DIAGNOSIS AND TREATMENT OF DISEASES
IN
ĀYURVEDA
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DIAGNOSIS AND TREATMENT OF DISEASES IN ĀYURVEDA

BASED ON

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ĀYURVEDA SAUKHYAM OF ĖODARĀNANDA

PART FOUR

by

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Dedicated
to
Late Prof. C. Dwarakanath
Ex-Prof. and Head of the Dept. of Kāyacikitsā
Post-Graduate Training Centre in Ayurveda
Jamnagar, India
Ex-Adviser in Ayurveda to Govt. of India

by his humble student
PREFACE

In the preface to 'Basic Principles of Ayurveda' (Todarananda, Ayurveda Saukhyam series, no. II) we have already described the availability and difference in the arrangement as well as numbering of the chapters in the six manuscripts which we have consulted for the preparation of this work. Out of these six mss, chapters included in the present volume, are available only in five manuscripts excluding the third one. As we have discussed there, the invocation (which, for the most part, is erroneous) is available only in the mss. no. 6 and the colophon is lacking there. The colophon, however, is available in the remaining four manuscripts. The arrangement of the chapters and the numbers thereof in the sixth ms. is entirely different from the remaining ones. Therefore, our readers will notice discrepancies in the numbers of chapters at the beginning (before the invocation) and also at the end (the colophon). The invocations are so full of errors that we preferred not to correct them and to leave them as such in the footnotes at the beginning of each chapter.

All our manuscripts have several grammatical and syntactical errors and these errors are found more and more, as we are going ahead, in subsequent volumes. We have of course, corrected some of these obvious errors in the text and the variant readings are given in the footnotes. This being a book of medical science, we are however, very careful not to temper with the text too much, lest it may give an erratic meaning to our readers and research workers. Therefore, our readers will find some errors left out in the text and draw their own judgement about the correct textual reading. In future, if we come across better manuscripts, then corrections would be carried out on the basis of those mss. in subsequent editions.

In this book, for the convenience of readers, we have given chapter numbers seriatim. This is an editorial device and has
nothing to do with the chapter numbers given in various mss. of this work.

In this volume, we are mostly dealing with surgical ailments. In ancient India, Śalya tantra or surgery was in practice and was treated as a specialised branch of ayurveda. There are many references to the practice of surgery in the VEDAS and PURĀNAS. Many surgical performances like transplantation of the head of a horse to the trunk of a human being and its subsequent replacement by human head, providing artificial limbs, connecting the head of Yajña to his trunk etc., are described in the Vedas. Similarly, in purānas we come across the transplantation of an elephant’s head with the trunk of Gaṇeśa. In Rāmāyaṇa, there is the description of war-surgery. When Lakuśmaṇa became unconscious being injured by a weapon, Suśeṇa, the surgeon, revived his consciousness by surgery and administration of a plant called sanjīvani.

During the life time of Lord Buddha, there was a famous physician by the name Jīvaka. Because of his proficiency in the art and science of surgery, he was thrice crowned as the king of physicians and surgeons. He was an expert pediatrician and even excelled in brain surgery. He successfully performed major abdominal operations. There are several anecdotes about this Jīvaka and his exploits in the Tibetan literature.

Even in Bhoja prabandha (11th century A.D.), we have the description of the King Bhoja’s suffering from a serious type of headache. He was anesthetized by sammohana cūrṇa, his cranial bone was opened, the foreign body was removed, the bone was replaced, stitched and he was made to regain his consciousness by the use of another powder called sanjīvani cūrṇa.

Whether these descriptions and anecdotes have to be believed or not is a different matter. But there is no doubt that several major surgical operations were in practice in ancient India and it reached the apogee of its development in the field of surgery during seventh century B.C.

The original texts of Aṇgīvēṣṭa samhitā, Sutrāsamhitā and several other texts on surgery and treatment of diseases of eye,
ear, nose and throat are not available now because of historical reasons. What is available now is Caraka samhitā and Sūruta samhitā, both in redacted and supplemented versions. Even in the extant Caraka samhitā, we have references to surgical performances, and for surgery, he has suggested patients to be referred to the practitioners of Dhānvantara school. The extant edition of Sūruta samhitā provides us an elaborate description of surgical equipments, methods and performances along with the description of ailments needing surgery. Description of rhinoplasty, Caesarean section provided in the text are the evidence of the high skill to which surgery developed in ancient India.

Unfortunately, Buddhism which was patronised by the rulers and subjects of India alike prohibited the practice of surgery among several other professions. This gave a death blow to the medical practitioners. They have to give relief to suffering humanity. When the religion prohibited them to practise surgery they made efforts to develop medicines for correcting these surgical ailments. These drugs and recipes are in successful practice in India and its neighbouring countries even today. Therefore, one often comes across patients of cancer, stone in urinary tract, stone in gall bladder, peptic ulcer, heart diseases and the like who were directed for surgery but successfully treated by medicines by the ayurvedic physicians of this country.

Regarding the English translation given in this volume, we would like to mention that in the 6th manuscript there are brief notes in Hindi to some of the difficult terms described in the text. Some of these interpretations, given in the note, are unconventional. However, we have followed them in our translation.

We are extremely thankful to Ku. Kanchan Gupta, M.A., M. Ed., who was of great help in each and every stage of the preparation of this work. We express our gratitude to Shri Naurang Rai, the publisher who in spite of his preoccupation entertained the publication of this work for the welfare of the suffering humanity and encouraged us in each and every step
of our endeavour. We will fail in our duty if we do not express our thanks to Shri Manjit Singh, the printer, for printing it expeditiously and for taking personal pains. Mr. Madhava Rao deserves our thanks for all the help he rendered in proof reading etc., of this book.

Both of us are extremely busy in our professional activities and we have very little free time to devote for this monumental work. The work is, therefore, done at midnight. If it proves beneficial to patients, physicians, teachers and research workers we will feel amply rewarded. At the end, we would like to quote the great poet Kālidāsa who, in his monumental play ‘Abhijñāna Śākuntalam’, says:

"I will not consider my efforts to be meritorious until and unless the wise readers (audience) for whom this work is meant, are satisfied."

We share his sentiments.

BHAGWAN DASH
LALITESH KASHYAP
**INDO-ROMANIC EQUIVALENTS OF DEVANĀGARI**

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CONTENTS

Preface vii

Indo-Romanic Equivalents of Devanāgari xi

Chapter I

Diagnosis and Treatment of Colic Pain (Śūla) 1-54

Classification [1]*, Etiology and Pathogenesis of Vātika Śūla [2-3], Signs and Symptoms of Vātika Śūla [4-5], Etiology and Pathology of Paittika Śūla [6], Signs and Symptoms of Paittika Śūla [7], Etiology and Pathogenesis of Kaphaja Śūla [8], Signs and Symptoms of Kaphaja śūla [9], Signs and Symptoms of Śūla caused by two Dosas [10], Signs and Symptoms of Sānnipātika Śūla [11], Etiology and Pathogenesis of Āmaja Śūla [12], Signs and Symptoms of Āmaja Śūla [13-14], Pathogenesis, Signs and Symptoms of Pārśva Śūla (Pleurisy) [15-16], Pathogenesis, Signs and Symptoms of Kuksi Śūla (Pain in Pelvic region) [17-18], Pathogenesis, Signs and Symptoms of Hṛit Śūla (Pain in Cardiac region) [19], Pathogenesis, Signs and Symptoms of Basti Śūla (Pain in the region of Urinary Bladder) [20], Signs and Symptoms of Mūtra Śūla (Pain in the Urinary Tract) [21], Etiology, Pathogenesis, Signs and Symptoms of Viś Śūla (Pain caused by intestinal obstruction) [22-25], Locations of Colic Pain according to Dosas [26], Characteristic Features of Dvandvajā Śūla [27], Prognosis [28], Complications [29-30], Line of Treatment in General [31], Line of Treatment of Vātika Śūla [32],

* Numbers given in the square brackets of "contents" indicate the verse/paragraph number of the concerned chapter.
Diagnosis and Treatment of Diseases

Hiṅgu Paṅcaka [33], Mud Fomentation [34], Tumburādyā Cūrṇa [35-36], Soup of Kulattha [37], Balādi Kvātha [38], Hiṅgvdī Cūrṇa [39], Tumburādyā Cūrṇa [40], Recipes for Vātika Śūla [41-52], Recipes for Paittika Śūla [53-55], Use of Yava Peyā [56], Recipes [57-63], Treatment of Ślaismika Śūla [64-70], Treatment of Āmaja Śūla [71-74], Treatment of Dvandvaja Śūla [75-78], Viśvādi Kvātha [79-80], Rucakādi Cūrṇa [81-82], Triphalā Lauha [83], Śūlī Ghṛta [84-86], Recipe [87-88], Eranda Saptaka [89], Recipes [90-92], Treatment of Tridosajā Śūla [94], Eranda Dyādaśa Kvātha [94-95], Recipe [96], Śaṅkha Yoga [97], Recipe [98], Dādhiya Ghṛta [99-101], Śūla Baddha Rasa [102], Recipe [103], Śaṃmuḥaka Rasa [104-105], Recipe [106], Tāmra Yoga [107], Śūla Gaja Kesari [108], Śūla Gaja Kesari (second variety) [109-112], Recipe [113], Prohibitions [114-116], Tripura Bhairavī Rasa [117-120], Agni Mukha Rasa [121-122], Recipe [123], Śūla Nikṛntanī Vajr [124], Arka Kṣāra [125-129], Amṛta Kṣāra [130-133], Vajra Kṣāra [134-138], Śaṅkha Drava [139-143], Śaṅkha Drava (second recipe) [144-148], Śaṅkha Drava (third recipe) [149-153], Śaṅkha Drava (fourth recipe) [154-165], Colophon [166].

Chapter II

Diagnosis and Treatment of Parināma and Annadara types of Colic Pain

Pathogenesis [1-4], Signs and Symptoms of Different Varieties of Paktija Śūla [5], Signs and Symptoms of Vātika type of Paktija Śūla [6], Signs and Symptoms of Paittika type of Paktija Śūla [7], Signs and Symptoms of Kaphaja type of Paktija Śūla [8], Signs and Symptoms of Dvandvaja and Sānni-pāṭika types of Paktija Śūla [9-10], Signs and Symptoms of Annadara Śūla [11-12], Complications [13], Line of Treatment [15], Viḍāṅgādyā Modaka [16], Recipes [17-19], Tilādi Guṭikā [20-21], Śambūkādi Guṭikā [22-93], Recipe [24], Vacā Loha Yoga [25], Kṛṣṇādyā Loha [26], Recipe [27],
Chapter III

Diagnosis and Treatment of Udāvarta (Upward movement of Vāyu) and Ānāha (Abdominal distension).

Etiology [1], Udāvarta caused by the Suppression of Vāta [2], Udāvarta caused by the Suppression of Stool [3], Udāvarta caused by the Suppression of Urine [4], Udāvarta caused by the Suppression of Yawning [5], Udāvarta caused by the Suppression of Sneezing [7], Udāvarta caused by the Suppression of Tears [6], Udāvarta caused by the Suppression of Eruption [8], Udāvarta caused by the Suppression of Vomiting [9], Udāvarta caused by the Suppression of Semen [10], Udāvarta caused by the Suppression of Hunger and Thirst [11], Udāvarta caused by the Suppression of Breathing and Sleep [12], Other causes [13], Signs and Symptoms [14-16], Pathogenesis of Ānāha [17], Signs and Symptoms of Ānāha [18-19], Prognosis of Udāvarta [20], Line of Treatment [21-23], Recipe [24-25], Trivṛtādi Guḍikā [26], Recipes [27-29], Nārāca Cūrṇa [29-30],
Chapter : IV

Diagnosis and Treatment of Gulma (Phantom Tumour) 106-155

Etiology [1], Definition [2], Pathogenesis [3], Premonitory Signs and Symptoms [4], General Symptoms [5], Cause of Vātika Gulma [6], Signs and Symptoms of Vātika Gulma [7-8], Causes of Paiitika Gulma [9], Signs and Symptoms of Paiitika Gulma [10], Causes of Kaphaja and Sānnipātika Gulma [11], Signs and Symptoms of Kaphaja Gulma [12], Dvandvaja Gulma [13], Sānnipātika Gulma [14], Raktaja Gulma in Females [15], Differential Diagnosis [16], Prognosis [17-21], Line of Treatment [22], Fomentation Therapy [23-25], Diet [26-33], Treatment of Pitta-Gulma [34-40], Rohinīyādyva Ghṛta [41-44], Treatment of Kaphaja Gulma [45], Patients Suitable for Emetic Therapy [46-52], Vacādyva Cūrṇa [53-54], Yamānyādy Cūrṇa [55], Hīṅgvādi Cūrṇa [56-61], Recipe [62], Hīṅgvādi Cūrṇa (Second recipe) [63-64], Vacādi Cūrṇa [65-66], Recipe [67], Kāṅkāyana Vaṭī [68-73], Recipe [74], Hīṅgvādi Cūrṇa [75], Recipe [76], Triphalādyva Cūrṇa [77-78], Kāṅkāyana Guṭikā (second recipe) [79-85], Habuṣādyva Ghṛta [86-88], Paṅca Pala Ghṛta [89-90], Tryusānādyva Ghṛta [91], Trāyamānā Ghṛta [92-95], Drākṣādyva Ghṛta [96-99], Kṣira Satpalaka Ghṛta [100-101], Bhāṛṇī Satpalaka Ghṛta [102-103], Bindu Ghṛta [104-105], Bhallātaka Ghṛta [106-109], Miśraka Sneha [110-112], Rasonādyva Ghṛta [113-115],
Chapter V

Diagnosis and Treatment of Heart Diseases

Pathogenesis [1-2], Causative Factors [3], Definition [4], Vāṭika Hṛd Roga [5], Paṭṭikā Hṛd Roga [6], Kaphaja Hṛd Roga [7], Sānṇipāṭikā Hṛd Roga [8], Kṛmija Hṛd Roga [9-11], Complications [12], Treatment of Vāṭika Hṛd Roga [14], Pippalyādi Cūrṇa [15-16], Recipe [17], Treatment of Paṭṭikā Hṛd Roga [18-22], Treatment of Kaphaja Hṛd Roga [23], Treatment of Sānṇipāṭikā Hṛd Roga [34-35], Treatment of Kṛmija Hṛd Roga [36-38], Vallabha Gṛṛṭa [39], Śvaḍaṃśtrādyā Gṛṛṭa [40-43], Balāḍya Gṛṛṭa [44] Arjuna Gṛṛṭa [45], Diet and [46], Regimens Colophon [47].

Chapter VI

Diagnosis and Treatment of Urograḥa (Stiffness in the sides of chest as well as abdomen) and Mūtra Kṛčchra (Dysuria)

Etiology and Pathogenesis [1], Signs and Symptoms [2-3], Etiology of Mūtra Kṛčchra [4], Pathogenesis [5], Signs and Symptoms [6-7], Kṣataja Mūtra Kṛčchra [8], Viḍ Vighāṭaja Mūtra Kṛčchra [9], Aśmarīja Mūtra Kṛčchra [10], Śukraja Mūtra Kṛčchra [11], Stone and Gravel in the Urinary Tract [12-15], Treatment of Vāṭika Mūtra Kṛčchra [16-17], Treatment of Paṭṭikā Mūtra Kṛčchra [18-19], Śatāvaryādi Kvātha [20],
Diagnosis and Treatment of Diseases

Haritakyadi Kvātha [21], Recipe [22-23], Treatment of Kaphaja Mūtra Kṛcchra [24-27], Treatment of Sānnipātikā Mūtra Kṛcchra [28], Brhatyadi Kvātha [29], Treatment of Kṣataja Mūtra Kṛcchra [30], Treatment of Viḍ Vighātajaj a Mūtra Kṛcchra [31], Recipe [32], Treatment of Aśmarija Mūtra Kṛcchra [33], Treatment of Śukrāja Mūtra Kṛcchra [34-37], Elādi Cūrṇa [38], Recipes [39-40], Śatāvarī Ghrta and Kṣīra [41], Trikaṇṭakādyā Ghrta [42], Sukumāraka Ghrta [43-50], Recipe [51], Laghu Lokeśvara Rasa [52-54], Colophon [55].

Chapter VII

Diagnosis and Treatment of Mūtrāghāta
(Anuria)  190-208

Varieties [1], Vāta Kuṇḍalikā [2-4], Aśphīlā [4], Vāta Basti [5-6], Mūtra Jāṭhara [7], Mūtra Jāṭhara [8-9], Mūtra Saṅga [10-11], Mūtra Kṣaya [12], Mūtra Granthi [13], Mūtra Śukra [14], Uṣṇa Vāta [15-16], Mūtra Śāda [17-18], Viḍ Vighātā [19], Basti Kuṇḍalikā [20-23], Prognosis [24-25], Line of Treatment [26-31], Gokṣurādi Guggulu [32-35], Recipes [36-49], Citrakādyā Ghrta [50-56], Recipes [57-59], Colophon [60].

Chapter VIII

Diagnosis and Treatment of Aśmari (Stone in Urinary Tract)  209-253

Varieties [1], Pathogenesis [2], Premonitory Signs Symptoms [3], General Signs and Symptoms [4-5], and Signs and Symptoms of Vātika Stone [6-7], Signs and Symptoms of Paśiṭika Stone [8], Signs and Symptoms of Kaphaja Stone [9], Signs and Symptoms of Śukrāśmari [11-12], Sarkara (Gravels) [13], Complications [14-16], According to Suśruta [17-25], According to Ātreya [26-30], According to Suśruta [31], According
Contents

Chapter IX

Diagnosis and Treatment of Prameha and Prameha Pidakā

Varieties [1], Etiology [2], Pathogenesis [3], Prognosis [4-5], Premonitory Signs and Symptoms [6], Common Signs and Symptoms [7], Udaka Meha [8], Ikṣu Meha [9], Sānḍra Meha, Surā Meha and Piṭṭa Meha [10], Śukra Meha and Sīkatā Meha [11], Śīta Meha and Śanaiḥ Meha [12], Lālā Meha [13], Kṣāra Meha, Nila Meha and Kāla Meha [14], Hāridra Meha, Maṇiṣṭhā Meha and Rakta Meha [15], Vasā Meha and Majjā Meha [16], Madhu Meha [17], Hastī Meha [18], Classification [19-21], Additional Varieties [22], Pīṭa Meha [23], Complications [24-26], Bad Prognosis [27], Congenital Diabetes [28], Secondary Diabetes [29], Pathogenesis of Madhu Meha (Diabetes Mellitus) [30-32], Signs of Cure [33].

Diabetic Carbuncles [34-35], Sarāvikā and Sarṣapikā [36], Kacchapikā and Jālini [37], Vinatā [38], Putriṇī and
Diagnosis and Treatment of Diseases

Masūrikā [39], Alajī and Vidārikā [40], Vidradhi [41-43], Prognosis of carbuncles [44], Complications of carbuncles [45-46].

Low incidence of Prameha in Ladies [47], Differential Diagnosis [48-49], Diet and Regimens [50], Recipes for Different Types of Meha [51-62], According to Suśruta [63], Recipes [64-70], Nyagrodhādyā Cūrṇa [71-75], Trikaṇṭakādya Ghrīta and Taila [76-77], Recipe [78], Dhānvantara Ghrīta [79-86], Daṇḍimādyā Ghrīta [87-91], Brhat Daṇḍimādyā Ghrīta [92-93], Tryuṣanādyā Gūṭikā [94-95], Administration of Śilājatu [96-98], Candra Prabhā Gūṭikā [99-108], Pūga Pāka [109-114], Recipe [115-116], Exercise [117-118], Treatment of Carbuncles [119-121], Prohibitions [122], Recipes [123-125], Meha Bhairava Rasa [126-128], Tārakeśvara Rasa [129-130], Meghanāda Rasa [131-132], Recipe [133], Hari Śaṅkara Rasa [134], Vaṅgēśvara [135], Prameha Kuṭhāra [136], Wholesome Diet [137], Colophon [138].

Chapter X

Diagnosis and Treatment of Obesity


Chapter XI

Diagnosis and Treatment of Kṛṣa Roga
(Excessive Emaciation)

Etiology [1-2], Signs and Symptoms [3], Susceptibility of Diseases [4], Description of the Patient [5-6], Naturally Emaciated Persons [7-9], According to Agniveṣa [14-17] Recipe [18] Colophon [19].
Chapter XII

Diagnosis and Treatment of Udara (Obstinate Abdominal Diseases including Ascites) 319-388

Etiology [1], Pathogenesis [2], Premonitory Signs and Symptoms [3-4], Common Signs and Symptoms [5], Varieties [6], Vātodara [7-9], Pittodara [10-11], Kaphodara [12-13], Sānnipātika Udara [14-16], Plīhodara [17-18], Yakṛōdālīyudara [19-20], Baddha Gudodara [21-22], Kṣatodara [23-24], Dakodara [25-26], Prognosis [27-31], Diet and Drinks [32-33], Treatment of Vātodara [34-35], Need for Purgation [36], Peyā [37], Administration of Butter-Milk [38-40], Butter-Milk in other Diseases [41], Medicated Enema [42], Sāmudrāṇya Cūrṇa [43-44], Recipe [45], Treatment of Pittodara [46], Purgation Therapy [47], Treatment of Kaphodara [48], Treatment of Sānnipātikodara [49], Treatment of Plīhodara [50], Treatment of Baddhodara [51], Treatment of Chidrodara [52], Treatment of Jalodara [53], Recipe [54], Administration of Pippali [55], Administration of Snuhī [56], Recipes [57-58], Poṭolāṅga Cūrṇa [59-62], Nārāyaṇa Cūrṇa [63-70], Recipe [71], Vajra Kṣāra [72-77], Recipes [78-80], Vajra Kṣāra (second recipe) [81], Recipes [82-95], Vajra Kṣāra (Third recipe) [96-101], Daśa mūla Śatpalaka Ghṛta [102], Citraka Ghṛta [103], Bindu Ghṛta [104-107], Mahā Bindu Ghṛta [108-113], Bindu Ghṛta (second recipe) [114-115], Recipes [111-117], Nāraca Ghṛta [118-119], Tri Mūrtī Rasā (Vāmaniya, Culuka Bheda and Kālāri Rasā) [120-127], Recipe (Vāmaniya Rasā) [128-134], Recipe (Culuka Bheda Rasā) [135-141], Recipe (Kālāri Rasā) [142-145], Diet and Regimens [146-147], Recipes [148-155], Bhallāṭaka Modaka [156], Recipes [157-159], Kṣāra Guṭikā [160-161], Recipes [162-163], Udāya Bhāskara Rasā [164-176], Vyādhi Vidhvamsana Rasā [177-179], Recipes [180-182], Vaṁgeśvāra Rasā [183-191], Vaṁgeśvāra Rasā (second recipe) [192-195], Recipes [196-204], Māṇḍī Guṭikā [205-207], Recipe [208], Vardhamāna Pippali Prayoga,
[209-213], Citraka Pippali Ghṛta [214], Pippali Ghṛta [215], Citraka Ghṛta[216-219], Kadali Kṣāra Taila [220], Rohitaka Ghṛta [221-223], Recipes [224-228], Mahā Rohitaka Ghṛta [229-236], Abhayā Lavaṇa [237-245], Prohibitions [246], Colophon [247].

Chapter XIII

Diagnosis and Treatment of Oedema

389-417

Pathogenesis [1], Varieties [2], Premonitory Signs and Symptoms [3], Etiology of Endogenous Oedema [4-5], General Signs and Symptoms [6], Signs and Symptoms of Vāṭīka Oedema [7], Signs and Symptoms of Paṭīṭika Oedema [8], Signs and Symptoms of Kaphaja Oedema [9], Dvandvāja and Śāṇnipāṭīka Oedema [10], Abhīghāṭaja Oedema [11-12], Viṣaja Oedema [13-14], Oedema in different Parts of Body [15], Prognosis [16], Prohibition [17], Complications [18-21], Recipes [22-50], Kṣāra Guṣṭikā [51-55], Punarnāvādyā Ghṛta [56], Punarnāvā Ghṛta [57], Pañca Kolādyā Ghṛta [58], Śunṣhi Ghṛta [59], Citrakādyā Ghṛta [60-61], Citraka Ghṛta [62], Māvaka Ghṛta [63], Sthala Padma Ghṛta [64], Saileyādyā Taila [65-66], Mūlakādyā Taila [67], Punarnāvā Lehā [68-70], Daśa Mūla Harītaki [71-74], Kamsa Harītaki [75-79], Treatment of Oedema caused by Poisons [80-81], Recipes [82-84], Prohibitions [85-86], Colophon [87].

