

# Department :- Ayurved Samhita & Siddhant

Topic: Mahakashy

# Charak & 50 Mahakashay

- This Topic is very Popular in Ayurvedic field
- This 50 Groups are like Readyrecknor or Practical Prescriber for Ayurvedic Medical Practice
- This Topic is a part of Syllabus in 2 subjects of BAMS course –1) Dravyaguna vignyan ( Paper 1 Part A ,Point 10 –Dashemani Gan 2) Charak Purvardha ( Charak Sutrasthan ,Chaper 4 – Shadvirechan Shatiya)

# Charak & 50 Mahakashay

- Each group consists of 10 Herbs
- So  $50 \times 10 = 500$  Herbs
- But unfortunately many Herbs are controversial & many are not available
- Students will easily now note ,which plants are not available from this PPT
- Also this PPT will explain the Pharmacodynamics of these herbs .So students by their own intelligence can add other herbs also in this Group

# Acknowledgement

- Many Thanks to
- **Dr.Ila Bhor madam** ,from Ayurved college nigdi
- For her Intelligent, Expert comments regarding availability of the Herbs & other special comments

# Charak & 50 Mahakashay

- As the Topic is very fast ,we have divided total matter in 2 parts
- So each Part will be of 25 Mahakashay
- Note – In next 3 slides, NA = Not Available
- Total from 500 plants – 102 Plants are not available

# Charak & 50 Mahakashay –Part I

- 1) Jeevaniya ( Tonic) -3NA
- 2) Brihaniya ( Anabolic)-4 NA
- 3) Lekhaniya ( Scraping agent) -2 NA
- 4) Bhedaniya ( Drastic Purgative) -3 NA
- 5) Sandhaniya ( Unifying medicines)
- 6) Deepaniya Medicines (Appetizers)
- 7) Balya ( Strengthening) – 3 NA
- 8) Varnya ( Complexion promoter) -2NA
- 9) Kanthya ( Tonic for Pharynx & Larynx ) –1 NA
- 10) Hridya ( Cardiac Tonic ) –6 NA

# Charak & 50 Mahakashay –Part I

- 11) Truptighna (Hunger & Satiety center modulator)
- 12) Arshoghna ( Anti haemorrhoidal)
- 13) Kushthaghna ( Medicines to treat Dermatological problems) – 1 NA
- 14) Kandughna ( Anti Puritic)
- 15) Krimighna ( Anthelmintics) -4 NA
- 16) Vishaghna ( Anti Toxic) – 1 NA
- 17) Stanyajanan ( Galactagogue) -8 NA
- 18) Stanya Shodhan ( Lacto purifier)
- 19) Shukrajanan ( Spermatagogue) - 5NA
- 20) Shukra Shodhan ( Seman Purifier) -5NA

# Charak & 50 Mahakashay –Part I

- 21) Snehopag ( Helping for Oleation)-1NA
- 22) Swedopag ( Helping for Fomentation)-2NA
- 23) Vamanopag ( Helping for Vaman) -5NA
- 24) Virechanopag ( Helping for Virechan)-3NA
- 25) Asthapanopag ( Helping in Asthapan Basti)  
- 1 NA

# 1) Jeevaniya Gan

१ तद्यथा जीवकर्षभकौ मेदा महामेदा काकोली क्षीरकाकोली मुद्रपर्णीमा-  
षपर्यौ जीवन्ती मधुकमिति दशेमानि जीवनीयानि भवन्ति

# 1) Jeevaniya Gan

| Sr.No | Name      | Market Available as in Maharashtra in Marathi | Remark                                |
|-------|-----------|-----------------------------------------------|---------------------------------------|
| 1     | Jeevak    | Jeevak                                        | As 1 & 2 -- together one is available |
| 2     | Rushabhak | <b>Not available</b>                          |                                       |
| 3     | Meda      | Meda                                          | As 3 & 4 -- together one is available |
| 4     | Mahameda  | <b>Not available</b>                          |                                       |
| 5     | Kakoli    | Kakoli                                        |                                       |

# 1) Jeevaniya Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark |
|-------|-------------|-----------------------------------------------|--------|
| 6     | Kshirkakoli | Not available                                 |        |
| 7     | Mudgparni   | Ran mug                                       |        |
| 8     | Mashaparni  | Ran udid                                      |        |
| 9     | Jivanti     | Jivanti                                       |        |
| 10    | Madhukam    | Jeshthamadha (Glycerrhiza)                    |        |

# Pharmaco dynamics & Indications

- **1) Jeevaniya ( Tonic)**
- Jeevan = Life = Sharir + Indriya+ Satva + Atma
- Jeevaniya Medicines ,nourish all these factors
- Guru,Sheeta,Snigdha,Mrudu
- These medicines tolerated from birth.Useful to any age group
- Beneficial for maintenance of health
- Maintain health of all 7 dhatus .So nourish Ojas
- Refresh mind
- Milk ( Best) ,Wheat,Grapes

## 2) Bruhaniya Gan

२ क्षीरिणी राजक्षवकाश्वगन्धाकाकोलीक्षीरकाकोलीवाटयायनीभद्रौदनीभा-  
रद्वाजीपयस्यर्ष्यगन्धा इति दशेमानि बृंहणीयानि भवन्ति

## 2) Bruhaniya Gan

| Sr.No | Name        | Market available as in Maharashtra in Marathi | Remark                              |
|-------|-------------|-----------------------------------------------|-------------------------------------|
| 1     | Kshirini    | <b>Not available</b> --Dudhi                  |                                     |
| 2     | Rajakshavak | <b>Not available</b> --Dudhi Bhopala          |                                     |
| 3     | Ashwagandha | Ashwagandha                                   | Ashwagandhrishta ,Ghana Vati        |
| 4     | Kakoli      | Kakoli                                        | AS 4 & 5 ,together one is available |
| 5     | Kshirkakoli | <b>Not available</b>                          |                                     |

## 2) Bruhaniya Gan

| Sr.No | Name         | Market Available as in Maharashtra in Marathi | Remark                 |
|-------|--------------|-----------------------------------------------|------------------------|
| 6     | Vatyayani    | Bala –Schweta Bala                            | Balarishta ,Ghana vati |
| 7     | Bhadraudani  | Pit Bala                                      |                        |
| 8     | Bharadwaji   | <b>Not available</b> –Ran kapus               |                        |
| 9     | Payasya      | Vidarikanda/Bhui kohola                       |                        |
| 10    | Rushygangdha | ? Vrushya gandha ( Vidarikanda)               |                        |

