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Contribution of Bhaishajya Ratnavali in Panchakarma: A Review

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ABSTRACT

Introduction: Panchakarma are detoxification procedures which enable treatment of diseases from paediatrics to geriatrics. Bhaishajya Ratnavali is a well-known ancient text of ayurveda. Though it is one of the prime texts of rasashastra, there are unique descriptions with reference to panchakarma which are less explored. **Aims & objectives:** To document various formulations of panchakarma related aspects in bhaishajya ratnavali. To simplify the voluminous contents of the book related to Panchakarma. **Materials & methods:** The present review is limited to bhaishajya ratnavali focusing mainly on panchakarma therapeutic procedures mentioned in different diseases and its various formulations be it single/ compound, herbal/herbo-mineral/mineral. **Results:** Unique contributions mentioned in text gives a scope in understanding the clinical application & enumerating possible modes of action by exploring further. **Conclusion:** This review is expected to refurbish the existing knowledge and give an insight to the researchers in this area of education and research.

INTRODUCTION

Bhaishajya ratnavali is an ancient text of ayurveda which is believed to be written in the 19th century AD by Acharya Kaviraj Govind Das. It is a unique book emphasizing on various formulations and materia medica of ayurveda. The book is divided into 106 chapters each dealing with separate diseases and treatments containing 12328 verses. Many of the formulations quoted in the text are popular among ayurveda manufacturers and physicians.

Panchakarma has a wide scope in the field of research and multiple formulations are yet to be explored, identified and documented on the mode of action and its utility. There are many unexplored and unresearched formulations in field of panchakarma in understanding its role in prevention and curative aspects of diseases. The basic step in a research model is to find a research problem and build a hypothesis and work on it

on multiple levels of research.

From the subject matter of the text, it is found that it is compiled mainly from chakradatta, rasendra sara sangraha, charaka, etc. Though it is commonly known for its detailed review for various shamana yogas, there are unique contributions with respect to panchakarma. This study presents literary review of panchakarma related descriptions in the treatise for easier applicability and aimed at reducing the workload in search by practitioners to explore formulations in clinical practice & further research. They were screened, documented and presented in tabular form accordingly.

MATERIALS & METHODS

A compilation of information was made using almost all reference available in the entire text of Bhaishajya Ratnavali of Acharya Kaviraj Govind Das commentary by Rajeshwara Dutta Shastri, Ambika Dutta Shastri published in 2008 and was manually searched in Phalashruti, Chikitsa Sutras

and Pathya Apathya with keywords of “Abhyanga”, “Pana”, “Mardana”, “Snehana”, “Swedana”, “Udwartana”, “Seka”, “Parisheka”, “Upanaha”, “Avagunthanam”, “Sankara”, “Prakshalana”, “Lepa”, “Sweda”, “Vamana”, “Virechana”, “Basti”, “Anuvasana Basti”, “Sneha Basti”, “Niruha Basti”, “Uttara Basti”, “Nasya”, “Nasapana”, “Raktamokshana”, “Jalouka”, “Prachanna”, “Siravyadhana”, drugs and presented with tabular forms.

AIM & OBJECTIVES

To document various scattered formulations of Panchakarma in bhaishajya ratnavali. To simplify the voluminous contents of the book to educate knowledge of various references of Panchakarma in an effort for further exploration by Researchers.

SNEHANA

Snehana is administration of oils/ ghees internally or externally. Description regarding Sneha-qwatha aushadha samanya matra- Pravara matra- 48ml, Madhyama matra- 36ml, Jaghanya matra- 24ml.¹ Sneha paka has been mentioned mrudu paka – nasya, abhyanga- khara paka, madhyama paka- for sarva karma.² Description of shirobasti just as described in chakradatta. Shirobasti vidhou pathyani- jangala mamsa, shali dhanya, mudga, masha, kulatha, processed with ghruta, maricha in night time in shiroroga.³ In ruksha dehi who has not responded to kashayapana, vamana, langhana and laghu bhojana / who has attained ruksha sharira by above procedures- sarpipana is indicated.⁴ Gulma - Snigdha upakrama like snehabhyanga, snehapana, sneha basti are advised in gulma.⁵ Various snehas indicated in management of diseases are tabulated under (Table 1)

SWEDANA

Swedana is a procedure which causes fomentation to the body. Specific description about swedana is mentioned throughout the text. Various forms of swedana in different diseases are described in each chapter. (Table 2) Kapha vata jwara- ruksha sweda is indicated. Benefits- sroto mardavam, restores agni in its place, stambha caused by vata and kapha is eliminated.⁶ Swedana is advised in Amajwara, amayukta jwara, vata kapha samsargaja, kapha jwara, vata jwara, sannipatika jwara. Swedana Causes the shanti of stambha, pramoha, anga ruja.⁷ Navajwara - for the purposes of pachana swedana is indicated.⁸ Muhur muhur swedana is indicated in sannipataja jwara.⁹ For relief from inflexibility, in fainting, body

pain – Swedana is to be done in Amajwara, jwara due to amavata; jwara due to vata, kapha and sannipatika. Sannipataja jwara - there are a number of prescriptions with/without visha. However, without having proper digestive power such medicines do not express its virya. Therefore, such drugs should be applied in combination with swedana therapy.¹⁰

Sweda parivarjana kala - If symptoms like redness of eyes, vomiting, wailing and violent movements of head are noticed, the patient should not be treated with swedana therapies, instead to be treated with cold therapies.¹¹ Sweda guna mentioned in gulma adhyaya- sroto mardava, vatolbana hara, bhedana of sanchita mala, are obtained by when administered in a snigdha dehi.¹² Gulma having lakshanas of daha, shula, vata kshoba, nidra nasha, aruchi and jwara upanaha is indicated.¹³ In the management of visha, if it is in skin then parisheka and pradeha are indicated.¹⁴ In sthavara visha chikitsa- parisheka- shitala kriya is advised due to ushna tikshna swabhava of visha.¹⁵

VAMANA

Vamana is the therapeutic procedure where vitiated doshas are expelled through the upward tract / mouth. Patients suitable for vamana in gulma have features of mandagni, mandavedana, guru koshta, stimita koshta, utklesha, aruchi.¹⁶ Vamana is the best -If visha is ingested vamana is ideal.¹⁴ Formulations advised with relevance to vamana are as below. (Table 3)

VIRECHANA

Virechana is otherwise known as purgative therapy. Various indications of virechana have been widely described in the text. Jirna jwara chikitsa vidhi- every 6th day after assessing bala, tivrata of roga virechana is advised.¹⁷ Virechana is indicated in tandava roga.¹⁸ Snayu roga - Teevra Virechana is advised in mala sanchaya.¹⁹ Urdhwaga raktapitta – if there is kshaya of bala, mamsa and agni, tarpana followed by virechana.²⁰ Rakta gulma chikitsa- after garbhakala has passed snehana, swedana followed by snigdha virechana are advised.²¹ In paittika gulma originated due to ati sevana of snigdha and ushna padartha, sramsana is advised.²² Baddodara- Parisamsa and teekshna virechana is also advised.²³ Drug of choice in sarva vrudhi roga - Rechana, mutrapravar-taka, anuloma dravyas.²⁴ Yoni kandu- Initially snigdha virechana is done followed by balya, rasayana which is rakta dosha hara are indicated.²⁵ Formulations for the purpose of virechana are as given below. (Table 4)