Chapter XIV

Diagnosis and Treatment of Vṛddhi (Scrotal Enlargement)

418-436

Pathogenesis [1], Varieties [2], Vāṭīka, Paṭīṭika and Kaphaja Vṛddhi [3], Raktaṭa and Medoja Vṛddhi [4], Mūtra Vṛddhi [5], Antra Vṛddhi (Inguinal Hernia) [6-8], Prognosis [9], Bradhna [10-11], Recipes [12-17], Surgical Method [18], Venesection Performance [19],
Chapter XV

Diagnosis and Treatment of Galaganda (Goitre), Gandha Malā (Lymphadenitiis), Apaci (Suppurated Gland), Granthi (Small Tumour) and Arbuda (Large Tumour)

Description of Gala Gandha [1], Pathogenesis of Gala Gandha [2], Vātika Gala Gandha [3], Kaphaja Gala Gandha [4], Medoja Gala Gandha [5], Prognosis [6], Gandha Malā [7], Apaci (Suppurated Gland) [8], Prognosis of Apaci [9], Granthi (Small Tumour) [10], Vātika Granthi [11], Paiitika Granthi [12], Kaphaja Granthi [13], Medoja Granthi (Lipoma) [14], Sirāja Granthi [15-16], Arbuda (Large Tumour) [17], Varieties of Arbuda [18], Raktaja Arbuda [19-20], Māmsārbuda [21-23], Adhyarbuda and DvīrARBuda [24], Cause of Non-Suppression of Tumour [25-26], Line of Treatment [27], Recipes [28-36], Surgical Method—Blood-letting [37-39] Tumbi Taila [40], Amṛtādyā Tāila [41], Treatment of Gandha Malā (Lymphadenitis) [42], Recipes [43-50], Śākhoṭaka Bimbādyā Tāila [51], Nirguṇdi Taila [52], Treatment of Apaci (Suppurated Gland) [53], Recipes [54-56], Surgical Treatment [57], Cauterization Therapy [58], Recipe [59], Vyoṣādyā Tāila [60], Recipe [61], Guṇjādyā Tāila [62-63], Treatment of Granthi (Small Tumour) [64], Vātika Granthi [65], Paiitika Granthi [66-67], Kaphaja Granthi [68-69], Recipes [70-72], Marmaja Granthi [73], Treatment of Arbuda [74], Treatment of VātARBuda [75], Treatment of PittARBuda [76], Treatment of Kaphajārbuda [77-79], Recipes [80-85], Colophon [86].
Chapter XVI

Diagnosis and Treatment of Filiariasis

Description [1], Vātika Śīlapada [2], Paîtikiva and Kaphaja Śīlapada [3], Sānnipātika Śīlapada [4], Predominance of Kapha [5], Predisposing Factor [6], Prognosis [7-8], Line of Treatment [9], Recipes, [10-13], Treatment of Vātika Śīlapada [14], Treatment of Paîtikiva Śīlapada [15], Recipe [16], Treatment of Kaphaja Śīlapada [17], Recipes [18-22], Vṛddha Dārūka Sama Cūrna [23-25], Pippalyādyā Cūrna [26-28], Kṛṣṇādyā Modaka [29], Saureśvara Ghṛta [30-36], Viḍāṅgādi Taila [37], Recipes [38-39], Colophon [40].

Chapter XVII

Diagnosis and Treatment of Vidhradhi (Abscess)

Pathogenesis [1-2], varieties [3], Vātika Vidradhi [4], Paîtikiva Vidradhi [5], Kaphaja Vidradhi [6-7], Sānnipātika Vidradhi [8], Kṣataja or Āgantuja Vidradhi [9-10], Raktaja Vidradhi [11], Raktaja Vidradhi in Ladies [12], Prognosis [13], Internal Abscess [14-20], Prognosis [21-27], Differential Diagnosis between Gulma and idradhi [28-29], Breast Abscess [30-32], Line of Treatment [33], Treatment of Vātika Vidradhi [34], Recipes [35-36], Treatment of Paîtikiva Vidradhi [37], Recipes [38-39], Treatment of Kaphaja Vidradhi [40], Recipe [41-42], Treatment of Kṣataja and Raktaja Vidradhis [43], Recipe [44], Treatment of Internal Abscess [45-50], Priyaṅgavādyā Taila [51], Colophon [52].

Chapter XVIII

Diagnosis and Treatment of Ulcers

Premonitory Signs and Varieties [1-3] Āma (unsuppurated) Ulcer [4], Pācyamāna (beginning of suppuration) Ulcer [5-8], Pakva (fully suppurated) Ulcer
[9-11], Rakta Pāka [12-13], Role of Doṣas [14-16], Ulcerative Oedema and the physician [17-19], Two Types of Ulcers [20], Vātika Ulcer [21], Paittika Ulcer [22], Kapha Jā Ulcer [23], Raktaja, Dvandvaja and Sānnpātika Ulcers [24], Prognosis [25-26], Duṣṭa Vraṇa and Śuddha Vraṇa [27-28], Bandage [29], Bursting of Healed Ulcer [30], Healing Ulcer [31], Healed Ulcer [32], Delayed Healing [33], Prognosis [34-35], Suggestions for physicians [36-39], Varieties [40-41], Chinna (cut) Type of Wound [42], Bhinnā (perforated) Type of Wound [43-50], Viddha (punctured) Wound [51], Kṣata (lacerated) Wound [52], Piccita (contusion) Wound [53], Ghṛṣṭa Vraṇa (Abraision) [54], Wound Containing Foreign-Body [55-56], Prognosis [57], Signs and Symptoms of Wound in Vital Organs [58-59], Injury to Vessels [60], Injury to Ligaments and Nerves [61], Injury to joints [62], Injury to Bones [63], Injury to a vital Muscles [64], Complications [65-67], Line of Treatment [68-69], Treatment of Vātika Oedema [70], Recipe [71], Treatment of Paittika Oedema [72], Recipe [73], Treatment of Exogenous Raktaja Oedema [74], Treatment of Kapha Jā Oedema [75-81], Importance of Blood-letting Therapy [82-83], Upānaha [84], Recipes [85-92], Tilāṣṭaka [93], Line of Treatment [94-106], Fumigation [107-108], Recipe [109].

Burns and Scalds [110-111], Varieties and Characteristics [112], Symptoms [113-114], Treatment of Pluṣṭa (Mild Burn) [115-116], Treatment of Durdagdha (Severe Burn) [117], Treatment of Samyak Dagdha (Moderate Burn) [118-119], Treatment of Ati Dagdha (Excessive Burn) [120-122], Recipe (123-124), Heat and Cold Strokes [125-126], Recipes [127-137].

Extraction of Foreign Body [138], Line of Treatment [139-141], Diet [142], Line of Treatment [143-145], Treatment of Magots and Germs [146-150], Triphala Guggulu [151], Amrta Guggulu [152], Vaṭikā Guggulu [154], Amrta Vaṭikā Guggulu [155-156], Svarjikādi Ghṛṣṭa
Fractures and Dislocations [187], Characteristic Features [188-192], Prognosis [193], Prohibitions [194-198], Management of Fracture [199-200], According to Sūtrāta [201-203], Splint [204], Recipes [205-206], Diet and Regimens [207-208], Wholesome Diet [209-210], Bandage [211], Line of Treatment [212-217], According to Kṛṣṇātreyā [218], Open Fracture [219-220], Methods of curing Fracture [221-231], Crushing of Nail Joint [232-234], Finger bones broken or dislocated [235], Fracture in the Sole of the Feet [236], Fracture of the Bones of Leg or Thigh [237-238], Fracture in the Lumber Region [239], Fracture of the Rib Bones [240-241], Injury or Dislocation of Shoulder Joint [242], Dislocation of the Elbow Joint [243-244], Fracture in the Palm [245-246], Breakage in Clavicle [247], Fracture in the Arm [248], Fracture in the Neck [249-250], Fracture of the Jaw Bone [251-253], Fracture of the Nasal Bone [254], Breakage in Ear Cartilage and Skull [255-257], Injuries on Body [258-259], Fracture of Leg or Thigh Bones [260-264], Signs of Proper Healing [265], Ulcers above the bones or joints [266], Fracture in the Head and Neck [267], Gandha Taila [268-279], Mahā Gandha Taila [280-282], Vajrā Guṭikā [283], Vajra Śekhara Rasa [284-286], According to Gorakṣa [287-291], Ābhā Guggulu [292], Recipe [293], Lāksā Guggulu [294], Recipe [295].

Rhinoplasty [296-300], Repairing Lip [301], Colophon [302].
Contents

Index I
  Authors and Books quoted  599

Index II
  Recipes described  600

Index III
  Drugs described  604

Index IV
  Diseases described  620

Index V
  Glossary of the technical terms used in the text  625
CHAPTER I

II ग्रथ शूलनिदानं चिकित्सा च II

Diagnosis and Treatment of Colic Pain

"दोषः पृथक् समस्तामद्व्राः शूलोज्ज्वारः भवेत्।
सवृष्टेऽत्थुशु शूलेषु प्रायेण पवनः प्रभुः।।1।।"

Classification

Depending upon the causative factors, śūla or colic pain is classified into eight categories, viz.

(1) vāṭika
(2) paittika
(3) kaphaja
(4) vāta-pittaja

1. This is the beginning of fortieth chapter of Ayurveda Saukhya in Tṛdārānanda and the invocation reads as follows:

"वेषोऽकुञ्ज्वरमुन्युं सुकं यद्रह्मनुभुततावस्थयां नुं किम्।
संवष्यं गोप्पोनूरतामुखतं सेवुस्यं सद्वान्नदोपालरेः॥"
(5) vāta-kaphaja  
(6) pitta-kaphaja 
(7) sānipātika (caused by the simultaneous vitiation of all the three doṣas) and 
(8) āmaja (caused by the āma which is the product of improper digestion and metabolism). Vāyu, however, predominates in the general pathogenesis of all these varieties of colic pain.

Etiology and Pathogenesis of Vātika Śūla

Vātika type of colic pain is caused by the aggravation of vāyu because of the following:

1. Exercise, riding over vehicles and sexual intercourse in excess;
2. Remaining awake at night and intake of cold water in excess;
3. Excessive intake of kalāya, mudga, āḍhakī and koradāśa in excess;
4. Excessive intake of ununctuous food, habitual intake of food before the previous meal is digested and injury;
5. Excessive intake of astringent and bitter food, germinated corns and pulses, mutually contradictory ingredients of food, dried meat and dried vegetables;

1. oजलाभिभावत् इति प्राधमपचमपुष्टक्षयः पाठः।
2. oविरूधज्ञानः इति प्राकरे पाठः।
3. oमृत्रानिलस्य रोगः इति प्राधमपचमपुष्टक्षयः पाठः।
4. oन्यशोकः इति प्राधमपचमपुष्टक्षयः पाठः।
6. Suppression of the manifested urges for defecation, ejaculation of semen, urination and passing of flatus; and

7. Grief, fasting, laughing and talking in excess.

वायु: प्रवृत्तो जनयेद्द शूलं हृद्याद्वंशुहात्रिकवस्थितं वेदेः।
जीवोऽपदेश च घनागमे च शीते च कोपं सुमुच्छितं गाढम्।
मुहर्मुच्छोपस्ममुक्रोपवो विश्चुटंस्तम्भनमतोदेवेः।
संस्थ्वेदनाम्यर्जनम्वदनाः: दिनास्थोणभोज्यद्वच्च शमं प्रयाति।

Signs and Symptoms of Vāṭika Śūla

The aggravated vāyu causes pain in cardiac region, sides of chest, back, lumber region and the region of urinary bladder. This pain gets excessively aggravated after digestion of food, during evening, at the onset of rain and during the winter. The pain gets aggravated and alleviated very frequently. It causes retention of stool and urine. It is characterised by pricking and cracking pain. The pain gets alleviated by fomentation, massage, kneading etc., and by food which is unctuous and hot.

क्रोधानलायासरविप्रतापः।

1. हृद्याद्वंशुहात्रिकवस्थितं वेदेः इति पद्धगस्तके पाठः।
2. प्रकोपी विश्चुटंस्तम्भनमतोदेवेः इति प्राकरे पाठः।
3. बनतोदेवेः इति पद्धगस्तके पाठः।
4. भोज्यद्वच्च इति प्रथमपचमपद्धस्तकेषु पाठः।
5. क्रोधातिक्षोणः इति द्वितीयस्तुतके पाठः।
6. कुलत्य इति प्रथमपचमपद्धस्तकेषु शास्त्रार्थे च पाठः।
Etiology and Pathology of Paśṭika Śūla

Paśṭika type of colic pain is instantaneously caused by the aggravation of pitta because of the following:

1. Excessive intake of alkalies, tiksür (ingredients having sharp attribute), hot and vidāhi (ingredients causing burning sensation) food, oil, nispāva (legumes), oil cakes, soup of kulattha, pungent and sour food, sauvīra (a type of vinegar) and alcoholic preparations;
2. Excessive anger, exposure to the heat of fire, exhaustion and exposure to the hot sun-rays; and
3. Excessive indulgence in sex.

Because of the above mentioned factors, the food of the individual becomes vidagdha (undigested) which produces paśṭika type of colic pain.

Signs and Symptoms of Paśṭika Śūla

Signs and symptoms of paśṭika type of colic pain are thirst, unconsciousness, burning sensation, sawing pain in the umbilical region, excessive perspiration, fainting, giddiness and cosā (a sensation as if getting parched by strong heat). The pain gets aggravated during mid-day, mid-night, summer season and after the rainy season (i.e., during autumn). The pain gets alleviated during winter season, because of excessively cold regimens and by sweet as well as cooling food.

1. शीते च शीते इति प्राकरे पाठः।
Colic Pain

Etiology and Pathogenesis of Kaphaja Śūla

Kaphaja type of colic pain is caused by the aggravation of kapha because of the following:

1. Excessive intake of the meat of animals living in marshy land and water, cheese, milk-preparations, meat (of other animals), pastries prepared of sugar cane juice, kṛṣṇa (a type of gruel), preparations of sesame seed and śaṅkula (a type of pastry); and
2. Such other food and regimens which aggravate kapha.

Signs and Symptoms of Kaphaja Śūla

Signs and symptoms of kaphaja type of colic pain are nausea cough, prostration, anorexia, salivation, constipation, heaviness and pain in the gastric region (upper abdomen). Whenever, the patient takes food, he gets pain. This pain gets aggravated at the time of sun rise, during śīśira (first half of winter) and during spring season.

1. मूर्यावदेः इति भार्करे पातः।
2. ‘दिशोष -दिशोष’ भार्करे नोपलम्येत।
Diagnosis and Treatment of Diseases

Signs and Symptoms of Śūla caused by Two Doṣas

Colic pain caused by the simultaneous vitiation of two doṣas viz. vātā-pitta, vātā-kapha and pitta-kapha is characterised by the combination of the signs and symptoms of the concerned individual doṣas. For example, in vātā-paittika śūla, signs and symptoms of both vātika śūla and paittika śūla are manifested.

सर्वेणु दोषेशु च सर्वालं बिद्याधिशुक्क सर्वभवं हि शूलम्।
मुक्तमेवं बिबधवेन्द्रकल्यं बिबधवेनीयं प्रवदन्ति तज्ज्ञा: ॥११॥

[नाथलक्षिन: शूलादिशिन्धव २६:१-११]

Signs and Symptoms of Sānnipātika Śūla

In the colic pain caused by the simultaneous vitiation of all the three doṣas, signs and symptoms of vātika śūla, paittika śūla and kaphaja śūla are manifested. It is one of the extremely difficult conditions, like affliction by acute poisoning or thunderbolt, for treatment. Therefore, experts on this subject advise not to undertake treatment of such patients.

श्लिपाकम्य यदा भृकं पावके घूटतां गते।
स्वयरूपां भवेकोट्टे वायुरावृत्त तिष्ठति॥
श्रविपाकगम्य ह्यन्नं शूलं तांहं करोति च ॥१२॥

Etiology and Pathogenesis of Āmaja Śūla

If a person takes food in excess when his power of digestion is sluggish, the food remains stagnant in the gastro-intestinal tract being surrounded by vāyu. Thus, this undigested food gives rise to colic pain.

1. पाठोम द्वितीयपुस्तके नोपलम्यते।
Colic Pain

मुच्छाध्मानं विक्राहं च ह्रदि क्लेदो विलम्बिका।
विशृष्ट्यते छद्यवति कम्पते च प्रमुखति।
श्रिीपाकाः ज्वेलावला नमामिदोवसमुज्जवल् 113।

Signs and Symptoms of Āmaja Śūla

Āmaja type of colic pain which is caused by faulty food and its indigestion is characterised by signs and symptoms like fainting, distension of the abdomen, burning sensation in the cardiac region (chest), feeling of stickiness, vilambikā (absence of peristaltic movement resulting in the stagnation of food), prickling pain, vomiting, trembling and unconsciousness.

"आतोपहृलासवमीपुष्वस्तैमित्यमानाहकफ्फ्रसेकः।
कफ्फ्रयं लिङेन समानारालगमामोद्वः शूलमुद्वहरणि। 114।"

[भाष्वनिवान: शूलाविनिवान 26:12]

Āmaja type of colic pain also shares the signs and symptoms of kaphaja colic pain resulting in the manifestation of ātopa (gurgling noise in the abdomen), nausea, vomiting, heaviness, staimitya, (absence of peristaltic movement), abdominal distension and salivation.

निग्रहमान: स इलेमा कुक्षितमेव व्यवस्थितः।
श्रिीपाकातोपसूच: सुच्रीभिरित निम्यवदुन् 115।

1. विलम्बिका: इति प्रथमपुस्तकेन पाठः।
2. श्रिीमतिबनाहरो इति ब्राह्मणे पाठः।
3. "आतोप—शूलमुद्वहरणि" पाठोद्वितीयपुस्तकेन नोपलम्यते।
4. निग्रहमान: इति प्रथमपदमपुस्तकयोः पाठः।
5. सं इति प्रथमपदमपुस्तकयोः पाठः।
Pathogenesis, Signs and Symptoms of Pārśva Śūla (Pleurisy)

When the aggravated kapha located in the sides of the chest and abdomen gets vitiated, it causes ādhmāna (abdominal distension), ṛtopa (gurgling noise in the abdomen), stiffness, pain as if being pricked by needles, taking out deep breath through mouth, lack of appetite and sleeplessness. This condition is called pārśva śūla (pain in the sides of the chest).

Pathogenesis, Signs and Symptoms of Kukṣī Śūla (Pain in Pelvic region)

When the aggravated vāyu located in the pelvic region
Colic Pain

afflicts the power of digestion, then the indigested food becomes stagnant and does not get digested. The person breaths hurriedly and frequently gets afflicted with pain. He never gets comfort either in sitting, sleeping or standing. This condition is called *kūksi śūla* (colic pain in the pelvic region). This is caused by *āma* (product of indigestion) and aggravated *vāyu*.

कफपिक्तावङ्कुस्तु मार्गत: सममूच्छत: ।
हुविस्थः कुस्ते वृत्तमुच्छ्वासारोधनं परम।
स हुथऽूल इति ह्यातो रसमार्ग्यसम्भवः।\n\nPathogenesis, Signs and Symptoms of *Hṛt Śūla* (Pain in Cardiac region)

When the aggravated *vāyu* located in the cardiac region gets obstructed by *kapha* and *pitta*, then the patient gets cardiac pain which is associated with extremely difficult or arrested breathing. This condition is called *hṛt śūla* or cardiac pain. This is caused by aggravated *vāyu* and vitiated *rasa* (plasma).

स्तरोऽधातकुपितो वायुविन्धिसारीय तिष्ठति ।
वस्तक्षरक्षणाभीषु तस्म: शूलोपेय जातेते।

Pathogenesis, Signs and Symptoms of *Basti Śūla* (pain in the region of Urinary Bladder)

When the aggravated *vāyu* gets obstructed, it afflicts the power of digestion and causes colic pain in the region of urinary bladder and in pelvic as well as umbilical regions. It causes obstruction to the movement of stool, urine and flatus. This condition is called *basti śūla* (colic pain in the region of the urinary bladder).

1. शूलस्य इति पंचमपुस्तकेन पाठः।
2. सन्निवित: इति प्रथमपुस्तकेन पाठः।
Signs and Symptoms of Mūtra Śūla (pain in the Urinary Tract)

Aggravated vāyu, having arrested the flow of micturition, causes pain in the umbilical, lower hip and pelvic regions which radiates towards the pudendum. This condition is called mūtra sūla (colic pain in the urinary tract).

1. समासत्सूः इति प्रथमपञ्चमपुस्तकमेवः पाठः।
2. कृष्णारास्य इति प्रथमपुस्तकेऽपि पाठः।
3. बात्रं ह्यात्तं कोष्ठस्य मंदीमूत्तं च पावकम्।
4. शूलं संजन्याद्रेष्ट्रं कोष्ठावृत्तमात्रः पाठः।
5. क्षत्रं वति वा बालं कुसमादाय जायते।
6. सर्वत्रं पश्चातं शीत्रं ब्रह्मवर्त्।

उच्चारितो मूत्रितकच न शान्तिमादिगच्छति।

विद्युमेतज्ञानीयाविश्वकर्मदात्रेणम्। पाठः।

1. sāmasktāṁ iti pravālpatam pravālpatkayo: pāṭha.
2. kṛṣṇāraśy iti pravālpatkayo: pāṭha.
3. manditārāśy iti pālpatkayo: pāṭha.
4. kṣatrat vā iti paśchātākṣat pravālpatkayo: pāṭha.
5. chārā iti paśchātapāṭha.
6. tvaṁśāya svarthvāt pravālpatkayo: pāṭha.
Colic Pain

Etiology, Pathogenesis, Signs and Symptoms of Viṭṭ Śāla (pain caused by intestinal obstruction)

Because of the excessive intake of ununctuous food, vāyu gets aggravated. If the digestive power of the individual is sluggish then this aggravated vāyu obstructs the passage of flatus in the intestine. This intestinal obstruction instantaneously gives rise to colic pain. The pain may originate from the right or the left side of the pelvic region. But immediately, it spreads to the entire abdomen and moves inside violently. There is excessive thirst, giddiness and fainting. The pain does not subside even after passing stool and urine. This serious type of colic pain is called viṭṭ śāla (colic pain caused by the obstruction of feces and flatus in the intestine).

“वातात्मकं वस्तिगतं वदन्ति पितात्मकं चापि वदन्ति नाम्याम्।
हृत्यावर्ध्यकुशी तु कफातप्रविष्टं सवेषु देशेषु च सत्त्रियातात्॥२६॥”

[योगरत्नाकरः शूलचिकित्सा (उत्तराद्वं) : पृष्ठ ३]

Locations of Colic pain According to Doṣas

Colic pain caused by aggravated vāyu is generally located in the region of the urinary bladder, the pain caused by pitta is in umbilical region, the pain caused by kapha is located in the cardiac region, sides of the chest and sides of the abdomen and the colic pain caused by the simultaneous aggravation of all the three doṣas (sannipāta) is located all over the abdomen and chest.

“बस्तीं हृत्यावर्ध्याधिकृतेषु स शूलः कफवातिकः।
कुशीं हृत्यात्मिकृतेषु स शूलः कफपन्तिकः॥

1. कफसन्निविष्टं इति ब्राह्मके पाठ:।
2. हृत्कषणपावर्ध्यं इति ब्राह्मणपुस्तके पाठ:।
3. पावर्ध्यं इति ब्राह्मणपुस्तके पाठ:।
Characteristic Features of Dvandvaja Śūla

Colic pain caused by the simultaneous vitiation of *kapha* and *vāta* is located in the region of urinary bladder, cardiac region, sides of the chest and back. Colic pain caused by the simultaneous vitiation of *kapha* and *pitta* is located between the heart and umbilicus. Colic pain caused by the simultaneous vitiation of *vāyu* and *pitta* is associated with serious types of burning sensation and fever.

"एकवोषोत्स्वत: साध्यः कुच्छः साध्यो द्विवोषजः।
सर्ववोषोत्स्वतो घोरस्तवसाध्यो मुख्य्युपद्रवः।२५।""

[योगरत्नाकरः शूलचिकित्सा: प्रृण्ठ ३]
[भाष्यविनिवानः शूलाविनिवान २६:१३-१५]

Prognosis

Colic pain caused by the aggravation of only one of the *dosas* is curable. Colic pain caused by the simultaneous vitiation of two *dosas* is difficult of cure. Colic pain which is associated with several complications and which is caused by the simultaneous vitiation of all the three *dosas* is of serious nature and is incurable.

"ब्रह्मानातितुष्या मुच्छ्या आनाहो गौरवार्तिचि:।"

[योगरत्नाकरः शूलचिकित्सा: प्रृण्ठ ३]
कास: भाषाशच हिकका च शूलस्थोषद्रवः: स्मृता:।२६।।

1. महाज्वरकरो इति ग्राहोपुस्तकेषु पाठः।
2. वायुप्तिक: इति ग्राहके पाठः।
Complications

Excruciating pain, excessive thirst, fainting, ānāha (obstruction to the passage of stool and urine), heaviness, anorexia, cough, dyspnoea and hic cup—these are the complications of śūla roga (colic pain).

If the patient of colic pain is afflicted with ten complications, viz. ānāha (obstruction to the passage of stool and urine), heaviness, vomiting, fever, morbid thirst, giddiness, anorexia, emaciation, weakness and excruciating pain, then he is surely to succumb to the disease.

Thus, ends the diagnosis of Śūla (Colic pain).

"वसानं लघसं स्वेत: पाचा फलवसंयः।
क्षर चूर्णानि पुडिका: दस्यन्ते शूलस्नात्ये॥३१॥"

[भागण्यरत्नावली : शूलरोगाधिकारः]

Line of Treatment in General

Emetic therapy, fasting, fomentation, carminatives, suppository, alkalies, powders and tablets are useful for the treatment of a patient suffering from colic pain.

