144-147

⁴⁹⁸ *Amarkoṣa* 2. 102

aquatic, perennial, aromatic herb with creeng rhizomes, growing wild and also cultivated throughout India, ascending up to an altitude, 2200 m. in the Himalayas.⁵⁰⁰

Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.⁵⁰¹ In decoction form or other it is used for the treatment of irregular fever⁵⁰² and cures pains in the sides of the chest, tumour, dysuria, pain in female genital tract, sprue syndrome, piles, splenic disorder, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.⁵⁰³ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.⁵⁰⁴ The plant is used for the treatment of obstinate urinary diseases including diabetes mellitus;⁵⁰⁵ used externally for the treatment of obstinate skin diseases including leprosy.⁵⁰⁶ The herb is used for the treatment of epilepsy, insanity and fever.⁵⁰⁷ The plant is useful for abdominal diseases.⁵⁰⁸ The rhizome has significant medicinal properties. It is used as nerve tonic. It is emetic and stomachic; used in dyspepsia, colic dysentery particularly of children and remittent fevers. The rhizomes are also used in snake bite and insect bite and all kinds of poisoning.⁵⁰⁹ *Bhāva Prakāśa*⁵¹⁰, *Dhanvantarī Nighaṇṭu*⁵¹¹ and *Rājanighaṇṭu*⁵¹² have presented various works, functions and properties of *Vacā*.

⁴⁹⁹ *Vacogragandhāgolomījaṭilogrācalomaśā* | *Rakṣoghñivijayābhadrāmāngalyetidaśahvaya* ||

Medhyāśvetavacāṭṛanyaśaḍgranthādārghapatrika | *Tīksnagandhāhaimavatīmāngalyāvijayācasa* || *RājaNighaṇṭu*

⁵⁰⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁵⁰¹ C.S. Cikitsā. 1.4.6

⁵⁰² Ibid.3. 204-206

⁵⁰³ C.S. Cikitsā. 5. 79-84

⁵⁰⁴ Ibid.5. 86-90

⁵⁰⁵ Ibid.6. 38-39

⁵⁰⁶ Ibid.7. 102-104

⁵⁰⁷ Ibid.9. 69-73

⁵⁰⁸ Ibid.13.108-110

⁵⁰⁹ Ibid.23. 70-76

⁵¹⁰ *Vacogragandhā Kaṭuka TiktośnaVantivahnīkṛt* | *Vibandhadhmanasulaghñī Sakrinmutraviśodhinī* ||

Apasmārakaphonmadabhutajantvanilan Haret || *Bhāva Prakāśa*

⁵¹¹ *Vaminī Katotiktośna Vatasalesmarujapaha* |

Kanthyā Medhya ca Kṛmihṛdvibandhadhmamasulanut | *Vacadvyayam tu Kaṭukam Rakshnosnam malamutralam* ||

Dīpanam Kaphavātaghnam Medhyayusyā Pacanam | *Jatudhnam Cogragandham Syallaghu Kanthasyarogajit* ||

Dhavantai Nighaṇṭu

⁵¹² *Vacātikṣṇakatūṣṇacakaphamagranthisophanut* | *Vātajvaratisāragnñivantikṛnmadbhutanat* ||

Viḍanga⁵¹³, *Kṛmighna* (Skt); *Amarkoṣa* has presented various synonyms of this plant- *Vella*, *Amoghā*, *Moghā*, *Citrataṇḍulā*, *Taṇḍulā*, *Tantula*, *Tantu*, *Kṛmisūtra*, *Lāti*, *Kṛmighna*, *Viḍanga*,⁵¹⁴ also known as *Vāyaviḍanga*. A large scandent shrub with long slender and flexible branches; found throughout India in area up to 1500 m. in elevation in hilly region.⁵¹⁵

It kills parasites.⁵¹⁶ The plant is useful for the treatment of tumour,⁵¹⁷ headache, heart disease, pain in the cardiac region and urinary bladder including kidneys,⁵¹⁸ obstinate skin diseases including leprosy, obstinate abdominal disease including ascites, dark spots on the face, edema, anemia, leucoderma, splenic disorders and insanity.⁵¹⁹ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.;⁵²⁰ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, poisoning, unconsciousness and sterility of women.⁵²¹ The plant is useful for the treatment of piles, parasitic infection, emaciation, hiccup,⁵²² splenic enlargement, jaundice and anorexia.⁵²³ The plant is useful for abdominal diseases.⁵²⁴ The leaves of the plant as ointment are useful for the treatment of edema.⁵²⁵ This is also used for the treatment of sprue syndrome, heart diseases, tumour, anorexia, leucoderma, parasitic infection, adenitis, freckles, tuberculosis and fever.⁵²⁶ This also cures all kinds of poisons.⁵²⁷

Pratyakpuṣpā⁵²⁸, *Apamārga*, *Kiṇihī*, *Śikhari*, *Adhaḥśalya*, *Mayūra*, *Kharamaṅjarī*, *Avāḥpuṣpi*, *Adhaḥpuṣpī*(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Apāmārga*,

Śvetavacātiginadvayamatimedhyayuḥsamṛddhidakaphanut | Vṛṣyavātabhutakṛmidoṣghnicadīpanīcavacā ||

RājaNighaṇṭu

⁵¹³ C.S. Sūtra. 21. 23

⁵¹⁴ Amarkoṣa 2. 106

⁵¹⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁵¹⁶ C.S. Sūtra. 25.40

⁵¹⁷ C.S. Cikitsā. 5. 65

⁵¹⁸ C.S. Cikitsā. 5. 86-90

⁵¹⁹ Ibid. 5. 106-109

⁵²⁰ Ibid.6. 27-29

⁵²¹ Ibid.9. 35-41

⁵²² Ibid.12. 29-31

⁵²³ Ibid.12. 43-46

⁵²⁴ Ibid.13.75-88

⁵²⁵ Ibid.12. 71-73

⁵²⁶ Ibid.14.138-143

⁵²⁷ Ibid.23. 54-60

⁵²⁸ C.S.Sūtra. 4.13

*Śeikharika, Dhāmārgava, Adhāmārgava, Mayūraka, Pratyakparṇī, Keśaparnī, Kiṇihī, Kharamaṅjarī.*⁵²⁹ *Aghāḍā.* Rājanighaṅṭu has also presented synonyms of this plant; ⁵³⁰*Apamārga, Biyanī hāvatā* (Ass). *Bhāvaprakāśa*⁵³¹, *Dhanvantari Nighaṅṭu*⁵³² and *Rājanighaṅṭu*⁵³³ have presented the properties and actions of this plant. An erect or procumbent, annual or perennial herb, often with a woody base commonly found as a weed on waysides and waste places throughout India up to an altitude, 2100 m.⁵³⁴

It eliminates Doṣas from head.⁵³⁵ The plant is used externally for the treatment of obstinate skin diseases including leprosy, itching and kills parasites.⁵³⁶ The plant is used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.⁵³⁷ The root is useful for epilepsy.⁵³⁸ The plant with other drugs is useful for the treatment of asthma and hiccup.⁵³⁹ This cures all kinds of poisons.⁵⁴⁰

*Āragvadha*⁵⁴¹, *Sampāka, Kṛtamāla* (Skt); Amarkoṣa has given various synonyms of this plant- *Āragvadha, Aragvadha, Argvadha, Arevata, Vyadhighata, Kṛtamāla, Suvarṇaka, Suparṇaka.*⁵⁴² Other Koṣa's have also presented synonyms- *Kṛtamāla, Sampāka*⁵⁴³; *Rājavrkṣa, Sampāka,*

⁵²⁹ Amarkoṣa. 2.89

⁵³⁰ *Apamārgastu Sikhari Kiṇihī Kharamaṅjarī \Durgrahascapyadhahsalyah pratyakpuṣpi mayūrakah*

Kāṇḍakantaḥ Śaikhariko markati durabhigrahaḥ\ Vaśīrasca Parakpuṣpi kānti markatapippali

Katumaṅjarīkau nandivṛksakah panktikantakah\ Malakantāscā Kubjasca trayovimsāti namakah Amarkoṣa Ch.II

⁵³¹ *Apamārga Sārastiksno dīpanastiktakah kaṭuḥ\ Pachano navanascchardikaphamedoanilapaha*

Nihanti hṛdujadhmanarsa kandusulodarapachi Bhāva Prakāśa

⁵³² *Apamārgastu tiktoṣṇah kaṭuśca Kaphanāśnah*

Arśakaṅḍadaradhamano raktahṛd grāhī vahiskṛa Dhanvantarī

⁵³³ *Apamārgastu vahiskṛita* Rāja Nighaṅṭu

⁵³⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁵³⁵ C.S. Sūtra. 25.40

⁵³⁶ C.S. Cikitsā. 7. 111-116

⁵³⁷ Ibid.14. 234-242

⁵³⁸ Ibid.10. 19-24

⁵³⁹ Ibid.27. 125-128

⁵⁴⁰ Ibid.23. 54-60

⁵⁴¹ C.S. Sūtra. 23. 10

⁵⁴² Amarkoṣa. 2.23

⁵⁴³ Ratnakoṣa

*Śāmyaka. Śāmpaka, Tarkaka, Dhṛṣṭa, Caturangula.*⁵⁴⁴ A moderate sized handsome deciduous tree 8-15 m.in height; found in deciduous forest in India.⁵⁴⁵

The fruits of this plant are used for the treatment of *Raktapitta*⁵⁴⁶ and obstinate skin diseases including leprosy.⁵⁴⁷ The plant is useful for epilepsy⁵⁴⁸ and cures all kinds of poisons.⁵⁴⁹ The plant is used externally for the treatment of erysipelas,⁵⁵⁰ leucoderma, alopecia, keloids, ringworm, fistula in anu, piles and eruption;⁵⁵¹ in decoction form or other it is used for the treatment of irregular fever.⁵⁵² The plant is used for the management of diseases like obesity, urinary disorders caused by over nutrition.⁵⁵³ The leaves of this plant are very useful according to *Suśruta*. The fruits are also very much useful. *Caraka* place this into *Phalinivarga*.

*Kuṭaja*⁵⁵⁴, *Amarkoṣa* has mentioned synonyms of this plant- *Kuṭaja, Sakra, Vatsaka, Girimallikā*.⁵⁵⁵ Fruits- are known as *Kalinga, Indrayava* and *Bhadrayava*. The plant is found in the Tropical Himalayas going up to an altitude of 1100 m. Also found throughout many forests of India in Travancore, Assam and Uttar Pradesh.⁵⁵⁶

This plant is used in Pañcakarma therapy. Barks cause astringent effect and alleviate *Kapha, Pitta*.⁵⁵⁷ In decoction form or other it is used for the treatment of irregular fever.⁵⁵⁸ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.⁵⁵⁹ The fruits are used for the treatment of *Raktapitta*,⁵⁶⁰ tuberculosis, fever, burning sensation, giddiness, headache, morbid thirst and diarrhea.⁵⁶¹ Barks are used for the treatment of obstinate urinary diseases

⁵⁴⁴ Medinikoṣa

⁵⁴⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁵⁴⁶ C.S. Cikitsā. 4.54-61

⁵⁴⁷ Ibid.7. 43-49

⁵⁴⁸ Ibid.10. 19-24

⁵⁴⁹ Ibid.23. 54-60

⁵⁵⁰ Ibid.21. 89-91

⁵⁵¹ C.S. Sūtra. 3. 1

⁵⁵² C.S. Cikitsā. 3. 204-206

⁵⁵³ C.S. Sūtra. 23. 8-25

⁵⁵⁴ Ibid.25.40

⁵⁵⁵ Amarkoṣa 2.66

⁵⁵⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁵⁵⁷ C.S. Sūtra. 25.40

⁵⁵⁸ C.S. Cikitsā. 3. 200-203

⁵⁵⁹ Ibid.3.219-221

⁵⁶⁰ Ibid.4.54-61

⁵⁶¹ Ibid.8. 106-110

including Diabetes mellitus⁵⁶² and obstinate skin diseases including leprosy.⁵⁶³ Barks are also useful for epilepsy,⁵⁶⁴ injury to the chest.⁵⁶⁵ The seeds are useful for the treatment of bleeding piles, blood diarrhea⁵⁶⁶ and pain in piles.⁵⁶⁷ The plant is used for the treatment of diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.⁵⁶⁸ The root is very effective in the treatment of animal bite.

*Tilvaka*⁵⁶⁹, *Lodhra*(Skt); *Amarkoṣa* has mentioned various synonyms of this plant- *Gālava*, *Sābara*, *Sābara*, *Lodhra*, *Tirīta*, *Tilva*;⁵⁷⁰ popularly known as *Marjana*. Red and white varieties are available. The plant is found throughout north and eastern India; extending southwards to Peninsular India.⁵⁷¹

The plant in decoction form is used for the treatment of fever,⁵⁷² *Raktapitta*, Asthma, morbid thirst, and burning sensation.⁵⁷³ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus⁵⁷⁴ and erysipelas.⁵⁷⁵ The plant is also useful for abdominal diseases⁵⁷⁶ and ulcer.⁵⁷⁷ The leaves of the plant as ointment are useful for the treatment of edema.⁵⁷⁸ This is also used for the treatment of sprue syndrome, anemia, heart diseases, splenic disorders, tumour, obstinate abdominal diseases including ascites, obstinate skin diseases including leprosy, anorexia, jaundice, leucoderma, parasitic infection, adenitis, freckles, tuberculosis, fever⁵⁷⁹ and cures all kinds of poisons.⁵⁸⁰

⁵⁶² C.S. Cikitsā. .6. 35-36

⁵⁶³ Ibid.7. 43-49

⁵⁶⁴ Ibid.10. 19-24

⁵⁶⁵ Ibid.11.27-34

⁵⁶⁶ Ibid.14. 188-192

⁵⁶⁷ Ibid.14. 194

⁵⁶⁸ Ibid. 14. 234-242

⁵⁶⁹ C.S. Sūtra. 1. 116

⁵⁷⁰ Amarkoṣa 2. 33

⁵⁷¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁵⁷² C.S. Cikitsā. 3. 267

⁵⁷³ Ibid.4. 73-77

⁵⁷⁴ Ibid.6. 27-29

⁵⁷⁵ Ibid.21.54-61

⁵⁷⁶ Ibid.13.146- 174

⁵⁷⁷ Ibid.15. 86-94

⁵⁷⁸ Ibid.12. 71-73

⁵⁷⁹ Ibid.14.138-143

⁵⁸⁰ Ibid.23. 54-60

*Pippali*⁵⁸¹, *Upakulya*(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Kṛṣṇā*, *Upakulyā*, *Vaidehī*, *Māgadhī*, *Chapalā*, *Kaṇā*, *Uṣaṇā*, *Ūṣaṇā*, *Pippalī*, *Pippali*, *Sauṇḍī*, *Kolā*.⁵⁸²; *Pipalī*(Ass). Glabrous perennial under-shrub with erect or sub-scandent nodose stem and slender branches; found in the warmer parts of India from Central Himalayas to Assam, lower hills of West Bengal; Uttar Pradesh, Bihar, Andhra Pradesh, Western Ghats, Konkan southwards to Trivandrun; and often cultivated.⁵⁸³

The plant is used for the treatment of obstinate skin diseases including Diabetes mellitus.⁵⁸⁴It promotes digestion, carmination and gives relief from constipation.⁵⁸⁵ The seeds are used as spices; sweet in taste, heavy, unctuous. The dried one is pungent in taste, hot in potency, strength promoter, appetizer; alleviator of Kapha and Vāta; but the fresh one is aggravator of Kapha.⁵⁸⁶ The seeds (4-5 nos.) taking along with ghee and honey cures bronchitis, consumption, asthma, hiccup, diseases of neck, piles, anemia, irregular fever, edema and tumour.⁵⁸⁷ With milk it is nourishing, promoter of voice, youth and intellect; cures obstinate abdominal diseases including ascites and splenic disorders.⁵⁸⁸ The plant is used for aphrodisiac therapy.⁵⁸⁹ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pain in the sides of the chest, burning sensation and controls digestive power;⁵⁹⁰ cures dysuria, pain in female genital tract, sprue syndrome, piles, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat⁵⁹¹ and obstinate skin diseases including leprosy.⁵⁹² This is also used for the treatment of leucoderma, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁵⁹³ And, are used externally for the treatment of tuberculosis, dyspnea, headache, pain in the sides of the chest and shoulders,⁵⁹⁴

⁵⁸¹ C.S. Sūtra. 14. 92

⁵⁸² Amarkoṣa 2.97

⁵⁸³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁵⁸⁴ C.S. Cikitsā. 6. 41-44

⁵⁸⁵ C.S. Sūtra. 25.40

⁵⁸⁶ C.S. Sūtra. 27. 296-304

⁵⁸⁷ C.S. Cikitsā. 1. 1.3.32-35

⁵⁸⁸ Ibid.1.3.36-40

⁵⁸⁹ Ibid.2.24-32

⁵⁹⁰ Ibid.3.219-221

⁵⁹¹ Ibid.5. 79-84

⁵⁹² Ibid.7. 43-49

⁵⁹³ Ibid.7. 65-67

⁵⁹⁴ Ibid.8. 89-102

fever, giddiness, morbid thirst and diarrhea.⁵⁹⁵ The plant with other plant drugs is useful for cardiac region, cures heart diseases, tuberculosis, flatulence, cough, asthma, piles and diarrhea.⁵⁹⁶ The plant is useful for epilepsy⁵⁹⁷ and abdominal diseases.⁵⁹⁸ This should not be taken more in quantity.⁵⁹⁹

Harītakī⁶⁰⁰, *Aśiva*, *Śreyasī*, *Putanā*, *Rohinī*, *Vijayā*(Skt); *Amarkoṣa* has given various synonyms of this plant- *Abhayā*, *Avyathā*, *Pathyā*, *Kāyasthā*, *Putanā*⁶⁰¹; *Śilikhā*(Ass). The plant is found abundantly in Northern India.⁶⁰² *Āyurveda Saukhyam* of *Todarānanda* reported seven types of *Harītakī*- *Jivantī*, *Putanā*, *Amṛtā*, *Vijayā*, *Rohinī*, *Abhayā* and *Cetakī*.

The fruits are sweet, sour, pungent, astringent and bitter in taste; hot in potency, light, nourishing, promoter of good health, digestion, intellect, memory, sense of perception and vitality; anti-aging, and carminative, have rejuvenative power and alleviate all *Doṣas*. It cures all skin diseases including leprosy, tumour, consumption, anemia, intoxication, piles, chronic and irregular fever, diarrhea, heart disease, diseases of head, obstinate urinary disorders including Diabetes mellitus, anorexia, ascites, hoarseness of voice, jaundice, edema, worms, vomiting, bronchial asthma, epilepsy, fever, cough, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.⁶⁰³ But one thing should be pay attention that the person is suffering from indigestion, heart stroke, afflicted with hunger and thirst should not take *Harītakī*.⁶⁰⁴ This can be used as vegetable and alleviate *Vāta*.⁶⁰⁵ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.⁶⁰⁶ The plant is useful for abdominal diseases.⁶⁰⁷

⁵⁹⁵ C.S. Cikitsā. 8. 106-110

⁵⁹⁶ Ibid.8. 141-144

⁵⁹⁷ Ibid.10. 19-24

⁵⁹⁸ Ibid.13.75-88

⁵⁹⁹ A. S. Sūtra. 6. 162

⁶⁰⁰ C.S. Sūtra. 14. 92

⁶⁰¹ Amarkoṣa 2.59

⁶⁰² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁶⁰³ C.S. Cikitsā. 9. 35-41

⁶⁰⁴ Ibid.1. 29-37

⁶⁰⁵ C.S. Sūtra. 27. 98-113

⁶⁰⁶ C.S. Cikitsā. 8. 89-102

⁶⁰⁷ Ibid.13.75-88

*Sarṣapa*⁶⁰⁸, *Asuri*, *Atitīkshva*, *Jvalantī*, *Jvalaprabha*, *Kaṭuasuri*, *Kṛmika*, *Kṛṣṇasarṣapa*, *Kṛṣṇika*, *Kṣava*, *Kṣavaka*, *Kṣudhabhiñjana*, *Kṣujanika*, *Kṣutabhijana*, *Kṣutaka*, *Madhurika*, *Raktasarṣapa*, *Raktika*, *Sarṣapa*, *Tīkshnagandhā*, *Mṛṣṭaka*(Skt); *Rangā Sariyah*, *Kolā Sariyah*(Ass). Ayurvedic treatises mention four types of Sarṣapa- white, black, brown and black. A glabrous annual herb with a few bristles at the base up to 1.5 m. in height; cultivated throughout India.⁶⁰⁹

This is included among *Hāritavarga* by *Caraka*; is pleasant and delicious; but provoke *Pitta*.⁶¹⁰ The leaves are consumed as vegetable but not well for health as vitiate all *Doṣas* and obstruct elimination of urine and stool.⁶¹¹ The whole part of the plant has valuable therapeutic properties. The matured seed is ruberfacient, emetic, vesicant, repulsive, stimulant and tonic. It is also used as an antidote against scorpion sting and snake bite and cures all kinds of poisoning;⁶¹² cures all types of fever, choleric diarrhea, fainting, epilepsy, insanity, anemia, alcoholism, various kinds of eye diseases and diseases of head.⁶¹³ The seed oil is pungent in taste, hot in potency, reduces *Kapha* and *Vāta*; aggravates *Rakta* and *Pitta*; cures itching and urticaria but reduces semen.⁶¹⁴ The plant in decoction form is used for the treatment of fever.⁶¹⁵ The plant is useful for the treatment of epilepsy.⁶¹⁶ The oil of the seeds is used for the purpose of oiling hair and the other parts of the body. It takes smoothness to the skin. The plant is used externally for the treatment of obstinate skin diseases including leprosy.⁶¹⁷

*Alāji*⁶¹⁸, *Alājī*, *Māgadha*, *Ajajī*, *Jīraka*, *Kanañjīraka*(Skt); *Bagājirā* (Ass). A small slender glabrous annual herb about 30 c. m. in height with much branched angular or striated stems; cultivate throughout India.⁶¹⁹

⁶⁰⁸ C.S. Sūtra. 4.13

⁶⁰⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁶¹⁰ C.S. Sūtra. 27. 166-177

⁶¹¹ Ibid.27. 114-124

⁶¹² C.S. Cikitsā. 23. 70-76

⁶¹³ C.S. Cikitsā. 23. 70-76

⁶¹⁴ C.S. Sūtra. 27. 290-294

⁶¹⁵ C.S. Cikitsā. 3. 267

⁶¹⁶ Ibid.10. 33

⁶¹⁷ Ibid.7. 102-104

⁶¹⁸ C.S. Sūtra. 4. 17

⁶¹⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

The plant is used as anti diabetic medicine. The seeds are used as spice; are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha*; remover of foul odour.⁶²⁰ The plant is used for aphrodisiac therapy⁶²¹ and for the treatment of tumour, colic pain, flatulence, diseases of the female genital tract, piles, sprue syndrome, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest,⁶²² dysuria, splenic disorder, anemia, stiffness of the chest, hiccup and obstruction in the throat.⁶²³ This also cures headache, heart disease, pain in the cardiac region.⁶²⁴ The plant with other plant drugs is useful for cardiac region, cures heart diseases, splenic disorders, tuberculosis, constipation, flatulence, diarrhea and sprue syndrome⁶²⁵ and chronic edema.⁶²⁶

*Elā*⁶²⁷, *Yalookam*, *Elā*, *Truti*, *Kāyasthā*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Pr̥thvīkā*, *Candravālā*, *Elā*, *Niṣkuti*, *Bahulā*.⁶²⁸ The seeds are popularly known as *Elācī*. Two varieties are available – large and small. The small variety- *Upakuñcikā*, *Tuthyā*, *Korangī*, *Tripuṭā*, *Truṭī*;⁶²⁹ Horu elachi (Ass). A tall perennial herb found in Eastern Himalayas cultivated in Nepal, Northern West Bengal, Sikkim, Bhutan and Assam Hills.⁶³⁰

The seeds are use in the preparation of *Cyvanprāśa*. The bark and the leaves of the plant in decoction form are used for the treatment of fever,⁶³¹ flatulence, colic pain and tumour.⁶³² It also cures piles, anemia, anorexia, heart disease, sprue syndrome, jaundice, irregular fever, obstinate skin diseases including leprosy and splenic disorders.⁶³³ The plant is used for the treatment of obstinate urinary diseases including Diabetes mellitus.⁶³⁴ The fruits with other plant drugs are useful for the treatment of cough, asthma, heart diseases, consumption, fever,

⁶²⁰ C.S. Sūtra. 27. 307

⁶²¹ C.S. Cikitsā. 2. 42-43

⁶²² Ibid.5. 71-73

⁶²³ Ibid.5. 79-84

⁶²⁴ C.S. Cikitsā. 5. 86-90

⁶²⁵ Ibid.8. 141-144

⁶²⁶ Ibid.12. 41-42

⁶²⁷ C.S. Sūtra. 4. 17

⁶²⁸ Amarkoṣa 2.124

⁶²⁹ Amarkoṣa 2.125

⁶³⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁶³¹ C.S. Cikitsā. 3. 267

⁶³² Ibid.5. 69-70

⁶³³ Ibid.5. 154-160

⁶³⁴ Ibid.6. 41-44

vomiting, diarrhea and colic pain.⁶³⁵ epilepsy, cough, suppression of the power of digestion, phthisis, gout, coryza, pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, unconsciousness and sterility of women.⁶³⁶ The plant in decoction form is used for the treatment of insanity.⁶³⁷ This also cures fainting, hiccup, hemoptysis, morbid thirst, pains in the sides of the chest, rheumatic disorders, hoarseness of voice, injury to the chest, diminution of the tissue elements and *Raktapitta*.⁶³⁸ It cures splenic enlargement, obstinate abdominal diseases, itching, constipation, and leucoderma.⁶³⁹ This is also used for the treatment of discoloration of the skin, obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism and hyperacidity.⁶⁴⁰ The plant as ointment is useful for the treatment of edema.⁶⁴¹ It also cures constipation, obstinate abdominal diseases including ascites, fever, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.⁶⁴² This also cures all types of poisons.⁶⁴³

Pr̥thvīka⁶⁴⁴, *Baṣpika*, *Kalajali*, *Karava*, *Karavī*, *Kṛṣṇajīraka*, *Kuñcī*, *Kuñcika*, *Kuñjika*, *Musavī*, *Prathvika*, *Pr̥thvī*, *Pr̥thvika*, *Pr̥thu*, *Pr̥thuka*, *Sthulajīraka*, *Suṣavī*, *Upakuñciraka*, *Utkuñcika*(Skt); *Kolājirā*, *Kāl̥jirā*(Ass); the plant is cultivated in Punjab, Bengal, Assam and Bihar.⁶⁴⁵

The seeds are used as spice; are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha* and remover of foul odour.⁶⁴⁶ The plant in decoction form is used for the treatment of fever, tumour, colic pain, flatulence, diseases of the female genital tract, piles, sprue syndrome, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in

⁶³⁵ C.S. Cikitsā. 8. 145-148

⁶³⁶ Ibid.9. 35-41

⁶³⁷ Ibid.9. 57-58

⁶³⁸ Ibid.11.21-24

⁶³⁹ Ibid.12. 34-38

⁶⁴⁰ Ibid.12. 50-52

⁶⁴¹ Ibid.12. 64-67

⁶⁴² Ibid.14. 162-168

⁶⁴³ Ibid.23. 54-60

⁶⁴⁴ C.S. Sūtra. 5.22-24

⁶⁴⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁶⁴⁶ C.S. Sūtra. 27. 307

heart as well as sides of the chest.⁶⁴⁷ The plant is used for the treatment of piles.⁶⁴⁸ The seeds are used for smoking purpose.⁶⁴⁹

Surasā⁶⁵⁰, *Tulsī* (Skt); *Tulasī* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Nākulī*, *Surasā*, *Rasanā*, *Sugandhā*, *Gandhanākulī*, *Nakuleṣṭa*, *Bhujangākshī*, *Chatrākī*;⁶⁵¹ popularly known as *Mungasī*, *Mugasvela*. The plant is found throughout India; grown in houses, gardens and temples.

Caraka has included this in *Hāritavarga*; this cures cough, hiccough, dyspnoea and pain in chest; alleviates *Kapha* and *Vāta* but aggravates *Pitta*.⁶⁵² The plant in decoction form is used for the treatment of fever⁶⁵³ colic pain, flatulence and tumour.⁶⁵⁴ The seeds are used externally for the treatment of obstinate skin diseases including leprosy.⁶⁵⁵ And also used externally for the treatment of tuberculosis, headache, pain in the sides of the chest and shoulders.⁶⁵⁶ The plant with other drugs helps in stopping of grey hair,⁶⁵⁷ cures asthma and hiccup.⁶⁵⁸ This also cures all types of poisons.⁶⁵⁹ The leaves are used for the treatment of cough, headache, and urinary disorders including diabetes. This is regarded as sacred plant.

Śirīṣā⁶⁶⁰, *Śirīṣa*, *Kapītana*, *Bhandī*, *Śirīṣa*, *Bhandila*, *Śītapuṣpa*, *Mṛdupuṣpa*, *Kapīna*, *Kapītana*, *Śukataru*, *Śukapriya* (Skt); *Śiraṣ*, *Śirīṣ* (Ass); *Amarkoṣa* has given synonyms of this plant- *Śirīṣa*, *Kapītana*, *Bhandila*.⁶⁶¹ A large erect, unarmed, deciduous, spreading tree; found common all over India from the plains up to 900 m. in the Himalayas and also in the Andamans.⁶⁶²

⁶⁴⁷ C.S. Cikitsā. 5. 71-73

⁶⁴⁸ Ibid.14. 89-91

⁶⁴⁹ C.S. Sūtra. 5.22-24

⁶⁵⁰ Ibid.13.32

⁶⁵¹ Amarkoṣa 2.114-115

⁶⁵² C.S. Sūtra. 27. 166-177

⁶⁵³ C.S. Cikitsā. 3. 267

⁶⁵⁴ Ibid.5. 69-70

⁶⁵⁵ Ibid.7. 111-116

⁶⁵⁶ Ibid.8. 89-102

⁶⁵⁷ Ibid.26. 263-268

⁶⁵⁸ Ibid.17.123-124

⁶⁵⁹ Ibid.23. 54-60

⁶⁶⁰ C.S. Sūtra. 3.28

⁶⁶¹ Amarkoṣa 2.63

⁶⁶² Review on Indian medicinal plants, ICMR, New Delhi, 2004.

Bhāvamiśra has presented the actions and properties of the plant.⁶⁶³ This can be used as vegetable and alleviates *Vāta* and *Pitta*.⁶⁶⁴ The plant is used for the treatment of fever associated with burning sensation⁶⁶⁵ and obstinate skin diseases including leprosy.⁶⁶⁶ In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.⁶⁶⁷ The seeds of the plant are used for the treatment of piles.⁶⁶⁸ The plant is used for the treatment of epilepsy, insanity and fever⁶⁶⁹ and used externally for the treatment of erysipelas.⁶⁷⁰ The flower cures all types of poisons.⁶⁷¹

Laśuna⁶⁷², *Rasona*, *Uragandhā*, *Mahauśadha*, *Raśunaka*, *Yavaneṣṭha*, *Malecchakanda* (Skt); Naharu, Rahun(Ass); *Amarkoṣa* has presented various synonyms of this plant- *Mahauśadha*, *Laśuna*, *Grñjana*, *Ariṣṭa*, *Mahākanda*, *Raśonaka*.⁶⁷³ A hardy perennial herb, cultivated all over the India.⁶⁷⁴

The bulbs as well as the fresh leaves are taken as salads; is heavy, pungent in taste, unctuous, hot in potency, aphrodisiac; cures infection, skin diseases like *Kilāsa* and leprosy, abdominal tumour and diseases due to the vitiation of *Vāta*.⁶⁷⁵ The dried one is used to cure upward movement of the wind, sciatica, irregular fever, heart disease, abscess and edema.⁶⁷⁶ This also cures insanity and irregular fever.⁶⁷⁷ The plant is useful for the treatment of epilepsy.⁶⁷⁸ The bulb cures poisoning, all types of fever, choleric diarrhea, fainting, epilepsy, insanity anemia, alcoholism, consumption, various kinds of eye diseases and diseases of head.⁶⁷⁹ It is also used as antibiotic. It controls high blood pressure. *Aṣṭāṅgahr̥daya Saṃhitā* reported it as good for

⁶⁶³ *Śirīṣo madhuroanusnastiktasca tuvaro laghuḥ | Doṣasosavisapaghnaḥ kāśavranavisapahaḥ || Bhāvaprakāśa*

⁶⁶⁴ C.S. Sūtra. 27. 98-113

⁶⁶⁵ C.S. Cikitsā. 3.258-259

⁶⁶⁶ Ibid.7. 96

⁶⁶⁷ Ibid.6. 30-32

⁶⁶⁸ Ibid.14. 52-57

⁶⁶⁹ Ibid.9.69-73

⁶⁷⁰ Ibid.21. 89-92

⁶⁷¹ Ibid.23. 54-60

⁶⁷² C.S. Sūtra. 3. 3

⁶⁷³ Amarkoṣa 2.148

⁶⁷⁴ Review on Indian medicinal plants, ICMR, New Delhi, 2004.

⁶⁷⁵ C.S. Sūtra. 27. 166-177

⁶⁷⁶ C.S. Cikitsā. 5. 94-95

⁶⁷⁷ Ibid.9. 49-51

⁶⁷⁸ Ibid.10. 33

⁶⁷⁹ Ibid.23. 70-76

hair, removes skin diseases including leprosy, piles and diabetes.⁶⁸⁰ According to *Vāgbhaṭa* the leaves of *laśuna* are sweet in taste and the bulbs are astringent in taste.⁶⁸¹ In Assam it is used for permanent sterilization. For this a mixture is made by using roots of *Heliotropium indicum* L., 8-10 gram of *Asfoetida*, 20 inch of *Zanthoxylum alatum* Roxb. and a piece of garlic. From this mixture ten tablets are made. One tablet is given every month on the third day of menses and should continue for 5-6 months. In case of doing abortion also garlic is applied with other plant drugs. For this mixture of rice water, bulb of garlic, ash of banana plant are given to the pregnant lady (quantity of the drugs are unknown). It will cause abortion. A person using *Raśona* should avoid exercise, exposure to sun, anger, water in excess, milk and *Guḍa*.⁶⁸²

Haridrā⁶⁸³; *Niśā*, *Rajanī*(Skt); *Hāladhi*(Ass); a perennial herb, 60-90 c. m. in height with a short stem and tufts of erect leaves; cultivated throughout India.⁶⁸⁴

Rhizomes are slightly bitter in taste, blood purifier, complexion promoter, used against cough, skin disease, obstinate urinary diseases including diabetes mellitus,⁶⁸⁵ obstinate skin diseases including leprosy.⁶⁸⁶ The herb is used for the treatment of epilepsy, insanity and fever.⁶⁸⁷ This with other plant drugs is useful for the treatment of edema.⁶⁸⁸ The plant is useful for abdominal diseases⁶⁸⁹ and cures all types of poisons.⁶⁹⁰

Dāruharidrā⁶⁹¹, *Dāruharidrā*, *Dāruāladhi* (Skt); *Amarkoṣa* has presented many synonyms of this plant- *Pītadru*, *Kāliyaka*, *Kāleyaka*, *Haridru*, *Dārvī*, *Pañcapaca*, *Dāruharidrā*, *Parjanī*, *Pañchabaca*.⁶⁹² The plant is found in North eastern Himalayas, Nilgiris, Kulu and Kumaon.⁶⁹³

⁶⁸⁰ A. S. Sūtra. 6.109-111

⁶⁸¹ *Patre Saksāra madhuro madhye madhurapicchala*

Tikṣṇoṣṇo laśuno kande || Aṣṭāṅga Samgraha. Sūtra. Ch. 7

⁶⁸² *Bhāvaprakāśa*. Purvakhandā 2. 225-226

⁶⁸³ C.S. Sūtra. 3.28

⁶⁸⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁶⁸⁵ C.S. *Cikitsā*. 6. 27-29

⁶⁸⁶ *Ibid*.7. 68-69

⁶⁸⁷ *Ibid*.9.69-73

⁶⁸⁸ C.S. *Cikitsā*. 12. 41-42

⁶⁸⁹ *Ibid*.13.146- 174

⁶⁹⁰ *Ibid*.23. 54-60

⁶⁹¹ C.S. Sūtra. 3. 8-9

⁶⁹² *Amarkoṣa* 2.102

⁶⁹³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

The rhizomes of the plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus;⁶⁹⁴ the plant is used for the treatment of obstinate skin diseases including leprosy, erysipelas, piles, anemia, edema, itching, scabies, scrofula, pimples, fever and insanity;⁶⁹⁵ cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, dysuria, poisoning, unconsciousness and sterility of women.⁶⁹⁶ The herb is used for the treatment of epilepsy and fever.⁶⁹⁷ The plant is useful for abdominal diseases.⁶⁹⁸ It also cures spure syndrome, constipation, obstinate abdominal diseases including ascites, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.⁶⁹⁹ The rhizomes cure all types of poisons.⁷⁰⁰ Rhizomes are also used against leprosy, jaundice, vomiting in pregnant stage, diarrhea, vomiting, malaria and eye disease.

*Nāgara*⁷⁰¹, *Ādrakam*, *Sunthi*, *Nāgara*, *Mahaśadha*, *Śṛngāvera*, *Viśvabhesaja*(Skt); *Ādā* (Ass).

This is included by *Caraka* in *Hāritavarga*; pungent in taste, unctuous, sharp, hot in potency; alleviates *Vāta* and *Kapha*.⁷⁰² The dried rhizomes are known as *Sunthi* and *Viśva*. Rhizomes are used as spices; is delicious, unctuous, hot in potency, aphrodisiac, cardio tonic; used for the treatment of indigestion.⁷⁰³ It is very good for cough. The plant is nourishing, strength promoter and is used for aphrodisiac therapy.⁷⁰⁴ In decoction form or other it is used for the treatment of fever.⁷⁰⁵ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest,⁷⁰⁶ *Raktapitta*;⁷⁰⁷ piles, pain in female genital organ, headache, irregular fever and tumour;⁷⁰⁸ cures tomour, dysuria, pain in female genital tract, sprue syndrome, splenic disorder, anemia,

⁶⁹⁴ C.S. Cikitsā. VI27-29

⁶⁹⁵ Ibid.7. 140-143

⁶⁹⁶ Ibid.9. 35-41

⁶⁹⁷ Ibid.9.69-73

⁶⁹⁸ Ibid.13.146- 174

⁶⁹⁹ Ibid.14. 162-168

⁷⁰⁰ Ibid.23. 54-60

⁷⁰¹ C.S. Sūtra. 21.23

⁷⁰² Ibid.27. 166-177

⁷⁰³ C.S. Sūtra. 27. 296-304

⁷⁰⁴ C.S. Cikitsā. 2. 42-43

⁷⁰⁵ Ibid.3. 197-199

⁷⁰⁶ Ibid.3. 204-206

⁷⁰⁷ Ibid.4. 86-87

⁷⁰⁸ Ibid.5.74-75

anorexia, stiffness of the chest, hiccup, and obstruction in the throat.⁷⁰⁹ This is also used for the treatment of edema, anemia, leucoderma, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁷¹⁰ These with other plant drugs are useful for the treatment of consumption, vomiting, diarrhea and colic pain.⁷¹¹ The plant in decoction form is used for the treatment of pain, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁷¹² The rhizomes are useful for epilepsy.⁷¹³ It cures burning sensation, morbid thirst, fainting, diseases of heart, diseases of urinary tract, and *Raktapitta*.⁷¹⁴ Green ginger with jiggery in equal quantity cures tumour, obstinate abdominal diseases including ascites, piles, asthma, chronic cold, digestive disorders, jaundice, consumption, psychic disorders, cough and other diseases due to the vitiation of *Kapha*.⁷¹⁵ The rhizome of the plant is useful for abdominal diseases.⁷¹⁶ This is very effective for the treatment of heart diseases.⁷¹⁷ *Aṣṭāṅgahr̥daya Saṃhitā* reported *Nāgara* is good for heart.⁷¹⁸ It gives sweetness to voice.⁷¹⁹

Bibhītaka⁷²⁰, *Mrigelindika*⁷²¹(Skt); *Baherā*, *Bhomorā*, *Bhoirā*(Ass); *Amarkoṣa* has given various synonyms of this plant- *Vibhītaka*, *Akṣa*, *Tusa*, *Karpaphala*, *Bhutavāsa*, *Kālidruma*.⁷²² The plant is found in the deciduous forests of India.⁷²³

Caraka has included this in *Phalavarga*; sweet, sour, astringent, unctuous, alleviates *Kapha* and *Pitta*; cures all diseases relating to plasma, blood, flesh and fat.⁷²⁴ In decoction form or other it is used for the treatment of irregular fever.⁷²⁵ The fruits of the plant in decoction form

⁷⁰⁹ C.S. Cikitsā. 5. 79-84

⁷¹⁰ Ibid.7. 65-67

⁷¹¹ Ibid.8. 145-148

⁷¹² Ibid.9. 52-56

⁷¹³ Ibid.10. 19-24

⁷¹⁴ Ibid.11. 35-43

⁷¹⁵ Ibid.12. 47-48

⁷¹⁶ Ibid. 13.75-88

⁷¹⁷ Ibid.26. 90-95

⁷¹⁸ A. S. 6. 163

⁷¹⁹ S.S. Sūtra. 46.227

⁷²⁰ C.S. Sūtra.13. 10

⁷²¹ Ibid.25.49

⁷²² Amarkoṣa 2. 58.