# Pharmaco dynamics & Indications

- **2) Brihaniya ( Anabolic)**
- Guru, Sheeta, Snigdha, Mrudu, Sthula, Manda, Sthira
- Nourishes Dhatus ,specially mansa dhatu. Increases body mass Index
- Indications – Weight loss in chronic illnesses like TB, Cancer ,HIV; weak, old, Physical Laborers
- Dry fruits, Dates,Coconut Tuberous roots like vidari, Aswagandha, High protein diet -Pulses

### 3) Lekhaniya Gan

३ मुस्तकुष्ठहरिद्रादारुहरिद्रावचातिविषाकट्रोहिणीचित्रकचिरबिल्वहैमवत्य  
इति दशेमानि लेखनीयानि भवन्ति

### 3) Lekhaniya Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark   |
|-------|-------------|-----------------------------------------------|----------|
| 1     | Musta       | Nagarmotha                                    |          |
| 2     | Kushtha     | <b>Not available – Koshtha-- Ban</b>          |          |
| 3     | Haridra     | Halad -- Turmeric                             | Udvartan |
| 4     | Daruharidra | Daruhalad                                     |          |
| 5     | Vacha       | Vekhanda                                      | Udvartan |

### 3) Lekhaniya Gan

| Sr.No | Name       | Market Available as in Maharashtra in Marathi | Remark          |
|-------|------------|-----------------------------------------------|-----------------|
| 6     | Ativisha   | Ativisha                                      |                 |
| 7     | Katurohini | Kutaki                                        |                 |
| 8     | Chitrak    | Chitrak                                       | Chitrakadi Vati |
| 9     | Chirabilva | Karanja                                       |                 |
| 10    | Haimavatya | <b>Not available-White Vekhanda ?</b>         |                 |

# Pharmaco dynamics & Indications

- **3) Lekhaniya ( Scraping agent)**
- These medicines do scraping by absorbing fluid part from Dhatu & Mala
- Mainly scraping is done for vitiated Kapha & Meda
- Laghu,Ruksha,Ushna,Tikshna,Vishad
- Indications – Obesity, Diabetes in obese person, Tumour ,Piles, Lymphadenopathy
- Honey,Hot water,Guggul,Vacha,Chitrak,Yav

## 4) Bhedaniya Gan

४ सुवहाकोरबुकाग्रिमुखीचित्राचित्रकचिरबिल्वशङ्खिनीशकुलादनीस्वर्ण-  
क्षीरिण्य इति दशेमानि भेदनीयानि भवन्ति

## 4) Bhedaniya Gan

| Sr.No | Name      | Market Available as in Maharashtra in Marathi | Remark |
|-------|-----------|-----------------------------------------------|--------|
| 1     | Subaha    | Nishottar =Trivruut                           |        |
| 2     | Arka      | <b>Not available (Rui)</b>                    |        |
| 3     | Urubak    | Eranda ( Ricinous)                            |        |
| 4     | Agnimukhi | Bhallatak ,?Langali - Kalihari                |        |
| 5     | Chitra    | Danti mul                                     |        |

## 4) Bhedaniya Gan

| Sr.No | Name            | Market Available as as in Maharashtra in Marathi | Remark |
|-------|-----------------|--------------------------------------------------|--------|
| 6     | Chitrak         | Chitrak                                          |        |
| 7     | Chirabilva      | Karanja                                          |        |
| 8     | Shankhini       | <b>Not available –Shankhavel</b>                 |        |
| 9     | Shakuladini     | Kutaki                                           |        |
| 10    | Suvarnakshirini | <b>Not available – Yellow Dhotra</b>             |        |

# Pharmaco dynamics & Indications

- **4) Bhedaniya ( Drastic Purgative)**
- Laghu,Ruksha,Vishada,Tikshna,Ushna
- 3 Types of Bhedan
- i) As Drastic Purgative – Jayapal Products  
Ashwakanchuki, Icchabhedi, Naracharasa
- ii) Bhedan,inside srotas – Kutaki – in  
Arogyavardhini , Kumari, Bhallatak, Chitrak
- iii) Externally to open abscess – Bhallatak,Arka  
kshir,Yellow Dhattur ,Kalihari
- Hirak Bhasma in Breast or Uterine Cancer

## 5) Sandhaniya Gan

५ मधुकमधुपर्णीपृश्निपर्यम्बष्ठकीसमङ्गामोचरसघातकीलोध्रप्रियङ्गुकट्फ-  
लानीति दशेमानि सन्धानीयानि भवन्ति

## 5) Sandhaniya Gan

| Sr.N<br>o | Name        | Market Available as<br>as in Maharashtra<br>in Marathi | Remark |
|-----------|-------------|--------------------------------------------------------|--------|
| 1         | Madhuk      | Jeshthamadha (Licquorice)                              |        |
| 2         | Madhuparni  | Guduchi,?Chandvel                                      |        |
| 3         | Prusniparni | Pithvan                                                |        |
| 4         | Ambashthaki | Patha ,? Pahadmuli                                     |        |
| 5         | Sumanga     | Lajalu ,? Varaha kanta                                 |        |

## 5) Sandhaniya Gan

| Sr.N<br>o | Name     | Market Available as<br>as in Maharashtra<br>in Marathi | Remark                |
|-----------|----------|--------------------------------------------------------|-----------------------|
| 6         | Mocharas | Shalmali Niryas                                        | Mocharas Piccha Basti |
| 7         | Dhataki  | Dhayati                                                |                       |
| 8         | Lodhra   | Lodhra                                                 | Lodhrasav             |
| 9         | Priyangu | Priyangu ,? Vaghati                                    |                       |
| 10        | Katphala | Kayphal                                                |                       |

# Pharmaco dynamics & Indications

- **5) Sandhaniya ( Unifying medicines)**
- Guru ( Prithvi) ,Sheeta & Ruksha( Vata)  
 ,Kashaya rasa,Sheetal veerya
- These medicines helps to heal fractures,heal wounds, torn dhatus, injured blood vessels
- Absorb Kleda,Oozing & helps for union of molecules
- Lakshadi Guggulu,Mocharas Piccha basti in Ulcerative colitis,Vranaropan tail