Table 1: Showing References of Snehas

Formulation	Disease	Reference
Purana ghruta abhyanga	Sannipatika jwara where vata and pitta are excessively vitiated is done on a patient's brahmarandhra and hands and soles of feet.	(5/288,p.99)
Ghruta Abhyanga	Abhighata Jwara,Kshata,Vrana Janita Jwara	(5/331,p.105)
Bruhat Katvara Taila	Vishama Jwara - Daily Abhyanga	(5/1345-1346,p.194)
Chandana Bala Lakshadi Taila	Sarva Jwaravinashanam, Saptadhatu Vivardhanam,Etc Abhyanga In Rajayakshma	(5/1379-1385,p.196) (14/395,p.437)
Kasisadi Taila, Brihat Kasisadi Taila	Arshas - Abhyanga	(9/203-206, p.319)
Dusturataila	Abhyanga In Krimi	(11/82,p.371)
Durvadya Ghruta	Nasya – Nasa Gataraktapitta, Karnapoorana – Rakta Pravrutti Through Karna, Akshi Poorana – Rakta Pravrutti Through Akshi, Vasti – Medra Payu Pravruta Rakra, Abhyanga- Raktapravrutti Through Romakupa	(13/125-128, p.404)
Vastamutradya Taila	In Apasmara, Abhyanga with Basta Mutra Prepared Into Taila Followed By Snana And Ut-sadana With Go Shakrut And Mutra	(25/50, p.525)
Trishati Prasarani Taila	Vatavyadi - Pana, Abhyanga,Niruha Basti, Nasya	(26/368-381, p.562)
Pushparajaprasarani Taila	Vatavyadhi- Abhyanga, Nasya	(26/355-362, p.561)
Narayana Taila	Vatavyadhi Pana, Abhyanga, Basti	(26/332-342, p.559)
Saptashatika Prasarini Taila	Vatavyadhi- Pana, Abhyanga, Basti, Nasya	(26/383-393, p.563)
Eka Dasha Shatika Prasarini Taila	Vatavyadhi-Pana, Abhyanga, Basti, Nasya	(26/394-399, p.534)
Ashtadasha Shatika Prasarini Taila	By Abhyanga Twak Gata Vata Is Treated, By Pana Koshta Gata Vata Is Treated, With Bhojana – Sukshma Nadi Vata Is Treated, By Nasya Urdhwagata Vikaras Are Treated, By Basti Pakwashayagata Vata Vikara	(26/400-418, p.566)
Nakula Taila	Vatavyadhi-Pana, Abhyanga, Basti	(26/536-543, p.580)
Masha Taila Dvitiyam	Vatavyadhi- Pana, Abhyanga, Basti	(26/557-531, p.582)
Masha Taila Saptaprastham	Vatavyadhi- Pana, Abhyanga, Basti, Nasya	(26/565-568, p.583)
Maha Masha Taila	Pana, Abhyanga, Basti, Nasya, Karna and Akhi Purana	(26/570-577, p.583)
Mahamasha Taila Niramisha	Vatavyadhi- Pana, Abhyanga, Basti, Nasya	(26/578-584, p.584)
Bruhad Guduchi Taila	Vatarakta - Pana, Abhyanga, Nasya	(27/140-147, p.601)
Mahapinda Taila Vishatinduka Taila Maharudra Taila	Vatarakta	(27/160-166, p.603), (27/167-169, p.602), (27/180-185, p.604),
Saindhavadya Taila Bruhat	Pana, Abhyanga, Vasti	(29/222-227, p.630)
Pittaja Gulma	Kakolyadi,Mahatiktaka And Vasadi Gana For Snehana ,Sramsana And Basti	(32/19, p.671)
Angaraka Taila	Abhyanga -Nija & Agantu Nadivrana	(47/81-82, p.852)
Jiraka Ghruta	Vedana Shanti In Agnidagdha Vrana	(48/18, p.856)
Gandhataila	Abhyanga, Nasya, Basti	(49/21-32, p.860)
Nirgundi Taila	Abhyanga And Nasya In Sarva Vrana	(50/26-27, p.866)
Nishadya Taila	Abhyanga On Bhagandara	(51/40, p.872)
Darvi Taila	Abhyanga In Medra Roga	(53/18, p. 883)
Kshara Saindhava Processed Taila Abhyanga	Kota	(55/7, p.916)
Dviharidradi Taila	For Abhyanga Indicated In Pipplava, Nilika, Vyanga,Tilakalaka,Mukhadushika; 2 nd Yoga Indicated In Arumshika, Sidhma	(60/107-109, p.956) (60/125, p.957)
Mushikadya Taila	Abhyanga In Guda Bramsha	(60/106, p.956)
Kumkumadi Ghruta	Abhyanga In Nilika, Mukhadushika, Sidhma,Kaoha Samudbhava Vyadhi, Shiro Arti	(60/103-105, p.956)

