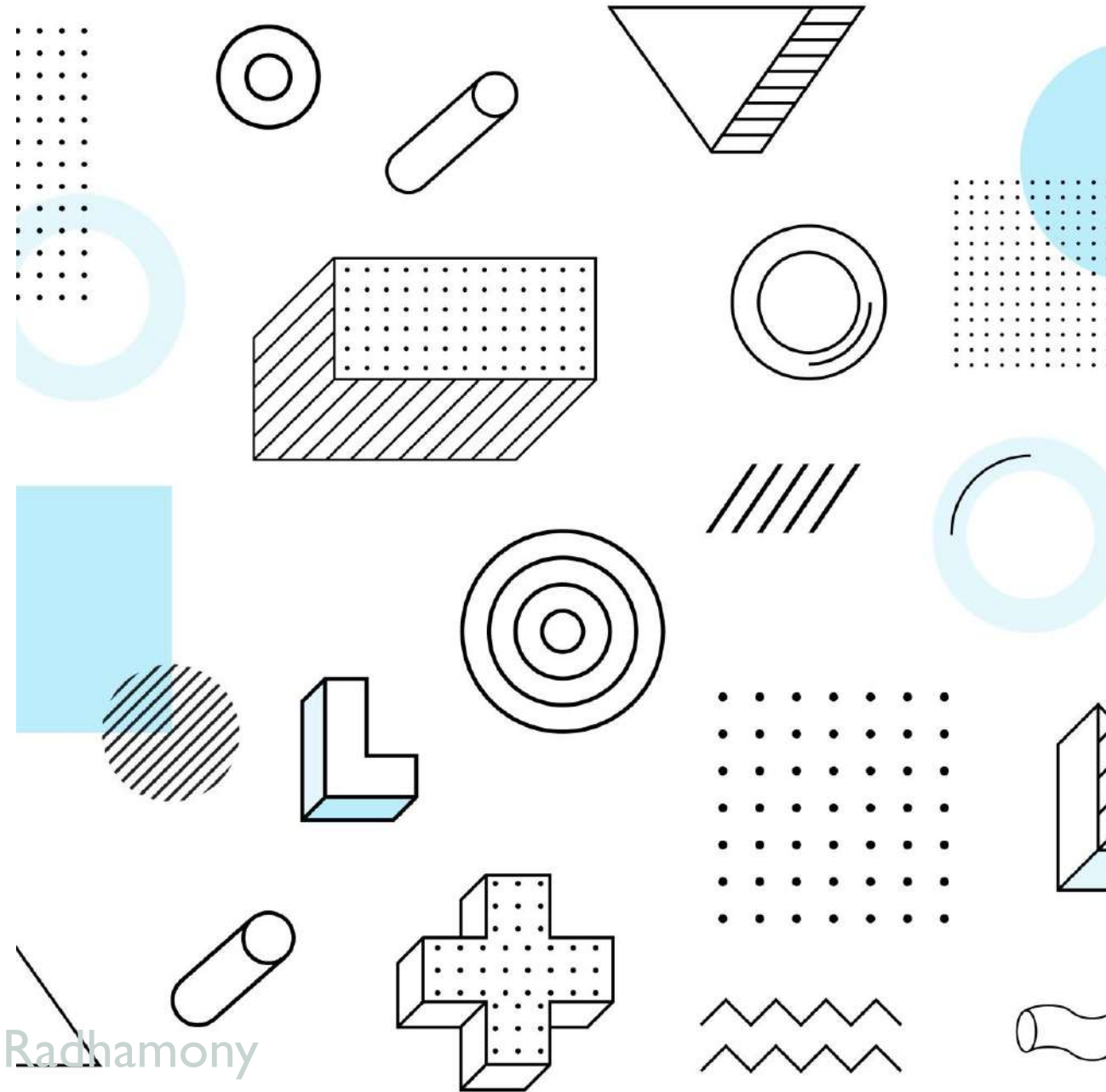


ANNASAMRAKSHANEYAM,  
SHODHANADIGANA  
SAMGRAHANEYAM &  
MATRASHITEYAM

*Ashtanga Hridaya with  
Dr. Rekha Radhamony*

Dr Rekha Radhamony



# INCOMPATIBLE FOODS

“Viruddhamapi cha aharam vidyat vishamagaropamam”

Viruddha ahara (incompatible foods) are like poison.

Any food or activity that causes increase of Doshas but does not expel the Dosha out of the body is termed as Viruddha.

In Panchakarma treatment, Dosha is increased and then expelled out of body. But in Panchakarma, though there is increase of Dosha, because they are expelled out, there is no harm. But in Viruddha Ahara, the food causes only increase of Dosha & not expelled out, hence leading to toxic symptoms.

