

Title-Medicinal plants used in Swasthavritta w.s.r.t Charaka Samhita

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Medicinal plants used in Dincharya- *Anjan (Cha.Su.5/15)*-

- Rasanjan derived from *Daruharidra Berberis aristata* Linn.by rasakriya.
- *Rasanjan* is used for *Anjan* .
- *Netra* is seat of *Teja* it is always advised to protect it from *Shlema*.
- *Rasanjan* by its *Katu Tikta Rasa* and *Ushna Veerya* acts as a *Shleshmahara* and *Vishaghna*.
- By acting through *Chedan* of *Shleshma* *Rasanjan* induces *Ashrustrav* there by does *Drushti Prasadana*.

Dravya	Botanical Name	Rasapanchak	Karma
Keshar (charak)/ Nagkeshar (chakrapani) (Cha.Su.5/20)	Mesua ferrea Linn	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Alpa Ushna Guna- Laghu, Ruksha,	Kapha Pittashamak
Pruthvika / Krushna Jeeraka (chakrapani) (Cha.Su.5/20)	Nigella sativa	Rasa- Tikta, Katu, Kashay Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Sugandhi	Kapha-Vatashamak
Hriber (Cha.Su5/21)	Valeriana hardwickii Wall	Rasa- Tikta, Katu, Kashay Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Sugandhi	Kapha-Vatashamak
Harenuka (Cha.Su.5/20)	Amomum subulatum	Rasa- Katu Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Sugandhi	Kapha Pittashamak

Priyangu (Cha.Su.5/20)	Callicarpa macrophylla	Rasa- Tikta, Kashay, Madhur Vipaka- Katu, Veerya- Sheeta Guna- Guru, Ruksha, Sugandhi	Tridoshshamak
Chandan. (Cha.Su.5/21)	Santalum album Linn	Rasa- Tikta, Madhur Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Ruksha, Sugandhi	Kapha Pittashamak
Tvak (Cha.Su.5/21)	Cinnamomum zeylanicum Breyn	Rasa- Tikta, Katu, Madhur Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Teekshna, Sugandhi	Kapha-Vatashamak
Ela (Cha.Su.5/21)	Elettaria cardamomum Maton	Rasa- Katu, Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Laghu, Ruksha, Sugandhi	Tridoshshamak

Ushir (Cha.Su.5/21)	Vetiveria zizanioidis	Rasa- Tikta, Madhur Vipaka- Katu, Veerya- Sheeta ,Guna- Laghu, Ruksha, Sugandhi	Kapha Pittashamak
Padmak(Cha.Su.5/21)	Prunus cerasoides D. Don	Rasa- Kashay, Tikta Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Snigdha	Tridoshshamak
Jatamansi (Cha.Su.5/21)	Nardostachys jatamansi DC.	Rasa- Tikta, Kashay, Madhur Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Tikshna, Snigdha	Tridoshshamak
Agaru (Cha.Su.5/21)	Aquilaria agallocha	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha,	Kapha-Vatashamak

Yasthimadhu (Cha.Su.5/21)	Glycyrrhiza glabra	Rasa- Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Snigdha, Guru,	Vatapittashamak
Nyagrodh (Cha.Su.5/22)	Ficus bengalensis	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Udumbar (Cha.Su. 5/22)	Ficus glomerata Roxb	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Ashvattha (Cha.Su. 5/22)	Ficus religiosa Linn	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak

Plaksha (Cha.Su. 5/22)	Ficus lacor Buch-Ham	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Lodhra (Cha.Su.5/22)	Symplcos racemose Roxb	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Musta (Cha.Su.5/22)	Cyperus rotundus Linn.	Rasa- Katu, Tikta, Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Kamala (Cha.Su.5/22)	Nelumbo nucifera Gaertn	Rasa- Madhur, Tikta, Kashay Vipaka- Madhur Veerya- Sheeta Guna- laghu, Snigdha, Picchila	Kaphapittashamak

