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some abbreviation of books and authors

- AH- Ashtanga Hridya
AS--Ashtang Sangraha
AP-Ayurveda Prakash
BPN- Bhava Prakash Nighantu
BR-Bhaisjya Ratnavali
Cd-Chakra datta
CS -Charaka Samhita
GN-Gada Nigraha
RN-Raj Nighantu
SS-Sushruta Samhita
Sa.S -Sarangdhar Samhita
Yr-Yog ratnakar
Sa.N -Sankar Nighantu
NN-nepali nighantu
NA-Nighantu Adarsha
Ci.S. -Chikitsa Sthana
Su.S-Sutra sthana
US-uttar sthana
K.S. kalpa sthana
Sa.S sarir sthana

Dravyaguna Vigyan

The science in which dravya is studied in detail is called as Dravya-guna-vigyan (Herbology). Dravya-guna-vigyan is based on the ideas of satva-rajata-ma, panchmahabhootas and various experiences derived from the study of balance-imbalance of basic components of the universe.

Dravya-guna-vigyan has been formulated in context with swasthya (health) and rugna (disease). The basic ideas have been developed keeping the patient in mind. Dravya-guna-vigyan is thus a science of treatment.

Dravya-guna-shastra is not only a useful factor for swasthya (maintenance of health) and chikitsa (treatment) but is also the chief factor involved in various substances as well as non-substances which are instrumental in vitiating health and creating disharmony in the equilibrium of body components. The use of Dravya-guna-shastra is necessary for restoring this equilibrium. If drugs are to be used then thorough knowledge of these is essential.

It has been seen, that mention of the use of medicinal plant is found in all the four Vedas namely Rigveda, Samaveda, Yajurveda and Atharvaveda. Ayurveda, which is a text on the preventive and curative aspects of disease, is a part of Atharvaveda.

The use of plants & animals as source of food & medicine is as old as humanity. One can find abundant reference of use of plants as healing agents both in works of Indian medicine and other works of antiquity like Papyrus Ebers (1550 B.C.), works of Hippocrates (460-370 B.C.), Aristotle (384-322 B.C.) in *Historia Plantarum*, Dioscorides (1st Century) in *De Materia Medica* (78 A.D.), Galen (131-200 A.D.) etc.

According to Ayurveda the best drugs are found in Himalaya i.e. Nepal. According to JADAN (2059) Nepal comprises about 6000 species of flowering plants, 380 species of pteridophytes, 1037 species of Bryophytes, 465 species of lichens, 687 species of algae and over 1600 species of fungi.

Herbs occupy a very important place in all ages & in all civilizations unconcerned with the development of synthetic & chemotherapeutic agents.

Herbs are being used since ancient time to maintain health, to treat disease and regain the healthy state of mind and body. All the above mentioned Vedas have described herbs (medicinal plants) in different ways but the concept of pran (life) is common to all.

According to Rigveda one who possesses a variety of herbs should be called as a vaidya (Ayurvedic Physician). In Atharvaveda mainly four types of treatments have been mentioned:

- Atharvani
- Angirasi
- Daivi
- Manushi

Among these four, Manushi refers to the use of plants in its treatment.

Treatment by dravyas or herbs of plant origin is given more emphasis than by animal source. The panchabhautik composition of herbs, their rasas, vipak, veerya etc. are classified on the basis of their action. Though medicinal classification is action based, it is also done on morphological basis in relation to diet

INTRODUCTION

Systematic position

Class: Dicotyledonae

Sub-class: Gamopetalae

Series: Bicarpellatae

Order: Polemoniales

Family: Solanaceae

Genus: Withania

Species: somnifera

Withania somnifera(Linn) Dunal (ashwagandha,) is widely used in Ayurvedic medicine, the traditional medical system of India. It is an ingredient in many formulations prescribed for a variety of musculoskeletal conditions (e.g., arthritis, rheumatism), and as a general tonic to increase energy, improve overall health and longevity, and prevent disease in athletes, the elderly, and during pregnancy.^{1,2} Many pharmacological studies have been conducted to investigate the properties of ashwagandha in an attempt to authenticate its use as a multi-purpose medicinal agent. For example, anti-inflammatory properties have been

investigated to validate somnifera, dunal, withaferin, sitoindoside, solanaceae, Indian ginseng, and winter cherry. Results of these searches were reviewed to identify relevant articles.



Its use in inflammatory arthritis,³⁻⁶ and animal stress studies have been performed to investigate its use as an anti-stress agent.⁷⁻¹⁰ Several studies have examined the anti-tumor and radiosensitizing effect of ashwagandha.¹¹⁻¹⁵ The purpose of this paper is to review the literature regarding WS and report on clinically relevant studies, in an attempt to establish a scientific basis for the therapeutic use of WS. Results of studies investigating the chemistry and toxicity of ashwagandha, will also be discussed.

some abbreviation of books and authors

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US-uttar sthana
K.S. kalpa sthana
Sa.S sarir sthana

Aswagandha In Samhita

Charak Samhita (1000 BC) |

Kusthadi lepa

कृष्णं हरिद्रं निम्बाशगन्धे सुरदारुभिश्च c.s.su. 3/7-60

The equal amount of haldi, aswagandha etc. take at first and make fine powder, then mix with honey then after massage its all over the body.

Mulasab having II

विदारिगन्धाश्चगन्धाकृष्णगन्धा..... मुलासवा भवन्ति | c.s.su. 3/48-2/-348

Like Bidangandha, Aswagandha etc. all these dravyas of roots are making useful in Mulasab.

Balya Maha Kasaya

ऐन्द्रियूषभ्यतिरसर्ष्य इति दशेमानि बल्यानि भवन्ति: | c.s.su. 4/7-72

Aindri, Atirasa, Aswagandha etc. along with 10 drays are kept in Balya Mahakasaya.

Bajkaran ghrit

जवकर्षभकौ कुडवोन्मिताम् | c.s.ci. 2/34-51

Jivak aswagandha etc. all these dravyas are taken 1-1 kudwa and cooked with 4 part at jala, remaining after 1\4th then mixed with 1 prastha goghrita, 10 prastha cows' milk, along with juice at Bidanleanda etc. and cooked well after that mixed with sugar, vamslochan etc. which is useful in Askhaya Sukva, power increase in mutrindriya, balya.

Medicine of Ubtan

अश्वगन्धाअपामार्ग तण्डुलानतसीफलम् | c.s.ci. 8/176-226

Jivanti, Shatabari, aswagandha etc. all these dravyas are taken in equal part, and make fine powder and cooked with 3 part jala. Of that powder and mixed with curd and apply on over the body which is Balya.

Devdarbadi lepa

देवदारुपला शाश्वगन्धैः सगोमुत्रैः समैः । c.s.ci.13/108-306

Devdaru, palash beej, aswagandha along with many dravyas of root are taken and make paste with gomutra and apply an udar.

Dhupan Yog in Arsha

बृहतीचाश्वगन्धा घृतम् । c.s.ci.14/50-330

Hair of man, Aswagandha etc. all these daryas are making piece which is useful in dhupan.

क्षारं चाव्यश्वगन्धाया शल्लकस्य वा । c.s.ci.17/116-432
Kshar at Aswagandha useful in hikka, swas, kaphadhikya, when taken with unequal amount of honey and ghrita.

त्वगैङ्गुदी कासविनाशन : । c.s.ci.18/74-447
The bark at ingudi, short kateri, aswagandha all these dravyas are taken and make table form and this keep in the chilim as Dhumpan. After milk is taken as anupan.

सुखोष्ण्या चाश्वगन्धाया । c.s.ci.21/123-418
Aswagandha and as required amount water are taken and make paste after it apply on the body. This is useful in granthi bisarpa.

Gandhahasti Agad

श्वेता वचाश्वगन्धा करञ्जविजानी । c.s.ci.23/69-552
Malkagni, bacha, aswagandha etc. all these dravyas are taken in equal quantity and move churna and mixed with goats urine and then until 1 week pitta of cowsand horses' give bhabana.

Mahagandhhasti agad

वंशत्वगश्वगन्धाहिङ्गु लाक्षा । c.s.ci.23/79-552
Aswagandha, Tejpat, Aguru are useful in making Mahagaandhhasti agad. Which is useful in pilla, kandu, Timir, blindness, Arbud, all types of eye diseases. This is useful in all types of Bisamjwor, Ajirna, dadru, Bisuchika, pama etc.

Aamrit Ghrita

पाठाङ्गोलाश्वगन्धा शतावरीम् । c.s.ci.23/242-573

Aswagandha along with, patha, bark at shirish are useful in Samrit ghrita. It is use all types of poisonous diseases. Apasmar, Kshaya, Unmad, Gara bisha, Udarrog, pandu-rog. It is taken as nasya or orally also.

Kusthadi tail

कुष्ठश्रीवेष्ट सर्षपं पचेत् । c.s.ci.27/43-682

Kuth, gandhaviroj, aswagandha etc. all are useful in making Kusthadi tail which is useful in Urustambha, and the man who have more rukshata.

Aswagandhadi Utsadan

मूलैर्वाऽप्यश्वगन्धाया देवदारुणः । c.s.ci.27/50-683

The man who is suffering from Urustambha, then the root at aswagandha along with neem, makes powder and mixed with honey then apply as ubtan.

Aswagandhadi tailum

कल्पोऽयमश्वगन्धायां इति रास्नातैलम् । c.s.ci.28/166-712

Decoction made from aswagandha mixed with kalka of Eladi are making aswagandha toil.

Brisamuladi tail

वृषमूलगुडूच्योश्च तैलाढकं पचेत् । c.s.ci.28/170-713

Rootl af arus 100 pal, root of guduchi 100 pal, aswagandha-50 pal are ingredients used in making Brismuladi tail. Which is useful in Vata rog, the man who is more week.

Jivakadi Mahasneha

मुद्रमाषाख्यपर्णिन्यौ शाश्वगन्धाश्मभेदकाः । c.s.ci.29/173-740

Bidarikanda, aswagandha, pasanbheda etc. all these dravyas are

taken in equal quantity make decoction with 1\4th part water at that's powder and mixed them ghee, vasa, etc. This tail is used in voatrakta.

Erاندamuladi Niruhavasti

रास्नाश्वगन्धा क्वथितेष्टशेषे । c.s.si.3/39

Roots at Eranda, aswagandha etc. along many dravyas like madanphala make decoction and mixed with peepal, shof is prepared kalka. This niruhavasti is agnidipan, lekhan, deduces obstruction at vaat.

Dasmooladh anubasna tail

दशमूलम् वृषकरोहिषम् । c.s.si.4/4-910

Take each medicine of dasmool 1-1 pal, aswagandha 1-1 pal and 4 drona water, make it decoction and kept in this decoction dravya of jivaniya gana and do tail pak. This tail is useful in all types of vata rog.

In Shira Kampa

तत्रामृताबला नस्यं च तर्णवम् । c.s.si.9/87-957

Decotion at aswagandha while prepared from ghrita is useful in Snehan, Swedan with katphal twak churna.

Shusruta Samhita (1000BC)

Method of Karnapalibardhan

अशास्याप्रदुष्ट स्वनुगुप्तं निदध्यात् । s.s.su.16/20-138

Parabatpadi, milk, ghee, aswagandha etc. along with madhura barga dravyas doing pratibaap after tailpak keep safety.

शतावर्यश्वगन्धाभ्यां पयस्यैरण्डजीवनै । s.s.su.16/22-138

Shatabari, aswagandha along with jivaniya ganas dravyas make tail which is useful in increase at karnapali.

मदनकुटज कोविदारादीनां मूलानि / s.s.su.39/3-306

Madanphal, kutaj, jimutak, aswagandha etc. all these dravyas are mentioned in Urdhwavaghar dravya.

तत्र पूर्वशस्यजातीनां तोयं च सर्वत्रेति / s.s.su.46/432-439
After eating at meat of prasaha prani then take "aswagandhaasva" as anupana.

