



## *Prathyoushadha Prayoga of Upavisha in Kriyakoumadi-A Review Article.*

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### ABSTRACT:

**Introduction:** Ayurveda is covered in a number of regionally written books. One such book that is popular in Kerala is Kriya koumadi. It is among the most well-liked and often used books in toxicology. It offers a number of simple, workable formulae that may quickly be created and used to cure toxic diseases. A few essential criteria, including as origin, base, features, and potency, are used to categorize poisons. *Upavisha*-related symptoms are less toxic, less severe, and often not life-threatening, and their toxicity may be controlled with therapeutic therapies. In addition to providing an in-depth analysis of each of the 11 *Upavisha* and their treatments, Kriyakoumadi also offers a variety of simple, doable remedies that may be used to reduce toxicity.

**Material and Methods:** Consulted mainly from kriya Koumadi, famous toxicology book in Kerala, from a range of databases websites and publications.

**Aim:** By learning about the *Prathyoushadha* (medicine which is used for pacifying the poison) for the *Upavisha* (semipoisonous substances) aims to raise public knowledge.

**Result:** *Upavisha* classification was done and *Prathyoushadha* for each *upavisha* has been documented

**Discussion and conclusion:** As our forefathers, the Vishavaidyas, showed, even with less advanced medical technology than we presently have, these remedies may result in amazing outcomes in situations of poisoning. If the *Vishavaidyas* of today spread more essential knowledge about poison management, the human species would tremendously benefit. Additionally, it will help throw light on the traditional regional practices that are still observed in many parts of the world.

**Keywords:** Agada tantra, Kriya koumadi, Upavisha, Prathyoushadha

### INTRODUCTION

Ayurveda is covered in a number of regionally written books. One such book that is popular in Kerala is Kriya koumadi. It is among the most well-liked and often used books in toxicology. It provides a variety of

straightforward and realistically viable formulas that are quick to create and can be applied to treat poisonous conditions. According to its etymology, "Visha" is that which results in "Vishannatva" (distress) and/or "vishada"



(sadness) in the body. Therefore, the term "Visha" has been defined as substance which is destructive to life and possess properties such as *Vyavayi, Vikasi, Ushna, Tikshna, Ruksha, Sukshma, Ashukari, Anirdeshya rasa/Apaki etc.*,<sup>11</sup>. The classification of poisons is based on a few fundamental standards, including origin, base, characteristics, potency. *Upavisha*-related symptoms are less toxic, less severe, and typically not life-threatening, and their toxicity can be managed with *therapeutic treatments*. In literature, ‘*Rasarnava*’ appears to be the first text to mention about ‘*Visha*’ ‘*Upavisha*’ classification. *Rasarnava* mentioned five groups in *upavisha*, while *Rasaratna Samucchaya* and *Rasendra Chintamani* enumerated seven drugs, in later texts like *Ayurveda prakasha* and *Yogaratanakara* it is increased to nine while in *Rasa Tarangini* it has gone upto eleven. *Kriyakoumadi* includes a thorough overview of 11 *upavishas* and its treatment as well as a number of clear-cut, practical medications that can be easily created and utilised to alleviate toxicity. *Prathyoushadha chikitsa* (medicine which is used for pacifying the poison) is important treatment measure in emergency & severe condition of poisoning. The mode of action of *Prathyoushadha* can be better understood by their individual properties, mode of action, *Guna* (qualities) & *Karma* (action)<sup>2</sup>. *Prathyoushadha Dravyas* should have affinity for that very specific system or organ in the body and also it will act vigorously like that of poison so as to nullify it and save the life of a patient.

Table No:1 *Upavisha* And Its *Prathyoushadha*

## DISCUSSION

*Kriyakoumadi* emphasises the value of learning about poisons and how to protect people from their consequences. Even an acute toxin can transform into a good medication if it is used correctly, according to *Charaka*. On the other hand, even a medicine might become an acute toxin if it is not taken as prescribed. *Upavishas* either lack all 10 *gunas* or have *gunas* with lower potency. When consumed or administered, but it does cause certain toxic effects. It is primarily used in numerous medicinal treatments for a variety of disorders. The medications described for the treatment of *upavisha* poisoning in *kriyakoumadi* are easy to understand and have practical applications. Nearly all recommended medications are readily available at home. Antidotes are the substances used to counteract or neutralize the effects of poison<sup>13</sup>. The term derives from the

Greek *Pharmacon* or *Antidote*, given as a remedy. Sometimes referred to as reversal agents. *Ayurvedic* classics have mentioned *ghrita* as the drug of choice for treatment of poisons. *Acharya Sushruta* says the qualities of *ghrita*, it is destroyer of poison and clearly mention that in all type of poisonings, irrespective of state of the *ghrita* is best treatment. *Ghrita* has mentioned as a *prathyoushada* in *kriyakoumadi* in certain *upavishas* like *Ahiphena, Karaveera, Snuhi, kupilu, Bhallataka*<sup>12</sup>.