1. क्षरशूलीष्ठ इति प्राकरे पाठः।
2. "शाल्वा—भाग" पाठस्यः पंचमपुस्तकेः श्रीस्वामीमुपलम्यते।
"पुंसः श्लाभिन्दिकर्ष्य स्वेद एव सुखावहः।"

[योगरत्नाकर: श्लूलविकित्वा (उत्तरादित्म) : पृष्ठ ४]

पावसे: कुशरापिण्डे: हिन्यौर्वा विषितोतकरे: ॥३२१॥

[भेषज्यरत्नाली: श्लूलरोगाविकार २]

Line of Treatment of Vātika Śūla

For a patient suffering from vātika type of colic pain, oleation and fomentation therapies are useful. For all types of colic pain fomentation therapy, which is useful, should be administered with the help of pāyasa (milk and rice preparation), bolus of kṛṣṭāra (thick gruel) or meat of animals containing fat.

विश्वीवोधने रुचिकैन सवारिके

स्यायद्वेशस्युक्ते कृलन्हुगमानं।

तुः हिन्युपतिव्रचकमिवं हुद्यामद्वते

भेदाभिधाममुनिना गविंगु मुनीवं।।३३१॥

Hiṅgu Paṅcaka

The recipe containing the powders of suṣṭhī, rucaka, dādima, amla vetasa and hiṅgu—all taken in equal quantities is called Hiṅgu paṅcaka. It cures heart diseases. It is propounded by Bheda muni.

1. "पुंस:—सुखावहः." पाठोज्यं योगरत्नाकरे नोपयमये ।
2. कः कुर्यारः पिष्ठे: इति प्रथमपुस्तकं पाठः ।
   खः कुर्यारः पिष्ठे: इति आराकरे पाठः ।
3. "मृत्कं—निन्धापेत्" पाठोज्यं पञ्चमपुस्तकं अभिक्रमणमये।
Mud Fomentation

Mud should be mixed with water and boiled till it becomes semi-solid. This may be kept in a piece of cloth and tied to a round bolus mass. With this, fomentation should be given to a patient suffering from colic pain.

"तुम्बुरुखरिष्त्रिलब्ध्यां यवनी पुष्कराद्वैयम्।
यवसाराभयां हुगुविहर्द्यानि समानि च। ॥१३५॥
त्रिवृत्तिभावन विने या सूक्ष्मचूर्णानि कारयेत्।
विवेकुक्षण लोकेन यवस्यायेन व विवेकै ॥
जयेत्सर्व हृदस्यानि गुल्ममानोदरारिस्वच। ॥१३६॥
॥ इति तुम्बुराद्य चूरणम्।”

[भारतमैत्रज्ञरःकरः : द्वितीयाभाग : पृष्ठ ३३७]

Tumburādya Cūrṇa

One part each of tumburu; rocksalt, sonchahl salt, sea salt, yavāni, puṣkara mūla, yava kṣāra, abhayā, hīṅgu and vidāṅga, and three parts of trivyty should be made to a fine powder. This should be taken by the patient along with hot water or decoction of barley. This recipe cures all varieties of colic pain, gulma (phantom tumour), abdominal distension and udara (obstinate abdominal disorders including ascites).

“वातात्मकं हस्तयचिरेरा शूलं सेनेहें युक्तस्तु कुलित्वयूष।

1. यवास्वेत् इति श्राकरे पाठः।
Soup of Kulattha

The soup prepared of kulattha and meat of lāva by adding ghee, rock salt, sūnṭhi, pippalī, marica, hiṅgu, sonchal salt and sufficient quantity of the juice of daṇḍa instantly cures vāṭiṅka type of colic pain.

Balādi Kvātha

The decoction of balā, punarnava, eranḍa, hṛthi, kaṇṭakāri and gokṣura should be taken by adding hiṅgu and rock salt. This potion instantly cures colic pain caused by the aggravated vāyu.

Hīṅgvādi Cūrṇa

The patient suffering from colic pain associated with constipation should take the powder of hiṅgu, pratviṣṭā, sūnṭhi, pippalī, marica, vacā, sonchal salt and abhayā along with hot water.

1. पाठोः। ब्राह्मणपुस्तकेषु नीपलमये ।
2. पाठोः। ब्राह्मणपुस्तकेषु नीपलमये ।
Tumburādyā Cūrṇa

The powder of tumbru, abhayā, hīṅgu, puṣkara mūla, rock salt, sonchal salt and sea salt should be taken along with hot water by the patient suffering from vātika type of colic pain, gulma (phantom tumour) and apatantra (tetanic convulsions).

"स्माया विंद शिमुफलानि पथ्या विंदंग कम्पिलकमचंवूत्री ।
कलकं समं मद्युंतं च पौतं शूलं निह्ययादिनिलातमं ।
॥४१॥"

Recipes for Vātika Śūla

The paste of śyāmā (vṛddhadāra), viḍa type of salt, fruits of śigrū, pathyā, viḍaṅga, kampillaka and aśva mūtrī (śallaki), taken with alcohol cures vātika type of colic pain.

1. पिबेसुराम्बुना इति प्रथमपुस्तके पाठः।
2. तुम्बूरादि चूर्णम् इति श्राकरे पाठः।
3. पीत्वा इति श्राकरे पाठः।
4. निह्ययादिनिलातमकं इति श्राकरे पाठः।
"यवानीहिंगुस्थायाः वातशूलिनिसूदना:।
सुरामण्डेन पात्र्या वातशूलिनिसूदना:।
॥४२॥

[भेषजयर्त्तावली: शूलरोगाधिकार: ५]

The powder of yavānī, hīngu, rock salt, yava kṣāra, sonchal salt and abhayā should be taken with surā maṇḍa (upper portion of the alcoholic preparation) which cures vātika type of colic pain.

"विश्वमेरणदं मूलं क्वाथीत्वा जलं पिले।
हिंगुसीवर्चलोपेत सद्य: शूलनिवारणम्। ॥४३॥

The decoction of suṇṭhī and root of eraṇḍa, if taken by adding hīngu and sonchal salt, instantaneously cures colic pain.

हिंगुपुष्करस्वामयम् हिंगुसीवर्चलेन वा।
विश्ववैण्डवयववात: सद्य: शूलनिवारणम्। ॥

[भेषजयर्त्तावली: शूलरोगाधिकार: ६-१०]

तद्वृद्धयवंवायो हिंगुसीवर्चलानिवित:। ॥४४॥

[भेषजयर्त्तावली: शूलरोगाधिकार: ६ (विशेषवचन)]

The decoction of suṇṭhī, eraṇḍa and yava (barley) taken with either hīngu and sonchal salt or hīngu and puṣkara mūla instantaneously cures colic pain. Similarly, the decoction of eraṇḍa and yava (barley) taken along with hīngu and sonchal salt cures colic pain instantaneously.

1. वातशूलिनिसूदना: हि ति आकरे पाठ:।
2. पीत्वा हि ति आकरे पाठ:।
"हिंगमलकुष्ठामलकं यवानी क्षराभयासेवत्वेवत्वुल्यभागम् ।
चूर्णं विच्वतनिमण्डे सिस्तं शूले प्रबुड्धनिलो शिवाय ॥४५॥"

[हिंगाविचूर्णम्]

[भैषज्यरत्नावली : गूळरोगारोगिकार : ११]

The powder of hingu, amla vetasa, pippali, āmalaki, yavāni, yava kṣara, abhayā and rock-salt, all taken in equal quantities, should be given with the vāruni manda (upper layer of an alcoholic preparation). This cures acute form of colic pain caused by vāyu.

"सौवरचलाम्लिकाजीमरिच्वटगुणोत्तरः ।
मातुलगरसं पिष्ट्वा गुटिकारसिनिलिङ्गुलनुत् ॥४६॥"

[भैषज्यरत्नावली : गूळरोगारोगिकार : १२]

*Sauvarcala* (one part), *amlikā* (two parts), *ajājī* (four parts) and *marica* (eight parts) should be triturated with the juice of *mātulvīga* and made to pills. Intake of these pills cures vātika type of colic pain.

"शूण्ठीसर्वधवंसंकारः ।
हिंगकरंजवीजः ।
समभागमुल्लेनुना पीतमुदरसां नाशयति ॥४७॥"

The powder of *sunthī*, rock-salt, fried borax, hingu and seed of *karaṇja*—all taken in equal quantities, should be given along with hot water which cures colic pain in the abdomen.

1. क. सर्वचलाम्लिकाजीवीजः इति द्वितीय पुस्तकेप पाठः।
2. स. सर्वचलाम्लिकाजीवीजः इति तथ्यपुस्तकेप पाठः।
3. “शूण्ठी……नाशयति” पाठोऽय प्रथमपंचमपुस्तककोऽयोऽनोऽपमये।
“हिम्मल्लेतसवाययानीलवणत्रिकः।
बीजपूरसोपेतैङ्गुटिका वातशूल्वतुः।
”

[हिम्मल्लेतसवाययानीलवणत्रिकः]

[भंज्यरत्नावली : शूलरोगाधिकार : १४]}

Hingu, amla vetasa, suṣṭhi, pippalī, marica, yavāṇī, rock-salt, sonchal salt and sea-salt should be triturated with the juice of bija-pūra and made to pills. Intake of these pills cures vātika type of colic pain.

“बीजपूरकमूलं च घृतेन सह पाययेत्।
जयेद्वातर्भस्त शूलं कर्षयमेकं प्रमाणेत्।
”

[भंज्यरत्नावली : शूलरोगाधिकार : १५]

The root of bija pūraka in one karṣa dose should be given along with ghee. It cures vātika type of colic pain.

“बिल्मूललैलिएण्ड पिष्ट्र वा चाम्मलवाम्भसा।
गृतिकां भ्रामयेदुष्णां वातशूलविनाशिनीम्।
”

[भंज्यरत्नावली : शूलरोगाधिकार : १५०]

The root of bilva, tila, eranḍa should be triturated with tusāmbu and made to pills. These pills, when warm, should be rolled over the abdomen which cures vātika type of colic pain.

1. माथ्येकं इति श्राकरे पाठः।
2. शूँठिकां इति द्वितीय पुस्तकें पाठः।
A pill made of *tila* should be rolled over abdomen which cures serious type of colic pain caused by *vāyu*.

"नाभिलेपाज्ञेयेच्छूलं सदनं कांज्ञाकर्वितम्।
जीवनलीमूलकको वा सत्तेन: पार्श्वशूलनुत्।" ॥५२॥

[भेषज्यरत्नावली: शूलोगार्दिकारः १७-१६]

*Madana* should be made to a paste by triturating with *kānjī* (a type of vinegar). This paste, when applied over the umbilical region, cures colic pain. Application of the paste of the root of *jīvanti* along with sesame oil cures *pārśva śūla* (pain in the sides of the chest).

"गुड़: झालियांवा: क्षोंरं सैप: पानं विरेचनम्।
जांगलानि च मांसानि भेष्जं पित्तविलिनाम्।" ॥५३॥

*Recipes for Paīttika Śūla*

*Gudā* (jaggery), *sāli* (ordinary rice), *yava* (barley), milk, ghee, purgation therapy and meat of *jāṅgala* type of animals (inhabiting arid land)—these are the remedies for *paīttika* type of colic pain.

पैत्रे तु शूले वमनं पयोम्भु रसस्वथेको सप्तोल्लिनमः।
शोतावगाहाः: पुलिनाः सवाताः कांस्यार्दिपात्तिः जजकलुतानि। ॥५४॥

1. *गुड़का* इति द्वितीय पुस्तके पाठः।
2. कः चेर्रातिरुस्तरम् इति अन्त्यं पाठः।
3. खः "गुड़का......चेर्रातिरु:सहम्" पाठेऽय वष्ट्य पुस्तके नौपलमयते।
In *paittika* type of colic pain, emetic therapy should be administered with the help of milk, water or sugar-cane juice boiled with *patola* and *nimba*. The patient should take cold bath. He should enjoy cold wind of ponds. Bronze vessel, etc. with cold water should be applied over the body. Purgative therapies which help in the elimination of *pitta* (bile) are useful. He should take soup of the meat of animals like *śaśa* (rabbit) and *lāvaka*. He should take *samtarpana* (refreshing drinks) prepared of *lājā* (fried paddy) by adding honey. Cooling recipes added with honey are also useful in this condition.

Use of Yava Peyā

The *peyā* (thin gruel), prepared of barley mixed with honey and made cool, is refreshing and useful for patients suffering from vomiting, fever, colic pain caused by *pitta*, serious type of burning sensation and acute form of thirst.

The juice of *āmalaki*, *vidārī*, *tri-yantī* or *gostani* (a variety of grape), added with sugar should be taken. It instantaneously relieves *paittika* type of colic pain.

1. *paittika*: इति प्रयथमपचमपुस्तकशः शास्त्राः च पाठः।
2. *मधुरा*: इति द्वितीयपुस्तके पाठः।
The juice of *satāvarī*, added with honey should be taken in the morning for the alleviation of the colic pain associated with burning sensation, and for the cure of all diseases caused by *pitta*.

"बृह्हयी गोक्षुरेण्डकुछकोशुलवालिका: । पीता: पित्तभव शूल सदो हस्य: सुद्राह्नम् ।०६१॥"

Intake of (the decoction) of *brhatī, kṣudrā*, *gokṣura*, *eranda*, *kuṣa*, *kāśa* and *iksau vālikā* instantaneously cures all serious types of colic pain caused by *pitta*.

"सततावरी यष्ठ्याह्वालथालकुशगोकूरे: । भूतसीतं पित्ततोयं सुखीवध्यासरम् ।।
पितासुग्राह्वूलघन सदो दाह्वरापहम् ।०६२॥"

The decoction of *satāvarī, madhu yaṣṭi, vāṭyālaka, kuṣa* and *gokṣura* should be cooled and taken along with jaggery, honey and sugar. It cures *rakta pitta* (an ailment characterised by bleeding from different parts of the body), burning sensation and colic pain. It also instantaneously cures fever associated with burning sensation.

1. *शतावरीयष्ठयाह्व इति भाकरे पाठ: ।
2. हस्य: सुद्राह्नं इति प्रत्यमयं चायुपस्तकोय: पाठ: ।
"त्रिफलानिम्बयांग्रकुक्तुकार्गवं: श्रृःतम् ।
पायेनमधुसंमिश्रं वाहसूलोपशान्त्ये ॥ ६१॥"

[संस्कृत्यत्तत्त्त्वली : शृःलरोगाधिकार : ३०] ।

The decoction of triphala, nimba, madhu yasti, katuk and aragvadha should be mixed with honey and given for the alleviation of colic pain associated with burning sensation.

"तेलमैरण्डजं वापि मधुक्रववायसंयुतम् ।
शूलं पिन्तोडःवं हस्त्यावृगुल्म परितिकमेव च ॥ ६२॥"

[संस्कृत्यत्त्त्त्वली : शृःलरोगाधिकार : ३२] ।

Castor oil mixed with the decoction of yasti madhu cures colic pain as well as gulma (phantom tumour) caused by pitta.

"त्रिफलएरगवधवायं सक्षीरं शकररान्वितम् ।
पायेवेक्रपितत्त्वं वाहसूलनिवारणम् ॥
प्रलुह्रात् पित्तशूलवं धात्रीचूर्णम् समासिकम् ॥ ६३॥"

The decoction of triphala and aragvadha should be mixed with honey and sugar and given. It cures rakta pitta (an ailment characterised by bleeding from different parts of the body, and colic pain associated with burning sensation. Similarly, the linctus prepared of the powder of amalaki and honey should be given for the cure of paittika type of colic pain.

1. त्रिफलानिम्बिं चयण्ड्यां ्शृःति द्वितीयपुस्तकके पाठः ।
2. हस्तः गुल्मं इति आकरे पाठः ।
3. रक्तपित्तम् इति द्वितीयःपुस्तकके पाठः ।
Treatment of Ślaitsmika Śūla

Emetic therapy, fasting, śiro virecana (elimination of doṣas from the head with the help of inhalation therapy, etc.) intake of madhu sidhu (a type of alcoholic drink prepared of honey), different types of honey, wheat, barley, arīṣtas (a variety of alcoholic drink) and all types of ununctuous as well as pungent food are useful in the treatment of kaphaja type of colic pain.

Yavāgū (thick gruel) prepared by boiling (rice) in water and adding pippali, pippali mūla, cavya, citraka and nāgara is stimulant of digestion. It cures [kaphaja type of] colic pain.

The powder of pañca kola (pippali, pippali mūla, cavya, citraka and nāgara) should be mixed with asafoetida, sea-salt, rock-salt and viḍa type of salt and taken with luke-warm water. It cures kaphaja type of colic pain.

The powder of the root of bilva, eranda, citraka and viśva

1. kaphāvāirtaṅgārūṇa śṛṅga prākarera pāḍu.
bheṣaja added with asafoetida and rock-salt instantaneously cures [kapha type of] colic pain.

मुत्तावचां तित्तकरोहिन्यां च तथाभंवां निर्देशां च तुल्याम्।
विपिन्न गोमूत्रयुतां कफोत्ये शूले तथावस्य च पाचनार्थम्॥१६६॥

[भंडजयरत्नालवली : गुलीरोगाधिकारः ३६-३८]

Mustā, vacā, tiktaka rohiṇī, abhayā and nirdahanā—all these drugs taken in equal quantities should be made to a powder. Intake of this powder along with cow’s urine cures kapha type of colic pain. It also helps in the digestion of āma (byproduct of improper digestion and metabolism).

(बिल्व)वचाभंवातितिकाचूर्ण गोमूत्रसंयुतम्।
सक्षारं वा पित्तेभवायं बिल्वादेः कफशूलवान्॥१६५॥

The patient suffering from kapha type of colic pain should take either the powder of bilva, vacā, abhayā and tiktā along with cow’s urine or the decoction of the above mentioned drugs along with kṣāra (alkali preparation).

“मातुलुंगरसो वाधु शिरुक्षावस्थात् वास्परः।
सक्षारो मदुना पीतः पाषांवृहस्तिशूलनुष्॥७०॥

[भंडजयरत्नालवली : गुलीरोगाधिकारः ४०]

Intake of either the juice of mātuluṅga or the decoction of śigru along with kṣāra (alkali preparation) and honey cures pain in the sides of the chest, cardiac region and urinary bladder.

1. मुत्तावचां रोहिणी च इति द्वितीयपुस्तके पाठः।
2. पित्तेभव गोमूत्रयुताः इति श्राकरे पाठः।
"ग्राम्य िया काया कुफ्जुलविनाशिनी।
सेव्यभांधरं सव यागिनलविंदनम् ॥७१॥"

[योगरत्नाकर: जूलचिकित्सा (उत्तराद्वम्): पृष्ठ ७]

Treatment of Āmaja Śūla

In the āmaja type of colic pain, all the recipes prescribed for the treatment of kaphaja type of colic pain should be used. The patient should take all such diet and drugs as are capable of removing āma (product of improper digestion and metabolism) from the body and which promote the power of digestion as well as metabolism.

सहिःगुप्तुःहोयवानीचित्रकाभया: ।
समारलवणाः चूर्णं विषेतप्रातः सुलांभुना ॥
विषमुतान्नलशूलचन्म पाचनं बल्मीकीपम् ॥७२॥

Intake of the powder of hinigu, tumburu, vyoṣa, yavānt, citraka, abhayā kṣāra (alkali preparation) and rock-salt along with luke-warm water in the morning, cures colic pain caused by improper excretion of stool, urine and flatus. It is carminative and stimulant of digestion.

चित्रकं प्रायिकतरण्डगुणीधान्यं जलेः भूतम् ।
ङ्गुलानाह्विवणेषु सहिःगुप्तसंप्रवम् ॥७३॥

Intake of the decoction of citraka, granthika, eranda, sunṭhī and dhānaya along with asafoetida, viḍa (a type of salt) and

1. भाष्य इति पंचम पुस्तके पाठः ।
2. सूतीनांहो इति द्वितीय पुस्तके पाठः ।
rock-salt is useful in colic pain, distension of abdomen and constipation.

“The study in sandalwood paste is advantageous to the hurt colic and the four.

Churna sholessa jatrayaghu mandayagnesha dipanma 1174.

[Chatusan: Churnam]

The powder of dipyaka, rock-salt, pathya and nagara—all taken in equal quantities—instantaneously cures colic pain. It also stimulates the suppressed power of digestion.

Samaashkam buzzhtrayad pitteputtaanilaatmaki.

Vyanamitha va vinyam kuryat sholessa pitteputtaanilaatmaki 1175.

_Treatment of Dvandvaja Sula_

Bhratyadi kvatha along with honey should be given for the colic pain caused by pitta and vayu together. Alternatively, for the treatment of this type of colic pain, recipes meant for paattika and kaphaja types of colic pain should be mixed together and administered.

Pittajaka kaphajaka chaapi cha kriyata kavyata puthra.

Ekakrutpya prabhunnjite kriyam kaphajapittajake 1176.

Recipes prescribed for paattika and kaphaja types of colic pain should be mixed together and administered for the treatment of colic pain caused by pitta and kapha together.
The decoction of *patola*, *triphalā* and *ariṣṭa* mixed with honey should be given for the alleviation of fever, vomiting, burning sensation and colic pain caused by both *kapha* and *pitta*.

*Rasona* and *cavya* should be taken along with *kāṇji* (a type of vinegar) in the morning. This cures colic pain caused by *vāyu* and *kapha* together. It also stimulates the power of digestion.

1. *mānasamāna* इति प्रथमपरमपरमपुस्तकेषु स्वाक्षरे च पाठः ।
2. एव पुष्टः इति ग्राकरे पाठः ।
3. पक्षाणयांतिसिद्धौ इति ग्राकरे पाठः ।
Viśvādi Kvātha

With the decoction of višva, urubūka, daśa mūla and yava, the powder of svarji ksāra, yava ksāra, sea-salt, rock-salt, viḍa (a type of salt) and puṣkara mūla should be taken. This cures pain in cardiac region, sides of the chest, lumber region, āmāśaya (small intestine including stomach) and pakvāśaya (large intestine). This recipe is specially useful when there is excessive pain, fever, gulma (phantom tumour) and colic pain.

When a recipe of powder is prescribed to be taken along with a decoction, it is the latter which predominates. Therefore, the decoction should be four times the quantity of the powder.

“बूझाँ समं रचकारन्गुमदौधानां
शुष्ठचम्बुना कफस्यमीरासंभवायु।
हृत्यवृहत्वरारतिविपूर्विकासु
पेयं तथा यवरसेन विद्विभवन्येषु॥१॥

[भौतिकरत्नावली: शूलरोगाधिकार: ५१]

“समं शुष्ठचम्बुनेत्येवं योजना क्रियते बुखं।
तेनलं मानसेत्रव गुदिपुरिर दीयते॥२॥

॥ इति रचकारिः॥”

Rucakādi Cūrṇa

The powder of rucaka, hiṅgu and mahauṣadha should be taken along with the decoction of sunṛhi for [colic pain caused

1. समस्बावत्वना पेयं इति षड्पुस्तके पाठः।
2. हिङ्गुमपरि इति प्रथमपुस्तके पाठः।
3. “विश्वोद्वस्य इति रचकारिः॥” पाठोऽयं षड्पुस्तके नोपलम्ये।
by] kapha and vāyu together. This powder taken along with the decoction of barley is useful in pain in cardiac region, sides of the chest and back, fever, visūcikā (choleric diarrhoea) and constipation.

This recipe is prescribed to be taken along with the decoction of śunghī. A small quantity of hingu (in addition to what is prescribed in the recipe) should be added to the decoction while administering the recipe.

“तीक्षणायचूर्णसंयुक्तं त्रिफलाचूर्णपुष्टम् ।
प्रयोज्यं मधुसपिष्यां सर्वश्लुतनिवारणम्।८३।”

Ⅱ त्रिफलालीहः ॥

[ योगरत्नाकर : उत्तरांच : पृष्ठ ६ ]

Triphalā Lauha

The powder or bhasma of tikṣṇa type of iron (steel) and the powder of triphalā should be taken along with honey and ghee. It cures all types of colic pain.

“घृताच्छूर्णो देयो मातुलंगसो वधः ।
शुष्कमूलककल्कलकायो दांडिमाङ्सः।५४।
विडंग-लवणकारपंचककोलयवार्दिभः ।
पाठामूलककलकैव सिद्धं शूलिघृतं मतम्।५५।
हत्वाठ्वंशूलं वैस्वर्यकारसिंहकं तत्वं ।
श्रवणगुल्मप्रमेहार्हातव्याधींश्रा नाशयेत्।५६।

Ⅱ इतिशूलिघृतम्।”

[ भारतभंग्यरत्नाकर : पञ्चम भाग : पृष्ठ ५१ ]

1. “तीक्षणाय । सर्वश्लुतनिवारणम्” पाठोज्यं पञ्चमपुस्तके
प्रशिक्षकमुयल्लंये।
Śūli Ghṛta

Ghee cooked with four times of the juice of mātuḷuṅga, curd, decoction of dry mūlaka and sour variety of kola, juice of dādima and [one fourth in quantity of] the paste of viḍaṅga, salt, ksāra, (alkali preparation), pippali, pippali mūla, cavya, citraka, nāgara, yava (barley), pāṭhā and mūlaka is called Śūli ghṛta. It cures pain in cardiac region, sides of the chest, hoarseness of voice, cough, hic-cup, bradhma (inguinal lymphadenitis), gulma (phantom tumour), prameha (obstinate urinary disorders including diabetes), piles and vāta vyāḍhis (diseases of nervous system).