Formulation	Disease	Reference
Varnaka Ghruta	Abhyanga In Vyanga, Nilika	(60/90-93, p.955)
Mahat Brungaraja Taila	Abhyanga In Kesha Pata, Manyasthambha, Galagraha, Shiro Roga, Akshi Roga, Karna Roga, Khalitya, Indralupta	(60/130-135, p.958)
Saptachadadi Taila	Abhyanga In Padminikanataka, Chippa, Kadara, Vyanga, Nilika, Jalagardaba, Twak Roga	(60/155-157, p.960)
Bruhati Rasa Sidda Taila	Alasa Roga –Abhyanga on Legs; Pratisarana with Shilajatu, Gorochana & Kasisa	(60/19, p.947)
Abhyanga With Mushika Vasa to be done to Guda and Reinserted into its place or Mushika Mamsa Should Be Cooked And swedana is to be done with it to the Guda	Gudabramsha	(60/34, p.949)
Abhyanga - Taila Prepared With Kalka Of Kutannata, Shiki, Jati, Karanja , Karavira.	Indralupta	(60/60, p.951)
Mahanilitaila	Pana, Nasya, Abhyanga In Palita, Sarva Shiro Roga	(60/147-154, p.160)
Abhyanga with navaneeta obtained from mahisha kshira processed with gunja churna abhyanga with taila processed from visha-garbha, tiktatumbi, kharamutra	Karnapali Vardhana	(62/56, p.982) (62/57, p.982)
Bruhad Dashamula Taila	Abhyanga, In Ardhava Beda, Suryavarta, Karna Roga, Urdhwajatru Roga, Vatashelshma Gadapaha	(65/94-98, p.1024)
Rudra Taila	Abhyanga In Shiroroga, Mukha Roga, Nasa Roga, Akshi Roga, Kapha Shonita Samsrava, Sannipata Shlipada, Galaganda	(65/126-132, p.1026)
Taptaraja Taila	Abhyanga In Kapha Janya Shotha, Shula	(65/134-143, p.1027)
Shata Dhauta Ghrita Abhyanga	Paittika Shiroruja, Daharoga Chikitsa, Gudabramsha - Abhyanga with Vasa, Majja or Shatadhouta Ghruta and Reinsert Guda into its place followed by swedana and Gophana Bandha, Vatarakta, Tatva Unmada Chikitsa	(65/10, p.1017) (23/2, p.506) (60/30, p.949) (79/7, p.1153)
Indragopa Kita And Ghruta	Abhyanga In Shithila Yoni	(67/24, p.1042)
Lakshadi Taila	Abhyanga In Context of Description of Lakshmi Narayanabha Ras	(69/110, p.1068)
Abhyanga And Mardana With Sneha Prepared out of Mooshika Vasa Mixed with Choorna Of Mahisha Mamsa, Gaja Mamsa & Shookara Mamsa. Navaneeta of Mahisha Processed With Nagabala	Stana Vardhana	(70/11, p.1071) (70/12, p.1072)
Lakshadi Taila	Abhyanga - Jwaragna, Rakshogna, Balakrut, Varnaya	(71/150, p.1083)
Taila Prepared From Kashaya Prepared Of Nisha, Lodhra, Priyangu, Madhuka For Abhyanga. Taila Prepared Of 2 Parts Of Shimbi Dala Rasa, 1 Part Of Taila, 2 Parts Of Mootra, 4 Parts Of Cow's Milk- Abhyanga	Nabhipaka Chikitsa	(71/12, p.1074) (71/20, p.1075)
Ankotha Mula Kwatha Boiled In Ghee- Abhyanga	Garavisha	(72/22, p.1097)
Ashwagandha Taila	Mardana In Stana Vardhana, Linga Vardhana, Karna Pali Vardhana	(74/355, p.1143)
Bhallatakadya Taila	Mardana For Lingavardhana -Vajilingabha	(74/354, p.1143)
Bhumilatha Churna Mixed With Kusumbha Taila	Druda Linga- Padaabhyanga	(75/5, p.1146)
Mardana Taila	Dhvajabhangha Chikitsa	(92/54 – 58, p. 1191)

Table 2: Showing References of Swedana

Disease	Procedure	Reference
Jwara,mastaka shoola, , sannipataja jwara initial stages	Valuka sweda	(5/213,p.91)
Cold fever	Udvartana - Kalka of karkotaka root, kulatha , vacha, pip-pali, katphala, black cumin seeds, kiratatikta, chitraka, sugandha bala, harada	(5/278,p.98)
Burning temperature	Avagaha in water preceded by shatadhauta ghruta lepa. Avagunthanam – patient suffering from fever with daha can be covered with clothes that have been wet in kanji or boiled in buttermilk and frequently dried	(5/305,p.101) (5/306,p.102)
Fever produces excessive sweating	Udvartana with fried kulattha beans	(5/278,p.99)
Guda daha and guda bramsha	Seka with kashaya of patola and honey or goat milk	(7/107,p.229)
Vishtabdh ajeerna	Swedana	(10/80, P.332;10/28, P.333)
Visuchika	Udvartana with twak patra, rasna, agaru, shigru, kushta,vacha, shatahwa mixed with amla kanji	(10/50,P.336)
Agnimandya	Swedana can be done with warmed up cloth,brick and hands	(10/53,p.337)
Daha roga chikitsa	Shita parisheka and avagaha with shita jala; Avagaha using drugs like hribera, padmaka, ushira, chandana	(23/5, p.506); (23/7, p.506)
Vata Vyadhi-	Salvana upanaha	(26/84-89,p.538)
Pakshagata, vataroga in hanu, kati, shira, karna, nasa, akshi, talu, greeva; granthi, prabala vata, ardita, ap-atanaka, mutraghata, grahani roga, gala ruk, shwasa, sarvanga kampa Khalli.	Tailakanjikadroni avagaha	(26/4,P.527)
Vata Rakta	Swedana,mardana and upanaha with snigdha,amla and la-vana dravyas	(26/54,p.535)
Amavata	Shatadouta Ghrita Seka and avi paya seka.	(27/39,p.593)
Shula chikitsa	Sankara sweda- karpasasthi, kulattha, tila, yava, eranda mula, atasi, varshabu, shana bija, kanjika individually or combined are advised in sama samiranuga vyadhis, ruja in kurpara, udara, shira, sphik,pani pada anguli, gulpha, skanda, kati.	(29/9,p.613)
Gulma	Materials for swedana – payasa, krushara, snigdha variety of pinda , pishita , utkarika Kalka sweda- Kalka sweda with Bilwa moola,tila,eranda are triturated with tushambu made into gutikas are rolled over the abdomen Shita avagaha	(30/2,p.633) (30/6,p.634) (30/23,p.636)
Prameha Pidika Chikitsa	Tiladi sweda Kumbhi, pinda, ishtika sweda, up-anaha,sukhoshna salvana	(32/36,p.674) (32/7,p.670)
Udara	Shalasaradi seka	(38/1-3,p.743)
8 udara roga.	Durvadikalka upanaha	(40/61,p.759)
Pliha yakruth roga chikitsa	Cow's urine should be used as seka and pana	(40/60,p.759)
Shotha roga chikitsa	Swedana with cow's urine on enlarged spleen and liver re-gion as well as swedana on the spleen and liver with a piece of cloth that has been dipped in warm cow urine would help in checking enlargement of the spleen.	(41/63,p.775)
Medoja vruddi chikitsa	Punarnavadi puta sweda Apamarga puta sweda	(42/34,p.794) (42/35,p.794)
Marmasthana sthita arbuda	Gomayadi pinda mrudu sweda and lepa with surasadigana with gomutra, shirovirechaka dravya with gomutra	(43/13,p.811)
Galaganda	Upodika upanaha - - to be applied during nights	(44/54,p.828)
	Suryavarta rasona upanaha	(44/12,p.823)