*Godugdha* has similar properties to that of *Ojas*, so act as *Rasayana, hrudya, balavardhaka, jeevaneeya, ayushya* and It is also mentioned in certain *upavishas* as *prathyoushada*. Lot of Single herbs we get as *Vishaghna, Vishahara, Vishajita* and directly as *Prativisha*. *Neelini* acts as *vishahara* due to its *prabhava* (unexpected unique pharmacodynamics of a drug), as *Charakacharya* rightly quotes ‘*vishagnamuktam yath prabhavastatra karanam* (visha hara property of drugs is due to their *prabhava*)<sup>13</sup>. *Prayogasammucchayam* explains 16 types of *mandali* and its treatment. *Neelini* has been mentioned for the treatment of *kumbha mandali* and *rakta mandali* (two varieties of viper snake). In Modern view, according to mode of action, antidotes are classified into physical, chemical, physiological. Physical antidotes are the agent which interfere with poison through physical properties. Egg white which is a physical antidote is also mentioned as a *prathyoushada* for *Bhang (cannabis sativa linn)*. *Haridra* is an important herb to treat many diseases. Due to its anti-oxidant, antitoxic, antimicrobial activity it shows *Vishaghna* property. Not only *Acharya Charaka*, most of the *Nighantukara* described about the *Vishaghna* property of *Haridra*<sup>14</sup>. *Haridra* is mentioned as a *prathyoushada* for *Datura (Datura metel Linn)*. *Acharya Harita* has explained the role of *stanya* (breast milk) in keeping a person free from various ailments and mentioned that *stanya* purifies *srotas*, keeps *dosas* in a balanced state increases appetite, and improves digestion<sup>15</sup>. *Shirodhara* with *stanya* (breast milk) is mentioned as a *prathyoushada* in *Snuhi (Euphorbia nerifolia Linn)* and *Datura (Datura metel Linn)*. The *Galayantra Prayoga* (stomach wash) is only explained for *ahiphena*. For certain *upavishas*, *vamana* and *virechana* treatment has been recommended. In almost all *upavishas*, *ksheera, ghrita, dadhi, takra* are advised. *Lepana* (external applications) of medications are also encouraged in addition to internal ones. *Dhara*, for *upavishas* like *datura, ahiphena, snuhi*, and *bhanga* has been mentioned. It is stated that *moorcha chikitsa* can be performed if *sanjanasha* (loss of consciousness) occurs in *ahiphena*. Treatment

recommended for *snuhi* can be followed with *arka*. While comprehending the medications directed, it exhibits properties that are in opposition to *upavishas*. If one understands this fundamental concept, even a layperson in an emergency situation without access to a doctor or medical care nearby can give these readily available drugs at home as a first aid treatment. As there is a dearth of information and understanding regarding this therapy technique, this treatments that were once used in ancient traditional vaidyas are now no longer recognisable

## CONCLUSION

One of the most well-known and commonly used books in toxicology is *kriya koumadi*. It has an elaborated discussion on *upavishas* and its treatment which are numerous straightforward and realistic compositions in it that can be quickly made and used to treat poisonous conditions. As our ancestors, the *Vishavaidyas*, demonstrated, even with less sophisticated medical equipment than we currently have, these treatments can produce spectacular results in cases of poisoning. The human race will benefit greatly if the *Vishavaidyas* of today impart more fundamental information on poison management. It will also aid in shedding light on the traditional regional customs still practised in various regions across the world.

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TABLE NO:1 UPAVISHA AND ITS PRATHYOUSHADHA

