

Pocket Book of **AYURVEDIC MEDICINE** **RECKONER**

for **Ayurvedic Practitioners**
and **Professionals**



JAYPEE

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1

Aushadha Kalpa

Bhasma and Pishti

Abhraka Bhasma

Dose: 1–2 *ratti* (125–250 mg) bid with a suitable *anupana* according to the *roga*.

Indications: *Rajayakshma*, *kaphakshaya*, *kasa*, *urah-kshata*, *dhatukshaya*, *svasa*, *prameha* *somaroga*, *pandu*, *daha*, *jirnajvara*, *sangrahani*, *gulma*, *agnimandya*, *paittika vyadhis*, *hridaya* and *mansika vikara*.

Akika Bhasma and Pishti

Dose: 1–3 *ratti* (125–375 mg) bid with *madhu*, *makkhana* or according to the *roga*.

Indications: *Hridya-daurbalya*, *daha*, *netraroga*, *raktapitta*, *mastishka* and *paittika vikara*.

Note: *Pishti* is more efficacious than *bhasma*.

Kapardika Bhasma

Dose: 2–4 *ratti* (250–500 mg) bid with *nimbu* or *tambula svarasa*.

Indications: *Parinamashula, annadravashula, sangrahi, amlapitta, rasakshya, trishna, gulma, karnasrava, udara-vata, mandagni and paittika vikara.*

Trinakantamani or Keharva Bhasma and Pishti

Dose: 2–4 ratti (250–500 mg) bid–tds with *madhu* or *makkhana*.

Indications: *Raktapitta, paittika vikara, hridaya-daurbalya, chhardi, pravahika, arsha, chakkara, daha, trishnadhikya, atisveda, pittajanya updrava and krimijanya shirahshula.*

Kasisa Bhasma

Dose: 1–3 ratti (125–375 mg) bid with *madhu*.

Indications: *Pandu, kshaya, kustha, yakrita-pliha vridhhi, ama vikara, udara roga, vrana and carbuncles.*

Kasisa Godanti Bhasma

Dose: 1–3 ratti (125–375 mg) bid with *mishri, kshira* or *madhu*.

Indications: *Amajanya nutana jvara, vishamajvara, jirnajvara, pandu, svetapradara, mandagni and ama vikara.*

Kansya Bhasma

Dose: 1–2 ratti (125–250 mg) bid with *madhu* or *gulkanda*.

Indications: *Krimi, kustha, vata-paittika roga, mandagni, chakshusya, pradara prameha and tvag-rukshta.*

Kukkutandatvaka Bhasma

Dose: 2–3 ratti (250–375 mg) bid with *madhu*.

Indications: *Prameha, mutraroga, vajikarana, rasayana, shukradosha and rajovikara.*

Kharpara Bhasma

Dose: 2–3 ratti (250–375 mg) bid with *madhu*.

Indications: *Prameha, netraroga, rajayakshma and dhatugata jirnajvara.*

Godanti Hartala Bhasma

Dose: 2–4 ratti (250–500 mg) bid with *madhu*.

Indications: *Jvara, pratishyaya, shveta pradara, rakta pradara, shuska kasa, shirah shula, suryavarta and ardhavabhedaka.*

Yashada Bhasma

Dose: ½–1 ratti (60–125 mg) bid with *madhu, makkhana, malai, mishri* or *roganusara*.

Indications: *Pittanashaka, chakshusya, pandu, pramaha, svasa, granthi, arbuda, daha, pradara, kasa, rajayakshma atisara, sangrahani, dhatukshaya, jirnajvara, kanthamala, apachi and abhyantara shotha.*

Jaharmohra Pishti

Dose: 1–2 ratti (125–250 mg) bid to qid with *madhu* or *godugdha*.

Indications: *Hridaya and mastiska daurbalya, daha, visuchika, atisara, yakrita vikara, ghabrahata, jirnajvara, shosha, shitala and raktachapa vridhhi.*

Tamra Bhasma

Dose: ½–1 ratti (60–125 mg) bid with *madhu*.

Indications: *Udara roga, prameha, ajirna, vishama jvara, yakrita vikara, parinama shula, hikka, mansarbuda, gulma, kusta, krimi roga, sangrahi, pittashaya roga, asthila and jalodara.*

Trivanga Bhasma

Dose: 1–2 ratti (125–250 mg) bid with *madhu, makkhana* or *malai*.