⁷²³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁷²⁴ C.S. Sūtra. 27.125-165

⁷²⁵ C.S. Cikitsā. 3. 200-203

are used for the treatment of obstinate urinary diseases including diabetes mellitus,⁷²⁶ edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁷²⁷ The fruit pulp is used for the treatment of obstinate skin diseases including leprosy, erysipelas, fever, burning sensation, tumour, abscess, giddiness and pustular eruption.⁷²⁸ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders;⁷²⁹ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.⁷³⁰

Drākṣā⁷³¹, *Mṛdvīka*(Skt); *Āngur*(Ass); *Amarkoṣa* has presented synonyms of this plant- *Mṛdvīkā*, *Gostanī*, *Drākṣā*, *Svādvī*, *Madhurasā*.⁷³² A woody, shrubby vine cultivated in Punjab, Rajasthan, Delhi, Uttar Pradesh, Karnataka, Andhra Pradesh and Tamil Nadu for edible fruits.⁷³³

Caraka has included this plant in *Phalavarga*, sweet, unctuous, cold in potency, nourishing, refreshing; cures thirst, burning sensation, fever, dyspnoea, *Raktapitta*, hoarseness of voice, alleviate *Vāta* and *Pitta*.⁷³⁴ But in the same verse it is mentioned as aggravator of *Pitta* and *Kapha*.⁷³⁵ The fruits are sweet in taste, health tonic. *Drākṣā* is described as the best type of fruit and good for eyes in *Aṣṭāṅgahr̥daya Saṃhitā*.⁷³⁶ Drinks are used to make; are heavy.⁷³⁷ The plant is used for aphrodisiac therapy.⁷³⁸ In decoction form or other it is used for the treatment of irregular fever.⁷³⁹ The fruits are used for the treatment of *Raktapitta*, Asthma, bronchitis,⁷⁴⁰

⁷²⁶ C.S. Cikitsā. 6.27-29

⁷²⁷ Ibid.7. 65-67

⁷²⁸ Ibid.7. 136-139

⁷²⁹ Ibid. 8. 89-102

⁷³⁰ Ibid.9. 35-41

⁷³¹ C.S. Sūtra. 4.13

⁷³² Amarkoṣa 2.107

⁷³³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁷³⁴ C.S. Sūtra. 27. 125-165

⁷³⁵ C.S. Sūtra. 27. 125-165

⁷³⁶ A. S. Sūtra. 6. 125

⁷³⁷ C.S. Sūtra. 27. 279-283

⁷³⁸ C.S. Cikitsā. 2.24-32

⁷³⁹ Ibid.3. 200-203

⁷⁴⁰ Ibid.4. 62-72

tumour and diseases caused by Pitta.⁷⁴¹ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.⁷⁴² This also cures vomiting, fainting, hiccup, hemoptysis, morbid thirst, pains in the sides of the chest, anorexia, rheumatic disorders, hoarseness of voice, injury to the chest, diminution of the tissue elements.⁷⁴³ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.⁷⁴⁴

Paṭola⁷⁴⁵, *Paṭal* (Ass); a slender-stemmed, extensively climbing, more or less scabrous and woolly herb; cultivated throughout the warmer regions of India, particularly in Uttar Pradesh, Bihar, West Bengal and Assam.⁷⁴⁶

This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.⁷⁴⁷ The leaves of this plant in decoction form or other it is used for the treatment of irregular fever,⁷⁴⁸ morbid thirst, colic pain, giddiness, fainting and anorexia.⁷⁴⁹ The leaves are used for the treatment of *Raktapitta*.⁷⁵⁰ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus⁷⁵¹ and obstinate skin diseases including leprosy;⁷⁵² erysipelas, gout, fever, burning sensation, tumour, abscess and pustular eruptions.⁷⁵³ This should be given to the patient suffering from edema.⁷⁵⁴ The plant in the form of decoction is useful for the treatment of erysipelas.⁷⁵⁵

⁷⁴¹ C.S. Cikitsā. 5. 123-125

⁷⁴² Ibid.8. 89-102

⁷⁴³ Ibid.11.21-24

⁷⁴⁴ Ibid.14. 162-168

⁷⁴⁵ C.S. Sūtra. 4.14

⁷⁴⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁷⁴⁷ C.S. Sūtra. 27.88-97

⁷⁴⁸ C.S. Cikitsā. 3. 200-203

⁷⁴⁹ Ibid.5. 115-117

⁷⁵⁰ Ibid.4. 73-77

⁷⁵¹ Ibid.6. 27-29

⁷⁵² Ibid.7. 43-49

⁷⁵³ C.S. Cikitsā. 7. 136-139

⁷⁵⁴ Ibid.12 63

⁷⁵⁵ Ibid. 21. 54-61

*Agnimantha*⁷⁵⁶, *Vahnimantha*, *Gaṇikārikā*(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Śrīparṇa*, *Agnimantha*, *Kanikā*, *Ganikārikā* and *Jaya*.⁷⁵⁷

The plant is used for the treatment of fever.⁷⁵⁸ Roots are used for the treatment of tumour.⁷⁵⁹ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.⁷⁶⁰ This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁷⁶¹ The plant is useful for abdominal diseases,⁷⁶² piles⁷⁶³ and erysipelas.⁷⁶⁴

*Bilva*⁷⁶⁵, *Bilva*, *Śrīphal*, *Śāṇḍilya*, *Manor*, *Gandhagarbhā*, *Sadāphala*, *Rudrajāta*, *Rudranimalaya* (Skt); *Bael* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Bilva*, *Śāṇḍilya*, *Śeilusa*, *Mālura* and *Śrīphala*.⁷⁶⁶ A moderate sized, slender tree, growing wild throughout the deciduous forests of India ascending up to an altitude, 1200 m. in the western Himalayas and also ascending in the Andaman Islands.⁷⁶⁷

Bilva is one of the *Bṛhat Pañcamula*; alleviator of *Vāta* and *Kapha*.⁷⁶⁸ This can be used as vegetable.⁷⁶⁹ *Caraka* has included this in *Phalavarga*. Unripe one is unctuous, sharp, hot in potency, promoter of digestion; but the ripe one is difficult for digestion and aggravator of *Doṣas*.⁷⁷⁰ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power⁷⁷¹ and useful for tumour.⁷⁷² This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies, urticarial

⁷⁵⁶ C.S. Sūtra. 4.13

⁷⁵⁷ Amarkoṣa 2.66

⁷⁵⁸ C.S. Cikitsā. 3.234-239

⁷⁵⁹ Ibid.5. 66-68

⁷⁶⁰ Ibid.6. 27-29

⁷⁶¹ Ibid.7. 65-67

⁷⁶² Ibid.13.112-114

⁷⁶³ Ibid.14. 45-47

⁷⁶⁴ Ibid.21. 123-127

⁷⁶⁵ C.S. Sūtra.13. 10

⁷⁶⁶ Amarkoṣa 2. 32

⁷⁶⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁷⁶⁸ A.S. Sūtra. 6. 167

⁷⁶⁹ C.S. Sūtra. 27. 98-113

⁷⁷⁰ Ibid.27. 125-165

⁷⁷¹ C.S. Cikitsā. 3.219-221

⁷⁷² Ibid.5. 66-68

rash,⁷⁷³ diarrhea,⁷⁷⁴ jaundice, anorexia, urinary stone, poisoning, obstinate skin disorders including leprosy and chronic diarrhea.⁷⁷⁵ The leaves of this holy plant are slightly bitter in taste and the ripe fruits are very sweet in taste. Leaves are used to control sugar level in the body. Fruits are used against jaundice. This causes astringent effect, promoting digestion and alleviating *Vāta* and *Kapha*.⁷⁷⁶ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders.⁷⁷⁷ The plant in decoction form is used for the treatment of pain, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁷⁷⁸ The root is useful for epilepsy.⁷⁷⁹ The plant is useful for abdominal diseases.⁷⁸⁰

*Śyonāka*⁷⁸¹, *Śyonāka*, *Katavanga*, *Tintu*, *Mahāpatra*⁷⁸²(Skt); *Kering*, *Bhātghilā*, *Taguna*, *Dingdingā*(Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Maṇḍukaparṇa*, *Patrorṇa*, *Nata*, *Katvanga*, *Tuntuka*.⁷⁸³ *Śyonāka*, *Śyonaka*, *Śonaka*, *Śukanāsa*, *Ṛkṣa*, *Dīrghavr̥nta*, *Kutannata*, *Aralu*, *Aratu* and *Dandika*.⁷⁸⁴ The plant is found throughout the greater parts of India.⁷⁸⁵

This is one of the *Bṛhat Pañcamula*; alleviator of *Vāta* and *Kapha*.⁷⁸⁶ This helps in promoting digestion and carmination.⁷⁸⁷ The plant is used for the treatment of fever⁷⁸⁸ and tumour.⁷⁸⁹ This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁷⁹⁰ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and

⁷⁷³ C.S. Cikitsā. 7. 65-67

⁷⁷⁴ Ibid.8. 123-127

⁷⁷⁵ Ibid.12. 43-46

⁷⁷⁶ C.S. Sūtra.27. 40

⁷⁷⁷ C.S. Cikitsā. 8. 89-102

⁷⁷⁸ Ibid.9. 52-56

⁷⁷⁹ Ibid.10. 19-24

⁷⁸⁰ Ibid.13.108-110

⁷⁸¹ C.S. Sūtra. 4.13

⁷⁸² A. S. Sūtra. 6. 167

⁷⁸³ Amarkoṣa 2.56

⁷⁸⁴ Amarkoṣa 2.57

⁷⁸⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁷⁸⁶ A. S. Sūtra. 6. 167

⁷⁸⁷ C.S. Sūtra.25.40

⁷⁸⁸ C.S. Cikitsā. 3.234-239

⁷⁸⁹ Ibid.5. 66-68

⁷⁹⁰ C.S. Cikitsā. 7. 65-67

shoulders.⁷⁹¹ The plant in decoction form is used for the treatment of pain, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁷⁹² The root is useful for epilepsy.⁷⁹³ The bark is used for the treatment of injury to the chest.⁷⁹⁴ *Śyonāka* along with other ingredients of *Daśamula* is used for the treatment of edema, asthma, anorexia, splenic enlargement, obstinate urinary disorders including Diabetes mellitus, , obstinate abdominal diseases caused by *Tridoṣa*, anemia, emaciation, rheumatism, hyperacidity, and *Raktapitta*.⁷⁹⁵ The plant is useful for abdominal diseases.⁷⁹⁶ The leaves are useful for the treatment of piles.⁷⁹⁷

Kāśmarya⁷⁹⁸, *Gambhārī*(Skt); *Gomārī* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Gambhārī*, *Kambhārī* ⁷⁹⁹*Sarvatobhadra*, *Kāśmari*, *Madhuparṇika*, *Śrīparṇī*, *Bhadraparṇī*, *Kāśmarya*.⁸⁰⁰ This popularly known as Sivanī. An unarmed deciduous tree; found throughout India up to 1700 m.on the hills and in Andaman Islands; also grown in gardens.⁸⁰¹

It is one of the *Bṛhat Pañcamula*; elevator of *Kapha* and *Vāta*;⁸⁰² cures *Raktapitta*.⁸⁰³ *Caraka* has included this plant in *Phalavarga*; is astringent, sour and sweet in taste, heavy, cold in potency, bowel binding, clarifies mouth, aggravator of *Kapha* and *Pitta*; produces wind in abdomen.⁸⁰⁴ In decoction form or other it is used for the treatment of irregular fever⁸⁰⁵ and fever associated with burning sensation.⁸⁰⁶ This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁸⁰⁷ And also used externally for the treatment of tuberculosis, cough, dyspnea,

⁷⁹¹ C.S. Cikitsā. 8. 89-102

⁷⁹² Ibid.9. 52-56

⁷⁹³ Ibid.10. 19-24

⁷⁹⁴ Ibid.11.27-34

⁷⁹⁵ Ibid.12. 50-52

⁷⁹⁶ Ibid.13.108-110

⁷⁹⁷ Ibid.14. 122-125

⁷⁹⁸ C.S. Sūtra. 4.13

⁷⁹⁹ Amarkoṣa 2.35

⁸⁰⁰ Ibid. 2. 36

⁸⁰¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁸⁰² Aṣṭāṅgahr̥daya Saṃhitā 6.167

⁸⁰³ C.S. Sūtra.25.40

⁸⁰⁴ Ibid.27. 125-165

⁸⁰⁵ C.S. Cikitsā. 3. 204-206

⁸⁰⁶ Ibid.3.258-259

⁸⁰⁷ Ibid.7. 65-67

headache, pain in the sides of the chest and shoulders.⁸⁰⁸ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁸⁰⁹ The root is useful for epilepsy.⁸¹⁰ The plant is useful for cardiac disorders, dysuria, piles, bronchitis, consumption and phthisis.⁸¹¹ *Kāśmarya* along with other ingredients of *Daśamula* is used for the treatment of edema, asthma, anorexia, splenic enlargement, obstinate urinary disorders including Diabetes mellitus, obstinate abdominal diseases caused by *Tridoṣa*, anemia, emaciation, rheumatism and hyperacidity.⁸¹² The plant is useful for abdominal diseases.⁸¹³

Śālaparṇī⁸¹⁴, *Sālaparṇī*, *Sthirā*, *Vidarīgandhā*, *Vīra*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Vidārīgandhā*, *Aṃśumatī*, *Sālaparṇī*, *Śālaparṇī*, *Sthirā*, *Dhruvā*,⁸¹⁵ popularly known as *Davalā*, *Sālvan*. An erect diffusely branched undershrub, 90-120 c. m. in height with a short woody stem and numerous prostrate branches provide with soft gray hairs; found throughout India in dry forests up to 900 m. in elevation and as forest undergrowth in low elevation.⁸¹⁶

This is a variety of *Aṃśumatī*; one of the *Laghu Pañcamula*, elevator of all *Doṣas*.⁸¹⁷ *Caraka Saṃhitā* describes it as eliminator of all *Doṣas*.⁸¹⁸ This is used as aphrodisiac.⁸¹⁹ Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.⁸²⁰ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.⁸²¹ The plant is used in the preparation of medicated ghee and cures chronic fever, burning sensation and controls digestive

⁸⁰⁸ C.S. Cikitsā. 8. 89-102

⁸⁰⁹ Ibid.9. 52-56

⁸¹⁰ Ibid.10. 19-24

⁸¹¹ Ibid.11. 44-47

⁸¹² Ibid.12. 50-52

⁸¹³ Ibid.13.108-110

⁸¹⁴ C.S. Sūtra 4.16

⁸¹⁵ Amarkoṣa 2.115

⁸¹⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁸¹⁷ A. S. Sūtra. 6. 168

⁸¹⁸ C.S. Sūtra.25.40

⁸¹⁹ Ibid.25.40

⁸²⁰ C.S. Cikitsā. 1.4.6

⁸²¹ Ibid.3.219-221

power.⁸²² This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁸²³ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the shoulders,⁸²⁴ giddiness, morbid thirst and diarrhea;⁸²⁵ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.⁸²⁶ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁸²⁷ The root is useful for epilepsy.⁸²⁸ It cures cough, hiccup, asthma, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.⁸²⁹ *Śālaparṇī* along with other ingredients of *Daśamula* is used for the treatment of edema, asthma, anorexia, splenic enlargement, obstinate urinary disorders including Diabetes mellitus, , obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism, hyperacidity.⁸³⁰ The plant is useful for abdominal diseases⁸³¹ and with other drugs helps in the prevention of graying of hair.⁸³²

Pr̥ṣniparṇī⁸³³(Skt); *Pithvan* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Pr̥ṣniparṇī*, *Pr̥thakparṇī*, *Citraparṇī*, *Angdhri Vallikā*, *Angdhriparṇīkā*, *Krostuvinnā*, *Siṃhapucchī*, *Kalaśī*, *Dhāvanī*, *Guhā*;⁸³⁴ popularly known as *Pithvan*. The plant is found throughout India; in dry grasslands.⁸³⁵

This is the variety of *Aṃśumatī*; counted among the *Laghu Pañcamula* and the qualities are same with *Śālaparṇī*.⁸³⁶ It causes astringent effect, alleviates *Vāta*, promotes digestion and

⁸²² C.S. Cikitsā. 3.219-221

⁸²³ Ibid. 7. 65-67

⁸²⁴ Ibid.8. 89-102

⁸²⁵ Ibid.8. 106-110

⁸²⁶ Ibid.9. 35-41

⁸²⁷ Ibid.9. 52-56

⁸²⁸ Ibid.10. 19-24

⁸²⁹ Ibid.11. 35-43

⁸³⁰ Ibid.12. 50-52

⁸³¹ Ibid.13.112-114

⁸³² Ibid.26. 263-268

⁸³³ C.S. Sūtra. 2.3

⁸³⁴ Amarkoṣa 2.93

⁸³⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁸³⁶ A. S. Sūtra. 6. 168

virility.⁸³⁷ The plant is used for the treatment of fever.⁸³⁸ This is also used for the treatment of edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁸³⁹ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders;⁸⁴⁰ fever, burning sensation, giddiness, headache, morbid thirst and diarrhea;⁸⁴¹ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.⁸⁴² The plant in decoction form is used for the treatment of pain, tumour, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁸⁴³ The root is useful for epilepsy.⁸⁴⁴ It cures hiccup, asthma, burning sensation, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.⁸⁴⁵ The plant is useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, bronchitis, consumption and phthisis.⁸⁴⁶ *Prśniparnī* along with other ingredients of *Daśamula* is used for the treatment of anorexia, splenic enlargement, obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism and hyperacidity.⁸⁴⁷ The plant is useful for abdominal diseases⁸⁴⁸ and with other drugs helps in stopping of grey hair.⁸⁴⁹ In *Atharvaveda* we find the use of this plant. For the treatment of *kuṣṭha* by making paste should be smeared on the affected area. It also alleviates ringworm and other skin problems.

Vyāghrī⁸⁵⁰ *Nidigdrikā*, *Kantakārī*, *Kantakārika*(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Nidigdrikā*, *Sprśī*, *Vyāghrī*, *Bṛhatī*, *Kaṅṭakārikā*, *Pracodanī*, *Kulī*, *Kṣudrā*,

⁸³⁷ C.S. Sūtra.25.40

⁸³⁸ C.S. Cikitsā. 26. 240-249

⁸³⁹ Ibid. 7. 65-67

⁸⁴⁰ Ibid.8. 89-102

⁸⁴¹ Ibid.8. 106-110

⁸⁴² Ibid.9. 35-41

⁸⁴³ Ibid.9. 52-56

⁸⁴⁴ Ibid.10. 19-24

⁸⁴⁵ Ibid.11. 35-43

⁸⁴⁶ Ibid.11. 44-47

⁸⁴⁷ Ibid.12. 50-52

⁸⁴⁸ Ibid.13. 112-114

⁸⁴⁹ Ibid.26. 263-268

⁸⁵⁰ C.S. Sūtra. 5. 62-70

Duḥsparśā, *Rāṣṭrikā* ; popularly known as *Ringani*⁸⁵¹ A prickly, diffuse, bright green, suffrutescent, perennial undershrub, with zigzag branches is found throughout India.⁸⁵²

The plant is used for aphrodisiac therapy.⁸⁵³ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.⁸⁵⁴ The plant is used in the preparation of medicated ghee and cures chronic fever, headache, burning sensation and controls digestive power.⁸⁵⁵ The plant in decoction form is used for the treatment of fever,⁸⁵⁶ tumour, obstinate skin diseases including leprosy, obstinate abdominal disease including ascites, dark spots on the face, edema, anemia, splenic disorders and insanity.⁸⁵⁷ This is also used for the treatment of sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁸⁵⁸ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders.⁸⁵⁹ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.⁸⁶⁰ The plant is useful for the treatment of piles, parasitic infection, obstinate urinary diseases including diabetes mellitus, emaciation and hiccup.⁸⁶¹ In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.⁸⁶² The plant in decoction form is used for the treatment of pain, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁸⁶³ The root is useful for epilepsy.⁸⁶⁴ It cures heart diseases, anemia, edema, splenic enlargement, anorexia, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation, and leucoderma.⁸⁶⁵ *Nidigdhikā* along with other ingredients of *Daśamula* is used for the treatment of asthma, anorexia, obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism,

⁸⁵¹ Amarkoṣa 2.93-94

⁸⁵² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁸⁵³ C.S. Cikitsā. 2.24-32

⁸⁵⁴ Ibid.3. 204-206

⁸⁵⁵ Ibid.3.219-221

⁸⁵⁶ Ibid.3. 267

⁸⁵⁷ Ibid.5. 106-109

⁸⁵⁸ Ibid.7. 65-67

⁸⁵⁹ Ibid.8. 89-102

⁸⁶⁰ Ibid.11. 35-43

⁸⁶¹ Ibid.12. 29-31

⁸⁶² Ibid.6. 30-32

⁸⁶³ Ibid.9. 52-56

⁸⁶⁴ Ibid.10. 19-24

⁸⁶⁵ Ibid.12. 34-38

hyperacidity, and *Raktapitta*.⁸⁶⁶ The plant is useful for abdominal diseases⁸⁶⁷ and with other drugs helps in stopping of grey hair.⁸⁶⁸ This is one of the *Laghu Pañcamula*, elevator of all *Doṣas*.⁸⁶⁹

Balā⁸⁷⁰, *Bhadraudani*, *Chikaṇā* (Skt); *Amarkoṣa* has presented various synonyms of this plant- *Balā*, *Vāṭyālakā*.⁸⁷¹

This is counted among the *Madhyama Pañcamula*, elevator of *Vāta* and *Kapha*.⁸⁷² This has astringent effect, promotes strength;⁸⁷³ can be used as vegetable and alleviates *Pitta*.⁸⁷⁴ The plant is used for aphrodisiac therapy.⁸⁷⁵ In decoction form or other it is used for the treatment of irregular fever,⁸⁷⁶ tumour, obstinate skin diseases including leprosy, obstinate abdominal disease including ascites, dark spots on the face, edema, anemia, splenic disorders and insanity.⁸⁷⁷ And, also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders,⁸⁷⁸ fever, burning sensation, giddiness, morbid thirst and diarrhea.⁸⁷⁹ The roots of the plant are useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.⁸⁸⁰ It cures heart diseases, anemia, splenic enlargement, anorexia, obstinate abdominal diseases, itching, constipation, hiccup, and leucoderma.⁸⁸¹ The plant is very effective in the treatment of animal bite.⁸⁸² This is very effective for the treatment of heart diseases.⁸⁸³

⁸⁶⁶ C.S. Cikitsā. 12. 50-52

⁸⁶⁷ Ibid.13.112-114

⁸⁶⁸ Ibid.26. 263-268

⁸⁶⁹ A.S. Sūtra. 6. 168.

⁸⁷⁰ C.S. Sūtra 4.9

⁸⁷¹ Amarkoṣa 2.107

⁸⁷² A.S. Sūtra. 6. 169

⁸⁷³ C.S. Sūtra. 25.40

⁸⁷⁴ Ibid.27. 98-113

⁸⁷⁵ C.S. Cikitsā. 2.24-32

⁸⁷⁶ Ibid.3. 204-206

⁸⁷⁷ Ibid.5. 106-109

⁸⁷⁸ Ibid.8. 89-102

⁸⁷⁹ Ibid.8. 106-110

⁸⁸⁰ Ibid.11. 44-47

⁸⁸¹ Ibid.12. 34-38

⁸⁸² Ibid.23. 179-188

⁸⁸³ Ibid.26. 90-95

Gokṣura⁸⁸⁴, *Svadamsṛta*, *Gokṣura* (Skt); Gakaru (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Palankaṣā*, *Ikshugandhā*, *Svamdaṣṭrā*, *Syādukaṇṭaka*, *Gokaṇṭaka*, *Gokṣuraka*, *Vanasṛṅgāṭa*;⁸⁸⁵ popularly known as *Sarāṇṭā*. The plant is found throughout India up to 5400 m.⁸⁸⁶

The leaf extracts are aphrodisiac; used in the treatment of cough, indigestion and urinal disorders including Diabetes. Juice of seeds is good health tonic. This cures dysuria and vitiation of *Vāta*.⁸⁸⁷ The plant is used for aphrodisiac therapy,⁸⁸⁸ cures edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁸⁸⁹ The plant is used for the treatment of fever⁸⁹⁰ and in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.⁸⁹¹ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders,⁸⁹² burning sensation, giddiness, headache, morbid thirst and diarrhea.⁸⁹³ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁸⁹⁴ The root is useful for epilepsy.⁸⁹⁵ The plant is useful for cardiac disorders, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.⁸⁹⁶ *Gokṣura* along with other ingredients of *Daśamula* is used for the treatment of edema, asthma, anorexia, splenic enlargement, obstinate urinary disorders including Diabetes mellitus, , obstinate abdominal diseases caused by *Tridoṣa*, anemia, emaciation, rheumatism, hyperacidity, and *Raktapitta*.⁸⁹⁷

⁸⁸⁴ C.S. Sūtra. 4.16

⁸⁸⁵ Amarkoṣa 2.99

⁸⁸⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁸⁸⁷ C.S. Sūtra.25.40

⁸⁸⁸ C.S. Cikitsā. 2.24-32

⁸⁸⁹ Ibid.7. 65-67

⁸⁹⁰ Ibid.26.240-249

⁸⁹¹ Ibid.6. 27-29

⁸⁹² Ibid.8. 89-102

⁸⁹³ Ibid.8. 106-110

⁸⁹⁴ Ibid.9. 52-56

⁸⁹⁵ Ibid.10. 19-24

⁸⁹⁶ Ibid.11. 44-47

⁸⁹⁷ Ibid.12. 50-52

The plant is useful for abdominal diseases⁸⁹⁸ and with other drugs helps in stopping of grey hair.⁸⁹⁹This is one of the *Laghu Pañcamula*; elevator of all *Doṣas*.⁹⁰⁰

Bṛhatī⁹⁰¹, A much branched, very prickly undershrub; found throughout India; in the plains and foot hills.⁹⁰² In decoction form or other it is used for the treatment of *Sannipāta* type of fever.⁹⁰³

This is one of the *Laghu Pañcamula*; elevator of all *Doṣas*.⁹⁰⁴ The plant in decoction form is used for the treatment of fever.⁹⁰⁵ The plant is used for the treatment of obstinate skin diseases including leprosy,⁹⁰⁶ edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁹⁰⁷ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders;⁹⁰⁸ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, unconsciousness and sterility of women.⁹⁰⁹ The plant in decoction form is used for the treatment of pain, tumour, disorders in the genital tract, parasitic infestation and diseases caused by *Vāyu* and *Kapha*.⁹¹⁰ The root is useful for epilepsy.⁹¹¹ It cures hiccup, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract and *Raktapitta*.⁹¹² The plant is useful for the treatment of parasitic infection, obstinate urinary diseases including diabetes mellitus, emaciation and hiccup.⁹¹³ *Bṛhatī* along with other ingredients of *Daśamula* is used for the treatment of anorexia, splenic enlargement,

⁸⁹⁸ C.S. Cikitsā. 13.112-114

⁸⁹⁹ Ibid. 26. 263-268

⁹⁰⁰ A. S. Sūtra.6. 168

⁹⁰¹ C.S. Sūtra 4.10

⁹⁰² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹⁰³ C.S. Cikitsā. 3. 204-206

⁹⁰⁴ A.S. Sūtra.6. 168

⁹⁰⁵ C.S. Cikitsā. 3. 267

⁹⁰⁶ Ibid. 7. 43-49

⁹⁰⁷ Ibid.7. 65-67

⁹⁰⁸ Ibid.8. 89-102

⁹⁰⁹ Ibid.9. 35-41

⁹¹⁰ Ibid.9. 52-56

⁹¹¹ Ibid.10. 19-24

⁹¹² Ibid.11. 35-43

⁹¹³ Ibid.12. 29-31

obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism and hyperacidity.⁹¹⁴ Along with other drugs help in stopping of grey hair.⁹¹⁵ This also cures all types of poisons.⁹¹⁶

Eraṇḍa⁹¹⁷, *Vardhamāna* (Skt); *Erā* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Vyāgrapuṣpaka*, *Gandharvahastaka*,⁹¹⁸ *Eraṇḍa*, *Uruvaka*, *Ruvuka*, *Rucaka*, *Citraka*, *Cañcu*, *Pañcāngula*, *Manda*, *Vardhamāna*, *Vyadambaka*.⁹¹⁹ A perennial evergreen shrub; cultivated chiefly in Andhra Pradesh, Maharashtra, Karnataka and Orissa.⁹²⁰

This is pungent, bitter and sour in taste, purgative and used as vegetable; but aggravate *Vāta*.⁹²¹ The seed oil is sweet in taste, heavy, alleviator of *Vāta*; cures *Raktagulma*, heart disease, indigestion, fever⁹²² and edema.⁹²³ The plant is used externally for the treatment of obstinate skin diseases including leprosy.⁹²⁴ And also used externally for the treatment of tuberculosis.⁹²⁵ The seed oil is used in many Ayurvedic preparations. This is counted among the *Madhyama Pañcamula*, elevator of *Vāta* and *Kapha*.⁹²⁶ *Uruvaka*- a variety of *Eraṇḍa* can be used as vegetable; light, laxative, bitter in taste.⁹²⁷ The plant in decoction form is used for the treatment of fever.⁹²⁸

Punarnavā⁹²⁹, *Punarnavā*, *Kaṭhillaka*, *Vṛścira*(Skt); *Punarnavā*, *Panaunuā*.(Ass) (two varieties are available –white and red). *Amarkoṣa* has presented synonyms of this plant- *Punarnavā*, *Sothaghnī*;⁹³⁰ popularly known as *Gheṭulī*. A perennial diffuse herb with stout root stock and

⁹¹⁴ C.S. Cikitsā. 12. 50-52

⁹¹⁵ Ibid.26. 263-268

⁹¹⁶ Ibid.23. 54-60

⁹¹⁷ C.S. Sūtra. 13. 10

⁹¹⁸ Amarkoṣa 2.50

⁹¹⁹ Ibid.2.51

⁹²⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹²¹ C.S. Sūtra. 27. 98-113

⁹²² Ibid.27.290-294

⁹²³ C.S. Cikitsā. 12. 25

⁹²⁴ Ibid.7. 108-110

⁹²⁵ Ibid.8. 89-102

⁹²⁶ A. S. Sūtra. 6. 169

⁹²⁷ C.S. Sūtra. 27. 98-113

⁹²⁸ C.S. Cikitsā. 3. 267

⁹²⁹ C.S. Sūtra 4.13

⁹³⁰ Amarkoṣa 2.149

many procumbent branches; found throughout India as a weed in waste lands and road sides.⁹³¹The seed oil is used in many Ayurvedic preparations.

This is counted among the *Madhyama Pañcamula*, elevator of *Vāta* and *Kapha*.⁹³²This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.⁹³³ Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.⁹³⁴ The plant is used for aphrodisiac therapy.⁹³⁵ The plant in decoction form is used for the treatment of fever.⁹³⁶ The plant is used externally for the treatment of obstinate skin diseases including leprosy.⁹³⁷ And also used externally for the treatment of tuberculosis.⁹³⁸ It cures edema,⁹³⁹ cough, hiccup, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.⁹⁴⁰ It cures anemia, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, tumour, obstinate abdominal diseases, itching, constipation, hiccup, and leucoderma.⁹⁴¹ The plant is useful for abdominal diseases.⁹⁴²

Kolā⁹⁴³ , *Badara*, *Badarī* (Skt); *Bagarī* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Kolā*, *Kuvala*, *Phenila*, *Sauvīra*, *Badara*, *Ghoṅṭā*.⁹⁴⁴The *Ghoṅṭā* variety gives small fruits. The plant is found throughout India; in the outer Himalayas up to 1350 m.⁹⁴⁵

Caraka has included this among *Phalavarga*, sour and sweet in taste, very tasty to eat; but aggravates *Pitta* and *Kapha*.⁹⁴⁶ Drinks are used to make; are heavy.⁹⁴⁷ The plant is used for the treatment of fever associated with burning sensation,⁹⁴⁸ tumour, colic pain, flatulence, diseases

⁹³¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

⁹³² A.S. Sūtra. 6. 169

⁹³³ C.S. Sūtra. 27.88-97

⁹³⁴ C.S. Cikitsā. 1.4.6

⁹³⁵ Ibid.2.24-32

⁹³⁶ Ibid.3. 267

⁹³⁷ Ibid.7. 111-116

⁹³⁸ Ibid.8. 77-81

⁹³⁹ Ibid.12 .22

⁹⁴⁰ Ibid.11. 35-43

⁹⁴¹ Ibid. 12. 34-38

⁹⁴² Ibid.13.108-110

⁹⁴³ C.S. Sūtra. 3.18

⁹⁴⁴ Amarkoṣa 2.36-37

⁹⁴⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹⁴⁶ C.S. Sūtra. 27. 125-165

⁹⁴⁷ Ibid.27. 279-283

⁹⁴⁸ C.S. Cikitsā. 3.258-259

of the female genital tract, piles, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest.⁹⁴⁹ The plant with other plant drugs is useful for cardiac region, cures heart diseases, splenic disorders, tuberculosis, constipation, flatulence, diarrhea and sprue syndrome.⁹⁵⁰ The plant in decoction form is used for the treatment of pain, tumour, disorders in the genital tract, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁹⁵¹ It cures hiccup, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.⁹⁵² This cures blood diarrhea, colic pain, edema and dysentery.⁹⁵³

Guḍuḍī⁹⁵⁴, *Guḍuḍī*, *Amṛta*, *Amṛtā*, *Amṛtāhva*, *Kundalinī*, *Amṛtavallī*, *Guḍucika*, *Madhuparṇī*, *Tantrika*, *Cinnaruhā*, *Cinnobhavā*, *Vatsadānī*, *Vayasthā*, *Madhuparṇī* (Skt); *Haguṇīlatā*, *Śaguṇīlatā* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Vatsadānī*, *Chinnaruhā*, *Gudūcī*, *Guḍuḍī*, *Tantrikā*, *Amṛtā*, *Jīvantikā*, *Somavallī*, *Viśalyā*, *Madhuparṇī*.⁹⁵⁵ A climbing shrub with rough corky bark; found in the Tropical India and the Andamans.⁹⁵⁶

The plant is a health tonic, aphrodisiac, useful for jaundice, skin diseases including leprosy, dyspepsia, leucorrhoea, rheumatism, and gout. It causes astringent effect, promotes digestion, alleviating *Vāta* and *Kapha*, constipation and *Raktapitta*.⁹⁵⁷ The plant is used as vegetable⁹⁵⁸. In decoction form or other it is used for the treatment of fever,⁹⁵⁹ *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.⁹⁶⁰ The plant is a promoter of strength, sweating and appetite; used for the treatment of fever.⁹⁶¹ The plant in decoction form is also used for the treatment of obstinate urinary diseases including diabetes mellitus,⁹⁶² obstinate skin diseases including leprosy, piles and bronchitis.⁹⁶³ The plant

⁹⁴⁹ C.S. Cikitsā. 5. 71-73

⁹⁵⁰ Ibid.8. 141-144

⁹⁵¹ Ibid.9. 52-56

⁹⁵² Ibid.11. 35-43

⁹⁵³ Ibid.14. 199-201

⁹⁵⁴ C.S. Sūtra. 21.22

⁹⁵⁵ Amarkoṣa 2.82-83

⁹⁵⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹⁵⁷ C.S. Sūtra.25.40

⁹⁵⁸ Ibid.27. 98-113

⁹⁵⁹ C.S. Cikitsā. 3. 197-199

⁹⁶⁰ Ibid.3. 204-206

⁹⁶¹ Ibid.26. 240-249

⁹⁶² Ibid.6. 27-29

⁹⁶³ Ibid.7. 76-80

is useful for the treatment of epilepsy.⁹⁶⁴ It cures heart diseases, anemia, edema, splenic enlargement, anorexia, tumour, obstinate abdominal diseases, itching, constipation, hiccup, leucoderma⁹⁶⁵ and erysipelas.⁹⁶⁶

*Cavya*⁹⁶⁷, *Kakkola*, *Gajapippalī*, *Cavikā*(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Karipippalī*, *Kapivallī*, *Kolavallī*, *Śreyasī*, *Vaśira*, *Gajapippalī*, *Cavya*, *Cavikā*, *Cavaka*.⁹⁶⁸The plant is found throughout India.⁹⁶⁹

The plant is used for the treatment of tumour, colic pain, flatulence, diseases of the female genital tract, piles, sprue syndrome, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest;⁹⁷⁰ dysuria, splenic disorder, anemia, stiffness of the chest, hiccup and obstruction in the throat.⁹⁷¹ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.⁹⁷²The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus;⁹⁷³ pain, piles, disorders in the genital tract, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.⁹⁷⁴ The plant is useful for abdominal diseases.⁹⁷⁵ It also cures anorexia, obstruction to the stool, urine, flatus and eructation; upward movement to the wind, low power of digestion.⁹⁷⁶ It also cures constipation, obstinate abdominal diseases including ascites, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.⁹⁷⁷

*Citraka*⁹⁷⁸ - a branched undershrub; cultivated in the gardens throughout India; also found wild in peninsular India.⁹⁷⁹

⁹⁶⁴ C.S. Cikitsā. 10. 27

⁹⁶⁵ Ibid.12. 34-38

⁹⁶⁶ Ibid.21. 127-131

⁹⁶⁷ C.S.Sūtra. 5 76-77

⁹⁶⁸ Amarkoṣa 2.97-98

⁹⁶⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹⁷⁰ C.S. Cikitsā. 5. 71-73

⁹⁷¹ Ibid.5. 79-84

⁹⁷² C.S. Cikitsā. 5. 86-90

⁹⁷³ Ibid.6. 27-29

⁹⁷⁴ Ibid.9. 52-56

⁹⁷⁵ Ibid.13.146- 174

⁹⁷⁶ Ibid.14. 153-157

⁹⁷⁷ Ibid.14. 162-168

⁹⁷⁸ C.S. Sūtra. 25.40

The roots of the plant promote digestion, carmination, cures piles and colic pain.⁹⁸⁰ The plant is used as vegetable and helps in alleviation of *Kapha*;⁹⁸¹ used for the treatment of tumour, flatulence, diseases of the female genital tract, piles, sprue syndrome, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest,⁹⁸² dysuria, splenic disorder, stiffness of the chest, hiccup and obstruction in the throat.⁹⁸³ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.⁹⁸⁴ The plant is useful for epilepsy⁹⁸⁵ and edema.⁹⁸⁶ The plant in decoction form is used for the treatment of fever⁹⁸⁷ and obstinate urinary diseases including diabetes mellitus.⁹⁸⁸ This is also used for the treatment of obstinate skin diseases including leprosy, anemia, enlargement of the inguinal gland, pimples, scabies and urticarial rash.⁹⁸⁹ The plant is used externally for the treatment of obstinate skin diseases including leprosy.⁹⁹⁰ It cures heart diseases, obstinate abdominal diseases, itching, constipation and leucoderma.⁹⁹¹ The plant is useful for abdominal diseases⁹⁹² and anemia; stimulates the power of digestion and helps in the downward movement of flatus and stool.⁹⁹³ *Aṣṭāṅgahrdaya* reported it as remover of piles.⁹⁹⁴

*Dadhittha*⁹⁹⁵, *Kapittha* (Skt); *Kapittha*(Ass); *Amarkoṣa* has given various synonyms of this plant- *Kapittha*, *Grāhi*, *Manmatha*, *Dadhiphala*, *Puṣpaphala*, *Dantaśaṭha*, *Dadhittha*, *Kavaṭha*,⁹⁹⁶ The plant is indigenous to South India; cultivated throughout the plains of India up to 500 m. in the western Himalaya.⁹⁹⁷

⁹⁷⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

⁹⁸⁰ C.S. Sūtra.25.40

⁹⁸¹ Ibid.27. 98-113

⁹⁸² C.S. Cikitsā. 5. 71-73

⁹⁸³ Ibid.5. 79-84

⁹⁸⁴ Ibid.5. 86-90

⁹⁸⁵ Ibid.10. 19-24

⁹⁸⁶ Ibid.12. 25

⁹⁸⁷ Ibid.3. 267

⁹⁸⁸ Ibid.6. 27-29

⁹⁸⁹ C.S. Cikitsā. 7. 65-67

⁹⁹⁰ Ibid.7. 102-104

⁹⁹¹ Ibid.12. 34-38

⁹⁹² Ibid.13.75-88

⁹⁹³ Ibid.14. 144-147

⁹⁹⁴ A. S. Sūtra. 6. 165

⁹⁹⁵ C.S. Sūtra. 25.40

⁹⁹⁶ Amarkoṣa, 2. 21

⁹⁹⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

Caraka has included this in *Phalavarga*; the ripe one is sweet, sour, heavy, astringent, promoter of strength, complexion and power of digestion, tasty to eat, alleviates all *Doṣas* and toxins; but young one is harmful to throat, aggravator of *Vāta*;⁹⁹⁸ used for the treatment of diarrhea.⁹⁹⁹ Stem, bark, flower and fruit of this plant are used in the treatment of urinary disorders including diabetes.¹⁰⁰⁰ The leaves of the plant as ointment are useful for the treatment of edema.¹⁰⁰¹ This is also used for the treatment of sprue syndrome, anemia, heart diseases, splenic disorders, tumour, obstinate abdominal diseases including ascites, obstinate skin diseases including leprosy, anorexia, jaundice, leucoderma, parasitic infection, adenitis, freckles, tuberculosis, fever;¹⁰⁰² and vomiting.¹⁰⁰³ The pulp of the fruit cures poisoning, all types of fever, choleric diarrhea, fainting, epilepsy, insanity anemia, alcoholism, various kinds of eye diseases and diseases of head.¹⁰⁰⁴

Dāḍima¹⁰⁰⁵ (Skt); *Dālima* (Ass); *Amarkoṣa* has given synonyms of this plant- *Karaka*, *Dāḍima*, *Dāḍimba*, *Dālima*.¹⁰⁰⁶ Various kinds are available. A large deciduous shrub; cultivated throughout India.¹⁰⁰⁷

The fruits are very sweet to taste in ripe condition. *Caraka* has included this in *Phalavarga* and has described three varieties; the first one sour, astringent, sweet in taste, bowel binding, promoter of digestion, unctuous, hot in potency and cardiac tonic and this variety is regarded as the best; cures hoarseness in voice, alleviator of *Vāta*, cures diseases due to the vitiation of *Kapha* and *Pitta*. The second one is unctuous, sour in taste, but aggravates *Pitta*; the third one is sweet and alleviates *Pitta*¹⁰⁰⁸ cures pains in the sides of the chest, tumour, dysuria, pain in female genital tract, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.¹⁰⁰⁹ The plant is used for aphrodisiac therapy¹⁰¹⁰ bronchitis, fever,

⁹⁹⁸ C.S. Sūtra. 27. 125-165

⁹⁹⁹ C.S. Cikitsā. 8. 123-127

¹⁰⁰⁰ C.S. Sūtra. 25.40

¹⁰⁰¹ C.S. Cikitsā. 12. 71-73

¹⁰⁰² Ibid.14.138-143

¹⁰⁰³ Ibid.20. 34-39

¹⁰⁰⁴ Ibid.23. 70-76

¹⁰⁰⁵ C.S. Sūtra. 14. 84

¹⁰⁰⁶ *Amarkoṣa* 2. 64

¹⁰⁰⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁰⁰⁸ C.S. Sūtra 27.125-165

¹⁰⁰⁹ C.S. Cikitsā. 5. 79-84

¹⁰¹⁰ Ibid.4.15-16

flatulence, constipation, colic pain and *Raktapitta*.¹⁰¹¹ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.¹⁰¹² Assamese people use the leaves for the treatment of dysentery and diarrhea and *Caraka* has also described the use of the plant in the treatment of diarrhea.¹⁰¹³ The plant with other plant drugs is useful for cardiac region, cures splenic disorders, pains in the sides of the chest, tuberculosis, constipation, flatulence, cough, asthma, piles, and sprue syndrome;¹⁰¹⁴ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.¹⁰¹⁵

*Hrvera*¹⁰¹⁶, *Ambu*, *Jala*, *Udicya*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Bāla*, *Hrvera*, *Barhiṣṭha*, *Udīcya*, *Keśāmbu*;¹⁰¹⁷ popularly known as *Bāla*. The plant is found in North West India, Bengal and Konkan.¹⁰¹⁸

The plant is used for the treatment of fever¹⁰¹⁹ and *Raktapitta*.¹⁰²⁰ It cures heart diseases, anemia, edema, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, tumour, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation, hiccup, and leucoderma.¹⁰²¹ The plant as ointment is useful for the treatment of edema.¹⁰²² It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to

¹⁰¹¹ C.S. Cikitsā. 4. 95-96

¹⁰¹² Ibid.5. 86-90

¹⁰¹³ Ibid.8. 123-127

¹⁰¹⁴ Ibid.8. 141-144

¹⁰¹⁵ Ibid.9. 35-41

¹⁰¹⁶ C.S. Sūtra 3.29

¹⁰¹⁷ Amarkoṣa 2.122

¹⁰¹⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁰¹⁹ C.S. Cikitsā. 26. 240-249

¹⁰²⁰ Ibid.4. 73-77

¹⁰²¹ Ibid.12. 34-38

¹⁰²² Ibid.12. 64-67

the vitiation of *Kapha*¹⁰²³ and erysipelas.¹⁰²⁴ This produces cooling effect, promoting digestion, carmination, and curing vomiting and diarrhea.¹⁰²⁵

*Utpala*¹⁰²⁶, *Kumuda*, *Hṛvera*, *Ankalodya* (small variety). (Skt); *Kumuda*, *Bhet* (white variety) (Ass); the plant is found in Kashmir.¹⁰²⁷

The pollens cause astringent effect and alleviate *Raktapitta*.¹⁰²⁸ The plant is used as vegetable¹⁰²⁹; but produces *Vāta* in abdomen; rhizomes, flowers and fruits are cold in potency, sweet and astringent in taste but aggravate *Kapha* and *Vāta*¹⁰³⁰. The pollens of the flower are used for the management of miscarriage.¹⁰³¹ *Kumuda*; the small variety of *Utpala* is also used for the same purpose.¹⁰³² The plant is used for the treatment of fever,¹⁰³³ jaundice and obstinate skin diseases including leprosy.¹⁰³⁴ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁰³⁵ The pollen of the flower is used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.¹⁰³⁶ The plant in the form of decoction is useful for the treatment of erysipelas.¹⁰³⁷ This is very effective for the treatment of heart diseases.¹⁰³⁸

*Ativiṣa*¹⁰³⁹, *Amṛta*, *Aruṇa*, *Ataica*, *Atisāraghni*, *Ativiṣa*, *Bhanbura*, *Bhangura*, *Bhṛngī*, *Gunavallabhā*, *Kāsmira*, *Mādrī*, *Mahauṣadha*, *Mahauṣadhana*, *Mṛdvī*, *Prativiṣa*, *Śiśubhaiṣyajya*, *Śākapaha*, *Śṛngī*, *Śṛngika*, *Śukalanda*, *Śvetakanda*, *Śvetā*, *Śvetavaca*, *Śyamakanda*, *Upaviṣa*, *Vīra*, *Viṣa*, *Viṣapura*, *Viśva*. *Amarkoṣa* has presented various synonyms

¹⁰²³ C.S. Cikitsā. 14. 162-168

¹⁰²⁴ Ibid.21. 89-92

¹⁰²⁵ C.S. Sūtra. 25.40

¹⁰²⁶ Ibid.25.40

¹⁰²⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁰²⁸ C.S. Sūtra. 25.40

¹⁰²⁹ Ibid.27. 114-124

¹⁰³⁰ Ibid.27. 114-124

¹⁰³¹ C.S. Śārīra. 8.24

¹⁰³² Ibid.7.124

¹⁰³³ C.S. Cikitsā. 26. 250-253

¹⁰³⁴ Ibid.5. 118-121

¹⁰³⁵ Ibid. 6. 30-32

¹⁰³⁶ C.S. Cikitsā. 14. 234-242

¹⁰³⁷ Ibid.21. 54-61

¹⁰³⁸ Ibid.26. 90-95

¹⁰³⁹ C.S. Sūtra. 25.40

of this plant-. *Viśvā, Viṣā, Pratiṣā, Ativiṣā, Upaviṣā, Aruṇā, Śṛngī, Mahauśadha*;¹⁰⁴⁰ popularly known as *Ativikha*. A tall herb, common in the sub alpine zones of the western Himalayas. It is found from Pirpanjal range in Kashmir to Kumaun hills, altitude, 2500- 3900 m.¹⁰⁴¹

*Dhanvantari*¹⁰⁴² and *Rājanighaṇṭu*¹⁰⁴³ have presented action and properties of this plant. The root of the plant is bitter, tonic, hot and stomachic. It is recommended as remedy in fevers, diarrhea, dyspepsia, and cough. It is also an aphrodisiac, an astringent. The plant is also used as an antidote against bites and stings from the poisonous animals. It causes astringent effect, promotes digestive power, carmination and alleviating all *Doṣas*.¹⁰⁴⁴ In decoction form or other it is used for the treatment of irregular fever.¹⁰⁴⁵ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.¹⁰⁴⁶ The plant is used for the treatment of obstinate urinary diseases including diabetes mellitus¹⁰⁴⁷ and obstinate skin diseases including leprosy.¹⁰⁴⁸ The plant is useful for abdominal diseases¹⁰⁴⁹ and throat diseases.¹⁰⁵⁰

*Sarivā*¹⁰⁵¹, *Anantamool*, *Anantā* (Skt); *Anantamul*(Ass); *Amarkoṣa* has presented various synonyms of this plant- *Gopī, Gopā, Gopalikā, Śyāmā, Sarivā, Anantā, Utpala sarivā*;¹⁰⁵² also known as *Upasāla, Upalasarī, Gopavallī*,¹⁰⁵³ Two varieties are available- black and white. A climbing slender plant with twining woody stems; found throughout India.¹⁰⁵⁴

¹⁰⁴⁰ Amarkoṣa 2.100

¹⁰⁴¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁰⁴² *Viśasoṣṇa kaṭustikta dīpanī pacanī haret\Kaphapittatisārabhavisakasavamikṛmin\ Bhāvarakāśa*

¹⁰⁴³ *Kaṭuṣṇātivīṣa tiktakaphapittajvarapaha\Āmatisārakaśaghnī viśacchadivināśinī\ Rājanighaṇṭu*

¹⁰⁴⁴ C.S. Sūtra. 25.40

¹⁰⁴⁵ C.S. Cikitsā. 3. 204-206

¹⁰⁴⁶ Ibid.3.219-221

¹⁰⁴⁷ Ibid.6. 38-39

¹⁰⁴⁸ Ibid.7. 132

¹⁰⁴⁹ Ibid.13.146- 174

¹⁰⁵⁰ Ibid.24. 201

¹⁰⁵¹ C.S. Sūtra. 25.40

¹⁰⁵² Amarkoṣa

¹⁰⁵³ Vācaspati

¹⁰⁵⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

The plant is used for the treatment of dysentery, eczema, leprosy, fever, various pains. This helps in curing *Raktapita*.¹⁰⁵⁵ In decoction form or other it is used for the treatment of irregular fever.¹⁰⁵⁶ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.¹⁰⁵⁷ The plant is used externally for the treatment of obstinate skin diseases including leprosy;¹⁰⁵⁸ fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.¹⁰⁵⁹ The plant is useful for epilepsy.¹⁰⁶⁰ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁰⁶¹ This also cures poisoning, skin diseases, splenic disorders and parasitic infestation.¹⁰⁶²

Tila¹⁰⁶³(Skt); *Tila* (Ass); The plant is found in Uttar Pradesh, Madhya Pradesh, Rajasthan, Orissa, Gujrat, Andhra Pradesh, Tamil Nadu and Maharashtra.¹⁰⁶⁴ In North East India there is abundant cultivation of this plant.

