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 in lipoma, formulae and processes of different types of Ayurvedic Medicines like churna, 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.

Content:
CHAPTER-1
Medicinal Plants
Introduction
Science and Technology
Tie-up Programme
Market Potential
The unique composition of Rooh Afza

CHAPTER-2
The Properties of Rooh Afza's Ingredients
Invert Sugar
Coriandrum Sativum (Coriander/Dhania)
Citrullus Vulgaris (Water-melon/Tarbooz)
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)
Onosma Bracteatum (Burge Gaozaban)
Rooh Afza in a nutshell
Rooh Afza as nutrient
Rooh Afza for essential electrolytes
Rooh Afza for retention of body water
Rooh Afza medicinal properties
Rooh Afza soothing and refreshing properties
When to use Rooh Afza

CHAPTER-3
A Clinical Study of Chyavanaprash produced by Ayurveda Rasashala
Introduction
Materials and Methods

CHAPTER-4
A Clinical assessment of effect of Sookshma Triphala in Lipoma
Introduction:
Lipoma:
About Sookshma Triphala:
Action of Triphala:

Methodology:

CHAPTER-5

A clinical study of Ayurvedic rasayana Formula viz, Rasanik-T

Introduction:

About formula of Rasanik-T:

Methodology

Storage of Itrifal

Itrifal Ustukhuddus

Itrifal Aftimun

Itrifal-I-Deedan

Itrifal-I-Zamani

Itrifal Sanai

Itrifal Shahtra

Itrifal Saghir

Itrifal Ghudaddi

Itrifal Fauladi

Itrifal Kabir

Itrifal Kishmishi

Itrifal Kishneezi

Itrifal Mundi

Al-Ahmar

Anqaruya-i-Kabir

Baslivun Kabir

Bakhor Dama

Barsesha

Barud-I-Kafuri

Banadiq-Al-Bazur

Tiryaq-I-Samania

Tiryaq-I-Faruq

Tiryaq-I-Masana

Tiryaq-I-Nazla

Tutiya-I-Kabir

Jawarishat

Jawarish Amla Sada

Jawarish Amla Ambari Ba Nuskha Kalan

Jawarish Amlalului Masih-Ul-Mulk Wali

Jawarish Anarain

Jawarish Basbasa

Jawarish-E-Tamr Hindi

Jawarish Jalinus

Jawarish Zarishk

Jawarish Zar'uni Sada

Jawarish Zar'uni Ambari Ba Nuskha Kalan
Jawarish Zanjibil
Jawarish Safar-Jali Qabiz
Jawarish Safar Jali Mushil
Jawarish Shahi
Jawarish Shahinshahi Ambaren
Jawarish Shehr Yaran
Jawarish Tabashir
Jawarish Ood Tursch
Jawarish Ood Shirin
Jawarish Ood Mulayyin
Jawarish Fila-Fali
Jawarish Qurtum
Jawarish Kamuni
Jawarish Kamuni Akbar
Jawarish Kamuni Kabir
Jawarish Kamuni Mushil
Jawarish Mastagi Sada
Jawarish Mastagi Kalan
Jawahar Mohra
Jaohar Khusia
Jaohar Seen
Jaohar Munaqa
CHAPTER-6
Habub (Pills)
Hab Awaz Kusha
Hab Ahmar
Hab Azraqi
Hab Asgand
Hab Ashkhar
Hab-I-Ayarij
Ayarij Fiqra
Hab-I-Ayarij
Hab Banafsha
Hab Bawasir Badi
Hab Bawasir Khuni
Hab Papeeta
Hab Pachlauna
Hab Paichish
Hab Tap Balghami
Hab Tursch Mushtahi
Hab Jalinus
Hab Jadwar
Hab Jund
Hab Jawahar
Hab Hiltit
Hab Hamal
Hab Humma
Hab Khas
Hab Khubs-ul-hadid
Hab Dad
Hab Diq-ul-Atfal
Hab Dabba Atfal
Hab Ral
Hab Rasaut
Hab Zehar Mohra
Hab Surkh Chashm
Hab Surfah
Hab Saqmunia
Hab Sumaq
Hab Soranjhan
Hab Siyah Chashm
Hab Seen
Hab Shabyar
Hab Shafa