## 6) Deepaniya Gan

६ पिप्पलीपिप्पलीमूलचव्यचित्रकशृङ्गवेराम्लवेतसमरिचाजमोदाभल्लात-  
कास्थिहिङ्गनिर्यासा इति दशेमानि दीपनीयानि भवन्ति इति षट्कः कषाय  
वर्गः ६

## 6) Deepaniya Gan

| Sr.No | Name       | Market Available as in Maharashtra in Marathi | Remark        |
|-------|------------|-----------------------------------------------|---------------|
| 1     | Pippali    | Lendi Pippali                                 | Panchakolasav |
| 2     | Pippalimul | Pimpali mul                                   |               |
| 3     | Chavya     | Chavak                                        |               |
| 4     | Chitrak    | Chitrak                                       | Chitrakavleha |
| 5     | Shrungaber | Sunth ( Dry Ginger)                           | Aalepak       |

## 6) Deepaniya Gan

| Sr.No | Name           | Market Available as in Maharashtra in Marathi | Remark            |
|-------|----------------|-----------------------------------------------|-------------------|
| 6     | Amlavetas      | Amlavetas                                     |                   |
| 7     | Maricha        | Mire                                          |                   |
| 8     | Ajmoda         | Owa                                           |                   |
| 9     | Bhallatakasthi | Bibba ,? Godambi                              |                   |
| 10    | Hinguniryasa   | Hinga ( Asafoetida)                           | Hinvashtak churna |

# Pharmaco dynamics & Indications

- **6) Deepaniya Medicines (Appetizers)**
- Laghu,Ushna,Tikshna,Ruksha
- These medicines stimulates appetite ,but do not cause Amapachan with some exceptions
- Trikatu Tablet, Chitrakavleha, Panchakolasav

## 7) Balya Gan

७ ऐन्द्रयूषभ्यतिरसर्ष्यप्रोक्तापयस्याश्वगन्धारस्थिरारोहिणीबलातिबला इति  
दशेमानि बल्यान भवन्ति

## 7) Balya Gan

| Sr.No | Name       | Market Available as as in Maharashtra in Marathi | Remark                      |
|-------|------------|--------------------------------------------------|-----------------------------|
| 1     | Endri      | Not available -?Gopai kakadi                     |                             |
| 2     | Rushabhi   | Kavacha beej,? Kohali                            |                             |
| 3     | Atirasa    | Shatavari                                        | Shatavari Kalpa ,Ghana vati |
| 4     | Rushypokta | Not available,? Ran udid                         |                             |
| 5     | Payasya    | Vidarikand ,?Bhui Kohala                         |                             |

## 7) Balya Gan

| Sr.No | Name        | Market Available as as in Maharashtra in Marathi | Remark     |
|-------|-------------|--------------------------------------------------|------------|
| 6     | Ashwagandha | Ashwagandha,Askandha                             |            |
| 7     | Sthira      | Salvan                                           |            |
| 8     | Rohini      | Kutaki,? Jatamansi                               |            |
| 9     | Bala        | Bala ,Chikana                                    | Balarishta |
| 10    | Atibala     | Not available ,?Sahadevi                         |            |

# Pharmaco dynamics & Indications

- **7) Balya ( Strengthening)**
- Madhur,Sheeta,Guru,Snigdha
- Gives Strength. Increase Oja
- 2 Types –
- General Balya – Nourishing all Dhatus –  
Shatavari Kalpa,Balarishta,Ashwagandharishta
- Strength to specific organ Like Arjun as cardiac Tonic,Brahmi Ghruta for Brain

## 8) Varnya Gan

८ चन्दनतुङ्गपद्मकोशीरमधुकमञ्जिष्ठासारिवापयस्यासितालता इति दशेमानि  
वर्यानि भवन्ति

## 8) Varnya Gan

| Sr.No | Name    | Market Available as in Maharashtra in Marathi | Remark                   |
|-------|---------|-----------------------------------------------|--------------------------|
| 1     | Chandan | Chandan                                       | Chandan Lep ,Chandanasav |
| 2     | Tunga   | Keshar,? Nagkeshar                            |                          |
| 3     | Padmak  | Kamal                                         | Arvindasav               |
| 4     | Ushir   | Vala                                          | Ushirasav                |
| 5     | Madhuk  | Jeshthamadha ( Licquorice)                    |                          |

## 8) Varnya Gan

| Sr.No | Name      | Market Available as as in Maharashtra in Marathi | Remark                       |
|-------|-----------|--------------------------------------------------|------------------------------|
| 6     | Manjistha | Manjishtha                                       | Thyostanin ( Rasashala,Pune) |
| 7     | Sariva    | Anantamul                                        | Sarivadyasav                 |
| 8     | Payasya   | Keshar                                           |                              |
| 9     | Sita      | Not available ,?White Durva                      |                              |
| 10    | Lata      | Not available,? Black Durva                      |                              |

# Pharmaco dynamics & Indications

- **8) Varnya ( Complexion promoter)**
- i) Madhur & Sheeta –Nourishes all dhatus ,increases Oja & so increases complexion ( Milk,Ghee,Butter,Jeshthamadha)
- ii) Some medicines absorb kleda & cool down pitta & purify blood with Tikta,Kashaya taste .So improve complexion ( Chandan, Priyangu, Dirva)
- iii) Some medicines with Ushna veerya ,stmulate Bhrajak pitta ,purify blood .So improve complexion ( Haridra, Manjishtha,Agaru)
- Indicated to reduce Tanning ,Black circles around eyes, As cosmetic purpose

## 9) Kanthya Gan

६सारिवेक्षुमूलमधुकपिप्पलीद्राक्षाविदारीकैटर्यहं सपादीबृहतीकण्टकारिका  
इति दशेमानि कण्ठ्यानि भवन्ति

## 9) Kanthya Gan

| Sr.No | Name     | Market Available as in Maharashtra in Marathi | Remark                 |
|-------|----------|-----------------------------------------------|------------------------|
| 1     | Sariva   | Anantamul                                     |                        |
| 2     | Ikshumul | Usa                                           |                        |
| 3     | Madhuk   | Madha                                         | With Sitopaladi Churna |
| 4     | Pippali  | Pimpali                                       |                        |
| 5     | Draksha  | Manuka                                        | For Sucking            |