# EXAMPLES OF VIRUDDHA AHARA

Anupa mamsa + Green gram/Honey/ Milk/Germinated grains

Fish + Jaggery/ Raddish

Fish + Milk

All sour substances + Milk

Sour fruits + Milk

Horse gram/ Foxtail millet (kangni/thina) + Milk

Drinking milk after eating green leafy vegetables/ raddish

Pork + Porcupine meat

Pippali + oil in which fish is cooked

Bhallataka + heating foods

# EXAMPLES OF VIRUDDHA AHARA CONTD.

Chicken/ Deer meat + Curd

Uncooked meat

Radish + Black gram

Monkey jackfruit (lakucha) + Black gram

Banana + Buttermilk

Curd + Toddy palm fruit

Pippali/ Maricha + Honey/ Jaggery

Kakamachi (Indian nightshade) + Jaggery/ Fish/ Ginger

Ghee kept in bronze vessel (copper-base alloy) for more than 10 days

# EXAMPLES OF VIRUDDHA AHARA CONTD

Gunja seeds (*Abrus precatorius*) cooked in buttermilk

Milk + Alcohol + Krisara

Equal quantities of these (2 or 3) mixed together - Honey, Ghee, Taila, beverages, Vasa (meat fat)

Honey + Ghee in equal quantities should not be consumed with water

Honey + Lotus seed

Honey + Alcohol

Malabar spinach + Sesame seeds

Mushroom + Mustard oil

Turmeric + Mustard oil



- Spinach + Sesame seeds (causes diarrhoea)
- Bird meat + Wine from dates/ green gram
- Bird meat (Balaka) + pork (is fatal)
- Peacock meat, Partridge meat, Lizard, Quail meat cooked in castor oil or firewood made from castor oil plant
- Haridra bird (Golden Oriole) meat fried in turmeric and consumed with honey is fatal

# VIRUDDHA

- Note: In Panchakarma treatment also, Dosha is increased and then expelled out of body. But in Panchakarma, though there is increase of Dosha, because they are expelled out, there is no harm. But in Viruddha Ahara, the food causes only increase of Dosha, leading to toxic symptoms.

THE  
TREATMENT  
FOR  
INCOMPATIBLE  
FOOD  
CONSUMPTION

Shamana (Palliative treatment with food & medicines)

Shodhana (Purification)

Acute cases: Health should be restored quickly by using food that has opposite qualities to that of incompatible foods

WHO CAN  
STAND  
INCOMPATIBLE  
FOOD?

Incompatible food will not cause any ill effects in the following people:

- One who exercises regularly
- One who habitually consumes food with good fats
- With good Agni
- Young people
- People with good strength
- Satmya (by habit)

SATMIKARANA  
(GETTING  
ACCUSTOMED)

If one is accustomed to consuming incompatible food, should be weaned off by quarter & quarter gradually. Healthy food should be replaced slowly and gradually

Discontinuing suddenly will cause adverse effects & diseases



TRAYOPASTAMBHA  
(THE THREE PILLARS OF LIFE)

Dr Rekha Radhamony

# THE THREE PILLARS OF LIFE

- Ahara - Food
- Nidra - Sleep
- Abrahmacharya - Non-celibacy

These support the body just like how pillars support a building.

Once again, Ayurveda is not a spiritual science 😊

# NIDRA (SLEEP)

The following depends on the quality of sleep:

- Sukha - Dukha (happiness & sadness)
- Bala - Abala (strength & weakness)
- Vrishata – Kleebata (ability to reproduce & infertility)
- Jnanam– Ajnanam (knowledge & ignorance)
- Jeevitam – Na Jeevitham (life & death)

Nidrayattam sukham dukham pushti karshyam balabalam |  
vrishata kleebatha jnanam ajnanam jeevitham na cha ||

BAD SLEEP  
DESTROYS  
HEALTH



Akaala Nidra: Sleep  
at improper time



Atiprasanga: Excess  
sleep



Na nidra: No sleep

## EFFECTS OF IMPROPER SLEEP



Ratri Jagarana (being awake in the night) – causes Rookshata (dryness)



Diwaswapna (sleeping during the day) – causes unctuousness of the body



Taking a nap sitting does not cause both

# DAY-TIME NAPPING



Good in Summers (vata increases, dryness is more, days shorter)



Other seasons lead to Kapha & Pitta increase

# WHO CAN SLEEP DURING THE DAY?

One who is exhausted due to the following can sleep during the day.

- Excessive speaking
- Driving
- Walking
- Consumed alcohol
- Sexual intercourse
- Carrying heavy objects
- Physical activity
- Tired by anger, grief, fear

# WHO CAN SLEEP DURING THE DAY? (CONTD.)

In these conditions, sleeping during the day maintains the normalcy of the tissues and the Kapha nourishes the body

Tired by anger, grief, fear

Old age

Children

Debilitated/ emaciated

Assaulted

One who is habituated to day-sleep

Those suffering from hiccup, asthma, diarrhea, injury, excessive thirst, abdominal pain, indigestion

WHO SHOULD  
NOT SLEEP  
DURING THE  
DAY?

Obese (Kapha &  
Medas (fat tissue)  
are aggravated)

One who takes  
oily food  
regularly

WHO SHOULD  
NOT SLEEP  
DURING THE  
NIGHT EVEN?

One who is suffering from  
poisoning

One who has Kantha Roga  
(throat disease where  
breath is obstructed –  
kaphapitta kara)

# EFFECT OF SLEEPING AT IMPROPER TIMES (AKALANIDRA)

## Treatment

- Fasting
- Emesis
- Sudation
- Nasya

---

Sleeping at improper time causes the following:

---

Delusion

---

Fever

---

Lassitude

---

Nasal catarrh

---

Headache

---

Dropsy

---

Oppression in the chest (nausea)

---

Obstruction of the pores of tissues

---

Weakness of Agni

---

TREATMENT  
FOR EXCESS  
SLEEP  
(ATINIDRA)

By these the Kapha gets decreased  
leading to loss of sleep.