SL NO:	UPAVISHA( semipoisonous substances )	PRATHYOUSHADHA (medicine which is used for pacifying the poison )
1.	<i>Datura</i> <sup>1</sup> ( <i>Datura metel</i> Linn)	<ul style="list-style-type: none"> <li>• Tender coconut water</li> <li>• <i>Padma kandha</i> (tuber of lotus) and <i>Mrunala</i> ( lotus stalk) <i>swarasa</i> made into bhasma</li> <li>• <i>Ksheera</i> (milk) with <i>sita</i> (sugar) for the <i>mada</i> (intoxication) of <i>datura</i></li> <li>• Tender coconut water with <i>chandana</i> (<i>Santalum album</i> Linn.)</li> <li>• <i>Karpasa</i> (<i>Gossypium herbaceum</i> Linn.) <i>patra</i> (leaf) <i>swarasa</i> added with <i>haridra choorna</i> (turmeric powder)</li> <li>• <i>Sama bhaga</i> of <i>haridra</i> (<i>Curcuma longa</i> Linn.) <i>swarasa</i> and <i>tandulodaka</i></li> <li>• <i>Padma patra</i> (lotus leaf) <i>rasa</i></li> <li>• <i>Agasthya</i> (<i>Sesbania grandiflora</i> ) <i>moola kwatha</i> (root decoction )</li> <li>• <i>Dadhi</i> (curd) added with <i>madhu</i> ( honey )</li> <li>• <i>Vazhuthana</i> (<i>Solanum melongena</i>) <i>seed extract</i></li> <li>• <i>Mrunala</i> (lotus stalk) with <i>tila</i> (<i>Sesamum indicum</i> Linn)</li> <li>• <i>Chincha</i> (<i>Tamarindus indica</i> Linn.) leaf extract</li> <li>• <i>Mrunalla kwatha</i> (lotus stalk decoction ) is best</li> <li>• <i>Mrunalla swarasa</i> (lotus stalk)</li> <li>• If seeds are ingested – <i>mrunnala kwatha</i> , <i>mrunalla swarasa</i> (lotus stalk decoction or extract)</li> <li>• <i>Shirodhara</i> with <i>sheeta jala</i> (cold water) /<i>stanya</i> (breast milk )</li> </ul>
2.	<i>Arka</i> <sup>2</sup> ( <i>Calotropis gigantea</i> Linn)	<ul style="list-style-type: none"> <li>• <i>Tila</i> (<i>Sesamum indicum</i> ) <i>kashaya</i> (decoction ) mixed with <i>guda</i></li> <li>• <i>Takra</i> (Buttermilk)</li> <li>• <i>Tila taila</i> (Sesame oil)</li> <li>• <i>Tila powder</i> (Sesame powder)</li> <li>• <i>Guda</i> (jaggery)</li> <li>• Treatment which is mentioned for <i>snuhi</i> can be followed</li> </ul>
3.	<i>Ahiphena</i> <sup>3</sup> ( <i>Papaver somniferum</i> Linn )	<ul style="list-style-type: none"> <li>• Galayanta prayoga (Stomach wash can be done)</li> <li>• <i>Vamana</i> (emesis)</li> <li>• Followed by <i>vamana</i> (emesis), tea / coffee which is more potent internally</li> <li>• For <i>Ubhaya shudhi</i> – <i>virechana</i> (puragation)</li> </ul> <p>One can adhere to any of the following internally</p> <ul style="list-style-type: none"> <li>• <i>Bimbi</i> (<i>Coccinia indica</i>) <i>moola</i> or <i>patra</i> (root or leaf ) <i>swarasa</i> with <i>takra</i> (buttermilk)</li> <li>• <i>Ardraka</i> (<i>Zingiber officinale</i> ) <i>swarasa</i></li> </ul>