## 9) Kanthya Gan

| Sr.N<br>o | Name        | Market Available as<br>as in Maharashtra<br>in Marathi | Remark          |
|-----------|-------------|--------------------------------------------------------|-----------------|
| 6         | Vidari      | Vidari, ? Bhui Kohola                                  |                 |
| 7         | Kaitarya    | Kaitarya, ? Kayphal                                    |                 |
| 8         | Hansapadi   | <b>Not available ,?<br/>Brahmi</b>                     |                 |
| 9         | Bruhati     | Bruhati, ? Dorali<br>Vangi                             |                 |
| 10        | Kantakarika | Kantakari, Bhui ringani                                | Kantakaryavleha |

# Pharmaco dynamics & Indications

- **9) Kanthya ( Tonic for Pharynx & Larynx )**
- i) Some medicines with Katu ,Tikta rasa act as Anti Kapha,Anti Kled & Anti inflammatory ( Clove, Turmeric, Khadir ,Kantakari ,Lavagadi vati )
- ii) Medicines with sweet taste,Unciouness,Soft control Vata,removes dryness due to overuse ,increase soothing & lubrication ( Sugar candy, Jeshthamadha, raisins, Sariva )

# Pharmaco dynamics & Indications

- **9) Kanthya ( Tonic for Pharynx & Larynx )**
- iii) Some medicines act as Anti Pitta ,Anti inflammatory & reduce burning & pain ( Sugar candy + Eladi vati ,Jeshthamadhya,Sariva)
- iv) Some medicines can act on Brain & Nerves ,like on Motor apparatus for Larynx ,Brocas area ,Wernick's area & help to improve voice ( Brahmi Ghee,Shankhapushpi syrup,Jatamansi)

## 10) Hrudya Gan

१० आम्राम्रातकलिकुचकरमर्दवृक्षाम्लाम्लवेतसकुवलयदरदाडिममातुलुङ्गा-  
नीति दशेमानि हृद्यानि भवन्ति इति चतुष्कः कषायवर्गः १०

## 10) Hrudya Gan

| Sr.No | Name       | Market Available as as in Maharashtra in Marathi | Remark       |
|-------|------------|--------------------------------------------------|--------------|
| 1     | Aamra      | Not available ,Mango                             |              |
| 2     | Aamratak   | Not available,? Ambada                           |              |
| 3     | Likucha    | Not available ,? Kshudra Phanas                  |              |
| 4     | Karamarda  | Not available ,?Karavanda                        |              |
| 5     | Vrukshamla | Kokam ,? Chinch                                  | Kokam sarbat |

## 10) Hrudya Gan

| Sr.No | Name      | Market Available as as<br>in Maharashtra in Marathi | Remark                   |
|-------|-----------|-----------------------------------------------------|--------------------------|
| 6     | Amlavetas | Amlavetas                                           |                          |
| 7     | Kuval     | Not available ,? Big Bor                            |                          |
| 8     | Badar     | Bor                                                 |                          |
| 9     | Dadim     | Dalimba                                             | Fresh Fruit ,Dadimavleha |
| 10    | Matulunga | Not available,Mahalunga                             |                          |

# Pharmaco dynamics & Indications

- **10) Hridya ( Cardiac Tonic )**
- Critics by Gangadhar says –Beneficial to mind
- i) Some medicines or food due to sour taste ,stimulates Rakta Dhatvagni & production of Rakta Dhatu .So nourishes heart & increases strength of heart .
- Sour taste refresh mind (Lemon or Kokam juice)
- ii) Medicines or food of Sweet taste & sweet Vipak ,Guru,Sheeta ,Snigdha properties nourish all 7 tissues .Increase Oja & becomes cardiac Tonic ,because heart is a site of Oja

# Pharmaco dynamics & Indications

- **10) Hridya ( Cardiac Tonic )**
- iii) Substances like Coconut water, Sufarcane juice ,nourishes Rasa Dhatu & become Hrudyā
- iv) Wheat ,Dates, Ashwagandha,Bala nourish Mansa Dhatu & become Hrudyā
- v) Substances like Kamal ( Arvindasav) ,Aamalaki, Chandan purify blood & become Hrudyā

# Pharmaco dynamics & Indications

- **10) Hridya ( Cardiac Tonic )**
- vi) In Kapha + Mansa dushti ,there may excessive kleda & obstruction to srotas .Laghu,Ushna ,Sukshma ,Katu –Tikta substances like yogendra rasa ( Rasasindur etc) ,Vasa,Arjun help to absorb kleda & remove strotorodha & becomes Hrudya
- vii) Substances like Ginger,Garlic ,Pippali do Pachan,Vata –anuloman,Vata – Shaman & become Hrudya

# Pharmaco dynamics & Indications

- **10) Hridya ( Cardiac Tonic )**
- viii) Kasturi ,Hemagarbha like substances give instant stimulation to Heart .Useful in Cardiogenic shock & becomes Hrudya
- ix) Fragrant flowers like Rose, Champak, Mogara,Bakul – due to their pleasing aroma ,refresh mind instantly & become Hrudya

# 11) Truptighna Gan

११नागरचव्यचित्रकविडङ्गमूर्वागुडूचीवचामुस्तपिप्पलीपटोलानीति दशेमा-  
नि तृप्तिघ्नानि भवन्ति

# 11) Truptighna Gan

| Sr.No | Name    | Market Available as in Maharashtra in Marathi | Remark        |
|-------|---------|-----------------------------------------------|---------------|
| 1     | Nagar   | Sunth ( Dry Ginger)                           | Sinthavada    |
| 2     | Chavya  | Chavak                                        |               |
| 3     | Chitrak | Chitrak                                       | Chitakavleha  |
| 4     | Vidanga | Vavdinga                                      | Vidangarishta |
| 5     | Murva   | Morvel                                        |               |

# 11) Truptighna Gan

| Sr.N<br>o | Name    | Market Available as<br>as in Maharashtra<br>in Marathi | Remark                        |
|-----------|---------|--------------------------------------------------------|-------------------------------|
| 6         | Guduchi | Gulvel                                                 | Amrutarishta ,Ghana vati      |
| 7         | Vacha   | Vekhanda                                               |                               |
| 8         | Musta   | Nagarmotha                                             | Mustadi<br>Churna,Shadangodak |
| 9         | Pippali | Pimpali                                                | Pippalyasav                   |
| 10        | Patol   | Padval                                                 | Patoladi Kadha                |

