Handbook on Ayurvedic Medicines with Formulae, Processes and Their Uses (2nd Revised Edition)
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Ayurvedic medicine (also called Ayurveda) is one of the world’s oldest medical systems. It originated in India and has evolved there over thousands of years. It is a holistic healing science. Ayurvedic practice involves the use of medications that typically contain herbs, metals, minerals, or other materials. Now-a-days people are attracted more towards Ayurvedic medicines as the allopathic medicines are costlier and have side effects. There is more and more scientific research being conducted in our country for treatment of various diseases by Ayurvedic and herbal therapy. Research on medicinal and cosmetic uses of herbs is contributing to the growth of herbal industry. A large number of ailments have Ayurvedic treatment much superior to the other system of medicines and this has been recognized world over.

Medicine has become an increasingly accepted alternative medical treatment in America during the last two decades. Up to 80% of people in India use either Ayurveda or other traditional medicines. It is believed that building a healthy metabolic system, attaining good digestion and proper excretion leads to vitality. India is said to have advantage of well recorded and well practiced knowledge of traditional herbal medicines. Herbal products are in huge demand in the developed world for health care, for the reason that they are efficient, safe and have lesser side effects.

Efforts have been made on this book to enable readers to explore details regarding medicinal plants and their processing, learn about the unique composition of Rooh Afza, a clinical study of Chyavanaprash produced by Ayurveda rasashala, a clinical assessment of effect of triphala inlipoma, formulae and processes of different types of Ayurvedic Medicines like churan, capsules, syrup, sharbat, pastes etc that are used in various ailments. It also highlights preparation and uses of every product accompanied with their formulations which offers relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, depression etc. Special content on machinery equipment photographs along with supplier details has also been included.

We hope that this book will meet every individual need who has thrust to explore and enter into the field of medicinal herbs processing.

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Science and Technology
Tie-up Programme
Market Potential

The unique composition of Rooh Afza

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Santalum Album (White Sandal Wood Sandal Safed)
Nymphaea Alba (White Waterlily/Gul Nilofar)
Protulaca Oleracea (Garden Purslane/Khurfa)
Daucus Carota (Carrot/Gajar)
Parmelia Perlata (Stone Flower/Chharrhila)
Spinacia Oleracea (Spinach/Palak)
Mentha Arvensis (Mint/Pudina)
Luffa Cylindrica (Smooth Luffa/Hara Ghia)
Cichorium Intybus (Endiver/Kasni)
Vitis Vinifera (Dried Grapes/Munnaqqa)
Vetiveria Zizanioides (Khus Khus Grass/Khas Hindi)
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Rooh Afza medicinal properties
Rooh Afza soothing and refreshing properties

When to use Rooh Afza

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Alkaloid from Glycosmis pentaphylla (Retz) DC
A short and efficient synthesis of ethyl (E,E)-7,12-dixo-octadeca-8,10-dienoate (ostopanic acid ethyl ester)
Isolation & Identification of a New Derivative of Allophanic Acid from the Seed Coat of Butea monosperma (Lam.) Kuntze Pyroglutamylglutamined" A new diuretic principal from Dolichos biflorous seeds
Experimental
A New Sorboside from Ichnocarpus frutescens Dalspinosin 7-O-b-D-Glucopyranoside, a
New Isoflavone Glycoside from the Roots of Dalbergia spinosa Roxb.
Uncinatone, a Diterpene Hydroquinone from Clerodendron fragrans & C. siphonenthus

CHAPTER-43
Machinery & Equipments

Sample Chapter:
A Clinical Study of Chyavanaprash produced by Ayurveda Rasashala

Introduction

Chyavanaprash is commonly taken by Indian people as a general tonic and an appetiser. The term 'Chyavanaprash' is taken from the name of the sage 'Chyavana'. After losing his youthful vigor, Chyavana Rishi was given a sticky sweet paste like substance by Ashwinikumars and Chyavana Rishi had got a miraculous reversal of age and his youthful vigor. Thus the substance became known as 'Chyavanaprash'.

It is given to children as well as elderly people for strong and healthy life. The process of aging is common to all living beings. Various symptoms are seen during aging from loss of hair to loss of memory. All these signs appear because catabolic rate is more than anabolic rate. The catabolic process can be accelerated by improper intake of food, drink and erratic life styles, mental stresses, and physical strains, etc. And this can be slowed by proper life style and food.

Ayurveda is not only concerned with proper intake of food but also proper digestion and absorption. So that all 7 dhatus are able to nourish the body properly, and this will happen only when 'Agni' (Entity for proper digestion) is functioning well. The lack of digestion 'Agni-mandya' will lead to various disorders thus provoking disfunction of the body mechanism which in turn will accelerate the catabolic process.