---

Strong emetics

---

Collyrium

---

Nasya

---

Fasting

---

Worry, grief, fear, anger

---

Sexual intercourse



## EFFECT OF LOSS OF SLEEP (NIDRANASHAM)

Squeezing pain in body parts

Heaviness of the head

Yawning & lassitude

Exhaustion (even without strain)

Giddiness

Indigestion

Stupor (unconsciousness)

Diseases of Vata origin

TREATMENT OF  
LOSS OF SLEEP  
(NIDRANASHAM)

Advise to get into the habit of sleeping on time

If one must stay awake in the night, he/she must skip breakfast and continue sleeping to compensate for the loss of sleep

TREATMENT  
FOR  
MANDANIDRA  
(LESS SLEEP)

Those suffering from very little sleep should use the following:

Milk

Alcohol

Meat soup

Curd

Oil massage

Udwarttana

Bath

Murdhwa, Karnā, Akshi Tarpanam – Anointing head, ears, eyes with nourishing oils

HOW TO  
GET  
SUKHA  
NIDRA  
(GOOD  
SLEEP)

Comforting embrace of wife

Immersion in the feeling of satisfaction, of having done good deeds

Thinking of things which are comforting to the mind

Moderate sex

Contentment & Happiness

# ABRAHMACHARYA

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WOMAN  
TO BE  
AVOIDED  
FOR SEX 😊

One should not have sex with a woman who is

Not lying-in supine position

Having menstruation

Apriya – not likeable

Apriyacharam – One who does unlikeable activities

Dushta sankeerna mehanaam – Sex organs that are unfit/complex

Obese or lean

Just delivered or pregnant

Anyayoshitam – another woman

One who is on vrata (nun?)

# CONTRAINDICATIONS

---

Anyayoni – Other species

---

Gurudevanripalayam – At university, temple, & palace of the king

---

One should not do sex under a banyan tree, burial ground, crossroads, beaches etc

---

Avoid New Moon days & solstice

---

Only use the designated organs for sex (Avoid anal, etc)

---

During sex apply pressure on the head & heart area

# CONTRAINDICATIONS

- After having food
- Adhriti : Coward/ fearful
- One with twisted body parts
- One who is thirsty
- Aged & children
- One who suppresses/holds urine/feces & other vegas
- Rogi

## SEASONS & SEX

During Winter & Dewy Season :  
Sex is allowed daily after using  
aphrodisiacs

3 days a week in Spring &  
Autumn

Once in 2 weeks in Summer &  
Rainy Season

## EFFECTS OF IMPROPER SEX

- Giddiness
- Exhaustion
- Weakness of the thighs
- Loss of strength
- Depletion of tissues
- Loss of acuity of senses
- Premature death

# EFFECT OF PROPER SEX

Good memory

Intelligence

Long life

Good health

Nourishment

Acuity of sense organs

Reputation

Good strength

Slow ageing

## AFTER THE ACT

After the act, the man should indulge himself in bath, applying scented paste, exposure to cool breeze, drinking of syrup prepared from sugar candy, cold water, milk, meat juice, soup, sura – fermented liquor prepared from grains, prasanna – clear supernatant fluid of sura and then go to sleep. By doing this, the vigor of the body returns quickly.

MATRASHITEEYAM  
(FOOD HABITS &  
DIGESTION)



Dr Rekha Radhamony

# THE RIGHT AMOUNT OF FOOD (AHARAMATRA)



One should always  
consume proper quantity  
of food.



Eating the right quantity  
kindles Agni



Guru & Laghu foods – the  
right quantity is important  
for proper digestion



Guru foods (oily, non-veg,  
sweets) - Ardha- sauhitya  
(half satiation)



Laghu foods - Na ati  
triptata (Not fully satiated)

# EFFECT OF NOT TAKING THE RIGHT QUANTITY OF FOOD



Consuming less quantity of food does not increase strength & Ojus or immunity.



The body will not be nourished properly.



Over a period, it leads to disorders due to Vata imbalance



Excess quantity of food is not desirable. It causes quick increase of doshas

# EFFECTS OF OVEREATING

- Causes sudden increase of Vata and other doshas causing Ama leading to diseases
- Overeating causes the following diseases:
- Alasaka where the movement of food gets blocked in the alimentary tract
- Visuchika (gastro enteritis) – causes undigested food to be expelled out in both downward and upward directions (diarrhea and vomiting) simultaneously
- These 2 diseases are primarily seen in people who cannot control the urge to eat and end up overeating.

## ALASAKA - INDIGESTION + CONSTIPATION

- Food neither comes out by vomiting nor by purgation nor does it undergo digestion in the stomach.
- It stays in the stomach “alasa” (lazily)
- Alasaka occurs especially in those who are weak, who have low Agni and who suppresses the urges of the body habitually.
- In them, Vata gets increased, gets associated with Kapha to obstruct the movement of undigested food in the digestive tract.
- It causes the food to stay inside the stomach, as a foreign body.
- This leads to abdominal colic and such other symptoms, but without vomiting and diarrhea

## DANDA ALASAKA

When there is accumulation of undigested food, the highly vitiated doshas move into obstructed channels

Thus, doshas get obstructed in the GI tract and begin to move in other unnatural channels.

Thus, doshas spread throughout the body and making it stiff like a log of wood.