# Pharmaco dynamics & Indications

- **11) Truptighna (Hunger & Satiety center modulator)**
- Laghu, Ushna, Rooksha, Sukshma, Vishada
- Act as Kaphaghana, Kledaghna, Aampachan, Agni deepan
- Ginger, Chitrak, Trikatu tab, Chitakavleha

## 12) Arshoghna Gan

१२ कुटजबिल्वचित्रकनागरातिविषाभयाधन्वयासकदारुहरिद्रावचाचव्या-  
नीति दशेमान्यशोघ्नानि भवन्ति

## 12) Arshoghna Gan

| Sr.No | Name     | Market Available as in Maharashtra in Marathi | Remark                        |
|-------|----------|-----------------------------------------------|-------------------------------|
| 1     | Kutaj    | Kuda                                          | Kutarishta, Kutaja Ghana vati |
| 2     | Bilva    | Bel                                           | Bilvavleha                    |
| 3     | Chitrak  | Chitrak                                       | Chitakadi vati, Chitrakavleha |
| 4     | Nagar    | Sunth                                         | Trikatu Churna                |
| 5     | Ativisha | Ativisha                                      | Ativishdi churna              |

## 12) Arshoghna Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark            |
|-------|-------------|-----------------------------------------------|-------------------|
| 6     | Abhaya      | Hirda                                         | Abhayarishta      |
| 7     | Dhanvayas   | Dhamasa = Duralabha                           | Duralabhadi kadha |
| 8     | Daruharidra | Daruhadalad                                   |                   |
| 9     | Vacha       | Vekhanda                                      |                   |
| 10    | Chavya      | Chavak                                        |                   |

# Pharmaco dynamics & Indications

- **12) Arshoghna ( Anti haemorrhoidal)**
- Substances with Ushna,Vishada,Sukshma properties & Katu rasa & vipak – do agni deepan,remove strotorodha.They also do Lekhan of Mansakur or Arsha( Suran, Kankayan guti)
- Substances with Astringent taste & Sheeta virya are styptic & help in bleeding piles like Lodhrasav,Kutaja tab,Bolbaddha ras
- Hirda ( Abhyarista) ,Triphala also help as Arshoghna because they prevent constipation, which is necessary to treat piles

## 13) Kushthagna Gan

१३ खदिराभयामलकहरिद्रारुष्करसप्तपर्णारग्वधकरवीरविडङ्गजातीप्रवाला  
इति दशेमानि कुष्ठघ्नानि भवन्ति

## 13) Kushthagna Gan

| Sr.No | Name     | Market Available as in Maharashtra in Marathi | Remark         |
|-------|----------|-----------------------------------------------|----------------|
| 1     | Khadir   | Khadir, Khaira                                | Khadirarishta  |
| 2     | Abhaya   | Hirda                                         | Abhayarishta   |
| 3     | Aamalak  | Aavala                                        | Amalaki churna |
| 4     | Haridra  | Halad                                         | Haridra khanda |
| 5     | Arushkar | Bibba = Bhallatak                             | Bhallatakasav  |

## 13) Kushthagna Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark                                                          |
|-------|-------------|-----------------------------------------------|-----------------------------------------------------------------|
| 6     | Saptaparna  | Satvin                                        | Saptaparna Ghana vati                                           |
| 7     | Aaragwadha  | Bahava Magaj                                  | Aragvadharishta                                                 |
| 8     | Karavir     | <b>Kanher –Not available</b>                  |                                                                 |
| 9     | Vidanga     | Vavding                                       | Vidangarishta                                                   |
| 10    | Jati praval | Dry Leaves of Jai                             | Note ,here Praval is not separate word & no relation with coral |

# Pharmaco dynamics & Indications

- **13) Kushthaghna ( Medicines to treat Dermatological problems)**
- Substances with Ushna ,Tikshna, Laghu, Rooksha properties like Karanja, Manjishtha, Bakuchi are useful as Kledghna, stopping secretions ,stimulating Bhrajak Pitta
- Many skin problems are due to vitiation of Pitta & Rakta .Substances like Chandan,Nimba ,Khadira Pacify Pitta & Rakta with Kashaya rasa & Sheeta veerya

## 14) Kandughna Gan

१४ चन्दननलदकृतमालनक्तमालनिम्बकुटजसर्षपमधुकदारुहरिद्रामुस्तानीति  
दशेमानि करडूघ्नानि भवन्ति

## 14) Kandughna Gan

| Sr.No | Name     | Market Available as as in Maharashtra in Marathi | Remark          |
|-------|----------|--------------------------------------------------|-----------------|
| 1     | Chandan  | Chandan                                          | Chandanasav     |
| 2     | Nalad    | Vala ,Nagarmotha,?Jatamansi                      | Ushirasav       |
| 3     | Krutamal | Bahava =Aaragwadha                               |                 |
| 4     | Naktamal | Karanj ,? Sagargota                              |                 |
| 5     | Nimba    | Kadunimba sal or Nimbapatra                      | Paribhadra Tail |

## 14) Kandughna Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark                   |
|-------|-------------|-----------------------------------------------|--------------------------|
| 6     | Kutaj       | Kuda                                          | Kutajarishta, Ghana vati |
| 7     | Sarshap     | Mohari                                        |                          |
| 8     | Madhuk      | Jeshthamadha                                  |                          |
| 9     | Daruharidra | Daruhadalad                                   |                          |
| 10    | Mustak      | Nagarmotha                                    | Shadogadak               |

# Pharmaco dynamics & Indications

- **14) Kandughna ( Anti Puritic)**
- Substances with Laghu, Ushna, Rooksha, Lekhan properties are anti Kapha & remove Kleda ,which is main factor in Itching ( Manjishtha, Haridra ,Daruharidra, Karanj)
- Some medicines do cleansing & pacifying ,vitiated blood ,which is the cause of Itching ( Chandan, Nimba, Usheer, Kutaja )

## 15) Krimighna Gan

१५ अक्षीवमरिचगरडीरकेबुकविडङ्गनिगुराडीकिणिहीश्वदंष्ट्रावृषपर्णिकाखुप-  
र्णिका इति दशेमानि क्रिमिघ्नानि भवन्ति