Indications: *Prameha, prameha pidika, garbhashaya daurbalya and sveta pradara.*

Naga Bhasma

Dose: 1–2 ratti (125–250 mg) bid with *madhu, makkhana* or *malai*.

Indications: *Madhumeha, netraroga, gulma, pliha vridhi, pradara, raktagulma, apachi, gandamala, dhatukshaya, kasa, amavata and asthi vikara.*

Pravala Bhasma and Pishti

Dose: *Bhasma* 1–4 ratti (125–500 mg), *pishti* 1–6 ratti (125–750 mg) bid with *madhu*.

Indications: *Kaphanashaka, pittashamaka, daha, kshaya, raktapitta, kasa, agnimandya, visha, bhutabadha, unmada, pandu, netraroga, hridaya daurbalya, raktachapa vridhi, paittika vikara, amlapitta, raktapitta jvara and rajayakshma.*

Vanga Bhasma

Dose: 1-2 ratti (125-250 mg) bid with *madhu*.

Indications: *Mukha daurgandhya, prameha, pandu, gulma, raktapitta, agnimandya, urdhvasvasa, daha, shukrameha, tvagdosh, dhatukshaya, kustha* and *jalodara*.

Vajra Bhasma

Dose: 1 ratti of *vajra bhasma* is mixed well with 4 *masha* of *rasasindura* and then used in dose of 1-2 ratti (125-250 mg) bid with *madhu*.

Indications: *Arbuda* or *karkatarbuda* and *raktachapa vridhi*.

Note: *Vaikranta bhasma* may be used as substitute of *vajra bhasma* in the dose of 1-2 ratti (125-250 mg).

Mandura Bhasma

Dose: 2-8 ratti (250 mg-1 g) bid with *madhu*.

Indications: *Pandu, mandagni, kamala, yakrita* and *pliha vridhi, arsha* and *rakta vikara*.

Note: *Madhu mandura* is more efficacious than *mandura bhasma* in the dose of 1-6 ratti (125-750 mg).

Mayura Chandrika Bhasma

Dose: 2 ratti (250 mg) with *madhu*.

Indications: *Hikka, vamana, svasa* and *kasa*.

Mukta Bhasma and Pishti

Dose: 1-2 ratti (125-250 mg) with *madhu* or as per the *roga*.

Indications: *Kampavata, drishti daurbalya, paittika vikara anidra, amlapitta, antardaha, rajayakshma, anuloma kshaya, urah kshata, jirnajvara, mutrakricchha and garbhoprava.*

Muktashukti Bhasma and Pishti

Dose: 2–4 ratti (250–500 mg) bid with *madhu*.

Indications: *Kshaya, kasa, svasa, jirnajvara, netradaha, hridya roga, paittika vikara, paittika parinama shula, amlapitta, pradara and raktaja gulma.*

Rajata Bhasma

Dose: 1 ratti (125 mg) bid with *madhu*, *makkhana* or *mishri*.

Indications: *Daha, vata-pittadhikeya, prameha, mastishka daurbalya, pandu, shuska kasa, jvara, udara vata, anidra, unmada, apasmara, snayu daurbalya, hikka and garbhasya shodhana.*

Lauha Bhasma

Dose: 1–2 ratti (125–250 mg) bid with *madhu*.

Indications: *Pandu, kapha roganashaka, raktapitta, prameha, paittika vikara, sandhigata roga, shotha, dhatu vikara, sangrahni, medovridhi, mandagni, jirnajvara and kamala.*

Shankha Bhasma

Dose: 4–8 ratti (500 mg–1 g) bid with *madhu*.

Indications: *Sangrahni, udarashula, yuvana pidika, ajirna, mandagni, amlapitta and atisara.*

Sphatika Bhasma

Dose: 2–4 *ratti* (250–500 mg) bid with *madhu*.

Indications: *Sujaka, rakta pradara, kasa, parshvashula, jirna kasa, rajayakshma, phuphaphusa shotha, kukkura kasa, rakta vamana, visha vikara, mutrakricchha, prameha, kustha and vrana.*

Shringa Bhasma

Dose: 1–3 *ratti* (125–375 mg) bid with *madhu*.