Disease	Procedure	Reference
Arbuda	Snuhyadi sweda – snuhi gandirika upanaha, sweda along with sisa, lavana potali ,swedana with madanaphala . Swedana with a pack of salt/ pindaraka phala/snuhi stem removed of its thorns packed in a wet piece of cloth	(44/56,p.829) (44/56,p.829)
Vidradhi	Swedana & upanaha with shigru mula Yava,godhuma,mudga made into kalka along with milk used for foment the unripe vidradhi. Kaphaja vidradhi- swedana with ishtika,sikata,loha,shakrut, tusha pamshu should be done with gomutra. Lukewarm seka with kashaya or swarsa of dashamula with sneha is indicted in sashula shotha vana	(46/3,p.839) (46/4,p.839) (46/10,p.840) (46/11,p.840)
Vranashotha	Upanaha with lukewarm kalka of shaktu with taila/ghruta or both helps in bringing about paka of shotha. Tila,atasibija,dadhyamla,shaktu pindika kinva,kushta,lavana are best for upanaha in shotha Prakshalana with patola kashaya ,leaves of nimba -unclean wound,clean wound- prakshalana with nyagrodha kashayaprakshalana with pan- chamuli dvaya in vataja, nyagrodadi in pittaja and arag- wadadi in kaphaja	(47/21,p.845) (47/22,p.845) (47/29,p.846) (47/30,p.846)
Sadyovrana	Seka with lukewarm ghruta cooked along with kalka of yashtimadhu	(48/1,p.855)
Bhagna	Shita seka with nyagrodhadi kashaya , panchamuli ksheera, chakrataila. Shitajala parisheka	(49/6,p.850) (49/1,p.850) (49/33,p.861)
Bhagandara	Triphala ambu prakshalana	(51/6, p.868)
Masurika	Seka with tandulambu relieves padadaha,pidaka in pada	(51/14, p. 940)
Grathita roga	Snehana followed by nadi sweda , kaphahara dravyas mixed with ghruta for upanaha	(53/8, p.882)
Shuka dosha	Pushkaryadi chikitsa- seka and upanaha with madhura dravyas	(53/8, p.882)
Kushta	Aragwadha patra udvartana. Dhatriphala udvartana	(54/7,p.883) (54/28, p.887)
Kota	Udvartana with siddhartha, rajani,kushta, prapunnada, tila with katutaila	(55/5,p.916)
Padminikantaka	Lepa with padmanala kruta kshara with water or udvartana with nimba aragwadha kalka	(60/26, p.948)
Antralaji, kachapika, pashana gard- aba, kapha maruta shothaghna	Swedana/ lepa with Suradaru, shila kushta	(60/9,p.946)
Karnapali chinna.	Dhanyamla/ushna jala seka	(62/62, p.982)
Amavastha of netra roga	Seka, sweda Sukhoshna Netra seka with eranda pallava mula, kantakari mula processed in ajapaya	(64/4, p.990) (64/16, p.991)
Pitta akshi roga chikitsa-	Prapoundarika yashtyahva,nisha, amlaka, padmaka kashaya which has cooled down is mixed with honey and adminis- tered as seka.	(64/22,p.991)
Kaphaja netra roga	Putapaka of patras of Phannijika, kapittha, bilva, pattura, pilu, surasarja bhrunga are obtained and swedana is admin- istered.	(64/26, P.992)
Raktabhishyanda	Parisheka with thirati, triphala, yashti, sharkara, bhadramus- taka mixed with shita jala	(64/31,P. 993)
Yonivyapath	Seka with kwatha of guduchi, triphala, danti	(67/4,P.1040)
Anamaka Roga	Udvartana with Sphutaki(jyotishmati) patra Rasa	(71/19,P.1075)
Nabhi shotha	Mrutpinda subjected to agni sprinkled with milk is placed over nabhi pradesha and swedana is given	(71/11,P.1074)
Sthabdha linga	Karabha varuni mula done bhavana with chaga paya for 7 days and administered as udvartana	(75/6,p.1146)
Chala vata	Seka with shitambu, meshakshira pana for mrudu virechana	(80/2,P.1154)
Masthishka vepana chikitsa	If ushnata is experienced excessively in shiras - shita jala parishechana is indicated	(99/5,P.1215)

Disease	Procedure	Reference
Amshu gata roga	Sheeta vari parisheka should be administered muhur muhur Sahastra dhara snana for daha ushna shanti	(102/150,P.1223) (102/17-18,P .1223)
Vyosha apatantraka	In the event of murcha - sheeta jala seka over the eyes and shirsha vireka are indicated.	(103/17, P.1227)
Yoni kandu	Sheeta jala abhisechanam	(104/11, P.1230)
Apamumurshu	Gharshana on mukha and vanksha followed by sheeta jala sechana Ruksha sweda	(106/8, P.1233) (106/14 - 15, P.1234)

Table 3: Showing Vamana yogas

Disease	Formulation	Reference
Jwara (ekadoshaja)	Pippali+madanaphala	(5/1395-1396,p.197)
Jwara due vrudha pitta and kapha	Indrayava churna, with madanaphala	(5/1395-1396,p.197)
Vataja jwara , da-hayukta jwara	Madhuka, madnaphala	(5/1395-1396,p.197)
Vishama jwara	Kumari mula+ ushna jala	(5/1395-1396,p.197)
Alasaka	Initially vamana to be done along with lavana vari	(10/51, P.337)
Raktapitta	Vamana with yashti mixed with madhu	(13/15 ,p.392)
Adhoga raktapitta	Shaliparnyadi (laghu panchamula)peya followed by vamana with mantha prepared with madana +madhu+sharkara	(13/20,p.393)
Arochaka	Vamana with vacha khada in vataja arochaka, As pashat karma drink is served prepared of churnas of pippali, Vidanga, yava bhasma, harenuka, bharangi, rasna, ela, ghruta bharjita hingu, saindhava lavana,nagara are taken 1 masha and mixed with sneha, ushana jala or madira	(18/2, p.481)
Pittaja arochaka	Vamana with madanaphala churna with gudambu, madhura dravyas Followed by sevana of leha prepared of saindhava, sita, madhu, sarpi, arishta	(18/3,p.481)
Kaphaja arochaka	Nimba twak kwatha in followed by amlatasa kwatha with madhu mixed with ajamoda.	(18/3,p.481)
Kaphaja Chardi	Kwatha prepared of pippali, sarshapa, nimba mixed with saindhava and madanaphala	(19/12,p.488)
Pittaja chardi	In Atimatra vriddhi of pitta in kaphashayam Madhura dravyas used for vamana	(19/4,p.487)
Trushna	Nimba kashaya pana	(20/5, p.492)
Pittaja shula	Patras of patola, nimba made into kalka with kshira, mixed with ikshu	(30/23, p.634)
Vataja hrudroga	Dvipanchamula kwatha with sneha and lavana	(33/1, p.688)
Pittaja hrudroga	Gambhari phala or mula made into kwatha and mixed with madhuka, kshoudra,sita, guda	(33/8,p.689)
Kaphaja hrudroga	Vacha and nimba kashaya	(33/13, p.689)
Kaphaja visarpa	Madana, madhuka, nimba, vatsakaphala for vamana	(57/11,p.933)
Masurika	Patola, Arishta, vatsaka swarasa / kashaya mixed with vacha, indrayava, yashti,madana phala kalka Brahmi or himalochana swarasa with kshoudra	(59/5, p.939) (59/6,p.939)
Padminikantaka	Nimbapatra swarasa or nimba twak mixed with madanaphala	(60/25, p.948)
Youvana pidaka	Grochana mixed with maricha churna	(60/39, p.950)