This disease is called Danda alasaka, which should be rejected for treatment as it can cause death quickly

# VISHUCHIKA - GASTRO ENTERITIS

- Suchi means needle
- Due to sudden and profound aggravation of Vata, along with other doshas, the patient feels pain in his entire body, like being pricked by needles.
- Treatment of Vishuchika: In advanced stages of Vishuchika, Agnikarma of both heels is done. The patient is made to fast on that day and taken care of as one who has undergone purgation therapy. All the post Virechana procedures and treatments should be given to the patient

# INFLUENCE OF DIFFERENT DOSHAS IN ALASAKA & VISHUCHIKA

If Vata is aggravated, it causes

- Shoola – abdominal pain
- Bhrama – delusion
- Anaha – bloating, fullness
- Kampa – tremors
- Stambha – stiffness

If Pitta is aggravated, it causes

- Jvara – fever
- Atisara – diarrhoea, dysentery
- Antardaha – internal burning sensation

If Kapha is aggravated, it causes

- Chardi – vomiting
- Guruta - heaviness of the body
- Vak sangha – difficulty to speak
- Shteevana – excessive salivation, expectoration and spitting

# AMA

---

“Viruddha adhyashana ajeernashalino vishalakshanam |

---

Amadosham maha khoram varjayet visha samnjakam ||

---

Due to overeating, consumption of Virudhha food, and indigestion, ama is formed in the body. It is fatal, poisonous to the body & also known by the name “Amavisha” (undigested food poison)

---

Poison is "ashukari" – quick action. Ama also has quick action in the body. (even sudden death). Hence such patients should not be treated.

---

If mild, opposing dosha treatments can be given

# TREATMENT OF ALASAKA

- Ama - undigested food stagnating inside the GI tract should be removed quickly
- The person is made to drink warm water mixed with powder of Vacha (Sweet flag), Himalayan Pink Salt & Madanaphala (emetic nut). This will induce vomiting.
- Followed by Swedana (sudation therapy)
- Followed by rectal suppositories (Phalavarti) prepared from fruits which help downward movement of feces and flatus
- The parts of the body which are rigid is fomented and wrapped with cloth



## TREATMENT OF AMA DOSHA

- The patient of indigestion though having severe abdominal pain should not be given pain killing drugs
- The Agni which is associated with Ama will not be able to digest the vitiated doshas, drugs and food
- The severe troubles arising from these three will soon kill the patient
- Treatment will begin post digestion. After the food is found digested, if stiffness and heaviness of the abdomen is persisting, then medicines are given to digest the residual doshas and to stimulate the Agni

# TREATMENT OF DISEASES CAUSED DUE TO AMA

- Apatarpana (Non-nourishment treatment)
- Mild ama - Langhana is given (fasting)
- Moderate ama – Langhana & Pachana (with digestive drugs)
- Severe – Shodhana (Purification/ Panchakarma) – this removes ama from the root
- When the doshas have balanced, when the Ama is completely relieved, when digestion is completely restored to normalcy, then do oil-bath, drinking of oil (Snehapana therapies) and enema therapy, etc. should be administered appropriately. This will help the patient regain his lost strength.

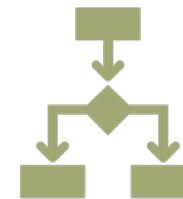
# TYPES OF TREATMENT OF DISEASES



Any diseases should be first treated with Hetuviparyaya Chikitsa (treat the cause)



If it does not subside, do the Vyadhi Viparyaya Chikitsa (treat the disease)



If not, do Tadarthakari Chikitsa (Therapies that are not directly opposing the cause or disease, yet yielding positive results)

# INDIGESTION (AJEERNA)

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# AJIRNA SAMANYA LAKSANA - GENERAL SYMPTOMS OF INDIGESTION

- Diarrhea or constipation
- Exhaustion
- Inactivity of Vata
- Distension of the abdomen
- Feeling of heaviness
- Dizziness are the general symptoms of Ajirna (indigestion).

AJIRNA  
ANYAKARANANI  
- OTHER  
CAUSES OF  
INDIGESTION

Consuming large quantity of food is not the only cause for production of Ama Dosha. It can also be caused by foods which are disliked, which cause flatulence, which are over-cooked or uncooked, which are not easily digestible, which are dry, very cold, contaminated, which cause burning sensation during digestion, which are dried up or soaked in more water, do not undergo proper digestion, food consumed by persons afflicted with grief, anger, excess hunger etc.

# AMA AJEERNA

Vitiation of Kapha causes "Ama Ajeerna"

Swelling of the eyes socket and cheeks

Excessive belching

Excess salivation

Nausea

Heaviness of the body

Treatment : Langhana (fasting)

# VISHTHABDHA AJIRNA

Due to vitiated Vata

Symptoms are pain in the abdomen, constipation, flatulence and debility.

Treatment: Swedana (sudation)

# VIDAGDHA AJIRNA

Due to vitiated Pitta

Symptoms are thirst, fainting, dizziness, giddiness, sour belching and burning sensation

Treatment: Vamana (emesis)

# VILAMBIKA

A kind of indigestion occurring due to profound accumulation of Ama inside the channels.