“हिंगु सौवर्चलं पध्या विडं सङ्ख्वव तुम्बुरु ।
पोष्करं च पिलेचूर्णं वदामुलयायाभसा ॥५७॥
पाष्ट्रहृदयाक्षिणंतः तन्द्रापत्तानके ।
शोभे इलेखप्रत्सेके व कर्षरोगे च शस्यते ॥५८॥”

[भंवज्यरत्नावली : शूलरोगाधिकार : ४२-४३]

The powder of hiṅgu, sauvarcala, pathyā, viḍa, rock-salt, tumbru and puṣkara mūla should be taken along with the decoction of daśa mūla and yava (barley). It is useful for the pain in the sides of the chest, cardiac region, lumber region and shoulder region, tandrā (drowsiness), apatāṅaka, oedema, excessive salivation and ear diseases.

“एर्ण्डविल्वबूह्तीद्यमातुलुङ- ।
pāyāṇaḥद्वितिकुस्तः कक्षयः ।

tākṣarāह्गुलवणो रक्तस्तितिमिश्रः ।

1. सयतित्रिकुटः इति स्वराय पाठः ।
Eraṇḍa Saptaka

The decoction of ṇṛṣṇḍa, bilva, bhṛhatī, kaṇṭakārī, mātuḷuṇga, pāśāṇa bheda, trikaṭuṇa and puṣkara mūla should be added with ksāra (alkali preparation), asafoetida, rock-salt and castor oil. This should be taken by a patient suffering from pain in hip region, shoulder region, cardiac region, medhura (male genital organ) and breasts.

“हिंगु त्रिकटुकक कृष्ण यवलारोप्य संध्वम्।
मातुलुगरसोपेत ष्टीहसुलापहं रजः।”

[भेषज्यरत्नाली : शूलरोगाधिकारः : ४१]

The powder of hīṅgu, trikaṭuṇa, kuṣṭha, yava ksāra and rock salt should be taken along with the juice of mātuḷuṇga which cures pain in the splenic region.

“द्राघमनिर्त्तिधूम मुग्मुगं गोघुतेन सह पीतम्।
हुद्यन्तमच्छोलं हरति शिखी दारुनिव्हमिव।”

[भेषज्यरत्नाली : शूलरोगाधिकारः : ४४]

The ash of deer horn collected by burning in an airtight container should be mixed with cow’s ghee. Intake of this cures pain in heart and hip regions as fire engulfs logs of wood.

1. शुक्ल इति श्राकरे पाठः।
2. प्लीहसुलापहं षूरी इति श्राकरे पाठः।
3. लीडम् इति श्राकरे पाठः।
Intake of the powder of *kṛmi ripu* along with the juice of *vārīga sena* instantaneously cures colic pain caused by the intake of unprocessed iron.

"विदारीवारिकमसः सत्योलबलवाणिन्तः।
श्रौद्रयुक्तो जयत्यायु शूलं दोषयोजयोऽव्यवः।\n
Treatment of Tridoṣaja Śūla

Intake of the juice of *vidāri* and *dāṣima* along with *trīkaṭu*, rock-salt and honey instantaneously overcomes colic pain caused by the simultaneous vitiation of all the three *doṣas*.

एरण्डफलमूलालिनि बृहत्तीहघागोक्षुरसः।
पर्णयः सहदेवा च सीतपुष्चछिलावालिका॥६४॥

तुच्छरेरीभि: स्त्रूतं तोयं यवकारयुतं पितेत्।।
पृथ्विसेषोऽजुं ह्याच्यूलं सर्भभवं तथा॥६५॥

॥ इति एरण्डहावः।॥”

[भूपत्यरतनावली: शूलरोगाधिकारः ५४-५६]

Eraṇḍa Dvādaśa Kvātha

Fruits and roots of *eraṇḍa*, *bṛhatī*, *kanṭakārī*, *gokṣura*, *śāla parṇi*, *pṛṣṇi parṇi*, *māṣa parṇi*, *mudga parṇi*, *sahadevi*, *sinha pucchi* and *ikṣu vālikā*—all these drugs should be taken in equal

1. सत्योलि इति ब्राह्मने पाठः।
2. सहदेवी इति द्वितीयपुस्तकेऽपाठः।
3. पृथ्विद्वेरभि इति ब्राह्मणे पाठः।
Colic Pain

quantities and a decoction should be prepared. Intake of this
decoction along with ksāra (alkali preparation) cures colic pain
caused by dosas individually or together.

"गोमुखः शुद्धं मण्डूरं त्रिफलाचूर्णसंयुतम्
विलिन्न मधुसूर्यम् शूलं हृति निर्वोदयजम् ।

[भेषज्यरत्नावली : शूलरोगाधिकार : ५३]

[योगरत्नाकर : शूलचिकित्सा (उत्तरार्द्ध) पृष्ठ ६]

Māndūra (rust iron) purified by boiling with cow’s urine and
the powder of triphalā should be made to a linctus by adding
honey and ghee. Intake of this cures colic pain caused by the
simultaneous vitiation of all the three dosas.

शंक्योगः

"शंक्योगः सलवगां सह्युद्योपसंयुतम्
उद्योदकेन तत्पीत शूलं हृति निर्वोदयजम् ।

[भेषज्यरत्नावली : शूलरोगाधिकार : ५२]

Śaṅkha Yoga

Intake of the powder or bhasma of conch shell mixed with
rock salt, asafoetida and trikatu along with hot water cures
colic pain caused by the simultaneous vitiation of all the three
dosas.

"मूँत्रान्नः पाणिता ॥ शुष्काः लोहचूर्णसमगीतवितम् ॥

1. क. गोमुखःशुद्धं…निर्वोदयजम् पाठोऽवः पंचमपुस्तकेन भविष्यमुपलम्यते
   र. गोमुखसहितमप्परं इति भाषिके पाठः।
2. ‘शुष्का’……चित्रकम् पाठोऽवं पंचमपुस्तके नोपलम्यते।
Abhayā should be cooked in cow’s urine and dried. Powder of this abhayā should be mixed with the powder or bhasma of lauha (iron). Intake of this powder along with jaggery cures all types of colic pain.

“पिप्पली नागरं बिलबं कारबी चव्यचित्रकम्”

हिँगु दारिमबृक्षाम्बं वचाक्षारामक्षेतसम्
वर्ष्णमुकुण्डलब्धमजाजीवीप्रकम्
बविष्णुगिणं सर्वस्ततिनं दारिकं स्मृतम्
गुल्मार्षः प्रत्यज्वारं शूलयोनिन्त्रजापहम्
बोष्प्रायमं श्रेष्ठं दारिकं परमं स्मृतम्

II इति दारिकं चूतम् II”

[भेष्यर्गतावली: शूलरोगाविकार: ६३-६५]

Dādhika Ghrīta

Ghee boiled with three times of dadhi (curd) and [one fourth in quantity of the paste of] pippali, nāgara, bilva, kāravi, cavya, citraka, hiṅgu, dāśīma, vṛksāmla, vacā, ksāra (alkali preparation), amla vetasa, vatsabhū, kṛṣṇa lavaṇa (a variety of salt, black in colour), ajāji and bija pūraka is called dādhika ghrīta. It is an excellent recipe for the treatment of gulma

1. समुद्रामयमाधातु इति श्राद्धपुस्तकेशु पाठः ।
2. सब्जूलोपपाल्ले इति बाकरे पाठः ।
(phantom tumour), piles and pain in splenic region, cardiac region, sides of the chest and female genital tract. It is also useful for the alleviation of the vitiating doṣas.

"मुन्तसुतस्य भागकं पड़भागां शोधितं शिलां "

दिनं जंबीरज्ञानवर्मेंतः रूब्वा धमेल्लां "

शिलाब्ध्रो रसो नाम गुड्येंकः पित्तस्युतुत् "

11 ईति शिलाब्ध्रोरसः """

[भारतभृष्यर्मत्तनकरः पंचमभागः पुष्ट १२६]"

Silā baddha Rasa

One part of the bhasma of pārada and six parts of purified manah silā should be tritiruated with the juice of jambīra. The paste, thus prepared, should be kept in a sealed container and cooked in laghu puṭā. This is called silā baddha rasa. Administration of this recipe in the dose of one guṇjā (125 mg.) cures paittika type of colic pain.

एकं हियु चतुः पथ्या विंग्रुष्ठी द्रातु सुवचंलम् "

1. भागकं ईति ब्राकरे पादः "
2. शोधिता शिला ईतिहारद्युपुस्तकेः पादः "
3. जंबीरज्ञानवर्मेंतः ईति ब्राकरे पादः "
4. च में लघु ईति ब्राशुद्धपुस्तकेः पादः "
5. पित्तस्युतु ईति पंचमपर्यस्तकम्योऽ ब्राकरे च पादः "
6. शिलाब्ध्रोरसः ईति ब्राकरे पादः "
7. एकं ईति ब्राकरे पादः "
8. शातं ईति ब्राकरे पादः "
9. सुवचंलम् ईति ब्राकरे पादः "
Hindi (one part), pathyā (four parts), śūnṭhī (three parts) and sauvarcalā (two parts) should be made to a powder and administered in the dose of one karṣa after the administration of śila baddha rasa which cures colic pain.

"सूतं गन्धं समं चुटं सूतांशं मृत्ताचक्रकम् ।

संवेदयातरे 'तीर्थे रुद्धवा लघुपुटत्रयम् ।

दस्याद्य च तत्त्वरों सूतांशं त्रिकुटकिष्येत् ।

षष्मुखोदयं रसो नामना त्रिगुजः सर्वशूलनुत् ।

Saṃmukha Rasa

Purified pārada, purified gandhaka and bhasma of tāmra, all taken in equal quantities, should be triturated by exposing to hot sun, kept in a śarāva sampuṭa and cooked in laghu puṭa three times. This powder should then be triturated by adding the powder of trikaṭu (taken in quantity equal to that of pārada). This is called Saṃmukha rasa. It should be administered in the dose of three guṅjās (375 mg) which cures all types of colic pain.
1. Ādhamabhāgānā
2. lagnasthānādā
3. durgāshaktam
4. bhāgānā
5. praduryodhānā
6. 'ādamahāna

Eraṇḍā tāila (six parts), laśuna (ten parts), hiṅgu (one part) and rock salt (three parts)—all these should be triturated together. Intake of three niśkas of this recipe cures colic pain caused by āma (product of improper digestion).

Tāṁra Yoga

[For getting relief from āmaja type of colic pain], the patient should take [one guṇja = 125 mg of] tāṁra bhasma along with hot water. Thereafter, he should take the decoction of sunṭhī mixed with hiṅgu and sauvarcalā.

'शारं कपरद्विषांसंयोगे च व्योषं च संयंधं सुभोजकलयाः'
Sūla Gaja Kesari

Kṣāra (alkali preparation) [or bhasma] of cowri shells, ṛṣa (aconite), rock salt and trikaṭu should be triturated in the juice of betel leaf. It should be administered in a dose of one guṇjā (125 mg) which effectively cures vātika type of colic pain.

"शुद्धसूतं हिंशा गंद्रं यांशसं मद्येवद्व्रह्म ।
हयोस्तुलयं तात्रस्पर्शं सम्पुटे तन्त्रोदियतेऽः ॥१०६॥

०ध्वाधो लचलं दत्त्रा मृद्वाण्डे धाययेर्व्रुषः ।
हृद्वाग गजपुटे पाथात्स्वांगशेषं समुद्रेत् ॥११०॥

सम्पुटं चूर्णयेतसूक्षमं पर्यवंलघे दिगुणजकम् ।
भक्तयेरसवंशुलार्त्त हिगुणुष्ठी च जोरकम् ॥१११॥

वचा मरीचजं चूर्णं कर्ममुवणजले: पिबेत् ॥

1. शुद्धसत्रसपुटे इति आकरे पाठः ।
2. स्वापवेद बुध: इति आकरे पाठः ।
3. गजपुटं इति आकरे पाठः ।
4. अत्र स्वाजशाहतं इति आकरे पाठः ।
5. चूर्णयेतसूक्षमं इति आकरे पाठः ।
6. पर्यवंलघे दिगुणजकम् इति आकरे पाठः ।
7. सजोरकम् इति आकरे पाठः ।
8. सममुवणले: इति आकरे पाठः ।
Purified pārada (one part) and purified gandhaka (two parts) should be triturated well for three hours. This should be added with thin leaves of tāmra (three parts) and kept inside a sarāva sampuṭa (two earthen plates the joint of which is sealed by mud smeared cloth). This sarāva sampuṭa containing the drugs should be kept in the middle of an earthen vessel with salt all around it. This earthen vessel should then be sealed and cooked in gaja puṭa. After cooking, the powder collected from sarāva sampuṭa should be further triturated to make a fine powder. This should be administered in the dose of two guṇjās (250 mg) which cures all types of colic pain. After taking this, the patient should take one karṣa (5 gms.) of the powder of hiṅgu, śuṇṭhi, jīraka, vacā and marica with hot water. This is called śūla kesarī and it cures even the incurable types of colic pain.

The patient’s body should be covered with a blanket and he should then perform prāṇāyāma (breathing exercise). His body should then be fumigated by igniting saktu (corn flour) mixed with mustard oil. This is an excellent recipe for curing colic pain.

“व्यायामं मेघुः महं लवणं कटुबंदलम्”
बंगरोधं शुचं कोवं वर्ज्येच्छूत्तवान्नरं: ॥११४॥

[भंडवज्ञयत्त्वाली : शूलरोगाधिकार: २०३]
Prohibitions

The patient suffering from colic pain should avoid exercise, sexual intercourse, alcoholic drinks, salt, pungent food, vaidala (pulses having two cotyledons), suppression of the manifested natural urges, worry and anger.

Eight types of colic pain caused by three doṣas, viz. vāyu, pitta and kapha, individually or two of them together or all the three doṣas together is generally dominated by vāyu [in the sāmānya samprāpti] and excessive intake of simbi dhānya (pulses and beans) is the causative factor of all of them. Excessive intake of these pulses and beans leads to indigestion, distension in the abdomen and pelvic regions, excessive pain and constipation [as a prelude to colic pain].

"भागी रस्य भागीय हेमं: पित्तों विधाय च ।
तथा ह्रावसमागानि तारसप्राणि लेषेणि । ॥११७॥

ऊष्णाठो गन्धकं दत्वा पल्मात्र समातत: ।
3 'कारस्य मृगंगुंगस्य चूर्णं योज्यं समं तत: । ॥११८॥

सिंचेनस्यायस्यिनीरे रूढ्यायादामचतुष्टयम् ।

1. हारद इति पंचमपुस्तके पाठ: ।
2. मागाशिश्व इति ग्राकरे पाठ: ।
3. 'कारस्य ........................समं तत: ' पाठोऽयं भारत मृगवर्त्ताकरे नौपलम्येते प्रथमपंचमपुस्तकयो: च ।
Tripura Bhairavi Rasa

Pārada (one part) and svarna (one part) should be triturated together to make an amalgam (piśti). To this, thin leaves of tāmra (twelve parts) should be added and further triturated. This paste should be kept inside an earthen vessel and all around this paste, purified gandhaka (one pala—48 gms.), ksāra or alkali preparation (one part) and the powder or bhasma of deer horn (one part) should be kept. Over this, the juice of matsyākṣi should be sprinkled. The earthen vessel should then be cooked for twelve hours [in gaja putā]. This is called Tripura bhairava rasa. This should be administered in the dose of one māsa (6 gms.) along with castor oil and asafoetida which is useful in parināma śūla and other types of colic pain.

"रसबलिगनाकं बेतसाम्लं विषयायत्"

1. शूलो इति द्वितीयपुस्तकेपाठः।
2. कमलसरिलवासा: इति श्राकरे पाठः।
3. मुद्दितब्रजान्मबूर्ति: इति श्राकरे पाठः।
Agni Mukha Rasa

Purified pārada, purified gandhaka, purified abhra, purified tāmra, vetasāmala, viśa and sāvara stūga—all these should be impregnated and triturated with the juice or decoction of kanaka, bhujaga vallī, kaññakārī, jayā, kamala, šašika (kumuda), vāsā, muṣṭi, uṣṇāmbu (latex of snūhī), pura (guggulu), red leaves of mātulānī, trikaṇṭu and ērdraka. This preparation is called Dahana vadana (Agni mukha). It should be administered in the dose of one balla which cures serious type of colic pain caused by vāyu along with all the attending complications.

शिवायचाहिण्यिणियाकलिगर्भकं समम् ।

कर्मणुभारामुनु गेयमसुवानं हि उलिभि: ।११२३।।

Śivā, vacā, hiṅgu, viśā, kaliṅga and rucaka—all these drugs taken in equal quantities should be made to a powder. This should be administered in the dose of one karṣa (6 gms.) along with the anupāna (post-prandial drink) of hot water. This cures colic pain.

1. प्रहणस्त्रापाकः इति ग्राकरे पाठः ।
2. द्वनवननानां इति ग्राकरे पाठः ।
3. तत्त्वकाराननेकानै इति द्वितीयप्रस्तकेपाठः ।
मूत्तगन्धविषस्योषबराभाग्यवद्वेलकः  1
द्रिप्चातिविषाविहः सवृंचल्ल्युग्देन च  11
गुटिका चणकोर्माना सवृंशृमलनिवक्तनी  1124।।
  11 इति शृमलनिवक्तनी बदी  11

Śūla Nikṛntani Vaṭī

Purified pārada, purified gandhaka, purified viṣa, vyoṣa, varaḥ, bhārgī, abda, bellaka, dvipa (gaja pippali), ativiṣā and vahni should be made to a powder. To this, jaggery in quantity equal to that of all these drugs should be added and pills should be made out of the size of peas. This cures all types of colic pain.

2 'युग(पलु)संध्यानि दलानि भानोथत्वारि खण्डानि मुषाड़ुमस्य ।
रसेन्द्रवयो रक्तवं फलानि पद्यवेब पत्राणि कुमारकियाः ।।125।।
व्याधी चतुःवषितलानि दधाच्छत्वारि वृष्टाकर्तरी फलानि ।
पद्यकांल्पकं हरिकर्नचूमर् सिद्धार्थसंलं तु पलप्रमाणम् ।।126।।
यवानि सौवर्चसलसंधवं च विंध यवकारसप्रकृतं च ।
6 सर्जनं हुपामार्गस्थकरणं च पलं पलं स्वात्मकसचुमरस्य ।।127।।

1. “इति श्री महाराजाधिराजटोडरमलविजयेद्यो ब्राह्यवकारस्य शृमलनिदानविक्त्या कवणं नाम सप्तविशिष्यम् हृदेः।” पाठोवयं प्रथमपंचमपुस्तकोयः श्रवणकुमुलपलम्।।
2. क. ‘युगपत् ्तु ्तु ्तु ्तु ्तु ्तु पाठेत तिमित;’ पाठोवयं प्रथमपंचमपुस्तकोयः।
   नोपलम्।।
3. ‘युगपत् ्तु’ इति भश्तपुस्तके पाठः।।
4. ‘रसेन्द्रवयो इति भश्तपुस्तके पाठः।।
5. ‘वृष्टाकर्तरी’ इति भश्तीपुस्तके पाठः।।
6. ‘सर्जनं हुपामार्गस्थकरणं च पलं पलं स्वात्मकसचुमरस्य ।।127।।

Diagnosis and Treatment of Diseases

भाषेपचीठाचमचतुष्टयेन तीव्रान्तना क्षारसंवर्त्तमचुर्वंचुर्वेच्।
सामान्य निम्नलिंगबीजपूर्णेन संभविक्षेपत्वप्रमाणम्।।१२६॥
पिक्योकरकोतकोजलेनं च संतामयेद्वृत्तमं महातितीम्।।
प्लीहोवरं विद्वीचिलसुधं अष्टीश्रृंगस्मृवर्नाशनं च।।
भ्रामप्रभुवेन प्रहणेमलं च गुद्गान्तिकारायण्यम् तेतितिसोष्मु।।
॥इत्यक्ष्यः॥

Arka Kṣāra

Leaves of arka (12), pieces of sudhā (4), fruits of rasendra vallī (12), leaves of kumāri (5), vyāghri (64 palas), fruits of vṛntāka (4), entire plant of hari kanda (one), mustard oil (one pala), yavāni (one pala), sauvarcalā (one pala), saindhava (one pala), sāmudra lavana (one pala) svarji kṣāra (one pala), apāmārga (one pala) and koraṇa (?) (one pala)—all these drugs (the dried ones are to be made to powder) are to be cooked in a vessel for 12 hours on the line prescribed for ksāra pāka (alkali preparation) with the help of strong fire. The kṣāra (alkali preparation), thus obtained should be impregnated with lemon juice and the juice of bija pūra. This recipe should be administered in the dose of half pala (24 gms.) along with luke-warm water or cow’s urine which instantaneously cures serious type of gulma (phantom tumour), plītodara (splenomegaly), serious types of abscess and colic pain, indigestion, anuria, grahaṇi (sprue syndrome) with excess of mucus and other obstinate diseases.

क्षारे मृष्ककृप्षुकार्जुनधवापामागर्मभातलातिला:

कृषेत्री कर्मकार्यः (सह) रजती कृष्माण्डवल्ली तथा।।१३०॥

वासासूरण तीव्रदेव बहुते प्रववालय भस्मीक्रृतम्।।
1. *शुरुण इति पप्पुलस्के पाठः।*
Colic Pain

तोयेन प्रतिसेवितं भृत्यम्: पानं बिच्छेयं सकुञ्
शुलानांविबर्धेहुल्मकेरकशाङ्गानोगायामित्वकामलान्।
ग्रस्तवं दिमजीरस्कं भ्रणिकांहुच्छतचेलप्रणायं वार्तसाम्।
ग्रस्त्वहीलकं शोफ्रंद्रिधिग्यानानाविधानं पीनसान्।
मग्नागिनं जठरस्य पीडनबुधल्प्लाहर्तिमेदाविदिकान्।

|| इत्यमूलकारः ||

Amartha Kśāra

Kśāra (alkali preparation) should be made out of muṣkaka, kimśuka, arjuna, dhava, apāmārga, rambhā, tila, jivanī, kaṅka, rajanī, kuṣmāṇḍa, vāsā and surāṇa by cooking over strong fire. This kśāra (alkali preparation) should be taken with boiled water (only once ?) which cures colic pain, ānāha (abdominal distension), constipation, gulma (phantom tumour), diseases caused by kapha, kāmalā (jaundice), antah vṛddhi (inguinal hernia), indigestion, grahaṇī (sprue syndrome), cardiac pain, anemia, piles, granthi (enlarged lymph glands), asṭhīlā (hard tumour), oedema, abscess, different types of pīnasa (chronic rhinitis), suppression of the power of digestion, pain and heaviness in abdomen, splenic disorders and adiposity.

सामुद्रं संधवं कारं यवकारं सुवर्णवस्तम्।
टरकरणं स्वाजकारं तुल्यं चूरं च कार्येत्।
ग्राक्षीरं: स्तुतीवरीरात्ये भावयत्वन्यहम्।
ग्राक्षश्च लिपेतनं सूच्या खाते पुष्टेन पचेत्।
ततं: आरं चूर्णेच्छब्यस्तं श्वसां चिकलां तथा।

1. पक्षु: इति चतुर्थपुस्तके पाठः।
2. हृच्छूणपाण्ड्वशंस: इति षष्ठपुस्तके पाठः।
Vajra Kṣāra

Sāmudra lavana, saindhava lavana, kōca lavana, yava kṣāra, sauvacala lavana, taikana and svarjikā kṣāra—all taken in equal quantities should be made to a powder. This should be impregnated and triturated by adding the milky latex of arka and snūhi while exposing to sun. Leaves of arka should be smeared with this paste, kept in a vessel, sealed and cooked by keeping in a pit. The kṣāra (alkali preparation), thus obtained, should be made to a powder. Separately, a powder should be made of trīṭaṅga, triphalā, jīraka, rajani and vahni—all taken in equal quantities. Then this powder and the alkali preparation made earlier should be mixed together in equal quantities. This is called vajra kṣāra and it was propounded by Lord Śiva himself. It is useful in all types of udara rogas (obstinate abdominal diseases including ascites), gulma (phantom tumour), colic pain, oedema, suppression of the power of digestion and indigestion. It should be administered in a dose of two niśkas.
नालमुप्रस्य शाक्स्य इवते तत्स्मादिपि
रसानां नाथकच्छव शालद्रावो महारसः। ॥१४१॥
भक्तेतितितः देहे पुण्टिनिरोगता भवेत्। ॥१४२॥
प्राठवते ह्वनस्तमेण मन्यास्तमेण गलघ्ने। ॥१४३॥
सब्बां बातरोगाणां निहिति गुल्मस्य च। ॥१४३॥
प्रमेहानि च सर्वाणि प्रह्णीवीपानं परम्। ॥१४३॥
॥ इति शालद्रावः ॥

śāṅkha Drāva

Surā kṣāra (obtained from nature), yava kṣāra, sphaṭikā kṣāra, navasāra and jyēṣṭhāgarā—all these taken in equal quantities should be triturated, and to this a small quantity of water should be added. To this, a piece of śāṅkha should be inserted which gets dissolved immediately. This is the best of recipes and is called śāṅkha drāva. If taken even by a person having an extremely emaciated body, he becomes nourished and free from diseases. It is useful in ādhyā vāta, hanu stambha (lock-jaw), manyā stambha (torticollis), obstruction in the throat, all types of vāta rogas, gulma (phantom tumour) and all types of pramehas (obstinate urinary disorders including diabetes). It stimulates the activities of grahaṇī (small intestine including duodenum).