Indications: *Kasa, svasa, parshvashula, phuphaphusa shotha, svasnika shotha, pratishyaya, jirnajvara, rajayakshma, hridaya-shula and urastoya.*

Sangeyashava Bhasma and Pishti

Dose: 2–4 *ratti* (250–500 mg) bid with *madhu* or *mishri*.

Indications: *Hridaya gati vriddhi.*

Sangajarahat Bhasma

Dose: 4–8 *ratti* (500–1000 mg) bid with *makkhana* or *malai*.

Indications: *Raktapitta.*

Hajrulyahuda Bhasma

Dose: 2–4 *ratti* (250–500 mg) bid with *nariyala jala* or *ashmarihara kvatha*.

Indications: *Ashmari, mutrakrichha and mutravrodha.*

Svarna Bhasma

Dose: ¼–½ ratti (30–60 mg) bid with *madhu*, *makkhana*, *mishri* or *malai*.

Indications: *Rasayana*, *hridya*, *kshaya*, *jirnajvara*, *mastiska daurbalya*, *daha*, *paittika roga*, *kasa* and *svasa*.

Svarnamakshika Bhasma

Dose: 1–2 ratti (125–250 mg) bid with *madhu* or *makkhana*.

Indications: *Vrishya*, *rasayan*, *yogvahi*, *pittashamaka*, *stambhaka*, *raktaprasadana*, *pandu*, *kamala*, *jirnajvara*, *pitta vikara*, *amlapitta*, *raktapitta*, *vrana*, *prameha*, *pradara*, *mutra-kricchha*, *visha vikara*, *kshaya*, *arsha*, *udararoga*, *kustha*, *krimi* and *madatya*.

Kupipakva Rasayana

Ashtamurti Rasayana

Dose: 1–2 ratti (125–250 mg) bid with *adraka svarasa* and *madhu*.

Indications: *Jirna updansha*, *parivartita jvara*, *vishama jvara*, *kshaya*, *sannipata jvara*, *sanyasa*, *bhutonmada*, *apasmara*, *mutraghata*, *kalayakhanja*, *aptanaka*, *aptantraka*, *dhatuskampa* and *phiranga*.

Siddha Makardhvaja

Dose: 1–3 ratti (125–375 mg) bid with *tambula patra svarasa*, *madhu*, *mishri* or *makkhana*.

Indications: *Jvara*, *vishama jvara*, *jirna jvara*, *jvaratisara*, *sangrahni*, *ajirna*, *vishuchika*, *rajayakshama*, *svasa*, *kasa*,

svarabhanga, unmada, apasmara, vatavyadhi, amavata, hridayaroga, shukrameha and murchha.

Rasasindura

Dose: 1–2 ratti (125–250 mg) bid with *madhu*.

Indications: *Jvara, prameha, pradara, unmada, apasmara, svasa, kamala, ajirna, udarashula, murchha, sarvanga shotha, jirna vrana, visphota, amavata, shirah kampa and madatya.*

Talasindura

Dose: $\frac{1}{2}$ –1 ratti (60–125 mg) bid *madhu* or *ardraka svarasa*.

Indications: *Vata vikara, atashaka, vatarakta, vishama jvara, charma roga, urastoya, jalodara and rajayakshama.*

Panchasuta Rasa

Dose: $\frac{1}{2}$ –1 ratti (60–125 mg) bid with *madhu* and *tulsipatra* or *ardraka svarasa*.

Indications: *Svasa, kasa, amajanyashula, vata vyadhi, phuphaphusa avarana shotha, sannipata jvara, balagraha (skandagraha, ahiputana, etc.) and dhatri dosha.*

Malasindura

Dose: $\frac{1}{2}$ –1 ratti (60–125 mg) bid with *madhu* and *ardraka svarasa*.

Indications: *Vishama jvara, visuchika, phiranga, atashaka, pakshaghata, amavata, dhanurvata, urastoya, yoshapasmara, kaphaja sannipata and napunsakta.*

Special precautions: *Pitta pradhanavastha, tivra jvara.*

Tamrasindura

Dose: 1-2 *ratti* (125-250 mg) bid with *madhu* or *tulasipatra svarasa*.

Indications: *Yakrita-pliha roga, udarashula, rajayakshma* of the intestines, *vishuchika, tvakroga, amashaya karkata-sphota, vata-kaphaja mansarbuda, pittashaya shotha, jalodara* of *yakrita-vikara* origin, *kaphaja granthi, visuchika, tivra chhardi, apasmara, bala akshepa* and *rajorodha*.