श्लेष्मप्रबले क्षीरपिष्टास्तर्पणमिश्राः / s.s.ci.5/10-215
When predominane at kapha then kalka at aswagandha mix with milk and Sattu used as pradehartha.

Bala Taila

शतावरीमश्वगन्धां मृण्मयेऽपि वा / s.s.ci.15/33-296
Bacha, Shatavari, aswagandha etc. all these dravyas mixed together and make churna, preparation Tailpak and keep in clean container. Which is useful in all types at vafa vikav.

अजाऽश्वगन्धा कफजं सुशिघ्रम् / s.s.ci.17/14-305
Aswagandha, ajagandha etc. along with many dravyas make paste with gomutra and apply on the body in case of Kaphaj bisarp.

सुपिष्टैः साश्वगन्धैश्च पाचयेत् / s.s.ci. 25/15-375
Aswagandha, bakuchi, etc. all these dravyas of churna are cooked with ghrita, taila, etc. dravyas and apply karnapali disease (paripotak).

तालपत्रय वसया सह पाचितम् / s.s.ci. 25/18-375
Talpatri, aswagandha, etc. all these dravyas of kalka, cooked with kalihari prepare on and apply unmantha pali diseases.

अपामार्गश्वगन्धे मधुरं गणम् / s.s.ci. 25/26-375
The dravyas of Madhura gana, aswagandha etc. along with many dravyas cooked as oil prepare method. After prepared tail, then used as Abhyangal before swedan on kamapali.

Chitrakadi taila

रेण्वश्वगन्धा मारुतामयनाशनम् / s.s.ci. 37/17-458
Aswagandha etc. along with many drauyas cooked with milk and prepare oil. This oil is used in Vatavyadhi, sciatica, Mutra roga.

धवाश्वगन्धाति विषापहः / s.s.ka.8/51-584
Dhaba, aswagandha etc. along with many drauyas made Biswambharadi Agad is used in 3 types of insect bite.

सहाश्वगन्धातिबला यदुत्थितम् / s.s.u.17/34-111
For nasya, mudgaparni, aswagandha etc. mixed with cooked toil is used.

Nadiswedopayogi drauya

बिल्वैरण्डा तकोरीयववेणुभिः / s.s.u.21/6-146
Bel, Evanda, aswagandha etc. of churma cooked with arnal is used in Karnashool, Which is prodominetly of kapha and Vata.

अश्वगन्धा च सेचने हिताः ॥३॥ s.s.u.31/3-212
The kasaya of aswagandha, sariba, etc. drauyas are useful in Rebatigriha children.

सिताश्वगन्धा प्रलिध्यात् / s.s.u.41/41-328
In Yakshma, aswagandha, pippali etc. drauyas of churna and unequal amount of honey and ghee is to be taken.

द्राक्षाश्वगन्धा यक्ष्मविकारहारि / s.s.u.41/49-329
In yakshma vikar, cows' milk, aswagandha, sarkara, with ghrita prepared is best.

सिताश्वगन्धाम्बु तुल्यपेषितैः / s.s.u.45/40-373
Priyangu, lodhra, aswagandha etc. dravyas to be taken equal quantity and keep in water, make paste after a time then mixed with ghee, milk, honey and used as Aasthapan vasti.

Astanga Hridaya (7th century)

- Aswagandha, vari, ksirasukla etc. All these made use at to prepare a medicated oil which is cooked over mild fire. This oil approved by Dhanrantari, cures all diseases caused by vata, highly beneficial for diseases at women in peurperum. (A.H.Sa.450-388)
- Aswagandha, sita trikantaka etc. All these are kept decoctioned and medicated ghee prepared. This repiple . Naga bala sarpis cure bleeding disease, innig to the chest, consumption, thirst, address and buinig sensation
 - A.H.C.3/122-235
- The ghee obtained from milk boiled with decoction at aswagandah consumed along with sugar and milk. This recipe mamsa sarpis-consumed either alone or along with meat juice cuves disorders at rata, pilta, couth, dyspnoes, loss at voice, consum plron pain at the heart and flanks. A.H.Ci.5/24-259
- Jiranti, satavari, Aseagandha, Apamarga. etc are poedered nicely and added with there pars of pouder at gava. This pouder mixed with curdled milk and honey should be used for massaging the body. It bestows nourishment, colour complexion and strength. A.H.Ci.5/79-268
- In kasisadi toila, fumigation with rents at arka, etc. maxed with ghee is good for pitas similarly aswagandha etc mixed with ghee is useful in pikes. A.H.Ci.8/19-309
- One tula punarnauam, ten pala each of dasamula payasya, aswagandha etc and potagala are biiled in one raha at water are useful in making sukumara ghrita. A.H.Ci.13/41-398
- Two pala each of dasamula, aswagandha, etc. are boled in one drone at water. thus makes Dadhika ghrta which is useful in habitually cures all the diseases enumerated earlier however difficult they are so also epilepsy, insarity, retention at urine areal diseases caused by anila (vata). A.H.Ci.14/14-403
- Three pala at roots at eranda, the same quantity at roots of plasha. Aswagangha etc all these drauugs make decetran and used in kindles digestive activity and cures the in kindles digestive achuly and cures the pain and heaviness at the calves, thighs feet upper bacic, duodenal disease, haemorrhoids and other diseases born from kapha vata. A.H.Ka.4/7-560
- One pala each of dasmula, bala, rasna, Aswagandha etc. All these are mixed with 1 litre water and make decoetran upto yy. Also mixed jivaniya drangas thus medicated oil prepaved. This is used

for anvasana basti cures all the diseases at vata origin. *A.H.Ka.4/54-568*

- Medicated ghee containing prepared with simw, aswagandha, Surosa etc are used in to clear the channels. *A.H.U.2/50-21*
- Medicated ghee prepared with one prostha at toila, equal quantity of decoction at equal parts of aswagandha. etc all is known as laksadi toila. used for massage and both, it bestows strength, cures fever, consumption, insanity, dyspnoes, epilepsy. it is good even for pregnant. *A.H.U.2/55-22*
- Medicated ghee should be prepaved with decoction and paste of sariva, aswagandha and sursa etc. This wards off all the evil spirits by making use at if for drinking and massaging. *A.H.U.3/54-37*
- Siddharthaka, vysoa, aswagandha etc all these are macerated with goats urine and cows bile and tolled into pills. Used as eye salve, nasal medication and application in the body, it cures foul ulcers, epilepsy, blindness, night blindness, suffering of persons who are strangulated, drowned in water, bumt by five and bitten by angry serpent. *A.H.U.5/15-48*
- In unmantha, the pinna should be anointed with oil prepared with taila parna, aswagandha etc mode the oil prepared with surosa and langoli. tiksna navana should be administered. *A.H.U.18/45-169*
- Medicated oil prepared with the decoction and poste at suayamgupta, fruits at aswagandha etc all these added with ghee prepaved from buffalo's milk, urine at elephant and horse and cooked to kahara paka, this oil anointed to the pinna, Is best to make it grow well. *A.H.U.5/15-48*
- In those ulcers which have very little at dried-out muscle tissue make it grow up by massaging with the aswagandha, bala etc the patient should eat meat at carnivorous animals and by pure mind. *A.H.U.25/47-243*
- Aseagandha, ruha.....etc are best for healing the ulcer. *A.H.U.25/52-245*
- Aswagandha consumed along with either ghee. or warm water for a period at period at half a month makes a emaciated body of a child well grown just as the rain makes the plant. *A.H.U. 40/14-415*

- Aswagandha, shatavari, etc all these dravyas takes each one prastha and medicated ghee prepared. After it cools it is filtered and nice power of suger pippali etc are all added and presenred cousumed in doses of one pala every day the person mounts on the woman like a house and copulates like a sparow.

Astanga Sanghra of Vagbhata-III (6th Century)Uttarsthana

Ch. 1 – Balopacaraniya adhyaya

बृहत्तीफलः अश्वगन्धा तण्डुलै । ७९/१२

Medicated oil prepared with kustha, asvagantha etc. Made into decoction and added with aja kshira. This oil when used mixed with curds, honey and powder of fried barley, three times in quantity is ideal for anointing and massage, wards of civil spirits and provides nourishment.

Ch.2 Balamaya pratisedha

Parvanuplava

गौरीबचासदापुष्पीह्यगन्धा हिंगुरोहिषैः । ११३-३२

For Parvanuplava disease medicated oil prepared with gauri, haya, gandha etc and goat's urine and sura and cooked, this should be used for anointing the body, the other therapy similar to those of vatavyadhi should be followed.

Pratyeka graha pratisedha

नैगमेषे विशाखोअक्त तैलभ्यङ्ग । २३-१६

In case of seizure by naigamesa graha, the paste to be applied on the child is the same as described under visakha graha decoction of agnimantha, varuna etc. used for bath, oil prepared with dhanymla along with its biga, asvagantha, gugglu etc. used for anointing.

Suskarevati graha Pratisedha

शुष्करेवत्यां वचासिद्धम् नेत्रपुरणं । ७१-७०

When seized by suskarevati, all treatments except fumigation, prescribed for skanda graha should be adopted. Vaca,

asvagandha, etc. should be used for massage, sarsapa fail processed with vaca should be used for filling the eyes.

Unmada Pratisedha

अश्वगन्धा विपाचितम् । ४०-९३

Medicated oil should be prepared with asvagandha, ajagandha, etc. along with equal quantities of taila and gaumutra. This should be used for drinking anointing oil enema etc. it cures all types of insanity, seizure by evil spirits, bad effect of sorcery, and witchcraft and epilepsy.

Karna Rog Pratisedha

एद्वर्तित च क्षीरसिद्धेन वा । ४१-१९३

After message it should be anointed with medicated oil prepared with the paste madhuka, asvagandha etc. added to eight times of decoction of vajigandha etc along with milk and cooked or with the oil prepared with the paste and decoction of satavari, asvagandha etc. added with the milk and cooked.

Paripotaka cikitsa

परिपोटके रिकयोपनाहः । ४५-१९४

Even in paripotaka, the same method of treatments are to be adopted. Mahasneha cooked along with madhuka, asvagandha etc. milk is to be used for anoint.

Karnarog Pratisedha

पृष्ठैर्दशगुणक्षिरे मृदवो नीरुजः स्थिराः । ८३-२००

Fats of animal of marshylands, oil, ghee etc. in equal quantity paste of hayagandha along with many dravyas like mayurka, added with milk ten times the quantity of all the four fat and medicated fat cooked.

This is best for helping with growth of the ear. The earlobe which is hard painful and emaciated if given formentaiton, then massaged and anointed with this becomes soft, painless and stable.

Karna Roga Pratisedha

चर्मचटिका पालीशोषे प्रकीर्तितान् । ८५-२००

Carmacatika, hayagandha etc each equal in quantity mixed with buffalo's butter and cooked with stored inside a kapittha fruit. Later applied to the earlobe. It helps for growth. Anointing and application of paste prescribed in palisosa should be done rhinoplasty.

Vrana Pratisedha

Ropana

पीताअश्वगन्धा सस्यस्य यथा सुवृष्टिः । ३९०-५१६

Powder of asvagandha consume with milk for half a month with either ghee, oil or comfortable warm water, nourished the emaciated child just as good rain nourishes the plant.

Astang Sanghrah of Vagbhata (S. Adhikari)

Sutrasthanam

Balya Gana

एन्द्री रोहिणी ऋषभः । १२-३१४

Aindri, atirasa, payasya, bala, hayagandha, etc are mentioned in balya gana.

Madhura Skandha Dravyas

Ghrita, madhu, tail etc along asvagandha all these dravyas are mentioned in madhura skandha dravyas.

Kasyap Samhita

Balgrahachakitsa Adhaya

Aswagandha, Ayashringi etc. dravyas kasaya to bé parisheehan (101)

Rayyakshmachisitsa Adhaya

Apamarga, Aswagandha etc dravgas of kalka are used in yakshma Roy.(110)

Dhatrichikitsa adhya.