Table 4: showing virechana Yogas

Disease	Formulation	Reference
Jwara Virechya dravyas	Milk+aragvadha pulp(6-12g) Draksha Kashaya Trayamana churna(6-12g)	(5/1397, p.197)
Vishama jwara	Snehana and swedana followed by kashaya pana of neelini, ajagandha, trivrut and katurohini kashaya	(5/385, p.110)

Disease	Formulation	Reference
Pitta pradhana vishama jwara	Milk	(5/342-343, p.106)
Taruna jwara	Tarunajwarari ras	(5/488-489,p.121)
Mrudu virechana in Sukumara virechana , nava jwara, pandu, shotha,	Vaidyanatha vati	(5/525-527,p.124)
Stoka stoka vibaddha and sashula Atisara	3 masha of abhaya and 4 ratti of pippali kalka	(7/15,p.218)
Pandu	Ghrita processed with haridra ; triphala;tinduka or other virechya dravyas Nitya virechana – guda + haritaki	(12/2,p.373) (12/4,p.374)
Raktapitta	Draksha, madhuka,kashmarya mixed with sita;	(13/15 ,p.392)
Pittaja kasa with tanu kapha Pit-taja kasa with ghana kapha	Trivrut with swarasa or churna of madhura dravyas Trivrut mixed with tikta dravya churna or rasa	(15/7, P.441)
Udavarta	Bruhat icchabedi ras	(31/49-50,p.668)
Gulma	Danti haritaki- causes sukha virechana by expelling 1 prastha of maladi dosha,dosage – 1 pala	(32/81-85,p.678-679)
Pittaja gulma	Kakolyadi,mahatiktaka and vasadi gana sramsana	(32/19,p.671)
Krimija Hridroga	Dhanyamla mixed with suganda dravyas lavana,ajaji,sharkara,and vi-danga. Gomutra with vidanga and kushta, after virechana pt should be served with vidanga kwatha siddha yavanna	.(33/31,p.692) (33/32, p.692)
Pittaja hridroga	Sheeta dravya yukta virechana with draksha, sita, kshoudra, parushaka,	(33/10, p.689)
Udara	Due to atimatra upachaya of doshas and sroto marga rodha nitya virechana with Eranda taila along with gomutra or milk is advised. Eran-dataila prayoga- with dashamula kashaya or triphala mixed with gomutra or gomutra mixed with dashamula in vatodara, shotha, shula	(40/4,p.753) (40/16,p.754)
Pittodara	Jatabala with good agni – virechana with trivrut kalka with milk/ eranda kashaya with milk, kwatha of satala, aragwadha, trayamana are advised.ghruta processed with madhura dravyas	(40/21-23,p.755)
Udara roga	Ichhabedi ras to be used with sita – 2 gunja matra, Ichhabedi ras dwitiya- 2 gunja matra. Bruhad ichhabedi ras- 1 kalaya with amlaloni ras and ushna jala, till he consumes shita jala virechana continues Bhedani vati, Naracha ras mahan- 2 gunja pramana , anupana with ushna jala. Jalo-darari ras- 1 nishka pramana , in case of atiyoga dadhyamla is advised for sthambana purposes , dinanta food – anna with mudga yusha. Jalo-darari ras dwitiya- Anupana is takra ,matra decided based on bala, as paschat karma anna with takra. Mahavahni ras- 1 gunja with ushna jala , as bhojana – takra with saindhava and anna is advised, shita jala con-traindicated. Bindu ghruta with mandoshna jala or dugdha, no.of vegas depends on no. Of bindus administered in the patient, abhyanga over nabhi region causes virechana and indicated in rudda antra, sammur-chita and gulmita antra. Trivrutadishatpalaka ghruta	(40/65-66,p.760) (40/37-38,p.760). (40/69-72,p.760) (40/73,p.760) (40/74-76,p.761) (40/77-78,p.761) (40/79-81,p.761) (40/82-86,p.762) (40/50,p.715) (40/131-135, p.765) (40/149, p.767)
Vruddhi	Virechana prayoga with sharkara and kshoudra	(43/8,p.810)
Vata vruddhi	Snigdha virechana with eranda taila along with kshira for 1 month	(43/2-3, p.810)
Kaphaja vruddhi	Trikatu triphala kwatha with kshara and lavana	(43/12, p.811)
Kushta	Trivrut,danti,triphal	(54/4,p.883)
Kapha prakopa adhikya & urd-hwa amlpaitta	Patola patra, nimba patra and madanaphala mixed along with kshoudra, saindhava	(56/3-4,p.920)

Disease	Formulation	Reference
Kapha prakopa adhikya & urd-hwa amlpaitta	Trivrut churna along with madhu, dhatri phalarasa	(56/4,p.920)
Suryavarta	Yava kshara and ghruta mixed with virechaka aushadhas	(65/25,p.1019)
Paittika shi-roruja:	Mrudvika, triphala, ikshu siddha ghruta or kshira	(65/9,p.1017)
Vatashota	Erandataila prayoga with milk	(42/6,p.791)
Mastishka vepan chikitsa	Danti ghruta, danti taila	(99/5,p.1215)
Amshu Ghata Roga	Rechana with danti taila in the event of vid vibandha Commentary - danti taila abhyanga over the nabhi pradesha	(102/19, p.1223)
Anub-huta Yoga Prakarana	Madhu yastiyadi choornam - 6 masa with milk - mridu virechanam Krishna bijadi choornam - 3 to 6 masa- mridu virechanam Satshakar choornam - 6 masa - mridu virechanam Keshara vati - swasa kasa kin-chit virechani dose- 1 to 2 tablets (morning and evening)	(3/66 – 68,p.1246) (3/69-73) p.1247 (3/74-76) p.1247 (3/86-89) p.1248
Achalavata	Meshakshira pana for mrudu virechana	(80/2,P.1154)