This is unctuous, hot in potency, sweet, bitter, astringent and pungent in taste. This is pungent, bitter and sour in taste, purgative and used as vegetable; but aggravate *Vāta*.¹⁰⁶⁵ The oil from the seeds is astringent in taste, hot in potency, bowel binding, aggravates *Pitta*, reduces the quantity of urine; but alleviates *Vāta*, promote strength, skin health, intelligence and power of digestion; in combination of other drug this oil can cure all diseases. It is said in ancient days the king of demons apply sesame oil as anti aging agent, strength promoter and for getting

¹⁰⁵⁵ C.S. Sūtra. 25.40

¹⁰⁵⁶ C.S. Cikitsā. 3. 200-203

¹⁰⁵⁷ Ibid.3.219-221

¹⁰⁵⁸ Ibid.7. 128-129

¹⁰⁵⁹ Ibid.9. 35-41

¹⁰⁶⁰ Ibid.10. 19-24

¹⁰⁶¹ Ibid.14. 162-168

¹⁰⁶² Ibid.23. 1010-104

¹⁰⁶³ C.S. Sūtra. 13. 10

¹⁰⁶⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁰⁶⁵ C.S. Sūtra. 27. 98-113

relief from fatigue.¹⁰⁶⁶ By anointing hair with this stop grayness of hair, prevents hair fall, and make the hair shiny, soft and silky black.¹⁰⁶⁷ The plant is used for aphrodisiac therapy.¹⁰⁶⁸ The plant in decoction form is used for the treatment of fever.¹⁰⁶⁹ And also used externally for the treatment of tuberculosis.¹⁰⁷⁰

Kuśa¹⁰⁷¹, *Darbhā* (Skt); *Kuśa* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Kuśa*, *Kutha*, *Darbhā*, *Pavitra*.¹⁰⁷² A tufted perennial grass with a thick scaly root stalk which sends out creeping rhizomes in all directions; found throughout India.¹⁰⁷³

The plant is used for the treatment of fever associated with burning sensation¹⁰⁷⁴ and *Raktapitta*.¹⁰⁷⁵ And also used externally for the treatment of tuberculosis.¹⁰⁷⁶ The roots of the plant are useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹⁰⁷⁷ *Aṣṭāṅgahṛdaya Saṃhitā* reported it as one of the *Tṛṇa Pañcamula*; elevator of *Pitta*.¹⁰⁷⁸ This is a sacred plant. In various religious functions like marriage, *Upanayana Saṃskāra* this has wide use.

Āmagupta¹⁰⁷⁹ *Śukaśimbī*, *Kapikacu*, *Rṣabhī* (Skt); the plant is found throughout India including Andaman and Nicobar Islands.¹⁰⁸⁰

It aggravates *Kapha* and *Pitta*¹⁰⁸¹; but alleviates *Vāta*.¹⁰⁸² It is used as aphrodisiac, unctuous, hot in potency, sweet, heavy and strength promoter; removes constipation.¹⁰⁸³ The plant is used

¹⁰⁶⁶ C.S. Sūtra. 27. 290-294

¹⁰⁶⁷ Ibid.27.23-38

¹⁰⁶⁸ C.S. Cikitsā. 2.2. 15-17

¹⁰⁶⁹ Ibid.3. 267

¹⁰⁷⁰ Ibid.8. 77-81

¹⁰⁷¹ C.S. Sūtra. 3.27

¹⁰⁷² Amarkoṣa 2. 165

¹⁰⁷³ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁰⁷⁴ C.S. Cikitsā. 3.258-259

¹⁰⁷⁵ Ibid.4. 102-109

¹⁰⁷⁶ Ibid.8. 89-102

¹⁰⁷⁷ Ibid.11. 44-47

¹⁰⁷⁸ A. S. Sūtra. 6. 171

¹⁰⁷⁹ C.S. Sūtra. 27.23-38

¹⁰⁸⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁰⁸¹ C.S. Sūtra. 25.40

¹⁰⁸² Ibid.27.23-38

¹⁰⁸³ Ibid. 27.23-38

for aphrodisiac therapy.¹⁰⁸⁴ The plant is used for the treatment of fever associated with burning sensation.¹⁰⁸⁵ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹⁰⁸⁶ The plant is useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹⁰⁸⁷ This is a strength promoter.¹⁰⁸⁸ *Daal* is consumed as food in every parts of India.

Madana¹⁰⁸⁹, *Phala* (Skt); *Madan* (Ass); a deciduous armed shrub up to 9 m. in height with strong straight spine and horizontal rigid branches; found throughout India, in deciduous forests and exposed areas up to an elevation of 1350 m.¹⁰⁹⁰

The fruits are used in emesis, *Āsthāpana* and *Anuvāsana* types of enema.¹⁰⁹¹ The plant is used for the treatment of fever¹⁰⁹² and obstinate skin diseases including leprosy.¹⁰⁹³ The fruit with milk used for the treatment of tuberculosis, helps in elimination of excessive phlegm.¹⁰⁹⁴ The plant is used for the treatment of piles¹⁰⁹⁵ and cures all kinds of poisons.¹⁰⁹⁶ The fruit is used for the treatment of fever¹⁰⁹⁷ and *Raktapitta*.¹⁰⁹⁸ This plant is used for the treatment of obstinate skin diseases including leprosy, alopecia, keloids, ringworm, fistula in anu, piles, eruption, leucoderma;¹⁰⁹⁹ and management of diseases like obesity, urinary disorders caused by over nutrition.¹¹⁰⁰

¹⁰⁸⁴ C.S. Cikitsā. 2.24-32

¹⁰⁸⁵ C.S. Sūtra. 3.258-259

¹⁰⁸⁶ C.S. Cikitsā. 11. 35-43

¹⁰⁸⁷ Ibid.11. 44-47

¹⁰⁸⁸ C.S. Sūtra. 4.10

¹⁰⁸⁹ Ibid.25.40

¹⁰⁹⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁰⁹¹ C.S. Sūtra. 25 .40

¹⁰⁹² C.S. Cikitsā. 26. 240-249

¹⁰⁹³ Ibid.7. 43-49

¹⁰⁹⁴ Ibid.8. 118-119

¹⁰⁹⁵ Ibid.14. 52-57

¹⁰⁹⁶ Ibid.23. 54-60

¹⁰⁹⁷ Ibid.3. 227-233

¹⁰⁹⁸ Ibid.4.54-61

¹⁰⁹⁹ C.S. Sūtra. 3. 1

¹¹⁰⁰ Ibid.23. 8-25

*Āmlavetasa*¹¹⁰¹; *Amarkoṣa* has presented various synonyms of this plant- *Sahasravedhī*, *Cukra*, *Āmlavetasa*, *Śatavedhī*.¹¹⁰² The plant is found in Sub Alpine Himalayas from Kashmir to Sikkim at the altitude of 3300- 5200 m; also cultivate in Assam.¹¹⁰³

Caraka has included this in *Phalavarga*¹¹⁰⁴ and this can be used as vegetable, sour in taste, light, unctuous, not very hot in potency, bowel binding, piles and alcoholism; alleviates *Vāta* and *Kapha*.¹¹⁰⁵ This promotes the power of digestion;¹¹⁰⁶ cures pains in the sides of the chest, tumour, dysuria, pain in female genital tract, piles, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.¹¹⁰⁷ The plant with other plant drugs is useful for cardiac region, cures heart diseases, splenic disorders, pains in the sides of the chest, tuberculosis, constipation, flatulence, diarrhea and sprue syndrome.¹¹⁰⁸ The plant in decoction form is used for the treatment of pain, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.¹¹⁰⁹

*Khadira*¹¹¹⁰, *Khadira*, *Somavallaka* (Skt); *Khair*, *Kutacvṛkṣa* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Gāyatrī*, *Bālatanaya*, *Khadira*, *Dantadhāvana*, *Bālapatra*, *Prasāṅg*, *Raktasāra*, *Jihmaśalya*, *Kṣati*, *Kṣaya*.¹¹¹¹ *Namaskārī*, *Gaṇḍakārī*, *Gaṇḍakālī*, *Samangā*, *Khadirā*, *Lajjāju*; ¹¹¹² *Amarkoṣa* has mentioned synonyms for the plant *Khadara-Arimeda*, *Vitkhadira*, *Durgandikhadira*.¹¹¹³ A moderate sized deciduous tree with light feathering crown occurring throughout India in dry mixed forests.¹¹¹⁴

The plant is used for the treatment of fever associated with burning sensation¹¹¹⁵ and *Raktapitta*.¹¹¹⁶ The plant in decoction form is used for the treatment of obstinate urinary

¹¹⁰¹ C.S. Sūtra.25.40

¹¹⁰² Amarkoṣa 2. 141

¹¹⁰³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹¹⁰⁴ C.S. Sūtra 27.125-165

¹¹⁰⁵ Ibid.27. 114-124

¹¹⁰⁶ Ibid.25.40

¹¹⁰⁷ C.S. Cikitsā. 5. 79-84

¹¹⁰⁸ Ibid.8. 141-144

¹¹⁰⁹ Ibid.9. 52-56

¹¹¹⁰ C. S. Sūtra. 25. 40

¹¹¹¹ Amarkoṣa 2.49

¹¹¹² Ibid. 2. 142

¹¹¹³ Ibid. 2. 50

¹¹¹⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹¹¹⁵ C.S. Cikitsā. 3.258-259

¹¹¹⁶ Ibid.4. 62-72

diseases including diabetes mellitus¹¹¹⁷ and the heart wood in the form of decoction is used for the treatment of leucoderma and obstinate skin diseases including leprosy.¹¹¹⁸ This also cures all types of poisons.¹¹¹⁹ Barks are antidysenteric, anthelmintic, antipyretic. These are used in bronchitis, ulcers, cures obstinate skin diseases including leprosy¹¹²⁰, anemia, sore throat, inflammation and others. The extract or the other preparation of its bark is externally used in different blood born diseases and pyrorrhoea. Rājanighaṇṭu¹¹²¹ has mentioned about *Khadira*.¹¹²² In *Atharvaveda* another variety of *Khadira* is found- *Khadara*. *Khadara* is another variety of *Khadira*, used for the treatment of fever associated with burning sensation.¹¹²³

*Nimba*¹¹²⁴, *Prabhadra*, *Picumarda*, *Picumanda*(Skt); *Neem*(Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Ariṣṭa*, *Sarvatobhadra*, *Hinguniryāsa*, *Malaka*, *Picumanda*, *Picumarda* and *Nimba*.¹¹²⁵ A large evergreen tree commonly found throughout the greater part of India and often cultivated.¹¹²⁶

The leaves of this plant are very bitter in taste. Each part of the plant from root to twig is valuable and widely used in Ayurvedic medicines. The leaves and sticks are used as tooth brush, kills worms, wounds, cures skin diseases, purifies blood. This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*. This is used as vegetables.¹¹²⁷ In decoction form or other it is used for the treatment of irregular fever,¹¹²⁸ morbid thirst, colic pain, giddiness, fainting and anorexia¹¹²⁹ and obstinate urinary diseases including diabetes mellitus,¹¹³⁰ obstinate skin diseases including leprosy, erysipelas, gout, fever, burning sensation, tumour,

¹¹¹⁷ C.S. Cikitsā. 6.27-29

¹¹¹⁸ Ibid.7. 73-75

¹¹¹⁹ Ibid.23. 54-60

¹¹²⁰ C. S. Sūtra. 25. 40

¹¹²¹ *Kaṭuka khadirasāraḥ tiktoṣṇaḥ kaphavātahṛt |*

Vranakaṇṭhāmayaghnasca rucikṛt dipanaḥ paraḥ || Rājanighaṇṭu

¹¹²² *Khadiraḥ khadirodbhūtaḥ tatsāro raṃgataḥ smṛtaḥ |*

Jneyaḥ khadirasārasca tathā raṃga saḍāhvaya || Rājanighaṇṭu

¹¹²³ C.S. Cikitsā. 3.258-259

¹¹²⁴ C.S. Sūtra. 3. 2

¹¹²⁵ Amarkoṣa 2.62

¹¹²⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹¹²⁷ C.S. Sūtra. 27.88-97

¹¹²⁸ C.S. Cikitsā. 3. 200-203

¹¹²⁹ Ibid.5. 115-117

¹¹³⁰ Ibid.6. 27-29

abscess and pustular eruptions.¹¹³¹ The barks are used for the treatment of anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.¹¹³² This should be given to the person suffering from edema.¹¹³³ The plant is used for the treatment of piles.¹¹³⁴ The mature and tender leaves were reported to contain vitamin C and Carotene.¹¹³⁵

Kuṣṭha¹¹³⁶, *Āgada, Amaya, Apya, Bhasura, Duṣṭa, Gada, Gadākhyā, Gadāvhyā, Haridhādraka, Jarana, Kadākhyā, Kakala, Kāśmīrja, Kaubera, Kinjalaka, Kuṣṭha, Kuṭhika, Kutsita, Niruja, Padmaka, Pakala, Pakalam, Paribhadra, Pāvana, Paribhavya, Roga, Rogāvhyā, Ruja, Ruk, Utpala, Vaniraja, Vyāādhi, Vyāpya*(Skt); *Kuṭh*(Ass); *Amarkoṣa* has presented synonyms of this plant- *Vyādhi, Kuṣṭha, Pāribhāvya, Vyāpya, Āpya, Pākala, Utpala*;¹¹³⁷ popularly known as *Kodu kuṣṭha*. The plant is found in Kashmir, Himachal Pradesh and Garhwal at 2500-3000 m; cultivated in Kashmir and neighbouring regions.¹¹³⁸

The root is a good tonic; used for stomachic; and typhus fever, ulcers, worms, wounds, rheumatism. It is also depurative and aphrodisiac. The stem as well as are prescribed for snake bite and scorpion sting. This helps in alleviating *Vāta*.¹¹³⁹ The plant in decoction form is used for the treatment of fever.¹¹⁴⁰ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus¹¹⁴¹ and obstinate skin diseases including leprosy.¹¹⁴² And also used externally for the treatment of tuberculosis, headache, pain in the sides of the chest and shoulders.¹¹⁴³ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.¹¹⁴⁴ The plant is

¹¹³¹ C.S. Cikitsā. 7. 136-139

¹¹³² Ibid. 7. 65-67

¹¹³³ Ibid.12. 63

¹¹³⁴ Ibid.14. 52-57

¹¹³⁵ Basu, N.M. Ray, G.K. and De, N.K., 'On the vitamin C and Carotene content of several herbs and flowers used in Ayurvedic system of medicine.' Indian Journal of Chem. Soc. 24, 1947 P.p. 358-360.

¹¹³⁶ C.S. Sūtra. 3. 4

¹¹³⁷ Amarkoṣa, 2. 126

¹¹³⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹¹³⁹ C.S. Sūtra.25.40

¹¹⁴⁰ C.S. Cikitsā. 3. 267

¹¹⁴¹ Ibid.6. 27-29

¹¹⁴² Ibid.7. 84

¹¹⁴³ Ibid.7. 77-81

¹¹⁴⁴ Ibid.9. 35-41

useful for the treatment of epilepsy.¹¹⁴⁵ The plant as ointment is useful for the treatment of edema.¹¹⁴⁶ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹¹⁴⁷

Bhallātaka¹¹⁴⁸, *Aruṣkara* (Skt); *Amakoṣa* has mentioned various synonyms of this plant - *Vīravṛkṣa*, *Aruṣkara*, *Agnimukhī*, *Bhallātakī*.¹¹⁴⁹ This is popularly known as *Bibavā*, *Bhilavā*. The plant is found in Punjab, Assam, Khasi Hills, Madhya Pradesh and Peninsular India.¹¹⁵⁰

Caraka has included this in *Phalavrga*; fruits are sweet and cold in potency;¹¹⁵¹ cures tumour, splenic disorders, anemia, asthma, sprue syndrome and cough.¹¹⁵² The plant in decoction form is used for the treatment of fever.¹¹⁵³ The plant is useful for the treatment of edema, piles, parasitic infection, obstinate skin diseases including leprosy emaciation and hiccup.¹¹⁵⁴ The plant is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹¹⁵⁵ The tender leaves are used externally for the treatment of obstinate skin diseases including leprosy.¹¹⁵⁶ The plant is useful for abdominal diseases.¹¹⁵⁷ The plant is useful for abdominal diseases,¹¹⁵⁸ piles¹¹⁵⁹ and erysipelas.¹¹⁶⁰ The seeds with other drugs help in stopping of grey hair.¹¹⁶¹ The seeds of this plant are used in the treatment of urinary disorders including diabetes.

Arjuna¹¹⁶², *Pārtha*, *Kakubha*, *Dhanañjaya*, *Kaunti* (Skt); *Arjuna*(Ass);*Amakoṣa* has mentioned various synonyms of this plant- *Nadīsarja*, *Vīrataru*, *Indradru*, *Kakubha*,

¹¹⁴⁵ C.S. Cikitsā. 10. 33

¹¹⁴⁶ Ibid. 12. 64-67

¹¹⁴⁷ Ibid.14. 162-168

¹¹⁴⁸ C.S. Sūtra. 27. 125-165

¹¹⁴⁹ Amakoṣa, 2.42

¹¹⁵⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹¹⁵¹ C.S. Sūtra. 27. 125-165

¹¹⁵² C.S. Cikitsā. 5. 143-146

¹¹⁵³ Ibid.3. 267

¹¹⁵⁴ Ibid.12. 29-31

¹¹⁵⁵ Ibid.6. 38-39

¹¹⁵⁶ Ibid.7. 111-116

¹¹⁵⁷ Ibid.13.146- 174

¹¹⁵⁸ Ibid.13.146- 174

¹¹⁵⁹ Ibid.14. 52-57

¹¹⁶⁰ Ibid.21. 123-127

¹¹⁶¹ Ibid.26. 263-268

¹¹⁶² C.S. Sūtra. 3. 5

Arjuna.¹¹⁶³ A large evergreen tree; found in throughout the greater parts of India; also cultivated as avenue tree.¹¹⁶⁴

The plant is used for the treatment of fever associated with burning sensation¹¹⁶⁵ and *Raktapitta*.¹¹⁶⁶ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹¹⁶⁷ The plant is used externally or internally for the treatment of obstinate skin diseases including leprosy.¹¹⁶⁸ The plant with other plant drugs is useful for the treatment of diarrhea.¹¹⁶⁹ The leaves are very effective for the treatment of ulcers.¹¹⁷⁰ *Arjuna* is used in many Ayurvedic preparations like *Arjunaghṛta*, *Arjunāriṣṭa* and others. Its barks are very much used than the other parts. Barks are used in eczema, fracture, heart disease. It is very much useful in asthma, anemia, bronchitis, ulcers, leucorrhoea, fatigue, tumours and vitiation of bile. The bark of this plant is cardiac tonic; useful for epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, unconsciousness and sterility of women.¹¹⁷¹ The plant as ointment is useful for the treatment of edema.¹¹⁷²

Mustā¹¹⁷³, *Mustaka*, *Gāngeya*, *Jalada*, *Kuruvinda*, *Bhadra*, and *Bhadramustā* (Skt); *Mothā* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Kuruvinda*, *Meghanāsā*, *Mustā*, *Mustaka*;¹¹⁷⁴ popularly known as *Mothā*. A perennial glabrous herb with elongate slender stolons bearing hard black scented tubers; found throughout India, as a weed in waste lands from sea level to 1800 m.¹¹⁷⁵

In some places it is found as *Bhadramustaka* and *Nāgaramothā*.¹¹⁷⁶ But this is another variety of *Mustā*. This helps in promoting digestion and carmination.¹¹⁷⁷ In decoction form or other it

¹¹⁶³ Amarkoṣa 2.45

¹¹⁶⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹¹⁶⁵ C.S. Cikitsā. 3.258-259

¹¹⁶⁶ Ibid.4. 73-77

¹¹⁶⁷ Ibid.6. 27-29

¹¹⁶⁸ Ibid.7. 128-129

¹¹⁶⁹ Ibid.8. 129-131

¹¹⁷⁰ Ibid.25. 95

¹¹⁷¹ Ibid.9. 35-41

¹¹⁷² Ibid.12. 64-67

¹¹⁷³ C.S. Sūtra. 21. 22

¹¹⁷⁴ Amarkoṣa, 2. 159

¹¹⁷⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹¹⁷⁶ Amarkoṣa 2. 160

is used for the treatment of fever.¹¹⁷⁸ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power;¹¹⁷⁹ cures anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.¹¹⁸⁰ The plant is used for the treatment of *Raktapitta*;¹¹⁸¹ jaundice, erysipelas and obstinate skin diseases including leprosy.¹¹⁸² The plant in decoction form is also used for the treatment of obstinate urinary diseases including diabetes mellitus.¹¹⁸³ The plant is used for the treatment of piles, itching, scabies, scrofula, pimples and insanity.¹¹⁸⁴ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.¹¹⁸⁵ The plant is useful for the treatment of epilepsy.¹¹⁸⁶ The plant as ointment is useful for the treatment of edema.¹¹⁸⁷ It also cures constipation, obstinate abdominal diseases including ascites, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹¹⁸⁸

Dhānya¹¹⁸⁹, *Dhānyaka*, *Vitunnaka*, *Chatra*, *Dhānā*, *Dhuni*, *Dhanika*, *Kustumburu*(Skt); *Dhaniyā* (Ass); a glabrous aromatic, herbaceous, annual 30-90 c. m. in height; cultivated throughout India.¹¹⁹⁰

The tender leaves can be taken freshly as salads; appetizer, fragrant, makes the curries very tasty and delicious.¹¹⁹¹ The dried seeds are used as spices; widely used in whole India. Seeds are used as spice; are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha*; and remover of foul odour.¹¹⁹² The plant is used for aphrodisiac therapy.¹¹⁹³ The plant in decoction form is

¹¹⁷⁷ C.S. Sūtra.25.40

¹¹⁷⁸ C.S. Cikitsā. 3. 197-199

¹¹⁷⁹ Ibid. 3.219-221

¹¹⁸⁰ Ibid.7. 65-67

¹¹⁸¹ Ibid.4.54-61

¹¹⁸² Ibid.5. 118-121

¹¹⁸³ Ibid.6. 27-29

¹¹⁸⁴ Ibid.7. 140-143

¹¹⁸⁵ Ibid.8. 89-102

¹¹⁸⁶ Ibid.10. 46-47

¹¹⁸⁷ Ibid.12. 64-67

¹¹⁸⁸ Ibid.14. 162-168

¹¹⁸⁹ C.S. Sūtra. 23. 8-25

¹¹⁹⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹¹⁹¹ C.S. Sūtra. 27. 166-177

¹¹⁹² Ibid.27. 307

¹¹⁹³ C.S. Cikitsā. 2. 42-43

used for the treatment of fever¹¹⁹⁴ cures pains in the sides of the chest, tumour, pain in female genital tract, piles, splenic disorder, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.¹¹⁹⁵ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.¹¹⁹⁶ The plant with other plant drugs is useful for cardiac region, cures heart diseases, pains in the sides of the chest, tuberculosis, constipation, flatulence, diarrhea and sprue syndrome.¹¹⁹⁷ It cures dysuria.¹¹⁹⁸ The plant as ointment is useful for the treatment of edema.¹¹⁹⁹ The plant is useful for abdominal diseases¹²⁰⁰ and vomiting.¹²⁰¹

Arka, *Sadāpuṣpa*, *Suryāhva*, *Mandār*, *Ravi*, *Bhānu*, *Tapana* (Skt); *Madār* (Ass); a large hard much branched milky shrub; found throughout India in dry waste places.¹²⁰²

The plant in decoction form is used for the treatment of fever.¹²⁰³ The plant is used for the treatment of obstinate skin diseases including leprosy.¹²⁰⁴ The plant is useful for the treatment of epilepsy.¹²⁰⁵ The plant as ointment is useful for the treatment of edema.¹²⁰⁶ The plant is useful for abdominal diseases¹²⁰⁷ and piles.¹²⁰⁸ The latex of the plant is used for the treatment of erysipelas.¹²⁰⁹ The juice of the flower cures all types of poisons.¹²¹⁰ The leaves are very effective for the treatment of ulcer.¹²¹¹

*Palāśa*¹²¹² *Kimśuka*, *Vātapotha*, *Brahmavr̥ksa* (Skt); *Palāś* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Palāśa*, *Kimśuka*, *Parṇa*, *Vātapotha*.¹²¹³ A moderate sized deciduous

¹¹⁹⁴ C.S. Cikitsā. 3. 267

¹¹⁹⁵ Ibid. 5. 79-84

¹¹⁹⁶ Ibid.5. 86-90

¹¹⁹⁷ Ibid.8. 141-144

¹¹⁹⁸ Ibid.12.55-56

¹¹⁹⁹ Ibid.12. 64-67

¹²⁰⁰ Ibid.13.108-110

¹²⁰¹ Ibid.20. 23-25

¹²⁰² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹²⁰³ C.S. Cikitsā. 3. 267

¹²⁰⁴ Ibid.7. 102-104

¹²⁰⁵ Ibid.10. 34-36

¹²⁰⁶ Ibid.12. 71-73

¹²⁰⁷ Ibid.13.108-110

¹²⁰⁸ Ibid.14. 45-47

¹²⁰⁹ Ibid.21. 123-127

¹²¹⁰ Ibid.23. 54-60

¹²¹¹ Ibid.25. 95

¹²¹² C.S. Sūtra. 3. 16

tree, very conspicuous when in flower, 12-15 m. in height; found throughout India in deciduous forests, in areas up to 1200 m. in elevation and also in open areas.¹²¹⁴

The alkali preparation is very much famous in Ayurvedic literature. The plant is used for the treatment of fever associated with burning sensation¹²¹⁵ and the juice and the stalks are used for the treatment of *Raktapitta*.¹²¹⁶ In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus¹²¹⁷ and obstinate skin diseases including leprosy.¹²¹⁸ The roots of the plant are useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹²¹⁹ The plant as ointment is useful for the treatment of edema.¹²²⁰ The plant is useful for abdominal diseases.¹²²¹ The leaves are useful for the treatment of piles.¹²²²

Rāsnā¹²²³, *Sūvahā*, *Surabhi*, *Nakulī*, *Śreyasī* (Skt); *Amarkoṣa* has presented various synonyms of this plant- *Elāparṇī*, *Sūvahā*, *Yuktarasā*, *Rāsnā*;¹²²⁴ popularly known as *Kolindaṇ*. The plant is found in the upper Gangetic plains, Rajasthan, Punjab and Gujrat.¹²²⁵

This helps in alleviating *Vāta* and the diseases due to the vitiation of *Vāta*;¹²²⁶ removes coldness.¹²²⁷ The plant is used for aphrodisiac therapy.¹²²⁸ The plant is used for the treatment of fever,¹²²⁹ tumour, obstinate skin diseases including leprosy, obstinate abdominal diseases including ascites, dark spots on the face, anemia, leucoderma, splenic disorders and

¹²¹³ Amarkoṣa, 2.29

¹²¹⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹²¹⁵ C.S. Cikitsā. 3.258-259

¹²¹⁶ Ibid.4. 89-90

¹²¹⁷ Ibid.6. 30-32

¹²¹⁸ Ibid.7. 68-69

¹²¹⁹ Ibid.11. 44-47

¹²²⁰ Ibid.12. 64-67

¹²²¹ Ibid.13.108-110

¹²²² Ibid. 14. 122-125

¹²²³ C.S. Sūtra. 3.28

¹²²⁴ Amarkoṣa 2. 140

¹²²⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹²²⁶ C. S. Sūtra. 25. 40

¹²²⁷ Ibid.25.40

¹²²⁸ C.S. Cikitsā. 2.24-32

¹²²⁹ Ibid.26. 250-253

insanity.¹²³⁰ And also used externally for the treatment of tuberculosis.¹²³¹ The plant is useful for the treatment of epilepsy.¹²³²

The plant as ointment is useful for the treatment of edema.¹²³³ The plant is useful for abdominal diseases¹²³⁴ and piles.¹²³⁵ This cures all kinds of poisons.¹²³⁶

Madhuka¹²³⁷, *Madhuka* (Skt); a large tree cultivated in Uttar Pradesh and Bihar.¹²³⁸

Caraka has included this plant in *Phalavarga*; alleviates *Vāta* and *Pitta*.¹²³⁹ This gives good eye-sight, virility, good hair, good voice, complexion, pigmentation.¹²⁴⁰ The plant is used for aphrodisiac therapy.¹²⁴¹ In decoction form or other it is used for the treatment of irregular fever.¹²⁴² The plant is used for the treatment of *Raktapitta*;¹²⁴³ bronchitis, flatulence, constipation and colic pain,¹²⁴⁴ morbid thirst, giddiness, fainting, anorexia,¹²⁴⁵ tumour, diseases caused by *Pitta*¹²⁴⁶ and and obstinate skin diseases including leprosy.¹²⁴⁷ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders.¹²⁴⁸ This also cures asthma, vomiting, fainting, hiccup, hemoptysis, pains in the sides of the chest, rheumatic disorders, hoarseness of voice, injury to the chest, diminution of the tissue elements.¹²⁴⁹ It cures cough, hiccup, fever, asthma, burning sensation, vomiting, fainting, diseases of heart, female genital tract, urinary tract;¹²⁵⁰ and erysipelas.¹²⁵¹ The plant is very effective in the treatment of animal bite.¹²⁵²

¹²³⁰ C.S. Cikitsā. 5. 106-109

¹²³¹ Ibid.8. 77-81

¹²³² Ibid.10. 33

¹²³³ Ibid. 12. 71-73

¹²³⁴ Ibid.13.108-110

¹²³⁵ Ibid.14. 39-44

¹²³⁶ Ibid.23. 54-60

¹²³⁷ C.S. Sūtra. 13. 10

¹²³⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹²³⁹ C.S. Sūtra. 27. 125-165

¹²⁴⁰ Ibid.25.40

¹²⁴¹ C.S. Cikitsā. 2.24-32

¹²⁴² Ibid.3. 204-206

¹²⁴³ Ibid.4.54-61

¹²⁴⁴ Ibid.4. 95-96

¹²⁴⁵ Ibid.5. 115-117

¹²⁴⁶ Ibid.5. 123-125

¹²⁴⁷ Ibid.7. 43-49

¹²⁴⁸ Ibid.8. 89-102

¹²⁴⁹ Ibid.11. 21-24

¹²⁵⁰ Ibid.11. 35-43

*Vidari*¹²⁵³, *Payasyā* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Vidārī*, *Kṣīrasuklā*, *Ikṣugandhā*, *Koṣṭrī*.¹²⁵⁴ Two varieties are available-white and black. *Kṣīraavidārī*, *Mahāśvetā*, *Ṛkṣagandhikā*, *Kṛṣṇabhūmikuṣmāṇḍa*, *Koṣṭī*,¹²⁵⁵ *Śṛṅgālikā*,¹²⁵⁶ *Lāṅgalī*.¹²⁵⁷ white variety- *Kṣīra*, *Suklabhukuṣmāṇḍa*.

The plant is found in tropical India in most regions.¹²⁵⁸ This is sweet in taste, cold in potency, tonic, invigorating, nourishing, diuretic; used as vegetable and promotes strength and voice.¹²⁵⁹ Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.¹²⁶⁰ The plant is used for aphrodisiac therapy.¹²⁶¹ The plant is used for the treatment of fever associated with burning sensation,¹²⁶² bronchitis, flatulence, constipation, colic pain, *Raktapitta*,¹²⁶³ tumour and diseases caused by *Pitta*.¹²⁶⁴ And also used externally for the treatment of tuberculosis.¹²⁶⁵ This is used for the treatment of injury to the chest.¹²⁶⁶

*Ikṣu*¹²⁶⁷, *Bhurirasa*, *Tṛṇarasa* (Skt); *Kuhiyār* (Ass); the grass is cultivated in Uttar Pradesh, Bihar and Punjab.¹²⁶⁸ In Assam also there is abundant cultivation of Sugar cane.

There are various types of sugarcane and among them *Prapaunda* is the best type. The fresh juice is sweet in taste, laxative, cold in potency, nourishing, unctuous but aggravator *Kapha*. The machine pressed one causes burning sensation for the nodes and skins are also pressed with this.¹²⁶⁹ Articles like, sugar, treacle is made of sugarcane juice. Treacle is promotes blood,

¹²⁵¹ C.S. Cikitsā. 21. 77

¹²⁵² Ibid.23. 179-188

¹²⁵³ C.S.Sūtra 3.21

¹²⁵⁴ Amarkoṣa, 2. 110

¹²⁵⁵ Medinīkoṣa

¹²⁵⁶ Ibid.

¹²⁵⁷ Amarkoṣa, 2.110

¹²⁵⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹²⁵⁹ C.S. Sūtra. 27. 114-124

¹²⁶⁰ C.S. Cikitsā. 1.4.6

¹²⁶¹ Ibid.2.24-32

¹²⁶² Ibid.3.258-259

¹²⁶³ Ibid.4. 95-96

¹²⁶⁴ Ibid.5. 123-125

¹²⁶⁵ Ibid.8. 77-81

¹²⁶⁶ Ibid.11.27-34

¹²⁶⁷ C.S. Sūtra. 13. 66

¹²⁶⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹²⁶⁹ C.S. Sūtra. 27. 238-242

flesh, fat and increases the quantity of marrow.¹²⁷⁰ Sugar is useful for thirst, *Raktapitta* and burning sensation.¹²⁷¹ *Iksu* prevents aging and promotes longevity, semen, strength and muscle tissue.¹²⁷² This is used against *Kuṣṭha*.¹²⁷³ It produces diuretic effect.¹²⁷⁴ The root of this plant is used for aphrodisiac therapy.¹²⁷⁵ The plant is used for the treatment of fever associated with burning sensation.¹²⁷⁶ And also used externally for the treatment of tuberculosis.¹²⁷⁷

Jīvaka, *Amarkoṣa* has presented various synonyms of this plant- *Kūrchaśīrṣa*, *Madhuraka*, *Sṛṅga*, *Hrasvāṅga*, *Jīvaka*.¹²⁷⁸

Aṣṭāṅgahṛdaya Saṃhitā reported it as one of the *Jīvanīya Pañcamula*; elevator of *Vāta* and *Pitta*.¹²⁷⁹ The roots have rejuvenative power.¹²⁸⁰ The plant is used for aphrodisiac therapy.¹²⁸¹ The plant is used for the treatment of fever associated with burning sensation.¹²⁸² And also used externally for the treatment of tuberculosis.¹²⁸³ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹²⁸⁴ The plant is useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹²⁸⁵ Along with other drugs this helps in stopping of grey hair.¹²⁸⁶

Rṣabhaka¹²⁸⁷ - *Aṣṭāṅgahṛdaya Saṃhitā* reported it as one of the *Jīvanīya Pañcamula*; elevator of *Vāta* and *Pitta*.¹²⁸⁸ The roots have rejuvenative power.¹²⁸⁹ The plant is used for aphrodisiac

¹²⁷⁰ C.S. Sūtra. 27. 238-242

¹²⁷¹ Ibid.27. 238-242

¹²⁷² C.S. Cikitsā. 11. 50-55

¹²⁷³ C.S. Sūtra. 13. 66

¹²⁷⁴ Ibid.25. 40

¹²⁷⁵ C.S. Cikitsā. 2.24-32

¹²⁷⁶ Ibid.3.258-259

¹²⁷⁷ Ibid. 8. 89-102

¹²⁷⁸ *Amarkoṣa*, 2. 142

¹²⁷⁹ A. S. Sūtra. 6. 170

¹²⁸⁰ C.S. Cikitsā. 1.41-57

¹²⁸¹ Ibid.2.24-32

¹²⁸² Ibid.3.258-259

¹²⁸³ Ibid.8. 89-102

¹²⁸⁴ Ibid.11. 35-43

¹²⁸⁵ Ibid.11. 44-47

¹²⁸⁶ Ibid.26. 263-268

¹²⁸⁷ C.S. Sūtra. 4.9

¹²⁸⁸ A. S. Sūtra. 6. 170

¹²⁸⁹ C.S.Cikitsā. 1.41-57

therapy.¹²⁹⁰ The plant is used for the treatment of fever associated with burning sensation.¹²⁹¹ And also used externally for the treatment of tuberculosis.¹²⁹² It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹²⁹³ The plant is useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹²⁹⁴ Along with other drugs this helps in stopping of grey hair.¹²⁹⁵ This is very effective for the treatment of heart diseases.¹²⁹⁶

*Nata*¹²⁹⁷, *Tagara*, *Anriju*, *Barhana*, *Daṇḍa*, *Daṇḍahasta*, *Dīna*, *Dīpana*, *Hastī*, *Jihvā*, *Jimbā*, *Kālānusaraka*, *Kālānusarī*, *Kalanusārika*, *Kālānusarivā*, *Kṣatra*, *Kuñcina*, *Loghuṣa*, *Mahoraḡa*, *Nahuṣa*, *Nahuṣākhyā*, *Nandyvartha*, *Nṛpa*, *Padika*, *Pārthiva*, *Piṇḍatagara*, *Rājahaṛṣana*, *Śatha*, *Vinamra*, *Tagar*, *Nata*, *Kālānusar*, *Kuṭila*, *Vakra*, *Balaka* and *Cakra* (Skt); the plant is found in temperate Himalayas from Kashmir to Bhutan, above 3000 m. and in Khasi Hills.¹²⁹⁸

In decoction form is used for the treatment of fever.¹²⁹⁹ The plant is used for the treatment of obstinate skin diseases including leprosy,¹³⁰⁰ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.¹³⁰¹ The plant is externally used for the treatment of obstinate skin diseases including leprosy.¹³⁰² And also used externally for the treatment of

¹²⁹⁰ C.S.Cikitsā. 2.24-32

¹²⁹¹ Ibid.3.258-259

¹²⁹² Ibid.8. 89-102

¹²⁹³ Ibid. 11. 35-43

¹²⁹⁴ Ibid.11. 44-47

¹²⁹⁵ Ibid.26. 263-268

¹²⁹⁶ Ibid.26. 90-95

¹²⁹⁷ C.S. Sūtra. 3.23

¹²⁹⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹²⁹⁹ C.S. Cikitsā. 3. 267

¹³⁰⁰ Ibid.6. 41-44

¹³⁰¹ Ibid.9. 35-41

¹³⁰² Ibid.7. 87

tuberculosis, headache, pain in the sides of the chest and shoulders.¹³⁰³ The plant is very effective in the treatment of animal bite.¹³⁰⁴

*Candana*¹³⁰⁵, *Bhadraṣṭhi*, (Skt); *Candan. (Bogā)* (Ass); *Suśruta* has used the word *Malayaja* for the same. The plant is found in the dry regions of peninsular India from Vindhya Mountains southwards, especially in Karnataka and Tamil Nadu.¹³⁰⁶

It is cool, aromatic, complexion promoter; in decoction form or other it is used for the treatment of irregular fever¹³⁰⁷ and *Raktapitta*.¹³⁰⁸ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.¹³⁰⁹ It also cures jaundice, erysipelas and obstinate skin diseases including leprosy¹³¹⁰ and in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹³¹¹ And also used externally for the treatment of tuberculosis, headache, pain in the sides of the chest and shoulders.¹³¹² With ghee cures epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.¹³¹³ The plant is useful for the treatment of epilepsy.¹³¹⁴ The bark of the plant as ointment is useful for the treatment of edema.¹³¹⁵ The red variety is useful for stopping of grey hair.¹³¹⁶

*Aguru*¹³¹⁷, *Agaru*, *Aguru*, *Ānaryaka*, *Loha*,¹³¹⁸ *Uguru*, *Bhumija*, *Lauha*, *Pravar*, *Kṛmijagdha*, *Rājādra*, *Rājārha* (Skt); *Āgar*, *Agaru* (Ass); a large evergreen tree; found in lower hills of Assam, Arunachal, Meghalaya, Manipur, Nagaland and Tripura.¹³¹⁹

¹³⁰³ C.S.Cikitsā.8. 77-81

¹³⁰⁴ Ibid.23. 179-188

¹³⁰⁵ C.S. Sūtra. 3.23

¹³⁰⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹³⁰⁷ C.S. Cikitsā. 3. 200-203

¹³⁰⁸ Ibid.4. 78

¹³⁰⁹ Ibid.3.219-221

¹³¹⁰ Ibid.5. 118-121

¹³¹¹ Ibid.6. 27-29

¹³¹² Ibid.8. 77-81

¹³¹³ Ibid.9. 35-41

¹³¹⁴ Ibid.10. 37-38

¹³¹⁵ Ibid.12. 68-69

¹³¹⁶ Ibid.26. 263-268

¹³¹⁷ C.S. Sūtra. 3.24

Oil is also used for different purposes. This removes coldness.¹³²⁰ The plant is used for the treatment of fever¹³²¹ and barks in decoction form are used for the treatment of obstinate urinary diseases including diabetes mellitus.¹³²² It cures heart diseases, anemia, splenic enlargement, anorexia, tumour, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation, hiccup, and leucoderma.¹³²³ The plant as ointment is useful for the treatment of edema¹³²⁴ and erysipelas.¹³²⁵

Padmaka¹³²⁶, *Cāru, Hima, Kaidara, Kedarāja, Malaya, Maleyo, Padmagandhi, Padmakāṣṭha, Padmakṣa, Padmavṛkṣa, Pātalapuṣpavarṇaka, Pātalaputrasanibha, Pīta, Pītaka, Pītarakta, Rakta, Śītala, Śītavīrya, Śubha, Sugrabha, Suprabha*(Skt); the plant is found in temperate Himalayas from Garhwal to Sikkim; also in Ootacamund.¹³²⁷

In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus¹³²⁸ and obstinate skin diseases including leprosy.¹³²⁹ And also used externally for the treatment of tuberculosis.¹³³⁰ The plant is used for the treatment of fever associated with burning sensation¹³³¹ and *Raktapitta*.¹³³² With ghee cures epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.¹³³³ The plant as ointment is useful for the treatment of edema¹³³⁴ and erysipelas.¹³³⁵

¹³¹⁸ C.S. Sūtra. 3.24

¹³¹⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹³²⁰ C.S. Sūtra. 25.40

¹³²¹ C.S. Cikitsā. 26. 250-253

¹³²² Ibid.6. 27-29

¹³²³ Ibid. 12. 34-38

¹³²⁴ Ibid.12. 64-67

¹³²⁵ Ibid.21. 79

¹³²⁶ C.S. Sūtra. 3.24

¹³²⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹³²⁸ C.S. Cikitsā. 6. 27-29

¹³²⁹ Ibid.7. 68-69

¹³³⁰ Ibid.8. 82-86

¹³³¹ Ibid.3.258-259

¹³³² Ibid.4. 62-72

¹³³³ Ibid.9. 35-41

¹³³⁴ Ibid.12. 64-67

¹³³⁵ Ibid.21.77

*Nalada*¹³³⁶, *Jātamāṃsī*, *Jatila* (Skt); *Jātamāṃsī* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Tapasvinī*, *Jaṭāmāṃsī*, *Lomaśā*, *Jaṭilā*, *Miṣi*, *Miṣi*, *Misi*, *Miṣī*, *Maṣi*, *Maṣi*, *Masi*, *Maṣī*;¹³³⁷ *Naḍa*, *Nala*, *Dhamana*, *Poṭgala*.¹³³⁸ The plant is found in Alpine Himalayas, Kumaon, Sikkim and Bhutan.¹³³⁹

In decoction form is used for the treatment of fever.¹³⁴⁰ The plant is externally used for the treatment of obstinate skin diseases including leprosy.¹³⁴¹ The plant is useful for the treatment of epilepsy.¹³⁴² The plant as ointment is useful for the treatment of edema¹³⁴³ and erysipelas.¹³⁴⁴ This also cures all types of poisons.¹³⁴⁵ The oil roots are used for the treatment of asthma, heart disease, painful menstrual period and control low blood pressure.