Aswagandha, salai in dravanini etc dravgas are useful in préparation of Bala bila. Bala toila Is use in paresis, paralysis, foctl paralysis, Deafness, unmad, Apasmar, etc.

Mangalsiddhi Adhaya.

Rasna, Aswagandha shatavari, Asmoda etc all dravgas are mixed in 4 dona water cookesd untill ¼ th part. This kawath is used in miruha whooh is sarvadoshar. 169

Vastivisheshono Adhaya.

Aswagandha, Harro, Barro, Amla, Eranda, etc dravgsa are used in making Eranda vasti. It is used in vatroga.9710/285

Sutikoopakramaniya adhaya.

If Buring sensatron in head then the poste of Aswagandha and honey should be kept an head.

Harihar Samhita

Apasmaradhikar

Asvagandharista

Decoction of asvagandha, harad, rasna etc mixed with sugar, tejpaat etc and keep 1 month. After 1 month sieve the hole liqurel then eat with equal amount of water. It cures hallucinaion, epilepsy, fistula and voatrog.(page no 329)

Aswagandha and its indications according to chikitsa granthas:

Chakradatta (11th Century)

Aswagandhadikasaya

Decoction made from aswagandha, shatavari, etc. along with many dravyas are used in Rajyakshma. When Mamsa rasa be as pathya. 9-223

Aswagandha ghritam

Decoction of aswagandha mix with 1\4th ghee is cures vata, and increases virya and masmsa. 90-332

Aswagandha tailum

5 parts aswagandha and 1 parts water is cooked as a preparation of Kwath and mixed with kalka of kamal, kesar and on prepared method, prepare oil. This oil is useful in Vata rog located at Rakta, Raktapitta, Raktapradar. It is also nutrition and increases mamsa.141-145\341

Trayodasang gugglu

Aswagandha, aama, etc. along with many dravyas taken in equal quantity, make powder then mixed with equal parts gugglu.

This gugglu should be taken with warm water which cures sciatica, hip pain, cervieed spondolytrs, Dose 1½ masa - 3 masa.(69-73\328)

Vaatvyadhi chikitsa

Aswagandha, Rasna etc. are dravyas kept in vatanashak gana.(82-330)

Mahabala tailum

Dasmool, bala, aswagandha etc. all these drauyas at kalka is prepared as oil prepared method and keep in clean, air toght container.

This Mahabala tailum is used in all types of vatavikar, convulsion, hikka, kaas, agnimantha, gulma, swas.(101-110\336)

Narayan tailum

Kalka of aswagandha, sonapatha etc. mixed with swaras of shatavvari, cows' milk and prepared as oil prepared method, which is useful in vasti, Abhyanga.

It is also used in toothache, cervical spondylitis, Fever, deafness, mental problem etc. 120-130\339

Trishatiprasarini tailum

Decoction of aswagandha etc. along with other dravyas are useful in making Trishatiprasavini tailum.

It is useful as nasya, vasti, Abhyanga, which cures all types of vata rog, and also used in loss of memory, increases barna, agnil. 215-218\354

Saptasatikam prasarinitailum

Shatavari, aswagandha etc. drauyas are useful in making saptasatikam prasarinitailum, which is useful in, induced vomiting, the person who is effected from unmad, vajikaran and as Nasya219-229\356

Ekadasshatikam prasavinitailum

Gandhaprasarini, Dalchini, aswagandha etc. all these drauyas of Kalka is cooked as oil prepared method.

This oil is used as abhyanga, vasti, and Nasya. It vitiates vayu and also useful in vata associated Sandhi, Asthi, Massa etc 230-235\358

Astadasshatikam prasarinistailum

Gandhaprasarini, aswagandha, Dasmool etc. all these drauyas are taken and then make kwath, mixed with 2 times cured, milk of this kwath and prepared kalka again cooked this kalka on mandagni fire, as oil prepared method. This oil is used as Abhyanga as upper extremities or parts at the body.236-247\359

First Kalkapak

Choti pippali, shoth, aswagandha etc. all are taken in equal quantity and cooked. This is called prathama kalkapak taken in 265-269\363

Yogsaraamritam

Shataravi, nagbala, aswagandha etc. all these drauyas are taken in equal quantity and make fine powder also added to half of it Dalchini, etc. It is useful in vatarakta, kshaya, kustha, Raktapitta. Dibaswapana, aganitapan, exercise, maithun, katu, usna, guru, Abhisayandi, salty, sour in taste etc. not to be consumed while taking yogsaraamritam. 65-70\386

Kusthaddha tailum

Kuth, gandhavirodha, sugandhwal, aswagandha etc. all these dravyas' make paste and with mustard oil, and cooked as well. It cures urustambharog 14\391

Shringarjonadhachurnam

Kakadsinghi, Arjon, aswagandha etc. all these drauyas are taken in equal quantity and mix Talisadi chorrae qual of these choma, kept in air light container. it cures rajyakshma rog. 26\227

Nagbalaghritam

Nabala are tola is cooked with 1 drona jalaunitill 44th and mixed aswagandha, mulethic, punaranava etc. drauyas of kalka. It is useful in Raktapitta, burning, and increases oja, immunity. 78-82\238

Maasbaladikwath

Rasna, aswagandha etc. dravyas of kwath are fried hing is taken from nose as nasya, cures paralysis, cervical spondylitis, earache 23-24\318.

Amritadi kwath

Decoction of guduchi, Amla, aswagandha etc. drauyas should be taken cures mutrakrichhra. Dose : 2 Tola. 2\481

Sukumarkumarkam ghritam

Punaranava, shatavari, aswagandha etc. dravyas make kwath and mixed mulethi, saindhan lawan etc. drauges. It cures mutrakrichhra, kaphaj shul, constipation, vatarakta, vaginal pain, Gulma etc. 29-34\488

Branashoth chikitsa

Sheleshmikshotharo lepa

Ajwain, aswagandha etc. dravyas of kalka is apply on the body cures sleshmajanya Branashoth. 8\602

Bisarpabishfot chikitsa

Ajgandhadi lepa

Ajagandha, aswagandha etc. druyas of root are taking and make paste with gomutra, then it apply as lepa on the body, cures shlesmajanya bisarpa. 14\714

Karnahrog chikitsa

Shatavaryaditalum

Kalka of shatavari, aswagandha etc. cooked with gomutra or sesame oil and apply, it cures karnapali. 54\812

Shirorogchikitsa

Katutrikadikwathnawanam

Decoction made by shunthi, peepal, rasna, aswagandha etc. used as nasya releifes headache 21\875

Yonivyapad chikitsa

Yonidridhikaranam

Churna of vachas kuth, aswagandha etc. druyas are prickling in the vagina, then relaxation it 18\894

Hyagandhashadhitam dugdham

Ghee is cooked by decoction of aswagandha is eating at the time of menstrual phase then implantation occur. 26\895

Phalaghritam

Mulethi, kuth, Trifala, aswagandha etc. along with many drauyas mixed with shatavari swaras and milk, cooked as ghritpak method.

It is used in aphrodisiac in male, beautyiness and occur male child in female, this ghrita is also used in yonivikar, any types of pradar or vaginal discharge. 36-43\898

Stri rog Chikitsa

Kasishadham talum

Kais, aswagandha etc. drauyas of kalka take 4 tola, sesame oil 64 tola mixed together and cooked well. Then it apply on breast, karnapali, vagina and penis 56\915

Balrog chikitsa

Aswagandha ghritam

Take kalka of aswagandha 1 part, ghee 4 part and milk 10 part, cooked as ghritapak method. It is good nutritious of child while takin with milk 66\930

Laxadi talum

Take laxa ras 4 part, sesame oil 4 part, curds' water, rasna, aswagandha as required then cooked as oil prepared method. This oil is used as abhyanga for children, cures fever. 77-78\931

Rasayanadhikar chikitsa

Aswagandharasayanam

Aswagandha churna should be taken with milk, ghee, tail, warm water, having nutritious those who is thin and lean persons 16\961

Vrishyadhika

Godhumadham ghritam

Decoction made by wheat 100 pal, water 1 adhak mixed with shatavari, aswagandha etc. drauyas of kalka then cooked as ghritapak method. It cures mutrakrichra and also helps in erection of penis, having sukra bardhak, etc. Dose : 2 pal with milk. 26-34\1007

Aswagandha tailum

Aswagandha, shatavari, kuth, jatamani etc. drauyas of kalka mixed with sesame oil, milk as required then cooked oil prepared method. It is used as Abhyanga increases breast penis, karnapali 48\1010

Gada nigraha- I (12th century)

Bisheamritam ghritam

The bark of shirish, Trifala, Apmarga, Aswagandha etc all these draugas of kalka and ghrita, cows' urine all are cooked well. This siddha ghrita is used in Apasmar, unmand, udar rog, anaemia, krimi, prameha, kamala, and also used in all types of visha dosha.284-290/46

Bindusaram ghritam

Decoction made by Shatavari, Rasna, Aswagandha etc all these dravags mixed with sunthi honey etc. cooked well. This ghrita used in urushula katistambha, and best for up to 13 yrs children . 330

Gulme dadhikam ghritam.

Decoction made by sushabi, Dasmwla, Aswagandha etc mixed with kalka at shatavari, Tulsi, etc and cooked well. This ghrita used in pittaj gulma and also all types of gulma besides this ghrita is used in paralysis, grahani etc.343-354/55

Balgraha phalgritam

Kalka of kuth, Aswagandha etc all these dravages mixed with 4 times milk and cooked well. This ghrita is used in the child who is suffering from grahajanya disease, and also used in oligospermia.363-365/62

Mudhgarde chaturtha Balatailum

Decoction made by Dashmawla etc dravyas mixed with Aswagandha and other dravyas. Like sariva, sariva, sataramas etc all are cooked well and kept in an airtight bottle. This bala taila is used in all types of vata rog and also useful in hicough, kaas, Gulma, etc.24-32/77

Second prasarini tailum

Decoction made by prasarini, Aswagandha, Shakavari etc all these dravyas mixed with mulethi, Rasna etc cooked well. This is used in sciatica, Asthivagna, mandagri, Aposmar, Urined, Bidradhi shirogata vata, sandhigata vata.44-53/80

Batvyadhi second Shatavaritailum.

Kalka of shatavari, devdaru, Aswagandha, etc all are cooked in mandagni which is used in convulsion, Asthivagna Sandhivagna, Ratapitta, vata rog.79-23/84

Batvyadhi Dasang tailum

Decoction made by Guduchi, Aswagandha, Sthataran etc. and mixed with kalka of shatavari, Devdaru, Aswagandha, etc all are cooked in mandagni which is used in convulsion, Asthivagna, sandhivagna, Ratapitta, vata rog.79-23/84

Batvyadhi Dasang tailum.

Decoction made by Guduchi, Aswagandha, sthataran etc. and mixed with kalka of jatamansi, etc. other dravyas and cooked well. This tailum is used in Nasya, Abhyanga, vasti and also used in all types of vataj rog eg: Aposmav, unmad.159-167/94

Vataryadhi Aswagandha litalum.

Decoction made by Aswagandha, mixed with milk, and kalka of punarnava, meda etc dravyas cooked and make taila. Which is used in pittaj and pittaj-vataj Ratapitta, Raktapradar, etc and also useful in Abhyanga, vasti as Anuvasana who have low sperm count.196-200/99

Jwore Btiha laxadi tailum

Decoction made by mulethi, Raktachandana etc. mixed with kalka of Aswagandha and other dravyas are cooked with milk. Which is used in

Abhyanga, burning sensation and also useful in vata pittaj pralap thirst with fever.258-264/108

Jwore Laghulaxadi tailum

Kalka made by mulethi, Amahaldi, Aswagandha, etc all these are cooked well and keep air tight bottle. This is used in swas-kaas, pregnant women, Rayyakshma, Bishamjwornashak.265-270/109

Tarakshawada tailum

Decoction made by lever at shrigal a mixed with kalka of Aswagandha etc dravyas are cooked well. This tailum is used All types of vata vagandar, apasmar, unmad.437-444/134

VaatRoge dosargtailum.