Table 5: Showing Formulations of Nasya

Disease	Formulation	Reference
Jwara	Matulunga+Shunti Rasa+ Trilavana-Teekshna Nasya	(5/221,P.92)
Sajnya Prabodhana	Madhukasaradi nasya	(5/224,P.92)
Tandra Vinashana	SAINDHAVADI NASYA Kwatha Of Kshudra, Amruta, Poushakara, Nagara With Shunti, Pippali, Agasti Rasa	(5/225,P.92) (5/279,P.98)
Shleshma Nashana	Lashoonadi nasya	(5/226,P.92)
Tandra, Pralapa, Shirogurutva, Achetana Nivarana	Shadgranthadi nasya	(5/227,P.93)
Chaturthaka Jwara	Shirisha Pushpa Swarasa+Haridra, Daruharidra Processed With Ghee	(5/396-397,P.111)
Krushna Bhugna Drusham Karoti	Bhugnanetrasya nasya	(5/284,P.99)
Sannipataja Jwara	Nasya Bhairava Kulavadhu Ras Unmatta Ras	(5/598-599,P.130) (5/596-597,P.130) (5/600,P.131)
Aahakara Jwara(Nasa Jwara)	Aahakari Nasya - Swarasa Of Durva, Pathya, Dadima, Pushkaramula, Draksha, Amla Administered For 3 Days In Mornings Durvadya Taila	(5/1414-1415,P.199) (5/1416-1419,P.199)
Person Afflicted With Jwara, In The Right Half Of The Body	Ardha Nareeshwara Rasa Is Administered In Gunja Matra	(5/901-906,p.156)
Tandra And Pralapa In Sannipata Jwara	Nasya With Mohandasurya Ras	(5/514-515,P.130)
Pandu, Kamala	Nasya With Powdered Roots Of Karkota Or Fruits Of Jalini	(12/16,P.376)
Nasa Gataraktapitta	Durvadya Ghruta Administered As Nasya	(13/125-128, P.404)
Hikka	Nasya With Madhuka + Madhu; Pippali + Sugar+ Nagara + Jaggery. Nasya With Droppings Of Bee + Breast Milk/ Alataka Juice Or Powder Of Sandalwood In Breast Milk Cures The Condition. Smoke Obtained By Burning Masha Churna Cures Hikka. Powdered Seeds Of Ela With Honey Can Be Administered For Asadhya Variety Of Hikka	(16/4,P.462) (16/5,P.462) (16/8,P.462)
Trushna	Gostanadi Nasya Yoga	(20/8, P.493)
MURCHA	Avapeeda Nasya, Is Administered With Dravyas, With Bhavana Of Lashuna. Pradhamana Nasya is advised.	(21/8,P.498)
Vatavyadhi Sankuchita Anga, Bahu Shirsha Gata Vata –	Pushparajaprasarani Taila –Nasya	(26/355-362, P.561)
	Trishati Prasarani Taila	(26/368-381,P.562)
	Saptashatika Prasarani Taila	(26/383-393,P.563)
	Eka Dasha Shatika Prasarani Taila -	(26/394-399,P.534)

Disease	Formulation	Reference
	Ashtadasha Shatika Prasari Taila- Urdhwagata Vikaras	(26/400-418,P.566)
	Masha Taila Saptaprastham	(26/565-568,P.583)
	Maha Masha Taila	(26/570-577,P.583)
	Mahamasha Taila Niramisha	(26/578-584,P.584)
Vatarakta	Bruhad Guduchi Taila	(27/140-147, P.601)
Chikkarodhaja Udavarta	Kshava Patra Churna	(31/23,P.664)
Mutrakruchra Adhyaya	Vidari Ghruta	(35/710,P.718)
Taruna Galaganda	Swarasa Of Ripe Fruit Of Karkaruka Mixed With Bida & Saindhava	(44/10,P.823)
Galaganda	Tumbi Taila	(44/70,P.830)
Gandamala	Aragvadha Mula Kalka with Tandulodaka	(44/21,P.824)
	Nirgundi Mula Kalka Nasya	(44/22,P.824)
	Koshataki Swarasa Tumbhi Swarasa With Pippali Churna Arishta Taila Gaja Pippali With Makshika	(44/23,P.824)
	Shakotaka Bimbadya Taila	(44/76,P.831)
	Nirgundi Taila. Sesame Oil Cooked Along With Vacha As Well As Upakulya And Mixed With Honey	(44/77,P.831)
Bhagna	Gandha Tailam	(49/21-32,P.860)
Sarva Vrana	Nirgundi Taila	(50/26-27, P.866)
Kushta	Bruhat Marichadya Taila	(54/303-310,P.910)
Mahat Brungaraja Taila	Nasya And Abhyanga In Kesha Pata,Manyasthambha, Galagraha,Shiro Roga, Akshi Roga,Karna Roga, Khal-itya, Indralupta	(60/130-135,P.958)
Shailuphala Taila	Nayana, Shravana , Greeva, Danta Rogas	(60/83-84,P.954)
Bhrungaraja Ghruta	Nasya -Palita For 7 Days	(60/94, P.955)
Indralupta	Taila Prepared From Kshira, Bhringaraja Swarasa 2 Prastha Each,1 Kudava Taila , Madhuka 1 Pala	(60/82,P.954)
Darunaka	Avapida Nasya	,(60/56, P.951)
Kaphaja Rohini	Taila Prepared Of Shweta Vidnga, Aparajitha, Danti Mula	(61/66,P.968)
Karna Nada	Guda And Nagara Toya	(62/31,P.979)
Chala Danta	Nasya With Kshira Siddha Taila Prepared From Vidari, Yashtyahva, Shrungataka, Kasheru Mixed With Taila 10 Parts	(61/133, P.974)
Mahapatala Roga	Shrungavera Kalka Siddha Taila Added With Prak-shepa Of Shunti And Yashti	(64/111, P.1001)
Netraroga	Nrupavallabha Taila And Ghruta Kaphaja Netra Chikitsa- Nasya; Tikshna Pradhamana	(64/264-270, P.1014) (64/25,P.992)
Vali Palita	Bhrungaraja Taila - 1 Month	(64/271-272, P.1014)
Suryavarta	Krutamala Pallava Swarasa , Navaneeta, Kharaman-jarika Kalka Made Into Ghruta	(65/24,P.1019)
	Navana with Dugdottha Sarpi	(65/25,P.1019)
	Dashamula, Saindhava, Sarpi Indicated	(65/29,P.1019)
	Avapida Nasya With Shirishabeeja Mixed With Mula Beeja In Water And Vacha Pippali Made Into Paste With Water	(65/30,P.1019)
	Bhrungaraja Swarasa Mixed With Chaga Kshira In Equal Quantities And Dried In Sun	(65/32,P.1019)
Ardhava Bedaka	Sharkara Mixed With Kshira; Sharkara Mixed With Narikela Jala; Shita Jala; Ghruta	(65/34,P.1019)
	Vidanga, Krushna Tila Taken In Equal Quantities Made Into Paste With Water	(65/36,P.1020)
	Dagdha Chulli Mruttika Mixed With Maricha In Equal Quantities.	(65/37,P.1020)
Shiroruja	Panchamula Kshira	(65/3, P. 1017)
	Shirashulaghna Nasya – Sphatikaraka And Karpura Churna Nasya Stops Nasal Bleeding And Shiroruja	(65/71, P.1022)