		<ul style="list-style-type: none"> <li>• <i>Ushnatoya</i>(hot water) added with <i>shunti</i> (<i>Zingiber officinale</i>)</li> <li>• <i>Takra</i> (buttermilk) added with <i>jambeera</i> (<i>Citrus limon</i>)swarasa</li> <li>• <i>Mrunala kashaya</i></li> <li>• <i>Amari veru kashaya</i></li> <li>• <i>Kharjura kashaya</i> added with <i>ghrita</i></li> <li>• <i>Navaneeta</i> (butter) added with <i>draksha phala kalka</i></li> <li>• <i>Nimbu</i> (<i>Citrus limon</i>) swarasa</li> <li>• <i>Ghrita</i> (<i>ghee</i>)</li> <li>• Bolus of <i>lasuna</i> (<i>Allium sativum</i>) <i>kalka</i> for swallowing</li> <li>• Tender coconut water</li> <li>• <i>Dhara</i> with tender coconut water</li> <li>• Should not allow <i>vishakta</i> (poisoned person) to sleep</li> <li>• All kind of <i>swedana</i> karmas (sudation therapy) can be administered .</li> <li>• If <i>sanjanasha</i> (loss of conciousness) happens <i>moorcha chikitsa</i> can be done</li> </ul>
4.	<i>Karaveera</i> <sup>4</sup> ( <i>Nerium odorum</i> )	<p>One can adhere to any of the followng internally</p> <ul style="list-style-type: none"> <li>• Buffalo milk added with <i>sita</i> (sugar) internally</li> <li>• Buffalo milk <i>ghrita</i> added with <i>sita</i> (sugar)</li> <li>• <i>Haritaki</i> (<i>Terminalia chebula</i> Linn) <i>peshana</i> in water</li> </ul>
5.	<i>Snuhi</i> <sup>5</sup> ( <i>Euphorbia nerifolia</i> Linn)	<ul style="list-style-type: none"> <li>• Exposure of the cold breeze by waving the wet cloth to the patient</li> </ul> <p>One can adhere to any of the followng internally</p> <ul style="list-style-type: none"> <li>• <i>Amrutha</i> / <i>guduchi</i> (<i>Tinospora cordifolia</i>) prayoga</li> <li>• For <i>snuhi ksheera</i> (latex) poisoning</li> <li>• <i>Tila taila</i> (Sesame oil) internally</li> <li>• <i>Vazhapindi</i> (<b>Banana Shoot</b>)rasam</li> <li>• Is <i>snuhi ksheera</i>(latex) exposure to eyes – instillation of <i>goghrita</i></li> <li>• <i>Dhara</i> with <i>stanya</i> (breast milk )</li> <li>• If seed is ingested – <i>chandana</i> (<i>Santalum album</i>) <i>kalka</i> can be given</li> </ul>
6.	<i>Gunja</i> <sup>6</sup> ( <i>abrus precatorius</i> linn)	<p>One can adhere to any of the followng internally</p> <ul style="list-style-type: none"> <li>• <i>Mrunala</i> (<i>lotus stalk</i>) <i>kashayam</i> with honey as menbodi</li> <li>• <i>Musta</i> (<b>Cyperus rotundus</b>) <i>kashaya</i></li> <li>• Fried <i>tankana</i> (kazhanju matra ) for 3 days if <i>gunja</i> seed ingested</li> <li>• <i>Vibhitaki</i> (<i>Terminalia bellirica</i>) <i>kashaya</i></li> <li>• <i>kadali pazha</i> (banana)</li> <li>• <i>chandana</i> (<i>Santalum album</i>) <i>pishta</i></li> <li>• <i>gokheera</i> ( cow’s milk)</li> </ul>

7.	<i>Langali (gloriosa superb linn)</i> <sup>7</sup>	<p>One can adhere to any of the following internally</p> <ul style="list-style-type: none"> <li>• <i>Samabhaga</i> chanambayar (<i>Cicer arietinum</i>), Bhoomi amalaki (<i>Phyllanthus Niruri</i>), <i>ardraka</i> (<i>Zingiber officinale</i>) -minchi matra</li> <li>• <i>Vibhitaki</i> (<i>Terminalia bellirica</i>) seed &amp; bark <i>kwatha</i></li> <li>• <i>Shirisha</i> (<i>Moringa oleifera</i>) moola bark extract and dadhi sambhaga</li> <li>• <b>Neelini (Indigofera tinctoria)</b> moola extract with <i>maricha pana lepana</i></li> <li>• <i>guduchi</i> (<i>Tinospora cordifolia</i>) <i>kwatha</i></li> <li>• <i>Shirisha</i> (<i>Moringa oleifera</i>) bark with <i>madhu</i></li> </ul>
8.	<i>Kupilu</i> <sup>8</sup> ( <i>strychnos nux vomica</i> )	<p>One can adhere to any of the following internally</p> <ul style="list-style-type: none"> <li>• Njaval (<b>Syzygium cumini</b>) <i>patra rasa</i></li> <li>• Vazhapoo (Banana blossom) <i>rasam</i></li> <li>• <i>Kapitha</i> (<i>Feronia elephantum</i>) plant extract</li> <li>• <i>Vamana</i> (emesis)</li> <li>• If kupilu seeds ingested – njaval (<b>Syzygium cumini</b>) bark in milk internally or ext application</li> <li>• <i>Ghrita</i>, <i>sita</i>, <i>madhu</i> combinely can be given</li> <li>• Mango tree flowers extract- internally and external application</li> <li>• Njara (<i>Syzygium cumini</i>.) seed paste – whole body external application</li> <li>• <i>Shunti</i> (<i>Zingiber officinale</i>), <i>maricha</i> (<i>Piper nigrum</i> Linn) <i>kwatha</i> added with <i>shilajithu</i></li> <li>• Excesss milk can be taken</li> </ul>
9.	<i>Bhang</i> <sup>9</sup> ( <i>cannabis sativa linn</i> )	<p>One can adhere to any of the following internally</p> <ul style="list-style-type: none"> <li>• <i>Takra</i> (buttermilk)</li> <li>• <i>Nimbu</i> (<b>Citrus limon</b>) <i>swarasa</i></li> <li>• <i>Bimbi</i> (<b>Coccinia indica</b>) <i>kanda</i></li> <li>• <i>Takra</i> added with <i>kathaka</i> (<b>Strychnos potatorum</b> Linn.)</li> <li>• Egg white</li> <li>• <i>Chincha</i> (<i>Tamarindus indica</i> Linn)</li> <li>• <i>Bimbi</i> (<b>Coccinia indica</b>)</li> <li>• <i>Bimbi</i> (<b>Coccinia indica</b>) <i>patra rasa</i></li> <li>• <i>Tuvara</i> (<i>Hydnocarpus laurifolia</i>) <i>patra rasa</i></li> <li>• <i>Shirodhara</i> - <i>vazha pindi</i> (banana shoot) extract</li> <li>• White rice mixed with sour curd</li> <li>• Sour curd</li> <li>• <i>Kharjura</i> (<b>Phoenix dactylifera</b> Linn) <i>phala rasa</i></li> <li>• <i>Muthanga</i> (<b>Cyperus rotundus</b>) <i>rasa</i></li> <li>• <i>Bruhati</i> (<i>Solanum indicum</i>) <i>kwatha</i></li> </ul>