Swaras of Bhringraj,nirgundi, Kalka of punarnawa, Aswagandha, shatavari etc. mixed together and cook on mandagvi. This taila is used in vaat Rog and also use in convulsion, paralysis, sandhigat vaat etc.463-469/137

Third cabangadi churnam.

Lavang, dalchini, Talispatra, Aswagandha etc all these dravyas at powder are mix together with equal amount at sugar. Which is useful in loss of appetite, digston and also useful in heart diseases, kshaya Rog.61-63/159

Sarsawata churna:

Kustha, Aswagandha etc all these dravya at pauder are mix all together with balacha. It cures hoarsness at voice, and increase mental power.

Brihatsarsawat churna

Aswagandha, Ajmoda, trifala etc all these dravyas of churna are mixed all together and kept in air tight container. It is useful in mental retardation.155-158/ 173

Kusthe bakuchiyodi chornam

Bakuchi, Trifala, Aswagandha etc all these dravyas are mixed together and make fine powder. If this churna is taken until 1 month then cures kustha and vaat Rog. 215-216/182

Paniachhaya mustadi churna

Mothe, Ajmoda, Aswagandha etc all these dravya mix all together and kept in clean, airtight container. Which is useful in vaatvyadhi Bisuchika.322-324/199

Kamvridhi Raj

Pure Ahiphen pure, vatsanav etc all these dravyas make fine powder, mixed with honey and make vati. This is used in Atisar, prameha, mandagri, Rajyakshma, Aamvaat, pandu rog, Jarvanga vaat Rog.377-383/209

Siddarthadi vati

White sarsho, sunthi, marich, poppali, Bacha, Aswagandhi etc all these powder are mixed with goat's urine and make vati. This vali is useful in Dusta brana, unmaad, blindness.267-259

Vrihat casun pinda

- Charya, chitraka, Ajwain, Aswagandha etc all these dravya are mixed all together and make fine churna and mixed ghrut to make vati. This vati is used in hanustamba, galagraha, kosthagat voal, sawanga voat.291-298 / 263
- Chavya, chitraka, Ajwain, Aswagandha etc all these dravyas are mixed all together and make fine churna and mixed ghrut to make vali .This vali is used in hanusstamba, galagraha, kosthagat voat, sawanga voat.291-259

Vasistha haritakiyaableha

Cantimool, Aswagandha etc all these dravyas mix together and make Abaleha which is useful in all types of voat Rog, vat gulma, piles etc. 76-85/310

Gada nigraha- II 12th century

Sjatuadi Kwath

Decoction made by shatee, Bidanga, Neem, devdaru, aswagandha, etc all these drabgas are used krimi rog.30-31\266

Krishnadhya leha

Ableha made from Aswagandha churna, pippaliyadi churna etc mixed with mishri taking to cure kshay rog.51\320

Aswagandi yog

Churna made by Aswagandha, guduchi, shatavari, etc are used kshaya Rog.59\322

Aswagandi udartan

Kalka made by aswagandha, Apamarga etc all these dravyas are best udartan for kshaya rog.78\326

Rasnadi churna

Churna made by Rashna, motha, lavang aswagandha etc dravyas are mixed with twice mishri and takes it cuves swas, kaas and kshaya Rog.84\327

Jivantyadha churna

Jivanti, shativarya, punarnava, aswagandha etc all these dravyas at powder are mix together and mix honey or curd as twice at the churna. This paste like material apply locally on the hole body which makes strong the body.90-92\328

Narayan toilum

decoction made by bel Aswagandha etc and kalka of bacha, together etc all are mixed together then mixed 4 times goat's milk cooked toila. This pakwa toila is used as paan, Vastikrma, mardan, and all types of vata Rog.167-177\510

Vaajigandha toilum

Kalka of Aswagandha, Sunthi, etc all these dravyas mix with 4 times water and cooked well. If this taila is taking as vasti then vures Sciatica.187\511

Rahtachandanadi churna

Raktachandan, Magarmotha, Aswagnadha etc all these dravg a of powder are mixed together and keep in air tight container. If this churna is taking with ghee as anupan then cures Sarvanvga vat rog.230-205\516

Briddasurdaru

Churna made by derdaru, Aswagandha etc mixed with cows' urine and Apply on body locally who have udar roga, Ardita rog paralysis, Sandhigata vayu etc.220-222\520

Tumbabardha Udartan

Tumburu, Aswagandha, chitraka etc all these dravyas are makes paste with takra and apply locally on the affected area. Which cures pama, kustha, Bicharchika, etc.145-148\ 788

Gada nigraha- III (12th centucy)

Aswagandha alabu, and sarsho all these three dravyas take equal amount kalka is locally apply it cures kamapali.76-60

KunthaPragandhajpiplina

Kuth, Aswafandha, etc all these dravyas cooked with new makhan to make paste and apply locally it cures ear, breast enlargment.81\61

Garvapradam Aswagandha kshiram

Aswagandha, cooked with milk to be taken A couple who have not child.17\491

Madgantika, Aswagandha etc dravyas cooked with water then this water 4ses on vaginal cleaning which curcs relaxation of vagina.10\509

Laxadi toilum

Kalka of Rasna, kutki, navenu, Aswagandha etc all these dravyas cooked with tlilum. This tail is used in fever, As Abhyanga.91-92\535

Balgvaha rogadhikar

Murba, Bariyar, aswagandha etc all these dravgs of kalka apply locally as Abhyarga on hole body the child suffering from bal graha.53\555

Bajikara tantram

Aswagandha along maas, makes churna and cooked with ghrith then taken as free this increase jivaniya sakti.87\723

Sarngadhara Samita (13th Century)

- On all occasions fresh drugs only should be used except vidang, guduchi, asvagandha etc. these should always be used in green state but not be taken in double the prescribed quantity. 44-45/7
- Drugs which increase the quantity of sukra are sukrala, for example, asvbagandha, musali etc decoction, infusions maharashnadi kwath.16-19
- Dhanwayasava, bala, asvagandha etc mix together making up one part and two parts of rasna are taken and decoction prepared. this is known as maha rashnadi kwatha. which is highly effective in sarvanga, kampa, kubjatwa, pakshaghata, apabahulka, gradhvasi, amavata, shlipoda, apatanaka, antrevrdhi, adhmana, medorosa, vandhya, yoniroga and is a garbhakara.90-67

Asvagandhadi Churnam

Ten palas each of asvagandha and vrddhadaru are powdered and placed inside a pot containing a little quantity of ghee for a few days. Later on, used in doses of one karsha with milk gives strength and enduvance in sex act and releives wrinkles at the skin and graying of hairs.146-100

Kamdevghritam Raktapittadau

One tula of asvagandha and adha tula of gokshura ten palas each of shatavari, vidan etc are powdered and boiled in four dronas of water, reduced to quarter and decoction filtered out then kustha, pippali, jivaniya, cow's milk are added. This known as 'Kam deva ghrta.'

Which relieves quickly raktapitta, urakshata, halimaka, panduroga, varnabheda, swara-kshaya, mutra kvcchra, parshwa, shula etc. it is especially useful for women who have no tissues, as rasayana, lengthens the life span. Promotes production of semen and strengthens the genital organs.27-118

Taila Kalpana

One adhoka of laksha is boiled in foru adhakas o water and reduced to quarter and filtered to it are added one prastha of adhaka of mostu and a kalka prepared with one karsa each of shatapuspa, asvagandha etc. are all cooked on mild fire and taila prepared. This used as for abhyanga drspells all types of usama jwaras, kasa, swasa, pratishyaya, trikaprustha graham, vata and pitta, apasmar, unmad due to yakshas and rakshas cauted by evil spirits, kandhu, shula, durgandha of the body parts,

pregnant women will have a good growth of their foetus by applying this oil often over the body and taking bath later. 94-124

Vatarogadi narayan Tailum

Ten palas, each of aswagandha, bala, bilwa etc are boiled in four dronas of water and decoction reduced to quarter. To it are added toila, bala, chandana etc are all cooked on mild fire and oil is prepared. This is used as navana abhyanga, pana and bhasmi cures pakshaghata, hanustambha, manayastambha, gala graham, jwaras, and other vata disorders else where in the body. By its use barren women will get children. 101-125

Satawari Tailum

One and a half palas each of shatavari, the two balas, aswagandha, etc all boiled in four times their total quantity of water and decoction reduced to quarter. To it are added one pushpa each of ruddhi, tagara, etc is added and toila prepared over mild fire of cow dung cakes. This recipe known as shatavari taila. Which acts as an aphrodisiac to men, helps barren women to get children, cures yonishula, angashula, shirashula, kamala, panduta, gara, grdhraasi, disorders of vata and polta. At the time of consuming the medicine he should repeat "Om Kumara Jivanyai swaha" continuously. 133-128

Dhatura Tailum

Fresh juice of dhatura, roots of hayamara, etc. each equal in quantity, one pala each of devdaru, etc gomutra four times the quantity of oil are cooked over mild fire in a mud pot of an iron vessel. This oil by external application treats vata which is located in majja dwak, asthi, urugraha, adhyavata, dandapatanaka, kubjafwa, sotha, pakshaghata, ardita, hanustambha etc. 200-135

Bajikarane kandarpsundarsamaha

Suta, vajra ahi (lead), etc two karsas each of pravala bhasma and gandhaka are added next the macerated with juice of aswagandha, filled into a mrga sugar etc. dried in shade. A powder of ela twala etc is also made ready. One karsa of ghee followed with two palas of cow's milk, makes the user capable of copulating with many women without loss of semen. 261-182

Nasal Medication

Masa, atmagupta, etc and asvagandha are made into decoction. Hingu and saindhava added to it and applied warm to the nostrils relieves paksaghta, associated with kampa, arditā, manyastambha and apahahuka. 36-226

Lingabridha yonisankuche

Marica, saindhava, krsna, tagara, bratipala, apamarga, kustha, yava, masa, sarsapa and asvagandha are all made into a paste and applied with honey often helps to increase the size of the penis, breast, shoulders and ears. 113-248

Yogratnakar Purbardha (17th Century)

Sannipatjwor Chikitsa

Vugnanetra Chikitsa

Marich, asvagandha, etc all these dravyas are makes kalka with goats urine and apply on the body cures vugnanetra sannipat.3-216

Pralapa Chikitsa

Decoction of Tagar, asvagandha, pattapada shankhpusti, etc. are given in pratapaka Sannipat to cure. 216

Bisamjwor Chikitsa

Asvagandhadi Talam

Kalka of asvagandha, Bala, laksha etc along with tail, cured are methodologically prepared toil. If this is eat then cure all types fever, increase all types dhatu. If apply locally on the body cure leshya rog.4-236

Chandanbalalaxadi Tailam

Decoction of chandan, bala, etc along with asvagandha, daruhadra etc are takes in equal amount make paste and cooked. If this tail is eat messes 7dhatu burning balance, and other head, eye diseases.1-8/238

Grahani Chikitsa

Byoshadi Chuna

Sunthi, marich, ajwain asvagandha etc all the dravyas makes fine powder and take with honey as anupan. It helps in body building, and cures sangrahani.3-286

Rajyakshma Chikitsa

Decoction of asvagandha, guduchi, shatavari etc should be taken to cure Rajyakshma.2-368

Aswagandhadi tailum

Asvagandha bala, etc along with other dravays like chandan, kuth, etc makes on methodologically it cures all types of fever kaas, swas, etc. increases all type of dhatus. It apply thus all as asvagandha then also fight against khaya rog.1-380

Vaatvyadhi Chikitsa

Vaaji gandhadi yog

Asvagandha, bala, atibala, etc. all are vaatnaashak dravyas. Page no 526

Aavadi Churnam

The barkat babul, asvagandha, etc all are mixed together make fine churna. It is useful in sandhigat vaat, snayu-massastithgata vaat, setafra.1-527

Narayan tailam

The bark of bilwa, ganiyar, asvagandha etc all these dravyas are taken in equal quality, make decoction with 4 drona water then added to it jatamansi, asvagandha kalka, shatavai swaras cooked them on mandagni. It is useful in toothache, pluckjaw, and all types of vaat rog.9-533

Mahalaxmi-narayan Tailam

Shatavar, Bilwa, asvagandha etc. all thee dravyas are mixed with 4 drona water and cooked until one fourth. Then added to apasmara. nirgundi etc. it is useful in all types of vaat rog.5-536

Swedlepan Bidhi

Eranda, madar, karans, asvagandha etc mixed with gomutra and kept in pot and heat. Then this cover with full of steam. 1-543

Yogratnakar Uttaradhra

Mutraghat chikitsa

Usiradi churna

Khas sugandhabal asvagandha etc all are taken in equal amount, mixed those as guduchi churna mixed them well. It is useful in 6 Raktapitta, pradara, mutra krichhra and 80 types of vatarog.1-4/67

udar chikitsa

Devdrumadi yog

Devdaru, asvagandha etc mixed with gomutra and make paste them then apply on body to cure. Udar rog, krimi rog, shoth.1-116

Krimirog chikitsa

Shatavari talam

Shatavar, aswagandha etc make kalka it is useful for karnapali. 1-319

Bhaisajya Ratnavali - I

Rajykhshma chikitsa.