Disease	Formulation	Reference
	Pratimarsha Nasya With Prapoundarika Taila In Shiro Roga.	65/
Tivra Shiro Ruja	Nagara Kalka Mixed With Kshira	.(65/47, P.1021)
Tridoshaja Shiroroga	Kwatha Of Trikatu, Pushkaramula, Haridra, Jivaka, Rasna, Ashvagandha	(65/17, P.1018)
Shankaka	Aparajita Phala Or Mula Swarsa Nasya	(65/46,P.1020)
Kesha Pata,Shiro Vikara,Chala Danta,Improves Drushti	Shadbindu Taila	(65/81-83, P.1023)
Jwara, Arochaka, Shotha, Akala Vali Palita	Swalpa Dashamula Taila	(65/84-85, P.1023)
In Ardhava Beda, Suryavarta, Karna Roga, Urdhwajatra Roga, Vatashelshma Gadapaha	Bruhad Dashamula Taila	(65/94-98, P.1024)
KrimiJa Shiro Roga	Apamarga Taila	(65/113, P.1025)
Sthira Sthana	Tanduloodaka At Menarche	(70/13, P.1072)
Sthana Vardhana	Ghritha Of Go,Mahisha Along With Taila Prepared From Shyama,Kritanjali,Vacha, Trikatu,Nisha	(70/14,P.1072)
Rasayana Chikitsa Adhyaya-Vyanga, Palita, Vali, Pinasa, Vaisvaryya, Shwasa, Kasa, Drushtijanana	Jala before suryodaya	(73/23,P.1104)
Visha	Kulika(Kuchala) Mula Nasya indicated in Kalasarpa visha	(72/12, P.1096)
	Shweta Maricha done bhavana in shirisha pushpa swarasa for 7 Days and dried powder	(72/14, P.1096)
	Vanyakarkotaja Mula done bhavana in Chaga Mutra and made to dry. This is later mixed with Kanji administered in Upahata Chetas in visha	.(72/16,P.1096)

Table 6: showing formulations of basti

Arshas	Pippalyadi taila anuvasana	(9/207-209,p.319)
Medra payu pravruta rakra	Durvadya ghruta	(13/125-128, p.404)
Vatavyadhi	Narayana taila - basti	(26/332-342, p.559)
	Trishati prasarani taila – niruha basti	(26/368-381,p.562)
	Saptashatika prasarini taila	(26/383-393,p.563)
	Eka dasha shatika prasarini taila	(26/394-399,p.534)
	Ashtadasha shatika prasarini taila - pakwashayagata vata vikara	(26/400-418,p.566)
	Nakula taila	(26/536-543,p.580)
	Masha taila dvitiam	(26/557-531,p.582)
	Masha taila saptaprastham	(26/565-568,p.583)
	Maha masha taila	(26/570-577,p.583)
	Mahamasha taila niramisha	(26/578-584,p.584)
Amavata	Saindhavadya taila bruhat	(29/222-227,p.630)
Pittaja gulma	Kakolyadi,mahatiktaka and vasadi gana for basti	(32/19,p.671)
Sharkara,ashmari, mutrajanya shula	Varunadya taila for asthapanas basti	(36/68-69, P.718)
Vatodara	Niruha with dashamula kwatha.	(40/13,p.754)
	Vatodara with udavarta - anuvasana with vatahara dravyas and amlakanji processed with eranda taila	(40/13,p.754)
Vruddhi roga	Punarnava taila , narayana taila , eranda taila with dashamula kashaya	(43/2-3, p.810)
Bhagna	Gandhataila	(49/21-32,p.860)
Gara dosha , sara visha , gara in twak,tamaka, kandu,mamsa sada, visamjyata, sarpa kita aku lutadi dashta visha-	Mrutyu pashchedi ghruta	(72/63-68,p.1100)

Arshas	Pippalyadi taila anuvasana	(9/207-209,p.319)
Aupasargika mehogna basti	Vara kashaya - one kudava -dadhi ambu one prastha -two karsha daval tutha bhashma -sudha hingula and mridal srunga (one tola each) These are mixed and administered as utara basti	(89/ 21, p.1178)

Table 7: Showing References of Raktamokshana

Disaese	Procedure	Reference
Kaphaja arshas	Jalouka followed by arka rasa lepa or kshara or agni karma	(9/5, P.296)
Gulma	Siravyadha is to be done in the bahu madhya	(32/8, p.671)
Medoja galaganda	Snehana followed by siravyadhana	(44/1, p.822).
Galaganda	In the sides & below the tongue there are 12 vessels,2 of them are very prominent. These 2 vessels should be caught with badisha & incised with the help of kusha patra. After bleeding is over, jaggery & ginger should be applied over the wound & patient should be served food which is not abhishyandi & kulattha yusha Three vessels located one above the other on the outer joints of both the ears should be incised.	(44/16-17, p.823) (44/18,p.823)
Apachi	Incising 2 prominent vessels below tongue	(44/33,p.825)
Pittaja shlipada	Siravyadhana below gulpha	(45/7,p.834)
Vataja shlipada	Siravyadha 4 angulas above gulpha	(45/6,p.834)
Vrikka roga	Jalouka, shringa and alabu – ati durbala, siravyadha – sashakta rogi	(93/13) p.1194
Anjananamika	Tapa sweda followed by jalouka	(64/149-150, p.1004)
Paittika vruddhi Pittaja, raktaja, abhigataja oshta roga, Netra shukra roga	Jalauka	(43/5,p.810) (61/4, p.963) (64/67, p. 997)
Indralupta	Avagadha -pracchana followed by lepa with gunja beeja Siravyadha followed by manashila, kasisa, nila tutha lepa with jala	(60/61, p.952) (60/60, p.951)
Alasa roga	Tala sira vedana.	(60/19, p.947)
Abhishyanda, adhi-mantha, raktottha netraroga,arjuna, shirot-pata, shiraharsha	Kaumbha ghruta snehapana followed by siravyadha	(64/61, p.996)
Suryavarta	Siravyadha when nasyadi kriya do not respond,	(65/25, p.1019))
Rakta mokshana	Darunaka – snehana,swedana followed by raktamokshana in lalata pradesha. Nava dantapuputaka Danta roga – raktamokshana followed by gandusha is advised Raktaja shirotroga Raktaja andavrudhi chikitsa	(60/56, p.951) (61/17, p.963) (61/10, p.963) (65/16, p.1018) (43/7,p.)

NASYA

Administration of medicated liquids or snehas or churnas through the nose is known as nasya. Initial stages of Sannipataja jwara nasya advised.²⁶ Nasya-Jirna jwara- in whom shiro gaurava, shira shula, vibadda indriya are manifested shiro virechana is advised.²⁷ Unmada - After samshodhana with vamanadi kriyas, Tikshna navana is advised which impurifies mana, buddhi and smarana shakti.²⁸ Pittaja Jihva roga-madhura dravya pradhana ghruta nasya are advised.²⁹ Kshayaja shiroroga - nasya with vataghna madhura pradhana dravya³⁰ shankaka - nastapana³¹ Apamumurshu- In the event of drowning after eliminating kapha and water make the patient to lie on the vama parshva, pradhmana nasya should be administered using a nalika followed by a stick smear with snigdha dravyas should be made to touch in his kantha by this patient would vomit and regain respiration. lupta swasasya punat anayana vidhi.³² Formulations of nasya are tabulated under Table 5.