*Jīvanī*¹³⁴⁶, *Jīvapūṣpa*, *Jīvana* (Skt); *Jivanī* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Jīvanī*, *Jīvanī*, *Jīvā*, *Jīvanīyā*, *Madhusravā*;¹³⁴⁷ popularly known as *Haraṇvel*, *Harṇdoḍī*. The plant is found in Sub Himalayan tracts of Punjab and Uttar Pradesh and Daccan Peninsula up to an altitude of 900 m.¹³⁴⁸

This is one of the *Jīvanīya Pañcamula*, the roots have rejuvenative power.¹³⁴⁹ The plant is used for aphrodisiac therapy.¹³⁵⁰ The plant is used for the treatment of fever,¹³⁵¹ jaundice, erysipelas and obstinate skin diseases including leprosy.¹³⁵² The leaves are useful for the treatment of piles.¹³⁵³ This can be used as vegetable.¹³⁵⁴ *Aṣṭāṃgahr̥daya Saṃhitā* reported it as one of the *Jīvanīya Pañcamula*; elevator of *Vāta* and *Pitta*.¹³⁵⁵ *Caraka* also tells the same.¹³⁵⁶ Taking the

¹³³⁶ C.S. Sūtra. 3.25

¹³³⁷ Amarkoṣa, 2.134

¹³³⁸ Ibid.2. 162

¹³³⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹³⁴⁰ C.S. Cikitsā. 3. 267

¹³⁴¹ Ibid.7. 87

¹³⁴² Ibid.10. 33

¹³⁴³ Ibid.12. 64-67

¹³⁴⁴ Ibid.21.77

¹³⁴⁵ Ibid.23. 54-60

¹³⁴⁶ C.S. Sūtra. 14. 36

¹³⁴⁷ Amarkoṣa, 2. 142

¹³⁴⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹³⁴⁹ C.S. Cikitsā. 1.41-57

¹³⁵⁰ Ibid.2.24-32

¹³⁵¹ Ibid.26.250-253

¹³⁵² Ibid.5. 118-121

¹³⁵³ Ibid.14. 122-125

¹³⁵⁴ C.S. Sūtra. 27. 98-113

¹³⁵⁵ A. S. Sūtra. 6. 170

juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.¹³⁵⁷ And also used externally for the treatment of tuberculosis.¹³⁵⁸ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹³⁵⁹ The roots of the plant are useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹³⁶⁰ *Jīvantī* is described as the best type of vegetable in *Aṣṭāṅgahṛdaya Saṃhitā*.¹³⁶¹

Vetra¹³⁶², *Vañjula* (Skt); *Veta* (Ass); the plant is found in Kashmir, Bihar, Uttar Pradesh and Himachal Pradesh.¹³⁶³

This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.¹³⁶⁴ The young spout is used to make curry.¹³⁶⁵ This is pungent, bitter and sour in taste, purgative; but aggravates *Vāta*;¹³⁶⁶ cures tumour,¹³⁶⁷ diarrhea¹³⁶⁸ and ulcer.¹³⁶⁹ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹³⁷⁰ The plant both externally and internally used for the treatment of obstinate skin diseases including leprosy.¹³⁷¹ This should be given to the person suffering from edema.¹³⁷² The plant is externally for the treatment of erysipelas.¹³⁷³

Priyangu¹³⁷⁴, *Visvakṣenakāntā*, *Gandhaphala* (Skt); Garakhiyā Pāṇ (Ass); *Amarkoṣa* has given various synonyms of this plant- *Śyāmā*, *Mahilāhvayā*, *Latā*, *Govandinī*, *Gundrā*, *Priyangu*,

¹³⁵⁶ C.S. Sūtra. 27. 98-113

¹³⁵⁷ C.S. Cikitsā. 1.4.6

¹³⁵⁸ Ibid.8. 89-102

¹³⁵⁹ Ibid.11. 35-43

¹³⁶⁰ Ibid. 11. 44-47

¹³⁶¹ A. S. Sūtra. 6. 124

¹³⁶² C.S. Sūtra. 3.26

¹³⁶³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹³⁶⁴ C.S. Sūtra. 27. 88-97

¹³⁶⁵ Ibid.

¹³⁶⁶ Ibid.27. 98-113

¹³⁶⁷ C.S. Cikitsā. 5. 69-70

¹³⁶⁸ Ibid.8. 129-131

¹³⁶⁹ Ibid.25. 86-94

¹³⁷⁰ Ibid.6. 30-32

¹³⁷¹ Ibid.7.152-156

¹³⁷² Ibid.12. 63

¹³⁷³ Ibid.21. 85-86

¹³⁷⁴ C.S. Sūtra. 3.26

*Phalinī, Phalī, Viṣvaksena, Gandhaphalī, Kārambhā.*¹³⁷⁵ An erect shrub 1.2-2.4 m. in height with branches having tomentose tips; found in Bengal, Assam and sub- Himalayan tracts up to 1800 m. elevation.¹³⁷⁶

It helps in alleviating *Raktapitta*.¹³⁷⁷ The plant is used for the management of miscarriage.¹³⁷⁸ The plant is used for the treatment of fever.¹³⁷⁹ The plant is used for the treatment of asthma, morbid thirst and burning sensation.¹³⁸⁰ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus¹³⁸¹ and obstinate skin diseases including leprosy.¹³⁸² epilepsy, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, unconsciousness and sterility of women.¹³⁸³ The plant is used for the treatment of epilepsy.¹³⁸⁴ The plant as ointment is useful for the treatment of edema.¹³⁸⁵ It also cures anorexia, obstruction to the stool, urine, flatus and eructation; upward movement to the wind, low power of digestion and heart diseases.¹³⁸⁶ This cures all kinds of poisons.¹³⁸⁷

Latā¹³⁸⁸, *Mañjiṣṭhā* (Skt); *Amarkoṣakāra* and other writers have given various synonyms of this plant- *Pātalī, Pātalā, Moghā, Amoghā. Kācha sthālī, Krishnavrintā, Kuverākṣi.*¹³⁸⁹ *Alipriyā, Viśālāgrā .*¹³⁹⁰ *Mañjiṣṭhā, Nīlikā.*¹³⁹¹ *Mañjiṣṭhā, Vikaṣā, Vikaśā, Jingī, Samangā, Kālameṣikā, Kālameṣikā, Maṇḍūkaparṇī, Maṇḍīrī, Bhaṇḍī, Yojanavallī, Yojanaparṇya, Raktā (Indu), Maṇḍirikā (Indu).* The plant found throughout India ascending to an altitude of 3700 m.¹³⁹²

¹³⁷⁵ Amarkoṣa, 2.55

¹³⁷⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹³⁷⁷ C.S. Sūtra.25.40

¹³⁷⁸ C.S. Śārīra. 8.24

¹³⁷⁹ C.S. Cikitsā. 26. 240-249

¹³⁸⁰ Ibid.4. 73-77

¹³⁸¹ Ibid.6. 30-32

¹³⁸² Ibid.7. 132

¹³⁸³ Ibid.9. 35-41

¹³⁸⁴ Ibid.9.69-73

¹³⁸⁵ Ibid.12. 64-67

¹³⁸⁶ Ibid.14. 153-157

¹³⁸⁷ Ibid.23. 54-60

¹³⁸⁸ C.S. Sūtra. 3.27

¹³⁸⁹ Amarkoṣa 2.54

¹³⁹⁰ Vācaspati

¹³⁹¹ Medinīkoṣa

¹³⁹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

The plant is used for the treatment of fever associated with burning sensation¹³⁹³ and *Raktapitta*.¹³⁹⁴ And, used for the treatment of obstinate urinary diseases including diabetes mellitus,¹³⁹⁵ anemia, leucoderma, enlargement of the inguinal gland, pimples, scabies and urticarial rash.¹³⁹⁶ The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹³⁹⁷ And also used externally for the treatment of tuberculosis.¹³⁹⁸ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, insanity, poisoning, unconsciousness and sterility of women.¹³⁹⁹ The plant is used for the treatment of epilepsy, insanity and fever.¹⁴⁰⁰ The plant is useful for cardiac disorders, bronchitis, consumption and phthisis.¹⁴⁰¹ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁴⁰² The bark of the plant as ointment is useful for the treatment of edema.¹⁴⁰³

Durvā¹⁴⁰⁴, *Sashravīrya*, *Śatavīrya*, *Sadvala* (Skt); *Dubariban* (Ass); *Amarkoṣa* has presented various synonyms of the plant- *Dūrvā*, *Śataparvikā*, *Śataparṇikā*, *Sahasravīryā*, *Bhārgavī*, *Ruhā* and *Anantā*.¹⁴⁰⁵ The white variety is known as - *Golomī*, *Śatavīryā*, *Gaṇḍālī*, *Śakulāksakā*.¹⁴⁰⁶ A prostrate extensively creeping, glabrous, highly branched perennial grass, rooting at every node; found throughout as wild and also cultivated for decorative purpose.¹⁴⁰⁷

The plant is Astringent, diuretic, antiecbolic, aperients, laxative, blood purifier; used for the treatment of Skin diseases, sex hormonal deficiency, fresh cuts and injuries, menstruation

¹³⁹³ C.S. Cikitsā. 3.258-259

¹³⁹⁴ Ibid.4. 73-77

¹³⁹⁵ Ibid.6. 38-39

¹³⁹⁶ Ibid.7. 65-67

¹³⁹⁷ Ibid. 7. 117-118

¹³⁹⁸ Ibid.8. 82-86

¹³⁹⁹ Ibid.9. 35-41

¹⁴⁰⁰ Ibid.9.69-73

¹⁴⁰¹ Ibid.11. 44-47

¹⁴⁰² Ibid.14. 162-168

¹⁴⁰³ Ibid.12. 68-69

¹⁴⁰⁴ C.S. Sūtra. 3.27

¹⁴⁰⁵ Amarkoṣa, 2. 158

¹⁴⁰⁶ Ibid.2. 158

¹⁴⁰⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

trouble, dropsy, anasarca, epilepsy, insanity, hysteria, dysentery, diarrhea, catarrh of ophthalmia, genitourinary troubles and diabetes. The plant is useful for the treatment of epilepsy, insanity, leucoderma and irregular fever.¹⁴⁰⁸ The plant is used for the treatment of fever associated with burning sensation¹⁴⁰⁹ and *Raktapitta*.¹⁴¹⁰ And also used externally for the treatment of tuberculosis.¹⁴¹¹ The plant is used externally for the treatment of erysipelas.¹⁴¹² The plant is very effective for the treatment of ulcers.¹⁴¹³ In various religious functions this is used.

Kāśa¹⁴¹⁴, *Bahuprajā*, *Bana*, *Bhadramuñja*, *Brāhmanya*, *Cakṣuveṣṭana*, *Darbhāvhyā*, *Dṛdhatrṇa*, *Durmula*, *Ikṣukāṇḍa*, *Mauñjī*, *Muñja*, *Muñjanaka*, *Muñjata*, *Rañjana*, *Śakrabhanga*, *Śara*, *Śiri*, *Sthuladarbhā*, *Sumekhala*, *Tejana*, *Tejanāvhyā*, *Tṛṇākhyā*, *Vaninaka* (Skt); *Kahuā* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Kāśa*, *Kāsa*, *Ikṣugandhā*, *Poṭagala*. The grass is found throughout India.¹⁴¹⁵

The plant is used for the treatment of fever associated with burning sensation¹⁴¹⁶ and *Raktapitta*.¹⁴¹⁷ And also used externally for the treatment of tuberculosis.¹⁴¹⁸ The stem is sweet and acrid, cooling, aphrodisiac; useful in thirst, burning sensations, erysipelas; good in diseases of blood, urinary complaints and eye troubles. *Aṣṭāṅgahrdaya Saṃhitā* reported it as one of the *Tṛṇa Pañcamula*; elevator of *Pitta*.¹⁴¹⁹ In *Atharvaveda* we find about its use for the treatment of *Jvara*, *Atisāra*, *Atimutra* and *Nāḍivraṇa* (ulcer). *Kauśikasūtra* also tells that the stem should wear by making thread. The shoots of *Muñja* are used for the sake of preparing medicines.¹⁴²⁰

Lāmājjaka¹⁴²¹, *Avadāhaka*, *Avadātaka*, *Dīrghamula*, *Iṣṭaka*, *Pathika*, *Jalāśaya*, *Jvaranakuśa*, *Laghu*, *Laya*, *Nalada*, *Sevya*, *Śīghra*, *Sunala*, *Sunīla* (Skt); *Amarkoṣa* has mentioned synonyms

¹⁴⁰⁸ C.S. Cikitsā. 10. 48-49

¹⁴⁰⁹ Ibid.3.258-259

¹⁴¹⁰ Ibid.4. 62-72

¹⁴¹¹ Ibid. 8. 82-86

¹⁴¹² Ibid.21. 77

¹⁴¹³ Ibid.24. 86-94

¹⁴¹⁴ C.S. Sūtra. 3. 27

¹⁴¹⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴¹⁶ C.S. Cikitsā. 3.258-259

¹⁴¹⁷ Ibid.4. 102-109

¹⁴¹⁸ Ibid.8. 89-102

¹⁴¹⁹ A. S. Sūtra. 6. 171

¹⁴²⁰ Kauśika Sūtra.

¹⁴²¹ C.S. Sūtra. 3.29

of this plant- *Vīraṇa*, *Vīratara*, *Kālā*, *Vālā*.¹⁴²² Roots- *Abhayā*, *Nalada*, *Uśīra*, *Seivya*, *Amṛṇāla*, *Lāmājjaka*, *Laghulaya*, *Avadāha*, *Iṣṭakāpatha*.¹⁴²³ *Suśruta Saṃhitā* mentioned the plant as- “*Lāmājjakam Suvāsam Syādmṛṇalam Layam laghum Iti Suśruta*”¹⁴²⁴ The grass is found in Himalayas from Kashmir to Assam, ascending up to more than 300 m. and in the South western plains.¹⁴²⁵

This grass is a blood purifier. It can be used in cough, chronic rheumatism and cholera. This aromatic grass is a tonic in dyspepsia. It is also used in fever. This helps in curing burning sensation, skin diseases and sweating.¹⁴²⁶ The plant is used for the treatment of obstinate skin diseases including leprosy.¹⁴²⁷ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁴²⁸ This cures poisoning by snake bite and rat bite and destroy all insects.¹⁴²⁹

Patra¹⁴³⁰, *Patra*, *Patraka*, *Tamālaptra*, *Tejapatra* (Skt); *Tejpāt* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Kālaskandha*, *Tamāla*, *Tapiccha*, *Tapiñja*.¹⁴³¹ A moderate sized evergreen tree 7.5 m. in height; found in Himalayas, in areas of 900- 2400 m. elevation.¹⁴³²

The leaves are used in the preparation of *Cyavanprāśa*. The leaves are also used as spice. The plant in decoction form is used for the treatment of fever¹⁴³³ and obstinate skin diseases including leprosy and leucoderma.¹⁴³⁴ This also cures asthma, vomiting, fainting, hiccup, hemoptysis, morbid thirst, pains in the sides of the chest, anorexia, rheumatic disorders, cough, consumption, hoarseness of voice, injury to the chest, diminution of the tissue elements,

¹⁴²² Amarkoṣa, 2. 164

¹⁴²³ Ibid. 2. 164.-165

¹⁴²⁴ S. S.

¹⁴²⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴²⁶ C.S. Sūtra.25.40

¹⁴²⁷ C.S. Cikitsā. 7. 43-49

¹⁴²⁸ Ibid.14. 162-168

¹⁴²⁹ Ibid.23. 95-100

¹⁴³⁰ C.S. Sūtra. 3.29

¹⁴³¹ Amarkoṣa 2.68

¹⁴³² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁴³³ C.S. Cikitsā. 3. 267

¹⁴³⁴ Ibid.7. 73-75

Raktapitta.¹⁴³⁵ It cures heart diseases, anemia, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation and hiccup.¹⁴³⁶ This is used for the treatment of asthma, anorexia, obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism and hyperacidity.¹⁴³⁷ The plant as ointment is useful for the treatment of edema.¹⁴³⁸ It also cures spure syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁴³⁹

*Medā*¹⁴⁴⁰, *Śalyaparṇī*, *Manicidra* (Skt); this is one of the *Jīvanīya Pañcamoola*, the roots have rejuvenative power.¹⁴⁴¹ Taking the juice of the leaves for six months with milk gives nourishment, longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.¹⁴⁴² The plant is used for aphrodisiac therapy.¹⁴⁴³ The plant in the decoction form cures fever, consumption, bronchitis, headache, pains in the sides of the chest and burning sensation¹⁴⁴⁴ constipation, colic pain, Asthma and *Raktapitta*.¹⁴⁴⁵ And also used externally for the treatment of tuberculosis.¹⁴⁴⁶ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract.¹⁴⁴⁷ The roots of the plant are useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.¹⁴⁴⁸ Along with other drugs this helps in stopping of grey hair.¹⁴⁴⁹

¹⁴³⁵ C.S. Cikitsā. 11.21-24

¹⁴³⁶ Ibid.12. 34-38

¹⁴³⁷ Ibid.12. 50-52

¹⁴³⁸ Ibid.12. 64-67

¹⁴³⁹ Ibid.14. 162-168

¹⁴⁴⁰ C.S. Sūtra. 4.9

¹⁴⁴¹ C.S. Cikitsā. 1.41-57

¹⁴⁴² Ibid.1.4.6

¹⁴⁴³ Ibid.2.24-32

¹⁴⁴⁴ Ibid.3.224-226

¹⁴⁴⁵ Ibid.4. 95-96

¹⁴⁴⁶ Ibid.8. 89-102

¹⁴⁴⁷ Ibid.11. 35-43

¹⁴⁴⁸ Ibid.11. 44-47

¹⁴⁴⁹ Ibid.26. 263-268

Mudgaparṇī¹⁴⁵⁰; *Amarkoṣa* has presented synonyms of the plant- *Mudgaparṇī*, *Kākamudgā* and *Sahā*.¹⁴⁵¹ The plant is found throughout India; up to an elevation of 2100 m. in the Northeast.¹⁴⁵²

This is counted among the *Madhyama Pañcamula*, elevator of *Vāta* and *Kapha*.¹⁴⁵³ The plant is used for the treatment of fever.¹⁴⁵⁴ The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹⁴⁵⁵ This also used for the treatment of fever, burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁴⁵⁶ It cures cough, hiccup, fever, asthma, burning sensation, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹⁴⁵⁷ The plant along with other drugs helps in stopping of grey hair.¹⁴⁵⁸

Māsaparṇī¹⁴⁵⁹, *Rṣyaprokta* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Hayapucchī*, *Kāambojī*, *Māṣaparṇī*, *Mahāsahā*;¹⁴⁶⁰ popularly known as *Rana uḍīd*. The plant is found in Punjab, eastwards to Bengal; extending southwards to Peninsular India.¹⁴⁶¹

This is counted among the *Madhyama Pañcamula*, elevator of *Vāta* and *Kapha*;¹⁴⁶² but *Caraka* reported it as aggravator of *Vāta*.¹⁴⁶³ This is heavy, ununctuous, sweet, cold in potency, purgative and used as vegetable.¹⁴⁶⁴ The plant is used for the treatment of fever,¹⁴⁶⁵ burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁴⁶⁶ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital

¹⁴⁵⁰ C.S. Sūtra. 4.9

¹⁴⁵¹ *Amarkoṣa*, 2.114

¹⁴⁵² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴⁵³ A.S. Sūtra. 6. 169

¹⁴⁵⁴ C.S. Cikitsā. 26. 240-249

¹⁴⁵⁵ *Ibid.*7. 123

¹⁴⁵⁶ *Ibid.*8. 106-110

¹⁴⁵⁷ *Ibid.*11. 35-43

¹⁴⁵⁸ *Ibid.*27. 263-268

¹⁴⁵⁹ C.S. Sūtra 4.9

¹⁴⁶⁰ *Amarkoṣa* 2.138

¹⁴⁶¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴⁶² A.S. Sūtra. 6. 169

¹⁴⁶³ C.S. Sūtra. 27. 98-113

¹⁴⁶⁴ *Ibid.*27. 98-113

¹⁴⁶⁵ C.S. Cikitsā. 26. 240-249

¹⁴⁶⁶ *Ibid.*8. 106-110

tract and urinary tract, and *Raktapitta*.¹⁴⁶⁷ The plant along with other drugs helps in stopping of grey hair.¹⁴⁶⁸

Kaṭurohinī¹⁴⁶⁹ *Sakulādanī, Ariṣṭa, Lāmbā, Katuka* (Skt); *Ariṣṭa* (Ass); *Amarkoṣakāra* and other writers have given various synonyms of this plant- *Ariṣṭa, Phenila*.¹⁴⁷⁰ *Kaṭu, Kaṭambhara, Kaṭambara, Aśokārohiṇī, Vyastampīda, Kaṭurohiṇī, Matsyapittā, Chakrāṅgī, Śakulādanī* ;¹⁴⁷¹ *Vañjuladruma*,¹⁴⁷² *Kṛṣṇabhedī, Kṛṣṇabhedā, Chaṇḍaruhā*,¹⁴⁷³ popularly known as *Reethā, Kedāraḷakṭī*. The plant is found in the Alpine Himalayas from Kashmira to Sikkim.¹⁴⁷⁴

This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.¹⁴⁷⁵ In decoction form or other it is used for the treatment of irregular fever.¹⁴⁷⁶ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest¹⁴⁷⁷ and tumour.¹⁴⁷⁸ The leaves of the plant is used in the preparation of medicated ghee and cures chronic fever, headache, burning sensation and controls digestive power;¹⁴⁷⁹ cures obstinate skin diseases including leprosy, obstinate abdominal disease including ascites, dark spots on the face, edema, anemia, leucoderma, splenic disorders, insanity,¹⁴⁸⁰ morbid thirst, colic pain, giddiness, fainting and anorexia.¹⁴⁸¹ The plant is used for the treatment of obstinate skin diseases including Diabetes mellitus,¹⁴⁸² obstinate skin diseases including leprosy, erysipelas, gout, fever, burning sensation, abscess and pustular eruptions.¹⁴⁸³ It also cures edema,¹⁴⁸⁴ epilepsy, insanity and also improves memory and intellect.¹⁴⁸⁵ The plant is useful for abdominal diseases.¹⁴⁸⁶ The plant is

¹⁴⁶⁷ C.S. Cikitsā. 11. 35-43

¹⁴⁶⁸ Ibid.26. 263-268

¹⁴⁶⁹ C.S. Sūtra 4.9

¹⁴⁷⁰ Amarkoṣa, 2.31

¹⁴⁷¹ Ibid.2. 85

¹⁴⁷² Rabhasa

¹⁴⁷³ Nighaṇṭu

¹⁴⁷⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴⁷⁵ C.S. Sūtra. 27.88-97

¹⁴⁷⁶ C.S. Cikitsā. 3. 200-203

¹⁴⁷⁷ Ibid.3. 204-206

¹⁴⁷⁸ Ibid.5. 59-60

¹⁴⁷⁹ Ibid.3.219-221

¹⁴⁸⁰ Ibid.5. 106-109

¹⁴⁸¹ Ibid.5. 115-117

¹⁴⁸² Ibid.6. 41-44

¹⁴⁸³ Ibid.7. 136-139

¹⁴⁸⁴ Ibid.12.21

¹⁴⁸⁵ Ibid.9. 45-48

used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.¹⁴⁸⁷

Pāṭhā¹⁴⁸⁸, *Ambaṣṭhaki*, *Banaparṇī*, *Uttānaparṇa*, *Kucela*, *Ekaisika* (Skt); *Ṭubukālatā*, *Ṭupurīlatā* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Pāṭhā*, *Ambaṣṭhā*, *Viddhakarṇī*, *Aviddhakarṇī*, *Sthāpanī*, *Śreyasī*, *Rasā*, *Ekāṣṭlīlā*, *Pāpachelī*, *Prāchīnā*, *Vanatiktikā*.¹⁴⁸⁹ This plant is found in Tropical and Sub tropical India.¹⁴⁹⁰

This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.¹⁴⁹¹ Roots are used for the treatment of jaundice, irregularity of menstrual problem. It alleviates the problems of *Vāta* and *Pitta*.¹⁴⁹² The plants are used as vegetable.¹⁴⁹³ In decoction form or other it is used for the treatment of fever¹⁴⁹⁴ and irregular fever.¹⁴⁹⁵ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.¹⁴⁹⁶ The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹⁴⁹⁷ The plant is useful for epilepsy.¹⁴⁹⁸ It cures heart diseases, anemia, edema, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, tumour, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation, hiccup, and leucoderma.¹⁴⁹⁹ The plant is used for the treatment of piles.¹⁵⁰⁰ It also cures anorexia, obstruction to the stool, urine, flatus and eructation; upward movement to the wind, low power of digestion and heart diseases.¹⁵⁰¹

¹⁴⁸⁶ C.S. Cikitsā. 13.133-136

¹⁴⁸⁷ Ibid.14. 234-242

¹⁴⁸⁸ C.S. Sūtra. 23.10

¹⁴⁸⁹ Amarkoṣa 2.84-85

¹⁴⁹⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁴⁹¹ C.S. Sūtra. 27.88-97

¹⁴⁹² A.V. 2.4.9.1

¹⁴⁹³ C.S. Sūtra. 27.88-97

¹⁴⁹⁴ C.S. Cikitsā. 3. 197-199

¹⁴⁹⁵ Ibid.3. 200-203

¹⁴⁹⁶ Ibid.3. 204-206

¹⁴⁹⁷ Ibid.7. 102-104

¹⁴⁹⁸ Ibid.10. 19-24

¹⁴⁹⁹ Ibid.12. 34-38

¹⁵⁰⁰ Ibid.14. 62-64

¹⁵⁰¹ Ibid.14. 153-157

*Śālmali*¹⁵⁰², *Mocarasa* (Skt); *Simalu*, *Himalu* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Picchila*, *Puranī*, *Mocā*, *Sthirāyu*, *Śālmali*, *Śālpali*, *Śālmala*.¹⁵⁰³ This is popularly known as *Śāambarī*. A tall deciduous tree with straight buttressed trunk having a clear bole of 24-30 m. and spreading branches; found throughout India, in forests up to an elevation of about 1500 m. and also raised in plantains.¹⁵⁰⁴

The flower of this plant is heavy, ununctuous, sweet; cold in potency and purgative but aggravates *Vāta* and used as vegetables; helps in bowel binding and cures *Raktapitta*.¹⁵⁰⁵ The plant is used for the treatment of fever associated with burning sensation.¹⁵⁰⁶ It along with other plant drugs used for the treatment of bleeding piles, blood diarrhea and blood diseases.¹⁵⁰⁷ The flower of the plant is used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.¹⁵⁰⁸ Thorns with milk by making paste should be applied in the skin. It helps in removing pimples from the skin.

*Kaṭphala*¹⁵⁰⁹, *Aranya*, *Bhadrañjaka*, *Bhadravatī*, *Kahakumbhī*, *Kaidaryama*, *Kaitarya*¹⁵¹⁰, *Kṛṣṇagarbhā*, *Kumbhī*, *Kumbhika*, *Kumbhipākī*, *Kuṃblī*, *Kumuda*, *Koiuphal*, *Kumudika*, *Mahākumbha*, *Mahāvalkala*, *Nasany*, *Pracetāsī*, *Puruṣa*, *Rāmasenaka*, *Rohinī*, *Śrīparṇika*, *Śrīparṇī*, *Somavṛkṣa*, *Somavṛkṣa*, *Tvakaphala*, *Uragandhā*, *Kāyaphal*, *Somavalka*, *Bhadra*, *Kumbhika*, *Kaitarayam*. (Skt); *Nāgātengā* (Ass); the plant is found in the Sub-tropical Himalayas from the Ravi eastwards at 900-2100 m.¹⁵¹¹

The plant is bitter in taste. Stem bark and fruits are mainly used in diabetes with other plant drugs. The barks are used for the treatment of cough, fever, dental problem and inhalation problem. The plant is used for the treatment of *Raktapitta*, Asthma, morbid thirst and burning sensation.¹⁵¹² The plant in decoction form is used for the treatment of obstinate urinary diseases

¹⁵⁰² C.S. Sūtra. 4.9

¹⁵⁰³ Amarkoṣa, 2.46

¹⁵⁰⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁵⁰⁵ C.S. Sūtra. 27. 98-113

¹⁵⁰⁶ C.S. Cikitsā. 3.258-259

¹⁵⁰⁷ Ibid. 14. 188-192

¹⁵⁰⁸ Ibid.14. 234-242

¹⁵⁰⁹ C.S. Sūtra. 4.9

¹⁵¹⁰ Ibid. 4.10

¹⁵¹¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁵¹² C.S. Cikitsā. 4. 73-77

including diabetes mellitus.¹⁵¹³ The plant used externally for the treatment of obstinate skin diseases including leprosy.¹⁵¹⁴ The plant is used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion;¹⁵¹⁵ cure poison.¹⁵¹⁶

*Ātirasa*¹⁵¹⁷ *Abhīru*¹⁵¹⁸, *Śatamūla*, *Śatavīrya*, *Bahusutra*, *Indīvarī*, *Pivārī*, *Śatapadī*, *Mahodarī*, *Nārāyaṇī*, *Rṣyaprokta*, *Urdhakarṇika*, *Ṛddhi*, *Mahāpusadanta* (Skt); *Śatamūla* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Śatamūlī*, *Bahusuta*, *Abhīru*, *Indīvarī*, *Varī*, *Rṣyaprokta*, *Abhīrupatrī*, *Nārāyaṇī*, *Śatāvarī*; popularly known as ¹⁵¹⁹*Sahasramūlī*, *Śatāvarī*. *Amarkoṣakāra* has again mentioned synonyms of this plant- *Ātmaguptā*, *Jahā*, *Ajahā*, *Avyaṇḍā*, *Kaṇḍurā*, *Kapikacchu*, *Pravriṣāyaṇī*, *Rṣyaproktā*, *Śukaśimbī*, *Markaṭī*, *Śukaśimbā*;¹⁵²⁰ popularly known as *Kuvalī*, *Kuhirī*. An extensively scandent, much branched, spiny twiner, distributed in tropical and sub tropical parts of India including the Andamans and ascending in the Himalayas up to an altitude 1500 m.¹⁵²¹ This can be used as vegetable.¹⁵²²

Caraka has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.¹⁵²³ This is one of the *Jīvanīya Pañcamoola*, the roots have rejuvenative power.¹⁵²⁴ Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.¹⁵²⁵ The plant is used for aphrodisiac therapy,¹⁵²⁶ fever,¹⁵²⁷ Asthma, flatulence, constipation, colic pain, constipation, *Raktapitta*,¹⁵²⁸ tumour and diseases caused by *Pitta*.¹⁵²⁹ And also used externally for the treatment of

¹⁵¹³ C.S. Cikitsā. 6. 27-29

¹⁵¹⁴ Ibid.7. 102-104

¹⁵¹⁵ Ibid.14. 234-242

¹⁵¹⁶ Ibid.23. 65-69

¹⁵¹⁷ C.S. Sūtra. 4.10

¹⁵¹⁸ A. S. Sūtra. 6. 170

¹⁵¹⁹ Amarkoṣa, 2. 100-101

¹⁵²⁰ Ibid.2.86-87

¹⁵²¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁵²² C.S. Sūtra. 27. 98-113

¹⁵²³ Ibid.27.125-165

¹⁵²⁴ C.S.Cikitsā. 1.41-57

¹⁵²⁵ Ibid.1.4.6

¹⁵²⁶ Ibid.2.24-32

¹⁵²⁷ Ibid.26. 250-253

¹⁵²⁸ Ibid.4. 95-96

¹⁵²⁹ Ibid.5. 123-125

tuberculosis.¹⁵³⁰ The plant is useful for the treatment of epilepsy.¹⁵³¹ It cures cough, hiccup, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract.¹⁵³² *Aṣṭāṅgahṛdaya Saṃhitā* counted this among the *Jīvanīya Pañcamula*; elevator of *Vāta* and *Pitta*.¹⁵³³ It is a boon to the lactating mothers as it increases milk.

Vṛkṣāmla¹⁵³⁴, *Āmlīka* (Skt); *Teteli* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Tintidī*, *Tintilī*, *Āmlīkā*, *Cāmlīkā*, *Ciñcā*, *Tintidikā*, *Kapipriyā*.¹⁵³⁵ The plant is distributed throughout the plains and the Sub Himalayan tracts of India.¹⁵³⁶

Caraka has included this in *Phalavarga*¹⁵³⁷ and this can be used as vegetable, sour in taste, light, unctuous, not very hot in potency, bowel binding, beneficial for sprue, piles and alcoholism; alleviate *Vāta* and *Kapha*.¹⁵³⁸ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.¹⁵³⁹ It cures diarrhea, edema and heart diseases.¹⁵⁴⁰ The leaves are useful for the treatment of piles.¹⁵⁴¹ It cures blood diarrhea, colic pain and dysentery.¹⁵⁴² The fruits are used against stomach problem in general, high blood pressure, eczema, cough. But taking of it in much quantity can cause jaundice. The fruits help in removing constipation.¹⁵⁴³

Mātulanga¹⁵⁴⁴, *Numbuka* (Skt); *Amarkoṣa* has given synonyms of this plant- *Mātulaputraka*, *Phalapuura*, *Bijapuura*, *Rucaka*, *Mātulanga*, *Mātulinga*.¹⁵⁴⁵ An evergreen armed shrub with

¹⁵³⁰ C.S. Cikitsā.8. 77-81

¹⁵³¹ Ibid.10. 33

¹⁵³² Ibid.11. 35-43

¹⁵³³ A. S. Sūtra. 6. 170

¹⁵³⁴ C.S. Sūtra. 4.11

¹⁵³⁵ Amarkoṣa 2.43

¹⁵³⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁵³⁷ C.S. Sūtra. 27.125-165

¹⁵³⁸ Ibid.27. 114-124

¹⁵³⁹ C.S. Cikitsā. 9. 52-56

¹⁵⁴⁰ Ibid.12. 60-61

¹⁵⁴¹ Ibid.14. 122-125

¹⁵⁴² Ibid.14. 199-201

¹⁵⁴³ A. S. Sūtra. 6. 136

¹⁵⁴⁴ C.S. Sūtra. 4.11

¹⁵⁴⁵ Amarkoṣa, 2.78

straggling thorny branches; found throughout India, in forests along streams, in areas up to 1200 m. elevation.¹⁵⁴⁶

Caraka has included this in *Phalavarga*; useful for anorexia, constipation, diseases due to the vitiation of *Vāta* and *Kapha*.¹⁵⁴⁷ The plant in decoction form is used for the treatment of fever,¹⁵⁴⁸ diarrhea.¹⁵⁴⁹ The plant in decoction form is used for the treatment of pain, tumour, piles, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.¹⁵⁵⁰ The leaves are used for the treatment of hiccup and Asthma.¹⁵⁵¹

Gaṇḍīra¹⁵⁵², *Sihunda*, *Simhunda*, *Snuhī*, *Tridharaka*, *Vajra*, *Vajrī*, *Vajrakaṇṭaka*, *Tridhārā* (Skt); *Kektās* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Sihunda*, *Śrīhuṇḍa*, *Vajradruma*, *Vajra*, *Snuk*, *Snuhī*, *Snuhi*, *Snuhā*, *Guḍā*, *Guḍī*, *Samantadugdhā* ;¹⁵⁵³ popularly known as *Gaṇḍīra*, *Samaṣṭīlā*, *Kadū*, *Sūraṇ*.¹⁵⁵⁴ A small armed tree with whorled fleshy branches; found throughout the hotter parts of India in areas up to 600 m. in elevation.¹⁵⁵⁵

It can be used as vegetable and alleviates *Kapha*¹⁵⁵⁶ and *Vata*; is hot, in potency, unctuous, pungent in taste.¹⁵⁵⁷ The plant in decoction form is used for the treatment of fever.¹⁵⁵⁸ The plant is useful for the treatment of edema, piles, parasitic infection, obstinate skin diseases including leprosy, obstinate urinary diseases including diabetes mellitus, emaciation and hiccup.¹⁵⁵⁹ The plant is useful for abdominal diseases.¹⁵⁶⁰ In *Nighaṇṭu* the plant is described as purgative, pungent, digestive, bitter, heavy, and is said to be useful in constipation, flatulence, distension, swellings, abdominal enlargements, rheumatism, spleen, leprosy, mania and jaundice. The whole plant is used as purgative, dropsy, deafness, amaurosis, and fever.

¹⁵⁴⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁵⁴⁷ C.S. Sūtra. 27.125-165

¹⁵⁴⁸ C.S. Cikitsā. 3. 267

¹⁵⁴⁹ Ibid.8. 129-131

¹⁵⁵⁰ Ibid.9. 52-56

¹⁵⁵¹ Ibid.17. 94-99

¹⁵⁵² C.S. Sūtra. 4.11

¹⁵⁵³ Amarkoṣa, 2.105

¹⁵⁵⁴ Ibid.2.157

¹⁵⁵⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁵⁵⁶ C.S. Sūtra. 27. 98-113

¹⁵⁵⁷ Ibid.27. 166-177

¹⁵⁵⁸ C.S. Cikitsā. 3. 267

¹⁵⁵⁹ Ibid.12. 29-31

¹⁵⁶⁰ Ibid.13.146- 174

Vīrana¹⁵⁶¹, **Uśīra**, **Amṛṇāla**¹⁵⁶²(Skt); **Khusmus** (Ass); a grass; found all over India.¹⁵⁶³ This helps in curing burning sensation, skin diseases and sweating.¹⁵⁶⁴ In decoction form or other it is used for the treatment of fever¹⁵⁶⁵ and erysipelas.¹⁵⁶⁶ The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power.¹⁵⁶⁷ And also used for **Raktapitta**, Asthma and morbid thirst.¹⁵⁶⁸ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁵⁶⁹ The plant both externally and internally used for the treatment of obstinate skin diseases including leprosy.¹⁵⁷⁰ And also used externally for the treatment of tuberculosis.¹⁵⁷¹ The plant is useful for the treatment of epilepsy;¹⁵⁷² cardiac disorders, dysuria, piles, bronchitis, consumption and phthisis.¹⁵⁷³

Kirātatikta¹⁵⁷⁴, **Bhunimba** (Skt); **Ciratā** (Ass); **Amarkoṣa** has presented various synonyms of this plant- **Kirātatikta**, **Ciratikta**, **Cirātikta**.¹⁵⁷⁵ An erect, branched annual herb; found in the plains throughout India; also in forests as undergrowth.¹⁵⁷⁶

The whole plant is bitter in taste, good appetizer, increase eye sight and kill worms and parasites. In decoction form or other it is used for the treatment of fever.¹⁵⁷⁷ In decoction form or other it is used for the treatment of **Sannipāta** type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest,¹⁵⁷⁸ **Raktapitta**¹⁵⁷⁹ and erysipelas.¹⁵⁸⁰ The plant is used for the treatment of obstinate skin diseases including Diabetes

¹⁵⁶¹ C.S. Sūtra. 4.12

¹⁵⁶² Ibid.3.26

¹⁵⁶³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁵⁶⁴ C.S. Sūtra.25.40

¹⁵⁶⁵ C.S. Cikitsā. 3. 197-199

¹⁵⁶⁶ Ibid. 21. 54-61

¹⁵⁶⁷ Ibid.3.219-221

¹⁵⁶⁸ Ibid.4. 73-77

¹⁵⁶⁹ Ibid.6.27-29

¹⁵⁷⁰ Ibid.7.152-156

¹⁵⁷¹ Ibid.8. 82-86

¹⁵⁷² Ibid. 10. 46-47

¹⁵⁷³ Ibid.11. 44-47

¹⁵⁷⁴ C.S. Sūtra. 4.12

¹⁵⁷⁵ Amarkoṣa 2. 143

¹⁵⁷⁶ Reviess on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁵⁷⁷ C.S. Cikitsā. 3. 197-199

¹⁵⁷⁸ Ibid.3. 204-206

¹⁵⁷⁹ Ibid.4. 73-77

¹⁵⁸⁰ Ibid.21. 54-61

mellitus;¹⁵⁸¹ obstinate skin diseases including leprosy, erysipelas, piles, sprue syndrome, anemia, edema, itching, scabies, scrofula, pimples, fever and insanity;¹⁵⁸² tuberculosis, burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁵⁸³

Elāvaluka¹⁵⁸⁴; *Amarkoṣa* has presented synonyms of this plant- *Elāvaluka*, *Eleya*, *Sugandhi*, *Harivāluka*, *Vāluka*;¹⁵⁸⁵ popularly known as *Vāluka*, *Kankaḍī*. The plant is used for the treatment of epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.¹⁵⁸⁶ The leaves of the plant as ointment are useful for the treatment of edema.¹⁵⁸⁷ This is also used for the treatment of sprue syndrome, anemia, heart diseases, splenic disorders, tumour, obstinate abdominal diseases including ascites, obstinate skin diseases including leprosy, anorexia, jaundice, leucoderma, parasitic infection, adenitis, freckles, tuberculosis and fever.¹⁵⁸⁸ This is sperm purificator.¹⁵⁸⁹

Paruṣaka¹⁵⁹⁰, *Caraka* has included this plant in *Phalavarga*; alleviates *Vāta* and *Pitta*.¹⁵⁹¹ But in the same verse it is described as aggravator of *Pitta* and *Kapha*.¹⁵⁹² Such a contradictory view has been found. In decoction form or other it is used for the treatment of irregular fever;¹⁵⁹³ tumour and diseases caused by *Pitta*.¹⁵⁹⁴ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹⁵⁹⁵ The bark of the plant as ointment is useful for the treatment of edema.¹⁵⁹⁶

¹⁵⁸¹ C.S. Cikitsā. 6. 41-44

¹⁵⁸² Ibid.7. 140-143

¹⁵⁸³ Ibid.8. 106-110

¹⁵⁸⁴ C.S. Sūtra. 4.12

¹⁵⁸⁵ *Amarkoṣa*, 2.121

¹⁵⁸⁶ C.S. Cikitsā. 9. 35-41

¹⁵⁸⁷ Ibid.12. 71-73

¹⁵⁸⁸ Ibid. 14.138-143

¹⁵⁸⁹ C.S. Sūtra. 4.12

¹⁵⁹⁰ Ibid.4.13

¹⁵⁹¹ Ibid.27. 125-165

¹⁵⁹² Ibid.27. 125-165

¹⁵⁹³ C.S. Cikitsā. 3. 204-206

¹⁵⁹⁴ Ibid.5. 123-125

¹⁵⁹⁵ Ibid. 11. 35-43

¹⁵⁹⁶ Ibid.12. 68-69

Durālābha¹⁵⁹⁷, *Dhanvayāsaka* (Skt); *Amarkoṣa* mentioned synonyms of this plant- *Yāsa*, *Yavāsa*, *Duḥsparśa*, *Dhanvayāsa*, *Dhanuryāsa*, *Kunāsaka*, *Rodanī*, *Codanī*, *Kachurā*, *Anantā*, *Samudrāntā*, *Durālabhā*.¹⁵⁹⁸ The plant is found in Western India; upper Gangetic plains and Penisular India.¹⁵⁹⁹

Durālābha helps in alleviating *Kapha* and *Pitta*.¹⁶⁰⁰ In decoction form or other it is used for the treatment of fever,¹⁶⁰¹ *Raktapitta*,¹⁶⁰² jaundice, erysipelas and obstinate skin diseases including leprosy,¹⁶⁰³ piles, sprue syndrome, anemia, edema, itching, scabies, scrofula, pimples, fever and insanity.¹⁶⁰⁴ It also cures anorexia, obstruction to the stool, urine, flatus and eructation; upward movement to the wind, low power of digestion, heart diseases¹⁶⁰⁵ and erysipelas.¹⁶⁰⁶ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders,¹⁶⁰⁷ burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁶⁰⁸ The plant is useful for epilepsy.¹⁶⁰⁹

Padmā¹⁶¹⁰, *Bhārngī*, *Kharaśāka*, *Angārvallī* (Skt); *Nāngal bhāngā* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Avyathā*, *Aticharā*, *Padmā*, *Chāraṭī*, *Padmachāriṇī*, *Sthalakamalinī*.¹⁶¹¹ A slightly woody shrub with bluntly quadrangular stems and branches; found throughout in India, in forests up to 1500 m. in elevation.¹⁶¹²

The roots of the plants are used for the treatment of urinary disorders including diabetes. It is described as a celestial drug.¹⁶¹³ The plant is used for the treatment of fever associated with burning sensation;¹⁶¹⁴ obstinate skin diseases including leprosy.¹⁶¹⁵ The plant is useful for

¹⁵⁹⁷ C.S. Sūtra. 4.14

¹⁵⁹⁸ *Amarkoṣa*, 2. 91-92

¹⁵⁹⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁰⁰ C.S. Sūtra.25.40

¹⁶⁰¹ C.S. Cikitsā. 3. 197-199

¹⁶⁰² *Ibid.*4. 73-77

¹⁶⁰³ *Ibid.*5. 118-121

¹⁶⁰⁴ *Ibid.*7. 140-143

¹⁶⁰⁵ *Ibid.*14. 153-157

¹⁶⁰⁶ *Ibid.*21. 54-61

¹⁶⁰⁷ *Ibid.* 8. 89-102

¹⁶⁰⁸ *Ibid.*8. 106-110

¹⁶⁰⁹ *Ibid.*10. 19-24

¹⁶¹⁰ C.S. Sūtra. 4.15

¹⁶¹¹ *Amarkoṣa*, 2.146

¹⁶¹² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁶¹³ C.S. Cikitsā. 1.4.7

¹⁶¹⁴ *Ibid.*3.258-259

epilepsy.¹⁶¹⁶ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹⁶¹⁷

Plākṣa¹⁶¹⁸; *Amarkoṣa* has given various synonyms of this plant- *Plākṣa*, *Jaṭī*, *Parkatī*, *Parkati*;¹⁶¹⁹ popularly known as *Pimparī*. The plant is found in the plains and lower hills of India.¹⁶²⁰ This is included in *Phalavarga* by *Caraka*.¹⁶²¹ The leaves of this plant are astringent, sour, sweet, heavy, bowel binding, cold in potency and used in the treatment of *Paittika* type of diarrhea.¹⁶²² The plant is used for the treatment of fever associated with burning sensation;¹⁶²³ bark as ointment is useful for the treatment of edema¹⁶²⁴ and erysipelas.¹⁶²⁵ It stops bleeding of piles.¹⁶²⁶

Vaṭa¹⁶²⁷ *Nyāgrodha* (Skt); *Vaṭ* (Ass); a very large tree up to 30m in height with widely spreading branches bearing many aerial roots functioning as prop roots; found in the Sub Himalayan tract and Penisular India; also planted in the road sides and gardens.¹⁶²⁸

This is included in *Phalavarga* by *Caraka*.¹⁶²⁹ The leaves of this plant are astringent, sour, sweet, heavy, bowel binding, cold in potency and used in the treatment of *Paittika* type of diarrhea.¹⁶³⁰ The bud of this plant with other drugs or alone is used for the management of miscarriage.¹⁶³¹ The plant is used for the treatment of fever associated with burning

¹⁶¹⁵ C.S. Cikitsā. 6. 41-44

¹⁶¹⁶ Ibid.10. 19-24

¹⁶¹⁷ Ibid.11. 35-43

¹⁶¹⁸ C.S. Sūtra. 4.15

¹⁶¹⁹ Amarkoṣa 2.32

¹⁶²⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶²¹ C.S. Sūtra. 27. 125-165

¹⁶²² Ibid.27. 98-113

¹⁶²³ C.S. Cikitsā. 3.258-259

¹⁶²⁴ Ibid.12. 68-69

¹⁶²⁵ Ibid.21.85

¹⁶²⁶ Ibid.14. 214

¹⁶²⁷ C.S. Sūtra. 4.15

¹⁶²⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶²⁹ C.S. Sūtra. 27. 125-165

¹⁶³⁰ Ibid.27. 98-113

¹⁶³¹ C.S. Śārīra. 8.24

sensation¹⁶³² and *Raktapitta*.¹⁶³³ The bark of the plant as ointment is useful for the treatment of edema.¹⁶³⁴

*Udumbara*¹⁶³⁵; *Amarkoṣa* has given various synonyms of this plant- *Udumbara*, *Jantuphala*, *Yajnānga*, *Hemadugdhaka*; popularly known as *Umbara*¹⁶³⁶ A moderate to large-sized spreading laticiferous, deciduous tree without many prominent aerial roots; found throughout India; grow wild in forests and hills. Often found in subterranean water streams.¹⁶³⁷

This is included in *Phalavarga* by *Caraka*.¹⁶³⁸ The leaves of this plant are astringent, sour, sweet, heavy, bowel binding, cold in potency and used in the treatment of *Paittika* type of diarrhea.¹⁶³⁹ The dried tender fruit of this plant is used for the management of miscarriage.¹⁶⁴⁰ The plant is used for the treatment of fever associated with burning sensation¹⁶⁴¹ and *Raktapitta*.¹⁶⁴² The bark of the plant as ointment is useful for the treatment of edema.¹⁶⁴³ In *Atharvaveda* the name of this plant is found.