## 15) Krimighna Gan

| Sr.No | Name   | Market Available as in Maharashtra in Marathi | Remark         |
|-------|--------|-----------------------------------------------|----------------|
| 1     | Akshiv | Shevga                                        |                |
| 2     | Marich | Kale mire                                     | Trikatu churna |
| 3     | Gandir | Not available ,? Snuhi                        |                |
| 4     | Kebuk  | Not available,? Kadu suran                    |                |
| 5     | Vidang | Vavding                                       | Vidangarishta  |

## 15) Krimighna Gan

| Sr.No | Name         | Market Available as as in Maharashtra in Marathi | Remark |
|-------|--------------|--------------------------------------------------|--------|
| 6     | Nirgundi     | Nirgundi                                         |        |
| 7     | Kinihi       | Type of Shirish –Not available,?Aghada           |        |
| 8     | Shwadanshtra | Gokshur or Gokharu                               |        |
| 9     | Vrushaparni  | Not available,?Big Undirkani                     |        |
| 10    | Aakhuparnika | Undirkani,? Small Undirkani                      |        |

# Pharmaco dynamics & Indications

- **15) Krimighna ( Anthelmintics)**
- Substances with Ushna, Tikshna, Laghu, Rooksha & Katu Tikta rasa remove kleda, reduces Kapha, do strotoshodhan & hence Krimighna ( Vidanga, Maricha, Palasha, Nimba )
- Kampillak, Danti, Jayapal do virechan & help in Krimi Patan

## 16) Vishagna Gan

१६ हरिद्रामञ्जिष्ठासुवहासूक्ष्मैलापालिन्दीचन्दनकतकशिरीषसिन्धुवारश्ले-  
ष्मातका इति दशेमानि विषघ्नानि भवन्ति इति षट्कः कषायवर्गः ११

## 16) Vishagna Gan

| Sr.N<br>o | Name        | Market Available as<br>as in Maharashtra<br>in Marathi | Remark         |
|-----------|-------------|--------------------------------------------------------|----------------|
| 1         | Haridra     | Halad –Turmeric                                        | Haridra Khanda |
| 2         | Manjishtha  | Manjishtha                                             |                |
| 3         | Subaha      | Trivrutta =Nishottar,?<br>Rasna                        |                |
| 4         | Sukshma Ela | Small cardamom                                         | Eladi vati     |
| 5         | Palindi     | <b>Not available,? Black<br/>Upalsari</b>              |                |

## 16) Vishagna Gan

| Sr.No | Name          | Market Available as in Maharashtra in Marathi | Remark                       |
|-------|---------------|-----------------------------------------------|------------------------------|
| 6     | Chandan       | Chandan                                       | Chandanasav, Chandanadi vati |
| 7     | Katak         | Nirmali beeja or seed ,?Kasvind               |                              |
| 8     | Shirisha      | Shiras sal                                    |                              |
| 9     | Sindhuwar     | ? Nirgundi                                    |                              |
| 10    | Schleshmantak | Bhokar                                        |                              |

# Pharmaco dynamics & Indications

- **16) Vishaghna ( Anti Toxic)**
- Anti Toxic effect as Prabhav or specific Potency ( Shrish, Tankan)
- Toxins vitiates Pitta & Rakta .Haridra, Manjishtha purify blood. Chandan,Sariva ,Nimba Pacify Pitta
- Nimba ,Ptola helps for Vaman by which toxins can be expelled out
- Substances with Guru,Sheeta,Snigdh properties increase Ojas & body immunity .So body can fight with & destroy Toxins ( Milk,Ghee,Suvarna siddha water )

## 17) Stanya janana Gan

१७ वीरणाशालिषष्टिकेक्षुवालिक्कादर्भकुशकाशगुन्द्रेत्कटकत्तृणमूलानीति द-  
शेमानि स्तन्यजननानि भवन्ति

# 17) Stanya janana Gan

| Sr.No | Name        | Market Available as as in Maharashtra in Marathi | Remark |
|-------|-------------|--------------------------------------------------|--------|
| 1     | Viran       | ? Ushir - Not Available                          |        |
| 2     | Shali       | Red rice, Saal                                   |        |
| 3     | Shastik     | Not Available –Sathe saal - Rice                 |        |
| 4     | Ikshuwalika | Sugarcane root                                   |        |
| 5     | Darbha      | Not Available ,?Type of Grass                    |        |

## 17) Stanya janana Gan

| Sr.No | Name   | Market Available as as in Maharashtra in Marathi | Remark                                                    |
|-------|--------|--------------------------------------------------|-----------------------------------------------------------|
| 6     | Kusha  | Not Available , ?Lavhala                         | Trunamul – Separate not available .But Together available |
| 7     | Kasha  | Not Available,? Darbha                           |                                                           |
| 8     | Gundra | Not Available ,? Gulvel                          |                                                           |
| 9     | Itkat  | Not Available                                    |                                                           |
| 10    | Katrun | ?Rohisha grass,Not avilable                      |                                                           |

# Pharmaco dynamics & Indications

- **17) Stanyajanan ( Galactagogue)**
- Substances with Madhur rasa, vipak stimulate Rasa agni & increase Stanya .Because Stanya is Upadhatu of Rasa ( Trun Panchamul)
- Substances with Madhur rasa,Vipak nourishes Rasa like Milk ,Shatavari ,Coconut water & increase stanya
- Methika, Shatapushpa,Pippali due to Ushna veerya cause dilatation of lacteals & stimulate milk secretion
- Darshan, Sparshan & act of feeding stimulate milk ejection

## 18) Stanya Shodhan Gan

१८ पाठामहौषधसुरदारुमुस्तमूर्वागुडूचीवत्सकफलकिराततिक्तककटुरोहिणी  
सारिवा इति दशेमानि स्तन्यशोधनानि भवन्ति

## 18) Stanya Shodhan Gan

| Sr.No | Name        | Market Available as in Maharashtra in Marathi | Remark      |
|-------|-------------|-----------------------------------------------|-------------|
| 1     | Patha       | Pahad mul                                     |             |
| 2     | Mahaushadha | Suntha                                        | Sunthavada  |
| 3     | Suradaru    | Devdaru                                       |             |
| 4     | Musta       | Nagarmotha                                    | Shadangodak |
| 5     | Murva       | Morvel                                        |             |