BASTI

Administration of medicated enemas through rectal route is known as basti. Sneha basti is administration of enema prepared of medicated oils or ghees. Niruha basti is administration of enema prepared of medicated kashayas. Some of basti kalpanas as described in the text are quoted under Table 6.

Sneha Basti

Arshas- Person suffering from udavarta, shushka mala, rooksha m, shoola and in pratiloma of vayu anuvasana basti is indicated.³³ Samyak vamandi kriya followed by anuvasana, asthapana in chirakala amlapitta³⁴

Niruha Basti

The patient who has become ksheena due to jwara should not be given vamana and virechana. Such patients should be given milk and niruha basti. When the doshas are in pakwashaya jwara hara niruha, anuvasana prescribed in charaka siddhi should be used.³⁵ Baddodara - initially swedana followed by niruha with mutra and teekshana aushada taila with saindhava followed by anuvasana basti.³⁶ baddavitka janita shota- niruha basti.³⁷ Pittodara - durbala- anuvasana with ksheera basti³⁸

Vakra antra - parada basti

One should obtain purified parada measuring 8 palas and enter this into the intestine of the patient in the manner of basti. Use of this measure also restores the blocked intestine.³⁹

Antra sarala karana upaya⁴⁰

If the patient is not cured by Lepa Physician should try to fill water in his intestines for this the patient should lie down in recumbent position (Uttana) (cha unnitambakam Adah skandam) with his shoulders directed downwards and his buttocks lifted. A balawan purusha should hold the patient. His anal region should be pre anointed with coconut oil and a deerga naadi should be inserted. The entry point of the naadi should be well covered with cotton or a piece of cloth to cover the Guda Randra thus the intestine of the patient should be filled with lukewarm water. When the abdomen gets enlarged, the physician should stop pumping the water. However, the anus of the patient should remain closed. This measure restores Vakra antra.

Uttara Basti

Uttara basti is administration of medicated enemas through genital organ.

Raktapitta - In medhra pravrutta raktapitta, uttara basti is advised⁴¹

Yoni kandu- Sneha sweda uttara basti are indicated (104/11) p.1230)

RAKTAMOKSHANA

Therapeutic elimination of vitiated blood through various means is known as raktamokshana. Kotaroga-sarpipana with mahatikta and raktamokshana⁴² Kshudra roga- Raktavaseka advised in vidarika, panasika, kachapika⁴³ Prameha Pidika Chikitsa- shonitamoksha⁴⁴ Raktamokshana upadesha- vatarakta, rakta vikara, alpa kushta having pravruddha rakta dushti, siravyadhana is advised over bahu, lalata pradesha⁴⁵ Pramana of rakta mokshana- balavana rogi having ashuddha rakta, raktamokshana should be done until 1 prastha, more than said amount would give rise to vata vikara and mrutya.⁴⁶ Raktamokshana upadesha - achirotpatitha shota, mahat shotha, samrabda, vedanavati - initially raktamokshana should be done for paka nivarana, vedana shanti.⁴⁷ Shotha which does not get relieved by administration of lepa, sweda, seka, Apatarpana, is advised for raktamokshana.⁴⁸

Raktamokshana individually stands best in treatment when compared to all other lepadi kriya. Vikruta rakta leads to the manifestation of shota and vedana, when vikruta rakta is removed gradually the vedana and shota gets reduced.⁴⁹

Raktamokshana is indicated in the initial stages of shotha relieves shotha which has become difficult & considerable in size, immediately after its evolution, along with pain.

The initial stage of shotha and if therapies like lepa, sweda, seka, apatarpana do not cure shotha then raktamokshana is the ideal choice of treatment. Arumshika- raktamokshana with siravyadhana or jalouka followed by prakshalana with nimba swarasa or nimba twak kwatha followed by lepa with ashva varchas mixed with saindhava lavana.⁵⁰

DISCUSSION

Although there are no separate chapters dedicated to panchakarma like its contemporaries, there are some unique contributions worthy of mention. Enumeration of various formulations and pathya apathya are mentioned in every chapter. Apart from mention in chikitsa sutras, panchakarma procedures are also described under pathya and apathya. Among 157 references mentioned, a total of 21 -Vamana 49 -Virechana 23- Basti 83- Nasya formulations are mentioned throughout the text. Separate adhyaya is dedicated to anubhuta yogas. Single and compound formulations have been described throughout the text. Kalpanas like vatis, tailas, ghrutas, ksheerapaka are widely described.

Sneha matra in jwara mentioned in quantitative terms is not found in any of the bruhattrayees but mentioned in jwara rogadhikara. Procedure of shiro basti is been explained in detail. Description of parada basti gives scope for clinical applications and in understanding the utility which mostly maybe a mechanical effect. Dr. Siddhinandan mishra has commented on parada basti stating 1 kg of parada was administered to a patient of intestinal obstruction, through a ryles tube through the nose into the stomach and made to ride in a tricycle on a rocky road. Due to the heaviness of parada the intestines are straightened after elimination of parada, patient was given 100g of ghruta to consume. After an hour, patient passed stools twice. khichdi and ghee were given as an evening meal. patient had recovered completely.⁵² References of external usage of tailas to induce virechana are also found here. Description of use of jala in antrasarla karana upaya in the management of vakra antra is a unique contribution. Though the posture of the patient and administration of procedure is being described there is no mention regarding the dosage of basti. Rasa prayoga in basti and nasya kalpanas are widely described, gives good scope for clinical practice. Special mention of Panchakarma management and description of diseases in visisht prakarna of conditions like tandava roga, snayu roga, basti formulations in aupasargika meha, tattva unmada roga, vireka in shirshambu, masthishka vepana, etc which are not found

in other texts are described here. Management of acute conditions like apamumurshu (drowning) pradhmana nasya has been advised which are some grey areas in practical utility.

Nabhi pralepa in the management is a unique contribution in bhaishajya ratnavali. Detailed description about kavala and gandusha is available in swarabheda chikitsa adhyaya and trushna chikitsa prakarana. Lepa niyama are mentioned in detail in vrana shotha chikitsa. Lepa yogas are most commonly jointly indicated for purposes of seka in many diseases throughout the text.

CONCLUSION

Bhaishajya ratnavali is a unique book & a valuable contribution to the field of ayurveda. Since it is one of the prominent textbooks of rasa shastra, references regarding use of rasa preparations in the utility of panchakarma are mentioned. This work is anticipated to be convenient for referring to the formulations and scope of panchakarma emphasized in bhaishajya ratnavali & reduce the strenuous efforts of researchers to gather information. Even though these are time tested formulations, evidence based research data is highly warranted. Due to the vast content, an in depth evaluation of the drugs and its utility can be explored by further study.

CONFLICT OF INTREST

NIL

FUNDING

NIL

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