Shilasindura

Dose: 1-2 *ratti* (125-250 mg) bid with *madhu*.

Indications: *Kustha, tvagroga, kasa, svasa, sthauilya, kantha-mala, apachi, galaganda* and *kaphaja vyadhi*.

Special precautions: Reduce the dose in summer season.

Samirpannaga Rasa

Dose: ½-1 *ratti* (60-125 mg) bid with *madhu* or *ardraka svarasa*.

Indications: *Svasa, visuchika, adhyashana, pakshaghata, gradhrasi, katishula, ardhangavata, ekangavata* and *sarvangavata*.

Svarnavanga

Dose: 1-2 *ratti* (125-250 mg) bid with *madhu, makkhana* or *malai*.

Indications: *Svetapradara, shukrameha, sujaka, prameha, svapnadosha, viryadosha, shighrapatana* and *charma roga*.

Manikya Rasa

Dose: ½ ratti (60 mg) bid with *makkhana*, *mishri* or *madhu*.

Indications: *Rajayakshama* and *yakrita vikara*.

Svarnabhupati Rasa

Dose: ½–1 ratti (60–125 mg) bid with *madhu* or *ardraka svarasa*.

Indications: *Amavata*, *dhaturvata*, *shrinkhalavata*, *adhya-vata*, *panguta*, *kaphavata*, *agnimandya*, *katishula*, *udavarta*, *grahni*, *ashmari*, *kustha*, *vidradhi* and *kshaya*.

Vyadhiharana Rasayana

Dose: ½–1 ratti (60–125 mg) bid with *madhu* or *ardraka svarasa*.

Indications: *Raktavikara*, *updansha*, *sandhivata*, *vatarakta*, *vraha*, *khalitya*, *nidranasha*, *netraroga*, *vrikkashotha*, *mushkavridhi*, *shotha*, *shitapitta* and *nadivraha*.

Rasa-rasayana

Agastisutaraja Rasa

Dose: 1 tablet bid.

Indications: *Udarashula*, *kapha-vata vikara*, *shotha*, *shula*, *sangrahani*, *atisara*, *chhardi*, *sharkara*, *pittashmari* and *vedana*.

Agnitundi Rasa

Dose: 1–2 tablets bid.

Indications: *Dipana, pachana, vatanashaka, rasajirna, mandagni, yakrit-vridhhi, urdhvavata and kaphaja udararoga.*

Special precautions and contraIndications: *Uccharaktadaba, children and nutana vata vikara.*

It should not be used for long periods.

Ardhangavatari Rasa

Dose: 1-2 *ratti* (125-250 mg) bid with *madhu* and 500 mg of *trikatu churna*.

Indications: *Ardhangavata.*

Amira Rasa

Dose: 1-2 *ratti* (125-250 mg) keep in a capsule and then should be taken.

Indications: *Atashaka* and its *upadrava*.

Ashvakanchuki Rasa

Dose: 1-2 tablets bid

Indications: *Vatashula, kshaya, kasa, svasa, vali, palita, bandhyatya, katishula, sutika roga, dhanurvata, udara roga, yakrita-pleha vridhhi and koshashula.*

Arshakuthar Rasa

Dose: 1-2 tablets bid.

Indications: *Arsha.*

Pocket Book of AYURVEDIC MEDICINE RECKONER for Ayurvedic Practitioners and Professionals

Pocket Book of Ayurvedic Medicine Reckoner for Ayurvedic Practitioners and Professionals is an innovative book tailored specifically for undergraduates and postgraduates, beginners in Ayurvedic clinical practice and Ayurvedic practitioners.

- The book has been completed in two chapters—Aushadha Kalpa and Therapeutic Index.
- Aushadha Kalpa provides information of *bhasmas, pishti, kupipakva rasayana, rasa-rasayana, vati-gutika, parpati, lauha-mandura, avaleha-paka, guggulu, churna, asava arishta, ghrita, taila, kashaya* and other kalpa regarding their dose and indications.
- Therapeutic Index provides information on medicines for different clinical conditions classified as *sansthanagata* and *rogavastha*.
- A proprietary Medicine Index is also given in the second chapter according to the systems of the body.

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