स्फटिका च यवक्षारं सोरोधयं नवसावरः। ॥
[भारतभौतिक यात्राकर्ता: पंचमभाग: पृष्ठ ६६]

पर्वती सम्भोज्यां सूचार्यान्वितेः। ॥१४४॥

1. शुरोजय इति आदानपुस्तिकायम् पाठः।
2. नवसावरसम् इति श्राकरे पाठः।
एतानि समभागानि कालकृष्णान्तरे द्रवेत्।
निश्श्रव्यं द्रवेत् शांके लोहे द्रवितं तत्रशानात्।
पीतवर्णा महाजातो धातुवर्णी महारसः।
कफकर्त्तरोगशमनं दुर्नाम विनिवतंयम्।
क्रमिरोगहरं चनव पञ्चपुत्मनिवारणम्।
मन्दानिं नाशयन्नूनं कंदं बद्रं तेषस्मु।
नातः परतरं लोके त्रिधुलोकेषु निश्चितम्।
शल्ड्रातति विल्यातो रसस्त्रीलोक्युद्धिं।

॥ इति शल्ड्रातः ॥

Saṅkha Drāva (second recipe)

Sphaṭikā bhasma, yava ksāra, sorā, nava sādara, bhū ksāra (which is collected from the mountain crevices) and amla vetasa—all these drugs, taken in equal quantities, should be kept in a glass bottle till it becomes a liquid. Conch shell and iron, if kept inside this liquid, will certainly get dissolved. It is yellow in colour, effective and is capable of dissolving metals. It alleviates diseases caused by kapha, diseases of the throat, piles, parasitic infestation, five varieties of gulma (phantom tumour) and suppression of the power of digestion. It promotes virility. No other drug can excel this recipe in therapeutic efficacy. This is called saṅkha drāva. It is very rare in this universe.

प्रथावस्थाप्रकारः

त्रिकाबं पद्मंचनं च गिरिजं लोणासुरोथं वर्मः।
फेनो व्रहुगरं समद्रवलं कारो ह्यामार्गंजम्।

॥ १४६॥
Colic Pain

वज्रीकारः तथेवुष्ककपुषः पालाशमकोऽरुवाम्
सौराष्ट्री समभागमसितो गर्भानिना भावयेतः
तं कटसर्वं पंपुष्टीयुकं संतिष्ठय सदा सिमेत।
यत्रे तं नलिकाभिः शुभादिने संस्कर्येयन्मद्वत
शंक्मालोस्यायं गदवतं बल्लकमात्रं वहेत।
जिल्लोऽहिणा हिल्लेष विलेण्य विवुधं: देयो न वस्त्रांस्कृतेत।
शृङ्गं तु व्राणाभ्रेण्या पञ्चगुलपिनाशानम्।
क्षणाभ्रेण शंके च लोहं ब्रविति तद्भवात्।
कपकंदरोगानं कुस्तवाधिभिनाशानम्।
॥ इति शंक्मालोस्य रसः।

Śāṅkha Drāva (third recipe)

Three varieties of kṣāra, five varieties of lavana, girija lavana, sorā, brahmagāra phena, sāmudra lavana, apāmārga kṣāra, vajrī kṣāra, mūskaka kṣāra, palāśa kṣāra, arka kṣāra and saurāṣṭri—all these drugs taken in equal quantities, should be cooked by placing in a pit. The kṣāra, thus prepared should be sprinkled with pungent mustard oil and distilled [in a vaka yantra] like alcohol in an auspicious day. This elixir is called śāṅkha drāva, and should be administered to the patient in a dose of one valla. While administering, the tongue of the patient should be smeared with ghee and care should be taken so that the drug does not come in contact with teeth. Even the smell of this drug cures colic pain and it cures five varieties of gulma (phantom tumour). Conch shell and iron get dissolved in this liquid in a moment. It cures diseases caused by kapha, throat diseases and other obstinate types of ailments.
ग्रन्यतमः

प्रत्येक पञ्चमवण वाण तुथ्च च खर्परम्।
कुडवान हस्तिकं च स्यातस्ववं नवसादरम्।
कालीसं टकणं सजीं यथाशरं पलात्करम्।
कुडवा: पञ्चमस्मारं सर्वगेत्रत कारयेत्।
मुष्ट्रा च खर्परे सम्यक्ष कावक्त्यां विनिमित्त।

तन्मुखे कूपिका दत्ता स्थाप्येच्छुलिकोपरि।
यमाध ज्वालयेदनं रसं द्रवति नान्यथा।
शालिह्राव इति स्यात: सर्वव्याधिविनाशनः।
तसाभिनायकस्वं शालिह्रावभियो रसः।
भक्षण: कुहते देहे तुष्टं पुष्टं निरोगताम्।

सर्वं वातरोगाणं निःहस्ता हि गुलस्य च।
प्रमेहापि हर: सर्वं ग्रहणीहरणाशः।
कालं पलीहजं जीर्ण सर्वधातुस्क्यापेहम्।
श्रीकलान्वातरोगांश्र दृश्यि चाव्र न संशयः।
वुसुक्ष्यां सदा सब्यं जस्थायमिष्ठीकः।

ग्र्यःसहित पोषाय सेवं: शालिह्रावो रसः।
मं गालये शीशः लोहं द्रवति तथ्यानात्।

नूयं दृश्यि मुच्छन्नो उदयं भवति निःस्त्रात्।
कार्यां सर्वांका लगं पिवेश्वालुकोयोपि।
One *kuḍava* (*vāṇa*) of each of five varieties of *lavaṇas*, half *kuḍava* of each of *tuttha* and *kharpara*, 1/4th *kuḍava* of *spaṭika*, half *pala* of each of *nava sūdara*, *kāśṣa*, *tāṅkaṇa*, *svarji kṣāra* and *yava kṣāra* and one *kuḍava* of each of five varieties of *bhūṣāra*—all these taken together should be roasted over an earthen pan and kept in a glass bottle [wrapped with mud smeared cloth]. To the mouth of this bottle a tube should be attached and the bottle should be placed over an oven. Fire should be employed for half an hour when the ingredients kept in the bottle turn to a liquid. Insufficient heat will not bring out this result. This is called *Śaṅkha drāva* which cures all types of diseases. Intake of this recipe gives satisfaction, nourishment and freedom from diseases. It cures all *vāta rogas* (nervous ailments), *gulmas* (phantom tumour), *pramehas* (obstinate urinary disorders including diabetes), *grahaṇī* (sprue syndrome) and diminution of tissues of the body because of temporal factors, splenic disorders and aging. It undoubtedly cures all *vāta rogas*. Since it stimulates the power of digestion, it should invariably be given to a person for the promotion of appetite. For the purpose of nourishment, this *Śaṅkha drāva* should be taken along with *lauha bhasma*. It immediately dissolves conch shell and iron. If it is exposed to strong sun rays, it certainly gets liquified. It should be taken with the help of a pipe by which only palates come in contact with this medicine. Teeth fall down if they come in contact with this drug, what to speak of the cure of
other diseases. It promotes complexion and cures asthma, cough, fever, āma vāta (rheumatism), kuṣṭha (obstinate skin diseases including leprosy) and mūla rogās (anal diseases). It daily promotes strength. It is aphrodisiac. It makes the man lovable by ladies who get exhausted in three hours. For the welfare of human beings, this recipe is propounded by Pājya pāda.

इति श्रीमहाराजाधिराज्योद्धरमल्लविरचिते टोडरानन्देभ्रायुवेदः
सौहँ शूलनिदानबिकितसाक्षर्यन नाम षष्ठोत्त्रशतमी हृष्यः ॥१६६॥

Thus, ends the 36th Chapter dealing with the diagnosis and treatment of colic pain of Āyurveda saukhya in Ṭodarānanda composed by the great king Ṭodara Malla.
CHAPTER II

प्रथमपरिचयां-प्रणवक्षुलविदां चिकित्सा प्र

(Diagnosis and Treatment of Parināma and Annadvra types of colic pain)

"स्वातिदान् प्रकृपितो वायुः सत्त्वितस्तदा ।
कफपिते समावृत्य शूलकारी भवेद्वली ॥
भुक्ते जीर्णित यज्ञूः ललितेऽपि परिणामश्च ॥१॥"

[माधवानवनां शलिविदां २६ : १५-१६]

1. This is the beginning of 41st Chapter of Ayurveda saukhya in Togarāṇanda and the invocation reads as follows:

कालिष्यिता कालिन्तकृति कृता ग्रुष्याधिकारानं ब्रजकल्याणः ।
जहार्वासोसिष्य हिन्म सहन्याहहाबरीन्त्री स्री नूपटोदरस्य ॥

2. सनिहितस्तदा इति ग्राकरे पाठः ।
Pathogenesis

Vāyu, being extremely aggravated by the causative factors, gets localized and having afflicted the kapha and pitta, produces colic pain at the time of digestion of food which is called parināmaja sūla.

The displaced kapha gets afflicted by pitta and the aggravated kapha along with vāyu causes colic pain in the region of urinary bladder, umbilicus, abdomen, sides of the chest, back, space between two breasts, lumber region or vertibral column or in all these places simultaneously at the time of the digestion of the food. This colic pain gets subsided by taking food or after the digestion of food. It gets aggravated by the intake of food ingredients like śaṭṭika, brihi and śālt. This serious type of ailment is also known as paktija sūla.

[1. पाषवृष्टनाब्वरे इती प्रथमप्रममपुस्तकोऽपाठः। 2. कुआँ इति द्वितीयपुस्तके पाठः।]
Signs and Symptoms

Signs and symptoms of different varieties of pakti śūla are described below in brief.

Vātika type

Vātika type of pakti śūla is characterised by ātopa (gurgling sound in the abdomen), ānāha (abdominal distension), constipation, anuria, disliking for every thing and trembling. It generally gets alleviated by unctuous therapy.

Pāttiika type

Pāttiika type of pakti śūla is characterised by thirst, burning sensation, disliking for every thing and sweating. It gets aggravated by pungent, sour and saline things, and alleviated by cold things.

References:
1. ‘तस्य’
2. नामण्यतोषत्तसमसासेनभविभूते
3. कटःतित्तकोपान्तो च तत्त्वं नेनं कक्तातंभम्
Kaphaja type

Kaphaja type of pakti śūla is characterised by vomiting, nausea, unconsciousness, mild pain and continuous pain for a long time. It gets alleviated by pungent and bitter things.

संसृष्टि लक्षणं जातवा हिर्वोष्णं परिक्लययेत् ।
त्रिदौषज्ञसाध्यं तू क्षीणमांसबलानलम् ॥१२१॥

[ माधवनिदान : झूलनिदान २६ : १७-२१ ]

एतद्विवणमेदेन त्रयोदशचिन्द्तु स: ॥१५०॥

Dvandvaja and Sānnpātika types

In dvandvaja type of pakti śūla, signs and symptoms of the concerned two doṣas are simultaneously manifested. Similarly, in sānnpātika type, signs and symptoms of all the three doṣas are simultaneously manifested. Sānnpātika type is incurable if the patient is reduced of his muscle tissue, strength and power of digestion. This sānnpātika type of pakti śūla is again of 13 types depending upon the predominance of two doṣas (dvilvāna), etc.

“चकोर सयंत्वयजीवो वा यच्छूलमुपजायते ।
पच्छाप्पथ्यप्रयोगोण भोजनाभोजनेन वा ॥

1. बुध्वा इति भ्राकरे पाठः ।
2. परिलक्ष्येतु इति पष्ठपुस्तके पाठः ।
3. स्वातू इति पंचमपुस्तके पाठः ।
4. एतद्विवणो इति पष्ठपुस्तके पाठः ।
5. त्रयोदशचिन्द्तु ततः इति पष्ठपुस्तके पाठः ।
"न शर्म याति नियमात्सोज्ञद्रव उवाह्तः।।।।।।"

[माधवनिधान : शूलनिधान २६ : २१-२२]

Annadrava Śūla

The colic pain which is manifested irrespective of the digestive process i.e. after digestion, during digestion and before digestion, irrespective of the wholesome or unwholesome food and irrespective of taking or not taking any food and which does not get alleviated by any of these factors is called anna drava śūla.

स कष्टोज्ञद्रवः केवलवस्तिपि च तत्तदृः।।१२२।।

Annadrava śūla is a serious ailment. According to some physicians, this condition is caused by excessive metabolic transformation (jaraṇa=cooking) of the pitta.

"वेदना च त्रशा मूर्श्च आनाहो गीरवावचिः।।
कासः भ्वासो वमि हिक्का शूलस्योपद्रवा: दश।।१३३।।"

[माधवनिधान : शूल २६ : १४ (मघुकोश टोका)]

Complications

Ten complications of colic pain are pain, thirst, fainting, abdominal distension, heaviness, anorexia, cough, asthma, vomiting and hiccup.

॥ इति परिणामशूल [ग्रन्थद्रवशूल] निदासाम् ॥१४॥

1. "न.........उवाह्तः" पाठोपय पंचमुस्तके नोपलम्भे।।
2. हानाहो इति आकरे पाठः।।
3. शूलस्योपद्र वा: स्मृता: इति आकरे पाठः।।
Thus, ends the description of the diagnosis of parināma and annadrava types of colic pain.

"वमनं तिन्कम्भरैविश्राकाशः शास्यते ।
बस्तयशः हिताः शूले परिणामसमुद्रवे ॥१५॥"

[भंडथ्यरत्नाबली : शूलरोगाधिकार : ५६]

Line of Treatment

Administration of emetic, purgation and enema therapies with the help of bitter and sweet drugs are useful in the treatment of parināma type of colic pain.

"विवदंगतंदुङ्ख व्यों विवृंभन्तो सधित्रकम् ।
सर्वाणि तानि संहिष्ठय शृंणूर्चर्णानि कार्यवेत् ।
‘गुडे मोदकान् कुत्वा भक्ष्येत्त्वात्हल्लितः ।
उद्धीपकानुपा दशाधिनं विवर्धिनं ॥'

जयेत्रिवदोषजं शूलं परिणामसमुद्रवम् ॥१६॥"

॥ इति विवद्भारी मोदकः ॥

[योगरत्नाकर : शूलरोगकित्सा : पृष्ठ १५]

[भंडथ्यरत्नाबली : शूलरोगाधिकार : १०२-१०३]

Viḍaṅgādyā Modaka

Seeds of viḍaṅga, trikaṭu, trivṛt, dantī, citraka—all these drugs should be made to a powder and by cooking in jaggery syrup, modakas (large pills) should be prepared. In the morning,
after getting up from the bed one such modaka should be taken along with hot water. It promotes the power of digestion and cures parināma śūla caused by the simultaneous vitiation of all the three doshas.

"नागरतिलगुडकर्ष्णः पयसा संसाध्य यः पुमानेनत्।
उग्रं परिणितिबूलं तत्स्योपति सप्तराशिनः ॥१७॥"

The patient who takes the paste of nāgara, tīla and gūḍa by boiling with milk, he becomes free from serious type of parināma śūla within seven nights.

शांभुकां भस्मपीतं जलनौष्णोत्ततं तत्तत्त्वात्।
पक्तिकां विनिहल्ल्येव शूलं विष्णुरिवामुरात् ॥१८॥"

[भवव्यत्तावलि : शूलयोगाधिकार : ६०-६१]

Intake of the bhasma of sambūka along with hot water instantaneously cures paktiṣa type of colic pain as demons were destroyed by Lord Viṣṇu.

श्रवास्यभयाकृत्याचूर्णं मधुयं लिहत्।
"वधयमभुत्तरो खाद्यसतीनयंकोिद्र्वान्॥
श्रविन्नमुद्यते शूलायन्रोज्ज्यापिणामाजान् ॥१८॥"

The powder of akṣa, dhātrī, abhayā and kṛṣṇā should be made to a linctus by adding honey. The patient should use this linctus, and as food, he should take rice mixed with curd,

1. सप्ताहाःज्यतं चावदयम् इति योगरास्करे पाठः।
2. विनिहल्ल्येव शूलं इति याकरे प्रथमप्रचमपुतकयोः च पाठः।
3. क. दप्तानुसरणावलि सतिलश्चोक्तां इति प्रथमपुतके पाठः।
4. ख. दप्तानुसरणावलि सतिनयवशवकानु इति याकरे पाठः।
satīna, yava and krodava. This makes him instantaneously free from parināma type of colic pain.

तिलानगरपध्यायां भागं श्रुवकभस्मन: 1

द्विभागागुडसंसुकं गुडः कुत्ताक्षभाषिकम् 12011

शीताम्बुपां पूर्वाहः भक्ष येत्तीरभोजनम् 2

3 सायाहः रसं पीवा नरो मुख्येत कुज्यात् 4

परिणामसमुत्ताच्च शुलाचितरभवाविपिः 12111

[तिलाधिगुडिका]

Tilādi Guṭikā

Tila, nāgara, pathyā and bhasma of sambūka should be added with double the quantity of jaggery and pills of one akṣa each should be prepared. One such pill should be taken along with cold water. The patient should take milk and milk preparations as food in the morning, and meat soup in the afternoon. This makes him free from serious type of parināma sūla even if it is of chronic onset.

श्रुवकं भ्रूपणं चेव पढऽचे लवणानि च 1

समांसं गुटिकां कुत्ता कलांबुकरसन वा 12211

प्रातःर्जनकाले वा भक्ष्येतु यथाबलम् 1

शुलात्मिकमुच्यते जन्तुः सहसा परिणामजातुः 12311

[श्रुबकान्ति गुटिका]

[भृष्णपरत्नावली: शूलरोगविधिकार: 62-66]

1. श्रुबकभस्मनामा इत्य भाकरे पाठः ।
2. गुडी शारीरकसम्पताम् इत्य भाकरे पाठः ।
3. सायाहं इत्य भाकरे पाठः ।
4. दुर्ज्यात् इत्य भाकरे पाठः ।
Sambūkādi Guṭikā

Bhasma of sambūka, tryūṣaṇa, five varieties of lavana—all these should be taken in equal quantities and made to a powder. This should be impregnated by the juice of kalambu and triturated. From this paste, pills should be prepared. Depending upon the strength of the patient, this recipe should be used in appropriate dose by which he instantaneously becomes free from parināma type of colic pain.

"पि विन्द कस्तरात्रेण सक्तृनेवानकलायवृष्णि ।
जयति परिणामसहजेऽऽहर चिराजमिपि किस्मित नूतनजाम् ॥ २४॥"

[भूषयत्रत्नाबली : शूलरोगाधिकार : ७३]

The patient, who takes saktū (roasted corn flour) along with the soup of kalāya, for seven nights, becomes free from even chronic parināma sūla what to speak of freshly occurring one.

Vachalohavyog:

"लोहचूर्ण वचायुक्त विलींग मधुसिविवा ।
शमयेत्विरिणामकशूलं तन्मलं वा प्रयोजितम् ॥ २५॥"

[भूषयत्रत्नाबली : शूलरोगाधिकार : ७४]

Vacā Loha Yoga

Powder or bhasma of loha and vacā should be mixed with honey and ghee. Intake of this alleviates parināma sūla. In the place of lauha (iron), mandūra (rust of iron) can also be used.

1. सकुनेताकलाय इति प्रथमपुस्तके पाठः ।
2. स जयति इति प्रथमपुस्तके पाठः ।
3. वचायुक्त इति पचःपुस्तके पाठः ।
4. तन्मलय इति द्वितीयपुस्तके पाठः ।
Nārikela Lavaṇa

Coconut along with its water should be filled with rock salt and cooked on fire. After it is well cooked, a powder should be made out of the pulp. This cures paniṇāmajja type of colic pain and colic pain caused by vāyu, pitta, kapha and all the three doṣas vitiated simultaneously (sānmpatika).

\[ \text{मधुक क त्रिफलाचूर्णमयोरज: समं लिहृ ।} \]
\[ \text{मधुरसापिर्यं सम्यक गवं क्षीरं पिवेदनु ि१३२।} \]
\[ \text{छौंद सतिसिंह शूलमस्तिन्त ज्वरं क्लमम।} \]
\[ \text{एनां मूत्रकुच्चं च शोयं चव निहृति स: ि१३४।} \]

[भेष्यरत्नावल '\' शूलरोगाधिकार : ७७-८४]

Madhuka, triphalā and bhasma of lauha—all these drugs taken in equal quantities should be made to a powder. It should be taken along with ghee and honey, and thereafter, the patient should take cow’s milk. It cures vomiting, timira (cataract), colic pain, amla pitta, fever, klama (mental fatigue), abdominal distension, dysuria and oedema.

\[ \text{पलानिन त्रिगिण शम्भुकाल्लोहचूर्ण पल्हयम्।} \]
\[ \text{रसाम्जनात्यं चैंक लोहिस्वागणकायलम्। ि१३५।} \]
\[ \text{सव्र: समा शकरा च मधुना च परिशुतम।} \]
\[ \text{सर्वेनतसमहृत्य: मोदकान् कार्येद्रिष्क। ि१३६।} \]
\[ \text{भक्ष्येच्च प्रयत्नेन शुले गुलमे गुदामेये।} \]
\[ \text{विशेषत: पक्षशुले शोषणपाष्टते भ्रमे। ि१३७।} \]

1. मूत्रसध्दं इति ग्राकरे प्रथमपुस्तके च पाठ:।
2. ततौ इति ग्राकरे पाठ:।
Pariṇāma and Annadrava types of Colic Pain

दुरामिन काले कण्ठे च प्रवेचास्मिर बृद्धिः

प्रतिमान्ते स्मृतिः वेचे पीनेंद्रवामेवके 11.311.

॥ इति सम्बुकाद्या: मोक्कां: ॥

Śambūkādya Modaka

Bhasma of śambūka (three palas), lauha bhasma (two palas), rasāñjana (one pala), maṇḍūra bhasma (one pala) and sugar (seven palas) should be mixed together and added with honey in adequate quantity. From out of this, modakas (large size pills) should be prepared. Appropriate intake of this cures colic pain, gulma (phantom tumour) and piles. It is specially useful in paktija type of colic pain, oedema, anemia, udara (obstinate abdominal diseases including ascites), giddiness, piles, cough, dysuria, prameha (obstinate urinary disorders including diabetes), stone in the urinary tract, vrddhi (enlarged scrotum including hernia), suppression of the power of digestion, loss of memory, pīnasa (chronic rhinitis) and hemicrania.

“सपिष्टालीघुंड साप्तः पदेल्लारं चतुर्गुणम् ॥

बिनिहत्वमलपितं च शूलं च परिणामम् 11.361॥

॥ इति गुडालीघुंगनम् ॥

[भृस्मवर्तनाली : शूलरोगालिकार : 65]

Guḍa Pippali Ghṛta

Ghee should be boiled by adding pippali, jaggery and four times of milk. This medicated ghee cures amla pitta (excessive acidity in the stomach) and parīnāmaja type of colic pain.

1. विशेष शीरस चतुर्गुण इति प्रथमपुस्तके पाठः ॥
Pippali Ghṛta

Ghee cooked with the decoction as well as paste of pippali and taken by adding honey followed by milk certainly cures acute form of parināmaṇa śūla.

Koilagṛhitamkṣundaravarchapalātāre: samu caṇitam

1. Sammukhā driṣṭah kṣundarā kṣundarāṇaḥ

2. Talatavedaśanādīśāṃbhāṣya viśāṃ prāyeyan ugrājan mantrasya

3. Jetaṃ bātakāmaṇaṃ parīṣṇatī śūlāṃ ca śūlānī ca

[ṃabigṛhatnāvahī: śūlārogaṇādhikārī: 56]

Kolādi Maṇḍūra

The powder of maṇḍūra should be boiled by adding eight times of cow's urine and the powder of kola, granthika, śṛṅga-śāgura, capalā and kṣara (each taken equal to that of maṇḍūra) till it becomes semi solid. This should be taken before, during and after food and the patient should take only milk and rice as food. It cures diseases caused by vāyu and kapha, parināma and all other types of colic pain.