It is caused due to vitiation of Kapha and Vata

Has all the symptoms of Ama

Treatment is like that of Ama

# RASASHESHA AJEERNA

Symptoms : Lack of enthusiasm, discomfort in the region of the heart despite excessive belching

Treatment

Patient is asked to sleep during day without taking food

When he develops hunger naturally, he should be given a little quantity of easily digestible food

## DUSHTA ASHANA – BAD FOOD HABITS

- Consuming suitable and unsuitable foods mixed is known as Samashana
- Consuming large quantity of food even before the previous meal is digested is called Adhyasana
- Consuming less or more quantity at improper time is Vishamashana
- All these three either causes diseases or death

# AHARA VIDHI - THE RIGHT WAY TO EAT FOOD

---

Kale Satmyam - Food should be consumed at the proper time

---

Shuchi, Hitam – Food should be favorable, clean, suited to health

---

Snigdha, Ushna, Laghu – unctuous, warm and easily digestible

---

Tanmanaa – consuming food with attention

---

Shadrasa, Madhurapraayam – should contain all the six tastes with predominance of sweet taste

---

Na Atidruta, Vilambitam – neither quickly nor slowly

---

Snataha – after taking shower

---

AHARA VIDHI  
- THE RIGHT  
WAY TO EAT  
FOOD  
CONTD.

---

Kshut vaan – after having good hunger

---

Viviktastha - sitting in solitude

---

Dhauta pada kara aanana – after washing the feet, hands and face

---

Tarpayitva pitru, deva, atithi, balaka, guru – after paying obeisance to forefathers, gods, guests, children and Guru

---

After satisfying even the dependents maintained in the house (such as servants, pets etc.)

---

After carefully considering one's own constitution, likes and dislikes

---

Without complaining/abusing the food

---

Without talking

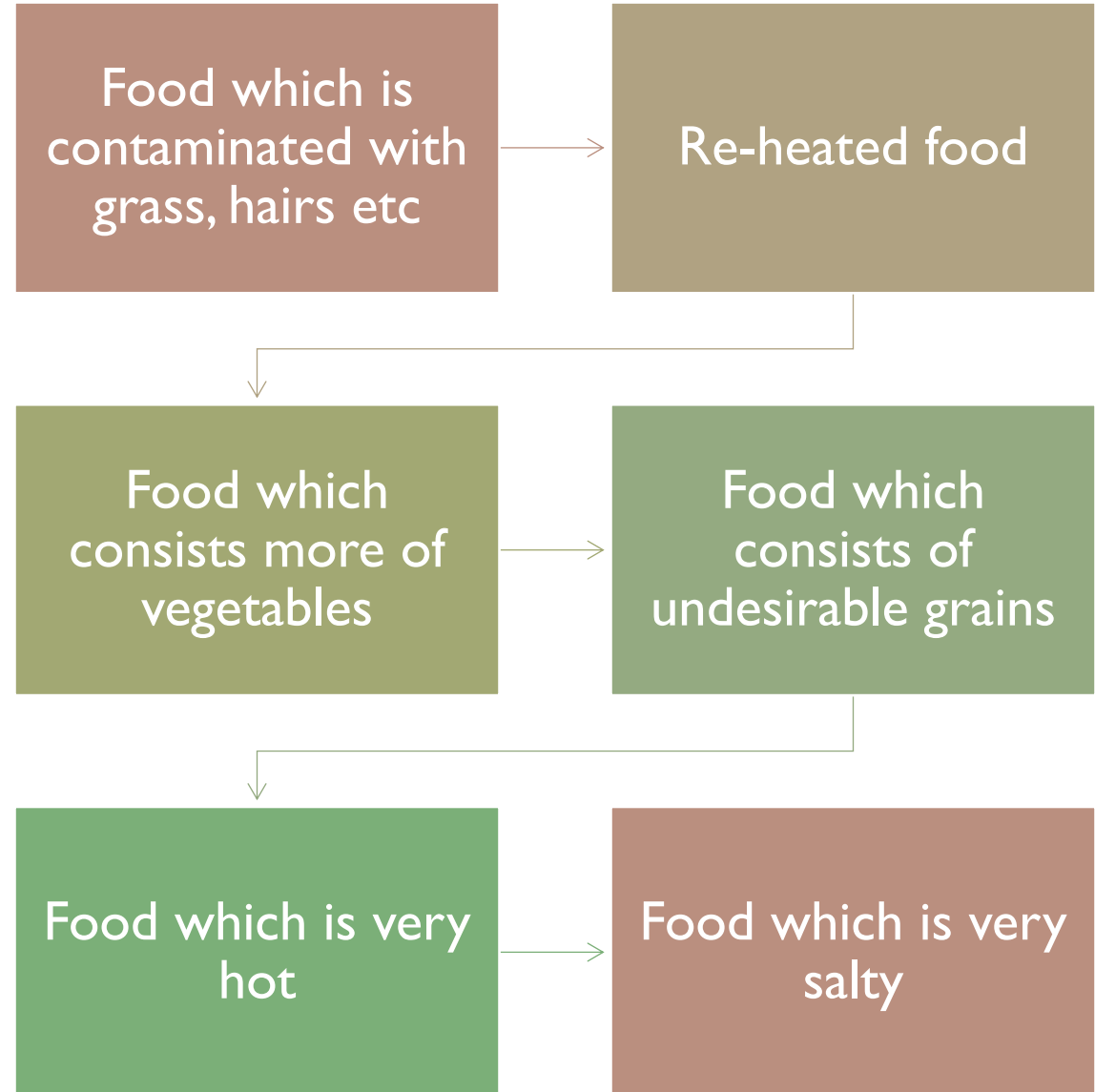
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In the company of likeable people

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Served by those who are clean and faithful

# FOODS TO BE AVOIDED



## FOODS UNFIT FOR CONSUMPTION EVERYDAY

- Kilata (Similar to cheese)
- Curd
- Kurchika - Solid part of curd (Similar to paneer)
- Kshara (alkalies)
- Sukta - fermented gruel
- Ama Mulaka - Radish uncooked
- Meat of animals which are emaciated, dry meat, meat of boar, sheep, cow, fish and buffalo

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## FOODS UNFIT FOR CONSUMPTION EVERYDAY CONTD.