Hab Shahiqa
Hab Sarah
Hab Urus
Hab Ambar Momiai
Hab Fishar
Hab Fauladi
Hab Kabd Naushadri
Hab Katha
Hab Gul Akh
Hab Gul Pista
Hab Lub-ul-Khashkhash
Hab-e-Limun
Hab Mudir
Hab Marwaridi
Hab Miskeen Nawaz
Hab Mussafi Khun
Hab Maghzh Badam
Hab Muqil
Hab Mumsik Surkh
Hab Mumsik Tilai
Hab Mumsik Ambari
Hab Momiai Sada
Hab MI'A
Hab Narkachur
Hab Nazia
Hab Nashat
Hab Yarqan
CHAPTER-7
Halway
Halwa-I-Badam
Halwa-I-Baiza-I-Murgh
Halwa-I-Sal'ab
Halwa-I-Supari Pak
Halwa-i-Gazar Maghzesar-i-Kunjashkwala
Haljwa-I-Ghaikwar
CHAPTER-8
Khamiray
Khamira Abresham Hakim Arshadwala
Khamira Abresham Sada
Khamira Abresham Shira-I-Unabwala
Khamira, Abresham Ood Mastagiwala
Khamira Banafshah
Khamira Khashkhash
Khamira Zamarudd
Khamira Sandal Sada
Khamira Gaozaban Sada
Khamira Gaozaban Ambari
Khamira Gaozaban Ambari Jawaharwala
Khamira Gaozaban Ambari Jadwar Ood Salibwala
Khamira Marwarid
Khamira Marwarid Khas
Khamira Marwarid ba Nuskha-I-Kalan
Khamira Nazli Jawahar Wala
CHAPTER-9
Dawa-ul-Shifa
Dawa-ul-Karim Kabir
Dawa-ul-Misk Barid Jawahardar
Dawa-ul-Misk Barid Sada
Dawa-Ul-Misk Har Jawahardar
Dawa-Ul-Misk Har Sada
Dawa-ul-Misk Motadil Sada
CHAPTER-10
Dawa-I-Abzan
Dawa-I-Aswad
Dawa-I-Ishal-I-Itfal
Dawa-I-Aoja
Dawa-I-Kharish Jadid
Dawa-I-Khas
Dawa-I-Dipti Saheb
Dawa-I-Subuk
Dawa-I-Sang
Dawa-I-Siyah Paichish
Dawa-I-Siyah Kabutar Wali
Dawa-i-Siyah Mushil
Dawa-i-Sandal
Dawa-i-Gharghara
Dawa Karhaiwali
Dawa-i-Gulu
Dawa-i-Mazmaza
Dayaquza
Zarurat
Zarur Chhalon Wala
Zarur-e-Mujaffif
CHAPTER-11
Rubub
The Hamdard Steam Method for 'Rub'
Manufacture
Rub-e-Anarain
Rub-e-Angur
Rub-e-Bihi
Rub-e-Toot Siyah
Rub-e-Saib Shirin
CHAPTER-12
Ruhain
Ruh-e-Ajwain
Rue-e-Ilaichi
Ruh-E-Badiyan
Ruh-E-Baid Mushk
Ruh-E-Podina
Ruh-E-Keora
Ruh-E-Gaozaban
Ruh-E-Gulab
Ruh-E-Mako
CHAPTER-13
Roghaniyaat
Roghan Amla Khas
Roghan Ajwain
Roghan Erandi
Roghan Afsantin
Roghan Anaf
Roghan Auja'khas
Roghan Babunah
Roghan Badam Talkh
Roghan Badam Shirin
Roghan Badiyan
Roghan Balsan
Roghan Banafshah
Roghan Baiza-i-Murgh
Roghan Pista
Roghan Pumba Danah
Roghan Turb
Roghan Jamalgotah
Roghan Henna
Roghan Khashkhash
Roghan Darchini
Roghan Dhatura
Roghan Zift
Roghan Zaitun
Roghan Surkh
Roghan Santara
Roghan Suranjan
Roghan Seer
Roghan Shafa
Roghan Sandal
Roghan Aqrab
Roghan Qurtum
Roghan Qust
Roghan Quba
Roghan Kafur
Roghan Kahu
Roghan Kuchla
Roghan Kaddu
Roghan Kishneez
Roghan Kalan
Roghan Kamila
Roghan Gul
Roghan Gul Akh
Roghan Labub Subaa
Roghan Laung
Roghan Malkangni
Roghan Mahi
Roghan Mastagi
Roghan Mom
Roghan Nargis
Roghan Neem
CHAPTER-14
Sirka (Vinegars)
Sirka Anguri
Sirka Jamun
Sirka Desi
CHAPTER-15
Sufufat
Sufuf Asal-Us-Sus
Sufuf-ul-Amlah
CHAPTER 16
Sikanjbin
Sikanjbin Bazuri
Sikanjbin Sada
Sikanjbin Limun
Sikanjbin Na'Na
CHAPTER-17
Sunun
Sunun poast Mughilan
Sunun Tambaku
Sunun Khas
Sunun Zard
Sunun Supari
Sunun Kalan
Sunun Mujalli
Sunun Missi
Sunun Muqawwi-E-Dandan