As Ayurveda is keen about proper digestion and absorption it is also related with elimination of waste products. So that not to produce toxins and provoking all kinds of diseases. For proper cleansing Ayurveda recommends 'Pancha-Karma' and it is recommended that in past panchakarma stage 'Chyavanaprash' is highly useful to be taken orally as Rasaya to build up the proper digestive ability.

There are 3 major References of Chyavanaprash-Ashtanga Haridaya-Charak Samhita - Sharangadhar Samhita - Vogaratnakar Samhita.

Chyavanaprash is made with about 35-50 herbal ingredients processed by boiling, frying in ghee, pounding, mixing, etc. resulting in a thick paste like dark brown Sweet-Sour substance which is taken orally.

It is equally recommended for children as well as adults as an excellent tonic and as an anti-aging agent.

Materials and Methods

Materials used

<table>
<thead>
<tr>
<th>Material</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agaru</td>
<td>Carminative nerve tonic</td>
</tr>
<tr>
<td>Agnimantha</td>
<td>Digestive, Kapha-Vatanashak</td>
</tr>
<tr>
<td>Amalaki</td>
<td>Rich in vit C., Diuretic, laxative</td>
</tr>
<tr>
<td>Bala</td>
<td>Cardiac Stimulent,cooling</td>
</tr>
<tr>
<td>Bibhitaka</td>
<td>Expectorant,laxative</td>
</tr>
<tr>
<td>Vidarikanda</td>
<td>Diuretic, Helps lactation.</td>
</tr>
<tr>
<td>Bilva</td>
<td>Heart &amp; brain tonic,laxative</td>
</tr>
<tr>
<td>Brihiti</td>
<td>Carminative,astringent</td>
</tr>
<tr>
<td>Herb</td>
<td>-</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Chandana</td>
<td>-</td>
</tr>
<tr>
<td>Draksha</td>
<td>-</td>
</tr>
<tr>
<td>Ela</td>
<td>-</td>
</tr>
<tr>
<td>Gokshur</td>
<td>-</td>
</tr>
<tr>
<td>Guduchi</td>
<td>-</td>
</tr>
<tr>
<td>Haritaki</td>
<td>-</td>
</tr>
<tr>
<td>Jivanti</td>
<td>-</td>
</tr>
<tr>
<td>Jivak</td>
<td>-</td>
</tr>
<tr>
<td>Kakanasika</td>
<td>-</td>
</tr>
<tr>
<td>Kakoli</td>
<td>-</td>
</tr>
<tr>
<td>Kkrashingi</td>
<td>-</td>
</tr>
<tr>
<td>Kantakari</td>
<td>-</td>
</tr>
<tr>
<td>Kashmari</td>
<td>-</td>
</tr>
<tr>
<td>Karlimoola</td>
<td>-</td>
</tr>
<tr>
<td>Kshara</td>
<td>-</td>
</tr>
<tr>
<td>Kshirakakoli</td>
<td>-</td>
</tr>
<tr>
<td>Mahameda</td>
<td>-</td>
</tr>
<tr>
<td>Mashapami</td>
<td>-</td>
</tr>
<tr>
<td>Mudgaparni</td>
<td>-</td>
</tr>
<tr>
<td>Musta</td>
<td>-</td>
</tr>
<tr>
<td>Pali</td>
<td>-</td>
</tr>
<tr>
<td>Pimpali</td>
<td>-</td>
</tr>
<tr>
<td>Pokharmoola</td>
<td>-</td>
</tr>
<tr>
<td>Prushniparni</td>
<td>-</td>
</tr>
<tr>
<td>Punarnava</td>
<td>-</td>
</tr>
</tbody>
</table>
Salaparni - Bitter tonic, fibrifuge, diuretic
Syonaka - Astringent, bitter
Shatavari - Galactagogue, aphrodisiac,
Shati - Stomachic, carminative, tonic
Shringi - Demulcent, aphrodisiac, cardiac tonic Shwadamstra
Tamalaki - Astringent, Cooling diuretic
Takolimoola - Antiparasitic, vataharam
Tajapatra - Carminative diuretic
Twak - Antispasmodic, haemostatic
Utpala - Refrigerant, diuretic
Vamsalochana - Stimulant Antispasmodic
Vasakmoola - Expectorant, antispasmodic
Vasuchimmola - Cathartic, abortifacient
Vidari - Demulcent, refrigerant, aphrodisiac

Method
(Chyavanaprash is an Avaleha Kalpana)
All the above ingredients were taken and a decoction was made. A decoction and sugar were boiled till 'Pak-Siddhi' was done. All the ingredients and prakshepa - Dravyas were added to pak and kept for cooling. Loha Bhasma is also added to the Chyavanaprash.