## 18) Stanya Shodhan Gan

| Sr.No | Name         | Market Available as in Maharashtra in Marathi | Remark                   |
|-------|--------------|-----------------------------------------------|--------------------------|
| 6     | Guduchi      | Gulvel                                        | Amrutarishta, Ghana vati |
| 7     | Vatsak phala | Indrajav( sweet & bitter??)                   |                          |
| 8     | Kiratatikta  | Kadechirayat                                  | Kiratadi Kadha           |
| 9     | Katurohini   | Kutki                                         | Arogyavardhini           |
| 10    | Sariva       | Anant mul                                     | Sarivadyasav             |

# Pharmaco dynamics & Indications

- **18) Stanya Shodhan ( Lacto purifier)**
- Vata vitiated stanya can be treated with Dasha mul ( Anti vata action)
- Pitta vitiated Stanya can be treated with Tikta rasa & sheeta veerya ( Guduchi, Shatavari, Chandan, Sariva)
- Kapha Stanya dushti is treated with Methika, Sunthi, Shatapushpa ( Due to their Kaphaghna ,Kledaghna ,Sroto shodhan properties)

## 19) Shukra janan Gan

१६ जीवकर्षभककाकोलीक्षीरकाकोलीमुद्रपर्णीमाषपर्णीमेदावृद्धरुहाजटिला

कुलिङ्गा इति दशेमानि शुक्रजननानि भवन्ति

## 19) Shukra janan Gan

| Sr.No | Name        | Market Available as as<br>in Maharashtra in Marathi | Remark                          |
|-------|-------------|-----------------------------------------------------|---------------------------------|
| 1     | Jivak       | Jivak                                               | 1 & 2 together available as one |
| 2     | Rushabhak   | Not Available                                       |                                 |
| 3     | Kakoli      | Kakoli                                              | 3 & 4 together available as one |
| 4     | Kshirkakoli | Not Available                                       |                                 |
| 5     | Mudgaparni  | Ranmug                                              |                                 |

## 19) Shukra janan Gan

| Sr.No | Name       | Market Available as as in Maharashtra in Marathi | Remark |
|-------|------------|--------------------------------------------------|--------|
| 6     | Mashaparni | Ran Udid                                         |        |
| 7     | Meda       | Meda                                             |        |
| 8     | Vrudharuha | Not Available ,? Shatavari                       |        |
| 9     | Jatila     | Not Available ,?Jatamansi                        |        |
| 10    | Kulinga    | Not Available,?<br>Kakadshingi                   |        |

# Pharmaco dynamics & Indications

- **19) Shukrajanan ( Spermatogogue)**
- Substances with Madhur radsa,vipak,sheeta veerya nourishes shukra ( Milk, Ghee, Musali, Shatavari)
- As per Shukram shukren vardhate – Use of Egg
- Shukrajanan & Shukra Pravartan – Milk,Black gram,Aamalaki,Godambi
- Instant Shukra Production – Sadya Shukaram Payaha

## 20) Shukra Shodhan Gan

२० कुष्ठैलवालुककट्फलसमुद्रफेनकदम्बनिर्यासेक्षुकाण्डेक्ष्वक्षुरकवसुको-  
शीराणीति दशेमानि शुक्रशोधनानि भवन्ति इति चतुष्कः कषायवर्गः १२

## 20) Shukra Shodhan Gan

| Sr.No | Name         | Market Available as as in Maharashtra in Marathi | Remark |
|-------|--------------|--------------------------------------------------|--------|
| 1     | Kushtha      | Not Available, Koshtha                           |        |
| 2     | Elwaluk      | Not Available                                    |        |
| 3     | Katphala     | Kayphal                                          |        |
| 4     | Samudraphen  | Sudha Varga ( Calcium Carbonate)                 |        |
| 5     | Kadam niryas | Not Available                                    |        |

## 20) Shukra Shodhan Gan

| Sr.No | Name      | Market Available as as in Maharashtra in Marathi | Remark     |
|-------|-----------|--------------------------------------------------|------------|
| 6     | Ikshu     | Usa or Sugar cane                                |            |
| 7     | Kandekshu | Not Available ,Type of Sugarcane                 |            |
| 8     | Ikshurak  | Kokilaksha = Talimkhana                          |            |
| 9     | Vasuk     | Not Available ,? Thor Bakuli                     |            |
| 10    | Ushir     | Vala                                             | Ushiradsav |

# Pharmaco dynamics & Indications

- **20) Shukra Shodhan ( Semen Purifier)**
- Substances with Laghu, Ushna, Tkshna, Roksha properties are Kaphagnha, Kledagnha, Srotoshodhan ( Katphala, Pashanbhedha, Pippali, Kushtha)
- In Pitta Shukra Dushti – Guduchi, Gokshur, Trunpanchamul ( Tikta rasa)
- Substances with Kashaya rasa & sheeta veerya pacify rakta Pitta ( Arjun, Khadir)

## 21) Snehopag Gan

२१ मृद्वीकामधुकमधुपर्णीमेदाविदारीकाकोलीक्षीरकाकोलीजीवकजीवन्ती-  
शालपर्ण्य इति दशेमानि स्नेहीपगानि भवन्ति

## 21) Snehopag Gan

| Sr.N<br>o | Name        | Market available as<br>as in Maharashtra<br>in Marathi | Remark |
|-----------|-------------|--------------------------------------------------------|--------|
| 1         | Mrudvika    | Manuka                                                 |        |
| 2         | Madhuk      | Jeshthamadha                                           |        |
| 3         | Madhuparni  | ? Gulvel                                               |        |
| 4         | Meda        | Meda                                                   |        |
| 5         | Vidarikanda | Vidarikanda, ? Bhui<br>Kohola                          |        |

## 21) Snehopag Gan

| Sr.N<br>o | Name        | Market Available as<br>as in Maharashtra<br>in Marathi | Remark |
|-----------|-------------|--------------------------------------------------------|--------|
| 6         | Kakoli      | Kakoli                                                 |        |
| 7         | Kshirkakoli | <b>Not Available</b>                                   |        |
| 8         | Jivak       | Jivak                                                  |        |
| 9         | Jivanti     | Jivanti,? Haranvel                                     |        |
| 10        | Shalparni   | Salvan                                                 |        |

# Pharmaco dynamics & Indications

- **21) Snehopag ( Helping for Oleation)**
- Predominance in Prithvi + Jala .Help to oleating substances ( Raisins,Jeshthamadha)

## 22) Swedopag Gan

२२ शोभाञ्जनकैरगडार्कवृक्षीरपुनर्नवायवतिलकुलत्थमाषवदराणीतिदशेमानि  
स्वेदोपगानि भवन्ति