CHAPTER-18
Sharbat
Sharbat Alu Balu
Sharbat Alu Bokhara
Sharbat Abresham
Sharbat Ahmad Shahi
Sharbat Arzani
Sharbat Ustukhuddus
Sharbat Aijaz
Sharbat Aftimun
Sharbat Afsantin
Sharbat Anar Tursk
Sharbat Anar Shirin
Sharbat Anjabar
Sharbat Anjir
Sharbat Angur Tursk
Sharbat Angur Shirin
Sharbat Ananas
Sharbat Bazuri Barad
Sharbat Bazuri Har
Sharbat Bazuri Motadil
Sharbat Banafsha
Sharbat Bihi
Sharbat Belgiri
Sharbat Tamar Hindi
Sharbat Tut Siyah
Sharbat Hab-Ul-As
Sharbat Khaksi
Sharbat Khashkhash
Sharbat Dinar
Sharbat Zanjbil
Sharbat Zufah Sada
Sharbat Zufah Murrakab
Sharbat Santara
Sharbat Saib
Sharbat Shafa
Sharbat Sadar
Sharbat Sandal
Sharbat Ushbah Khas
Sharbat Unnab
Sharbat Phalsa
Sharbat Faryad Ras
Sharbat Fawakih
Sharbat Qabz Kusha
Sharbat Kasni
Sharbat Kaknaj
Sharbat Gaozaban
Sharbat Gazar
Sharbat Gurhal
Sharbat Gulab
Sharbat Laukat
Sharbat Mudir
Sharbat Murakkab Musaffi Khun
Sharbat Mushil
Sharbat Mulayyan
Sharbat Mawaiz
Sharbat Naranj
Sharbat Nankhwah
Sharbat Nilofar
Sharbat Ward
CHAPTER-19
Shiyaf (Suppositories)
Shiyaf Abyaz
Shiyaf Aksir Chashm
CHAPTER-20
Zimadat (Pastes, Poultices)
Zimad Ushuq
Zimad Bars
Zimad Bawasir
Zimad Jalinus
Zimad Jarb
Zimad Rahat
Zimad Sumbul-Ut-Teeb
Zamad Sheer Shutar
Zimad Kibrit
Zimad Mohasa
CHAPTER-21
Tila
Tila-I-Almas
Tila-I-Surkh
Tila-I-Urusak
Tila-I-Mussamin
Tila-I-Mushkwala
CHAPTER-22
Arqiyat (Aquas)
Arq Ajwain
Arq Ilaichi
Arq Ananas
Arq Badiyan
Arq Brinjasuf
Arq Bahar
Arq Baid Mushk
Arq Pan
Arq Podina
Arq Peppermint Vilayati
Arq Chiraita
Arq Dasmol
Arq Zira
Arq Shahtara
Arq Shir Murakkab
Arq Ushba
Arq Ambar
Arq Fawakeh
Arq Faulad
Arq Kafur
Arq Kasni
Arq Keora
Arq Gaozaban
Arq Gaz
Arq Gazar Sada
Arq Gazar Ambari
Arq Gulab
Arq Gilo
Arq Ma’ul Jubn
Arq Ma’ul Laham Ambariba Nushka Kalan
Arq Ma’ul Laham Mako Kasniwala
Arq Murakkab Musaffi Khun
Arq Mundi
Arq Na’na
Arq Nilofar
Arq Hazim
Arq Hara Bhara
Ghaza-I-Husn Afza
Faulad Sayyal
CHAPTER-23
Aqras (Tablets)
  Qurs Abiaz
  Qurs Asfar
  Qurs Alkali
  Qurs Bandish Khun
  Qurs Podina
  Qurs Takhrim
  Qurs Tankar
  Qurs Taifudia
  Qurs Habis
  Qurs Hiltit
  Qurs Humma Jadid
  Qurs Kharatin
  Qurs Dawa Karhai Wali
  Qurs Didan
  Qurs Ziabitus
  Qurs Zarishk
  Qurs Sartan
  Qurs Salajit
  Qurs Sailan
  Qurs Sailan Jadid
  Qurs Suda
  Qurs Tabashir Qabiz
  Qurs Tabashir Mulayyin
  Qurs Ood Salib
  Qurs Ghafis
  Qurs Fizza
  Qurs Kafur
  Qurs Kaknaj
  Qurs Kabid Naushadri
  Qurs Kahruba
  Qurs Gulnar
  Qurs Mussalas
  Qurs Mushil
  Qurs Mulayyin