10.	<i>Jayapala</i> <sup>10</sup> ( <i>croton tiglium</i> )	<p>One can adhere to any of the following internally</p> <ul style="list-style-type: none"> <li>• <i>Dadhi</i> (curd) with sugar</li> <li>• <i>Dhanyaka</i> (<i>Coriandrum sativum</i>) <i>choorna</i></li> <li>• <i>Kathaka</i> (<b><i>Strychnos potatorum</i> Linn.</b>) <i>toya</i></li> <li>• Butter milk</li> <li>• Water boiled with <i>haridra</i> (<i>Curcuma longa</i> Linn.), <i>vacha</i> (<i>Acorus calamus</i> Linn) <i>chandana</i> (<i>Santalum album</i>) in lukewarm water</li> <li>• <i>Chandana</i> (<i>Santalum album</i>) <i>kalka</i></li> </ul>
11.	<i>Bhallataka</i> <sup>11</sup> ( <i>semicarpus anacardium</i> linn. )	<ul style="list-style-type: none"> <li>• <i>Vamana</i> , <i>Virechana</i></li> <li>• <i>Tandulakeeyaka moola kwatha</i> added with <i>sita</i></li> <li>• <i>Chincha</i> (<i>Tamarindus indica</i> Linn) <i>patra</i> added with <i>vibhitaki</i>(<i>Terminalia bellirica</i>) <i>lepana</i></li> <li>• <i>Haritaki</i> (<i>Terminalia chebula</i> Linn) with <i>tanduleeya lepana</i></li> <li>• <i>Vibhitaki</i> (<i>Terminalia bellirica</i>) bark paste <i>sarvanga lepana</i></li> <li>• <i>Nava navaneeta lepana</i></li> <li>• <i>Shatadouta ghrita lepana</i></li> <li>• <i>Gonavaeeta</i> with <i>jala lepana</i></li> <li>• <i>Parpataka swarasa</i> added with <i>nimba bark – lepana</i></li> <li>• <i>Tila kalka</i> added with <i>purana guda</i></li> <li>• Buttermilk added with <i>madhu lepana</i></li> <li>• Milk added with <i>tandulleyaka moola</i> internally</li> <li>• <i>Haritaki</i> (<i>Terminalia chebula</i> Linn), <i>jeeraka</i> , <i>vibhitaki</i> (<i>Terminalia bellirica</i>) together made into <i>kashaya</i></li> <li>• <i>Tanduleeyaka swarasa</i> added with <i>sita</i></li> <li>• For swelling – <i>tila</i> added with <i>ksheera</i> , <i>navaneeta</i> , <i>madhu</i>, <i>ghrita - lepana</i></li> <li>• Sand obtained from the ground of <i>bhallataka</i> plant- <i>lepana</i></li> <li>• <i>Shaaka patra lepana</i></li> <li>• For reddish discoloration – coriander extract <i>pana</i> and <i>lepana</i></li> <li>• <i>Vibhitaki</i>(<i>Terminalia bellirica</i>) <i>kashaya</i> added with <i>jeeraka</i> and <i>sita madhu</i> for <i>pana</i> – for <i>shamana</i> of <i>jwara</i></li> <li>• If boils due to touch of <i>bhallathaka taila</i> – apply <i>shatadhouta ghrita</i></li> </ul>