Aswagandhadi kwath.

This is a decoction based formula. Take equal parts roots aswagandha, shatavari, guduchi etc all these dravyas coarsely powder them. Thus raise their compound measuring 25 gm. and decoct the mix in water measuring 200ml. The decoction should continue until the original amount is reduced to one eight. The patient should be given milk and meat soup, among other items, to eat. It is very effective in chaking tuberculosis. 20\775

Bhaisayya Ratnavali- II (18th cebyry)

Vata vyadhi

Aswagandha Talum

Ingredients: Aswagandha. murcchita sesame out. etc. Process of drug making: cook 5 kg. quantity of aswagandho in 12 crtre quantity at water cook the same until the oringinal quantity is reduced to one fourth. Make kalka of the following materwal obtained in equal parts kamala, kesara, Sugandhabala etc. The amount of kalka should be one fourth at the murechita sesame of methodologically cook all the ingvedients and obtain the medicinal on.

Therapeutrc benefits: Use at this is very beneficial in cases of bloud vata roga, rakta pitta and rakta pradara. This promotes health, strength and physical strength at those who work hard. This is capble to promote the aphrodisiac power. It checks sukra, yoni and Urang dosa. It an important person domaks, uses or gues through anuuasara basti involurng this medicinal at he can successfully fecundate his partner .284-288\181

Murchha

Asvagandharista

Ingredient: Asvagandha, musal, magistha etc. water.

Process of dueg making: Obtain 2.335 kg. measure at the asvagandha, 1 kg measure of the musli, etc. other draugas. Boit and cook them till it reduces to one twelevth of original amount. Subesquently add to it 190 gm measure at the powder at the dhataki flowers. Method at use -> 12-23

ml measure at this drug named Asvagandha Ativisha should be taken with equal amount at water the meals.

Therapeutic benefits. This drug controls the diseases like the murchha epilepsy, consumption, dementia thinness at the body. Six kinds of piles, loss of appetite and deranged vata etc.15-21/75

Vata vyadhi

Asvagandhadya Ghritam.

Ingredients: Murchrta cow ghrita, decoction at asvagandha, Kalka of asvagandha and cow milk.

Process of drug making: Take murchatta cow ghritam measwong about one litre and decoctron of asvagandha four times the quantity of murrckhita ghrotam. kalka of asvagandha measuring about 280ml. and cow milk measuring about four liters. cook all them thoroughly.

Therapeutic benefits: This medicinal ghrita is effective in checking all types of vata diseases. it develops fatin the body and equips the users with sweat aphr220-171odisac power.

Vrana Soth

Asvagandha lepa

Ingredients: Asvagandha katules etc.

Process of dveg making: Take equal parts of asvagandha katuki, etc. Flowers of dhataki, grind them with water.

Method of use: Apply the resultant kalka on urana affected parts.

Therapeutic benefits: This helps in properly suppressing the vrana. 1146-756

Bhaisajya Rathavali - III (18th Century)

Treatment of Bala Roya

Asvagandha Ghntam

Ingredients: Murchhita cow ghritam, cow milk, aswagarndha kalka and water.

Process of Drug making: Take murechita cow ghritam measuring 1 live cow milk measuring 10 time and asvagandha kalka measuring 250 time. Cook them together with water measuring 10 litre.

Method of use: This medicated ghritam should be semed to children in doses of 2-3 gus.

Therapeutic benefits: It is a great nutrient and if promotes the strength of the child.132-447

Vajikarana

Asvagandha Ghritam

Ingredients: Murchhita cow ghritam, asvagandha etc.

Process of drug making: Gather 750 ml of murchhita cow ghritam, 3 litre of cow milk and asvagandha measuring 467 gm. Water measuring 12.80 litre etc. Add to the preparation nutton measuring 93.40 gm. And water measuring 74 litre cook all the ingredients properly and thus obtain the medicated ghritam. Mta thus ghntam with jaggery and honey both measuring 190gm each.

Method of use: This preparation is taken in measure of 12gm along with mole when heading hungry one should take meals as per one's desire.

Therapeutic benefits: This medicine is prescribed to those who have weak sexual power, who are elderly, who are young and the fragile ladies. The users get strength, health, sharpness and revitalization through this medicine. It removes Khalitya, Hmira, rheumatic problems, severe disease, five types of kasa, consumption, bronchitis, hiccup, fever and dangers of porsoning.298-552

Vaji karana

Asvagandha Tailum

Ingredients: Asvagandha, safavani, kutaja, etc along with sesame oil, and milk.

Process of drug making: prepare kalka of asvagandha, satavari etc. combine this kalka with murcchita sesame oil measuring 750ml and milk measuring 3 litre. Methodologically cook the preparation and obtain medicinal oil.

Method of use: Use the oil for massage.

Therapeutic benefits: Doing massage with this oil helps in the development of breast, penis and karnapali. 356-558

Rasayana

Asvagandha Rasayana

Consuming powder of asvagandha with milk, oil, and nice warm water for fifteen days, significantly develops a lean and thin body in the same way as small paddy plants quickly grow from soil.10-483

Rasendra Sara Sagraha

Jayanti Vatika

Vatsanabh, patha, Aswagandha etc all are useful in making jayanti vatika. Which is useful in yogavahi, relieves all diseases when administered along with respective vehicles.

Dose: 1-2 pills T/D 17-128

Brihatchudamani Rasa

Lavanga, dalcini, asvagandha etc. along with many dravyas making Brihat Chudamani Ras.

Indications: indicated in all types of jwara like the fevers originated from the individual and conglomeration of three humors, relapsing fevers, continuous fevers, vishama jwara and Bhutajwara. It gives relief to chronic fevers even just like irghfening destroys the trees. This is formulated by gord Siva.359-364/258

Dose: 250 mg.

Rashnadi loha

Rasna, asvagandha etc. along with many dravyas making Rashaadi loha.2-471

Indications: yakshma, kasa, associated with complications and disclarded by the physicians, swaraghata, kshatakshaya and kshaya. It also improves bala, varna, agni and pusti.

Dhatri Loha

Yava, jira etc. along with aswagandha and many dravyas making Dhatri Loha.16-23/677

Indications: Indicated in all types of sula, imespective of curability and colic associated wit parinama-sula, annadrava sula and severe amlapitta.

Dose: 4 gm before during and after meals.

Brihatjwara Chudamani Rasa

Jatiphala, jatikosa, lavanga, asvagandha etc all these dravyas making Brihatjwara Chudamani Rasa.365-368/260

Indications: Indicated in curable and incurable jwara and 8 types of jwara.

Aswagandha in Nighantu and kosh:

Bhavprakash Nighantu (16th century)

Hindi: Askawagandh, Ashwagandha, nagori.

Gujarati: Ashgendha

English: Winter cherry

In : Wifhania somnifera(Linn.)Dunal.

Family: Solanaceae

It is found in many tropical region mainly dry region of west India. It's also found in sriLanka, Aphganistan, Bluchistan, Sindh having 3.4 ft in height.

Branches: zig-zag and hairy.

Leaves: alternate, 2-4 inch long, 1-2 inch breadth, 0 hairy.

Flowers: 5 in no and short greenish, or lurid yellow.

Fruits: at leaf base 1\4 inch, small round, capsulated.

Seed: flat small, slimy. This herb is erupt after 3-4 years.

Root: 1 ½ feet long, 1- 1 ½ inch breadth, strong gray from outside and white from inside. Tender wet roots smells the horse.

Note: Asvagantha is of 2 types; first is described here other one is nagaruri asvagantha which is sell in market. The root at this two types is different so nagauri asvagantha is also having agricultural types.

Chemical composition

Root: volatile oil, withantol, $C_{25}H_{35}O_5$, Hentrioacotane, phytosterol and oil. Many alkatsodes like somniferin.

use and properties; it is usna,madhura,vrihamniya,balya,rasayan,vrishya and sothhar, in kshaya rog 1\2-1 tola churna heated with ghee and mixed cow's milk to be taken.it is best nutritious for child.and also useful in leucorrhoea.

Nepali nighantu (2025 B.S)

Aswagandha:

Sanskrit Name: Aswagandha, bajigandha, kambustha, Barahika, barahkarni, turagi, ganja, gajini, Hayi, postida, baladom, punya, hayagantha, prvara, palshpami, bataghni, shyamla, kaamrupini, kaalpriya kari, galya, gandhapatri, hayapriya, bvehapatri poshtya,

Hindi-Aswagandh

Bangali- Aswagandha,

Marathi- Gastandra

L.N: *Withania somnifera* (Linn.) Dunal

Uses and properties: It is used usna, madhura, vrihamniya, balyan, rasayan, vrishya, and sothhar, inkshaya, voga, ½ -1 tola, chorna, heated with ghee and mixed cow's milk to be taken. It is best nutritous for child and also useful in leucomhoya.

Dose: Nagauri asvagandha 3-6 mosa.

Nature: Tikta

Paste of this leaf is useful in goiter, indigestion, granthi.

Madanpal nigantu.

➤ **Aswagandhanaam guna**

- Aswagandga, turanga, Gokarna, Aabgehak, barahkarnii, barada, barahkarni, barada, bajikani, Brisha, all are Name at Aswagandha.73-35
- Aswagandha decrease vaat, kapha, oedema, switra kuta, kshagy, it is Balya, Rasayana, tikta, losaya, usna. It is famous, mainly haing all places.74-35

Raj nighantu.

Shatahavadi barga

Name of asvagandha

Asvagandha, bajigandha, kambukastha, barahika, barahokarni, Turagi, banaja, bajini, sayi, balada, punya, hyagandha, pivara, palash parni, vaataghni, shymala,kaamrupini, kaalpriyakri, balya, gandhapatri, xyapriya, barahapatri all these 23 name at asvagandha, properties of asvagandha.

Aswagandha; ras- katu, kashaya, virya-usna

Hindi- Asuagandha

Bangali- Asagandha, marathi- Ashgandha

English name- wintercherry.

L.N. *withania somnifera physalis fluxuosa*

Parts used: Root.

Dose: Root powder- 3-6 gm.

सार 1-3 gm.

112-83

Abhinav nighantu

Sanskrit name: Asvagandha,

Pharasi: behamanbari

Morphology; yellowish inner white

Taste: mild or some tikshna

Pahichan: hindu palaces

Nature: pichhila snigdha ruksha

Contraindication: usna prakriti

Darpanashak: katira

Substitute: kuth, balchad

Dose: 5 masa

Properties: kaas swas oedema of extremities oja sharer or garvasaya balprada

Mahusadh Nighantu

Asvagandha, bajigandha, bajini, kaam, rupini, barahkrnl, barada, hydhya, kusthgandhini.