Observations
Nine patients were chosen to given Chyavanaprash and were classified in 3 categories:

1) Hareetaki - Terminalia chebula 66.7 mg.
2) Bibheetaka - Terminalia bellerica 66.7 mg.
3) Amalaki - Emblica officinalis 66.7 mg.
3) Kajjali made from
   i) Shuddha Parada - Detoxified Mercury 5.0 mg.
   ii) Shuddha Gandhakaka - Detoxified Sulphur 5.0 mg.
Action of Triphala:
Triphala, the basic constituent of this drug is useful in kapha and Pitta disorders. Kajjali enhances the action of Triphala. This compound is useful in skin diseases and as a blood purifier. It is used as a primary antibiotic and safely be prescribed during or after withdrawal of broad spectrum antibiotics for prevention of re-infections.
With warm astringent action is alleviates 'Kapha Dosha'. Thus relieves inflammatory conditions by preventing pus formation, it is successfully used in viral infections, long lasting fevers and as a drug of choice in Acne vulgaris.

Methodology:

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Years from - to</th>
<th>No. Of patients</th>
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<tbody>
<tr>
<td>1.</td>
<td>11-20</td>
<td>01</td>
</tr>
<tr>
<td>2.</td>
<td>21-30</td>
<td>07</td>
</tr>
<tr>
<td>3.</td>
<td>31-30</td>
<td>08</td>
</tr>
<tr>
<td>3.</td>
<td>31-50</td>
<td>08</td>
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<tr>
<td>5.</td>
<td>51-60</td>
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<tr>
<td>Total</td>
<td></td>
<td>25</td>
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</table>

Sex group

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<tr>
<th>S.No.</th>
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<th>Male</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>06</td>
<td>19</td>
<td>25</td>
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Occupation

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<thead>
<tr>
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<th>No.of patients</th>
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<tbody>
<tr>
<td>1.</td>
<td>Service</td>
<td>12</td>
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<tr>
<td>2.</td>
<td>Engineer</td>
<td>01</td>
</tr>
<tr>
<td>3.</td>
<td>Student</td>
<td>03</td>
</tr>
<tr>
<td>3.</td>
<td>House Hold</td>
<td>03</td>
</tr>
<tr>
<td>5.</td>
<td>Business</td>
<td>01</td>
</tr>
<tr>
<td>6.</td>
<td>Professor</td>
<td>03</td>
</tr>
<tr>
<td>7.</td>
<td>Farmer</td>
<td>01</td>
</tr>
<tr>
<td>8.</td>
<td>Driver</td>
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<tr>
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<td></td>
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Prakruti
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<tr>
<th>S. No.</th>
<th>Total</th>
<th>No. of Patalets</th>
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<tbody>
<tr>
<td>1.</td>
<td>Vata Pitta</td>
<td>02</td>
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<tr>
<td>2.</td>
<td>Pitta Vata</td>
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<tr>
<td>3.</td>
<td>Kapha Vata</td>
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<tr>
<td>3.</td>
<td>Vata Kapha</td>
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<td>5.</td>
<td>Pitta Kapha</td>
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<td>Kapha Pitta</td>
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<td></td>
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Relief

<table>
<thead>
<tr>
<th>Relief</th>
<th>Moderate</th>
<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td></td>
<td>up to 30%</td>
<td>31 to 60%</td>
<td>80% and above</td>
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<td>15</td>
<td>05</td>
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No. of Days of Treatment

<table>
<thead>
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<th>Days</th>
<th>No. of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>21 days</td>
<td>01</td>
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<tr>
<td>2.</td>
<td>32 days</td>
<td>22</td>
</tr>
<tr>
<td>3.</td>
<td>90 days</td>
<td>02</td>
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<tr>
<td></td>
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</tbody>
</table>

Site

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Site</th>
<th>No. of Patients</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Axilla both</td>
<td>01</td>
</tr>
<tr>
<td>2.</td>
<td>Multiple (All over Body)</td>
<td>09</td>
</tr>
<tr>
<td>3.</td>
<td>Fore arm</td>
<td>09</td>
</tr>
<tr>
<td>3.</td>
<td>Fore head</td>
<td>01</td>
</tr>
<tr>
<td>5.</td>
<td>Abdomen (epigastric) region</td>
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</tr>
<tr>
<td>6.</td>
<td>Popliteal fossa</td>
<td>01</td>
</tr>
<tr>
<td>7.</td>
<td>Back</td>
<td>03</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>25</td>
</tr>
</tbody>
</table>
Duration of appearance of Lipoma

1. 1 month 01
2. Upto 1 years 10
3. 1-2 yrs 03
4. 2-3 yrs 02
5. 3-3 yrs 01
6. 3-5 yrs 05
7. 5-6 yrs 01
8. 8-9 yrs 01
9. 9-10 yrs 02
10. More than 10-15 yrs 01
Total 25

Discussion

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