CHAPTER-24
Qaturat (Eye Drops)
  Qatur Ramad
  Qatur Siyah
  Qul'Ai
  Qairuti Arad Krasna
  Kafur Sayyal

CHAPTER-25
Kuhl (Collyriums)
  (i) Kuhl-ul-Jawahar
Kuhl Bayaz
Kuhl Chikni Dawa
Kuhl Roshania
Kuhl Shifa
Kuhl Sadaf
Kuhl Gul Kunjad
CHAPTER-26
Kushtay
Kushta Abrak Safaid
Kushta Abrak Siyah
Kushta Abrak Kalan
Kushta Busud
Kushta Baiza Murgh
Kushta Para
Kushta Tamysar
Kushta Tamba Safaid
Kushta Tutia
Kushta Jast
Kushta Hajr-Ul-Yahud
Kushta Khubs-Ul-Hadid
Kushta Khar Mohra
Kushta Ras Kapur
Kushta Zamarrud
Kushta Zehar Mohra
Kushta Surb
Kushta Sam-Ul-Far (Sankhia)
Kushta Sankh
Kushta Sang Jarahat
Kushta Sang Sarmahi
Kushta Shangraf
Kushta Sadaf
Kushta Tila Kalan
Kushta Tila Marwaridi
Kushta Aqiq
Kushta Faulad
Kushta Faulad Sard
Kushta Qarnul-Eil
Kushta Qal'AI
Kushta Gaodanti
Kushta Musallas
Kushta Marjan Jawaharwala
Kushta Mirgang
Kushta Marwarid
Kushta Nuqra
Kushta Hartal Warqj
Kushta Yaqut
Kushta Yashab
Kushton kay qurs (Kushta Tablets)
Recipes for Kushta Tablets
Kushta Abrak Safaid
Kushta Abrak Siyah
Kushta Abrak Kalan
Kushta Busd
Kushta Baiza Murgh
Kushta Para
Kushta Tamysar
Kushta Tamba Safaid
Kushta Jast
Kushta Hajr-Ul-Yahud
Kushta Khubs-Ul-Hadid
Kushta Zehar Mohra
Kushta Sam-ul-Far
Kushta Sankh
Kushta Sang Jarahat
Kushta Sang Sarmahl
Kushta Shangraf
Kushta Sadaf
Kushta Tila Kalan
Kushta Tila Marwaridi
Kushta Aqiq
Kushta Faulad
Kushta Qarnul-Eil
Kushta Qal'Al
Kushta Gaodanti
Kushta Musallas
Kushta Marjan Jawaharwala
Kushta Marjan Sada
Kushta Mirgang
Kushta Marwarid
Kushta Nuqra
Kushta Hartal Warqi
Kushta Yaqut
Kushta Yashab
Malti Basant (q.v.)
CHAPTER-27
Gulqands (Sugared Flowers)
Gulqand Seoti
Gulqand Gulab
CHAPTER-28
Gandhak Sayyal
CHAPTER-29
Lububat
Lubub-Al-Asrar
Lubub Barid
Lubub Saghir
Lubub Kabir
Lubub Mo’Tadil