Properties of asvagandha

Rasa: Kasaya, tikta

Birya: usna

Balabardhak, rasayan, sukraganan, vaat, kapha, switra, jhoth, and kshaya rog nasak. 41-124

Shankar Nighantu

Asvagandha

Sanskrit name: Asvagandha

गुजराती: आसांध,

मराठी: असांध,

बंगला: अश्वगन्धा,

English: Winter cherry,

स्वाद: फीका कुछ, कडवापन घमिप्रद: जर्म मिजाजवालोका ।

हानिकारक: कवीदा अमाव बहमन सुकेदा

रंग: पीलापन लिये सफेदी

Dose: - 5-6 masa

page no 13

Kaidev Nighantu

Withaia somnifera Dunal

अश्वगन्धा, कुष्ठगन्धा श्वासक्षतक्षयान् ॥ १०४४-१०४६/१९३

Synonyms: asvagandha, hyahya, aswabarohaka, barahakarni, gokarni, turagi, barada, balya, brisha, bajikari, peeta, kanchuki

Properties:

Ras: Kasaya, tikta

Birya: usna,

Shukrabardhaka, rasayan, balya, pustikarak, cough, kaas, vayu, brana, shof, kandu, bisha, switra, krimi, swas, kshat etc.

Views of modern authors:

Indian indigenous plants detail

Asvagandha

Hindi: asvagandha, Bom marh- asvagandha Tom. Achura Gandhi

Physalis flexuosa

It is a small shrub commonly grown in Bombay and western India and occasionally in Bengal.

Med. Use: The long, tapering brittle, light brown root internally white has a peculiar pungent odour of horse's urine. An alkaloid possessing hypnotic properties and named somniferine has been isolated from the plant as grown in southern Europe.

The seeds have been found to contain the property of coagulating, milk, like those of *withania coagulans* set they also contain poisonous principles.

The leaves and roots are reputed to possess narcotic properties, the latter it also considered diuretic and deobstruent. According to Chakra Datta decoction of asvagandha root and long pepper with ghee and honey is given in cases of consumption. To improve the nutrition of weak, children the paste of the root with ghee is given fortnight.

Asvagandha Ghrita

Take the decoction of the root and paste of asvagandha one part, milk 10 part, ghee one part, and boil them together in the usual way.

In rheumatism a ghrith is prepared with the decoction and paste of the root is used internally and oil prepared with decoction of the root and the paste of a number of aromatic ingredients is used internally.

According to Sharangdhara about half of drachin of asvagandha root taken with milk or ghee is said to act as an aphrodisiac and restorative to old man.

Ayurvedic Pharmacologic: Baidhya V.M. Gogte

Asvagandha

Withania somnifera(Linn.) Dunal.

Gana: Balya, bruhaniya, madhurskndha

Kula: Kantakari kula

Family: Solanaceae

Latin name: Withaia somnifera Dunal

English name: Winter Cherry

Sanskrit name: Balada, gandhanta, vajinama, vajini, pushtada, punya, vataghni, balya, hayahya, vrusha.

Botanical description: This is a shrub attaining a height of one to two metres.

Branches: distributed in all directions and rounded.

Leaves: alternative, five to ten cms. Long, rounded and hairy.

Flowers: Inflorescence in bunch, umbrella erupting from the base of the leaves. Sessile flowers, greenish or lurid yellow cyme.

Fruits: small, round, juicy, capsulated, bright red like gunja, that's why it is known as dhorgunja.

Seeds: small, slimy and flat.

Roots: one third to half metre long and as thick as finger, gray from outside and white from inside. Tender wet roots smell like horse. So it is called aswagandha. Flowering season is Sharad ritu. (i.e. approximately oct-nov.) and then plant fruits.

Varieties: there are two varieties; cultivated & wild.

The wild variety is sedative, hallucinative, diuretic and used externally. Cultivated variety is used internally.

Habitat: all over India.

Chemical composition: in the roots of wild variety there is somniferin which is hallucinogen cultivated variety has sugar, gum, resin and pigment dyes.

Properties:

Guna: Laghu, snigdha

Ras: Madhur, kashay, tikta

Vipak: madhur

Veerya: usna

Karma:

Dosh: kapha, vata shamak. It is used in the diseases induced by kapha and vata.

External uses: it reduces oedema and pain, that is why leaves or roots paste is applied on enlarged cervical glands or swelling of other glands. In vata disease and weakness, oil massage is done the juice of aswagandha leaves is used as eardrops in ear discharge.

Internal use:

Nervous system: as it is sedative and nervine tonic. It helps in atonic nerves, fainting, giddiness and insomnia.

Digestive system: the bark powder is appetizer, carminative and anthelminthe and hence used in abdominal pain, constipation and worms.

Circulatory System: It has an effect on the heart, purifies the blood and reduces oedema so it is used for the weakness of heart, blood disorders and oedema. Its decoction is used in rheumatoid arthritis.

Respiratory System: It is an exopectorant and has anti asthmatic property, due to which it is useful in cough. Asvagandha ash along with ghee and honey is effective in asthma. If phlegon is thin, it is used in the form of ash or its alkaline extract I used. Decoction of bark should be given in low dose for cough and asthma. It is also used as a tonic in the above conditions.

Reproductive system: Asvagandha is well known for its aphrodisiac property. It is used in semen disorders and leucorrhoea caused due to endometritis. A mixture of 5 gm of asvagandha powder + 10 gm of ghee 250 ml milk+ sugar is a good tonic. Nutritious and also aphrodisiac. It completely cures puerperal backaches.

Urinary system: It is diuretic and so used in dysuria or anuria. It is used to strengthen medo dhatu.

Skin: It is used in vitiligo and other skin diseases, blisters heal when black ashes at the roots are applied on them.

Satmikaran: It increases weight, improves immunity and is an aphrodisiac used in debilitating diseases and marasmus in children.

Useful parts: roots, salts, ashes, leaves.

Dose: powder 3 to 5 gm., Ashes: 2 to 3 gm.

Formulations: Asvagandhadi churna, asvagandha, rasayan., asvagandha ghrut, asvagandharista, askandpak, maharashnadu, sukumarghrut, saubhagya sunthipak.

Banausadhi Nirdeshika

Asvagandha

Sanskrit name: asvagandha, baraha karni

Hindi name: Asvagandha, Aalcashana, Ashkan.

English name: Winter cherry

Latin name: *Withania somnifera* (Linn.) Dunal.

Synonyms: withania asvagandha

Family: Solanaceae.

Distribution: All India mainly in tropical and Himalaya region up to 5500 ft. It is also cultivated in many parts in India having Nagauri Pradesh so called Nagauri asvagandha.

General description

It is (1.5-1.8) metre or 5-6 ft in height, erect mid shrub at asvagandha whitish and hairy which smells like horse urine while rubbed on hands.

Flowers: Greenish, yellowish, sessile, sub sessile, umbelli from cymes.

Infloroscence: 5 in no.

Fruit: Berries, small.

Seed: Many $\frac{1}{16}$ inch long, flat, small, slimy.

Parts used: Root, leaves, seed and kshar.

Dose: Root chuna 3-6 gm., Kshar-1-3 gm.

Take best root and dried then keep in air tight bottle.

Chemical composition

Roots: volatile oil, withanoil, somniferine, phytosterol, crystalline, alkaloids.

Properties:

Gona: laghu, snighdha.

Ras: madhura, kasaya, tikta

vipk: madhura

Virya: usna

Karma: kapha-vaata shamak, balya, brimhana, rasayan, bajikarana, dipan, pachan, next to be consumed usna prakriti.

Specific preparation

Asvagandhadi churna, asvagandharista, asvagandha rasayan, asvagandha ghritatam.

Dravya guna vijnana (vol. 2) Vegetable drugs

- By: Prof. P.V. Sharma

Asvagandha

Gana: Balya, vrihamniya, madhurskandha.

Family: Katakari kula (solanaceae)

Latin name; Withania somnifera (Linn.) Dunal

Sanskrit name: aswagandha, barahkarni

Hindi name: aswagandha.

Bangali: Ashwagandha,

Marathi: Aasandh, dorgunja

Gujrati: Asgandh, godha, Aahan water

Tamil: Aamkulanga,

Telgu: Paneru.

Description: erect annual herb or order shrub up to 1-5 ft high.

Leaf: alternate 2-4 inch long, obovate, whitish and hairy.

Flower: tiny, greenish, yellow, arises from alla.

Fruit: globose, green, berry, after ripe- orange or red color.

Root: 1 ½ ft long, and as thick as finger grey form outside and white form inside. Tender wet roots smell like horse so it is called aswagandha.

Seed: small, slimy and flat.

Flowering and fruiting: October-November

Types: It is 5 types according to desha veda. Morphologically having different due to soil and water Distribution: West of India, Maharastra, Gujrat, Rajasthan, Uttar Pradesh, Madhya Pradesh upto height of 500 ft.

Chemical composition:

Root: Cuseohygrine, anahygrine, fropine, anaferine, etc 13 alkaloids, Glycoside, withanoic acid, Starch, Anino acid.

Properties:

Guna: Laghu, snighda, Rasa: Tikta, katu, madhura

Vipaka: Madhura Virya: usna.

Specific actions:

Digestive system: Dipana, Anulomna, shulaprasama krimighna.

Circulatory system: Rakta bharshamak, raktashodhak, shothhara.

Respiratory system: kaphaghna, swashara.

Reproductive System: vajikaran, garbhasaya sothhara, yoni shulahara.

Urinary system: mutrala.

Skin: kusthghna.

Satmikarana: Balya, vrihamnya, rasayana.

Uses:

Dosa prayoga: Kaaph-vaataj vicar

Digestive system: udarrikar, krimi

Nervous system: murchha, bhrama, anidra.

Circulatory system: Raktabharashamak raktasodhak, shothhara.

Respiratory system: kaas-swas,

Reproductive system: sukradaurbalya, pradara, yonishula.

Urinary system: mutraghat.

Skin: switra, kusth

Satimikarana: kshaya, shoth,

Parts used: root.

Dose: churna: 3-6 gm.

Kshara: 1-2 gm.

Specific preparation: Asvagandhadi churna, asvagandha rasayan, aswagandha ghrita, aswagandharita.

The materia Medica of the Hindus (1989 AD)

By: U.C. Dutt.

Withania Somnifera. Don

Sy.name Physalis Flexuosa, Roxb

Sanskrit name: Aswagandha, Aswagandha.

Vern: Asvagandha, Beng: Asgandh, hird.

The root of this plant is long, smooth, rounded, whitish brown externally and at a fine white colour internally. It is said that the root smells like a horse whence the sanskrit name asvagandha. The specimen in my possession however has scarcely any odour or taste. It is regarded as tonic, alterative and aphrodisiac and is used in consumption, emaciation at children, debility from old age, rheumatism etc.

In consumption a decoction at asvagandha root and long pepper is given with the addition at clarified butter and honey. For improving the nutrition at weakly children, the root reduced to a paste, is recommended to be taken with milk and clarified butter for a fortnight.

Aswagandha ghrita: Take at the decoction at asvagandha root one part, milk ten parts, clarified butter one part; boil them together and prepare a ghrita. It is said to promote the nutrition and strength at children. In rheumatism and ghrita prepared with a decoction and paste at the root is used internally and an oil prepared with a decoction at the root and a number of aromatic substances in the form it a paste, is used externally. About half a drachm of asvagandha root, taken with milk or clarified butter is said to act as an aphrodisiac and restorative to old men aswagandha enters into the composition at several medicines intended for use as aphrodisiac.

Vanausadhi Shatak

Aswagandha is localized on tropical and subtropical part of India in malavat having 2-3 ft in height.

Branches: zig-zag.

Leaf: long shining breath and oval.

Fruits: in leaf base situated like gram.

Shape: pea like shape having fruit green or after ripe having red.