1. Pādakṛṣṇa iti śaṅkhe pāṭha:

2. Tā vādēta iti pṛthamprudyutkaraṇaḥ pāṭha:

3. K. Bātaṣyakāmyānaḥ iti śaṅkhe pṛthamprudyutkaraṇaḥ ca pāṭha:

[ṃabigṛhatnāvahī: śūlārogaṇādhikārī: 106]
"Kolaprayaka tathé chidwódhamakadégyévala:

prashtayogamalraja: patikaángiçéchántémsáha:

prastagunamótratu vyukh kramapákātiyánta nayeäta

sára kolapramájukvátikastístra bhǒgávárdanýchévala c

RasarpÝýápachacánandare níváryáti

prashtavartana ghumamáloha gámanánáha

\[ bháṣájyártávalo: grúlraogáardikar: 121-123 \]

Bhima Manḍúra

One prastha of manḍúra should be boiled in eight times of cow’s urine by adding one pala of each of the powder of kola, granthika, vísvaúsdha, mágadhí and yava kʃra. The boiling should be first of all over mild fire, then over moderate fire and at the end over strong fire till the ingredients become semi solid. From out of this, pills of the size of ber fruit should be prepared. One such pill should be taken in the beginning, one in the middle and one at the end of the food. The patient should eat meat soup, ghee and vegetable soup. This recipe cures anna vivartana (annadrava) type of colic pain, gulma (phantom tumour), splenic disorders and suppressed power of digestion.

1. prasthayogamalraja iti áakare páth: 1
2. prastagunamótratu iti áakare prastagunamótratu c páth: 1
3. máapramájanástikastístra iti áakare páth: 1
4. 0sárdyéta iti áakare páth: 1
5. bhúmabhúk mándúra iti áakare páth: 1
"लोहक्ट्रप्लाय्यणी गोमुखार्दांते पचेत् ।
शीर्षपक्षय तत् सिंधु पक्षशून्यतहर नूणां ।१४६॥
॥ शीरमण्डूरम् ॥"

[भव्यज्ञरत्नावली : शूलरोगचिकित्सक : १०७]

*Kśra Maṇḍūra*

Eight palas of *maṇḍūra* should be boiled with half aḍhaka of cow's urine and one prastha of milk. This cures pakṣi śūla.

"लोहक्ट्रप्लाय्यणी गोमुखार्दांते पचेत् ।
चविकानगरक्षरपिर्वलीमूलपिर्वली ॥४७॥
संयोगत निःर्भेदस्मिन पंलांडान् साग्रहान् गते ।
गुटिका कल्याणेन पक्षशून्यनिवारणी ॥४८॥
॥ चविकानमण्डूरम् ॥"

[भव्यज्ञरत्नावली : शूलरोगचिकित्सक : १२४-१२५]

*Cavikā Maṇḍūra*

Eight palas of *maṇḍūra* should be boiled with eight times of cow's urine. One pala of each of the powder of cavikā, nāgara, kṣūra, pippali mūla and pippali should be added to it. When it becomes semi solid, pills should be made out which, when administered cures pakṣi śūla.

"गुडामलकशुरीनां चूण विभक्तः पलम् ।
त्रिपल लोहक्ट्रप्लय तत्वम् मवश्विनव ॥४६॥

1. पलांथ: इति ग्राहकेच पाठ: ।
2. मण्डूरबद्धिकान इति ग्राहक पाठ: ।
3. गुडामलकपथ्यानां इति प्रयमपुस्तकेन ग्राहकेच पाठ: ।
Pariñāma and Annadrava types of Colic Pain

Guhādyā Manḍūra

One pala of each of the powder of guḍa, āmalaka and svṛṣṭi and three palas of maṇḍūra should be mixed together by adding honey and ghee. It should be administered in a dose of one aksa in the beginning, during and after food. It cures annadrava type of śūla, jarat pitta (pariñāma śūla) and amla pitta. It even cures pariñāma śūla which is one year old.

Maṇḍūra cooked with dhātri or with jaggery, when taken, cures pariñāma type of colic pain.

1. समालोच्य ततः खादेकसार्वच्छ प्रमाणतः
2. अद्विमध्यवस्थानेषु भोजनस्य निहर्न्ति तामुः
3. अन्नद्रवं जरतपतिमस्यनिधित्वं मुद्रावण्यं
4. परिणामसमुच्चयं च शूलं संज्वलसरोत्त्यतम्
5. इति गुडाचां मण्डूरसम्

[भूपजयन्त्याली : शूलरोगाधिकार : १३४-१३६]

1. भवायनमुच्यते शूलात्परिणामसमुद्वात्

Maṇḍūra cooked with dhātri or with jaggery, when taken, cures pariñāma type of colic pain.

1. समस्तीयाच्छस्तु गुडायात्मकम्
2. वहुमण्डूरसम्
3. शालावेयस्स्थवाट्

1. श्यामस्तु प्रस्तत्
2. श्यामस्तु प्रस्तत्
3. श्यामस्तु प्रस्तत्
4. श्यामस्तु प्रस्तत्
5. श्यामस्तु प्रस्तत्

1. समस्तीयाच्छस्तु गुडायात्मकम्
2. वहुमण्डूरसम्
3. श्यामस्तु प्रस्तत्
4. श्यामस्तु प्रस्तत्
5. श्यामस्तु प्रस्तत्
Eight palas of purified maṇḍūra powder should be added with juice of satāvari (eight palas), curd (four palas), milk (four palas) and cow’s ghee (four palas) and cooked till the ingredients become semi-solid. This should be taken before or during food. It undoubtedly cures vāṭika and paittika types of colic pain and parināmāja type of colic pain.

1. सर्वमे सभी इति द्राक्षरे पाठः।
2. “रसोमंडः शुभमपके वर्त्त स्वादित मद्द्रानात्” पाठःयं पंढपुस्तके अविकृतपुलम्बतः।
3. माप्योक्षितमुद्रया इति द्राक्षरे पाठः।
4. मध्यस्तकमेणेव इति द्राक्षरे पाठः।
Parināma and Annadraiva types of Colic Pain

योगोद्वं शनयत्वाणु परक्षूलां मुहाराणम् ।
कामलां व्याहरों च श्लोषं मन्द्यामितामिपि ।
प्रशासिः ग्रहणोरों कृमिमुल्लोदराणि च ।
नाशयद्वमलिपिं च स्थौल्यं चैव अक्षपरिति ।
बर्ज्येश्च त्वस्ताकानि गुह्लणाणि कटूनि च ।
परक्षूलान्त्वकृ या गुडो मण्ड्यसंज्ञः ।
शूलार्तानां क्रियाहेतोस्तारया परिकीरितिः ।

॥ तारामण्डूरफुडः ॥

[भूषज्यरत्नावली: शूलरोगाधिकार: १०७-११३]

Tārā Manḍūra Guḍa

One part of each of vidāṅga, citraka, cāvyā, triphalā and tryūṣaṇā, nine parts of manḍūra, 18 parts of cow's urine and nine parts of jaggery—all these should be boiled together till the ingredients become semi-solid. This should be kept in a vessel smeared with ghee. It should be administered in the dose of one kola before, during and after food. This cures serious type of pakti śīla, kāmalā (jaundice), anemia, oedema, suppressed power of digestion, piles, grahāṇī (sprue syndrome), parasitic infestation, gulma (phantom tumour), udara (obstinate abdominal diseases including ascites), amla pitta (hyper-acidity) and obesity. The patient should avoid dried vegetables, heavy, hot and pungent things. This is specifically an effective

1. मुहाराणम् इति ग्राकरे पाठः।
2. स्थौल्यमलि नियमर्णम् इति ग्राकरे पाठः।
3. बर्ज्येश्च त्वस्ताकानि गुह्लणाणि कटूनि च ।
4. क्रियाहेतोऽ इति ग्राकरे पाठः।
cure for pakti śūla. For the benefit of patients suffering from colic pain, the goddess Tārā has propounded this recipe.

वसिरं शवेतवाट्यां मधुपण्णा मयूरकमः
तष्ठुलोंगं च वर्षीं वद्वा वाणोधभेज्वेव च ॥ १६२॥

पाष्यं सुजोपीमण्डूरं गोमुन्त्रेण विनाद्वयम् ॥ १६३॥

प्रत्वस्यमस्त्र्यं च तथा स्वार्ष्यं विन्ध्रयम् ॥ १६४॥

विति द्रिगुणेनैव गुड़ेन च सुमर्दितम् ॥ १६५॥

भोजनस्यादिद्यायते मध्यं कर्षत्रिभागतः ॥ १६६॥

तक्रुपानं योज्यं च वर्षयममलकस्त्रत नु ॥ १६७॥

स्म्लपिते च शूले च हितमेतद्यवायस्मुतम् ॥ १६८॥

॥ राममण्डूरस् ॥

Rāma Maṇḍūra

Very old maṇḍūra should be kept in the centre of a pot. The space above and below it should be filled with vasīra, sveta vātyālaka, madhu parṇi, mayūraka, tāndulīyaka and varṣāhva. To this, cow’s urine should be added and the pot should be sealed to avoid contact with air. This should then be cooked for two days. If the ingredients are not properly cooked, then the process should be continued for one day more. Thereafter, ingredients should be trititated to reduce to a powder form. This should be administered in the dose of one karsa before, during and after food with butter-milk. Other sour ingredients of food should be avoided. It works like ambrosia in the treatment of amla pitta (hyper-acidity of stomach) and colic pain.
Parinemia and Annadrava types of Colic Pain

"कृधग पथ्याचूर्ण हिपलं गन्धार्मलोहकिस्तुं च
शुद्धरस्याडाळपलं रसं केशराजस्य ॥१६६॥
प्रस्थोनितं च गत्वा पात्रे लौहे च बर्धं संघृतम् ॥
शुष्कं वृत्तमुदगुः मृदितं स्थायिं च भाजने सिस्ते ॥१६७॥
उपयुक्तातिविशालिष्ठति कक्षितजायोगान् ॥
शूलं तथान्त्वितं ग्रहणी सकामलामुद्राम् ॥१६८॥
॥ इति रसमण्डूरम् ॥"

[Rasa Maṇḍūra]

Powder of pathyā (one kuśava), gandhaka (two pālas), maṇḍūra (two pālas) and purified pārada (half pāla) should be kept in an iron vessel to which one prastha of the juice of keśarājā should be added and triturated with the help of a rod till the ingredients become dry. Thereafter, honey and ghee should be mixed and the preparation should be stored in a ghee smeared container. Intake of this cures diseases caused by kapha and pitta, colic pain, amla pitta (hyper-acidity), grahāni (sprue syndrome) and serious type of jaundice.

[शामलकक्षितां स्वरसं: पक्षं सुलोहजः]

समुदं वद्यपुष्मकं वते मुच्छति शूली त्रिदोषवं शूलम् ॥१६६॥
॥ इति त्रिफलागुडमण्डूरम् ॥

Triphala Guḍa Maṇḍūra

Lauha or maṇḍūra bhasma should be boiled with the decoct-

1. मृत्युस्यरसं इति ग्रहं राकरे पाठः ॥
2. च कामलामुद्राम् इति ग्रहं राकरे पाठः ॥
tion of haritaki, bibhitaki and āmalaki. This should be taken along with jaggery which cures colic pain caused by the simultaneous vitiation of all the three doṣas (sānnipātika).

"लोहस्य रजसो भागस्त्रिकलायास्तथा त्रयः।

गुडस्यायो तथा भागा गुडान्मूचन चतुर्गुण्णम्।।७०॥

एतत्स्वं च विपचेद्गुडपकाविधानवत्।

लिहेन्चवं तथा शक्तिक्षेये शूले च पाकजे।।७१॥

॥ इति लोहगुटिका॥

[भवज्ञरत्नावली : शूलरोगाधिकारः १०४-१०५]

Loha Guṭikā

Lauha bhasma (one part), triphalā (three parts), guḍa (eight parts and cow’s urine (twenty four parts)—all these should be cooked on the line prescribed for guḍa pāka. This medicine (linctus) should be taken if there is diminution of strength and for the cure of paktiṣa śūla.

"धात्री चण्डस्यायो पलानि चत्वारिः लोहचूर्णवस्य।

यष्ट्रीमधुकरजो ह्रिपलं वद्यायते वृष्णम्।।७२॥

ग्रहुतवायनेनत्तच्छर्ण भाव्यं च सङ्गाहम्।

चण्डातपेशु शुष्कं सूयः पिल्ल्वा नवे घटे स्याप्रम्।।७३॥

गृहमधुना संयुक्तं भक्षाशी मध्यतोत्त्वे च।

त्रीनिति वाराणस्क खादेवथयं दोषानुवर्णेयं।।७४॥

1. यष्ट्रीमधुकरजः इति याकरे पाठः।

2. मध्यस्तथात्त्वे इति याकरे पाठः।
Dhātrī Lauha

Powder of dhātrī (eight palas), lauha bhasma (four palas) and yaṣṭi madhu powder (two palas)—all these should be strained through a cloth and impregnated with the decoction of amṛṭā for seven days. This should be dried in hot sun, triturated again and kept in a new jar. By adding ghee and honey, it should be taken before, during and after meals. The patient should take diet which is wholesome for the aggravated doṣas. If taken before meals, the medicine relieves diseases caused by pitta and vāyu. If taken in the middle of the meal, then it corrects viṣṭambha (arrested or reduced peristalsis of intestines) and the

1. मक्तस्मार्दी इति श्रावश्चपुस्तकेशु पाठः ।
2. क. शीतितं इति इति भ्राकरे पाठः ।
3. ख. शीलातो इति भ्रास्थिपुस्तकेशु पाठः ।
4. युक्तमति इति भ्राओस्थिपुस्तकेशु पाठः ।
5. रक्तं प्रसारत्यं इति भ्राओस्थिपुस्तकेशु पाठः ।
food does not get putrified to cause burning sensation. If taken after meals, then it corrects the faults of food and drinks ingested. This recipe, thus cures serious type of parināma śūla and jarat pitta (over metabolic transformation of pitta; it is also used as a synonym of parināma śūla). This promotes eye sight, corrects graying of hair and cures diseases caused by kapha as well as pitta. It promotes pure blood formation and cures anemia as well as jaundice.

“तनूनि लोहप्रणाणि तिलोत्सवस्मानि च ।
कशिकामूलकल्केन संतिप्य सर्वप्रेण वा ॥१७५॥
विश्रोणि सूर्यकिरणि: पुनरेबवलेखयेत् ।
त्रिफलया जले ध्वातं वाययेच्छ पुन: वुन: ॥१७६॥
तत: सर्वरूपाणि कृत्वा कर्षेतेन तु चानेयेत् ।
भिक्षयेन्त्रश्वशस्यवत्वया यथामियस्तत्तपिजयेत् ॥१८०॥
गुण्जाद्व गुणजकं बाध हिगुणजकमधवपि वा ।
छागस्य प्रयसः कूर्यादनुपानमभावतः ॥१८१॥
गवं घरेन दुशेन चतूष्टिगुणेन च ।
परिशूलि निहल्येतन्मासेनेन्तक निषिद्धकतम् ॥१८२॥
लोहामृतमिंदं अपि ब्रह्मण निर्मितं पुरा ।
ककारूचाकं यज्ञ यज्ञान्तं परिकौलितम् ॥
सेव्यं तस्म भवेद्य सांसं चानूपसम्भवम् ॥१८३॥

॥ लोहामृत म ॥”

1. पाठोच्यः वष्ठ्यस्तको श्राकरेच श्रवकमुलम्यते ॥
Iron should be made to thin leaves of the thickness of sesame seed. These iron sheets should be smeared with the paste of either the root of *kaśikā* or mustard seed and dried in the sun. This process should be repeated. With the help of a blower these sheets should be made red hot and immersed in the decoction of *triphalā* repeatedly. Thereafter, a fine powder should be made out of these sheets by grinding and straining through a cloth. Depending upon the power of digestion, half *guṇjā*, one *guṇjā* or two *guṇjās* of this powder should be administered with honey and ghee. Goat milk should be taken thereafter. In case of its non-availability, the patient should be given sixty four times of cow’s ghee or cow’s milk. It undoubtedly cures *pakti śūla* by taking for one month. This excellent recipe called *Lohāṁṛta* was propounded in the days of yore by lord Brahmā. Ingredients of diet starting their names with the Sanskrit alphabet ‘*ka*’, sour things and meat of aquatic animals should be avoided.

“स्वर्नं पीडितकृष्णांशं तुलां शृष्टिमाझ्यत:।
प्रस्वादं तुल्यखण्डं च पचेशालस्मलकी रसात्॥६४॥
प्रस्थे तू स्वर्नकृष्णांशस्य प्रस्थे विद्धषयेत्।
दश्यां पाकं गते तत्सर्वचूर्णीकृत्य बिनंशिणेष्टः॥६५॥
हृ हें वले कणाजाजीशुण्ठिनां मरिचवस्य च।
पलातलीश्चायं कांचातुत्जतक्षुलकम्॥६६॥
कर्ष्प्रमाणं प्रत्येकं प्रस्वादं मातिकरस्य च।
पक्षशूलं निह्न्देशतेश्वयक्तं च यत्॥६७॥

1. सुस्वर्नं इति श्राकरे पाठः।
2. विद्धषयेन इति श्राकरे पाठः।
3. कणाजाजीशुण्ठिनां इति श्राकरंपुलकमेशु पाठः।
Half *tulā* of steam boiled and squeezed pulp of *kuśmāṇḍa* should be fried with ghee. Half *prastha* of sugar should be cooked with one *prastha* of each of the juice of *āmalaki* and *kuśmāṇḍa*. To this, the fried pulp of *kuśmāṇḍa*, made earlier, should be added and cooked. When it reaches the stage of *darvi pāka* (i.e. when the preparation sticks to the stirrer), then the powder of two *palas* of each of *kaṇā*, *ajājī*, *śūnthī* and *marica*, one *karśa* of each of *tālisa*, *dāhñyāka*, *cāturjātaka* and *mustaka*, and half *prastha* of honey should be added. This cures *pakti sūla* caused by the simultaneous vitiation of all the three *dosas*. It also cures vomiting, *amla pitta* (hyper-acidity), fainting, asthma, cough, anorexia, cardiac pain, *rakta pitta* (a disease characterised by bleeding from the different parts of the body) and pain in the back. This excellent rejuvenating recipe is called *Khaṇḍāmalaka*.

"कुडविमितम: स्थाना तिनुरकर सुपिद्यम्।
पल्लवरिमितवायः पारितं खण्डदुःखम्।

निजपवित सदेशः प्रस्त्रासमाश्रे विपक्षम्।
गुड्वट्य शुरुतेर शाणभगान् क्षिप्रेच।

1. इवासं कासमरोचकम् इति श्राकर पाठः।
Pariṇāma and Annadrava types of Colic Pain

1. धान्यकपिऱ्यलिपयोवतुगा-द्विजीरान ।
शाण ् त्रिवात्मिन्नकरसरवे चूष्ण ॥२६॥

2. हस्तमलिप्तमचीं । क्षयमाण्यपित ।
शूलं बांम सबलपोस्यकारि हारी ॥२२॥

||इती नालिकेरखण्डः ॥''

[भंजक्यरत्नावली : शूलरोगाधिकारः १६४-१६६]

Nālikera Khaṇḍa

One *kudava* of coconut pulp should be made to a paste and fried with one *pala* of ghee. To this, one *kudava* of sugar as well as one *prastha* of the milk (juice) of coconut should be added and cooked till the state of *guda pāka* is attained. When cooled, one *sāna* of the powder of each of *dhānyaka*, *pippali*, *payoda*, *tugā*, *śveta jiraka*, *kṛṣṇa jiraka*, *trijātaka* and *nāga kesara* should be added. It cures *amla pitta* (hyper-acidity), anorexia, consumption, *rakta pitta* (an ailment characterised by bleeding from different parts of the body), colic pain, and vomiting. It promotes strength and virility.

कलायवती—कलाय्यूण्यभागी द्वी लोह्वूण्यस्य चापरः ।
कारवेलपलाजानं रसेनव विमर्शितः ॥३॥

कर्षमाद्वं तत्तवाश्च भक्षयेद्गुटिकां नरः ।
मण्डानुपानाल्पवति जरतिपद्मदार्णम् ॥४॥

1. ०लुगालाळ्रोकम इती ग्राकरे पाठः ।
2. क्षतस्मलिपितेः इती ग्रादर्श्चुकं पाठः ।
3. ०स्कलो इती ग्राकरे पाठः ।
Kalāya Vaṭī

Two parts of the powder of kalāya and one part of lauha bhasma should be impregnated and triturated with the juice of kāravella and palāsa. From out of this paste, pills of one kārṣa each should be prepared. It should be administered in a dose of one pill each time along with the manda (scum which comes out while boiling rice) which cures serious type of jarat pitta (parināma śūla).

अमलाकी powder or yaṣṭi madhu powder mixed with lauha bhasma should be taken by adding honey which cures colic pain.

Trinetra Rasa

One kārṣa of each of taṅkana bhasma, mṛga śṛṅga bhasma and purified pārada should be added with ginger juice and triturated for one day. This should be kept in a sealed pot and cooked by puta pāka. This is called trinetra rasa. It should be administered in the dose of one māṣa along with honey and

1. द्वादशमु — भारतमैथिलवर्तकरः द्वितीयमागः पृष्ठ ४८२
ghee. Thereafter, rock-salt, ghee and jīraka should be taken along with honey and ghee (?). It undoubtedly cures pakti śūla within one month.

"शुद्ध सूतं विच्छ गन्धं पलाशं मद्येष्वत्रद्वम् ।
सरिचं पिप्पली शुण्टी हिंगु चवं द्रव्यं द्रव्यम् ।।११६।।
पलाष्ट्रं पट्टाणं च चिच्छासारं पलाष्ट्रकम् ।
सप्तबारं शंकबस्म जंवीरामलेन सेवयेत् ।।११६।।
पलाष्ट्रं च संयोज्यं तदवर्ष निम्बुकोड़वः ।
दिनं मर्यं कोलमात्रं भक्ष्येत्सवर्षमूलतुत् ।।१००।।
श्रद्धोदरमद्वातिनिमसाध्ययति साध्येत्
शूलदवालताहयोंस्य रसोजीपादिरोगहा ।।१०१।।"

[योगरन्तरकरः शूलचिकित्सा (उत्तरार्द्ध) : पथु १७]

Śūla Davānala Rasa

Purified pārada, viṣa, gandhaka and palāśa kṣāra should be taken, one part each. To this, two parts of each of marica, pippali and hīṅgu, eight parts of each of five varieties of lāvanaś and cīncā kṣāra and seven parts of tāṅkha bhasma and eight parts of jambirōmila should be added. All these should be impregnated and triturated for one day by adding lemon juice. It should be administered in the dose of one kōla. It cures all types of colic pain, indigestion, udāra (obstinate abdominal

1. हिंगु सौवच्चल द्रव्यं इति ग्राकरे पाठः।
2. जंवीरामलेन सेवयेत् इति ग्राकरे पाठः।
3. निम्बुकोड़वः इति ग्राकरे पाठः।
diseases including ascites) and suppression of the power of digestion even if these ailments are considered to be incurable otherwise. This is called śūla dāvānala rasa which cures indigestion, etc.

शुल्बतुल्येन सूतेन बलिना तससमेन च
तद्वशिन तालेन शीलया च ततवंया ॥१०२॥
विद्वाय कऊरली शुस्यां भिक्रक्कलसमिभाम्
यन्त्राध्यायविनिदिष्टा गर्भधन्योद्रवर्तरे ॥१०३॥
कऊरलीं तास्मप्रताणि पर्यायेऽि विनिदिषेित्
प्रपेश्चछायस्थर्तं स्वांगशीतं च चूर्यवेत् ॥१०४॥
ततश्रोगहरानुपानसिह्तं साठु हि वल्लोमितम्
सलोद्ध परिणामसूलमुद्रं शूलं च पाण्डुज्वरम् ॥१०५॥
गूलमक्कहरं क्षयाविधासं मेहं च शूलाम्मस्म्
श्रुतं च ग्नादीं ह्रेदं भुविमिवं तस्समनाथालाभिः ॥१०६॥

॥ इति सोमनाथताम्रेश्वरो रसः ॥

Somanātha Tāmresvara Rasa

Purified pārada (one part), purified gandhaka (one part), purified haratāla (1/2 part) and purified manah śilā (1/2 part)—all these taken together should be triturated till a fine powder like kajjali (collyrium) is formed. This kajjali including thin leaves of tāmra (one part) should be kept in layers in a garbha yantra and cooked for three hours. When cooled, these ingredients should be removed from garbha yantra and made to a powder. It is administered in a dose of one valla, along with vehicles appropriate to each of the diseases to be treated. It cures parināma type of colic pain, udara (obstinate abdominal diseases including ascites), other types of
colic pain, anemia, fever, gulma (phantom tumour), splenic disorders, consumption, meha (obstinate urinary disorders including diabetes) and grahanī doṣa (sprue syndrome). It is called somanātha rasa.

1. 
2. 

Taṅkaṇa bhasma, pārada bhasma and yava kṣāra taken in equal quantities should be triturated. It should be administered in the dose of one māṣa along with honey which cures pakti śūla. The soup of jambū and māṣa should invariably be taken as anupāna or post-prandial drink along with this recipe.