Utpala. (Cha.Su.5/22)	Nymphaea stellate Willd	Rasa- Madhur, Tikta, Kashay Vipaka- Madhur Veerya- Sheeta Guna- laghu, Snigdha, Picchila	Kaphapittashamak
Shallaki (Cha.Su.5/23)	Boswellia serrata Roxb.	Rasa- Kashay, Madhur, Tikta, Vipaka- Katu Veerya- Sheeta Guna- laghu, Snigdha, Picchila	Kaphapittashamak
Sarjarasa (Cha.Su.5/22)	Shorea robusta Gaertn.	Rasa- Kashay, Tikta, Vipaka- Katu Veerya- Sheeta Guna- laghu, Snigdha, Picchila	Vata pittashamak
Jyotishmati (Cha.Su.5/29)	Celastrus paniculatus Willd.	Rasa- Katu, Tikta, Vipaka- Katu, Veerya- <u>Ushna</u> Guna- Tikshna, Sthir, Sara	Kapha-Vatashamak

- All above mentioned dravyas are having *Sugandha* property thus by this they are *Kaphaghna* in action.
- By *Sugandha* property they reduce *Durgandha* of *Kapha* in *Pootighna* and *Mukhadaurgandhya*
- Likewise *Agaru*, *Tvak*, *Guggul*, *Jyotishmati* by their *Teekshna guna* and *Harenuka*, *Madhuka*, *Ela*, *Ushir*, *Sarjarasa* by their *Kaphanissaraka* karma they do Shuddhi of *Hrudaya*, *Kantha* and *Dnyanendriyas*.
- Also they act on *Shirogaurav* and *Urdhva jatrugata Vikaras*.

Plants mentioned in Nasya (*Cha.Su.5/63-70*)-

Dravya	Botanical Name	Rasapanchak	Karma
Bala	Sida cordifolia Linn.	Rasa- Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Snigdha, Guru,	Vatapittashamak
Tvak	Cinnamomum zeylanicum Breyn	Rasa- Tikta, Katu, Madhur Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Teekshna, Sugandhi	Kapha-Vatashamak
Patra	Cinnamomum zeylanicum Breyn	Rasa- Tikta, Katu, Madhur Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Teekshna, Sugandhi	Kapha-Vatashamak
Daruharidra	Berberis aristata Linn.	Rasa- Tikta, Kashay Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha,	Kapha-Pittashamak
Yashtimadhu	Glycyrrhiza glabra Linn	Rasa- Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Snigdha, Guru,	Vatapittashamak

Chand an	Santalum album Linn	Rasa- Tikta, Madhur Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Ruksha, Sugandhi	Kapha Pittashamak
Agaru	Aquilaria agalocha Linn.	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha,	Kapha-Vatashamak
Sukshma Ela	Elettaria cardamomum Maton	Rasa- Katu, Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Laghu, Ruksha, Sugandhi	Tridoshshamak
Vidanga	Embelia ribes Linn.	Rasa- Katu, Vipaka Katu, Veerya- Ushna Guna- Laghu, Ruksha,	Kapha-Vatashamak
Bilva	Aegle marmelos Linn.	Rasa- Kashay, Tikta, Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha,	Kapha-Vatashamak

Utpala	<i>Nymphaea stellate</i> Willd	Rasa- Madhur, Tikta, Kashay Vipaka- Madhur Veerya- Sheeta Guna- laghu, Snigdha, Picchila	Kaphapittashamak
Hriber	<i>Aleriana zizanoiodis</i> Linn.	Rasa- Tikta, Katu, Kashay Vipaka- Katu, Veerya- Ushna Guna- Laghu, Ruksha, Sugandhi	Kapha-Vatashamak
Musta	<i>Cyperus rotundus</i>	Rasa- Katu, Tikta, Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Guru	Kaphapittashamak
Sariva	<i>Hemidesmus indicus</i> R. Br.	Rasa- Madhura, Tikta Vipaka- Madhura, Veerya- Sheeta Guna- Snigdha,Guru, Sugandhi	Tridoshshamak
Shalparni	<i>Desmodium gangeticum</i> DC.	Rasa- Madhura, Tikta Vipaka- Madhura, Veerya- Ushna Guna- Snigdha,Guru,	Tridoshshamak
Jeevanti	<i>Leptadenia reticulate</i> W & A	Rasa- Madhura Vipaka- Madhura, Veerya- Sheeta Guna- Snigdha,Guru, Sugandhi	Tridoshshamak

Prushniparni	Uraria picta Desv.	Rasa- Madhura Vipaka- Madhura, Veerya- Ushna Guna- Laghu, Ruksha	Tridoshshamak
Surdaru	Cedrus deodara Roxb	Rasa- Tikta, Katu, Kashay Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Guru	Kapha Vatashamak
Shatavari	Asparagus racemosus Willd.	Rasa- Madhura, Tikta Vipaka- Madhura, Veerya- Sheeta Guna- Snigdha,Guru,	Vata Pitaashamak
Bruhati Solanum indicum Linn.	Solanum indicum Linn.	Rasa- Tikta, Katu, Veerya- Ushna Guna- Ruksha,Guru	Kapha Vatashamak
Surabhi	Ocimum sanctum Linn	Rasa- Tikta, Katu, Veerya- Ushna Guna- Ruksha,Laghu	Kapha Vatashamak

All these herbs are the ingredients of Anu tailam.