Seed: like wild bringle short and flat.

This is 2 types: wild or cultivated. In market having cultivated.

Properties: Ras: madhura, kashaya, tikta.

Virya: usna. It eliminates Brihana, balya, rasayan, bajikaran, vat, cough, krimi or swas.

External use:

The root powder of aswagandha dose 3 masa mixed with cow's milk is to be taken twice a day promotes physical strength. The swaras of panchanga. Dose 2-4 tola given in gout. its pak is useful in vaatvyadhi diseases. In rakta vikar equal amount of aswagandha and chopchini in dose 4- masa with honey to be taken. Aswagandha with equal amount sugar is to taken then stop excessive menstrual flow.

Preparation of aswagandha;
Aswagandha Churna. Aswagandha ghrit, aswagandhadi tailum
aswagandha panak, aswagandharista.

Medicinal plants of nepal (Revised)

Edited by Dr. M.K. Adhikari.

Aswagandha

Scientific name: *Withania somnifera*(Linn.) Dunal.

Family name: Solanaceae.

Other name: winter cherry (English)

Hird: Asgandh, punir

Sarskin: aswagandha, varahkarni

Description:

An erect under shrub upto 1.5m tall. Leaves, simple, short stalked, alternate, rotate 5-10 cm long. Flowers greenish or lurid yellow in umbelliform cymes. Fruits globose berries, orange when mature, enclosed in persistent calyx. Leaves are bitter.

Flowering and fruiting: July-Spt.

parts used: Roots leaves, fruit and seeds.

Uses: roots are alternative, aphrodisiac, tonic, doebstruent, diuretic, narcotic, abortifacient and also used in rheumatism and debility from old age and emaciation of children. Infusion of leaves is given in fever. Biusoed leavs and ground root are loeally applied to painful swellings, carbuncles and lcers, fruits are diuvtetic. Seeds are hypnotic, diuretic and used for coagulating milk.

Chemical constituents:

Root contains alkaloids- nicotine, somnine, somniferiene, somniferinine, withanine, withananine, with ananinine, pseudo, with anine, tropine, pseudo trapine, 32 tigloytytro pane, choline, cusculohygine, anafevine, anahygnine, with also mine, visamine and with anolides, leaves contain with a nolides.

Disti in Neopal: Cultivated, 150 -1500 m.

A Compendium of Medicinal Plants in Nepal
SushimRajan Baral
Purna Prasad Kurmi

Withania Somnifera(Linn.) Dunal

Physalis Somnifera C.

Nep. → Aswagandhaa

English → Vegetable rennet, winter cherry, Ashwagandha

Distribution : Drier parts of India, Afghanistan, Sir Lanka

Dist. N → WE, Tropical

Description

Erect under shrub, up to 1.5 m high; root 5 cm wide, external surface smooth, yellow, internally white leaves 5-10 cm long, ovate, sub-acute, bas narrowed to a petiole. Flowers greenish or lurid. Yellow in umbelli form cyones. Fruits a berry, seeds 2 mm in diameters and smooth.

Parts used : Roots, leaves

Application : Root and leaf powder

Use :

Plant possesses narcotic and sporofic properties. Roots are bitter, astringent, acrid, somniferous, stimulant, aphrodisiac, diuretic, and tonic. They are useful in leucoderma, constipation, insomnia, fossue building and nervous breakdown. Leaves are bitter and recommended for fever, painful swellings and ophthalmits. Root paste and bruised leaves are applied to carbundes, ulcers and painful swellings.

Dravya Guna Vigyan,

By Dr. Gyanendra Pandey Vol. I

Asvagandha

Botanical name : *Withania somnifera* (Linn.) Dunal.

Family: Solanaceae

Classical name : Asvagandha

Sanskrit names: Asvagandha, Vajigandha-hayagandha, Balada, Kustagandhini, Vārāhakarni.

Regional names: Asgandha (H.), Ashwagandha (Beng.), Ammukiram (Tam), Wajigandha (Tel.), Asgand, Asvagandha (Bomb.), Asan, Asoda, Ghodasoda (Guj), Askandha, Kanchuki (Mar.), Asugandha (Uri.), Kaknajhindi, Mehernan-barani (Pers.), Kaknajehindi (Arab.); Winter Cherry (Eng.).

Description

A branched erect under shrub 0.3-1.5 meter high; branches terete, usually clothed with meary stellate hoary tomentum. Leaves 5-10 by. 2.5-5 cm., ovate, subacute, entire, more or less minutely stellately pubescent; base acute, knain nerves about 6 pairs, stout, conspicuous; petioles 6-13 mm. long, stellately tomentose.

Flowers greenish or lurid yellow, usually about 5 together in a sessile or nearly sessile umbellate cymes; padicels 0-4 mm. long. Calyx 5 mm. long in flower, stellately tomentose; teeth 2.3 mm. long, linear, acute, from a deltoid base. Corolla 8 mm. long, divided rather more than 1/2- way down; lobes lanceolate, acute, pubescent outside. Filaments 3 mm. long, slender, glabrous; anthers broadly elliptic (almost orbicular), 1.25 mm. long. Ovary glabrous; style glabrous.

Berry red, smooth, 6 mm. diam., enclosed in the inflated calyx which reaches more than 2.5 cm. diam, and globose; slightly 5-angled, pointed with the connivent calyx teeth and Softly-pubescent outside. Seeds 2.5 mm. diam yellow, somewhat scurfy.

Roots : The root is long, tapering, light-brown in colour, at times attains the size of a carrot, surmounted by a knotty crown, from which it springs several shrubby shoots.

The dried root of commerce is of very uniform appearance, 10 to 20 cm. long and 0.6 to 1.25 cm. in diameter at the thickest portion; it is plump, smooth, tapering and of a light-yellowish brown in colour externally, while brittle, fracture short and starchy. It has a slightly bitter taste. As market drug, Nagori asagandh is considered best as crude material of Cultivated varieties of medicinal use under raw drugs trade.

Flowering and Fruiting time

Rainy-Autumn season and onwards.

Kinds and varieties

There are two kinds of plant drug viz., wild (vanya) and cultivated (gramya), The Cultivated plant produce is marketed and used commonly in medicine specially for internal use. The wild plant roots Possessing sedative, diuretic and other properties are preferred only for external application; both varieties also differ phytochemically.

Distribution

Plant is found in drier regions of India; and it is wild grown almost throughout country ascending upto 5,000 ft. elevation (near about) but frequently in drier parts; and in Central India, Mysore, Andhra Pradesh, Gujarat, Rajasthan, Tamilnadu, Uttar Pradesh and West Bengal. It is Cultivated in Malawa and other areas.

Chemical composition

Roots Contain a volatile oil and an alkaloid withoniol. They also contain a crystalline alkaloid somniferin and phytosterol and other active substances They contain three alkaloids and various kinds of substances.

Roots of wild variety contain somniferin which is sedative and hypnotic; and cultivated variety roots Contain sugar, fat, resin and some Colouring matters.

The plant has hypnotic and sedative properties due to the presence of an alkaloid somniferin. Various parts of the plant were screened; and roots find traces of an essential oil. The water soluble portion of the roots extracts contain, besides the indefinite amorphous substance, a quantity of sugar; it also consisted chiefly of black resin which contained hentriacontane, a phytosterol, a mixture fatty acids, consisting of

palmitic, stearic, cerotic, oleic, and linolic acid ipuranol, a new monolytic alcohol, withaniol, and an amorphous alkaloidal principle yielding a crystalline base. The water soluble extract of leaves and stems also contain the same constituents in addition to considerable quantity of potassium nitrate.

Pharmacodynamics

Rasa	:	Madhura, Kaaya, Tikta
Guna	:	Laghu, Snigdha
Virya	:	Usna
Vipāka	:	Madhura
Doakarma	:	Kaphavātaāmakā

Action and Properties

Karma	:	Balya-brmhana, Rasāyana, Vājikarana Garbhasayasothahara-prajasthapanā Naadhībalya-mastikasamaka-dipana- anulomana-krmighna, Hrđya Raktasodhaka- sothahara Vedanāsthpana-sothahara, Mutrala Kusthaghna-kandughna Kaphaghna-svasahara, Vatahara Roga
(a) Abhyantara	:	Kasya-sotha-balāsosa, Naidaurbalya-anidra-nidranasa, Vatavyadhi-vatavikra-amavata-urustambha Hrddourbalya-raktavikāra-sotha Uadaravikara-sulata-vistambha Kasa-svasa, Sukradourbalya-vetapradara Mutraghata, Bandhyatva-klaibya Svitra-kustha Sotha-vedana-granthi-galaganda Murcha-bhrama, Vrana Snayukaroga, Visa.

(b) Bahya : Sotha-vedana, Vatavyadhi, Karya.

Therapeutic-uses

It is abortifacient alexipharmic alterative aphrodisiac, astringent deobstruent diuretic hypnotic and sedative, narcotic, pungent restorative and tonic.

It is useful in carbuncles, consumption, cough, debility from old age, dropsy, emaciation of children, general weakness and nervine disorders. It promotes urination, removes functional obstruction of body, and used to cure rheumatism scrofula, senile decay and inflammations; it is useful in vulnerary treatment.

The roots have a bitter sharp, acrid taste; heating, aphrodisiac tonic, alterative, anthelmintic; and they are useful in vata and kapha; and recommended in management of oedema psoriasis bronchitis asthma consumption, ulcers, scabies, marasmus of the Children, insomnia, senile deibility; and it is alexipharmic and useful against poisons.

The leaves are anthelmintic and febrifuge. A fomentation of the leaves is used for sore eyes, boils and swollen hands and feet. A paste of leaves in locally applied to kill lice infesting the body and over carbuncles and syphilitic sores. An ointment prepared by boiling the leaves in fat or ghee (ghrta and also taila) is useful for bedsores and Wounds The leaves are applied to tumours and to tuberculous glands.

The roots are useful as tonic, aphrodisiac emmenagogue and analgesic. They are given in asthma, cough inflammation leucoderma, bronchial asthma lumbago, arthritis and rheumatic disorders; their use favours conception in females.

Antiarthritic activity has been identified in the roots; and antibiotic and antibacterial activities have been shown in the roots and leaves of plant. It possesses an anabolic activity in accelerating grow in children, and retarding the process of aging and countering senile complain.

The roots are useful as a decoction in rheumatic disorders and arthritic complaints and used in dyspepsia. It is used in lumbar pains and esteemed as an aphrodisiac and given in impotency as well as seminal disorders.

The roots and bruised leaves are employed as a local application to carbuncles, ulcers and painful swellings. The leaves are very bitter, and are given by preparing infusion in fevers. The leaves are topically applied over boils.

The fresh juice of the leaves of plant is considered beneficial to apply to anthrax pustules, and the plant is said to be useful for disinfecting anthrax. A paste of the leaves, green berry and small twigs is externally applied to saddle sores and girth gall in horses. An application of leaves paste is made to erysipelas. The leaves are considered useful for internal and external treatment of haemorrhoids.

The green berries are bruised, and rubbed into ringworm in both human beings and animals. the flowers are applied to sores. The fruits are useful as diuretic and given in urinary disorders. Berries are also considered useful for chest complaints.

The seeds are employed to coagulate milk like those of *Withania coagulans*; as the seeds of *Withania coagulans* Dunal, another species and kind of plant drug (known as Punir or Desiasgandh) obtained from the fruits, are popularly employed in process of coagulating the milk. The seeds are used medicinally as diuretic and hypnotic.

An infusion of the bark is useful for asthma. The roots are prescribed in combination with other drugs against snake-bite and scorpion-sting.

The decoction of the roots is useful for colds and chills; it is also administered to tone up the uterus in females who habitually miscarry and in order to remove retained conception, the use of roots is recommended.

An enema of the decorticated roots is given to feverish infants. The plant is also regarded as a specific for gangrenous rectitis, using an infusion of the roots as an enema. The plant is also useful in treating syphilis and healing the sores. Plant is also sometimes indicated as abortifacient.