“तंकणं मुच्छति सूतं वच्छारं समं समम्।
चूणितं भक्त्येन्मायं नधुना पक्कियशूलनुत्॥
जम्बूमाथकृतं यूवनमुपानं सदा पिवेत् ॥१०॥

Taṅkaṇa bhasma, pārada bhasma and yava kṣāra taken in equal quantities should be triturated. It should be administered in the dose of one māṣa along with honey which cures pakti śūla. The soup of jambū and māṣa should invariably be taken as anupāna or post-prandial drink along with this recipe.

“तरं शशं वराटं वा मुतं ताणं समं समम्।
निष्काठं नवनीतेन भक्त्येय्यक्कियशूलनुत्।
पूर्वोत्तं च पिवेत्सोरमनु स्याल्लङ्कभास्करात् ॥१०॥

2. इति शशभास्कर:॥

Śāṅkha Bhāskara

Śāṅkha bhasma or varātikā bhasma should be mixed with equal quantity of tāṃra bhasma. Half niśka of this powder should be taken along with butter which cures pakti śūla. After the medicine, the patient should take milk as described before (7). This is called śāṅkha bhāskara.

1. चूणितं इति पक्कियशूलके पाठः।
2. इति शशभास्कर:।
Line of Treatment of Annadrava Śūla

The patient suffering from annadrava śūla should be first of all be given emetic therapy till pitta appears in the vomited substance and purgation therapy till kapha appears in the stool. Thereafter, therapies already described for jarat pitta (parināma) type of śūla should be administered. Annadrava śūla is alleviated by the cleansing of āmāśaya (stomach including the upper part of small intestine) and pakvāśaya (large intestine).

Wholesome Diet

To patients suffering from colic pain, steam boiled ēndari type of cake prepared of māṣa along with its husk and ghee, should be given as food. Wheat flour mixed with ghee and jaggery is useful. It can be given along with sugar and cold milk. Luke warm maṇḍa (water which is strained out after boiling rice) of śāli rice free from siktha (sticky portion)
is also useful. *Vātya* (barley) cooked in milk and added with ghee, vegetable soup and sugar may also be given. The patient can take boiled milk after taking sugar. He can also take *saktu* (roasted flour) of *caṇaka* along with the soup of leaves of *paṭola*.

Annadrava and *jarat pitta* (*parināma*) types of colic pain are invariably associated with *agni māndya* (suppression of the power of digestion). Therefore, the *anupāna* (post-prandial drink) prescribed in respect of each recipe should be given only in small quantity.

Thus, ends the 38th Chapter dealing with the diagnosis and treatment of *parināma* (and *annadrava*) *tūla* in the *Āyurveda saukhya* of *Toḍarānanda* composed by the great king *Toḍara Malla*.
CHAPTER III

ग्रथ उदावर्त-ग्रानाहिनिद्वां चिकित्सा च

Diagnosis and Treatment of Udāvarta (upward movement of vāyu) and Anāha (abdominal distension)

"वातविशमूत्रज्ञ भाष्युक्तवोद्गरवमिन्द्रयः"

उत्तुष्णोद्वासनिद्रानां घृतवोदावर्तसम्भवः

Etiology

Udāvarta is caused by the suppression of the manifested natural urges for vāta (passing flatus), stool, urine, yawning,

1. This is the beginning of 42nd Chapter of Ayurveda saukhya in Tōdarānanda and the invocation reads as follows:—

गोपालिकामा सुविचार्य माबं द्वान्नतानां प्रदोषु रङ्गः ।
कामं तथा टॉडनलयमेव सूक्ष्म संवदेश घर्मस्य ।

2. अर्जु प्राप्तेऽहि पंचमपुस्तकं भ्राकरे च पाठः ।

3. घृतगौरऽहितभ्राकरे पाठः ।
tear, sneezing, eructation, vomiting, seminal ejaculation, hunger, thirst, breathing and sleep.

वात्मृत्युपरीवाण्म् संगैत्त्वानं कल्मो मन्यतः ।
जटरे वातजात्राण्ये रोगास्तुर्वातिनिर्बलम् ॥१२॥

Udāvarta caused by Suppression of Vāta

Obstruction to the passage of flatus, urine and stool, wind formation in the stomach, fatigue, pain in abdomen and manifestation of other vātika diseases—these are caused by the suppression of the urge for passing flatus.

आरोपमृत्युपरीवाण्म् परिरक्त्रका च संग: पुरीवत्त्व तथोद्धवानां: ।
पुरीवाद्वात्रिः निरौच्यं पुरीवेद्वेर्मिहे नरस्य ॥२॥

Udāvarta caused by Suppression of Stool

Atopa (gurgling sound in the abdomen), colic pain, parikartika (sawing pain), obstruction to the passage of stool, ārdhva vāta (upward movement of gas in the abdomen) and coming out of fecal material through the mouth—these are caused by the suppression of the urge for defecation.

वस्तिमेहनयो: शुल्कं मृत्युपर्वत्त्वः निर्भरजा ।
विवंधो वंक्षणानाहः स्पालिंग युत्रिकृष्टे ॥२॥

Udāvarta caused by Suppression of Urine

Colic pain in the region of urinary bladder and genital organ, dysuria, headache, constipation and distension in the pelvic region—these are caused by the suppression of the urge for urination.

1. परिकप्तिकाः इति ग्राकरे पाठः।
2. विनामो इति ग्राकरे पाठः।
Udāvarta caused by the Suppression of Yawning

Stiffness of sternomastoid region and neck, head-diseases caused by vāyu and serious diseases of eyes, nose, face as well as ears—these are caused by the suppression of the urge for yawning.

Udāvarta caused by the Suppression of Tears

Tears may appear in the eyes because of either pleasure or sorrow. Suppression of this urge may cause heaviness of head, serious type of eye diseases, and pinasa (chronic rhinitis).

Udāvarta caused by Suppression of Sneezing

Torticollis, headache, facial paralysis, hemicrania and weakness of sense organs—all these are caused by the suppression of the urge for sneezing.

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1, तीव्रा: इति ग्राकरे पाठः।
Udāvarta caused by Suppression of Eructation

Sense of fullness in throat and mouth, excessive pain, cooing sound, obstruction to the passage of the wind and other serious vātika diseases are caused by the suppression of the urge for eructation.

Udāvarta caused by Suppression of Vomiting

Itching, urticaria, anorexia, pigmented patches, oedema, anemia, fever, kuṣṭha (obstinate skin diseases including leprosy), nausea and erysipelas—these are caused by the suppression of the urge for vomiting.

Udāvarta caused by Suppression of Semen

Oedema and pain in urinary bladder, anus and testicles, anuria, stone in seminal channel, frequent seminal discharge and similar other seminal morbidities are caused by the suppression of the urge for seminal ejaculation.

1. भवेच्छ ते ते विकारा विहते च शुके इति ग्राकरे पाठः।
2. हृदय व्यथा इति ग्राकरे पाठः।
Udāvarta caused by Suppression of Hunger and Thirst

Drowsiness, malaise, anorexia, fatigue and impairment of vision—these are caused by the suppression of hunger. Dryness of throat and mouth, impairment of hearing and cardiac pain are caused by the suppression of thirst.

Udāvarta caused by Suppression of Breathing and Sleep

If a person, after exercise, suppresses the urge for (deep) breathing, he suffers from heart disease, unconsciousness and gulma (phantom tumour). Suppression of the urge for sleep causes yawning, malaise, stiffness of the vessels of eyes and drowsiness.

Other Causes

Udāvarta is also caused immediately after the intake of ununctuous, astringent, pungent and bitter food in excess. These food ingredients aggravate the vāyu located in the colon which causes udāvarta.

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1. निष्वासचिनित्रेषु हृदयमोहावथवापि गुलमः
2. जूमहागमबोधिनितिरातिजाय निद्राभिधातादवापि तंत्रा
3. भोजनेन कृपित: सच उदावत्त करोति
4. बातमृगपुरौष्ट्रक्कक्कफेदोवहानि वै
Signs and Symptoms

The aggravated vāyu obstructs (or causes movement in reverse order) the channels of circulation for flatus, urine, stool blood, kapha as well as adipose tissue, and causes excessive obstruction to the movement of stool. Thereafter, the patient suffers from pain in the heart and urinary bladder, nausea and dislike for any work. With considerable difficulty, he passes flatus, urine and stool. He also suffers from cough, dyspnoea, acute form of cold, burning sensation, unconsciousness, morbid thirst, fever, vomiting, hiccups, diseases of the head, impairment of the functioning of mind as well as ears and several other diseases caused by the aggravation of vāyu.

Pathogenesis of ānāha

Āma (product of improper digestion) and stool, gradually accumulated in the colon get further obstructed by aggravated vāyu as a result of which, their evacuation automatically becomes difficult. This ailment is called ānāha.
Signs and Symptoms of Ānāha

Signs and symptoms of ānāha are colic pain in epigastric region, heaviness, nausea, obstruction to eructation, stiffness of lumbur region and back, obstruction to the passage of stool and urine, colic pain, fainting, vomiting of fecal matter, dyspnoea and affliction of the colon as it happens in alasaka.

Prognosis of Udāvarta

Excessive morbid thirst, complete exhaustion, emaciation, excessive colic pain and vomiting of fecal matter—these symptoms in a patient of udāvarta are indicative of bad prognosis and such a patient should not be treated.

Thus, ends the diagnosis of udāvarta and ānāha.

1. तथाजलसोकानि इति ग्राकरे पाठः ।
2. शूलैरिध्रुवं तम् इति ग्राकरे पाठः ।
Line of Treatment

Yava (barley) boiled with trivṛt, leaves of sudhā and tila or with the soup of the meat of animals which are domesticated, aquatic animals and animals inhabiting marshy land or with such other ingredients which help in the elimination of flatus as well as urine is useful. The patient should drink prasannā, guḍa and śīḍhu types of alcoholic preparations. If there is aggravation of vāyu, such patients should be given āsthāpana type of medicated enema after oleation, and fomentation therapies. For the patient suffering from puriṣaja type of udāvarta, the line of treatment suggested for ānāha should be adopted. The patient should be given medicated enema containing alkali preparation [the meaning of the term ‘kṣāravaitaranau’ is not clear].

श्यामादांतीत्रकस्तील्क्ष्माहायामास्तुन्ह्वस्त्वृत्त

सप्तला शंकिनि हेवता राजबृहः सतिल्वकः

कम्पिल्कः कर्क्रच्छ हृषयोरी पयं गणः ।

सप्तल्लोलनः क्वाशकलकरस्यत्मेन तु

उदावर्तसाॊदरानाहिविष्युलझैनास्तनः ।

Śyāmā, dani, dravanti, tvak, mahāśyāmā, smuhi, trivṛt, saptalā śaṅkhini, śvetā, rāja vrksa, tilvaka, kampillaka, karaṇja, hema kṣīri and other drugs belonging to kṣīri vrksa group should be used for the preparation of medicated ghee, medicated oil, powder, decoction, paste and such other preparations. These are useful in the treatment of udāvarta, udara (obstinate abdominal diseases including ascites), ānāha, poisoning, gulma (phantom tumour), etc.

“त्रिवृत्कुष्णाॊहरीत्वेयो द्विचुःऽश्वभासिकाः ।

गुडिका गुडुतुल्यास्तः विष्विवर्धगार्गापहः ।

त्रिवृत्ताविग्रितिकाः ।

[ भूषज्ञरत्नावली : उदावर्तानाहास्थिकार : ३१ ]
Trivati Gudika

Trivati (two parts), kṛṣṇa (four parts) and haritaki (five parts) should be mixed with jaggery (eleven parts) and pills should be made out of these ingredients. These pills cure diseases caused by the obstruction to the passage of stool.

"हरीतकीयव्यक्त्रयालि निवृत्ता तथा ।
घृतच्छन्निमिदं वेयमुदावल� सिक्तनाशनम् \n1.1281"

[भैरव्यालि : उदावली: ४]

The powder of haritaki, yava ksāra, pīhu and trivati should be taken along with ghee for the cure of udāvarta.

"हिङुकुंवचार्जविडवेति द्रिष्टमम् ।
पीतं मध्यन तत् चूर्णमुदावलमसिनाशनम् \n1.1251"

The powder of hiṅgu (one part), kuṣṭha (two parts), vacā (four parts), svarji ksāra (eight parts) and viḍa (16 parts) should be taken along with alcoholic drinks which cures udāvarta.

"खण्डात् पलं त्रिृतानसमुपकुलायकर्णां मुर्वकं ।
प्रामोजने च समुपना विदालपकं लिख्त्राजः \n1.1261
एतत् गाजुङरीवे वाते विते कषे च विनियोज्यम् ।
स्वाखुङ पयोगोस्य चूर्णं नाराधको नामस्य \n1.1301
नाराध्वर्णांम् ॥"

[भैरव्यालि : उदावली: २९-२६]

1. पीलूनि इति प्राकरे पाठ: ।
2. इष्टकम्—भैरव्यालि : उदावली: २९ ।
3. वाते पाठोऽयं प्राकरे नोपलये ।
Nārāca Cūrṇa

One pala of sugar, one pala of trivṛt and one karṣa of upakulyā should be made to a fine powder. This should be administered in the dose of one vidāla padaka along with honey before food. It should be given for the treatment of constipation caused by vāyu, pitta and kapha. This powder is sweet in taste and can be taken even by kings. This is called Nārācaaka.

"रसोन मद्यसंस्रिंहं पिबेत् प्रातः प्रकाशितः ।
गुल्मोदावत्सुलनं दीपं बलवंदनम् ॥३२॥
"[भेषज्यर्त्तावली: उदावत्तानानाहासिकार: ४]

Rasona mixed with alcoholic drinks should be taken by the patient as much as he likes. This cures gulma (phantom tumour), udāvarta and colic pain. This stimulates the power of digestion and promotes strength.

"हिगुमाशिक्षिध्वं: पक्तवा वति सुषुषुतताम् ।
घृताश्वकं गुरे वद्यादुवात्सुलिनाशिनीम् ॥३२॥
"हिंस्कर्षितः ततः

Hīṅgvādi Varti

Asafoetida, honey and rock-salt should be cooked together and from this paste, vartis (elongated pills) should be prepared. This varti should be smeared with ghee and administered in the anus as suppository which cures udāvarta.

मदवं पिप्पली कुंठं बचा गोराष्ट्र सर्पं: ।
गुड्डक्कारसमायुक्ता: फलवति: प्रजस्यते ॥३३॥
"फलवति: ततः
"[भेषज्यर्त्तावली: उदावत्तानानाहासिकार: ३०-३१]

1. विनिमिताम् इति अराक्रे पाठः ।
2. व्यस्तयदवस्त्रि: इति अराक्रे पाठः ।
3. फलव्यथिक्षिते इति अराक्रे पाठः ।
Phala Varti

Madana, pippali, kushta, vaca, white variety of sarasap, gua and kshara (alkali preparation) should be triturated together and suppositories should be prepared. This is called phala varti and it is useful in the treatment of udavarta.

" śrāgāraḥ sāmśirūmāyāstāreyakālāmūlakām ।
khunā nirmugdiṣṭaṃ va śivnārī śāyām śivadeḥ bruḥ: ||34||

[ मेघजयर्त्तावली : उदावत्तानाहारिकार : ६ ]

The paste of house shoot, rock-salt, oil and amla mūlaka or the paste of the leaves of nirgundhi should be applied over the anus after its fermentation [for the cure of udavarta].

"śrīvartākāyaḥ mādhrā mūtre śvabhñalte pibetu ।
eḷanā va[5]śvaya mandrān kṣārāṃ vārī pibetha va ||35||

dvapāentsarasaṃ va[5]pi kṣāryaṃ kṣaṃbhasya va ।
evarśīṇa vā yoreṇ pibetha labhanīkṛtam ॥
pśambūlīṇyutam kṣaraḥ draśāsamudhāpya va ||36||

[ मेघजयर्त्तावली : उदावत्तानाहारिकार : ७-६ ]

वर्षेवोपञ्जयेजीतमूचिक्षचिमरीविधिम ॥37॥

Treatment of Mūtraja Udāvarta

If udāvarta is caused by the suppression of the urge for

1. kṣāraḥ iva kṣārare pāṭha: ।
2. kṣārāvārī pibēnna: iva kṣārare pāṭha: ।
3. śvēkāro iva pāṭha: ॥
urination, then the patient should be treated with the following recipes.

1. *Madirā* type of wine with profuse quantity of sonchal salt;
2. Alcoholic drinks mixed with cardamom;
3. Water mixed *ksāra* (alkali preparation);
4. Juice of *duḥsparśā*;
5. Decoction of *kakubha*;
6. Seeds of *ervārūka* mixed with water and salt;
7. Milk boiled with the decoction of *paṅca mūla* (*bilva, syonāka, gambhārī, pāṭalī* and *gāṇi kārikā*); and
8. Grape juice.

In all such cases, procedures and recipes described for the treatment of *mūtra kṛcchra* (dysuria) and *aśmari* (stone in urinary tract) should be followed.

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श्रशुऽमोक्षोत्सुज्ज कार्यः स्वच्छो मध्य प्रिया: कथा: ||१३६||

Treatment of *Jñabhāja Udāvarta*, etc.

If *udāvarta* is caused by the suppression of the urge for yawning, then the patient should be treated with oleation and fomentation therapies. If *udāvarta* is caused by the suppression of tears, then therapies should be administered for lacrimation and the patient should be asked to sleep and take alcoholic drinks. He should be consoled with pleasing talks.

3

1. जृष्माजं इति बावकरे पाठ: ||
2. प्रियकथा इति बावदृश्य पुस्तकेषु पाठ: ||
3. तथोद्भवं ज्ञोस्मयः इति बावकरे पाठ: ||
Treatment of Kṣavaja Udāvarta

If udāvarta is caused by the suppression of the urge for sneezing, then the patient should be made to sneeze by inhaling ksava patra (chikkini), and thereafter, oil should be applied and massaged over his head and neck. He should also take fomentation, smoking and inhalation therapies.

हििं वात्त्तमाडन यूिं चोतिरभक्तकं ।
उद्गारजेः करस्पोतं स्तनिन्न्द्विकं धूमसाचरेत् ॥४०॥

Treatment of Udgāraja Udāvarta

If udāvarta is caused by the suppression of the urge for eructation, then he should be given such food as would alleviate vāyu, and ghee to take after food. He should be administered unctuous type of smoking therapy in appropriate time.

छ्वााँघापां यथावियं नस्यस्नेहाविभिन्नयेत् ।
भुक्तवा प्रच्छविं धूमो लंघनं रत्नमोक्षणम् ।
प्यासाँहां व्यायामो विरेक्षात्र शस्यते ॥४१॥

Treatment of Chardiya Udāvarta

If udāvarta is caused by the suppression of the urge for vomiting, then depending upon the dosas involved, the patient should be given different types of inhalation and oleation therapies. He should be given emetic therapy after the intake of food. He should also be given smoking, fasting and blood-letting therapies. Ununctuous food and drinks, exercise and purgation therapies are useful for such patients.

बस्तिचुतिकरांचापं चतुर्गुणजलं भवः ।
ग्रावारिनावात्व्वितं पीतवतं प्रकारं ॥४२॥

1. वात्त्तमाज्यं च घूतं इति ग्राश्चष्ट्वस्तरं पाठः ।
Treatment of Śukraja Udāvarta

Milk should be boiled with four times of water and reduced to one fourth. This milk should be given in sufficient quantity to drink to a patient suffering from udāvarta caused by the suppression of the urge for ejaculation of semen. Thereafter, fomentation therapy should be employed for cleansing the urinary bladder. He should indulge in sex acts with lovable ladies. Massage, avagāha type of fomentation therapy, alcohol, chicken meat, sāli rice, milk, nirūha type of enema and sexual intercourse are useful for such patients.

śuddhiyātā hiṁ śnīpāghrugamalpay ca bhogannam

śrūjāyātaḥ pipitamakah yavāgrā vaśīpi śītalam

rasnejātā tumbhivahāntā śvamshvāsātūre nara

śuddhiyātā pipetkśīrāṁ svinnam śambhūtānānī vil c

[भैरवक्ष्यर्नावली : उदावर्त्तानाहसिद्धिकार : १०-१८]

“उदावर्त्तानाहाराहे सामे लघुपाणाचमुः”

Treatment of Udāvarta caused by Kṣutvighāta, etc.

If udāvarta is caused by the suppression of hunger, then the patient should be given unctuous and hot food in small quantities. If udāvarta is caused by the suppression of thirst, then the patient should take mantha (thin gruel) or yavāgū (thick gruel)
repeatedly. The patient suffering from udāvarta because of the suppression of deep breathing after exercise, should be advised to take rest after which he should be given meat soup. If udāvarta is caused by the suppression of the urge for sleep, then the patient should be given milk, he should be allowed to sleep and his body should be gently massaged (saṃvāhana).

हिंगु वचा सकुष्ठा सुवर्चिका शेति विडंगच्छूणम्
सुखाम्बुनानाहिविचिकारतिह्रेगमुलोध्वसमीरणंधनम्

Treatment of Ānāha

Therapies prescribed for udāvarta should be administered appropriately to a patient suffering from ānāha. In the āma stage (first stage) of this ailment, fasting and carminative therapies are useful.

The powder of hiṅgu (one part), vacā (two parts), kuṣṭha (four parts), suvarcikā (eight parts) and viḍāṅga (sixteen parts), if taken with luke-warm water, cures ānāha, visūcikā (choleric diarrhoea), heart diseases, gulma (phantom tumour) and udāvarta (ūrdhva samprāṇa).

वचाभयाचिक्रकवासुकान् सप्तपलीकातिविशान् सकुष्ठन्
उष्णाम्बुनानाहिविचिकारतिह्रेगमुलोध्वसमीरणाः

[भंज्यरत्नावली: उदार्तानाहाधिकार : २०-२२]

The powder of vacā, abhayā, citraka, yava ksāra, pippali, ativiśā and kuṣṭha should be given with hot water which immediately cures ānāha and vimūḍha vāta. The patient should take wholesome diet along with this recipe.

“त्रिवृत् होतीकीयामाः स्न्हीकीरण भावयेत्
बुद्धिका नुत्रमीतस्ताः अंघ्नर्च्चानाहेदिकाः

[भंज्यरत्नावली: उदार्तानाहाधिकार : ४२]
Trivṛt, harītaki and śyāmā should be impregnated and trituated by adding the milky latex of smuhī and pills should be made out of this paste. Intake of this pill with cow's urine is excellent for curing anāha by purgation.

"फलं च मूलं च विरेचनोति हिरवक्षमुलं द्वामुलमण्ड्यम् ।
स्नुक्षिप्तको चेव पुनर्वा च तुल्यानि सर्वलल्भणानि पञ्च ॥५०॥

स्नेहे: समुच्छे: सह जरंराणि
शारावसन्धी विप्रेत्तुलिते।

पञ्चम सुपिठ्ठ लवण तदनि: ॥

पानीस्तथा[५] नाहुरजाधनमण्ड्यम् ॥५१॥

Fruits and roots of drugs belonging to virecaka gana (group of purgatives), hinigu, arka (root), dāsa mūla, smuhī, citraka and punarnava should be made to a coarse powder. To this, five salts in equal quantity should be added. This should then be mixed with ghee and cow's urine and kept in śarāva sampūṭa (two earthen plates), the joint of which should be sealed by smearing seven layers of mud-smeared cloth. This should then be cooked in puta appropriately. Thereafter, the powder of ingredients should be removed and further triturated to make a fine powder. Intake of this powder along with food and drinks effectively cures anāha.

राठूमविक्ष्योष्णमुद्रैविपिपारिधिता ॥

गुडेष्ड, गुहसमा वर्तनिनधेयानाहंयूलनुत् ॥५२॥

[भवज्यरतनाचल : उदवर्तानाहादिकारः: २३-२४]

1. पानीस्तदानाहं इति पञ्चममपष्टके पाठः।
2. रजाधनमण्ड्यम् इति ब्राह्मणे पाठः।
3. पाक्येण इति ब्राह्मणपुष्टके पाठः।
4. वर्तनिनधेयानाहंयूलनुत् इति ब्राह्मणे पाठः।
Rāṭha, house shoot, vīda, vyosa and guḍa should be cooked with cow’s urine, and suppositories of the shape and size of thumb should be prepared. Insertion of this suppository into the anus cures pain caused by ānāha.

"वॉठितिरिग्रुठकसंयथवसर्षणगृहेश्मकुषुमवनफलः

मुखुनि गुडेन बाबिकृमि गुड़ुबरिमाणा ॥२३॥

वॉठितिरिग् हुष्टकला शाने शाने: प्रणिहिता घृत ॥१५॥

श्रानाहोदारतं प्रशानमना जगरुल्लिनिवारिणी ॥५४॥

[भवज्ञाणांवली : उदवत्त नामाधिकारः ४६-४६]

Trikatu, saindhava, saraspa, grha dhūma, kuṣṭha and madana phala should be cooked in honey or jaggery. From out of this, suppositories of the size and shape of thumb should be prepared. This suppository, smeared with ghee should be gradually inserted into the anus which cures ānāha, udāvarta, jathara (obstinate abdominal diseases including ascites) and gulma (phantom tumour). Effect of this therapy is experienced in practice.