Many of these dravyas have *Sugandhi guna*. *Sugandhi guna* and *Vatadi Doshahar Karma* of these dravyas makes *Anu Tailam Tridoshshamak* thus creates *Shiro Laghuta* and gives strength to *Indriyas* and gives *Prasanata* to *Mana* and *Sharir*.

Plants mentioned in Danta dhavan –

Sr No	Dravya	Botanical Name	Rasapanchak	Karma
1	Karanj (Cha.Su.5/73)	Pongamia pinnata Pierre	Rasa- Katu, Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Laghu, Teekshna	Kapha Vatashamak
2	Karveer (Cha.Su.5/73)	Nerium indicum Mill	Rasa-Tikta, Kashay Katu, Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Laghu,	Kapha shamak
3	Arka (Cha.Su.5/73)	Calotropis procera R.Br	Rasa- Katu, Tikta Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Laghu, Tikshna	Kapha Vatashamak
4	Malati (Cha.Su.5/73)	Jasmanum grandiflorum Linn.	Rasa- Tikta Kashay Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Laghu,	Kapha shamak
5	Kakubh (Cha.Su.5/73)	Termanalia arjuna Linn.	Rasa- Kashay Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Laghu	Kapha Pitta shamak
6	Asana (Cha.Su.5/73)	Pterocarpus marsupium Roxb	Rasa- Kashay Tikta Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Laghu,	Kapha Pitta shamak

Above dravyas by their *Katu Tikta* and *Kashay rasa* act as *Kaphaghna* and cleans *Kapha* and *Mala* coated on teeth there by maintains health of teeth and gums. Also they are useful in *Mukhadaurgandhya* and *Aasya picchilata*, increases *Ruchi* and *Prasannata*.

Plants useful for minimizing bad odour of Mukha-

Sr No	Dravya	Botanical Name	Rasapanchak	Karma
1	Jatiphala (Cha.Su.5/77)	Myristica fragrans Houtt	Rasa- Tikta Katu, Vipaka- Katu, Veerya- Ushna Guna- Ruksha,Laghu, Tikshna	Kapha Vatashamak
2	Latakasturi (Cha.Su.5/77)	Hibiscus abelmoschus Linn.	Rasa- Tikta Madhura, Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Laghu, Sugandhi	Kapha Vatashamak
3	Puga (Cha.Su.5/77)	Areca catechu Linn.	Rasa- Kashay, Vipaka- Katu, Veerya- Sheeta Guna- Ruksha,Laghu, Tikshna	Kapha shamak
4	Lavanga (Cha.Su.5/77)	Syzygium aromaticum Linn.	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Snigdha, Sugandhi	Kapha Pittashamak
5	Kankol (Cha.Su.5/77)	Piper cubeba Linn.	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Ushna Guna- Laghu, Tikshna	Kapha Vatashamak
6	Tambul (Cha.Su.5/77)	Piper betle Linn.	Rasa- Tikta, Katu, Vipaka- Katu, Veerya- Ushna Guna- Laghu, Tikshna	Kapha Vatashamak
7	Karpur Niryaas (Cha.Su.5/78)	Cinnamomum camphora Nees & Eberm	Rasa- Tikta, Katu, Madhura Vipaka- Katu, Veerya- Sheeta Guna- Laghu, Ruksha	Kaphashamak
8	Sukshma Ela (Cha.Su.5/77)	Elettaria cardamomum Maton.	Rasa- Katu, Madhur Vipaka- Madhur, Veerya- Sheeta Guna- Laghu, Ruksha, Sugandhi	Tridoshshamak

All above mentioned dravyas by their *Katu, Tikta rasa* pacifies *Picchilata* thus creates *Vishadata* in *Mukha*. As these dravyas are *Sugandhi* in gunas they are *Ruchikar* and create good smell in the oral cavity.

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