CHAPTER-30
Laooquat (Electuaries)
Laooq Ab Tarbuz Wala
Laooq Ab Naishakar Wala
Laooq Badam
Laooq Bihdana
Laooq Hab-Ul-Sanobar
Laooq Rabavi
Laooq Sapistan
Laooq Sapistan Khiyar Shambari
Laooq Zeequn-Nafs
Laooq Katan
Laooq Maseehi
Laooq MÂ³Tadil
Laooq Nazli
Maltibasant
Ma’h-Ul-Zahhab

CHAPTER-31
Murabbay (Preserves)
Murabba-I-Amla
Murabba-I-Adrak (Murabba-I-Zanjibil)
Murabba-I-Ananas
Murabba-I-Bihi
Murabba-I-Belgiri
Murabba-I-Paitha
Murabba-I-Saib
Murraba-I-Gazar
Murraba-I-Nashpati
Murakkabi
Marwarid Sayyal

CHAPTER-32
Marhamain (Unguenta, Salves, Ointments)
Marham Atishak
Marham Ushaq
Marham Basliqun
Marham Bawasir Jadid
Marham Jadwar
Marham Kharish Jadid
Marham Dakhliyun
Marham Ral
Marham Rusul
Marham Zardi-i-Baiza-i-Murgh
Marham Quba
Marham Kafur
Marham Mazu
Marham Nasur
Mussafi-i-Rehem
CHAPTER-33
Ma’junin (Confections, Electuaries)
Ma’jun Arad Khurma
Ma’jun Izaraqi
Ma’jun Ispand Soakhtani
Ma’jun Anjir
Ma’jun Brahmi
Ma’jun Bussud
Ma’jun Baladur
Ma’jun Bawasir
Ma’jun Behmanain
Ma’jun Pumba Dana
Ma’jun Piyaz
Ma’jun Talkh
Ma’jun Sa’lab
Ma’jun Jalinoos Lului
Ma’jun Juzam
Ma’jun Jiryan Khas
Ma’jun Jalali
Ma’jun Jograj Gugul
Ma’jun Chob Chini
Ma’jun Chob Gazwali
Ma’jun Hajr-ul-Yahud
Ma’jun Hamal Ambari Alvi Khani
Ma’jun Khubs-ul-Hadid
Ma’jun Khadar
Ma’jun Dabeedul-Ward
Ma’jun Rah-ul-Mominin
Ma’jun Raig Mahi
Ma’jun Zabib
Ma’jun Zanjibil
Ma’jun Supari Pak
Ma’jun Sana
Ma’jun Sangdana Murgh
Ma’jun Sang-E-Sar-I-Mahi
Ma’jun Suranjan
Ma’jun Sohag Sonth
Ma’jun Seer Alvi Khan
Ma’jun Shir Bargadh Wali
Ma’jun Samagh
Ma'jun Sandal
Ma'jun Ushba
Ma'jun Aqrab
Ma'jun Filasfa
Ma'jun Finjinosh
Ma'jun Fotinji
Ma'jun Qurtum
Ma'jun Kalan
Ma'jun Kalkalanj
Ma'jun Kundur
Ma'jun Masik-ul-boul
Ma'jun Mobahesi Antaki
Ma'jun Murraweh-ul-Arwah
Ma'jun Mughalliz
Ma'jun Mughalliz Jawahar Wali
Ma'jun Muqil
Ma'jun Muqawwi Wa Mumsik
Ma'jun Mundi
Ma'jun Mochras
Ma'jun Musli Pak
Ma'jun Momiai
Ma'jun Muazzil
Ma'jun Nankhwah
Ma'jun Nankhwah Mushki
Ma'jun Najah
Ma'jun Nisyan
Ma'jun Nishara-i-Aj Wali
Ma'jun Nuqra
Ma'jun Halila