- Nishpava (flat beans)
- Saluka (lotus roots), Bisa (lotus stalk)
- Germinated grains
- Dried vegetables
- Yavaka (small barley)
- Phanita (half cooked molasses)
- Masha (black gram)

PATHYA -  
FOOD THAT  
CAN BE  
CONSUMED  
EVERYDAY

Shali - rice

Godhuma - wheat

Yava - barley

Shashtika - rice maturing in sixty days

Jangala meat - meat of animals of desert like lands

Sunisannaka, Jivanti - *Leptadenia reticulata*

Balamulaka - young radish

Pathya (Haritaki) - *Terminalia chebula*

Amalaka - Indian gooseberry

Mridwika - Raisins

PATHYA -  
FOOD THAT  
CAN BE  
CONSUMED  
EVERYDAY  
CONTD.

Mudga - green gram

Sarkara - Mishri /rock sugar

Ghrita - ghee

Divyodaka - rainwater or pure water

Ksheera - milk

Kshoudra - honey

Dadima - Pomegranate

Saindhava - Rock salt

## EVERYDAY FOODS

- Two parts of the stomach (half of its capacity) should be filled with solid foods, one part by liquids and the remaining one part should be kept vacant for air etc

## ORDER OF CONSUMPTION OF FOOD

### Beginning of the meal

- Sweet taste
- Fatty food
- Foods that are not easily digestible
- Foods that are slow & hard (sugarcane, radish, mango, etc)

### End of meal – the opposite qualities

Middle of the meal – sour & salty food

## ANUPANA (AFTER-DRINK)

- Cold water is the ideal drink after meals with food made of barley, wheat, curd, wine, poison, honey
- Warm water is ideal drink after meals with foods that are starchy, mastu, takra, fermented gruel, vegetable dishes, green gram and other legumes
- Sura (beer) is the ideal after drink for lean person.
- Honey mixed water is the ideal after drink for obese person
- Meat soup is good after drink for the emaciated
- Wines are ideal after a meal of meat and for those who have poor digestive capacity
- Milk is just like nectar for those who are weakened by diseases, medicines (and therapies), walking long distances, speaking, sexual intercourse, fasting, exposure to sun and other tiresome activities & also for the emaciated, the aged, and children

# ANUPANA



An ideal Anupana ( after-drink) is that which has properties opposite to that of the foods taken during the meal but should not be incompatible.



Benefits: Improves energy, gives contentment, helps proper movement of food inside the alimentary tract, gives stability to the body parts; loosens hard masses of food, helps moistening the food and digestion.

# CONTRAINDICATIONS OF ANUPANA

- Contraindications: It is not good in diseases of the organs above the shoulders (ear, nose, throat, eyes and brain related diseases), dyspnea (COPD, Asthma), cough, injury to chest (lungs), rhinitis, for those engaged in singing and speaking and in hoarseness of voice
- Drinking liquids should be avoided by those who are over-hydrated, who are suffering from polyuria, diseases of the eyes and throat, and wounds (ulcers)
- Both healthy and sick should avoid speaking, walking long distances and sleeping immediately after consuming liquids
- Avoid exposure to sun and fire, travelling in vehicles, swimming and riding on animals soon after consuming food

# AHARA KALA - PROPER TIME TO HAVE MEALS

- The ideal time for meals is:
- After the elimination of feces and urine
- When the mind is clean (devoid of emotions)
- When the doshas are moving in their natural paths (functioning normally)
- When belching is pure without and foul smell or taste
- When hunger is well manifested
- When the flatus is moving downward easily
- When the digestive activity is good
- When the sense organs are clear (functioning well)
- When the body is light

HERBS USED IN  
PANCHAKARMA, ETC  
(SHODHANADI GANA  
SAMGRAHANEYAM)



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## INTRODUCTION

---

This chapter mentions about 33 groups of herbs

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The drugs of these groups made into medical formulations such as

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Kalka - wet bolus

---

Kwatha/ Kashaya – decoction

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Sneha - medicated fats

---

Leha - confections

---

Used for drinking, as nasal drops, as oil enema, topical application, anointing etc, either internally or externally. Helps cure diseases.

## CHARDANA GANA (GROUP OF EMETICS)

Madana (*Randia spinosa*), Madhuka (Licorice), Lamba, Nimba (neem), Bimbi (*Coccinia grandis*) Vishala, Trapusha, Kutaja (*Holarrhena antidysenterica*), Murva, Devadali, Krimighna (*Embelia ribes*), Vidula, Dahana, Chitra (lead wort), the two Kosavati, Karanja, Kana (long pepper), Vacha (*Acorus calamus*), Ela (cardamom) and Sarhsapa (mustard) form the group of emetics.