The roots are valued as a tonic and aphrodisiac; and they are used internally either in the form of decoction or powder, and also in other recipes, in treatment of general debility, rheumatism, consumption and loss of appetite. In case of chronic gastritis and marked loss of appetite and debility in general, the powder of roots with suitable adjuvant (s).

The roots powder in 30 grains doses is given in general debility, rheumatic affections, dyspepsia, consumption, loss of appetite, cough and dropsy and used as stimulant, alterative, tonic, aphrodisiac, narcotic and deobstruent. Half to one drachm of the root is given with milk or ghee is orally recommended to act as an aphrodisiac. The dose of 45 grains of powdered roots with sugar candy is internally prescribed twice a day with milk or suitable adjuvant (s) in cases of leucorrhoea, bloody discharges or

uterine haemorrhage in menstrual complaints of uterus; as the roots are quite effective for tonning up uterus and helping conception process.

The roots are useful as heart-tonic and given in cardiac diseases specially for tonning up heart; it is used in blood diseases and oedema. The roots decoction and other forms of the drug are recommended in treatment of nervine complaints as nervine tonic and sedative to brain, and useful in insomnia. The roots are also useful in vertigo and unconsciouness.

The drug is very useful in various diseases of children, males and females, and one of the prominent herbal drugs in Indian medicine.

Parts Used: Roots, Ksara.

Dose : Roots, powder, 3-6 gms., Kssara 1-3 gms.

Formulations (Yoga)

Asvagandhadi curna, Asvagandharista, Asvagandha Rasayana, Asvagandha ghrta.

Groups (Gana)

Balya, Brmhaniya, Madhuraskandha (Caraka).

Botanical characters of family Solanaceae

General characters

Distribution

Solanaceae includes about 90 genera and more than 2,800 species. The plants are widely distributed in tropical and subtropical regions. In India, this family is represented by 21 genera and 70 species.

Habit

Mostly annual herbs (eg. *Solanum melongena*), a few shrubs eg. *Solanum torvum* (Sundaikaai) and rarely trees (*S. giganteum*).

Root

A branched tap root system.

Stem

Aerial, erect, spinous eg. *Solanum xanthocarpum* (Kandangkathiri), herbaceous, woody, cylindrical, branched, hairy (eg. *Petunia hybrid* and *Nicotiana alata*). In *S. tuberosum*, the stem is modified into tuber.

Leaf

Petiolate, usually alternate, sometimes opposite, simple, entire (eg. *Petunia hybrida*), exstipulate and showing unicostate reticulate venation. In *S. xanthocarpum*, the midrib and veins are found with yellowish spines



Inflorescence

Solitary, axillary cyme (eg. *Datura stramonium*) or extra axillary scorpioid cyme called rhipidium (fan shaped cyme) as in *S. nigrum* or helioid cyme as in *S. tuberosum* or umbellate cyme as in *Withania somnifera*.

Flower

Bracteate (eg. *Petunia hybrida*) or ebracteate eg. *S. nigrum* (Manathakkaali), ebracteolate, pedicellate, dichlamydeous, pentamerous, complete, actinomorphic (eg. *Datura stramonium*) or Zygomorphic (eg. *Schizanthus pinnatus*), bisexual and hypogynous.

Calyx

Sepals 5, green, gamosepalous, tubular and showing valvate aestivation eg. *Datura metal* (Oomathai) or imbricate aestivation (eg. *Petunia hybrida*), bell shaped and persistent (*S. melongena*).

Corolla

Petals 5, gamopetalous, funnel shaped, rotate, tubular, usually plicate (folded like a fan blade) showing twisted or valvate or imbricate aestivation.

Androecium

Stamens 5, epipetalous, alternate with the petals, usually not equal in length and filaments are inserted in the middle or basal region of corolla tube and basifixed. Anthers ditheous, introrse, usually basifixed or dorsifixed, dehiscent longitudinally or through apical pores (eg. *S.*

nigrum). In *Schizanthus pinnatus*, two stamens are fertile and three stamens are reduced to staminodes.

Gynoecium

Ovary superior, bicarpellary and syncarpous. Ovary bilocular, carpels obliquely placed and ovules on axile placentation. In *Datura* species, bilocule becomes tetralocular by the formation of false septa. Style simple and undivided. Stigma bifid or capitate.

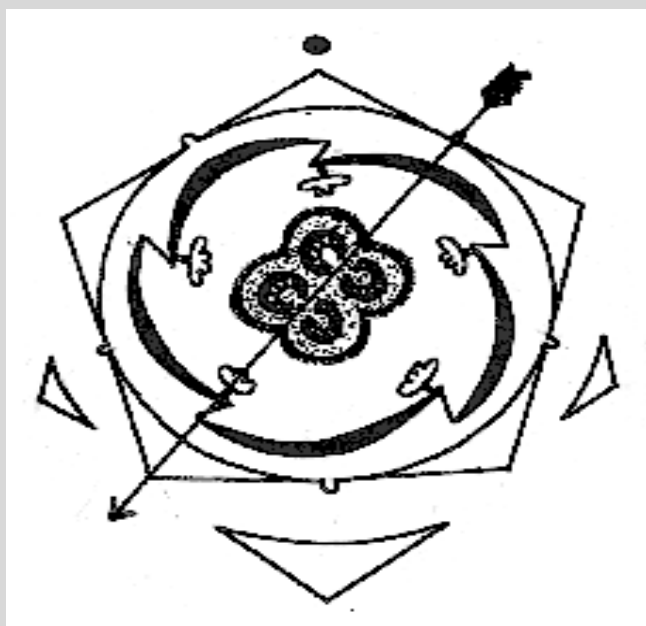
Fruit

A berry or septicidal capsule. In *Lycopersicon esculentum*, the fruit is a berry and in species of *Datura* and *Petunia*, the fruit is a capsule.

Seed

Endospermous.

Floral formula : Br., Ebrl., ⊕ , , K(5),C(5),A5, G



Floral diagram of solanaceae family

RESEARCH ON ASWAGANDHA

Research was done by:-Shashi Pandey Rai

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Published in: International Journal of Pharma and Bio Sciences

Anti-inflammatory Properties

The effectiveness of ashwagandha in a variety of rheumatologic conditions may be due in part to its anti-inflammatory properties, which have been studied by several authors. In a study by Anbalagan et al, 3 powdered root of ashwagandha, (1g/kg suspended in 2% gum acacia, 50 mg/mL) was given orally one hour before the induction of inflammation by injection of Freund's complete adjuvant in rats and continued daily for three days;

Antitumor Properties

To investigate its use in treating various forms of cancer, the antitumor and radiosensitizing effects of ashwagandha, have been studied. In one study, ashwagandha, was evaluated for its anti-tumor effect in urethane-induced lung adenomas in adult male albino mice. Simultaneous administration of ashwagandha, (ethanol extract of whole plant, 200 mg/kg daily orally for seven months) and urethane (125 mg/kg without food biweekly for seven months) reduced tumor incidence significantly (tumor incidence: untreated control, 0/25; urethane treated, 19/19; WS treated, 0/26, and WS plus urethane treated, 6/24, $p < 0.05$). The histological appearance of the lungs of animals protected by WS was similar to those observed in the lungs of control animals. No pathological evidence of any neoplastic change was observed in the brain, stomach, kidneys, heart, spleen, or testes of any treated or control animals.

Immunomodulatory Properties

The use of ashwagandha, as a general tonic to increase energy and prevent disease may be partially related to its effect on the immune system. Glycowithanolides and a mixture of siterosides IX and X) isolated from WS were evaluated for their immunomodulatory and central nervous system effects (antistress, memory, and learning) in Swiss mice (15-25 g, 5-6 months old) and Wistar strain albino rats (120-150 g and 250-300 g). Both materials produced statistically significant mobilization and activation of peritoneal macrophages, phagocytosis, and increased activity of the lysosomal enzymes. Both

compounds (50-200 mg/kg orally) also produced significant antistress activity in albino mice and rats, and augmented learning acquisition and memory retention in both young and old rats.

Hemopoetic Effect

Administration of ashwagandha extract was found to significantly reduce leukopenia induced by cyclophosphamide (CTX) treatment in Swiss albino mice.³⁴ Total white blood cell count on the 12th day of the CTX-treated group was 3720/mm³; that of the CTX-plus-ashwagandha group was 6120/mm³. In the CTX-plus-WS mice, the cellularity of the bone marrow was significantly increased (13.1×10^6 /femur) ($p < 0.001$) compared to the CTX-alone treated group (8×10^6 /femur). Similarly, the number of alpha-esterase positive cells (1130/4000 cells) in the bone marrow of the CTX-plus-ashwagandha mice increased compared to the CTX-alone mice (687/4000 cells). The major activity of ashwagandha may be the stimulation of stem cell proliferation. These studies indicated WS reduced CTX-induced toxicity and may prove useful in cancer chemotherapy. Further studies need to be conducted to confirm the hemopoetic effect with other cytotoxic agents and to determine its usefulness as an adjuvant in cancer chemotherapy.

Nervous System Effects

Total alkaloid extract (ashwagandholin, AG) of ashwagandha roots has been studied for its effects on the central nervous system.³⁷ AG exhibited a taming effect and a mild depressant (tranquilizer) effect on the central nervous system in monkeys, cats, dogs, albino rats, and mice. AG had no analgesic activity in rats but increased Metrazol toxicity in rats and mice, amphetamine toxicity in mice, and produced hypothermia in mice. It also potentiated barbiturate-, ethanol-, and urethane-induced hypnosis in mice. Effects of siterosides VII-X and withaferin isolated from aqueous methanol extract of roots of cultivated varieties of ashwagandha were studied on brain cholinergic, glutamatergic and GABAergic receptors in male Wistar rats.³⁸ The compounds slightly enhanced acetylcholinesterase (AChE) activity in the lateral septum and globus pallidus, and decreased AChE activity in the vertical diagonal band. These changes were accompanied by enhanced M1-muscarinic-cholinergic receptor-binding in lateral and medial septum as well as in frontal cortices, whereas the M2-muscarinic receptor-binding sites were increased in a number of cortical regions including cingulate, frontal, piriform, parietal, and retrosplinal cortex. The data suggest the

compounds preferentially affect events in the cortical and basal forebrain cholinergic-signal transduction cascade.

Results

The many articles were found using the search method described above. Research reveals ashwagandha possesses anti-inflammatory, antitumor, antistress, antioxidant, immunomodulatory, hemopoetic, and rejuvenating properties. Ashwagandha also appears to benefit the endocrine, cardiopulmonary, and central nervous systems. Few articles were discovered on the mechanism of action for these effects. Several preliminary studies have been conducted on animals. A summary of the findings of these studies is present.

Legends of plates



fig;Aswagandha

Conclusion

Withania somnifera (Linn) Dunal (ashwagandha, WS) is widely used in Ayurvedic medicine, the traditional medical system of India. It is an ingredient in many formulations prescribed for a variety of musculoskeletal conditions (e.g., arthritis, rheumatism), and as a general tonic to increase energy, improve overall health and longevity, and prevent disease in athletes, the elderly, and during pregnancy.^{1,2} Many pharmacological studies have been conducted to investigate the properties of ashwagandha in an attempt to authenticate its use as a multi-purpose medicinal agent. For example, anti-inflammatory properties have been investigated to validate somnifera, dunal, withaferin, sitoindoside, solanaceae, Indian ginseng, and winter cherry. Results of these searches were reviewed to identify relevant articles. Its use in inflammatory arthritis,³⁻⁶ and animal stress studies have been performed to investigate its use as an anti-stress agent.⁷⁻¹⁰ Several studies have examined the anti-tumor and radiosensitizing effect of ashwagandha.¹¹⁻¹⁵ The purpose of this paper is to review the literature regarding WS and report on clinically relevant studies, in an attempt to establish a scientific basis for the therapeutic use of WS. Results of studies investigating the chemistry and toxicity of ashwagandha, will also be discussed

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