CHAPTER-34
Muffarehat (Exhilarants)
Muffareh Azam
Muffareh Barid Jawaharwali
Muffareh Barid Sada
Muffareh Buqrat
Muffareh Dilkusha
Muffareh Shaikh-ul-Rais
Muffareh Kabir
Muffareh Mo'Tadil
Muffareh-Yaquti Mo'Tadil

CHAPTER-35
Namak Bawasir
Namak Mirgang

CHAPTER-36
Naushdaroo
Preparation Methods

Preparation of sawdust

Roasting
Preparation of the watery extract (tarwiq)

Calcination (ihraq):

Preparation of dana

Preparation of rice water (dhanab karna):

Washing:
Purification:

Preparation of qiwam:
Qiwam generally employs the following recipe:

Gil-hikmat:
Processing:

CHAPTER-38
Techniques, Standardizations, and Preservation of Medicines

Triphala Infusion
Lagenaria Siceraria Juice
Liquid Meat Extract
Ma-ul-Jaban (Yogurt)
Namakiyat (Salts)

CHAPTER-39
Pastes
Arrowroot Paste
Starch or Amylum Paste
Gelatin Paste
Acacia Arabica Gum Paste
Cochlospermum Religiosum Gum Paste
Wheat Flour Paste

CHAPTER-40
Characteristics and Properties of Some Ingredients
Prunus amygdalus or almond oil:

Olive oil
Crocus Sativus
Cumin
Volatile Oils: 2.5-4.5%
Sago
Scammonia
Honey
Aqua Pandanus Odoratissimus
Aqua Rosa Damascena
Ambergris
Tin
Pearls
Musk
Pistacia Lentiscus gum
Ammonium Chloride
Gold Foil
Silver Foil

CHAPTER-41
Appendix I Preservation of Medicines
Preservation of Medicaments
Itriphals
Khamiras
Sufufs
Sharbats
Araqiyat (aquas)
Pills and tablets
Ma’juns

CHAPTER-42
Research of Medicinal Plants
Natural Products from Ruellia tuberosa L.
Experimental
Fraction 'A'
Fraction 'B'
Chemical Constituents of Phyllanthus niruri Linn.
Experimental Procedure
Isolation :
Compound-A
Alkaline hydrolysis of compound-A
Compound-B
Isolation of compounds C and D
Compound-C
Compound-D
Chemical investigation of Symplocos racemosa Roxb
Chemical Investigation of Clerodendron fragrans
Experimental
Results and Discussion
Activity of Diospyros montana
Bark Extract on Ehrlich Ascites carcinoma in Mice
Experiment
Results and Discussion
Chemical Constituents of Dillenia indica
Linn, and Vitex negundo Linn.
Experimental
Crystalline Components of the
Roots of Phyllanthus reticulatus.
Experimental
Results and Discussion
Aurantiamide Acetate from
Artocarpus integrefolia Linn.
Chemical Examination of Essential Oil of Coleus aromaticus Benth
Chemical Examination of Essential Oil from the leaves of Tagetes-erecta Linn.
A New Neoflavonoid from Dalbergia volubilis
Occurrence of D7-Sterols in Celosia cristata Linn.
Terpenoids & Related Compounds : 3b-Hydroxyfriedelan-7-one, a New Triterpene from Pergularia extensa N.E. Br.
A new isoflavone from Ochna squarrosa (Linn).
A novel quinone from Dalbergia sissoides Grah.
Experimental
A New Triterpene Acid from Heynea trijuga Roxb.
A new Saponin, from the Roots of Streblus asper (Lour)
Chemical Investigation of Wrightia mollissima
Chemical Constituents of Eucalyptus Citriodora Roots
Alkaloids from Doronicum Pardalianches Linn.
Occurrence of Two Rare Amides in Medicago Polymorpha
A New Flavanone Glycoside from the Roots of Alstomia scholaris R.Br.
Isolation of Trimethoxyflavanone from the Bark of Macaranga peltata Muell
Synthesis & Hypotensive Activity of Diaboline
Biological activity
Experimental Procedure
Wieland-Gumlich aldehyde (2)
Aprenylated anthraquinone and a flavone from the seeds of Cassia marginata
Furocoumarins from Angelica glauca Edgw
Glycolone : A New 2-Quinolone
Alkaloid from Glycosmis pentaphylla (Retz) DC
A short and efficient synthesis of ethyl (E,E)-7,12-dioxo-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
Pyroglutamylglutamineâ€”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 Chyanvanaprash-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>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agaru</td>
<td>Carminative nerve tonic</td>
</tr>
<tr>
<td>Agnimanta</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>Brihati</td>
<td>Carminative, astringent</td>
</tr>
</tbody>
</table>