*Aśvattha*¹⁶⁴⁴, *Bodhi* (Skt); *Āhat* (Ass); *Amarakoṣa* has been given various synonyms of this plant- *Bodhidruma*, *Chadala*, *Pippala*, *Kunjarāsana*, *Aśvatha*¹⁶⁴⁵ A large deciduous tree with few or no aerial roots; found in the Sub Himalayan tracts, Central and South India; planted throughout India as avenue tree.¹⁶⁴⁶

This is included in *Phalavarga* by *Caraka*.¹⁶⁴⁷ The leaves of this plant are astringent, sour, sweet, heavy, bowel binding, cold in potency and used in the treatment of *Paittika* type of diarrhea.¹⁶⁴⁸ The plant is used for the treatment of fever associated with burning

¹⁶³² C.S. Cikitsā. 3.258-259

¹⁶³³ Ibid.4. 73-77

¹⁶³⁴ Ibid.12. 68-69

¹⁶³⁵ C.S. Sūtra. 4.15

¹⁶³⁶ Amarkoṣa 2.21

¹⁶³⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶³⁸ C.S. Sūtra. 27. 125-165

¹⁶³⁹ Ibid.27. 98-113

¹⁶⁴⁰ C.S. Śārīra. 8.24

¹⁶⁴¹ Ibid.3.258-259

¹⁶⁴² Ibid.4. 73-77

¹⁶⁴³ Ibid.12. 68-69

¹⁶⁴⁴ C.S. Sūtra. 4.15

¹⁶⁴⁵ Amarkoṣa, 2.20

¹⁶⁴⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁴⁷ C.S. Sūtra. 27. 125-165

¹⁶⁴⁸ Ibid.27. 98-113

sensation.¹⁶⁴⁹ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁶⁵⁰ Barks as ointment are useful for the treatment of edema.¹⁶⁵¹

*Nalina*¹⁶⁵², *Saptapatraka*, *Padma*, *Abja*, *Biṣa*, *Pañkaja* (Skt); *Padum phūl*, *Padma*, *Abja*(Ass); the plant is found throughout the warmer parts of India up to 1800 m.¹⁶⁵³

This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.¹⁶⁵⁴ The leave of this plant are astringent, bowel binding, cold in potency and used in the treatment of *Paittika* type of diarrhea.¹⁶⁵⁵ Pollens of the flowers are used for the management of miscarriage;¹⁶⁵⁶ *Raktapitta*;¹⁶⁵⁷ piles, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.¹⁶⁵⁸ The plant is used for the treatment of fever associated with burning sensation.¹⁶⁵⁹ In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁶⁶⁰

*Tāmlalkī*¹⁶⁶¹ *Bhumi āmalakī*, *Bhudhātrī* (Skt); *Bhui āmlakhi*, *Māṭi āmalakhi*, *Bhumi āmalakhi* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Vitunnaka*, *Jhaṭāmalā*, *Ajjjhaṭā*, *Tālī*, *Śivā*, *Tāmalakī*, *Bhumi āmalakī*.¹⁶⁶² The plant is used in the preparation of medicated ghee and cures chronic fever, bronchitis, headache, pains in the sides of the chest, burning sensation and controls digestive power; ¹⁶⁶³ cures jaundice, erysipelas and obstinate skin diseases including leprosy.¹⁶⁶⁴ This along with ghee is also used for the treatment of fever, burning sensation,

¹⁶⁴⁹ C.S. Cikitsā. 3.258-259

¹⁶⁵⁰ Ibid. 6. 30-32

¹⁶⁵¹ Ibid.12. 68-69

¹⁶⁵² C.S.Sūtra. 4.15

¹⁶⁵³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁵⁴ C.S. Sūtra. 27. 98-113

¹⁶⁵⁵ Ibid.27. 98-113

¹⁶⁵⁶ C.S. Śārīra. 8.24

¹⁶⁵⁷ C.S. Cikitsā. 4. 62-72

¹⁶⁵⁸ Ibid.14. 234-242

¹⁶⁵⁹ Ibid.3.258-259

¹⁶⁶⁰ Ibid.6. 30-32

¹⁶⁶¹ C.S. Sūtra. 4.15

¹⁶⁶² Amarkoṣa, 2. 127

¹⁶⁶³ C.S.Cikitsā. 3.219-221

¹⁶⁶⁴ Ibid. 5. 118-121

giddiness, headache, morbid thirst and diarrhea.¹⁶⁶⁵ It cures cough, hiccup, asthma, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.¹⁶⁶⁶

Puškarmūla¹⁶⁶⁷, *Kasarī* (Skt); the plant is found in the temperate and Alpine Himalyas from Chitral to Nepal at 1500- 4200 m.¹⁶⁶⁸

The plant with other plant is used for the treatment of urinary disorders including diabetes. This helps in curing hiccup, cough, chest pain.¹⁶⁶⁹ In decoction form or other it is used for the treatment of Sannipāta type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.¹⁶⁷⁰ Seeds are used for the treatment of fever associated with burning sensation¹⁶⁷¹ and tumour.¹⁶⁷² The plant is used for the treatment of obstinate skin diseases including Diabetes mellitus.¹⁶⁷³ And also used externally for the treatment of tuberculosis, dyspnea, pain in the sides of the chest and shoulders,¹⁶⁷⁴ fever, burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁶⁷⁵ The root is useful for epilepsy.¹⁶⁷⁶

Kharjura¹⁶⁷⁷ (Skt); *Khejur* (Ass); *Amarkoṣa* has presented synonyms of the plant - *Kharjura*, *Khajura*.¹⁶⁷⁸ The plant is found in Andhra Pradesh, Karnataka and Madhya Pradesh.¹⁶⁷⁹

The fruits are good health tonic; used for fatigue dispelling.¹⁶⁸⁰ The sprout can be used as vegetable and the plant have the curative power of *Raktapitta* and tuberculosis.¹⁶⁸¹ *Caraka* has included this plant in *Phalavarga*; is sweet, heavy, cold in potency, nourishing, aphrodisiac;

¹⁶⁶⁵ C.S. Cikitsā. 8. 106-110

¹⁶⁶⁶ Ibid.11. 35-43

¹⁶⁶⁷ C.S. Sūtra. 4.16

¹⁶⁶⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁶⁹ C.S. Sūtra.25.40

¹⁶⁷⁰ C.S. Cikitsā. 3. 204-206

¹⁶⁷¹ Ibid.3.258-259

¹⁶⁷² Ibid.5. 69-70

¹⁶⁷³ Ibid.6. 41-44

¹⁶⁷⁴ Ibid.8. 89-102

¹⁶⁷⁵ Ibid.8. 106-110

¹⁶⁷⁶ Ibid. 10. 19-24

¹⁶⁷⁷ C.S. Sūtra. 4.16

¹⁶⁷⁸ Amarkoṣa, 2.169

¹⁶⁷⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁸⁰ C.S.Sūtra. 4.16

¹⁶⁸¹ Ibid.27. 114-124

cures injury, burning sensation, vitiated *Vāta* and *Pitta*.¹⁶⁸² Drinks are used to make; are heavy.¹⁶⁸³ The plant is used for aphrodisiac therapy.¹⁶⁸⁴ The plant is used for the treatment of fever associated with burning sensation,¹⁶⁸⁵ tumour and diseases caused by *Pitta*.¹⁶⁸⁶ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.¹⁶⁸⁷ This also cures asthma, vomiting, fainting, hiccup, hemoptysis, morbid thirst, anorexia, rheumatic disorders, hoarseness of voice, injury to the chest, diminution of the tissue elements.¹⁶⁸⁸ It cures diseases of heart, female genital tract and urinary tract.¹⁶⁸⁹

Bhutika¹⁶⁹⁰ *Yavani* (Skt); the plant is cultivated in Madhya Pradesh, Andhra Pradesh, Gujrat, Maharashtra, Uttar Pradesh, Bihar and Rajasthan.¹⁶⁹¹

This is included among *Hāritavarga* by *Caraka*; is pleasant and delicious; but provoke *Pitta*.¹⁶⁹² Seeds are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha* and remover of foul odour.¹⁶⁹³ The plant in decoction form is used for the treatment of fever¹⁶⁹⁴ and obstinate urinary diseases including diabetes mellitus.¹⁶⁹⁵ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.¹⁶⁹⁶ The plant with other plant drugs is useful for cardiac region, cures heart diseases, splenic disorders, pains in the sides of the chest, tuberculosis, constipation, flatulence, cough, asthma, piles, diarrhea and sprue syndrome.¹⁶⁹⁷ The plant in decoction form is used for the treatment of pain, tumour, disorders in the genital tract, fever, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.¹⁶⁹⁸ The plant

¹⁶⁸² C.S. Sūtra. 27. 125-165

¹⁶⁸³ Ibid. 27. 279-283

¹⁶⁸⁴ C.S. Cikitsā. 2. 24-32

¹⁶⁸⁵ Ibid. 3. 258-259

¹⁶⁸⁶ Ibid. 5. 123-125

¹⁶⁸⁷ Ibid. 8. 89-102

¹⁶⁸⁸ Ibid. 11. 21-24

¹⁶⁸⁹ Ibid. 11. 35-43

¹⁶⁹⁰ C.S. Sūtra. 4. 17

¹⁶⁹¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁶⁹² C.S. Sūtra. 27. 166-177

¹⁶⁹³ Ibid. 27. 307

¹⁶⁹⁴ C.S. Cikitsā. 3. 267

¹⁶⁹⁵ Ibid. 6. 27-29

¹⁶⁹⁶ Ibid. 5. 86-90

¹⁶⁹⁷ Ibid. 8. 141-144

¹⁶⁹⁸ Ibid. 9. 52-56

is useful for epilepsy, edema, obstinate abdominal diseases including ascites, anemia, jaundice and irregular fever.¹⁶⁹⁹ It cures dysuria.¹⁷⁰⁰ The plant is useful for abdominal diseases.¹⁷⁰¹

Rudhira¹⁷⁰², *Kumkum*, *Keśara*, *Kāśmīraja*, *Vadrika*, *Agnīśikhā* (Skt); *Keśar*, *Kumkum* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Punnāga*, *Kesara*, *Tuṅga*, *Puruṣa*, *Kesara*, *Keśara*, *Davavallabha*.¹⁷⁰³ This is popularly known as *Unḍī*, *Unḍañī*, *Unḍalī*. A small bulbous perennial herb; 15-25 c. m. in height; cultivate in Kashmir and Jammu, in areas up to 1900 elevation.¹⁷⁰⁴

The flowers are good health tonic and used in beauty products. The pollens are used for the treatment of *Raktapitta*.¹⁷⁰⁵ It also cures tumour, edema, piles, anemia, anorexia, heart disease, sprue syndrome, jaundice, irregular fever, obstinate skin diseases including leprosy, flatulence and splenic disorders.¹⁷⁰⁶ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁷⁰⁷ And also used externally for the treatment of tuberculosis.¹⁷⁰⁸ epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.¹⁷⁰⁹ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, heart diseases, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁷¹⁰ This also cures all types of poisons.¹⁷¹¹

Tvak¹⁷¹², *Varānga*, *Śocam*, *Dārusita* (Skt); *Dālcini* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Tvakpatra*, *Utkāṭa*, *Bhr̥nga*, *Tvaca*, *Śoca*, *Varāngaka*;¹⁷¹³ popularly known as

¹⁶⁹⁹ C.S. Cikitsā. 10. 19-24

¹⁷⁰⁰ Ibid.12. 55-56

¹⁷⁰¹ Ibid.13.108-110

¹⁷⁰² C.S. Sūtra. 4. 18

¹⁷⁰³ Amarkoṣa, 2.25

¹⁷⁰⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁷⁰⁵ C.S. Cikitsā. 4. 91-92

¹⁷⁰⁶ Ibid.5. 154-160

¹⁷⁰⁷ Ibid.6. 30-32

¹⁷⁰⁸ Ibid.8. 77-81

¹⁷⁰⁹ Ibid.9. 35-41

¹⁷¹⁰ Ibid. 14. 162-168

¹⁷¹¹ Ibid.23. 54-60

¹⁷¹² C.S. Sūtra. 3.28

Dālchinī, Teja. A moderate sized evergreen tree 8-18 m. in height 50 c. m. in diameter with reddish brown soft bark; found in west coast tropical evergreen and semi evergreen forests.¹⁷¹⁴

The plant in decoction and other form is used for the treatment of fever,¹⁷¹⁵ tumour, piles, anemia, anorexia, heart disease, jaundice, irregular fever, flatulence and splenic disorders¹⁷¹⁶ and obstinate skin diseases including leprosy.¹⁷¹⁷ The plant with other plant drugs is useful for cardiac region, cures heart diseases, pains in the sides of the chest, tuberculosis, constipation, flatulence, cough, asthma, diarrhea and sprue syndrome.¹⁷¹⁸ The fruits with other plant drugs are useful for the treatment of heart diseases, consumption, vomiting, diarrhea and colic pain.¹⁷¹⁹ This also cures vomiting, fainting, hiccup, hemoptysis, morbid thirst, pains in the sides of the chest, anorexia, rheumatic disorders, hoarseness of voice, injury to the chest, diminution of the tissue elements, *Raktapitta*.¹⁷²⁰ It cures heart diseases, splenic enlargement, anorexia, obstinate urinary disorders including Diabetes mellitus, obstinate abdominal diseases, obstinate skin diseases including leprosy, itching, constipation and leucoderma.¹⁷²¹ This is used for the treatment of anorexia, obstinate abdominal diseases caused by *Tridoṣa*, emaciation, rheumatism and hyperacidity.¹⁷²² The plant as ointment is useful for the treatment of edema.¹⁷²³ It also cures obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.¹⁷²⁴ The bark wood is used in the preparation of *Cyavanprāśa*. The plant is good appetizer and used for the treatment of cough, colic dysentery, headache, bronchitis, vomiting, various liver diseases.

Kuṣmāṇḍa¹⁷²⁵, *Puṣyaphala*, *Śukaphala*, *Pītapuspa* (Skt); *Komorā* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Kuṣmāṇḍaka*, *Karkāru*; ¹⁷²⁶popularly known as *Kohlā*. A

¹⁷¹³ Amarkoṣa , 2. 134

¹⁷¹⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁷¹⁵ C.S. Cikitsā. 3. 267

¹⁷¹⁶ Ibid.5. 154-160

¹⁷¹⁷ Ibid.7. 73-75

¹⁷¹⁸ Ibid.8. 141-144

¹⁷¹⁹ Ibid.8. 145-148

¹⁷²⁰ Ibid.11.21-24

¹⁷²¹ Ibid.12. 34-38

¹⁷²² Ibid.12. 50-52

¹⁷²³ Ibid.12. 64-67

¹⁷²⁴ Ibid.14. 162-168

¹⁷²⁵ C.S. Sūtra. 27. 98-113

¹⁷²⁶ Amarkoṣa , 2.155

large trailing gourd climbing by means of tendrils; used to cultivate throughout India in hills and plains.¹⁷²⁷

This is heavy, ununctuous, sweet, cold in potency and purgative but and used as vegetables.¹⁷²⁸ Ripe *Kuṣmāṇḍa* is sweet and sour in taste, slightly alkaline and light, helps in elimination of urine and stool; alleviates all three *Doṣas*.¹⁷²⁹ *Suśruta* reported the tender *Kuṣmāṇḍa* as alleviator of *Pitta*; the slightly matured one aggravates *Kapha* and the ripe one alleviates all *Doṣas*.¹⁷³⁰ But *Caraka* has not clearly mentioned; somewhere it is mention as alleviator of all *Doṣas* and somewhere aggravator of *Kapha*¹⁷³¹; but in which stage that is not mentioned. The fruits are anti cancer agents.

Mulaka¹⁷³²- this is included among *Hāritavarga* by *Caraka*; the tender one should be taken freshly. It alleviates all vitiated *Doṣas*; the matured one should not eat as provoke all *Doṣas*; dried one alleviates *Vāta* and *Kapha*.¹⁷³³ The plant is used for the treatment of *Raktapitta*,¹⁷³⁴ tumour, colic pain, flatulence, diseases of the female genital tract, piles, sprue syndrome, asthma, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest,¹⁷³⁵ cures upward movement of the wind.¹⁷³⁶ The seeds are used externally for the treatment of obstinate skin diseases including leprosy.¹⁷³⁷ The plant in decoction form is used for the treatment of pain, disorders in the genital tract, parasitic infestation, insanity and diseases caused by *Vāyu* and *Kapha*.¹⁷³⁸ This should be given to the person suffering from edema.¹⁷³⁹ The plant is useful for abdominal diseases.¹⁷⁴⁰ The dried rhizomes are used for the treatment of erysipelas.¹⁷⁴¹

¹⁷²⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁷²⁸ C.S. Sūtra. 27. 98-113

¹⁷²⁹ Ibid.27. 98-113

¹⁷³⁰ S.S. Sūtra 46. 213

¹⁷³¹ C.S. Sūtra. 27. 98-113

¹⁷³² Ibid.13. 10

¹⁷³³ Ibid.27. 166-177

¹⁷³⁴ C.S. Cikitsā. 4.54-61

¹⁷³⁵ Ibid.5. 71-73

¹⁷³⁶ Ibid.5. 98

¹⁷³⁷ Ibid.7. 102-104

¹⁷³⁸ Ibid. 9. 52-56

¹⁷³⁹ Ibid.12. 63

¹⁷⁴⁰ Ibid.13.146- 174

¹⁷⁴¹ Ibid.21. 123-127

Moca¹⁷⁴², *Kadalī*, *Rambhā* (Skt); *Kal*; varieties- *Kāc kal*, *Purākal*, *Bhīm kal*, *Mālbhog kal*, *Cenicampā kal*, *Āṭhīyā kal* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Kadalī*, *Kadalā*, *Vāraṇabuṣā*, *Rambhā*, *Mocā*, *Amsumatphala*, *Kaṣṭhīlā*.¹⁷⁴³ The plant is found in Assam, Bihar, Madhya Pradesh, Gujrat, Andhra Pradesh, Karnataka, Jalgaon district of Maharashtra, West Bengal, Tamil Nadu and Kerala.¹⁷⁴⁴

Caraka has included this in *Phalavarga*, ripe one is sweet in taste, cold in potency, unctuous and heavy.¹⁷⁴⁵ The plant is used for the treatment of fever associated with burning sensation.¹⁷⁴⁶ The fruits are very tasty to eat. Some varieties are used to take as vegetable. The whole plant can be taken as vegetable. Assamese people use to make an alkali preparation by burning the plant; popularly known as *Kṣhār*. This is very much popular among Assamese people. In every Assamese cuisine it is available. It controls the quantity of acid in the body. This alkali preparation is very much useful in the treatment of obstinate skin diseases including leprosy.¹⁷⁴⁷ The pith of this plant is used to apply externally for the treatment of erysipelas.¹⁷⁴⁸

Karcura¹⁷⁴⁹, *Satī* (Skt); the plant is cultivated throughout India; found wild in Eastern Himalaya.¹⁷⁵⁰

Caraka has included this in *Phalavarga*; promoter of digestion, pleasant and delicious, useful for dyspnoea and piles.¹⁷⁵¹ The plants are used as vegetable, alleviates all *Doṣas* and bowel binding.¹⁷⁵² In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness, pain in the side of the chest,¹⁷⁵³ tumour, dysuria, pain in female genital tract, sprue syndrome, piles, splenic disorder, anemia, anorexia, stiffness of the chest, cough, hiccup and obstruction in the throat.¹⁷⁵⁴ The plant is

¹⁷⁴² C.S. Sūtra. 27.125-165

¹⁷⁴³ Amarkoṣa, 27.113

¹⁷⁴⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁷⁴⁵ C.S. Sūtra. 27.125-165

¹⁷⁴⁶ C.S. Cikitsā. 3.258-259

¹⁷⁴⁷ Ibid.7. 89-90

¹⁷⁴⁸ Ibid.21. 73

¹⁷⁴⁹ C.S. Sūtra. 27.88-97

¹⁷⁵⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁷⁵¹ C.S. Sūtra. 27.125-165

¹⁷⁵² Ibid.27.88-97

¹⁷⁵³ C.S. Cikitsā. 3. 204-206

¹⁷⁵⁴ Ibid.5. 79-84

used for the treatment of obstinate skin diseases including Diabetes mellitus.¹⁷⁵⁵ And also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders,¹⁷⁵⁶ fever, burning sensation, giddiness, headache, morbid thirst and diarrhea.¹⁷⁵⁷ It cures burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract and *Raktapitta*.¹⁷⁵⁸ It cures diarrhea, edema and heart diseases.¹⁷⁵⁹ The plant is useful for abdominal diseases.¹⁷⁶⁰

Palāṇḍu¹⁷⁶¹, *Palāṇḍu*, *Mukha*, *Duṣaka*, *Durgandha*, *Yavaneṣṭha* (Skt); *Piyāj* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Palāṇḍu*, *Sukanda*.¹⁷⁶² *Kanda* with green leaves- *Lartāka*, *Dadruma*, *Kanda*.¹⁷⁶³ A bulbous, biennial herb, cultivated throughout India.¹⁷⁶⁴

*Bhāvamiśra*¹⁷⁶⁵ and *Caraka Saṃhitā*¹⁷⁶⁶ have told about the actions and properties of this plant. The bulbs as well as the fresh leaves can be taken as salads; is heavy, aphrodisiac, appetizer and strength promoter; alleviate *Vāta* but aggravates *Kapha*¹⁷⁶⁷ and is useful for *Raktapitta*.¹⁷⁶⁸ The bulb of this plant is tonic, aphrodisiac, used for body pain, insect bite, tumorous, piles, epistaxis, vomiting, cholera, biliousness, fever, jaundice, chronic bronchitis. Seed are helpful in urinary complaints. It is blood promoter. Tuber acts as stimulant, diuretic, expectorant and rubefacient. *Aṣṭāṅgahṛdaya* reported it as aggravator of *Kapha* and *Pitta*.¹⁷⁶⁹ Assamese people used the bulb for skin diseases and insect bite. To remove skin problem the bulb can apply on the infected area.

¹⁷⁵⁵ C.S. Cikitsā. 6. 41-44

¹⁷⁵⁶ Ibid.8. 89-102

¹⁷⁵⁷ Ibid.8. 106-110

¹⁷⁵⁸ Ibid.11. 35-43

¹⁷⁵⁹ Ibid.12. 60-61

¹⁷⁶⁰ Ibid. 13.125-132

¹⁷⁶¹ C.S. Sūtra. 27. 166-177

¹⁷⁶² Amarkoṣa, 2.147

¹⁷⁶³ Ibid.2.147

¹⁷⁶⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁷⁶⁵ *Palāṇḍustu gunajneyo rasonasadr̥so vudhe | Svādu pāke rasenoṣṇa kaphakrinnātipittalaḥ*

Harate kevalam vatam balaviryakaro guruḥ || Bhāvaprakāśa

¹⁷⁶⁶ *Śleṣmalo mārutaghnasca palāṇḍurna ca pittahrit | Āhārayogī balyasca guruvriṣoatha recanaḥ ||*

C.S. Sūtra. Ch. 27.

¹⁷⁶⁷ Ibid.27. 166-177

¹⁷⁶⁸ C.S. Cikitsā. 4. 97-101

¹⁷⁶⁹ A. S. Sūtra. 6. 111

Kākamaci¹⁷⁷⁰; *Amarkoṣa* has given various synonyms of this plant- *Kākamācī*, *Vāyasī*, *Kākajanghā*¹⁷⁷¹ popularly known as *Kāvalī*. The plant is neither too hot nor too cold in potency.¹⁷⁷² The drug is *Tiktaskanda*.¹⁷⁷³ It is included among the *Śākavarga* by *Caraka*.¹⁷⁷⁴ It is tonic,¹⁷⁷⁵ aphrodisiac¹⁷⁷⁶, aggravator of *Vāta* (*Vātajakāra*)¹⁷⁷⁷, *Urustambha*¹⁷⁷⁸, cures *Vātarakta*¹⁷⁷⁹. *Caraka* included this in *Āragvadhādi Lepa* for the treatment of *kuṣṭha*,¹⁷⁸⁰ as *parpataka* in *kuṣṭha*,¹⁷⁸¹ as an ingredient of *Śothahara lepa*¹⁷⁸², as *pradeha* in *viṣarpa*. *Suśruta* also included this in *Śākadravya*¹⁷⁸³ but in *Surasādigaṇa*.¹⁷⁸⁴ This should not be taken with *Pippalī*, *Gūḍa* and *Marica*; with them this is incompatible.¹⁷⁸⁵ This should not be also taken always more in quantity and in indigestion. This is cures leprosy (*Kuṣṭhahara*),¹⁷⁸⁶ *Vamanahara*,¹⁷⁸⁷ *Viṣaghna*¹⁷⁸⁸ and included among *Rasa bhāvanādī mulinīdravya*.¹⁷⁸⁹ The plant is used for the treatment of obstinate skin diseases including leprosy.¹⁷⁹⁰ This should be given to the person suffering from edema.¹⁷⁹¹ The leaves are useful for the treatment of piles¹⁷⁹² and with other drugs helps in stopping of grey hair.¹⁷⁹³

¹⁷⁷⁰ C.S. Sūtra. 27.90
¹⁷⁷¹ *Amarkoṣa*, 2.151
¹⁷⁷² C.S. Sūtra. 27. 88-97
¹⁷⁷³ C.S. Vimāna. 8.143
¹⁷⁷⁴ C.S. Sūtra. 27.90
¹⁷⁷⁵ *Ibid.* 27. 88-97
¹⁷⁷⁶ C.S. Cikitsā. 14.124
¹⁷⁷⁷ *Ibid.* 18.81
¹⁷⁷⁸ *Ibid.* 27.27
¹⁷⁷⁹ *Ibid.* 27.53
¹⁷⁸⁰ C.S. Sūtra. 3.17
¹⁷⁸¹ C.S. Cikitsā. 7.96
¹⁷⁸² *Ibid.* 12.71
¹⁷⁸³ S.S. Sūtra. 46.262
¹⁷⁸⁴ *Ibid.* 38.18
¹⁷⁸⁵ *Ibid.* 20.13-14
¹⁷⁸⁶ *Rasataranginī*, 24.136
¹⁷⁸⁷ *Ibid.*, 13.95
¹⁷⁸⁸ *Rasatantrasamuccaya*, 29.143
¹⁷⁸⁹ *Ibid.*, 11.48
¹⁷⁹⁰ C.S. Cikitsā. 7. 96
¹⁷⁹¹ *Ibid.* 12. 63
¹⁷⁹² *Ibid.* 14. 122-125
¹⁷⁹³ *Ibid.* 26. 263-268

LESS WIDELY USED CATEGORY:

Suryabhakta¹⁷⁹⁴ *Suryabhakta, Suvarcala* (Skt), *Beli phul* (Ass); the plant is cultivated in India.¹⁷⁹⁵ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.¹⁷⁹⁶

Lavali¹⁷⁹⁷ This is one of the *Phalavarga*, delicious to eat, astringent in taste; good for heart but aggravates *Vāta*.¹⁷⁹⁸

Bijapuraka, Jambīra, Dantaśatha, Phalapuraka (Skt); *Jorā tengā* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Jamīra, Jambira, Dantaśaṭha, Jambhala, Jambhara, Jambha*. This is¹⁷⁹⁹ popularly known as *Jambera, Laghu Idanimbu*. A medium sized thorny tree or a shrub with greenish white glabrous young shoots and grayish brown bark; found throughout in South India and also cultivated.¹⁸⁰⁰

This is included in *Phalavarga* by *Caraka*; sour in taste causes *Raktapitta*.¹⁸⁰¹ But in the *Cikitsāsthāna* of the same treatise it of course, the roots are described as the alleviator of *Raktapitta*, bronchitis, flatulence, constipation and colic pain.¹⁸⁰² As salads also this can be taken; is appetizer, digestive stimulant, sharp, fragrant, mouth cleanser and alleviator of *Kapha* and *Vāta*.¹⁸⁰³ The plant in decoction form is used for the treatment of fever.¹⁸⁰⁴ The fruit juice is used for the treatment of vomiting.¹⁸⁰⁵ It cures parasitic infection and aggravates *Vāta* and *Kapha*.¹⁸⁰⁶

¹⁷⁹⁴ *Sarvāni supyaśākāni*.....C.S.Sūtra. 27. 98-113

¹⁷⁹⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁷⁹⁶ C.S. Sūtra. 27. 98-113

¹⁷⁹⁷ *Tṛṣṇādāhajvara*.....*prāyopayogikaḥ*||C.S. Sūtra. 27.125-165

¹⁷⁹⁸ C.S. Sūtra. 27.125-165

¹⁷⁹⁹ *Amarkoṣa*, 2.24

¹⁸⁰⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁸⁰¹ C.S. Sūtra. 27.125-165

¹⁸⁰² *Ibid.*4. 95-96

¹⁸⁰³ C.S. Sūtra. 27. 166-177

¹⁸⁰⁴ C.S. *Cikitsā*. 3. 267

¹⁸⁰⁵ *Ibid.*20. 34-39

¹⁸⁰⁶ S.S. Sūtra. 46. 230-232

*Āmra*¹⁸⁰⁷, *Āam* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Āmra*, *Chūta*, *Rasāla*.¹⁸⁰⁸ Mango is found in Uttar Pradesh, Maharashtra, Punjab, Andhra Pradesh, West Bengal and Tamil Nadu.¹⁸⁰⁹

Caraka has included this in *Phalavarga*. The ripe one promoter of flesh, strength and alleviator of *Vāta*; unripe one is aggravates *Pitta*; and the young causes *Raktapitta*¹⁸¹⁰ but the seed is used for the treatment of *Raktapitta*.¹⁸¹¹ Drink made with the juice of *Āmra* is sweet, ununctuous, delicious, refreshing, nourishing and strength promoting.¹⁸¹² The bark is useful for the treatment of diarrhea.¹⁸¹³ In Assam the flowers are used for the same. The seeds along with other drugs help in stopping of grey hair.¹⁸¹⁴

*Āśoka*¹⁸¹⁵, *Āśoka* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Vañjula*, *Āśoka*.¹⁸¹⁶ A medium sized evergreen tree growing up to 9m height with numerous spreading and drooping glabrous branches found throughout India; except North western India up to 750 m.¹⁸¹⁷ Various preparations are made from this plant; *Āśokāriṣṭ*, *Āśokaghṛta*, *Āśokakṣīra* are used against various diseases related to woman.

*Yavaka*¹⁸¹⁸ *Yava* (Skt); the plant is cultivated as food crop in Uttar Pradesh, West Bengal, Bihar, Madhya Pradesh, Rajasthan, Haryana, Punjab, Himachal Pradesh, Jammu and Kashmir.¹⁸¹⁹

Various foods are used to prepare with barley; among them *Vāṭya*, *Śaṣkulī*, *Madhukroda*, *Piṇḍaka*, *Pupa* or *Apupa*, *Pupalika*. Except *Vāṭya* all are difficult for digestion. *Vāṭya* alleviates cough, urinary diseases, obstruction in throat and *Udavarta*¹⁸²⁰ and *Raktapitta*.¹⁸²¹ The plant is

¹⁸⁰⁷ C.S.Sūtra. 4.10

¹⁸⁰⁸ Amarkoṣa. 2. 33

¹⁸⁰⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸¹⁰ C.S. Sūtra. 27.125-165

¹⁸¹¹ C.S. Cikitsā. 4. 97-101

¹⁸¹² C.S. Sūtra. 27. 279-283

¹⁸¹³ C.S. Cikitsā. 19. 108-109

¹⁸¹⁴ Ibid.26. 263-268

¹⁸¹⁵ C.S. Sūtra. 4.18

¹⁸¹⁶ Amarkoṣa. 2.64

¹⁸¹⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸¹⁸ C.S. Sūtra. 4.14

¹⁸¹⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸²⁰ C.S.Sūtra. 27.265-267

¹⁸²¹ C.S. Cikitsā. 4. 78

diuretic, used for the treatment of fever¹⁸²² and obstinate skin diseases including leprosy.¹⁸²³ The plant is useful for the treatment of epilepsy.¹⁸²⁴ The leaves are useful for the treatment of piles.¹⁸²⁵

Raktaśāli, *Āruṇya*, *Aśuvrīhi*, *Nīvāra*¹⁸²⁶, *Śāli*, *Taṇḍula*, *Vrīhi* (Skt); *Śālidhān* (Ass). The grass is cultivated all over India as a food crop.¹⁸²⁷

The rice grains are acrid, sweet, oleaginous, tonic, aphrodisiac, flattening, diuretic, and useful in biliousness. This is used as food. According to the all three great compendia of medicine this is the best type of rice. The roots are used for the treatment of *Raktapitta*.¹⁸²⁸ And also used externally for the treatment of tuberculosis.¹⁸²⁹ *Aṣṭāṅgahr̥daya Saṃhitā* reported *Śāli* as one of the *Tṛṇa Pañcamula*; elevator of *Pitta*.¹⁸³⁰

Ṣaṣṭhika is a variety of rice. It takes sixty days for its maturation. These are very light. The *Bṛhat Trayī* recommended this rice as good and healthy for all. *Toyaparṇī* is a food grain of *Dhānyavarga*.

Śyāmā, *Śyāmāmula*, *Suvahā*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Godhāpadī*, *Suvahā*, *Haṃsapādikā*.¹⁸³¹ *Gajabhaksā*, *Suvahā*, *Surabhi*, *Rasā*, *Bhaheṛuṇā*, *Kundurukī*, *Sallakī*, *Hlādīnī*.¹⁸³² *Hladī*.¹⁸³³ The plant is popularly known as *Sālai*. The plant is found throughout India up to 1000 m.; occasionally grown in gardens.¹⁸³⁴ The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹⁸³⁵ The plant is useful for the

¹⁸²² C.S. Cikitsā. 3. 296-309

¹⁸²³ Ibid.7. 43-49

¹⁸²⁴ Ibid.10. 46-47

¹⁸²⁵ Ibid.14. 122-125

¹⁸²⁶ C.S. Sūtra. 27. 17

¹⁸²⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸²⁸ C.S. Cikitsā. 4. 102-108

¹⁸²⁹ Ibid.8. 89-102

¹⁸³⁰ A. S. 6. 171

¹⁸³¹ Amarkoṣa 2.118

¹⁸³² Ibid.2. 123

¹⁸³³ Rudra

¹⁸³⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸³⁵ C.S. Cikitsā. 7. 124-125

treatment of epilepsy¹⁸³⁶ and edema.¹⁸³⁷ The plant is also used for the treatment of piles.¹⁸³⁸ The roots are used for alcoholic preparation¹⁸³⁹.

Trivṛt¹⁸⁴⁰; *Amarkoṣa* has presented various synonyms of this plant- *Sarvānubhūti*, *Saralā*, *Saraṇā*, *Tripuṭā*, *Trivṛtā*, *Trivṛt*, *Tribhaṇḍī*, *Rocanī*.¹⁸⁴¹ Two varieties are available- white and black. The black variety- *Syāmā*, *Palindī*, *Suṣeṇikā*, *Kālā*, *Masuravidalā*, *Ardhacandra*, *Kālameṣikā*.¹⁸⁴² *Mahatī*¹⁸⁴³ The plant is found throughout India up to 1000 m; occasionally grown in gardens.¹⁸⁴⁴

The plant is used for the treatment of fever,¹⁸⁴⁵ *Raktapitta*,¹⁸⁴⁶ morbid thirst, colic pain, giddiness, fainting, anorexia,¹⁸⁴⁷ tumour, constipation, obstinate skin diseases including leprosy, pains in the female genital tract.¹⁸⁴⁸ The plant is useful for epilepsy.¹⁸⁴⁹ The plant is used for the treatment of edema.¹⁸⁵⁰ The plant is useful for abdominal diseases, jaundice, piles, anemia and splenic enlargement.¹⁸⁵¹

Saptalā¹⁸⁵² *Carmakaṣā* (Skt); *Rīthā* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Saptalā*, *Navamalikā*, *Navamallikā*,¹⁸⁵³ *Saptalā*, *Vimalā*, *Śātalā*, *Bhūriphenā*, *Carmakaṣā*.¹⁸⁵⁴ This is popularly known as *Vaṭamogrā*, *Belamogrā*, *Śikākā*. A common prickly, scandent shrub, occurring in tropical forest throughout India.¹⁸⁵⁵ The plant is useful for abdominal diseases.¹⁸⁵⁶ This also cures poisons.¹⁸⁵⁷

¹⁸³⁶ C.S. Cikitsā. 10. 43-44

¹⁸³⁷ Ibid.12. 25

¹⁸³⁸ Ibid.14. 52-57

¹⁸³⁹ C.S. Sūtra. 25.49

¹⁸⁴⁰ Ibid. 4.13

¹⁸⁴¹ Amarkoṣa 2.108

¹⁸⁴² Ibid.2.109

¹⁸⁴³ Vācaspati

¹⁸⁴⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸⁴⁵ C.S. Cikitsā. 3.227-233

¹⁸⁴⁶ Ibid.4.54-61

¹⁸⁴⁷ Ibid.5. 115-117

¹⁸⁴⁸ Ibid.5. 149-151

¹⁸⁴⁹ Ibid.10. 19-24

¹⁸⁵⁰ Ibid.12. 21

¹⁸⁵¹ Ibid.13.133-136

¹⁸⁵² C.S. Sūtra. 1. 77

¹⁸⁵³ Amarkoṣa 2.72

¹⁸⁵⁴ Ibid. 2. 143

¹⁸⁵⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁸⁵⁶ C.S. Cikitsā. 13.75-88

Śvetanāmā¹⁸⁵⁸, *Śveta aparājītā, Śankhapuspī, Āsanaparṇī, Girikarṇī, Viṣṇukrāntā, Katabhī, Gavādanī* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Vātaka, Shītala, Aparājītā, Śaṇaparṇī, Āsanaparṇī, Gokarṇī*.¹⁸⁵⁹ A good looking perennial twining herb with terete stems and branches; found throughout India in hedges and thickets and also cultivated in gardens.¹⁸⁶⁰ The plant is useful for the treatment of epilepsy.¹⁸⁶¹ It is laxative. The roots are used against many diseases. This plant is used to win over the enemies as mentioned in *Atharvaveda*. *Mahāśvetā* is another variety of this plant.

Gavākṣī¹⁸⁶², *Viśala, Mahendravaruni, Citravallī, Saumya, Bṛhatvaruni, Dīrghavallī* (Skt); *Amarkoṣa* has mentioned various synonyms of this plant- *Bhupadī, Sītabhīru, Śatabhīru, Mallikā, Gavākṣī, Bhadramallikā*.¹⁸⁶³ This is popularly known as *Mogrī*. *Citrā, Gavākṣī, Goḍumbā, Ākhuparṇī*,¹⁸⁶⁴ *Subhadrā*,¹⁸⁶⁵ *Dantikā*¹⁸⁶⁶. An extensively trailing annual herb with bifid tendrils angular branching stems and woody tender shoots; cultivated and found wild throughout India in warm areas.¹⁸⁶⁷

Jyotiṣmatī¹⁸⁶⁸, *Kangarika*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Pārāvātīghri, Kaṭabhī, Paṇyā, Jyotiṣmatī, Latā*;¹⁸⁶⁹ popularly known as *Mālakāngoṇī*. The plant is found in Sub Hiamalayan Tract up to 2000 m. and South Indian hills.¹⁸⁷⁰ The plant is used for the treatment of fever associated with burning sensation.¹⁸⁷¹ The plant is useful for the treatment of epilepsy.¹⁸⁷² This is used for smoking purpose for the elimination of *Doṣas* from head.¹⁸⁷³

¹⁸⁵⁷ C.S. Cikitsā. 23.65-69

¹⁸⁵⁸ C.S. Sūtra. 1. 77

¹⁸⁵⁹ Amarkoṣa 2.149

¹⁸⁶⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁸⁶¹ C.S. Cikitsā. 10. 41-42

¹⁸⁶² C.S. Sūtra. 1. 77

¹⁸⁶³ Amarkoṣa 2.70

¹⁸⁶⁴ Medinikoṣa

¹⁸⁶⁵ Ibid.

¹⁸⁶⁶ Ibid.

¹⁸⁶⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁸⁶⁸ C.S.Sūtra. 4.14

¹⁸⁶⁹ Amarkoṣa 2.150

¹⁸⁷⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸⁷¹ C.S. Cikitsā. 3.258-259

¹⁸⁷² Ibid.10. 41-42

¹⁸⁷³ C.S. Sūtra. 5.26

Bimbi¹⁸⁷⁴, *Oṣṭhopamā phala*, *Tundi*, *Gostanī*, *Gostanikā*, *Vīra*, *Śītapuṣpī*, *Avandhyāpuṣpī*, *Pīluparṇī* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Tuṇḍikerī*, *Tuṇḍikeśī*, *Raktaphalā*, *Bimbikā*, *Pīluparṇī*;¹⁸⁷⁵ popularly known as *Tomḍalī*. A perennial, much branched handsome tendril climber, roots sometimes tuberous; found throughout India cultivated as well as growing wild.¹⁸⁷⁶ *Caraka* has included this into *Phalavarga*, astringent, sweet in taste, cold in potency, alleviator of *Pitta* and *Kapha*.¹⁸⁷⁷ The plant is used for the treatment of obstinate skin diseases including leprosy.¹⁸⁷⁸

Śaṇapuṣpī¹⁸⁷⁹, *Ghaṇṭṭāravā* (Skt); this is an adjuvant of emesis.¹⁸⁸⁰

Viṣānikā¹⁸⁸¹, *Āvartanī*, *Āvartaphala*, *Āvartakī* (Skt); the plant is found in the dry forests throughout the country.¹⁸⁸² The plant is useful for abdominal diseases.¹⁸⁸³

Ajagandhā¹⁸⁸⁴ is popularly known as *Phokāndī*. *Amarkoṣa* has presented various synonyms of this plant- *Barbarā*, *Kabarī*, *Tungī*, *Kharapuṣpā*, *Ajagandhikā*, *Ajagandhā*.¹⁸⁸⁵ The plant is found in the warmer parts of India.¹⁸⁸⁶

The plant is useful for abdominal diseases.¹⁸⁸⁷ The tender leaves can be taken freshly as salads; appetizer, fragrant;¹⁸⁸⁸ cures pains in the sides of the chest, tumour, dysuria, pain in female genital tract, sprue syndrome, piles, splenic disorder, anemia, anorexia, stiffness of the chest, cough, hiccup, asthma and obstruction in the throat.¹⁸⁸⁹ This also cures headache, heart disease, pain in the cardiac region and urinary bladder including kidneys.¹⁸⁹⁰

¹⁸⁷⁴ C.S. Sūtra. 27.125-165

¹⁸⁷⁵ Amarkoṣa 2. 139

¹⁸⁷⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁸⁷⁷ C.S. Sūtra. 27.125-165

¹⁸⁷⁸ C.S. Cikitsā. 7. 85-86

¹⁸⁷⁹ C.S. Sūtra. 1. 79

¹⁸⁸⁰ Ibid.4.13

¹⁸⁸¹ Ibid.1. 78

¹⁸⁸² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸⁸³ C.S. Cikitsā. 13.146- 174

¹⁸⁸⁴ C.S. Sūtra. 27. 166-177

¹⁸⁸⁵ Amarkoṣa 2. 139

¹⁸⁸⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸⁸⁷ C.S. Cikitsā. 13.125-132

¹⁸⁸⁸ C.S. Sūtra. 27. 166-177

¹⁸⁸⁹ C.S. Cikitsā. 5. 79-84

¹⁸⁹⁰ Ibid.5. 86-90

Dravanti¹⁸⁹¹, *Dantī*, *Ciritapatra* (Skt); the plant is found in South India and Bengal.¹⁸⁹² The latex, roots, barks, leaves and flowers are used in purgation therapy.¹⁸⁹³ The plant is used for the treatment of obstinate skin diseases including leprosy.¹⁸⁹⁴

Kṣīrinī¹⁸⁹⁵, *Dugdhikā*, *Rājādāna* (Skt); *Amarkoṣa* has given synonyms of this plant- *Rājādāna*, *Rājātana*,¹⁸⁹⁶ *Prasaraka*,¹⁸⁹⁷ *Kṣīrāvī*, *Dugdhikā*;¹⁸⁹⁸ popularly known as *Dugdhi*. *Caraka* has included this in *Phalavarga*, ripe one is sweet in taste, cold in potency, unctuous and heavy¹⁸⁹⁹ and nourishing.¹⁹⁰⁰

Śankhinī¹⁹⁰¹, *Śvetabuhva* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Samkhinī*, *Caurapuṣpī*, *Keśinī*, *Cauravallī*;¹⁹⁰² popularly known as *Caura*, *Samkhahulī* and *Samkhavela*. An erect dichotomously branched annual herb 60 c. m. in height with four winged stems and decussate branches; found throughout India in moist areas up to 1500 m. elevation.¹⁹⁰³ The plant is cathartic¹⁹⁰⁴; useful for abdominal diseases.¹⁹⁰⁵ The fruits are used to make alcoholic preparation.¹⁹⁰⁶

Trapuṣa¹⁹⁰⁷, *Urvaruka*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Urvāru*, *Irvāru*, *Karkaṭī*;¹⁹⁰⁸ popularly known as *Khīrā*, *Kānkaḍī*; *Tiyah*, *Khīrā*(Ass). A hispidly hairy trailing or annual climber; cultivated throughout India.¹⁹⁰⁹ This is sweet in taste, ununctuous, heavy, cold in potency; produces *Vāta*.¹⁹¹⁰ Either cooked or freshly the fruits are taken.