## VIRECHANA GANA - GROUP OF PURGATIVES

Nikumbha, Kumbha, Triphala (Haritaki, Vibhitaki, Amalaki), Gavakshi, Snuk (Snuhi), Shankhini, Nilini (*Indigofera tinctoria*), Tilvaka, Samyaka, Kampillaka (*Mallotus philippinensis*), Hemadugdha, Dugdha (milk), and Mutra (urine) are purgatives

# NIRUHANANA GANA- GROUP OF DRUGS FOR DECOCTION ENEMA

- Madana (*Randia spinosa*), Kutaja (*Holarrhena antidysenterica*), Kustha (*Saussurea lappa*), Devadali, Madhuka, Vacha, Dashamoola, Daru (*Devadaru*), Rasna, Yana, Mishi, Kritavedhanam, Kulattha (Horse gram), Madhu (Honey), Lavana (salt) and Trivrit- are Drugs for decoction enema

# NAAVANA GANA- GROUP OF DRUGS FOR NASAL MEDICATIONS

Vella, Apamarga (*Achyranthes aspera*), Vyosa (Trikatu - Pepper, long pepper and ginger), Darvi (Tree turmeric), Surala, Bija of Shirisha, Bhrihati and Shigru, Madhukasara, Saindhava (Black salt), Tarksyasaila, the two Truti and Prithvika - purifies the head, neck and above

## VATAGHNA GANA–GROUP OF DRUGS WHICH BALANCES VATA

Bhadradaru (*Cedrus deodara*), Nata, Kustha (*Saussurea lappa*), Dashamula, the two Bala (Bala and atibala), the drugs of Virataradigana, and of Vidaryadi Gana balances vata

## PITTAGHNA GANA - GROUP WHICH BALANCES PITTA

Durva, Ananta, Nimba (neem), Vasa, Atmagupta (Kapikacchu), Gundra, Abhiru, Sitapaki, Priyangu, drugs of Nyagrodhadi, and Padmakadi Gana, the two Sthira, Padmaka, Vanya and drugs of Sarivadi Gana balances pitta

# KAPHAGHNA GANA- GROUP WHICH BALANCE KAPHA

Drugs of Aragvadhadi, Arkadi, Muskakadi, Asanadi, Surasadi, Mustadi, and Vatskadi Ganas - balances Kapha

## JEEVANIYA GANA:- GROUP OF RESTORATIVES

Jeevanti, the two Kakoli (Kakoli and Ksheerakakoli), the two Meda (Meda and Mahameda), Mudagaparni, Masaparni, Rishabhaka, Jeevaka, and Madhuka - is known as Jivaniya Gana - group of restoratives

# VIDARYADI GANA

- Vidari, Panchangula, Vrischikali, Vrischiva, Devahvaya, the two Surpaparni, Kantakari, Drugs of Jivana Pancamula and Hrasva Pancamula, Gopasuta Tripadi
- Vidaryadi groups of Drugs are Hrudya – good to the heart
- Bruhmana – fattening
- Vatapittaha – Mitigates Vata and Pitta
- Useful in the treatment of Shosha – emaciation Gulma – abdominal tumor Angamarda – bodyache, Urdhwashwasa – wheezing kasa – cough

# SARIVADI GANA

- Sariva (*Hemidesmus indicus*), Ushira, Kasmarya, Madhuka the two Sisira, Yashti and Parusaka
- Cures burning sensation, bleeding disease, thirst and fevers

# PADMAKADI GANA

- Padmaka, Pundra, Vriddhi, Tuga, Riddhi, Shringi, Amrita and the ten drugs of Jeevaniya gana
- Stanyakara – causes production of breast milk
- Balances Vata and Pitta
- Nourishing
- Enlivening
- Causes weight gain
- Aphrodisiac

# PARUSHAKADI GANA

- Parushaka, Vara (Triphala), Draksha (Raisins), Katphala; Katakaphala, Rajahva, Dadima (Pomegranate) and Shaka
- Cures thirst, urinary disorders and mitigates vata

# ANJANADI GANA

- Anjana (Collyrium), Phalini, Mamsi (Jatamansi), Padma (Lotus), Utpala, Rasanjana (Aqueous extract of *Berberis aristata*), ela (Cardamom), Madhuka (Licorice), and Nagahva
- Cures diseases due to poison, burning sensation inside the body, and balances pitta

# PATOLADI GANA

- Patola, Katurohini, Chandana (Sandalwood), Madhusrava, Guduci (Tinospora), and Patha
- Balances Kapha and Pitta
- Cures skin diseases, fevers, poison, vomiting, anorexia and Jaundice

# GULUCHYADI GUNA

- Guduchi (Indian tinospora), Padmaka, Arista, Dhanyaka and Raktachandana
- Mitigates Pita and Kapha
- Cures fever, vomiting, burning sensation, thirst and improves digestion

# ARAGWADHADI GANA

- Aragvadha, Indrayava, Patali, Kakatikta, Nimba (neem), Amrita, Madhuras, Sruvavrka, Patha, Bhunimba, Sairyaka, Patola, the two Karanja (Karanja and Latakaranja), Saptachada, Agni (Chitraka), Susavi, Phala, Bana, and Ghonta
- Cures vomiting, skin diseases poison, fevers
- Mitigates kapha
- Reduces itching, diabetes, and cleanses bad wounds