Chandana - Bitter, Cooling, Astringent, Sedative
Draksha - Laxative, stomachic diuretic
Ela - Aromatic, Stimulant, diuretic
Gokshur - Apohrdisiac, diuretic, tonic
Guduchi - Antiperiodic, alternative, diuretic
Haritaki - Laxative, brain tonic, Tridoshara
Jivanti - cooling, tonic, Rasayan
Jivak - Nutritious, Braintonic
Kakanasika - Narcotic, Kaphahar
Kakoli - Cooling, Spermatopoetic
Kakrashingi - Astringent, expectorant, cholagogue
Kantakari - Alterative, astringent
Kashmari - Laxative, stomachic
Karlimoola - Tonic, Refrigerant
Keshara - Bitter, Aromatic, emmenagogue
Khirakakoli - One of Ashta-
Mahameda - Spermatogenetic, blood
Mashapami - Aphrodisiac, stomachic
Mudgaparni - Sedative antibilious tonic
Musta - Diuretic, stimulant, emmenagogue
Pali - Antispasmodic, diuretic
Pimpali - Carminative, tonic, emmenagogue
Pokharmoola - Expectorant, aphrodisiac
Prushniparni - Abortifacient
Punarnava - Diuretic, laxative, expectorant
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
Tajaptra - 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 Gandhaka - 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 astrigent 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>
</tr>
</thead>
<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>
</tr>
<tr>
<td>5.</td>
<td>51-60</td>
<td>01</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>25</td>
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Sex group

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

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Occupation</th>
<th>No. of patients</th>
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<tbody>
<tr>
<td>1.</td>
<td>Service</td>
<td>12</td>
</tr>
<tr>
<td>2.</td>
<td>Engineer</td>
<td>01</td>
</tr>
<tr>
<td>3.</td>
<td>Student</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>
<td>01</td>
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<tr>
<td></td>
<td>Total</td>
<td>25</td>
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Prakruti
<table>
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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>
</tr>
<tr>
<td>2.</td>
<td>Pitta Vata</td>
<td>06</td>
</tr>
<tr>
<td>3.</td>
<td>Kapha Vata</td>
<td>-</td>
</tr>
<tr>
<td>4.</td>
<td>Vata Kapha</td>
<td>01</td>
</tr>
<tr>
<td>5.</td>
<td>Pitta Kapha</td>
<td>10</td>
</tr>
<tr>
<td>6.</td>
<td>Kapha Pitta</td>
<td>03</td>
</tr>
<tr>
<td></td>
<td>Total</td>
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</table>

<table>
<thead>
<tr>
<th>Relief</th>
<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td>up to 30%</td>
<td>31 to 60%</td>
<td>80% and above</td>
</tr>
<tr>
<td>15</td>
<td>05</td>
<td>05</td>
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</table>

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Days</th>
<th>No. of Patients</th>
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<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>
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<tr>
<td>3.</td>
<td>90 days</td>
<td>02</td>
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<table>
<thead>
<tr>
<th>S.No.</th>
<th>Site</th>
<th>No. of Patients</th>
</tr>
</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>4.</td>
<td>Fore head</td>
<td>01</td>
</tr>
<tr>
<td>5.</td>
<td>Abdoman (epigastric) region</td>
<td>01</td>
</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 yrs 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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