¹⁸⁹¹ C.S. Sūtra. 25.49

¹⁸⁹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁸⁹³ C.S. Vimāna. 8. 136

¹⁸⁹⁴ C.S. Cikitsā. 7. 43-49

¹⁸⁹⁵ C.S. Sūtra. 1. 78

¹⁸⁹⁶ *Amarkoṣa* 2.34

¹⁸⁹⁷ *Vācaspati*

¹⁸⁹⁸ *Amarkoṣa* 2.100

¹⁸⁹⁹ C.S. Sūtra. 27.125-165

¹⁹⁰⁰ *Ibid.*4.9

¹⁹⁰¹ *Ibid.*25.49

¹⁹⁰² *Amarkoṣa* 2. 126

¹⁹⁰³ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁹⁰⁴ C.S. Sūtra. 4.9

¹⁹⁰⁵ C.S. Cikitsā. 13.146- 174

¹⁹⁰⁶ C.S. Sūtra. 25.49

¹⁹⁰⁷ *Ibid.*27. 98-113

¹⁹⁰⁸ *Amarkoṣa* 2.155

¹⁹⁰⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁹¹⁰ C.S. Sūtra. 27. 98-113

Dhāmārgava¹⁹¹¹, *Pītaghoṣaka*(Skt); *Amarkoṣa* has presented various synonyms of this plant- *Dhāmārgava*, *Ghoṣaka*, *Ghoṣavallī*;¹⁹¹² popularly known as *Dodakī*, Yellow flowered *Pītaghoṣaka*. The creeper is cultivated throughout the greater parts of India.¹⁹¹³ The fruits are used as vegetable.

Ikṣvāku¹⁹¹⁴, *Tiktalāvu*, *Tiktalābu* (Skt); the creeper is found throughout India.¹⁹¹⁵ The seeds of the plant are used externally for the treatment of obstinate skin diseases including leprosy.¹⁹¹⁶

Jīmuta¹⁹¹⁷, *Ghoṣakabheda*(Skt); *Amarkoṣa* has mentioned various synonyms of this plant- *Venī*, *Garā*, *Garī*, *Kharī*, *Akharī*, *Agarī*, *Devatāḍa*, *Jīmuta*, *Devatāla*, *Devatāli*, *Vṛttakeśa*.¹⁹¹⁸ The creeper is found in Uttar Pradesh, Bengal, Bihar and Gujrat.¹⁹¹⁹ The fruits are used as vegetable.

Kṛtavadhana¹⁹²⁰, *Jyotṣnikā*(Skt); *Toroi*(Ass); the climber is found throughout India.¹⁹²¹ The fruits are used as vegetable.

Klītaka¹⁹²², *Yastyāhva*¹⁹²³ *Yastimadhu* (Skt); *Amarkoṣa* has presented various synonyms of this plant- *Madhūka*, *Klītaka*, *Yaṣṭimadhuka*, *Madhuyaṣṭikā*.¹⁹²⁴ This is popularly known as *Jyeṣṭhamadhu*. A tall perennial, self pollinated herb or undershrub; grown in Punjab, Jammu and Kashmir and South India.¹⁹²⁵

Caraka grouped this plant under *Phalinī* whether *Suśruta* grouped this under *Mulini*. Because of the usefulness of the roots *Suśruta* have done this. The powder of this plant is used for the management of miscarriage.¹⁹²⁶ The plant is used for the treatment of fever,¹⁹²⁷ obstinate skin

¹⁹¹¹ C.S. Sūtra. 1. 81

¹⁹¹² *Amarkoṣa*. 2. 117

¹⁹¹³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹¹⁴ C.S. Sūtra. 1. 81

¹⁹¹⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹¹⁶ C.S. *Cikitsā*. 7. 102-104

¹⁹¹⁷ C.S. Sūtra. 1. 81

¹⁹¹⁸ *Amarkoṣa*. 2.69

¹⁹¹⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹²⁰ C.S. Sūtra. 1. 81

¹⁹²¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹²² C.S. Sūtra. 1. 81

¹⁹²³ *Ibid*.3.24

¹⁹²⁴ *Amarkoṣa*. 2.109

¹⁹²⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹²⁶ C.S. *Sarira*. 8.24

diseases including leprosy, erysipelas, gout, fever, burning sensation, tumour, abscess and pustular eruptions.¹⁹²⁸ The heart wood with milk used for the treatment of tuberculosis; helps in elimination of excessive phlegm.¹⁹²⁹ This is used for the treatment of injury to the chest;¹⁹³⁰ and as ointment is useful for the treatment of edema.¹⁹³¹ The plant is very effective in the treatment of animal bite.¹⁹³²

Antaḥkoṭarapuṣpī¹⁹³³, *Vṛddhadārūka*, *Bastāntrī* (Skt); *Amarkoṣa* has presented various synonyms for this plant.¹⁹³⁴ A very large climbing shrub with woody stems; found throughout India in areas up to 900 m elevation.¹⁹³⁵

Kampillaka¹⁹³⁶; *Amarkoṣa* has presented synonyms of this plant- *Kāmpilya*, *Kāmpilla*, *Karkaśa*, *Candra*, *Raktānga*, *Rocanī*, *Recanī*, *Sundarocanī*.¹⁹³⁷ The powder of the fruit is used for the treatment of obstinate urinary diseases including diabetes mellitus.¹⁹³⁸ The plant is used externally for the treatment of obstinate skin diseases including leprosy,¹⁹³⁹ keloids, ringworm, eruption, prurites and pamphigus.¹⁹⁴⁰

Puṭīka¹⁹⁴¹, *Prakrīyā*, *Kaṇṭakīkarañja*, *Latākarañja*, *Kuberākṣi* (Skt); a large straggling, very thorny shrub, branches armed with hooks and straight hard yellow prickles; found throughout India, in the plains on the waste lands and coastal areas.¹⁹⁴² The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹⁹⁴³

¹⁹²⁷ C.S. Cikitsā. 240-249

¹⁹²⁸ Ibid.7. 136-139

¹⁹²⁹ Ibid.8. 118-119

¹⁹³⁰ Ibid.11. 27-34

¹⁹³¹ Ibid.12. 71-73

¹⁹³² Ibid.23. 179-188

¹⁹³³ C.S. Sūtra. 1. 82

¹⁹³⁴ *Bastāntrī Viṣagandhā Vayojaradārika Chagalāntrī* |

Viṣapatrīkantavasta paryayoiḥ Vṛddhadārūkam bhavati || Amarkoṣa

¹⁹³⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁹³⁶ C.S. Sūtra. 1. 83

¹⁹³⁷ Amarkoṣa. 2.146

¹⁹³⁸ C.S. Cikitsā. 6. 38-39

¹⁹³⁹ Ibid. 7. 102-104

¹⁹⁴⁰ C.S.Sūtra. 3.10-11

¹⁹⁴¹ Ibid.1. 116

¹⁹⁴² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

¹⁹⁴³ C.S. Cikitsā. 7. 122

Karañja¹⁹⁴⁴, *Naktamāla*, *Karañja*, *Cirabilva*, *Udakrañyā* (Skt); *Amarkoṣa* has mentioned various synonyms of this plant - *Ciribilva*, *Cirabilva*, *Naktamāla*, *Raktamāla*, *Karaja*, *Karañja*, *Karañjaka*.¹⁹⁴⁵ *Saḍagrantha*, *Markaṭī*, *Angāravallārī*- these are three varieties of *Karañja*. A moderate sized, semi-evergreen tree; is native to Western Ghats; found all over India on banks of the rivers and streams.¹⁹⁴⁶

This is included in *Phalavarga* by *Caraka*; it produces wind in abdomen.¹⁹⁴⁷ The plant in decoction form is used for the treatment of fever.¹⁹⁴⁸ The fruits are useful for obstinate skin diseases including leprosy and diseases caused by aggravation of *Kapha*.¹⁹⁴⁹ The plant is used for the treatment of epilepsy, insanity and fever;¹⁹⁵⁰ and also useful for the treatment of edema¹⁹⁵¹ and piles.¹⁹⁵² The seed cures poisoning, all types of fever, choleric diarrhea, fainting, epilepsy, anemia, alcoholism, various kinds of eye diseases and diseases of head.¹⁹⁵³

Śigru¹⁹⁵⁴, *Śigru*, *Ākṣīva*, *Śobhañjaka*, *Śobhañjanaka*, *Kṛṣṇagandhā*(Skt); *Amarkoṣa* has given various synonyms of this plant- *Sobhāñjana*, *Śobhāñjana*, *Saubhāñjana*, *Śigru*, *Tikṣṇagandhaka*, *Ākṣīva*, *Mocaka*;¹⁹⁵⁵ popularly known as *Śegula*, *Śegaṭa*, *Śevaga*. The red variety of *Śigru* is known as *Madhuśigru*.¹⁹⁵⁶ This is included among *Hāritavarga* by *Caraka*; is pleasant and delicious; but provoke Pitta.¹⁹⁵⁷ The plant in decoction form is used for the treatment of fever.¹⁹⁵⁸ And also used externally for the treatment of tuberculosis,¹⁹⁵⁹ obstinate skin diseases including leprosy, itching;¹⁹⁶⁰ and internally for diarrhea.¹⁹⁶¹ This is useful for the

¹⁹⁴⁴ C.S. Sūtra. 13. 10

¹⁹⁴⁵ Amarkoṣa. 2. 47

¹⁹⁴⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹⁴⁷ C.S. Sūtra. 27.125-165

¹⁹⁴⁸ C.S. Cikitsā. 3. 267

¹⁹⁴⁹ Ibid.7. 43-49

¹⁹⁵⁰ Ibid.9. 69-73

¹⁹⁵¹ Ibid.12. 64-67

¹⁹⁵² Ibid.14. 52-57

¹⁹⁵³ Ibid.23. 70-76

¹⁹⁵⁴ C.S. Sūtra. 13. 10

¹⁹⁵⁵ Amarkoṣa, 2 .31

¹⁹⁵⁶ Ibid.2.31

¹⁹⁵⁷ C.S. Sūtra. 27. 166-177

¹⁹⁵⁸ C.S. Cikitsā. 3. 267

¹⁹⁵⁹ Ibid.8. 77-81

¹⁹⁶⁰ Ibid.7. 106- 107

¹⁹⁶¹ Ibid.8. 129-131

treatment of epilepsy.¹⁹⁶² The person suffering from edema should be given to take this.¹⁹⁶³ The plant is also useful for abdominal diseases¹⁹⁶⁴ and piles.¹⁹⁶⁵

Kembuka, *Kebuka* (Skt); *Bandhākabi* (Ass); A suffruticose biennial 0.5 m. in height stems quite glabrous branching in the upper part; cultivated in hill tops. Found in Assam, North Bengal, Khasi and Jaintia Hills, sub Himalayan tracts of Uttar Pradesh, Himachal Pradesh and Western Ghats.¹⁹⁶⁶ Identification is controversial. The leaves are used as vegetables.

Tumburu¹⁹⁶⁷, *Tumba* (Skt); this is included by *Caraka* in *Hāritavarga*; pungent in taste, unctuous, sharp, hot in potency; alleviates *Vāta* and *Kapha*.¹⁹⁶⁸ Seeds are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha* and remover of foul odour.¹⁹⁶⁹ The plant is used externally for the treatment of obstinate skin diseases including leprosy.¹⁹⁷⁰ The plant is used for the treatment of piles.¹⁹⁷¹

Pīlu¹⁹⁷² - the plant is found in arid regions, on saline lands and coastal regions.¹⁹⁷³ *Caraka* has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.¹⁹⁷⁴ The plant in decoction form is used for the treatment of fever.¹⁹⁷⁵ This is also used for the treatment of leucoderma, alopecia, keloids, ringworm, fistula in ano, piles, eruption.¹⁹⁷⁶ Fruits are used to make alcoholic preparation.¹⁹⁷⁷

Hareṇuka¹⁹⁷⁸, *Hareṇu*(Skt); *Amarkoṣa* has presented synonyms of this plant- *Dvijā*, *Hareṇu*, *Reṇuka*, *Kauntī*, *Kapilā*, *Bhasmagandhinī*,¹⁹⁷⁹ popularly known as *Reṇukabīja*. The plant in

¹⁹⁶² C.S. Cikitsā. 10. 33

¹⁹⁶³ Ibid.12. 63

¹⁹⁶⁴ Ibid.13.108-110

¹⁹⁶⁵ Ibid.14. 39-44

¹⁹⁶⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹⁶⁷ C.S. Sūtra. 4.18

¹⁹⁶⁸ Ibid.27. 166-177

¹⁹⁶⁹ Ibid.27. 307

¹⁹⁷⁰ C.S. Cikitsā. 7. 108-110

¹⁹⁷¹ Ibid.14. 89-91

¹⁹⁷² C.S. Sūtra. 3. 4

¹⁹⁷³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹⁷⁴ C.S. Sūtra. 27.125-165

¹⁹⁷⁵ C.S. Cikitsā. 3. 267

¹⁹⁷⁶ C.S. Sūtra. 3. 4

¹⁹⁷⁷ Ibid.25.49

¹⁹⁷⁸ Ibid.3. 5

¹⁹⁷⁹ Amarkoṣa 2.120

decoction form is used for the treatment of fever.¹⁹⁸⁰ The plant is used externally for the treatment of obstinate skin diseases including leprosy,¹⁹⁸¹ erysipelas,¹⁹⁸² This is also used for piles, eruption leucoderma alopecia, keloids, ringworm fistula in anu and piles;¹⁹⁸³ as nasal drops¹⁹⁸⁴ and for smoking purpose.¹⁹⁸⁵

Phañijaka¹⁹⁸⁶ - this is one of the basil. The plant in decoction form is used for the treatment of fever.¹⁹⁸⁷ The plant is used for the treatment of obstinate skin diseases including leprosy.¹⁹⁸⁸ The plant is useful for the treatment of epilepsy,¹⁹⁸⁹ leucoderma, alopecia, keloids, ringworm, fistula in anu, piles, popular eruption.¹⁹⁹⁰

Kuṭheraka¹⁹⁹¹ *Ban tulasī, Tokmā, Rām tulasī* (Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Parṇāsa, Kaṭhinjara, Kuṭheraka*; ¹⁹⁹²popularly known as *Ājavala, Bāvāri*; white variety- *Arjaka*. The plant is found in the lower hills of Punjab; cultivated throughout India.¹⁹⁹³

This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.¹⁹⁹⁴ The plant in decoction form is useful in fever.¹⁹⁹⁵ The seeds are used externally for the treatment of obstinate skin diseases including leprosy.¹⁹⁹⁶

Nicula¹⁹⁹⁷, *Amarkoṣa* has given various synonyms of this plant- *Nicula, Hiñjala, Ambuja, Samudraphala*.¹⁹⁹⁸ It is one kind of *Vetasa*. This is found in the Sub Himalayan tracts from Ganges eastwards to Assam and Madhya Pradesh.¹⁹⁹⁹ The alkali preparation made of this plant

¹⁹⁸⁰ C.S. Cikitsā. 3. 267

¹⁹⁸¹ Ibid.7. 132

¹⁹⁸² Ibid.21. 77

¹⁹⁸³ C.S. Sūtra 3. 5

¹⁹⁸⁴ Ibid.5. 62-70

¹⁹⁸⁵ Ibid.5.22-24

¹⁹⁸⁶ Ibid.3. 4

¹⁹⁸⁷ Ibid. 3. 267

¹⁹⁸⁸ Ibid.7. 43-49

¹⁹⁸⁹ Ibid.10. 43-44

¹⁹⁹⁰ C.S. Sūtra. 3. 4

¹⁹⁹¹ Ibid.27. 98-113

¹⁹⁹² Amarkoṣa 2. 80

¹⁹⁹³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

¹⁹⁹⁴ C.S. Sūtra. 27. 98-113

¹⁹⁹⁵ C.S. Cikitsā. 3. 267

¹⁹⁹⁶ Ibid.7. 111-116

¹⁹⁹⁷ C.S. Sūtra 2. 10

¹⁹⁹⁸ Amarkoṣa 2.61

¹⁹⁹⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

is useful for the treatment of obstinate skin diseases including leprosy.²⁰⁰⁰ The plant is useful for epilepsy.²⁰⁰¹

Pātalā²⁰⁰² - the plant is cultivated throughout India; especially in moist regions.²⁰⁰³ The plant is used for the treatment of fever.²⁰⁰⁴

Kulattha²⁰⁰⁵ - pulse crop; found particularly in Madras, Mysore, Mumbai and Hyderabad.²⁰⁰⁶ It causes *Āmlapitta* (Acid dyspepsia).²⁰⁰⁷ The plant in decoction form is used for the treatment of fever²⁰⁰⁸ and piles.²⁰⁰⁹ With ghee this cures vomiting.²⁰¹⁰

Hingu is sharp, unctuous, pungent in taste, light, hot, carminative and digestive stimulant; alleviates *Kapha* and *Vāta*; but aggravates *Pitta*.

Cāngerī²⁰¹¹, *Cukrikā* (Skt); *Cāngoi*, *Tengeci tengā* (Ass); The plant is found throughout the warmer parts of India.²⁰¹² The plant is sour in taste, hot in potency, bowel binding, promoter of digestion and used as vegetable; alleviates *Kapha* and *Pitta*; useful for sprue and piles.²⁰¹³ The plant in decoction form is used for the treatment of fever.²⁰¹⁴ The plant is used for the treatment of diarrhea²⁰¹⁵ and dysuria.²⁰¹⁶

Somarājī²⁰¹⁷, *Avalguja*²⁰¹⁸ (Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Avalguja*, *Somarājī*, *Suvallī*, *Somavallikā*, *Kālameṣī*, *Kālameśī*, *Kṛṣṇaphalā*, *Bākuchī*, *Vāgucī*, *Putiphālī*;²⁰¹⁹ popularly known as *Bākuñcī*, *Bāvañcī*. The plant is found Rajasthan, eastern

²⁰⁰⁰ C.S. Cikitsā. 7. 89-90

²⁰⁰¹ Ibid.10. 19-24

²⁰⁰² C.S. Sūtra. 4.16

²⁰⁰³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁰⁴ C.S. Cikitsā. 3.234-239

²⁰⁰⁵ C.S. Sūtra. 14. 25

²⁰⁰⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁰⁷ C.S. Sūtra. 25. 40

²⁰⁰⁸ C.S. Cikitsā. 3. 267

²⁰⁰⁹ Ibid.14. 39-44

²⁰¹⁰ Ibid.20. 23-25

²⁰¹¹ C.S. Sūtra. 27.88-97

²⁰¹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰¹³ C.S.Sūtra. 27.88-97

²⁰¹⁴ C.S. Cikitsā. 3. 267

²⁰¹⁵ Ibid.8. 123-127

²⁰¹⁶ Ibid.14. 110-112

²⁰¹⁷ C.S. Sūtra. 27.88-97

²⁰¹⁸ Ibid.27.23-38

²⁰¹⁹ Amarkoṣa 2.96

districts of Punjab and adjoining areas of Uttar Pradesh.²⁰²⁰ This is used as vegetable; bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*²⁰²¹ as well as *Vāta* also.²⁰²² The leaves are useful for the treatment of piles.²⁰²³ The plant with other drugs helps in stopping of grey hair.²⁰²⁴

Śyāmaka

The plant is used for the treatment of piles.²⁰²⁵

Mudga²⁰²⁶, *Mudga māṣa* (Skt); *Magumāh* (Ass); the seeds of this plant are regarded as best as are full of protein, astringent, sweet, cold in potency, light and non-slime; alleviates *Kapha* and *Pitta*.²⁰²⁷ Soup made with *Mudga* aggravates *Vāta*.²⁰²⁸ The plant is used for aphrodisiac therapy²⁰²⁹ and for the treatment of *Raktapitta*.²⁰³⁰ This cures bleeding from piles.²⁰³¹ The plant in decoction form used for the treatment of erysipelas.²⁰³² *Daal* is consumed as food in every parts of India.

Māṣa²⁰³³, *Mungalya* (Skt); *Soṇāmagu* (Ass); the plant is extensively cultivated all over India.²⁰³⁴ It aggravates *Kapha* and *Pitta*²⁰³⁵; but alleviates *Vāta*.²⁰³⁶ It is used as aphrodisiac, unctuous, hot in potency, sweet, heavy and strength promoter; removes constipation²⁰³⁷ soup

²⁰²⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰²¹ C.S. Sūtra. 27.88-97

²⁰²² Ibid.27.23-38

²⁰²³ C.S. Cikitsā. 14. 122-125

²⁰²⁴ Ibid.26. 263-268

²⁰²⁵ Ibid.14. 52-57

²⁰²⁶ C.S. Sūtra. 4.13

²⁰²⁷ Ibid.27.23-38

²⁰²⁸ Ibid.27. 274

²⁰²⁹ C.S. Cikitsā. 2. 2. 15-17

²⁰³⁰ Ibid.4. 78

²⁰³¹ Ibid. 14. 205

²⁰³² Ibid.21. 54-61

²⁰³³ C.S. Sūtra. 4.13

²⁰³⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰³⁵ C.S. Sūtra. 25.40

²⁰³⁶ Ibid.27.23-38

²⁰³⁷ Ibid.27.23-38

made of *Māṣa* aggravates *Vāta*.²⁰³⁸ The plant is used for aphrodisiac therapy.²⁰³⁹ The plant in decoction form is used for the treatment of fever.²⁰⁴⁰

Jambu²⁰⁴¹ (Skt); *Kolā jāmu* (Ass); the plant is cultivated throughout India up to 1800 m.²⁰⁴² *Caraka* has included this in *Phalavarga*, is heavy, sweetish astringent, cold in potency, bowel binding, alleviator of *Kapha* and *Pitta*.²⁰⁴³ Fruits and seeds are used for the treatment of diarrhea²⁰⁴⁴, urinal disorders. But it aggravates *Vāta*.²⁰⁴⁵ The plant is used for the treatment of fever associated with burning sensation.²⁰⁴⁶ The bark is useful for the treatment of diarrhea.²⁰⁴⁷

Upodika²⁰⁴⁸, *Upodika*, *Potakī*, *Malva*, *Amṛtavallarī* (Skt); *Puiśāk*, *Puroi Śāk* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Pālankī*, *Mukunda*, *Kunda*, *Kunduru*, *Kundu*, *Kundara*, *Pālakī*, *Poiśāk*, *Vastukākārā*, *Pālahk*.²⁰⁴⁹ *Upodikā*, *Vālī*.²⁰⁵⁰ *Thoramyāl*, *Poimāṇḍavīvel*. A perennial, succulent, glabrous twining herb with white or red stems cultivated throughout India.²⁰⁵¹ The plant is used as vegetable; sweet in taste, purgative, unctuous, cold in potency and aphrodisiac; curative of intoxication but aggravator of *Kapha*.²⁰⁵² The leaves are useful for the treatment of piles.²⁰⁵³

Eḍagaja²⁰⁵⁴, *Eḍagaja*, *Prapunnāda*, *Cakramarda* (Skt); *Amarkoṣa* has presented synonyms of this plant- *Prapunnāḍa*, *Prapunnāla*, *Eḍagaja*, *Elagaja*, *Dadrughna*, *Cakramardaka*, *Padmāṭa*, *Uraṇākṣa*, *Uraṇākhyā*;²⁰⁵⁵ popularly known as *Ṭāklā*. An herbaceous annual weed, almost an undershrub up to 90 c. m. in height; found throughout India on road sides and waste lands, on

²⁰³⁸ C.S. Sūtra. 27. 274

²⁰³⁹ C.S. Cikitsā. 2. 42-43

²⁰⁴⁰ Ibid.3. 267

²⁰⁴¹ C.S. Sūtra. 4.14

²⁰⁴² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁴³ C.S. Sūtra. 27.125-165

²⁰⁴⁴ C.S. Cikitsā. 8. 123-127

²⁰⁴⁵ C.S. Sūtra. 25.40

²⁰⁴⁶ C.S. Cikitsā. 3. 258-259

²⁰⁴⁷ Ibid.19. 108-109

²⁰⁴⁸ C.S. Sūtra. 27. 88-97

²⁰⁴⁹ Amarkoṣa 2.121

²⁰⁵⁰ Ibid.2. 157

²⁰⁵¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁵² C.S. Sūtra. 27.88-97

²⁰⁵³ C.S. Cikitsā. 14. 122-125

²⁰⁵⁴ C.S. Sūtra. 27.23-38

²⁰⁵⁵ Amarkoṣa 2.147

hills of the low elevation up to 1800 m. as well as in plains.²⁰⁵⁶ This plant is used as vegetable; heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*²⁰⁵⁷ as well as *Kapha*.²⁰⁵⁸ The plant is used externally for the treatment of obstinate skin diseases including leprosy.²⁰⁵⁹

*Vāsā*²⁰⁶⁰, *Bṛṣā* (Skt); *Vāsaka* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Vaidyamātā*, *Simhī*, *Vaśikā*, *Vṛṣā*, *Ataruṣa*, *Atarupa*, *Vāsaka*, *Vājidantaka*.²⁰⁶¹ An evergreen, gregarious, perennial shrub, distributed throughout India up to an altitude, 1300 m.²⁰⁶²

This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.²⁰⁶³ The whole plant is used for the treatment of *Raktapitta*,²⁰⁶⁴ fever, asthma, cough, cardiac ailments, tumour,²⁰⁶⁵ and used externally for the treatment of obstinate skin diseases including leprosy.²⁰⁶⁶ The plant is useful for the treatment of edema.²⁰⁶⁷ It stops bleeding of piles.²⁰⁶⁸

Surāhva, *Gorakṣakarkatika*, *Devadāru* (Skt); a large handsome evergreen conifer tree reaching up to 85 m. in height with spreading branches; found in Himalayas, in areas up to 1050- 3600 m. elevation.²⁰⁶⁹

The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²⁰⁷⁰ It also cures sprue syndrome, constipation, obstinate abdominal diseases including ascites, fever, heart diseases, tumour, obstruction to the passage of stool, appearance of the wrinkles in the body, appearance of premature grey hair, baldness and the diseases due to the vitiation of *Kapha*.²⁰⁷¹

²⁰⁵⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁵⁷ C.S. Sūtra. 27. 98-113

²⁰⁵⁸ Ibid.27.23-38

²⁰⁵⁹ C.S. Cikitsā. 7. 102-104

²⁰⁶⁰ C.S. Sūtra. 13. 31

²⁰⁶¹ Amarkoṣa 2.103

²⁰⁶² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁶³ C.S. Sūtra. 27.88-97

²⁰⁶⁴ C.S. Cikitsā. 4. 88

²⁰⁶⁵ Ibid.5.126-127

²⁰⁶⁶ Ibid.7. 111-116

²⁰⁶⁷ Ibid.12. 64-67

²⁰⁶⁸ Ibid. 14. 214

²⁰⁶⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁷⁰ C.S. Cikitsā. 6. 27-29

²⁰⁷¹ Ibid.14. 162-168

*Dhava*²⁰⁷², *Dhava*, *Dr̥dhataru*, *Dhuranadhara*, *Pandutaru*, *Pītaphala*, *Nandataru*(Skt); a tree commonly found throughout India and ascending up to 1200 m. in the hills.²⁰⁷³ The plant is used for the treatment of fever associated with burning sensation,²⁰⁷⁴ and in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²⁰⁷⁵ The plant is used externally for the treatment of obstinate skin diseases including leprosy.²⁰⁷⁶ It stops bleeding of piles.²⁰⁷⁷

*Karavīraka*²⁰⁷⁸, *Karavīra*, *Asvahana*²⁰⁷⁹(Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Pratīhāsa*, *Pratīhāsa*, *Śataprāsa*, *Caṇḍāta*, *Hayamāraka*, *Karavīra*²⁰⁸⁰ popularly known as *Kaṇhera*. The plant is native to Mediterranean regions; grow in Indian gardens.²⁰⁸¹ The plant is used externally for the treatment of obstinate skin diseases including leprosy.²⁰⁸² The leaves along with other drugs help in stopping of grey hair.²⁰⁸³ The plant is used externally for the treatment of erysipelas.²⁰⁸⁴

*Saptaparṇa*²⁰⁸⁵, *Viśālatvaka*, *Śāradā*, *Visamacchada*, *Gucchapuṣpa*, *Śālmalipatraka*, *Gajamadagandhapuṣpa* (Skt); *Catiwan* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Saptaparṇa*, *Viśālatvaka*, *Sārada*, *Visamaschada*, *Śāntavana*.²⁰⁸⁶ A large, evergreen tree found almost throughout India, up to an altitude, 600 m.²⁰⁸⁷ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus²⁰⁸⁸ and obstinate skin diseases including leprosy.²⁰⁸⁹ The plant is useful for epilepsy.²⁰⁹⁰

²⁰⁷² C.S. Sūtra. 3. 3

²⁰⁷³ Reves on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁷⁴ C.S. Cikitsā. 3.258-259

²⁰⁷⁵ Ibid.6. 27-29

²⁰⁷⁶ Ibid.7. 111-116

²⁰⁷⁷ Ibid.14. 214

²⁰⁷⁸ C.S. Sūtra. 3. 2

²⁰⁷⁹ Ibid.3.17

²⁰⁸⁰ Amarkoṣa, 2. 76

²⁰⁸¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁸² C.S. Cikitsā. 7. 102-104

²⁰⁸³ Ibid.26. 263-268

²⁰⁸⁴ Ibid.21. 87-88

²⁰⁸⁵ C.S. Sūtra. 23.10

²⁰⁸⁶ Amarkoṣa, 2.23

²⁰⁸⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁰⁸⁸ C.S. Cikitsā. 6.27-29

²⁰⁸⁹ Ibid.7. 93-94

²⁰⁹⁰ Ibid.10. 19-24

Sumana²⁰⁹¹ *Sumanas, Jāti* (Skt); The plant is found in the North western Himalayas and Persia; cultivated in Koan, Uttar Pradesh, Rajasthan, Madhya Pradesh and also cultivated in the gardens.²⁰⁹² This is used for the treatment of eye diseases vitiated by *Pitta* and *Rakta*²⁰⁹³ and cataract.²⁰⁹⁴

Sarja²⁰⁹⁵ - the plant is found in peninsular India;²⁰⁹⁶ used for the treatment of fever associated with burning sensation.²⁰⁹⁷ And, in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²⁰⁹⁸ The plant is used externally for the treatment of erysipelas.²⁰⁹⁹ This cures eye diseases vitiated by *Kapha*.²¹⁰⁰

Aśvagandhā²¹⁰¹ - an erect, evergreen, tomentose shrub; found throughout the drier and sub tropical parts of India.²¹⁰² The plant is used for aphrodisiac therapy.²¹⁰³ The plant in decoction form is used for the treatment of fever.²¹⁰⁴ And also used externally for the treatment of tuberculosis, cough, dyspnea, headache, pain in the sides of the chest and shoulders.²¹⁰⁵ The plant is useful for abdominal diseases²¹⁰⁶ and erysipelas.²¹⁰⁷ This also cures poisoning.²¹⁰⁸

Suradāru²¹⁰⁹ - The plant is used externally for the treatment of obstinate skin diseases including leprosy.²¹¹⁰ This also cures all types of poisons.²¹¹¹

Caṇḍā²¹¹²; *Amarkoṣa* has presented the synonyms of this plant- *Rākṣasī, Dhanaharī, Caṇḍā, Kṣema, Duṣpatra, Gaṇahāsaka*.²¹¹³ An aromatic perennial herb, commonly found along with

²⁰⁹¹ C.S. Sūtra. 3.4

²⁰⁹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁹³ C.S. Cikitsā. 26.24

²⁰⁹⁴ Ibid.26. 256-258

²⁰⁹⁵ C.S. Sūtra. 3. 6

²⁰⁹⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁰⁹⁷ C.S. Cikitsā. 3.258-259

²⁰⁹⁸ Ibid.6. 30-32

²⁰⁹⁹ Ibid.21. 77

²¹⁰⁰ Ibid.26. 242

²¹⁰¹ C.S. Sūtra. 3. 8-9

²¹⁰² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹⁰³ C.S. Cikitsā. 2. 33-37

²¹⁰⁴ Ibid.3. 267

²¹⁰⁵ Ibid. 8. 89-102

²¹⁰⁶ Ibid.13.108-110

²¹⁰⁷ Ibid.21. 123-127

²¹⁰⁸ Ibid.23. 70-76

²¹⁰⁹ C.S. Sūtra. 5. 62-70

²¹¹⁰ C.S. Cikitsā. 7. 108-110

²¹¹¹ Ibid.23. 54-60

the water streams of Kashmira, altitude, 1000- 3900 m. and Sikkim, altitude 3000-3300.²¹¹⁴ The plant is used for the treatment of piles.²¹¹⁵

*Ātasī*²¹¹⁶ (Skt); *Tici* (Ass); the plant cultivated mainly in Madhya Pradesh, Uttar Pradesh, Maharashtra, Bihar and Rajasthan.²¹¹⁷ It aggravates *Kapha* and *Pitta*²¹¹⁸; but alleviates *Vāta*.²¹¹⁹ It is used as aphrodisiac, unctuous, hot in potency, sweet, heavy and strength promoter; removes constipation.²¹²⁰ The seed oil is sweet and sour in taste, hot in potency, aggravates *Rakta* and *Pitta*.²¹²¹ The plant as ointment is useful for the treatment of edema.²¹²² The oil from the seeds is recommended for the diabetic patients to take.

*Priyāla*²¹²³, *Priyaka* (Skt); *Priyālaka*²¹²⁴ - a medium sized tree about 18 m. in height with dark grey or nearly black rough fissured bark and young branches clothed with silky hairs; found throughout India, in deciduous forests in areas up to 900 m. elevation.²¹²⁵

This is included among *Phalavarga* by *Caraka*; sweet in taste, heavy, cold in potency, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²¹²⁶ The oil is sweet heavy; it is useful for aggravated *Vāta* and *Pitta*.²¹²⁷ The plant is used for the treatment of fever associated with burning sensation.²¹²⁸ This is a promoter of sperm and ovum and used in the management of miscarriage; cures gout, phthisis, cough and consumption.²¹²⁹

²¹¹² C.S. Sūtra. 3. 8

²¹¹³ Amarkoṣa, 2. 128

²¹¹⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²¹¹⁵ C.S. Cikitsā. 14. 96-102

²¹¹⁶ C.S. Sūtra. 13. 10

²¹¹⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹¹⁸ C.S. Sūtra. 25.40

²¹¹⁹ Ibid.27.23-38

²¹²⁰ Ibid.27.23-38

²¹²¹ Ibid.27. 290-294

²¹²² C.S. Cikitsā. 12. 70

²¹²³ C.S. Sūtra.13. 10

²¹²⁴ Mādhava

²¹²⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²¹²⁶ C.S. Sūtra. 27.125-165

²¹²⁷ Ibid.27. 290-294

²¹²⁸ C.S. Cikitsā. 3.258-259

²¹²⁹ Ibid.11. 70-77

Kaśeruka²¹³⁰ - the grass is distributed throughout India; especially in swamps, up to an altitude of 700 m. This is cold in potency; used as vegetable; but produces *Vāta* in abdomen.²¹³¹ The plant is used for the management of miscarriage.²¹³² The plant is used for the treatment of fever associated with burning sensation.²¹³³ The plant is used externally for the treatment of erysipelas.²¹³⁴ This is very effective for the treatment of heart diseases.²¹³⁵

Varuṇa²¹³⁶ *Kumāraka, Śvetadruma, Urumana, Vyādhitaru, Barṇa, Asmarighna* (Skt); *Baruṇ* (Ass); a medium sized deciduous much branched tree; found throughout India, especially in river banks.²¹³⁷ The plant in decoction form is used for the treatment of fever.²¹³⁸ The plant is used for the treatment of piles.²¹³⁹

Godhuma²¹⁴⁰, *Godhuma, Savedhuka, Arupa, Bahudugdha, Rasāla, Samana, Kṣerī, Mileñcabhojana, Niṣṭus, Sumana, Yava, Yavana* (Skt); *Ghehu* (Ass); the plant is cultivated as a food crop mainly in Punjab, Haryana, Uttar Pradesh, Madhya Pradesh, Maharashtra, Bihar and Rajasthan.²¹⁴¹

Various food articles are made of wheat like *Chapatti*; are heavy, refreshing, aphrodisiac, and cardio tonic.²¹⁴² The plant is used for aphrodisiac therapy.²¹⁴³ The wheat is cooling, oleaginous, tonic, laxative and fattening, improving appetite and relish for food. It is useful medicine in general disorders of health. But it is hard to digest. It is used as general food by most of the Indian people.

Coraka²¹⁴⁴, *Kṣemaka, Taṣkara* (Skt); a glabrous, aromatic herb; found in Rajasthan, Bihar, Kashmir, Himachal Pradesh, and hills of Uttaranchal, altitude 1800-3700 m.²¹⁴⁵ The plant in

²¹³⁰ C.S. Sūtra. 3.21

²¹³¹ Ibid. 27. 114-124

²¹³² C.S. Śārīra. 8.24

²¹³³ C.S. Cikitsā. 3.258-259

²¹³⁴ Ibid. 21. 83-84

²¹³⁵ Ibid. 26. 90-95

²¹³⁶ C.S. Sūtra. 13. 31

²¹³⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²¹³⁸ C.S. Cikitsā. 3. 267

²¹³⁹ Ibid. 14. 45-47

²¹⁴⁰ C.S. Sūtra. 13.35

²¹⁴¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹⁴² C.S. Sūtra. 27. 271-272

²¹⁴³ C.S. Cikitsā. 2.2. 3-9

²¹⁴⁴ C.S. Sūtra. 3.23

decoction form is used for the treatment of fever;²¹⁴⁶ and insanity.²¹⁴⁷ The plant is useful for the treatment of epilepsy,²¹⁴⁸ asthma and hiccup.²¹⁴⁹

Saivāla²¹⁵⁰ *Śelāi, Mac* (Ass); the plant is used for the treatment of fever associated with burning sensation²¹⁵¹ and *Raktapitta*.²¹⁵² These are used externally for the treatment of erysipelas.²¹⁵³ This is very effective for the treatment of heart diseases.²¹⁵⁴

Tuṃga²¹⁵⁵, *Punnāga, Nāgacampā, Rājacampā* (Skt); the plant is found in the coastal regions, particularly Orissa, Karnataka, Maharashtra and the Andamana; also cultivated as ornamental tree.²¹⁵⁶

Prapaunḍarīka²¹⁵⁷ (Skt); *Makhuā, Bhet* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Prapaunḍarīka, Pauṇḍarya, Sthalapadma*.²¹⁵⁸ The plant is found throughout the warmer parts of India;²¹⁵⁹ used for the treatment of fever associated with burning sensation.²¹⁶⁰ The stems and the seeds are used for the treatment of urinary disorders including diabetes.

Kāleyaka²¹⁶¹ - the plant is used for the treatment of fever associated with burning sensation,²¹⁶² *Raktapitta*, Asthma, morbid thirst and burning sensation.²¹⁶³ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²¹⁶⁴

Aindrī²¹⁶⁵, *Gavākṣī, Indra varuṇī* (Skt); taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and

²¹⁴⁵ Reviess on Indian medicinal plants, ICMR, New Delhi, 2004.

²¹⁴⁶ C.S. Cikitsā. 3. 267

²¹⁴⁷ Ibid.9. 57-58

²¹⁴⁸ Ibid.10. 33

²¹⁴⁹ Ibid.17. 123-124

²¹⁵⁰ C.S. Sūtra. 3.26

²¹⁵¹ Ibid. 3.258-259

²¹⁵² Ibid.4. 102-109

²¹⁵³ Ibid. 21. 89-92

²¹⁵⁴ Ibid.26. 90-95

²¹⁵⁵ C.S. Sūtra. 3.26

²¹⁵⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹⁵⁷ C.S. Sūtra. 3.24

²¹⁵⁸ Amarkoṣa , 2.127

²¹⁵⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹⁶⁰ C.S. Cikitsā. 3.258-259

²¹⁶¹ C.S. Sūtra. 3.26

²¹⁶² C.S. Cikitsā. 3.258-259

²¹⁶³ Ibid.4. 73-77

²¹⁶⁴ Ibid.6. 30-32

physical strength;²¹⁶⁶ used for the treatment of *Raktapitta*,²¹⁶⁷ obstinate skin diseases including leprosy, edema, sprue syndrome, piles, dysuria, jaundice, irregular fever, pain in cardiac region and urinary bladder.²¹⁶⁸

Yavasāka²¹⁶⁹, *Ghāsa*, *Yavāsa*.²¹⁷⁰ (Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Yāsa*, *Yavāsa*, *Duḥsparśa*, *Dhanvayāsa*, *Dhanuryāsa*, *Kunāśaka*, *Rodanī*, *Codanī*, *Kacchurā*, *Anantā*, *Samudrāntā*, *Durālabhā*.²¹⁷¹ A spiny shrub widely spread in the Gangetic plains and in the arid tracts of Gujarat, Maharastra, Punjab, and Rajasthan ascending up to an altitude, 900 m. in dry hills.²¹⁷² This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²¹⁷³ The barks are used for the treatment of *Raktapitta*.²¹⁷⁴

Saileya²¹⁷⁵ - the plant is cultivated in Kashmir Hills and the Himalayas;²¹⁷⁶ in decoction form is used for the treatment of fever.²¹⁷⁷ The plant as ointment is useful for the treatment of edema²¹⁷⁸ and cures all types of poisons.²¹⁷⁹ This cures eye diseases vitiated by *Kapha*.²¹⁸⁰

Mahāmedā²¹⁸¹, *Vasucidra*, *Tridanta*, *Devatā*, *Maṇi* (Skt); taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.²¹⁸² The plant is used for the treatment of fever associated with burning sensation.²¹⁸³ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.²¹⁸⁴

²¹⁶⁵ C.S. Sūtra. 3.27

²¹⁶⁶ C.S. Cikitsā. 1.4.6

²¹⁶⁷ Ibid.4.54-61

²¹⁶⁸ Ibid.7. 62-64

²¹⁶⁹ C.S. Sūtra. 27. 98-113

²¹⁷⁰ *Amarkoṣa*, 2. 167

²¹⁷¹ Ibid.2. 91-92

²¹⁷² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²¹⁷³ C.S. Sūtra. 27. 98-113

²¹⁷⁴ C.S. Cikitsā. 4. 73-77

²¹⁷⁵ C.S. Sūtra 3. 27

²¹⁷⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²¹⁷⁷ C.S. Cikitsā. 3. 267

²¹⁷⁸ Ibid.12. 64-67

²¹⁷⁹ Ibid.23. 54-60

²¹⁸⁰ Ibid.26. 242

²¹⁸¹ C.S. Sūtra. 4.9

²¹⁸² C.S. Cikitsā. 1.4.6

²¹⁸³ Ibid.3.258-259

²¹⁸⁴ Ibid.11. 35-43

This along with other drugs helps in stopping of grey hair.²¹⁸⁵ This is very effective for the treatment of heart diseases.²¹⁸⁶

Kākolī²¹⁸⁷; *Amarkoṣa* has presented synonyms of this plant- *Vāyasolī*, *Syādurasā*, *Vayasthā*, *Lahānkāvalī*, *Kakolī*.²¹⁸⁸ This is counted among the *Jīvanīya Pañcamula*; elevator of *Vāta* and *Pitta*.²¹⁸⁹ The plant is used for aphrodisiac therapy²¹⁹⁰ and for the treatment of *Raktapitta*.²¹⁹¹ The plant is useful for the treatment of epilepsy.²¹⁹² It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract.²¹⁹³ This along with other drugs helps in stopping of grey hair.²¹⁹⁴

Kṣītrakākolī²¹⁹⁵ - the plant is used for aphrodisiac therapy;²¹⁹⁶ used externally for the treatment of tuberculosis.²¹⁹⁷ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.²¹⁹⁸ This along with other drugs helps in stopping of grey hair.²¹⁹⁹

Rājakṣavaka²²⁰⁰ - the plant is used for vegetable purpose; alleviator of all *Doṣas*, light, bowel binding, and useful for the treatment of sprue and piles.²²⁰¹

Vātyāyani²²⁰², *Vātyapuṣpī* (Skt); *Son-bariyāl*, *Bariyāl* (Ass); the plant is found throughout India, in moist places.²²⁰³

Bhāradvājī²²⁰⁴ (Skt); *Ban kapāh* (Ass); the plant is cultivated as ornamental tree.²²⁰⁵

²¹⁸⁵ C.S. Cikitsā. 26. 263-268

²¹⁸⁶ Ibid.26. 90-95

²¹⁸⁷ C.S. Sūtra. 4.9

²¹⁸⁸ Amarkoṣa 2. 144

²¹⁸⁹ A. S. Sūtra. 6. 170

²¹⁹⁰ C.S. Cikitsā. 2.2. 3-9

²¹⁹¹ Ibid.4. 95-96

²¹⁹² Ibid.10. 37-38

²¹⁹³ Ibid.11. 35-43

²¹⁹⁴ Ibid.26. 263-268

²¹⁹⁵ C.S. Sūtra. 4.9

²¹⁹⁶ C.S. Cikitsā. 2.24-32

²¹⁹⁷ Ibid.8. 77-81

²¹⁹⁸ Ibid.11. 35-43

²¹⁹⁹ Ibid.26. 263-268

²²⁰⁰ C.S. Sūtra, 4.9

²²⁰¹ Ibid.27.88-97

²²⁰² Ibid.4.9

²²⁰³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

*Agnimukhī*²²⁰⁶, *Lāngalakī*, *Vahnimukhī*, *Garbhapātānī*, *Halinī* (Skt); a glabrous climbing herb with tuberous root stock grows over hedges and small trees; found throughout tropical India up to 2350 m. on the hills.²²⁰⁷ This can be used as vegetable; light, laxative, bitter in taste.²²⁰⁸ The plant is used externally for the treatment of obstinate skin diseases including leprosy.²²⁰⁹

*Dhātakī*²²¹⁰ (Skt); *Amarkoṣa* has presented synonyms of this plant- *Agnijvālā* (red flowered), *Subhiksā*, *Dhātakī*, *Dhātapuṣpikā*, *Dhātrpuṣpikā*;²²¹¹ popularly known as *Dhāyphūl*, *Dhāyaṭī*. The plant is found throughout North India.²²¹² The plant is used for the treatment of fever associated with burning sensation,²²¹³ *Raktapitta*,²²¹⁴ obstinate skin diseases including leprosy²²¹⁵ and diarrhea.²²¹⁶ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²²¹⁷ The plant is very effective for the treatment of ulcer.²²¹⁸

*Kaitarya*²²¹⁹, *Narasimha*, *Biṣahari* (Skt); a small aromatic tree with dark grey bark and closely crowded spreading dark green foliage; cultivated in Tamil Nadu, Maharashtra and North India.²²²⁰

The plant is used for the treatment of diabetes. The plant is useful for the treatment of epilepsy²²²¹ and throat diseases.²²²² This is also used as restorative of consciousness²²²³,

²²⁰⁴ C.S. Sūtra, 4.9

²²⁰⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁰⁶ C.S. Sūtra. 4.9

²²⁰⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁰⁸ C.S. Sūtra. 27. 98-113

²²⁰⁹ C.S. Cikitsā. 7. 108-110

²²¹⁰ C.S. Sūtra. 4.9

²²¹¹ Amarkoṣa, 2. 124

²²¹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²¹³ C.S. Cikitsā. 3.258-259

²²¹⁴ Ibid.4. 79-81

²²¹⁵ Ibid. 7. 95

²²¹⁶ Ibid.8. 129-131

²²¹⁷ Ibid.6. 30-32

²²¹⁸ Ibid.25. 86-94

²²¹⁹ C.S. Sūtra. 4.10

²²²⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²²¹ C.S. Cikitsā. 10. 27

²²²² C.S. Sūtra. 4.10

²²²³ Ibid.4. 18

Haṃsapāḍī²²²⁴, *Tripaṃṇī*, *Kitamata*, *Tripādika*, *Raktapāḍī*, *Tripaṃṇī* (Skt); the fern is found on rocks and slopes of the lower hills throughout greater part of India up to an altitude, 1200 m.²²²⁵ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²²²⁶ This is useful for throat diseases.²²²⁷

Āmrātaka²²²⁸(Skt); *Amarā* (Ass); *Amarkoṣa* has used various synonyms of this plant- *Pītana*, *Kapītana*, *Āmrātaka*, *Amrātaka*, *Kapichuta* popularly known as *Āmvra*.²²²⁹ These are available in two varieties- sweet and sour types. An aromatic tree; occurring wild or grown throughout the country for edible fruits.²²³⁰ *Caraka* has included this plant in *Phalavarga*; the sweet variety is nourishing, refreshing, heavy, unctuous, strength promoting, cold in potency, aphrodisiac, aggravator of *Kapha* and produces *Vāta* in abdomen,²²³¹ but causes *Raktapitta*.²²³² The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²²³³

Likuca²²³⁴, *Lakuca*, *Nikuca* (Skt); *Dewatengā*, *Dewācāli* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Lakuca*, *Likuca*, *Dahu*.²²³⁵ It is one kind of *Panasa* small in size.²²³⁶ A large, deciduous tree distributed in evergreen, semi evergreen and moist deciduous forests up to an altitude, 1800 m in Eastern and Northern India. On the west coast, it is found from Konkon southwards to Kerala and in Tamil Nadu.²²³⁷ This is included among *Phalavarga* by *Caraka*, sweet in taste, heavy, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²²³⁸ This is a cardiac tonic²²³⁹; but very dangerous with honey.