## 22) Swedopag Gan

| Sr.No | Name       | Market Available as as<br>in Maharashtra in Marathi | Remark                      |
|-------|------------|-----------------------------------------------------|-----------------------------|
| 1     | Shobhanjan | Shevga –Seed or leaves<br>Powder                    |                             |
| 2     | Eranda     | Eranda                                              |                             |
| 3     | Arka       | Not Available ,?Rui                                 |                             |
| 4     | Vrushira   | Not Available,Schweta<br>Punarnava                  | 4 & 5 –Species of Punarnava |
| 5     | Punarnava  | Punarnava ( Red<br>Punarnava)                       | Punarnavasav                |

## 22) Swedopag Gan

| Sr.No | Name     | Market Available as in Maharashtra in Marathi | Remark |
|-------|----------|-----------------------------------------------|--------|
| 6     | Yav      | Jav                                           |        |
| 7     | Til      | Til                                           |        |
| 8     | Kullatha | Kulitha                                       | Soup   |
| 9     | Masha    | Udid                                          |        |
| 10    | Badar    | Bor -- Borkut                                 |        |

# Pharmaco dynamics & Indications

- **22) Swedopag ( Helping for Fomentation )**
- Helps in the process of sweating
- Predominance of Agni Mahabhut
- Dilatation of swedavaha srotas ( Dilatations of blood vessels & stimulation to sweat glands) – Kullatha ,Vatsanabha

## 23) Vamanopag Gan

२३मधुमधुककोविदारकर्बुदारनीपविदुलबिम्बीशणपुष्पीसदापुष्पाप्रत्यक्पुष्पा  
इति दशेमानि वमनोपगानि भवन्ति

## 23) Vamanopag Gan

| Sr.No | Name     | Market Available as as in Maharashtra in Marathi | Remark                                    |
|-------|----------|--------------------------------------------------|-------------------------------------------|
| 1     | Madhu    | Honey                                            |                                           |
| 2     | Madhuk   | Jeshthamadha                                     |                                           |
| 3     | Kovidar  | Rakta Kanchanar                                  | 3 & 4 –Together – Bark of Rakta Kanchanar |
| 4     | Karbudar | Not Available ,Schweta Kanchanar                 |                                           |
| 5     | Nip      | Not Available (Kadamba)                          |                                           |

## 23) Vamanopag Gan

| Sr.No | Name          | Market Available as as in Maharashtra in Marathi | Remark |
|-------|---------------|--------------------------------------------------|--------|
| 6     | Vidul         | Not Available ,Hijjal,? Panvel                   |        |
| 7     | Bimbi         | Tondale                                          |        |
| 8     | Shanapushpi   | Not Available ,? Rantag                          |        |
| 9     | Sadapushpi    | Not Available ( Arka,Rui )                       |        |
| 10    | Pratyakpushpa | Seed of Apamarga or Aghada                       |        |

# Pharmaco dynamics & Indications

- **23) Vamanopag ( Helping for Vaman)**
- Promote Agni & Vayu
- Simulate secretion of Kledak Kapha + prakop of Udan Vayu
- Help Emetic action by causing Utklesh of dosha
- Honey ,Salt water ,Sarshap

## 24) Virechanopag Gan

२४ द्राक्षाकाशमर्यपरुषकामयामलकविभीतककुवलबदरकर्कन्धुपीलूनीति  
दशेमानि विरेचनोपगानि भवन्ति

## 24) Virechanopag Gan

| Sr.No | Name      | Market Available as as in Maharashtra in Marathi | Remark         |
|-------|-----------|--------------------------------------------------|----------------|
| 1     | Draksha   | Manuka                                           |                |
| 2     | Kashmarya | Gambhari phal, ?Shivan                           |                |
| 3     | Parushak  | Not Available ,Phalsa                            |                |
| 4     | Abhaya    | Hirda                                            | Abhayarishta   |
| 5     | Aamalak   | Aavala                                           | Amalaki Churna |

## 24) Virechanopag Gan

| Sr.No | Name     | Market Available as as in Maharashtra in Marathi | Remark |
|-------|----------|--------------------------------------------------|--------|
| 6     | Bibhitak | Behada                                           |        |
| 7     | Kubal    | Not Available ,Big Bor                           |        |
| 8     | Badar    | Bor                                              |        |
| 9     | Karkandu | Bor -- Not Available<br>,?Kakadi                 |        |
| 10    | Pilu     | Pilu Kashtha                                     |        |

# Pharmaco dynamics & Indications

- **24) Virechanopag ( Helping for Virechan)**
- Predominate in Pruthvi + Vayu + Jala
- 
- Aamalaki ,Jeshthamadha
- Used in fever ,Raktapitta ( Bleeding disorder)

## 25) Asthapanopag Gan

२५ त्रिवृद्विल्वपिप्पलीकुष्ठसर्षपवचावत्सकफलशतपुष्पामधुकमदनफला-  
नीति दशेमान्यास्थापनोपगानि भवन्ति

## 25) Asthapanopag Gan

| Sr.No | Name    | Market Available as as in Maharashtra in Marathi | Remark |
|-------|---------|--------------------------------------------------|--------|
| 1     | Trivrut | Nishottar                                        |        |
| 2     | Bilva   | Bel                                              |        |
| 3     | Pippali | Pimpali                                          |        |
| 4     | Kushtha | Not Available (Kotha,Upalet)                     |        |
| 5     | Sarshap | Mohari                                           |        |

## 25) Asthapanopag Gan

| Sr.N<br>o | Name        | Market Available as<br>as in Maharashtra<br>in Marathi | Remark |
|-----------|-------------|--------------------------------------------------------|--------|
| 6         | Vacha       | Vekhand                                                |        |
| 7         | Vatsak phal | Kutaj ( Seed of Kutaj)                                 |        |
| 8         | Shatapushpa | Balantshepa,?<br>Badishep                              |        |
| 9         | Maduk       | Jeshthamadha                                           |        |
| 10        | Madanphal   | Madanphal, Gelphal                                     |        |

# Pharmaco dynamics & Indications

- **25) Asthapanopag ( Helping in Asthapan Basti)**
- Rooksha,Laghu,Teekshna,Pramathi
- Help for forceful expulsion of accumulated doshas in colon
- Trivrutta,Pippali,Kushtha

# Prof.Dr.R.R.Deshpande



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