## ASANADI GANA-

- Asana, Tinisa, Bhurja, Swetavaha, Prakiya, khadria, Kadara, Bhandi, Simsipa, Mesasrangi, the three Hima, tala Palasa, Jongaka Saka, Sala , Kramuka, Dhava, Kalinga, Chagakarna, and Asvakarna
- Cures leukoderma, skin diseases
- Mitigates kapha
- Cures diseases of worms, Anemia, diabetes and diseases due to fat accumulation

# VARUNADI GANA

- Varuna, the two Sairyaka, Satavari, Dahana, Morata, Bilva, Visanika, the two Brhati thw two Karanji, the two jaya, Bahalapallava, Dardha and Rujakara
- Pacifies kapha, fat and dyspepsia, cures Adhyavata- rigidity of the thighs, headaches, tumors and abscess inside the abdomen

# USAKADI GANA

- Usaka, tutthaka, Hingu, the two Kasisa, saindhava and Silajitu
- Cures Dysuria, Urinary calculus, abdominal tumors, obesity
- Balances Kapha

# VIRATARADI GANA

- Guntha, Gundra, Bhalluka, Morata, Kuranta, Karambha and Partha
- Cures diseases due to Vata
- Cures urinary stones, dysuria, suppression of urine and pain

# RODHRADI GANA

- Rodhra, Sabarakarodhra, Palasa, Katphala, Yukta, Kutsitamba, Kadali, Gatasoka, Elavalu, Paripelava, and Moca
- Cures diseases of fat and Kapha & disorders of Vagina

# ARKADI GANA

- Arka , Alarka, Nagadanti, Visalya, Bharngi, Rasa, Vrscikali, Prakriya, Pratyapuspi, Pitataila, Udakirya, the two Sveta and Tapasa Vrksa
- Mitigates Kapha, fat, poison, worms, other skin diseases and cleanses ulcers

# SURASADI GANA

- The two Surasa, Phaniija, Kalamala, Vidanga, Kharabusa, Vrsakarni, Katphala, Kasamarda, Ksavaka, Sarasi, Bharngi, Karmuka, Kakamaci, Kulahala, Visamusti, Bhutrna, Bhutakesi
- Mitigates Kapha, fat, worms, common cold, Anorexia, Dyspnoea, cough and cleanses the wounds

# MUSKAKADI GANA

- Muskaka, Srug, Vara, Dvipi, Dhava and Simsipa
- Cures abdominal tumors, Diabetes , renal calculus, anemia, obesity, hemorrhoids, disorders of kapha and semen

## VATSAKADI GANA-

- Vatsaka, Murva, Dharngi, Katuka, Marica, Ghunapriya, Gandira, Ela, Patha, Ajaji, Katvanga phala, Ajamoda, Siddhartha, Vaca, Jiraka, Hingu, Vidanga, Pasugandja and Pancakola-
- Cures disorders of Vata, Kapha and medas (fat tissue), rhinitis, abdominal tumor, fever, colic, and hemorrhoids

# VACHAHARIDRADI GANA

Vaca, Jalada, Devahva, Nagara, Ativisa, and Abhya; the two Haridra, Yasti, Kalasi, Kuta Jodbhava

Cures acute diarrhoea or that caused by accumulation of Ama, diseases due to excess fat, kapha disorders and breast milk related abnormalities

# PRIYANGU- AMBASTHADI GANA

- Priyangu Puspa,, two Anjana, Padma, Padmaraja, Yojanavalli, Ananta, Manadruma, Mocarasa, Samanga, Pannaga, Sita and Madniya hetu; Ambasatha, Madhuka, Namaskari, Nandivrksa, Palasa, Kacchura, Rodhra, Dhataki, Bilvapesika, Katvanga and Kamalaraja-
- Priyangu and Ambasthadi groups cures chronic diarrhoea, heals fractures, good for pitta and heals ulcers

# MUSTADI GANA

- Musta, Vaca, Agni, the two Nisa, the two Tikta, Bhallata, Patha, Triphala, Visakhya, Kustha, Truit and Haimavati-
- Cures diseases of Vagina, breastmilk, and digests the malas & doshas

# NYAGRODHADI GANA

- Nyagrodha, Pippala, Sadaphala, the two Rohra, the two Jambu, Arjuna, Kapitana, Somavalka, Plaksa, Amra, Vanjula, Piyata, Patasa, Nanon, kon, Kadamba, Virala, Madhuka and Madhuka-
- Good for wounds/ulcers, causes constipation, unites fractures, cures fat accumulation, bleeding diseases, thirst, burning sensation, and diseases of the vagina

## ELADI GANA

- The two ela (Big and small variety), Turuska, Kustha, Phalini, Mamsi, Jala, Dhyamaka, Sphrkka, Coraka, Coca, Patra, Tagara, Sthauneya, Jatirasa, Sukti, Vyaghranaka, Amarahva, Aguru ,Srivasaka, Kumkuma, Canda, Guggulu, Devadhupa, Khapura, Punnaga and Nagahvaya-
- Cures disorders of Vata, Kapha and poison, improves color/complexion, cures itching, cures pustules and skin rashes

# SHYAMADI GANA

- Shyama, danti, Dravanti, Kramuka, Kutarana, Sankhini, Carmasahva, Svarnaksiri, Gavaksi, Sikhari, Rajanaka, Chinnaroha, Karanja, Bastantri, Vyadhighati, Bahala, Bahurasa and Tiksnavrksaphala
- Cures abdominal tumors, poison, anorexia, diseases of Kapha, heart ache, dysuria

Q+A