²²²⁴ C.S. Sūtra. 4.10

²²²⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²²⁶ C.S. Sūtra. 27. 98-113

²²²⁷ Ibid.4.10

²²²⁸ Ibid.4.11

²²²⁹ Amarkoṣa, 2. 27

²²³⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²³¹ C.S. Sūtra. 27. 125-165

²²³² Ibid.27.125-165

²²³³ C.S. Cīkitsā. 6. 30-32

²²³⁴ C.S. Sūtra. 4.11

²²³⁵ Amarkoṣa, 2.61

²²³⁶ Ibid. 2.61

²²³⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004

²²³⁸ C.S. Sūtra. 27.125-165

²²³⁹ Ibid. 4.11

Karamarda²²⁴⁰, *Avighna*, *Suṣeṇa*, *Kṣīraphena* (Skt); *Karañja* (Ass); A large dichotomously branched evergreen shrub with short stem and strong thorns in pairs; found throughout India, in dry forests and also cultivated.²²⁴¹This is included in *Phalavarga* by *Caraka*; sour in taste cause *Raktapitta*.²²⁴² This is a cardiac tonic.²²⁴³

Kuvala²²⁴⁴ - The plant is found in found in Punjab, Himachal Pradesh, up to 1950, eastwards to West Benhal.²²⁴⁵ The fruit is used to make alcoholic preparation;²²⁴⁶ is a cardiac tonic.²²⁴⁷

Murvā²²⁴⁸, *Pīluparñī*, *Moraṭā*. (Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Murvā*, *Murvī*, *Devī*, *Madhurasā*, *Moraṭā*, *Tejanī*, *Sravā*, *Sruvā*, *Madhulikā*, *Madhusreñī*, *Gokarñī*, *Pīluparñī*;²²⁴⁹ popularly known as *Mur*. This is used to make rope.²²⁵⁰The plant in decoction form is used for the treatment of fever²²⁵¹ and obstinate urinary diseases including diabetes mellitus.²²⁵² This is also used for the treatment of obstinate skin diseases including leprosy, edema, anemia, leucoderma, sprue syndrome, enlargement of the inguinal gland, pimples, scabies and urticarial rash.²²⁵³ The plant is useful for epilepsy.²²⁵⁴

Nirguṇḍī²²⁵⁵ *Sindhuvāra* (Skt); *Pacatiyā*, *Pacatiā*, *Agiachit* (Ass); *Amarkoṣa* has mentioned synonyms of this plant- *Sinduka*, *Sindhuka*, *Sinduvāra*, *Indrasurasa*, *Indrasurisa*, *Nirguṇḍī*, *Nirguṇṭhī* and *Indragaṇikā*.²²⁵⁶The plant is found throughout India in the warmer zones; ascending 900 m. in North-western Himalayas.²²⁵⁷In pain, roots are febrifuge and tonic. This is used for the treatment of infection²²⁵⁸and toxicity.²²⁵⁹

²²⁴⁰ C.S. Sūtra. 4.11

²²⁴¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²⁴² C.S. Sūtra. 27.125-165

²²⁴³ Ibid.4.11

²²⁴⁴ Ibid.4.11

²²⁴⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁴⁶ C.S. Sūtra. 25.49

²²⁴⁷ Ibid.4.11

²²⁴⁸ Ibid.4.11

²²⁴⁹ Amarkoṣa 2.83

²²⁵⁰ Arthaśāstra.2.17.8

²²⁵¹ C.S. Cikitsā. 3. 267

²²⁵² Ibid.6.27-29

²²⁵³ Ibid.7. 65-67

²²⁵⁴ Ibid.10. 19-24

²²⁵⁵ C.S. Sūtra. 3.28

²²⁵⁶ Amarkoṣa, 2. 68

²²⁵⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁵⁸ C.S.Sūtra. 4.11

Vṛṣaparṇika²²⁶⁰, *Akhuparṇika* (another variety), *Akhukarṇī*, *Muṣakparṇī* (Skt); the plant is found in the damp places in upper Gangetic plains; Bihar, Bengal and Penisular India.²²⁶¹ The plant is anthelmintic; used for the treatment of fever²²⁶² and infection.²²⁶³

Kaṭaka²²⁶⁴ - the plant is found in the forest of West Bengal, Central and South India, up to 1200 m.²²⁶⁵ This is used to remove toxicity.²²⁶⁶

Śleṣmātaka²²⁶⁷, *Śelu*, *Bahuvāra*, *Uddālaka*, *Grahadruma*, *Vasantakusuma* (Skt); *Gobarhutā*, *Boal*, *Kotrā* (Ass); A medium sized tree with a short crooked trunk; found throughout India in warmer region.²²⁶⁸ This is included in *Phalavarga* by *Caraka*; is sweet in taste, cold in potency, heavy, aggravator of *Kapha*.²²⁶⁹ The plant is used externally for the treatment of erysipelas.²²⁷⁰ The root, bark and tender branches are very effective in the treatment of animal bite if the poison spread in the blood and other types of poisoning.²²⁷¹ This is used to remove toxicity.²²⁷²

Ikṣuvallika²²⁷³ - the plant is used for aphrodisiac therapy.²²⁷⁴ This is galactagogues.²²⁷⁵

Gundrā²²⁷⁶; Amarkoṣa has presented synonyms of this plant- *Gundrā*, *Tejanaka*, *Śara*.²²⁷⁷ The plant is galactagogues,²²⁷⁸ diuretics²²⁷⁹; used for the treatment of fever associated with burning

²²⁵⁹ C.S. Sūtra.3.28

²²⁶⁰ Ibid.4.11

²²⁶¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁶² C.S. Cikitsā. 26. 240-249

²²⁶³ C.S. Sūtra. 4.11

²²⁶⁴ Ibid. 4.11

²²⁶⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²²⁶⁶ C.S. Sūtra. 4.11

²²⁶⁷ Ibid.4.11

²²⁶⁸ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²⁶⁹ C.S. Sūtra. 27.125-165

²²⁷⁰ C.S. Cikitsā. 21. 89-92

²²⁷¹ Ibid.23. 179-188

²²⁷² C.S. Sūtra. 4.11

²²⁷³ Ibid.4.12

²²⁷⁴ C.S. Cikitsā. 2.24-32

²²⁷⁵ C.S. Sūtra. 4.12

²²⁷⁶ Ibid.4.12

²²⁷⁷ Amarkoṣa, 2. 161

²²⁷⁸ C.S. Sūtra. 4.12

²²⁷⁹ Ibid.4.15

sensation²²⁸⁰ and the roots are used for the treatment of *Raktapitta*.²²⁸¹ And also used externally for the treatment of tuberculosis.²²⁸²

Itkata²²⁸³ - a handsome deciduous tree with papery bark and grayish soft wood; found in dry forests of Daccan, Karnataka, Cudappa and rarely in Kerela and Tamilnadu.²²⁸⁴ The plant is diuretic,²²⁸⁵ galactagogues;²²⁸⁶ used for the treatment of fever associated with burning sensation.²²⁸⁷

Kadamba²²⁸⁸, *Nīpa* (Skt); *Kadam* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant - *Nīpa*, *Priyaka*, *Kadamba*, *Haripriya*, *Halipriya*.²²⁸⁹ A large deciduous tree found all over Indian plains and also planted as avenue tree.²²⁹⁰ This is heavy, non- slime, cold in potency, used as vegetable but obstruct the channels of blood circulation.²²⁹¹ *Caraka* has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.²²⁹² The plant is used for the treatment of fever associated with burning sensation.²²⁹³ The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²²⁹⁴ The leaves are very effective for the treatment of ulcer.²²⁹⁵

Kavidāra²²⁹⁶, *Karbudāra* (Skt); *Kāñcan*, *Kotora*, *Bogakotora*, *Kural* (Ass); a moderate sized deciduous tree with vertically cracked grey bark; found throughout India areas up to 1800 m. elevation.²²⁹⁷ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables helps in bowel binding and cures *Raktapitta*.²²⁹⁸ The plant is used

²²⁸⁰ C.S. Cikitsā. 3.258-259

²²⁸¹ Ibid.4. 102-109

²²⁸² Ibid.8. 89-102

²²⁸³ C.S. Sūtra. 4.12

²²⁸⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²⁸⁵ C.S. Sūtra. 4.15

²²⁸⁶ Ibid.4.12

²²⁸⁷ C.S. Cikitsā. 3.258-259

²²⁸⁸ Ibid.4.12

²²⁸⁹ Amarkoṣa 2.41

²²⁹⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²⁹¹ C.S. Sūtra. 27. 114-124

²²⁹² Ibid.27.125-165

²²⁹³ C.S. Cikitsā. 3.258-259

²²⁹⁴ Ibid.6. 27-29

²²⁹⁵ Ibid.25. 95

²²⁹⁶ C.S. Sūtra. 4.13

²²⁹⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²²⁹⁸ C.S. Sūtra. 27. 98-113

for the treatment of fever associated with burning sensation.²²⁹⁹The plant is useful for the treatment of urinary disorders including diabetes. *Karvudāra* is the white variety of *Kovidāra*.

*Asmantaka*²³⁰⁰ - this is found in the Sub Himalayan tracts from Ravi eastwards ascending to 1000 m. in Uttar Pradesh, West Bengal, Central and South India.²³⁰¹The plant in decoction form is used for the treatment of fever.²³⁰²This is used for the treatment of obstinate urinary diseases including diabetes mellitus.²³⁰³ The plant is used for the treatment of piles.²³⁰⁴

*Vaśtra*²³⁰⁵ *Tilaparṇī* (Skt); the plant is used as drugs for diuretics²³⁰⁶. This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.²³⁰⁷ The plant in decoction form is used for the treatment of fever.²³⁰⁸

*Karkandhu*²³⁰⁹, *Amarkoṣa* has given various synonyms of this plant- *Karkandhu*, *Badarī*, *Koli*²³¹⁰ popularly known as *Bor*. *Caraka* has included this among *Phalavarga*, sour and sweet in taste, very tasty to eat; but aggravates *Pitta* and *Kapha*.²³¹¹ The fruits are used for the treatment of all types of throat diseases.²³¹² The fruits are used for alcoholic preparation.²³¹³

*Śatapuṣpa*²³¹⁴ (Skt); *Guāmūḍi*, *Copguti* (Ass); this is sweet in taste.²³¹⁵The plant is used for the treatment of fever²³¹⁶ and skin diseases including leprosy.²³¹⁷ And also used externally for the treatment of tuberculosis, headache, pain in the sides of the chest and shoulders.²³¹⁸The seeds

²²⁹⁹ C.S. Cikitsā. 3.258-259

²³⁰⁰ C.S. Sūtra. 13. 31

²³⁰¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³⁰² C.S. Cikitsā. 3. 267

²³⁰³ Ibid.6. 38-39

²³⁰⁴ Ibid.14. 45-47

²³⁰⁵ C.S. Sūtra. 4.15

²³⁰⁶ Ibid.4.15

²³⁰⁷ Ibid.27.88-97

²³⁰⁸ C.S. Cikitsā. 3. 267

²³⁰⁹ C.S. Sūtra. 4.13

²³¹⁰ Amarkoṣa, 2.36

²³¹¹ C.S. Sūtra. 27. 125-165

²³¹² C.S. Cikitsā. 26. 192-194

²³¹³ C.S. Sūtra. 25.49

²³¹⁴ Ibid.4.13

²³¹⁵ C.S. Vimāna. 8. 139

²³¹⁶ C.S. Cikitsā. 26. 250-253

²³¹⁷ Ibid.7. 84

²³¹⁸ Ibid. 8. 77-81

are used as spice and mouth freshener. Juice extract is used for the treatment of painful and irregular menstrual period.

Kṣavaka²³¹⁹, *Cikkini, Cikkika* (Skt); the plant is found in damp places throughout the plains and low hills of India.²³²⁰ This is one type of basil. The plant in decoction form is used for the treatment of fever.²³²¹ The tender leaves are used externally for the treatment of obstinate skin diseases including leprosy.²³²²

Parpataka²³²³, *Parpataka, Arka, Caraka, Kalpanga, Katapatra, Kavacanamaka, Kṣeparpata, Nakara, Pāṇḍu, Pañcaparyāya, Parpata, Pragandhā, Pittarī, Reṇu, Śīta, Śītavallabha, Tikta, Varātikta, Varmakāntā* (Skt); *Ban- Sola* (Ass); this is included in *Phalavarga* by *Caraka*.²³²⁴ This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*; but aggravates *Vāta* and used as vegetables.²³²⁵ In decoction form or other it is used for the treatment of fever²³²⁶ and *Raktapitta*.²³²⁷ The plant is used for the treatment of obstinate skin diseases including leprosy, erysipelas, piles, sprue syndrome, anemia, edema, itching, scabies, scrofula, pimples, fever and insanity.²³²⁸

Kulaśṛṅgī²³²⁹, *Śṛṅgī* (Skt); the plant is found in the temperate Himalayas from Kashmir, Sikkim to Bhutan at altitudes of 600- 2500 m.²³³⁰ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.²³³¹ And also used externally for the treatment of tuberculosis, cough, dyspnea, and pain in shoulders.²³³²

²³¹⁹ C.S. Sūtra. 4.13

²³²⁰ C. P. Khare, India medicinal plants- an illustrated dictionary.

²³²¹ C.S. Cikitsā. 3. 267

²³²² Ibid.7. 111-116

²³²³ C.S. Sūtra. 4.14

²³²⁴ Ibid.27. 125-165

²³²⁵ Ibid.27.88-97

²³²⁶ C.S. Cikitsā. 3. 197-199

²³²⁷ Ibid. 4. 73-77

²³²⁸ Ibid.7. 140-143

²³²⁹ C.S. Sūtra. 4.14

²³³⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³³¹ C.S. Cikitsā. 3. 204-206

²³³² Ibid.8. 89-102

Sallakī²³³³ (Skt); *Dhunā gach* (Ass); a medium sized deciduous plant with ash papery bark peeling of in thin flakes; found throughout central and northern India in dry hills.²³³⁴ The plant used for smoking purpose,²³³⁵ in decoction form is used for the treatment of fever.²³³⁶

Kaccura, *Durālābha*, *Dusparśa*, *Duṣṭaparicha*, *Grahinī*, *Kāśaghnī*, *Samudrānta*, *Virupa*, *Vṛśchikali*, *Vṛśchikapatrī*. The plant is found in the outer Himalayan ranges eastwards to Assam; southwards to Travancore, throughout warmer parts of India.²³³⁷ In decoction form or other it is used for the treatment of *Sannipāta* type of fever along with bronchitis, heart disease, Asthma, drowsiness and pain in the side of the chest.²³³⁸ It is useful in cough.

Sṛvestaka²³³⁹ - the plant is found in the Eastern and Western Himalayas.²³⁴⁰ The plant is used for smoking purpose²³⁴¹; and as ointment is useful for the treatment of edema.²³⁴² This also cures all types of poisons.²³⁴³

Saugandhika²³⁴⁴; *Amarkoṣa* has presented synonyms of this plant - *Katṛṇa*, *Paura*, *Saugandhika*, *Dhyāma*, *Devajagdhaka*, *Rohiṣa* and *Gaṃjana*.²³⁴⁵

The root of the plant is useful for cardiac disorders, dysuria, obstinate urinary disorders including Diabetes mellitus, piles, bronchitis, consumption and phthisis.²³⁴⁶

Vṛkṣadānī²³⁴⁷, *Vṛkṣaroha*, *Padaroha*, *Kāmvṛkṣa* (Skt); *Amarkoṣa* has mentioned synonyms of this plant- *Vandā*, *Vṛkṣadānī*, *Vṛkṣāruhā*, *Jīvantikā*.²³⁴⁸ A stem parasite with smooth gray bark; found throughout India, as parasite on trees.²³⁴⁹

²³³³ C.S. Sūtra. 5.22-24

²³³⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²³³⁵ C.S. Sūtra.5.22-24

²³³⁶ C.S. Cikitsā. 3. 267

²³³⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³³⁸ C.S. Cikitsā. 3. 204-206

²³³⁹ C.S. Sūtra. 5.22-24

²³⁴⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³⁴¹ C.S. Sūtra. 5.22-24

²³⁴² C.S. Cikitsā. 12. 64-67

²³⁴³ Ibid.23. 54-60

²³⁴⁴ C.S. Sūtra. 4.15

²³⁴⁵ Amarkoṣa, 2. 166

²³⁴⁶ C.S. Cikitsā. 11. 44-47

²³⁴⁷ C.S. Sūtra. 4.15

²³⁴⁸ Amarkoṣa, 2.82

²³⁴⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

Pāṣāṇabheda²³⁵⁰ *Aṃśabheda* (Skt); the name implies that the plant is used for the treatment of kidney and bladder stones. This is diuretic.²³⁵¹

Phalgu²³⁵², *Kāṣṭhodumbarika*, *Kāṣṭhodumbara* (Skt); *Dimau* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Kākodumbarika*, *Phalgu*, *Malayu*, *Malapu*, *Jaghanephala*.²³⁵³ This is popularly known as *Bokhara*, *Kharvata*. The plant is found in the outer Himalaya from Chenab to Eastwards West Bengal, Assam, Central and South India and the Andaman Islands also.²³⁵⁴ *Caraka* has included this plant in *Phalavarga*, heavy, cold in potency, refreshing and nourishing; but produces *Vāta* in abdomen.²³⁵⁵ The plant is used for aphrodisiac therapy.²³⁵⁶ And used externally for the treatment of obstinate skin diseases including leprosy;²³⁵⁷ and very much useful for epilepsy.²³⁵⁸

Ṭinduka²³⁵⁹ (Skt); *Kendu* (Ass); *Amarkoṣa* has given various synonyms of this plant- *Ṭinduka*, *Ṭindukī*, *Sphurjaka*, *Kālaskandha*, *Śītisāraka*.²³⁶⁰ This is popularly known *Teṇḍu*, *Ṭembhuraṇī*. A medium sized spreading evergreen tree about 15 m. in height with dark gray or black bark; found throughout India chiefly in streams, river banks and back waters extending in to valleys of the Ghats.²³⁶¹ It is sweet and astringent in taste, light and alleviator of *Kapha* and *Pitta*;²³⁶² used for the treatment of urticaria.²³⁶³ The heart wood is used to make alcoholic preparation.²³⁶⁴

Aśvakarṇa²³⁶⁵ - the plant is used for the treatment of fever associated with burning sensation,²³⁶⁶ urticaria²³⁶⁷ and the heart wood is used to make alcoholic preparation.²³⁶⁸

²³⁵⁰ C.S. Sūtra. 4.15

²³⁵¹ Ibid.4.15

²³⁵² Ibid.4.16

²³⁵³ Amarkoṣa, 2.61.

²³⁵⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³⁵⁵ C.S. Sūtra. 27. 125-165

²³⁵⁶ C.S. Cikitsā. 2.24-32

²³⁵⁷ Ibid.7. 87

²³⁵⁸ Ibid.10. 19-24

²³⁵⁹ C.S. Sūtra. 4. 17

²³⁶⁰ Amarkoṣa, 2.38.

²³⁶¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²³⁶² C.S. Sūtra.

²³⁶³ Ibid.4. 17

²³⁶⁴ Ibid.25.49

²³⁶⁵ Ibid.4. 17

²³⁶⁶ C.S. Cikitsā. 3.258-259

²³⁶⁷ C.S. Sūtra. 4. 17

²³⁶⁸ Ibid.25.49

*Āsana*²³⁶⁹, *Bījaka* (Skt); *Āsan* (Ass); the tree is found commonly in the forests; especially in the humid regions of India, including the Sub Himalayan tracts of North- west provinces, Nepal and Sikkin; also southwards throughout the peninsula.²³⁷⁰

The plant is used for the treatment of fever associated with burning sensation²³⁷¹ and *Raktapitta*.²³⁷² The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²³⁷³ Both externally and internally used for the treatment of obstinate skin diseases including leprosy.²³⁷⁴ The plant with other drugs helps in stopping of grey hair,²³⁷⁵ diseases of mouth²³⁷⁶ and urticaria²³⁷⁷

*Śāla*²³⁷⁸, *Agnivallabha*, *Aśvakarṇa*, *Ciraparṇa*, *Dhānya*, *Dīrghaparṇa*, *Dīrghaśākhā*, *Divyasāra*, *Jaladsāra*, *Kāla*, *Kala*, *Kālaajodhbhava*, *Kārśya*, *Kāśayī*, *Kauśika*, *Kauśihva*, *Lalana*, *Latāśankha*, *Latātāru*, *Rala*, *Ralakarya*, *Śālaniryās*, *Śālaveṣṭa*, *Sarja*, *Sarjakarya*, *Sarjarasa*, *Sarjjaka*, *Śaśyasamabara*, *Śaśyasamvera*, *Sankataru*, *Śankurrikṣa*, *Sura*, *Sidhaka*, *Sureṣṭaka*, *Tarkṣyaprasava*, *Vallīvrkṣa*, *Vanśa*, *Vatsakarṇa*, *Yakṣadhupa* (Skt); *Śāl* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Sāla*, *Śyāla*, *Sarja*, *Kārśya*, *Aśvakarṇa*, *Sasyamvara*.²³⁷⁹ The plant is found in north, east and Central India.²³⁸⁰ The plant is sedative²³⁸¹; used for the treatment of fever associated with burning sensation.²³⁸² The plant in decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²³⁸³ The heart wood is used for alcoholic preparation²³⁸⁴. This plant with other drugs is recommended for the treatment of snake bite and scorpion sting.

²³⁶⁹ C.S. Sūtra. 4. 17

²³⁷⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³⁷¹ C.S. Cikitsā. 3.258-259

²³⁷² Ibid.4. 91-92

²³⁷³ Ibid.6. 30-32

²³⁷⁴ Ibid.7.152-156

²³⁷⁵ Ibid.26. 263-268

²³⁷⁶ C.S. Sūtra. 5. 73

²³⁷⁷ Ibid.4. 17

²³⁷⁸ Ibid.4. 18

²³⁷⁹ Amarkoṣa, 2. 44

²³⁸⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²³⁸¹ C.S. Sūtra. 4. 18

²³⁸² C.S. Cikitsā. 3.258-259

²³⁸³ Ibid.6. 27-29

²³⁸⁴ C.S. Sūtra. 25.49

Pālankāsa²³⁸⁵, *Guggul*, *Mahīsākṣa*, *Riṇḍī*, *Macanā*, *Kaśika*, *Śivapriya*, *Jatāyu*, *Bhadrāśriya* (Skt); *Guggul* (Ass); a small armed tree with spinescent branches and ash coloured rough bark; found in arid rocky tracts of Rajputana, Bellary, Mysore, Sindh and Baluchistan.²³⁸⁶ The extracts of the plant is used against indigestion, cough. The plant is used for the treatment of fever,²³⁸⁷ and epilepsy.²³⁸⁸ And, also used externally for the treatment of tuberculosis,²³⁸⁹ obstinate skin diseases including leprosy, alopecia, keloids, ringworm, fistula in anu, piles, eruptions and leucoderma.²³⁹⁰ This is used for smoking purpose.²³⁹¹

Brāhmī²³⁹², *Sarasvatī*, *Medhājananī*, *Rasādhika* (Skt); *Brāhmī*, *Ghiu Śāk* (Ass); a prostrate or creeping, juicy, succulent, glabrous annual herb, rooting at the nodes with numerous ascending branches; found throughout India, in wet places up to 1200m elevation.²³⁹³ The plant is used for the preparation of *Cyavanprāśa*. It is a brain tonic. Taking the juice of the leaves for six months with milk gives longevity, freedom from diseases, complexion, nourishment, intellect, memory and physical strength.²³⁹⁴ This also cures obstinate skin diseases including leprosy.²³⁹⁵

Nakhā, *Amarkoṣa* has presented synonyms of this plant- *Hanu*, *Haṭṭavilāsinī*, *Sukti*, *Samkha*, *Khura*, *Koladala*, *Nakhā*, *Nakhī*;²³⁹⁶ popularly known as *Nakhalā*. The plant is used for the treatment of obstinate skin diseases including Diabetes mellitus.²³⁹⁷ The plant as ointment is useful for the treatment of edema.²³⁹⁸

Dhyāmaka²³⁹⁹, *Rohiṣa*, *Kaṭṛna* (Skt); a perennial sweet scented grass, 1.5-2.5 in height; found throughout India and cultivated in dry localities.²⁴⁰⁰ The plant in decoction form is used for the

²³⁸⁵ C.S. Sūtra. 4. 18

²³⁸⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²³⁸⁷ C.S. Cikitsā. 3. 296-309

²³⁸⁸ Ibid.10. 27

²³⁸⁹ Ibid.8. 77-81

²³⁹⁰ C.S. Sūtra. 3. 3

²³⁹¹ Ibid.5.22-24

²³⁹² Ibid.4. 18

²³⁹³ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²³⁹⁴ C.S. Cikitsā. 1.4.6

²³⁹⁵ Ibid. 7. 68-69

²³⁹⁶ Amarkoṣa, 2.130

²³⁹⁷ C.S. Cikitsā. 6. 41-44

²³⁹⁸ Ibid.12. 64-67

²³⁹⁹ C.S. Sūtra. 5.22-24

²⁴⁰⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

treatment of fever.²⁴⁰¹ The plant as ointment is useful for the treatment of edema²⁴⁰² and cures all types of poisons.²⁴⁰³

Mālatī²⁴⁰⁴, *Madhumālatī*, *Gandhamālatī* (Skt); a large woody, laticierous climber, found in Assam, West Bengal, Bihar, Orissa, Andhra Pradesh and Tamil Nadu. It is often cultivated in gardens.²⁴⁰⁵ The fresh flowers are used for the treatment of epilepsy, fever, cough, consumption, suppression of the power of digestion, phthisis, gout, coryza, irregular pain, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, obstinate urinary diseases including diabetes, unconsciousness and sterility of women.²⁴⁰⁶

Jāti²⁴⁰⁷, *Jātiśaṣya*, *Mālatīphala* (Skt); the plant is native to Moluccas Islands; grown in the Nilgiris, Kerala, Karnataka and West Bengal.²⁴⁰⁸ The seeds are used as spices. In decoction form or other it is used for the treatment of irregular fever.²⁴⁰⁹ The tender leaves are used externally for the treatment of obstinate skin diseases including leprosy.²⁴¹⁰ The juice of flower cures all types of poisons.²⁴¹¹

Kaṭuka²⁴¹² (Skt); *Garakhiyā karai* (Ass); an erect annual or biennial hirsute or herb; found throughout the warmer parts and hilly regions of India; also cultivated.²⁴¹³ The plant is used in the treatment of morbid thirst, colic pain, giddiness, fainting, anorexia,²⁴¹⁴ tumour, erysipelas, fever, heart diseases, jaundice, obstinate skin diseases including leprosy.²⁴¹⁵ The seeds are good appetizer, antivirus, and used against snake bite.

²⁴⁰¹ C.S. Cikitsā. 3. 267

²⁴⁰² Ibid.12. 64-67

²⁴⁰³ Ibid.23. 54-60

²⁴⁰⁴ C.S. Sūtra. 13.32

²⁴⁰⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁴⁰⁶ C.S. Cikitsā. 9. 35-41

²⁴⁰⁷ C.S. Sūtra. 5. 76-77

²⁴⁰⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁰⁹ C.S. Cikitsā. 3. 207-209

²⁴¹⁰ Ibid.7. 111-116

²⁴¹¹ Ibid.23. 54-60

²⁴¹² C.S. Sūtra. 5. 76-77

²⁴¹³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴¹⁴ C.S. Cikitsā. 5. 115-117

²⁴¹⁵ Ibid.5. 118-121

Vamśa²⁴¹⁶, *Bahupallava*, *Brhatṭṛṇa*, *Dhanduradruma*, *Dīrghagranthi*, *Dr̥dhakānda*, *Dr̥dhapatra*, *Durāruha*, *Kamatha*, *Kaṇṭakī*, *Kaṇṭalu*, *Kicaka*, *Kilati*, *Kiṣkuparva*, *Kuṣirandhra*, *Mahābala*, *Maskara*, *Mṛtyubīja*, *Navagragandhā*, *Phalāntaka*, *Purvayoni*, *Puṣpaghataka*, *Śataparva*, *Śatapadālaya*, *Suparva*, *Suparvan*, *Tajana*, *Tejanā*, *Tṛṇadhvaja*, *Tṛṇaketu*, *Tvaksīra*, *Tvaksāra*, *Vadanīya*, *Vanya*, *Veṇu*, *Yavaphala* (Skt); *Bāh*, *Veṇu*, *Kaṭabāh*, *Bhalukā*, *Jāti*, *Bijulī* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Vamśa*, *Tvaksāra*, *Karmāra*, *Tvacisāra*, *Tṛṇadhvaja*, *Śataparvā*, *Yavaphala*, *Veṇu*, *Maskara*, *Tejana*, *Venu*.²⁴¹⁷ *Kauṭilya* has mentioned eight types of bamboos in *Arthaśāstra*- “*Uṭaja- Cimiya- Cāpa-Veṇu- Vamśa- Sātina-Kaṇṭaka-Bhāllūkadir Veṇuvargrahaḥ*.”²⁴¹⁸ A tall thorny bamboo up to 30 m. in height tufted on stout root stalk; found throughout India, up to 2100 m. elevation.²⁴¹⁹ The seeds are acrid, sweet, aphrodisiac and fattening. It can be used freely in biliousness, poisoning and in urinary discharges. The seeds are used for the treatment of heart disease. In *Caraka Saṃhitā* we find about its uses. The seeds are used for the treatment of heart disease. The plant is used for the treatment of piles.²⁴²⁰ The leaves are used for the treatment of erysipelas.²⁴²¹

Hapusa²⁴²²- the plant is distributed in Western Himalayas to Komaon westwards to 1700- 4200 m.²⁴²³ This is an anti diabetic medicine;²⁴²⁴ and used for the treatment of tumour, colic pain, flatulence, diseases of the female genital tract, piles, sprue syndrome, cough, anorexia, fever, pain in the region of urinary bladder including kidneys, pain in heart as well as sides of the chest,²⁴²⁵ dysuria, pain in female genital tract, splenic disorder, anemia, stiffness of the chest, hiccup, asthma and obstruction in the throat.²⁴²⁶ The plant is useful for abdominal diseases, enlargement of abdomen.²⁴²⁷

²⁴¹⁶ C.S. Sūtra. 13. 31

²⁴¹⁷ Amarkoṣa, II. 160- 161

²⁴¹⁸ Arthaśāstra. 2.17.5

²⁴¹⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁴²⁰ C.S. Cikitsā. 14. 45-47

²⁴²¹ Ibid.21. 123-127

²⁴²² C.S. Sūtra. 23. 8-25

²⁴²³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴²⁴ C.S. Sūtra. 23. 8-25

²⁴²⁵ C.S. Cikitsā. 5. 71-73

²⁴²⁶ Ibid.5. 79-84

²⁴²⁷ Ibid.13. 101-106

Tādaka²⁴²⁸ *Tāla* (Skt); *Tāl* (Ass); *Amarkoṣa* has presented synonyms of this plant - *Tṛṇarāja*, *Tāla*.²⁴²⁹ A tall palm attaining a height about of 30 m. with a black stem with a crown of leaves in the top; cultivated in the hotter parts of India and also available as wild.²⁴³⁰

The young sprouts can be used as vegetable and cure tuberculosis.²⁴³¹ The core part is curative of *Raktapitta*.²⁴³² The plant is used for the treatment of fever associated with burning sensation.²⁴³³

Dhānvana²⁴³⁴ -the plant is found in upper Gangetic plain, Bihar, Bengal, Central and Penisular India.²⁴³⁵ *Caraka* has included this into *Phalavarga*, astringent, sweet in taste, cold in potency, alleviator of *Pitta* and *Kapha*.²⁴³⁶ The plant is used for the treatment of fever associated with burning sensation.²⁴³⁷ In decoction form is used for the treatment of obstinate urinary diseases including diabetes mellitus.²⁴³⁸

Sṛṅgātaka²⁴³⁹ -the plant is found throughout India.²⁴⁴⁰ This is cold in potency; used as vegetable; but produces *Vāta* in abdomen.²⁴⁴¹ *Caraka* has included this in *Phalavarga*, ripe one is sweet in taste, unctuous and heavy.²⁴⁴² The plant is used for the management of miscarriage;²⁴⁴³ and used for aphrodisiac therapy.²⁴⁴⁴ This is used for the treatment of fever associated with burning sensation²⁴⁴⁵ and *Raktapitta*;²⁴⁴⁶ and also used externally for the treatment of tuberculosis, cough, dyspnea, pain in the sides of the chest and shoulders.²⁴⁴⁷ It cures cough, hiccup, fever,

²⁴²⁸ C.S. Sūtra. 27. 114-124

²⁴²⁹ Amarkoṣa 2.168

²⁴³⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁴³¹ C.S. Sūtra. 27. 114-124

²⁴³² Ibid.27. 114-124

²⁴³³ C.S. Cikitsā. 3.258-259

²⁴³⁴ C.S. Sūtra. 27.125-165

²⁴³⁵ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴³⁶ C.S. Sūtra. 27.125-165

²⁴³⁷ C.S. Cikitsā. 3.258-259

²⁴³⁸ Ibid.6. 27-29

²⁴³⁹ C.S. Sūtra. 25.49

²⁴⁴⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁴¹ C.S. Sūtra. 27. 114-124

²⁴⁴² Ibid.27.125-165

²⁴⁴³ C.S. Śārīra. 8.24

²⁴⁴⁴ C.S. Cikitsā. 2.2. 3-9

²⁴⁴⁵ Ibid.3.258-259

²⁴⁴⁶ Ibid.4. 62-72

²⁴⁴⁷ Ibid.8. 89-102

asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract.²⁴⁴⁸

Tiniśa²⁴⁴⁹, *Syandana* (Skt); *Amarkoṣa* has used various synonyms of this plant- *Tiniśa*, *Nemi*, *Nemī*, *Syadana*.²⁴⁵⁰ The plant is found in the Outer Himalayas and sub Himalayan tract from Jammu to Bhutan up to an altitude of 1500 m. and extending through the whole of Northern and Central India in to the grater parts of Daccan peninsula.²⁴⁵¹ The plant is used for the treatment of fever associated with burning sensation.²⁴⁵² The plant is useful for the treatment of obstinate skin diseases including leprosy.²⁴⁵³

Śamī²⁴⁵⁴, *Śānta* (Skt); *Amarkoṣa* has mentioned three synonyms of this plant- *Samī*, *Saktuphala*, *Śiva*,²⁴⁵⁵ *Saṭī*, *Gandhamulī*, *Gandhamulā*, *Ṣaḍgranthikā*, *Karcūra*, *Karvura*, *Palāśa*, *Śamī*;²⁴⁵⁶ popularly known as *Kāpurakāracī*, *Ambehlad*. The plant is found in the dry and acrid regions of India.²⁴⁵⁷ *Caraka* has included this in *Phalavarga*; heavy, sweet in taste, unctuous, hot, and depilatory of hair.²⁴⁵⁸ In *Vedas*, there have references about this plants as used for several purposes. Though, it is not directly mentioned indirectly that this plant is used for the treatment of those women having no child for the birth of the child, this plant is very much effective.²⁴⁵⁹ *Kauśikasūtra* also supports this.²⁴⁶⁰

Simsupa²⁴⁶¹ - a deciduous tree up to 3 m. in height with a crooked trunk; found throughout the sub- Himalayan tracts up to 1500 m. also cultivated in Punjab, U.P. Bengal and Assam.²⁴⁶² The

²⁴⁴⁸ C.S. Cikitsā. 11. 35-43

²⁴⁴⁹ C.S. Sūtra. 25.49

²⁴⁵⁰ *Amarkoṣa*, 2.26

²⁴⁵¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁵² C.S. Cikitsā. 3.258-259

²⁴⁵³ *Ibid.*7. 97-99

²⁴⁵⁴ C.S. Sūtra. 25.49

²⁴⁵⁵ *Amarkoṣa*, 2.52

²⁴⁵⁶ *Ibid.*2.154

²⁴⁵⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁵⁸ C.S. Sūtra. 27.125-165

²⁴⁵⁹*Putrajananakarmani tasyāḥ santouṣadhisahitodakabhiṣekam* | A.V. 1.6.4.1

²⁴⁶⁰ *Kauśika Sūtra* 4.10

²⁴⁶¹ C.S. Sūtra. 25.49

²⁴⁶² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

plant both externally and internally used for the treatment of obstinate skin diseases including leprosy.²⁴⁶³

Arjaka²⁴⁶⁴ (Skt); *Rām tulasī* (Ass); the plant is found throughout India.²⁴⁶⁵ This is included among *Hāritavarga* by *Caraka*; is pleasant and delicious; but provoke *Pitta*.²⁴⁶⁶ The plant is useful for the treatment of edema.²⁴⁶⁷ The plant is used against rheumatism and urinary disorders.

Saireya²⁴⁶⁸ -the plant along with other drugs helps in stopping of grey hair.²⁴⁶⁹

Sumukha²⁴⁷⁰ - the tender leaves can be taken freshly as salads; appetizer, fragrant.²⁴⁷¹ This is one of the basil. The plant in decoction form is used for the treatment of fever.²⁴⁷²

Bhavya²⁴⁷³, *Ruvya* (Skt); *Outengā* (Ass); the plant is found in the Himalayas from Nepal to Bhutan; North Bengal, Bihar, Orissa and Madhya Pradesh.²⁴⁷⁴ *Caraka* has included this plant in *Phalavarga*; is astringent, sour and sweet in taste, heavy, cold in potency, bowel binding, clarifies mouth, aggravator of *Kapha* and *Pitta*; produces wind in abdomen.²⁴⁷⁵ It is cool. The seed pulp is used as a shampoo. It removes the dandruff from hair and conditioned the hair.

Nārikela²⁴⁷⁶ (Skt); *Nārikal* (Ass); *Amarkoṣa* has presented various synonyms of the plant - *Nārikela*, *Nārikera*, *Nārīkera*, *Nārikela*, *Nārikeli*, *Nārīkelī*, *Lāṅgalī*.²⁴⁷⁷ A straight unbranched stately palm usually up to 25 m. in height with cylindrical annulated stem bearing a crown of

²⁴⁶³ C.S. *Cikitsā*. 7.152-156

²⁴⁶⁴ C.S. *Sūtra*. 13. 32

²⁴⁶⁵ C. P. Khare, *India medicinal plants- an illustrated dictionary*.

²⁴⁶⁶ C.S. *Sūtra*. 27. 166-177

²⁴⁶⁷ C.S. *Cikitsā*. 12. 64-67

²⁴⁶⁸ C.S. *Sūtra*. 14. 29-33

²⁴⁶⁹ C.S. *Cikitsā*. 26. 263-268

²⁴⁷⁰ C.S. *Sūtra*. 27. 166-177

²⁴⁷¹ *Ibid.* 27. 166-177

²⁴⁷² C.S. *Cikitsā*. 3. 267

²⁴⁷³ C.S. *Sūtra*. 27. 125-165

²⁴⁷⁴ C. P. Khare, *India medicinal plants- an illustrated dictionary*.

²⁴⁷⁵ C.S. *Sūtra*. 27. 125-165

²⁴⁷⁶ *Ibid.* 27. 125-165

²⁴⁷⁷ *Amarkoṣa*, 2. 168

large leaves; cultivated throughout South India, especially along the coast.²⁴⁷⁸ The plant is used for the treatment of fever associated with burning sensation.²⁴⁷⁹

Makustha, *Moth* (Skt); the plant is found throughout India and also cultivated.²⁴⁸⁰ It stops bleeding of piles.²⁴⁸¹

Niṣpava²⁴⁸² - the pulse is cultivated throughout India.²⁴⁸³ This is heavy, ununctuous, sweet, cold in potency and purgative, used as vegetables but aggravates *Vāta*²⁴⁸⁴ as well as *Pitta*.²⁴⁸⁵

Rājamāṣa²⁴⁸⁶ - it is unctuous, laxative, astringent, Non- slime, heavy, alleviates *Kapha* and *Āmlapitta* but aggravates *Vāta* and reduces semen.²⁴⁸⁷

Canaka²⁴⁸⁸, *Harimantha*, *Sakalpriya*, *Sugandha*, *Kāñcukī* (Skt); *Būṭmāh* (Ass); an erect or spreading, much branched annual herb; cultivated throughout India.²⁴⁸⁹ It is light, cold in potency and unctuous.²⁴⁹⁰ It removes the constipation problem.

Masura²⁴⁹¹ (Skt); *Macura* (Ass); the plant is native to South west Asia; cultivated as a pulse crop mainly in North India, Madhya Pradesh and some parts of Maharashtra.²⁴⁹² It is light, cold in potency and unctuous but constipative;²⁴⁹³ cures morbid thirst, colic pain, giddiness, fainting and anorexia.²⁴⁹⁴ Seeds are used for the treatment of obstinate skin diseases including leprosy, erysipelas, gout, fever, burning sensation, tumour, abscess and pustular eruptions.²⁴⁹⁵ It stops

²⁴⁷⁸ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁴⁷⁹ C.S. Cikitsā. 3. 258-259

²⁴⁸⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁸¹ C.S. Cikitsā. 14. 205

²⁴⁸² C.S. Sūtra. 27.23-38

²⁴⁸³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁸⁴ C.S. Sūtra. 27. 98-113

²⁴⁸⁵ Ibid.27.23-38

²⁴⁸⁶ Ibid.27.23-38

²⁴⁸⁷ Ibid.27.23-38

²⁴⁸⁸ Ibid.27.23-38

²⁴⁸⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁴⁹⁰ C.S. Sūtra. 27.23-38

²⁴⁹¹ Ibid.27.23-38

²⁴⁹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁴⁹³ C.S. Sūtra. 27.23-38

²⁴⁹⁴ C.S. Cikitsā. 5. 115-117

²⁴⁹⁵ Ibid.7. 136-139

bleeding of piles.²⁴⁹⁶The people of Assam apply the seeds by making paste is good for the skin. It removes black spots from the skin.

Khandika²⁴⁹⁷ - this is a variety of *Kalāya*. It is light, cold in potency and unctuous but aggravates *Vāta*.²⁴⁹⁸

Śimbī²⁴⁹⁹ (Skt); *Urahī* (Ass); the pulse is cultivated throughout India.²⁵⁰⁰ this is unctuous, astringent, aggravates *Vāta*; consumed as daal.²⁵⁰¹

Ādhakī²⁵⁰² (Skt); *Arahar māh*, *Rahar māh* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Ādhakī*, *Kākṣī*, *Tutarikā*, *Vārṣikā*, *Mūlikā*, *Tuvaryādhakī*, *Kacchurā*, *Saṭī*, *Tuvarika*, *Mṛttālaka*, *Mṛttalak*, *Surāstraja*;²⁵⁰³ popularly known as *Tura*. An erect shrub 1.5- 3 m. in height with many branches provided with silky hairs; cultivated throughout India.²⁵⁰⁴ The seeds are consumed as daal, very much popular in south part of India. It alleviates *Kapha* and *Pitta* but aggravates *Vāta*.²⁵⁰⁵ The plant is useful for epilepsy²⁵⁰⁶ and bleeding piles.²⁵⁰⁷ The leaves cures hiccup caused by poisoning.²⁵⁰⁸ The plant has anti diabetic potentiality.

Śuṣa²⁵⁰⁹, *Kāśmarda* (Skt); a diffuse offensively odorous under shrub with furrowed subglabrous branches; found throughout India growing abundantly in wastelands immediately after the rains.²⁵¹⁰ The plants are used as vegetable, alleviates all *Doṣas* and bowel binding.²⁵¹¹

Vastuka²⁵¹², *Cillī*, *Kṣarapatra*, *Palāśalohita* (Skt); *Jhilmil*, *Bhatuā śāk* (Ass); *Amarkoṣa* has not presented any synonym of this plant; but only mentioned name - *Vāstuka*; popularly known as

²⁴⁹⁶ C.S. Cikitsā. 14. 205

²⁴⁹⁷ C.S. Sūtra. 27.23-38

²⁴⁹⁸ Ibid.27.23-38

²⁴⁹⁹ Ibid.27.23-38

²⁵⁰⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁰¹ C.S. Sūtra. 27.23-38

²⁵⁰² Ibid.27.23-38

²⁵⁰³ Amarkoṣa 2.131

²⁵⁰⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵⁰⁵ C.S. Sūtra. 27.23-38

²⁵⁰⁶ C.S. Cikitsā. 10. 19-24

²⁵⁰⁷ Ibid.14. 205

²⁵⁰⁸ Ibid.23.95-100

²⁵⁰⁹ C.S. Sūtra. 27.88-97

²⁵¹⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵¹¹ C.S. Sūtra. 27.88-97

²⁵¹² Ibid.27. 98-113

Bathuā, Candabaṭuā.²⁵¹³ A small odourless herb up to 3.5 m. in height, erect or ascending, stems often striped; found throughout India, in areas up to 4200 m. in elevation, wild as well as cultivated.²⁵¹⁴ The plants are used as vegetable, alleviates all *Doṣas*.²⁵¹⁵ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*.²⁵¹⁶ The plant is used for the treatment of *Raktapitta*²⁵¹⁷ and asthma.²⁵¹⁸ The leaves are useful for the treatment of piles.²⁵¹⁹ The plant is used against rheumatism, constipation and dysentery. And the leaves are full of vitamin C and magnesium.

*Sunisannaka*²⁵²⁰; *Amarkoṣa* has presented synonyms of this plant- *Vitunna, Suniṣaṇṇaka*,²⁵²¹ popularly known as *Kuraḍu*. The plants are used as vegetable, alleviates all *Doṣas* and bowel binding.²⁵²² The plant is used for the treatment of piles, diarrhea, prolapsed of rectum, voiding of different types of slimy materials, excessive and frequent urge for motion, edema, immobility of wind in the abdomen, anorexia and suppression of the power of digestion.²⁵²³

*Kālaśāka*²⁵²⁴ - the plant is used as vegetable, is pungent and promoter of digestive power; cures toxic conditions and edema.²⁵²⁵

*Taṇḍulīyaka*²⁵²⁶, *Marisā* (Skt); *Moricā* (Ass); an erect annual herb, cultivated throughout India, up to an altitude, 2400 m. in hilly regions.²⁵²⁷ This is ununctuous, sweet in taste, cold in potency, curative of intoxication and poisoning, *Raktapitta* and used as vegetable.²⁵²⁸

*Maṇḍukaparṇī*²⁵²⁹ *Bhekī, Brāhmī, Maṇḍukī, Aparā, Suvarcalāhva, Varada, Sukhodbhava, Tvāstri* (Skt); *Bar mānimuni* (Ass); a slender herbaceous creeping perennial with rooted nodes

²⁵¹³ Amarkoṣa , 2. 158

²⁵¹⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵¹⁵ C.S. Sūtra. 27.88-97

²⁵¹⁶ Ibid.27. 98-113

²⁵¹⁷ C.S. Cikitsā. 4. 62-72

²⁵¹⁸ Ibid.28.76-82

²⁵¹⁹ Ibid.14. 122-125

²⁵²⁰ C.S. Sūtra. 27.88-97

²⁵²¹ Amarkoṣa, 2.149

²⁵²² C.S. Sūtra. 27.88-97

²⁵²³ C.S. Cikitsā. 14. 234-242

²⁵²⁴ C.S. Sūtra. 27.88-97

²⁵²⁵ Ibid.27.88-97

²⁵²⁶ Ibid.27.88-97

²⁵²⁷ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵²⁸ C.S. Sūtra. 27.88-97

²⁵²⁹ Ibid.4. 18

and long internodes; found throughout India in moist soils, especially among buds and canals.²⁵³⁰ The entire three compendium known as *Bṛhat Trayī* mentions about this herb. This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*.²⁵³¹ The juice of the plant is good for stomach problems and jaundice.

Vanatikta²⁵³² - this is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.²⁵³³

Karkotaka²⁵³⁴, *Kakota* (Skt); this is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*.²⁵³⁵ This is used as vegetables.²⁵³⁶

Kalāya²⁵³⁷ - the plant is used for vegetable purpose, light, hot in potency, ununctuous, and aggravator of *Vāta*.²⁵³⁸

Gojihvā²⁵³⁹; *Amarkoṣa* has presented synonyms of this plant- *Gojihvā*, *Dārvikā*, *Darvikā*;²⁵⁴⁰ popularly known as *Davalī*, *Pātharī*. The plant is found in Kashmir and Komaon.²⁵⁴¹ This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.²⁵⁴² The leaves are very effective for the treatment of ulcer.²⁵⁴³

Vartaka²⁵⁴⁴; (Skt); *Bengenā* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Vārtāka*, *Vārtākī*, *Vārtā*, *Vārtāku*, *Hingulī*, *Simhī*, *Bhantaki*, *Duṣpradharsinī*.²⁵⁴⁵ An erect or suffrutescent, herbaceous, armed or unarmed perennial shrub; native to India and cultivated

²⁵³⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵³¹ C.S. Sūtra. 27.88-97

²⁵³² Ibid.27.88-97

²⁵³³ Ibid.27.88-97

²⁵³⁴ Ibid.27.88-97

²⁵³⁵ Ibid.27.88-97

²⁵³⁶ Ibid.27.88-97

²⁵³⁷ Ibid.27.88-97

²⁵³⁸ Ibid.27.88-97

²⁵³⁹ Ibid. 27.88-97

²⁵⁴⁰ *Amarkoṣa*, 2.119

²⁵⁴¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁴² C.S. Sūtra. 27.88-97

²⁵⁴³ C.S. *Cikitsā*. 25. 86-94

²⁵⁴⁴ C.S. Sūtra. 27.88-97

²⁵⁴⁵ *Amarkoṣa*, 2.113

throughout India.²⁵⁴⁶ *Caraka* has included this in *Phalavarga*; pungent and bitter in taste, cold in potency, alleviator of all *Doṣas* and used as vegetables,²⁵⁴⁷ stimulates digestion.²⁵⁴⁸

Nāḍī²⁵⁴⁹ - this is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta* and used as vegetables.²⁵⁵⁰

Kāravellaka²⁵⁵¹, *Kāravellam* (Skt); *Titā kereḷā* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Kāravella*, *Kaṭhillaka*, *Katallaka*, *Suṣavī*; ²⁵⁵²popularly known as *Kāralī*. The plant is cultivated all over India for its fruits.²⁵⁵³ The fruit is used as vegetables and good for diabetic patients. This is bitter in taste, cold in potency, alleviator of *Kapha* and *Pitta*; used as vegetables.²⁵⁵⁴

Phanḍī²⁵⁵⁵ - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁵⁶

Kutiñjara²⁵⁵⁷ - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetable.²⁵⁵⁸

Śana²⁵⁵⁹, *Śanapuṣpī*, *Malyapuṣpa*, *Pattura* (Skt); *Ghaṅṭākarna*, *Gilāc phul* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Ghaṅṭāravā*, *Śanapuṣpikā*.²⁵⁶⁰ An erect robust under shrub 60-120 c. m. in height with glabrous striate branches; found throughout India in fields, waste places, open forest lands, and sometimes cultivated.²⁵⁶¹ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vata*; used as vegetables.²⁵⁶² The plant in

²⁵⁴⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁴⁷ C.S. Sūtra. 27.88-97

²⁵⁴⁸ Ibid.27. 125-165

²⁵⁴⁹ Ibid.27.88-97

²⁵⁵⁰ Ibid.27.88-97

²⁵⁵¹ Ibid.27.88-97

²⁵⁵² Amarkoṣa, 2.154-155

²⁵⁵³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁵⁴ C.S. Sūtra. 27.88-97

²⁵⁵⁵ Ibid.27. 98-113

²⁵⁵⁶ Ibid.27. 98-113

²⁵⁵⁷ Ibid.27. 98-113

²⁵⁵⁸ Ibid.27. 98-113

²⁵⁵⁹ Ibid.27. 98-113

²⁵⁶⁰ Amarkoṣa, 2.107

²⁵⁶¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵⁶² C.S. Sūtra. 27. 98-113

decoction form is used for the treatment of fever.²⁵⁶³This is used as vegetable; helps in bowel binding and cures *Raktapitta*.²⁵⁶⁴ The plant along with other drugs helps in stopping of grey hair.²⁵⁶⁵

Cuccuparñī²⁵⁶⁶ - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁶⁷

Kumārajīva²⁵⁶⁸, *Ātmaja*, *Putrañjīva* (Skt); a moderate sized evergreen tree up to 12 m. in height with pendant branches; found throughout India in shady valleys in areas up to 900 m. elevation.²⁵⁶⁹This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁷⁰ The plant in decoction form is used for the treatment of fever.²⁵⁷¹

Loṭṭāka²⁵⁷²- the plant is cultivated mainly in Saharanpur, Dehradun, Muzaffarnagar, Meerut, Kanpur, Bareilly district of Uttar Pradesh, Amritsar, Gurdaspur and Hoshiarpur of Punjab.²⁵⁷³This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁷⁴

Pālankya²⁵⁷⁵(Skt); *Pāleng śāk* (Ass); the plant is cultivated throughout India.²⁵⁷⁶This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*; used as vegetables.²⁵⁷⁷

Kalamba²⁵⁷⁸(Skt); *Kalmāu* (Ass); the plant is found throughout the greater part of India.²⁵⁷⁹This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁸⁰

²⁵⁶³ C.S. Cikitsā. 3. 267

²⁵⁶⁴ C.S. Sūtra. 27. 98-113

²⁵⁶⁵ C.S. Cikitsā. 26. 263-268

²⁵⁶⁶ C.S. Sūtra. 27. 98-113

²⁵⁶⁷ Ibid.27. 98-113

²⁵⁶⁸ Ibid.27. 98-113

²⁵⁶⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵⁷⁰ C.S. Sūtra. 27. 98-113

²⁵⁷¹ C.S. Cikitsā. 3. 267

²⁵⁷² C.S. Sūtra. 27. 98-113

²⁵⁷³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁷⁴ C.S. Sūtra. 27. 98-113

²⁵⁷⁵ Ibid.27. 98-113

²⁵⁷⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁷⁷ C.S. Sūtra. 27. 98-113

*Nalika*²⁵⁸¹ - the plant is found in Kashmir and Komaon up to 1000- 1500 m.²⁵⁸²This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*; used as vegetables.²⁵⁸³

*Āsuri*²⁵⁸⁴, *Rājika*, *Sarṣapa* (Skt); *Bagā sariyah* (Ass); a glabrous annual herb with a few bristles at the base up to 1.5 m. in height; cultivated throughout India.²⁵⁸⁵ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vata*; used as vegetables.²⁵⁸⁶

*Kusumbha*²⁵⁸⁷, *Agniśikhā*, *Grāmyakumkuma*, *Kamalottara*, *Kamalottama*, *Kukkutaśikhā*, *Kusumbha*, *Lohita*, *Mahārañjana*, *Padmottara*, *Pāpaka*, *Pīta*, *Rakta*, *Vaniśikhā*, *Vasrarañjana* (Skt); *Kusumphul* (Ass); an erect branching annual herb 30-60 c. m. in height; cultivated in almost all the states of India.²⁵⁸⁸This is heavy, ununctuous, sweet, sour, cold in potency and purgative; used as vegetables.²⁵⁸⁹ The oil is heavy, hot in potency; produces burning sensation and aggravates all the *Doṣas*.²⁵⁹⁰

*Vṛkṣadhuma*²⁵⁹¹ - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁹²

*Lakṣmaṇā*²⁵⁹³ - the plant is found in found in the Western Himalayas and Pithoragarh district of Uttaranchal.²⁵⁹⁴This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta* and used as vegetables.²⁵⁹⁵

²⁵⁷⁸ C.S. Sūtra. 27. 98-113

²⁵⁷⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁸⁰ C.S. Sūtra. 27. 98-113

²⁵⁸¹ Ibid. 27. 98-113

²⁵⁸² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁸³ C.S. Sūtra. 27. 98-113

²⁵⁸⁴ Ibid.27. 98-113

²⁵⁸⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵⁸⁶ C.S. Sūtra. 27. 98-113

²⁵⁸⁷ Ibid.13. 10

²⁵⁸⁸ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁵⁸⁹ C.S. Sūtra. 27. 98-113

²⁵⁹⁰ Ibid.27. 290-294

²⁵⁹¹ Ibid.27. 98-113

²⁵⁹² Ibid.27. 98-113

²⁵⁹³ Ibid.27. 98-113

²⁵⁹⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁹⁵ C.S. Sūtra. 27. 98-113

Loṇika²⁵⁹⁶, *Pratolaka* (Skt); *Mālbhog śāk*, *Khaturā* (Ass); the plant is found all over India; cultivate as a vegetable.²⁵⁹⁷ This is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*; used as vegetables.²⁵⁹⁸ The leaves are useful for the treatment of piles.²⁵⁹⁹

Yatuka²⁶⁰⁰ - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*; used as vegetables.²⁶⁰¹

Śālakalyāṇī²⁶⁰² - this is heavy, ununctuous, sweet, cold in potency and purgative but aggravates *Vāta*; used as vegetables.²⁶⁰³

Parvāṇī²⁶⁰⁴ - this can be used as vegetable and alleviates *Vāta* and *Pitta*.²⁶⁰⁵

Parvapuṣpa²⁶⁰⁶ - this is used as vegetable and alleviates *Vāta* and *Pitta*.²⁶⁰⁷

Alābu²⁶⁰⁸, *Ikṣvāku* (Skt); *Amarkoṣa* and other *Koṣas* have presented synonyms of this plant- *Ikṣvāku*, *Kuṭutumbī*, *Dugdhā*, *Kḍdubhopalā*.²⁶⁰⁹ *Tumbī*, *Alābu*.²⁶¹⁰ *Piṇḍaphala*,²⁶¹¹ *Mahāphala*,²⁶¹²; popularly known as *Kālā*, *Bhopalā*. This is purgative, ununctuous, cold in potency, heavy and used as vegetables.²⁶¹³ The plant is used for the treatment of piles.²⁶¹⁴

Cirbhata²⁶¹⁵, *Karkaṭī*, *Ervāruka* (Skt); an annual climbing or creeping herb with angular, scabrous stems; cultivated throughout North India.²⁶¹⁶ This is sweet in taste, ununctuous,

²⁵⁹⁶ C.S. Sūtra. 27. 98-113

²⁵⁹⁷ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁵⁹⁸ C.S. Sūtra. 27. 98-113

²⁵⁹⁹ C.S. Cikitsā. 14. 122-125

²⁶⁰⁰ C.S. Sūtra. 27. 98-113

²⁶⁰¹ Ibid. 27. 98-113

²⁶⁰² Ibid. 27. 98-113

²⁶⁰³ Ibid. 27. 98-113

²⁶⁰⁴ Ibid. 27. 98-113

²⁶⁰⁵ Ibid. 27. 98-113

²⁶⁰⁶ Ibid. 27. 98-113

²⁶⁰⁷ Ibid. 27. 98-113

²⁶⁰⁸ Ibid. 27. 98-113

²⁶⁰⁹ Amarkoṣa, 2. 156

²⁶¹⁰ Ibid

²⁶¹¹ Vacaspati

²⁶¹² Ibid.

²⁶¹³ C.S. Sūtra. 27. 98-113

²⁶¹⁴ C.S. Cikitsā. 14. 52-57

²⁶¹⁵ C.S. Sūtra. 27. 98-113

²⁶¹⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

heavy, cold in potency, produces *Vāta* and used as vegetable.²⁶¹⁷ The ripe fruits cure burning sensation and thirst and useful for diarrhea.²⁶¹⁸

Keluta²⁶¹⁹ - this is heavy, non- slime, cold in potency, used as vegetable but obstruct the channels of blood circulation.²⁶²⁰

Nadīmāsaka²⁶²¹ - this is heavy, non- slime, cold in potency, used as vegetable but obstruct the channels of blood circulation.²⁶²²

Krauñcadāna²⁶²³ - this is cold in potency; used as vegetable; but produces *Vāta* in abdomen.²⁶²⁴ The plant is used for the treatment of fever associated with burning sensation²⁶²⁵ and *Raktapitta*.²⁶²⁶

Taruta²⁶²⁷ - this is cold in potency; used as vegetable; but produces *Vāta* in abdomen.²⁶²⁸

Muñjataka²⁶²⁹ - the plant is found through the greater part of India, mostly in the plains.²⁶³⁰ This is heavy, sweet in taste, unctuous, cold in potency, refreshing, nourishing, strength promoter, exceedingly aphrodisiac; used as vegetable, alleviate *Vāta* and *Pitta*.²⁶³¹

Raktanāla²⁶³² (Skt); *Tengāmarā* (Ass); the plant is cultivated in Uttar Pradesh, Andhra Pradesh, West Bengal, Bihar, Punjab, Assam and Tamilnadu.²⁶³³ This is sour in taste and sour in taste; the leaves are taken as vegetable but vitiate all *Doṣas* and obstruct the elimination of urine and stool.²⁶³⁴

²⁶¹⁷ C.S. Sūtra. 27. 98-113

²⁶¹⁸ Ibid. 27. 98-113

²⁶¹⁹ Ibid. 27. 114-124

²⁶²⁰ Ibid. 27. 114-124

²⁶²¹ Ibid. 27. 114-124

²⁶²² Ibid. 27. 114-124

²⁶²³ Ibid. 27. 114-124

²⁶²⁴ Ibid. 27. 114-124

²⁶²⁵ C.S. Cikitsā. 3.258-259

²⁶²⁶ Ibid. 4. 102-109

²⁶²⁷ C.S. Sūtra. 27. 114-124

²⁶²⁸ Ibid. 27. 114-124

²⁶²⁹ Ibid. 27. 114-124

²⁶³⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶³¹ C.S. Sūtra. 27. 114-124

²⁶³² Ibid.27. 114-124

²⁶³³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶³⁴ C.S. Sūtra. 27. 114-124

Piṅḍālu²⁶³⁵ *Alukam* (Skt); *Kāṭh ālu* (Ass); a climber with four winged stems twinning to the right having scattered broad based prickles and underground tubers without long stalks and of varying shapes; found throughout India and also cultivated.²⁶³⁶ The roots are taken as vegetable, very tasty but vitiate all *Doṣas* and obstruct the elimination of urine and stool.²⁶³⁷

Aruka²⁶³⁸- the plant is cultivated in Kashmir, Himachal Pradesh and Kumaon.²⁶³⁹ *Caraka* has included this plant among *Phalavarga*; but aggravates *Pitta* and *Kapha*.²⁶⁴⁰ Ripe *Aruka* is not very hot in potency, heavy, delicious, sweetish, nourishing, easily digestible.²⁶⁴¹

Parāvata²⁶⁴², *Parvātaka* (Skt); *Madhurī*, *Madhurīām* (Ass); the plant is cultivated chiefly in Uttar Pradesh, Bihar, Punjab, Maharashtra and Andhra Pradesh.²⁶⁴³ *Caraka* has included this plant in *Phalavarga*; there are two varieties- sweet and sour; sweet one is cold in potency and sour one is hot in potency; both are heavy; curative of anorexia, excessive digestion and metabolism.²⁶⁴⁴

Tuda²⁶⁴⁵; *Amarkoṣa* has mentioned various synonyms of this plant- *Tuda*, *Nuda*, *Yupa*, *Kramuka*, *Brāhmanya*, *Brāhmadāru* and *Tulā*.²⁶⁴⁶ *Caraka* has included this plant in *Phalavarga*; alleviates *Vāta* and *Pitta*.²⁶⁴⁷ But in the same verse it is described as aggravator of *Pitta* and *Kapha*.²⁶⁴⁸ The plant is used for the treatment of obstinate skin diseases including Diabetes mellitus.²⁶⁴⁹

Tanka²⁶⁵⁰- the plant is grown in Punjab and Kashmir.²⁶⁵¹ *Caraka* has included this in *Phalavarga*; sweet and astringent in taste, cold in potency but aggravates *Vāta*.²⁶⁵²

²⁶³⁵ C.S. Sūtra. 27. 114-124

²⁶³⁶ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁶³⁷ C.S. Sūtra. 27. 114-124

²⁶³⁸ Ibid.13. 10

²⁶³⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁴⁰ C.S. Sūtra. 27. 125-165

²⁶⁴¹ Ibid.27. 125-165

²⁶⁴² Ibid.27. 125-165

²⁶⁴³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁴⁴ C.S. Sūtra. 27. 125-165

²⁶⁴⁵ Ibid.27. 125-165

²⁶⁴⁶ *Amarkoṣa*, 2.41

²⁶⁴⁷ C.S. Sūtra. 27. 125-165

²⁶⁴⁸ Ibid.

²⁶⁴⁹ C.S. *Cikitsā*. 6. 41-44

²⁶⁵⁰ C.S. Sūtra. 27. 125-165

Śimbūtaka²⁶⁵³ - the plant is cultivated in Himachal Pradesh, Kashmir, Kullu, Kumaon, Assam and in the Nilgiris.²⁶⁵⁴ This is included in to *Phalavarga* by *Caraka*, astringent, sweet in taste, cold in potency and vowel binding.²⁶⁵⁵

Gāngerukī²⁶⁵⁶; *Amarkoṣa* has presented synonyms of this plant- *Gāngerukī*, *Nāgabalā*, *Jhaṣā*, *Hrasvagavedhuka*;²⁶⁵⁷ popularly known as *Hrasvachikaṇā*. The plant is cultivated in Punjab, Sindh, Rajasthan and Western India, down to the Nilgiri hills.²⁶⁵⁸ *Caraka* has included this into *Phalavarga*, astringent, sweet in taste, cold in potency, alleviator of *Pitta* and *Kapha*.²⁶⁵⁹

Karīra²⁶⁶⁰, *Granthila*, *Gudhapatra*, *Kaṇṭaki*, *Karaka*, *Kṛṣṇaśākhā*, *Marubharuha*, *Mṛduphala*, *Niṣpatraka*, *Niṣpatrika*, *Śakapuṣpa*, *Śatakunta*, *Sonapuṣpa*, *Suhala*, *Uṣṇasundara*, *Vidarika*, *Viśvakpatra* (Skt); a densely branching, straggling glabrous shrub with smooth terete green branches; found throughout India, in dry area.²⁶⁶¹ *Caraka* has included this into *Phalavarga*; astringent, sweet in taste, cold in potency, alleviator of *Pitta* and *Kapha*.²⁶⁶²

Tṛṇaśuṇya²⁶⁶³ (Skt); *Ketekī phul* (Ass); *Amarkoṣa* has mentioned various synonyms of this plant- *Tṛnasuṇya*, *Tṛnasuṇa*, *Gulma*, *Sādhu*, *Mallikā*.²⁶⁶⁴ *Ketakī*, *Kegata*.²⁶⁶⁵ March-April is its flowering season. The flowers have great importance among the Assamese people. The plant is found in the sea coast of Indian peninsula on both sides, and the Andaman Islands.²⁶⁶⁶ *Caraka* has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.²⁶⁶⁷ The plant is used for the treatment of fever associated with burning sensation²⁶⁶⁸ and tumour.²⁶⁶⁹

²⁶⁵¹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁵² C.S. Sūtra. 27. 125-165

²⁶⁵³ Ibid. 27. 125-165

²⁶⁵⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁵⁵ C.S. Sūtra. 27.125-165

²⁶⁵⁶ Ibid. 27.125-165

²⁶⁵⁷ *Amarkoṣa*, 2. 117

²⁶⁵⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁵⁹ C.S. Sūtra. 27.125-165

²⁶⁶⁰ Ibid. 27.125-165

²⁶⁶¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁶⁶² C.S. Sūtra. 27.125-165

²⁶⁶³ Ibid.27.125-165

²⁶⁶⁴ *Amarkoṣa*, 2.69

²⁶⁶⁵ Ibid. 2.169

²⁶⁶⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁶⁷ C.S. Sūtra. 27.125-165

²⁶⁶⁸ C.S. *Cikitsā*. 3.258-259

²⁶⁶⁹ Ibid.5. 65

Vikankaṭa- the plant is found throughout the dryer parts of India.²⁶⁷⁰ *Caraka* has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.²⁶⁷¹

Prācīnāmālaka(Skt); *Poniyāl* (Ass); the plant is found in Assam, Bengal, Orissa, Andhra Pradesh and Eastern Ghats.²⁶⁷² Ripe fruits are very tasty. *Caraka* has included this in *Phalavarga*; alleviates all *Doṣas* and toxic condition.²⁶⁷³

Ingudī²⁶⁷⁴, *Tāpasavṛkṣa*, *Angārvṛkṣa*, *Dīrghakaṇṭaka* (Skt); *Amarkoṣa* has mentioned two synonyms of this plant - *Ingudī*, *Tāpasataru*.²⁶⁷⁵ This plant is found in the drier parts of India, particularly in Rajasthan, Gujarat, Madhya Pradesh and Daccan.²⁶⁷⁶ *Caraka* has included this in *Phalavarga*, bitter and sweet in taste, unctuous, hot in potency, alleviator of *Vāta* and *Kapha*.²⁶⁷⁷ The oil from its seeds is used to apply on hair.

Tundaka²⁶⁷⁸- *Caraka* has included this in *Phalavarga*; is astringent, sweet, light, alleviator of *Kapha* and *Vāta*.²⁶⁷⁹

Nāgaranga²⁶⁸⁰, *Nārengī*, *Nāranga* (Skt); *Kamalā*, *Sumthirā*, *Santarā* (Ass); an evergreen bushy moderate sized tree with greenish white glabrous branches; found throughout India at the higher elevation.²⁶⁸¹ *Caraka* has included this in *Phalavarga*; the fruits are slightly sour, heavy, pleasant but difficult for digestion.²⁶⁸² The fruit is full of vitamin C and glucose. It is an anti cancer element.

Vātāma²⁶⁸³(Skt); *Bādām* (Ass); native to Asia Minor and Persia; cultivated in India in cooler parts of Punjab and Kashmir; widely cultivated in South India.²⁶⁸⁴ This is included among *Phalavarga* by *Caraka*; sweet in taste, heavy, unctuous, nourishing, strength promoter,

²⁶⁷⁰ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁷¹ C.S. Sūtra. 27.125-165

²⁶⁷² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁷³ C.S. Sūtra. 27.125-165

²⁶⁷⁴ Ibid.27.125-165

²⁶⁷⁵ Amarkoṣa, 2.46

²⁶⁷⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁷⁷ C.S. Sūtra. 27.125-165

²⁶⁷⁸ Ibid.27.125-165

²⁶⁷⁹ Ibid.27.125-165

²⁶⁸⁰ Ibid.27.125-165

²⁶⁸¹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁶⁸² C.S. Sūtra. 27.125-165

²⁶⁸³ Ibid.27.125-165

²⁶⁸⁴ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²⁶⁸⁵ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.²⁶⁸⁶

Abhiṣuka²⁶⁸⁷ - this is included among *Phalavarga* by *Caraka*; sweet in taste, heavy, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²⁶⁸⁸ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.²⁶⁸⁹

Akṣota²⁶⁹⁰; *Amarkoṣa* has given various synonyms of this plant-*Akṣoṭa*, *Akṣoḍa*, *Akhot*.²⁶⁹¹ The plant is native to Iran; now cultivated in Kashmir, Himachal Pradesh, Khasi hills and the hills of Uttar Pradesh.²⁶⁹² This is included among *Phalavarga* by *Caraka*; sweet in taste, heavy, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²⁶⁹³ It cures cough, hiccup, fever, asthma, burning sensation, morbid thirst, vomiting, fainting, diseases of heart, female genital tract and urinary tract, and *Raktapitta*.²⁶⁹⁴

Mukula²⁶⁹⁵ (Skt); *Cinābādām*, *Kāṭhbādām* (Ass); the plant is cultivated in North India.²⁶⁹⁶ This is included among *Phalavarga* by *Caraka*; sweet in taste, heavy, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²⁶⁹⁷

Urumana²⁶⁹⁸ - the plant is found in north western Himalayas, particularly in the valleys of Kashmir, Chenab and Kullu, and in Simla hills at the altitude of 3000 m. This is included

²⁶⁸⁵ C.S. Sūtra. 27.125-165

²⁶⁸⁶ C.S. Cikitsā. 11. 35-43

²⁶⁸⁷ C.S. Sūtra.13. 10

²⁶⁸⁸ Ibid.27.125-165

²⁶⁸⁹ C.S. Cikitsā. 11. 35-43

²⁶⁹⁰ C.S. Sūtra.13. 10

²⁶⁹¹ Amarkoṣa, 2. 29

²⁶⁹² C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁹³ C.S. Sūtra. 27.125-165

²⁶⁹⁴ C.S. Cikitsā. 11. 35-43

²⁶⁹⁵ C.S. Sūtra. 27.125-165

²⁶⁹⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁶⁹⁷ C.S. Sūtra. 27.125-165

²⁶⁹⁸ Ibid.27.125-165

among *Phalavarga* by *Caraka*; sweet in taste, heavy, unctuous, nourishing, strength promoter, aphrodisiac, alleviator of *Vāta* but aggravator of *Kapha* and *Pitta*.²⁶⁹⁹

Ankoṭa²⁷⁰⁰, *Dīrghakila*, *Gandhapuṣpa*, *Tāmraphala*, *Guptasneha*, *Gudhamallikā*, *Vijñānatailagarbhā* (Skt); *Amarkoṣa* has given various synonyms of this plant- *Ankoṭa*, *Ankhoṭha*, *Ankola*, *Nikocaka*, *Nikoṭaka*.²⁷⁰¹ Popularly known as *Pistā*. A deciduous, rambling shrub or small tree, distributed over the plains and foothills throughout the greater parts of India.²⁷⁰² This is included in *Phalavrga*; heavy, alleviates heat of the body, aggravator of *Kapha* and produces wind in the abdomen.²⁷⁰³ *Bhāvaprakāśa* has mentioned the actions and properties of this plant.²⁷⁰⁴

Akṣikī²⁷⁰⁵ - this is included in *Phalavarga* by *Caraka*; is sour, alleviates *Pitta* and *Kapha*; but aggravates *Vāta*.²⁷⁰⁶

Śāleya²⁷⁰⁷, *Mehika*, *Selu*, *Dīpanī* (Skt); *Methi* (Ass); *Amarkoṣa* has presented various synonyms of this plant- *Sāleya*, *Sītaśiva*, *Chatrā*, *Madhurikā*, *Misi*, *Miśī*, *Miśreya*.²⁷⁰⁸ An annual herb, 30-60cm in height; cultivated widely in many parts of India.²⁷⁰⁹ This is included among *Hāritavarga* by *Caraka*; is pleasant and delicious; but provoke *Pitta*.²⁷¹⁰ The plant is used in the treatment of *Raktapitta*.²⁷¹¹

²⁶⁹⁹ C.S. Sūtra. 27.125-165

²⁷⁰⁰ Ibid. 27.125-165

²⁷⁰¹ *Amarkoṣa*, 2.29

²⁷⁰² Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁰³ C.S. Sūtra. 27. 125-165

²⁷⁰⁴ *Ankoṭaka Kaumviksnah snigdhoṣṇambuvaro laghuḥ | Recanahkṛmiśulamaśophagrahaviṣapahā ||*

Vimarśakaphapitamramusikahisapahā | Tatphalam Śītalam svādu saleṣmanagṇam bṛhaṇam guru |

Balyam virecanam vātapittadāhakṣayasrajita || Bhāvaprakāśa

²⁷⁰⁵ C.S. Sūtra. 27. 125-165

²⁷⁰⁶ Ibid.27. 125-165

²⁷⁰⁷ Ibid.27. 166-177

²⁷⁰⁸ *Amarkoṣa*, 2. 105

²⁷⁰⁹ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁷¹⁰ C.S. Sūtra. 27. 166-177

²⁷¹¹ C.S. *Cikitsā*. 4. 73-77

Jalapippalī²⁷¹²; *Amarkoṣa* has presented various synonyms of this plant- *Lāngali*, *Śārādī*, *Toyapippalī*, *Śakulādanī*;²⁷¹³ popularly known as *Jalapippalī*. This is included by *Caraka* in *Hāritavarga*; pungent in taste, unctuous, sharp, hot in potency; alleviates *Vāta* and *Kapha*.²⁷¹⁴

Bhūstrṇa²⁷¹⁵, *Bhūstrṇa*, *Sugandha*, *Malatrṇa* (Skt); *Biriṇā* (Ass); *Amarkoṣa* has presented synonyms of this plant- *Chatrā*, *Atichchatra*, *Pālghna*, *Mālātrṇa*, *Bhūstrṇa*.²⁷¹⁶ A tall tufted perennial with short rhizomes; cultivated throughout India.²⁷¹⁷ This is included among *Hāritavarga*; pungent, hot in potency, ununctuous, cleanser of mouth.²⁷¹⁸ The plant in decoction form is used for the treatment of fever.²⁷¹⁹ But, it is explained as *Puruṣattvanāśaka*.²⁷²⁰

Khrāhva²⁷²¹- the plant is cultivated throughout India.²⁷²² The fresh leaves can be taken as salads; alleviates *Kapha* and *Vāta*, cures disorder of urinary bladder.²⁷²³

Gṛñjanaka²⁷²⁴, *Gārjara* (Skt); *Gājor* (Ass); a biennial herb, 1- 1.5 m. in height, with an erect much branched stem; found throughout India and cultivated.²⁷²⁵ The tubers can be taken freshly as salads; is sharp, bowel binding, useful for piles and diseases due to the vitiation of *Vāta* and *Kapha*.²⁷²⁶ It should be given to the patient suffering from edema.²⁷²⁷ The leaves are useful for the treatment of piles.²⁷²⁸ It also cures blood diarrhea, colic pain, dysentery and edema.²⁷²⁹ The whole plant is full of Vitamin A and it works as an anti cancer agent.

²⁷¹² C.S. Sūtra. 27. 166-177

²⁷¹³ *Amarkoṣa*, 2. 111

²⁷¹⁴ C.S. Sūtra. 27. 166-177

²⁷¹⁵ *Ibid.* 27. 166-177

²⁷¹⁶ *Amarkoṣa*, 2. 167

²⁷¹⁷ *Reviews on Indian medicinal plants*, ICMR, New Delhi, 2004.

²⁷¹⁸ C.S. Sūtra. 27. 166-177

²⁷¹⁹ C.S. *Cikitsā*. 3. 267

²⁷²⁰ C.S. Sūtra. 27.172

²⁷²¹ *Ibid.* 27. 166-177

²⁷²² C. P. Khare, *Indian medicinal plants- an illustrated dictionary*.

²⁷²³ C.S. Sūtra. 27. 166-177

²⁷²⁴ *Ibid.* 27. 166-177

²⁷²⁵ *Reviews on Indian medicinal plants*, ICMR, New Delhi, 2004.

²⁷²⁶ C.S. Sūtra. 27. 166-177

²⁷²⁷ C.S. *Cikitsā*. 12. 63

²⁷²⁸ *Ibid.* 14. 122-125

²⁷²⁹ *Ibid.* 14. 199-201

Kāravī²⁷³⁰; *Amarkoṣa* has mentioned synonyms of this plant- *Karīra*, *Ṛkara*, *Granthila*, *Kāravī*,²⁷³¹ popularly known as *Nebatī*. *Śatapušpā*, *Sitachchhatrā*, *Madhurā*, *Misi*, *Avākpūspī*, *Kāravī* and *Sopa*.²⁷³² This is cultivated in Bihar, Orissa, Punjab, Bengal, Andhra Pradesh, in the hills of Komaon, Garhwal, Kashmir and Chamba. Also, found wild in North Himalayan region.²⁷³³ Seeds are palatable, digestive stimulant, alleviator of *Vāta* and *Kapha* and remover of foul odour.²⁷³⁴ It is used for the treatment of piles, diarrhea, tumour, edema, heart diseases and improves the power of digestion.²⁷³⁵ The plant is useful for abdominal diseases.²⁷³⁶

Puga²⁷³⁷ (Skt); *Tāmol*, *Cupāri* (Ass); *Amarkoṣa* has presented synonyms of this plant.²⁷³⁸ A tall slender, unbranched palm with a crown of leaves; cultivated throughout India.²⁷³⁹ The leaves are used to clean tooth and the seeds are used as mouth freshener.²⁷⁴⁰

Vanya²⁷⁴¹ is explained as *Kaivartamustaka*. The plant is used for the treatment of fever associated with burning sensation²⁷⁴² and obstinate skin diseases including leprosy.²⁷⁴³

Karpura²⁷⁴⁴ *Karpur*, *Ghanasara*, *Candraprabhā*, *Śītābhra*, *Himabaluka*, *Himopala*, *Gandhadravaya*, *Śaśī*, *Indu*, *Tuṣāra*, *Śītalraja* (Skt); *Karpur* (Ass); a handsome profusely branched evergreen tree, 30 m. in height; a native of India.²⁷⁴⁵ The plant in decoction form is used for the treatment of fever.²⁷⁴⁶

²⁷³⁰ C.S. Sūtra. 27. 307

²⁷³¹ *Amarkoṣa*, 2.77

²⁷³² *Ibid.* 2.152

²⁷³³ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁷³⁴ C.S. Sūtra. 27. 307

²⁷³⁵ C.S. *Cikitsā*. 13. 60-61

²⁷³⁶ *Ibid.* 13.125-132

²⁷³⁷ C.S. Sūtra. 5. 76-77

²⁷³⁸ *Pugaḥ Sraṃsī chikko Ghoṇṭāphalasca Gopaphalaḥ* |

Gopaḥ Kaidaryaphalaḥ Kalatvagguvakaphalaḥ |

Pugī Pugaphalahaḥ tambulaphasca pattikaḥ proktaḥ || *Amarkoṣa* Ch. 2

²⁷³⁹ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁴⁰ C.S. Sūtra.

²⁷⁴¹ *Ibid.* 5.22

²⁷⁴² C.S. *Cikitsā*. 3.258-259

²⁷⁴³ *Ibid.* 7. 130

²⁷⁴⁴ C.S. Sūtra. 5. 76-77

²⁷⁴⁵ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁴⁶ C.S. *Cikitsā*. 3. 267

Tāmbula²⁷⁴⁷ (Skt); *Pāṇ* (Ass); the creeper is planted and cultivated in the warmer and damper parts of India; Assam, West Bengal, Bihar, Uttar Pradesh, Kerala and Karnataka.²⁷⁴⁸ The betel leaves are good digestive promoter; and used also as mouth freshener.

Kulinga²⁷⁴⁹ - this is spermatopoeitics²⁷⁵⁰

Svarṇakṣīrī²⁷⁵¹ *Brahmadaṇḍī, Brāhmī, Hemadugdha, Hemaśikhā, Hemavatī, Hemāvha, Kāñcanakehirī, Kāñcanī, Karhinī, Kaṭuparṇī, Kṣīrinī, Paṭuparṇī, Apitapuṣpa, Rukminī, Śṛṅgalkāntā, Suvarṇa, Svarṇadagdhā, Svarṇakṣīrī, Svaraṇāvha, Tiktadugdha, Yavaciñca* (Skt); *Śiyālkāṭā, Kuhumkāṭā* (Ass); *Amarkoṣa*²⁷⁵² has presented synonyms of this plant- *Paṭuparṇī, Haimavatī, Svarṇakṣīrī, Himāvatī*;²⁷⁵³ popularly known as *Pisolā*. A strong, branched, prickly, spiny tree found throughout the hotter parts of India, in areas up to 1500 m elevation on road sides and waste places.²⁷⁵⁴ This plant occupies a great place among the Ayurvedic medicines. The plant is bitter in taste. It improves mental power. In Assam people use this plant by making a paste with banana root against toothache.

Hema²⁷⁵⁵ , *Hema, Cāmpēya, Ahipuṣpa* (Skt); *Nāhar* (Ass); a medium sized evergreen tree; found in Eastern Himalayas, Assam, West Bengal, Western Ghats, Travancore and the Andaman Islands.²⁷⁵⁶ The plant as ointment is useful for the treatment of edema.²⁷⁵⁷

Bhurja²⁷⁵⁸ , *Bahuvalkala, Bahuputa* (Skt); *Amarkoṣa* has mentioned three synonyms of this plant- *Bhurja, Carmī, Mṛduttvaka*.²⁷⁵⁹ A medium sized deciduous tree up to 20 m. in height;

²⁷⁴⁷ C.S. Sūtra. 5. 76-77

²⁷⁴⁸ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁷⁴⁹ C.S. Sūtra. 4.12

²⁷⁵⁰ Ibid.4.12

²⁷⁵¹ Ibid.4.9

²⁷⁵² *Ganditeha Hemadugdha Kancanadugdha ca Kañcanakṣīrī\KanakaVidhānasahita brute tam dugdhaparyayaḥ* || Amarkoṣa

²⁷⁵³ Amarkoṣa, 2. 138

²⁷⁵⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁵⁵ C.S.Sūtra. 3.29

²⁷⁵⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁷⁵⁷ C.S. Cikitsā. 12. 64-67

²⁷⁵⁸ C.S. Sūtra 3. 3

²⁷⁵⁹ Amarkoṣa, 2.46

found in Himalaya, in area up to 4200 m. elevation.²⁷⁶⁰ *Bhāvaprakāśa* reported it as elevator of fats and poison.

Svarṇakṣīrī²⁷⁶¹ *Brahmaṇḍī*, *Brāhmī*, *Hemadugdha*, *Hemaśikhā*, *Hemavatī*, *Hemāvha*, *Kāñcanakehirī*, *Kāñcanī*, *Karhinī*, *Kaṭuparṇī*, *Kṣīrinī*, *Paṭuparṇī*, *Apitapuspa*, *Rukminī*, *Śṅgalkāntā*, *Suvarṇa*, *Svarṇadagdhā*, *Svarṇakṣīrī*, *Svaraṇāvha*, *Tiktadugdha*, *Yavaciñca* (Skt); *Śiyālkāṭā*, *Kuhumkāṭā* (Ass); *Amarkoṣa*²⁷⁶² has presented synonyms of this plant- *Paṭuparṇī*, *Haimavatī*, *Svarṇakṣīrī*, *Himāvatī*;²⁷⁶³ popularly known as *Pisolā*. A strong, branched, prickly, spiny tree found throughout the hotter parts of India, in areas up to 1500 m elevation on road sides and waste places.²⁷⁶⁴ This plant occupies a great place among the Ayurvedic medicines. The plant is bitter in taste. It improves mental power. In Assam people use this plant by making a paste with banana root against toothache.

Vasuka²⁷⁶⁵ - the plant is found in the Himalayas up to 1200 m. and the plains of India.²⁷⁶⁶ This is diuretic.²⁷⁶⁷

Sukavarha,²⁷⁶⁸ ***Granthiparnaka***,²⁷⁶⁹ ***Saresika***²⁷⁷⁰, ***Sarapuspa***,²⁷⁷¹ ***Sarika***²⁷⁷², ***Kamala***²⁷⁷³ and some other plants no details are found regarding the use of them.

Various alkali preparations were used to make at that time from Banana tree, pea, *Yava*. Among them the one prepared with Banana is widely used. These all are useful for abdominal diseases.²⁷⁷⁴ Today also in Assam along Northeast provinces of used these things in making

²⁷⁶⁰ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁶¹ C.S. Sūtra. 4.9

²⁷⁶² *Ganditeha Hemadugdha Kancanadugdha ca Kañcanakṣīrī\KanakaVidhānasahita brute tam dugdhaparyayaḥ* || Amarkoṣa

²⁷⁶³ Ibid.2. 138

²⁷⁶⁴ Reviews on Indian medicinal plants, ICMR, New Delhi, 2004.

²⁷⁶⁵ C.S. Sūtra. 4.15

²⁷⁶⁶ C. P. Khare, Indian medicinal plants- an illustrated dictionary.

²⁷⁶⁷ C.S. Sūtra. 4.15

²⁷⁶⁸ Ibid. 5.23

²⁷⁶⁹ Ibid. 5.22

²⁷⁷⁰ Ibid.14.42

²⁷⁷¹ Ibid. 5.22

²⁷⁷² Ibid. 5.22

²⁷⁷³ C.S. Sūtra. 5.22

²⁷⁷⁴ C.S. Cikitsā. 13.75-88

food. Among Assamese it is very much popular by the name *Kṣāra*. In every Assamese cuisine it is found. In Manipur it is known as *Uti*.

One thing should be made clear here is that most of those plant drugs are not used individually. They are used with another plant drugs or other drugs for the treatment of diseases and also for promotion of health. Individual uses are very rare in Ayurvedic preparations.