शुष्कमूलां घृतम्

“मूलकं शुष्कमात्रिकं वर्षामूलमुपसुकर्मम्

प्रारिवततफलशापिपिक्षवा तेन पचेद् घृतम् ॥४॥

तत्प्रायमानं शामयेदुदारतं कोषान्तः ॥५५॥

[भवज्ञाणांवली : उदवत्त नामाधिकारः ४६]
Ghee boiled with the paste of dry as well as fresh mūlaka, varṣābhū, pañca mūla and fruit of ārevata should be taken which cures all types of udāvarta.

स्थिराद्य वृत्तम्

"स्थिराद्विवर्गस्य पुनर्वायः

श्वाकपुतीकादब्योश्च

सिद्धं कवायो हियलाढिकानां प्रस्थं

चूतं स्यात् प्रतिबद्धताते।।५६।।"

॥ स्थिराद्य वृत्तम् ॥

[मेघवर्णलाली: उदावार्त नाधिकार : ४५]

Sthirādya Ghṛta

One prastha of ghee boiled with the decoction of two palas of each of the drugs belonging to sthirādi varga, punarnavā, šampāka and pūtika karaṇa is useful in pratibaddha vāta (udāvarta and ānāha).

इति श्रीमहाराजाधिराजसर्वार्ध विचित्रिते टोडरानन्दे आयुर्भवे-सीखे उदावार्त निन्दनिविचित्रताकथनं नाम नर्वात्रशतमो हृद्।।५७।।

Thus, ends the 39th Chapter dealing with the diagnosis and treatment of udāvarta and ānāha of Ayurveda saukhya in Todorānanda composed by the great king Toḍara Malla.

1. सम्पाको इति ग्राहये पाठः।
2. सिद्ध: इति ग्राहये पाठः।
3. प्रस्थो घृत्तस्यात्रतिपद्वाते इति ग्राहये पाठः।
CHAPTER IV

Diagnosis and Treatment of Gulma (Phantom Tumour)

1. This is the beginning of 43rd Chapter of Ayurveda saukhya in Toḍarānanda and the invocation reads as follows:—

यो यज्ञमुक् विप्रमर्वं विहाय तद्गानानां कुपयं चकार।
कुर्यात् कुपां टोडरमल्लसूपे दयानिविते स्वाश्वूत् (शित) जीवकर्मपे॥

2. कुपिण्यम् इति आदवर्गपुस्तकेशु पाठः।

3. पाद्वंहु्म्भ्रामि। इति ख्राकरे पाठः।
**Gulma (Phantom Tumour)**

**Etiology**

*Vāyu*, etc., extremely vitiated by unwholesome diet and regimens give rise to five types of *gulma* which appear like tumours in the gastro-intestinal tract (*kośṭha*) and located in five places, viz. two sides of the chest, cardiac region, umbilicus and urinary bladder.

"हुस्नायोरसतरे प्रमित: संचारी यदि वा [५] चल: ।
बृत्तायेवत्वोपच्चवान् स गुल्म इति कीर्तितः ॥१२॥"

*-[सुभूत: उत्तरतंत्र ४२: ४]*

**Definition**

Mobile or stationary tumour, round in shape with periodical increase or decrease in size and located between the heart and umbilicus is called *gulma*.

"स व्यस्त्त्विमयं दोषः समस्तेषां चोचिष्टः ।
पुष्पाणि तथा स्त्रीणि श्रेयो रक्तेन चापरः ॥१३॥"

*-[सुभूत: उत्तरतंत्र ४२: ७-८]*

**Pathogenesis**

It is caused by *vāyu, pitta* and *kapha*, vitiated individually or all the three vitiated simultaneously. The fifth variety which occurs only in females is caused by the vitiation of *rakta* (blood).

उद्गारबाहुत्वुषुरीपयुवबन्धुपदेर्वशमत्वानण्वित्रक्रिक्षनानि ।
श्राटोपमाध्मानमयपक्तिशक्तिविरास्मगुलमस्य वदनिति चिह्नम् ॥४॥

1. यायते इति यादश्रुस्तुस्कः पाठः ।
2. श्राटोप श्राध्मानमपक्ति: इति श्राकरे पाठः ।
Premonitory Signs and Symptoms

Excessive eructation, constipation, sense of satisfaction, weakness, gurgling sound in the intestine, abdominal distension, ādhmāna (in percussion, producing a sound as if a drum is beaten) and absence of the power of digestion—these are the premonitory signs and symptoms of gulma.

शर्चिः कृष्णविष्णुव्रातंत्रविष्णुविकृतजनम्
श्रानामहोषोष्यावतत्त्व सर्वगुल्मेषु लक्षयेत् ॥ ५६ ॥

General Symptoms

Anorexia, difficulty in passing urine, stool and flatus, gurgling sound in the intestines, abdominal distension and upward movement of abdominal wind—these are the general features of all types of gulma.

३ हृशालवालं विभमातिनाथं विचेछ्ठं वेगविनग्रहः
शोकी विघातो[५] तिस्वलक्षयः निरर्वतः चालिचल्गुल्महैतुः ॥ ५६ ॥

Cause of Vātika Gulma

Intake of ununctuous food and drinks, irregular and excessive intake of food, wrong posture, suppression of vegas (natural urges), grief, injury, excessive excretion of waste products (malas) and fasting produce vātika type of gulma.

यः स्थानमृस्थानस्थाविवेच्यं विह्वायतस्थः गल्वक्षमशोवम्
छाताहुणात्वं शिनिरबर्वः च गृहक्षिपाध्वालिचिरावज्जश्च ॥ ५६ ॥

1. K. कृष्णविष्णु मूर्ति प्रतियान्त्रविकृतजनम् इति श्रादंपुस्तकेशु पाठः।
2. शोकी विघातो इति पाठके पाठः।
3. शोकोऽथ इति पाठके पाठः।
4. पार्ववें इति पाठके पाठः।
5. शोकं च इति पाठके पाठः।
Gulma (Phantom Tumour)

1.  करोति जीणांग्रीधिक्रयकों भुक्ते घुटुत्वं समपूति यश्रः
    वातात्स गुल्मो न च तत्र रूक्षं कर्ययत्विकं कटु चोपस्वेत्।

Signs and Symptoms of Vātika Gulma

Variability in location, shape and pain, obstruction to the passage of stool and flatus, dryness in the throat and mouth, grayish or pinkish colouration, fever with cold, pain in heart, pelvis, sides of the chest and head, more pain after the food is digested and reduction of pain after the intake of food—these are the characteristic features of vātika gulma. In such a condition, the patient should avoid ununctuous, astringent, bitter and pungent food and drinks.

2.  कट्वमलतीकणोष्णविद्वाहस्वकारावित्स्यवषातिसे"" "
3.  भ्रामाभिधां शिवं च रुथं पैत्रण्य गुल्मस्य निगित्यमुक्तम्।

Causes of Paittika Gulma

Intake of pungent, sour, sharp, hot, vidāhi (which causes burning sensation) and ununctuous food as well as drinks, anger, intake of alcohol, exposure to sun and fire, affliction by āma (product of improper digestion and metabolism) and vitiation of blood are the causative factors of paittika type of gulma.

4.  स्वेत्रो विद्वाहो र्णवच गुल्म: स्पर्शास्स: पैतिक्यगुल्मस्य।

Signs and Symptoms of Paittika Gulma

Fever, thirst, colouration of the face and body, excruciating colic pain during the digestion of food, sweating, burning

1.  जीणां वसिकं इतिप्रकरे पाठ:।
2.  चोपस्वेते इतिप्रकरे पाठ:।
3.  महाकर्मवहानसेवा इति प्रयोगाचमपमप्तिगुल्मसौ पाठ:।
4.  र्णवच इति ग्रादल्पुस्तकोऽधृप पाठ:।
sensation, ulcer like growth and tenderness—these are the signs and symptoms of *paittika gulma*.

\[1\]

*गुळ मृत्यु निरम्माने च सम्पूर्ण प्रस्थपन विवा च।\]

*गुळमृत्यु हेतु: कपालभक्ष्य सहसुङ्गुटु चुक्ते निरवस्थायकश्य।* ॥१२॥

**Causes of Kaphaja and Sānnipātika Gulma**

Intake of cold, heavy and unctuous food, lack of exercise, over nourishment and sleep during the day time are the causative factors of *kaphaja gulma*. *Sānnipātika gulma* is caused by the simultaneous vitiations of all the three *doshas* as a result of diet and regimens described in respect of each of them.

\[2\]

*स्तिपित्यश्रीत्वज्वरात्मसाद्हृताः सः धीमोरवाचः। ॥१२॥

\[3\]

*शैल रहस्य कठनोध्ययति गुळमृत्यु हृपासिः कपालभक्षः।* ॥१३॥

**Signs and Symptoms of Kaphaja Gulma**

Timidity, fever with cold, prostration, nausea, cough, anorexia, heaviness, feeling of cold, less of pain, hardness and increase in size are the signs and symptoms of *kaphaja gulma*.

\[4\]

*निमित्तलिङ्गमघँुपलमृत्यु गुळमे हिदऽवेषे दोषबलालं च। ॥१३॥

*व्यामिकःश्लेषणपरांस्तु गुळमां त्रीनाविशेषित्यक्पल्लवर्षम्।* ॥१३॥

**Dvandvājā Gulma**

Depending upon the causative factors and signs as well as symptoms, the physician should determine three varieties of *dvandvāja* i.e. *vāta-pittaja, vāta-kaphaja* and *kapha-vātaja gulma* which is relevant from the point of view of determining suitable medicaments.

\[1\] संपूर्ण इति ग्राहार्यपुस्तकेषु पाठः।

\[2\] सपाप्युपलमृत्यु इति ग्राहिरे पाठः।

\[3\] लिङ्गाध्यपरस्त्र इति ग्राहिरे पाठः।

\[4\] गुल्माध्यनानाविशेषित्य इति ग्राहिरे पाठः।
Gulma (Phantom Tumour)

Sānnipātika Gulma

Excruciating pain, burning sensation, stone-like compact growth, quick suppuration, seriousness, reduction in the mental as well as physical strength, suppression of the power of digestion—these are the signs and symptoms of gulma caused by the simultaneous vitiation of all the three doṣas. This type of gulma is incurable.

Raktaja Gulma in Females

If a lady takes unwholesome food immediately after delivery or after abortion or miscarriage and during the period of menstruation, vāyu in her body afflicts raktā (blood) and causes gulma with pain and burning sensation. Signs and symptoms of paītīka gulma are manifested in this condition along with some others.
Differential Diagnosis

In a lady suffering from rakta gulma, all the signs and symptoms of pregnancy are manifested. There will be spandana (palpitation or movement) but unlike pregnancy, the growth will have no limbs but it will appear like a round mass only. This is called rakta gulma which should be treated after the expiry of ten months.

1. संचित: क्रमशः गुल्मो महावास्तुपरिमहः
2. कुतुम्भ: सिरानवरो यदा कूमं इवोन्नतः ॥१७॥
3. बौद्धवर्षाचित्रालसकासवम्यरतिज्ञः
4. तृषणातन्त्राप्रतिस्यायैर्युऽक्षते स न सिद्ध्यति ॥१५॥

Prognosis

If the growth in gulma gets gradually more and more accumulated and increased in size leading to the extension of the area of its location, if it is deeply seated, if it is surrounded by vessels, if it is elevated like the back of a tortoise and if the patient, in addition, suffers from weakness, anorexia, nausea, cough, vomiting, disliking for every thing, fever, thirst, drowsiness and acute form of cold, then the ailment is incurable.

गृहिःवा सज्जरं ब्हासच्चर्धातिसारपीडितम्
इत्याभिस्थत्यावेषु शोषः कर्तं गुल्मनम् ॥१६॥

[शरक: चिकित्सा : ५:१६६-१७१]
Fever, dyspnoea, vomiting, diarrhoea and oedema in the cardiac region, umbilical region, hands as well as legs lead to the death of the patient suffering from gulma.

"ब्यास्कुलिपपासम्[५] सविद्वो प्रतिद्रुढता ।
जायते दुर्बलतः च गुलिमो मरणायाम् ॥१२०॥"

[माधवनिदान : गुलिमनिदान २६ : १-२०]

॥ इति गुलिमनिदानम् ॥१२१॥

Dyspnoea, colic pain, thirst, disliking for food, immobility of the growth and weakness lead to the death of the patient suffering from gulma.

Thus, ends the diagnosis of gulma.

[गुल्मे क्रियाक्रम]—

"लङ्घनं दीपं सिन्धुमुखं वातातुलोमनम् ।
बृहस्य मुखेषर्वं तद्धितं सर्वगुलिमाम् ॥१२१॥"

[भवाजयरत्नावली : गुलमरोगाधिकार : १]

*Line of Treatment*

Fasting, stimulation of the power of digestion and intake of unctuous, hot, vātaṇulomana (which helps in the downward movement of wind) as well as nourishing food and drinks—all these are wholesome for all types of gulma.

[गुल्मे स्वेदनम्]—

"सिन्धुस्यभिषजा स्वेदः कर्त्थ्यो गुलमशान्तये ।
स्वेदं भोजसि मार्गेत् कूलवा जित्वा मार्गविश्वासम् ।
भित्वा विद्भवं सिन्धुस्य स्वेदं गुलमान् व्योऽहितं ॥१२३॥

1. व्यः इति प्राक्रेण पाठः ।
2. शोतसं इति शार्यधुस्तकेः पाठः ।
3. गुल्मं मयोऽहितं इति शार्यधुस्तकेः पाठः ।
Fomentation Therapy

After oleation therapy, the patient suffering from gulma should be given fomentation therapy for getting relieved of the ailment. Fomentation, administered after oleation therapy softens the channels of circulation, alleviates the aggravated vāyu and relieves constipation as a result of which gulma is cured.

The expert physician should administer kumbhi, piṇḍa and īṣṭaka types of fomentation in addition to upanāha (application of hot ointment) and luke-warm sālvana type of fomentation. Blood-letting should be performed from the place where gulma is located and venesection should be done in the middle of the arm. Fomentation and anulomana (which helps in the downward movement of vāyu) therapies are useful for all types of gulma.

Peyā (thin gruel) prepared by boiling with drugs belonging to vāta hara (alleviator of vāyu) group, soup of kulattha and meat

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1. गुलमस्थाने रक्तमोचो इति ग्राकरे पाठः।
2. शिरआयध: इति ग्राकरे पाठः।
3. प्रशस्त: इति प्रथमपञ्चमपुस्तकमहोऽहि: पाठः।
4. धान्वजा इति ग्राकरे पाठः।
of animals inhabiting arid land, and khaḍa (a sour preparation) made by boiling with daśa mūla are useful as diet of a patient suffering from gulma.

सातुतुल्लसरो हिंगु वालिंग विदसंघवम् ।
सुरामिक्षेन पातवं वातगुल्मजापम् ॥२७॥

The juice of mātulūga mixed with hīngu, dādima, viḍa and saindhava should be administered along with surā manda (alcoholic preparation) which cures the pain caused by vātika type of gulma.

नागराध्यंलं पिष्टं ढे पले तुष्कतस्य च ।
तित्स्यांकं गुडपलं वीरेकण्ये सुन पायेत् ॥
वातगुल्ममुदावतं योगिगुलुभं तागये ॥२८॥

The paste of nāgara (half pala), dehusked sesamum seed (two palas) and jaggery (one pala) should be administered with hot milk which cures vāta-gulma, udāvarta and pain in the female genital tract.

पिबेदेनर्णद्वेलं वा वाहणीमण्डमभितिम् ।
तदेव तं लं यस्य वातगुल्मी पिबेननि। ॥२६॥

Castor oil should be administered either with vāruni manda (a type of alcoholic preparation) or water to a patient suffering from vāta gulma.

साध्येन्द्रुद्धृणकस्य रसोनस्त्य चतुःपलम् ।
कोरोदके त्रिगुलिते कोरोमक्ष्य पायेत् ॥३०॥

1. लघुस्य इति ब्राह्मणे पाठः।
2. चतुःपलम् इति चतुःपलास्तके पाठः।
3. कोरोदकेवर्णगुणिते इति ब्राह्मणे पाठः।
Four *palas* of dehusked and dried garlic should be boiled with three times (?) of each of milk and water, and reduced to the quantity of milk. This milk should be given for the immediate cure of *vāta gulma*, *udāvarta*, *grdhraśī* (sciatica), *viśama jvara* (irregular fever), heart disease, abscess and consumption. This milk should be given in small quantities.

Intake of *svaṛji kṣāra*, *kuśtha* and alkali preparation of *ketaki* along with oil cures *vātika gulma*.

If *kapha* gets aggravated in a patient suffering from *vāta-gulma*, then emetic therapy should be administered. If *pitta* gets aggravated in a patient of *vāta gulma*, then unctuous purgative should be administered, and if *rakta* (blood) gets vitiated then blood letting therapy should be given.
Treatment of Pitta Gulma

If pitta gulma is caused by unctuous and hot things, then sramsana (mild laxative) is useful. If it is caused by ununctuous and hot things, then ghee is excellent for its alleviation.

The patient of pitta gulma should be given oleation, mild purgation and medicated enema therapies and for all these, drugs belonging to kâkolyâdi, mahâtikta and vâsâdi groups should be used.

Pitta gulma caused by unctuous and hot things should be treated by the administration of kampillaka with honey. For purgation, the patient may be given the juice of drâktā along with jaggery.

1. कर्मणि इति पच्चममुस्तके पाठः।
2. ‘द्राक्षारसोभया गुल्मे पैतिके समुद्रं विपेतुः।
   मघुकं चन्दनं द्राक्षापरवस्यं मघुकं मघु ।
   विपेतु दुलतोषेन पित्रगुम्मिन्धान्त्यं।’ पाठोवं पच्चममुस्तके
   अश्रिकमुपलयते।
3. रेवनार्थै इति आकरे पाठः।
4. ोनाशारतिज्वः इति आकरे पाठः।
Burning sensation, colic pain, miserable feeling, sleeplessness, anaemia and fever—these signs and symptoms indicate the suppuration of gulma. Such patients should be treated with upanītha (hot ointment).

If the growth in gulma is fully suppurred, then it takes a bolus form and gets elevated with several peaks. There will be reduction in pain. The area becomes grayish black and it feels as if a bladder is being palpated. In such a condition purgation and healing (ropāṇa) therapies should be administered. If the faulty material comes out of its own by upward or downward tracts, then the physician should wait for twelve days and during this period only complications, if any, should be treated.

1. विद्वाहस्मां इति प्राकरे पाठः।
2. पक्षुसु इति पंचमपुस्तकेण पाठः।
3. पीडितोप्रामो इति चतुर्भुपुस्तकेण पाठः।
4. रोपणः इति प्रथमद्वितीयपुस्तकेकोः पाठः।
5. कः चेतोप्रपश्चते इति प्रथमपुस्तकेन पाठः।
6. श्रेयः चेतोप्रपश्चते इति चतुर्भुपुस्तकेन पाठः।
7. येवत् इति प्रथमपुस्तकेन पाठः।
The best healing therapy is pure ghee mixed with honey and bitter drugs. [The meaning of this line is not clear. Something appears to be missing here].

"रोहिणीकटुकार्कवस्मवृक्षकिवलात्वः
कर्माशास्त्रयमाणा च पल्ले च चिवृता पल्ले
धिपल्ले मसूराणां साध्वमस्तुपुतोक्षेम्भिः
भृताच्छेयं तूसमं सपिष्टं चतुः पल्ले
पिवेस्मृद्धतं तेन गुल्मः शाम्यतं पौकिकः
ज्वरस्तुपणा च शूलं च भ्रमो मूच्छर्विचिस्तमः
"

[चरक : चिकित्सा : ५ : ११५-११६]

dीप्तामृग्यो महाकाया स्वेशसाम्यायः ये नरः

gुल्मम्: सप्तदष्ट्राण: विशेषायोधायः ये

[इति रोहिण्याय घृतम्]
Rohinyâdyâ Gaûtta

One karṣa of each of rohini, kaṭukâ, nimba, madhûka, triphalâ and tvak, one pala of each of trâyamûnâ and trîvṛt, and two palas of masûra should be boiled with eight times of water and reduced to one fourth. To this decoction, equal quantity of ghee should be added and cooked. Intake of this medicated ghee in the dose of four palas cures paîtika gulma, fever, thirst, colic pain, giddiness, fainting, anorexia and tama (a feeling as if entering into darkness). Persons having strong digestive power and robust physique and those who are habituated to taking ghee should take this recipe in a higher dose of eight palas if they suffer from gulma, snake bite and other forms of poisoning.

“ल्ललुनीललेखने स्वेदे कुतेामै संप्रधूस्तक्ते ।”

[चरक: चिकित्सा : ५ : ५२]

“घृंत सस्कारकटुकं पातव्यं कपागुल्मिनाम् ।२४५॥”

[भेषज्यरत्नावली: गुल्माधिकार : २७]

Treatment of Kaphaja Gulma

For the treatment of kaphaja gulma, ghee cooked with kaṭuka should be administered when the digestive power is stimulated after the administration of fasting, emetic and fomentation therapies.

“मन्वोग्निवंदना मर्दा गुल्मतिमतकोषुता ।
सौत्तेश्वराविचर्यं स गुल्मी वसतोपय: ।२४६॥”

[चरक: चिकित्सा : ५ : ४५-४५]  
[भेषज्यरत्नावली: गुल्माधिकार : २६]  

1. संग्रज्ञिते इति श्राकरे पादः।
2. च कारकटुकं इति श्राकरे पादः।
Patients suitable for Emetic Therapy

The patient suffering from *gulma*, who has less of digestive power, less of pain, heaviness, sluggish digestive tract, nausea and anorexia, is suitable for the administration of emetic therapy.

“मन्देडमनाविनले मुळे नात्वा सस्तेहमालिशयं

गृतिकाचूर्णिनियं हा: प्रयोज्याः कष्खुलिनांम् ॥४७॥”

[चरक : चिकित्सा : ५ : ५४-५५]

[भेंतहर्तली : गुल्माधिकार : २६]

The patient suffering from *kaphaja gulma* has generally sluggish digestive power and sluggish movement of wind. To such patients, oleation therapy should be administered, and thereafter, other medicines in the form of pill, powder or decoction should be given.

अरारिस्त्रगो वापि वाह: शेष्वभियोते ॥४५॥

Cauterization (*dāha*) therapy, wherever necessary, should be employed. Thereafter, *ksārārístha* (an alcoholic preparation containing alkalis) should be employed.

प्राप्तमूखोत्त तौंय पुराणं वास्नोरसम् ॥

"कष्खुल्मी दिबेल्ट काले जीर्णं माध्वीक्लेव वा ॥४६॥”

[चरक : चिकित्सा : ५ : ५३]

The patient suffering from *kaphaja gulma*, should be administered the decoction of *pañca mūla*, old *vāruni* (a type of alcoholic preparation) and old *mādhvīka* type of wine in appropriate time.

1. सचारकटक वृत्तम दिति ग्राकौ पाठः।
"तिलेरण्डातसीबीजसर्वपै: परिपाल्य च।  
इलेहम्गुलमस्य:पाठः  मुखोच्यः  स्वेदयेिज्जुङ्कः॥॥५०॥

In an iron pan, tila, eranyā, atasi and sarṣapa seeds should be kept and ignited. With this (slightly worm pot), the patient suffering from kaphaja gulma should be fomented.

यमानीचूणिन्त तकं विदेन लवणीकृतम्।

1. अपामांगपलशस्त तवैव धुरकस्य च।  
स्नुखकयोमांलंगकुतकस्य श्रव्यगस्य च।  
तिलसपंपनालावन [नालावन] दत्रभस्मानि कार्येष्।  
गोजविभः [विभमू] च सत्त्वं सर्पस्त्रयमस्वितम्।  
च्यं पिणलोमूं निचरक शृवकुलकम्।  
मूखामतिवियां पाठां कुथभापत्तकानि च।  
च्यं पृतिकरण्यं च तिलमय कटरोहिणि।  
ही शारीर पच्चलय समभागानि कार्येष्।  
सतीयतुण्यां लवण शरीरम् इभिन्न तीर्थे।  
तद्भविष्णुनिधू म कुत्ल युण्यु सुष्वषस्य ललम्॥  
श्रुकल्प्रहमलोक्य सुरामेन पाययेष्।  
मस्तकरानिलोपस्तु कुक्तस्याहातगृहमन्तु॥  
शुलवाितेिष्ठावमयकिलास [म]कम्।  
हुयािवरमयवलण प्रस्तपं कथातंतु।—॥ गृहमोपयवलणम्॥  
पाठां स्वरुषच्चमुस्तकयो: अधिकमुपलयेत्।

2. पनै: इति ग्राकरे पाठः।

3. "चित्रकरिवृज्वादस्रीिविषलापकरे: समः।  
यावदेतानि युणानि तावथांत मुसृथच्छम्।  
भावमय तत जूष्रहीरमुद्धारणे च स्पर्शेत्।  
मुख्यकानुसिद्ध च तत्वनिश्चितवात्वेदिष्।  
सूर्यमय तु तत्: कुवाणेिवुराने मिष्क।  
यकुलपीसारानाहगृहमाण्डस्याधातिदेनु।  
सेवितोसीिविल मलत्र गर्वं: प्रतिमोचयेत्।  
लवणानमुखोनाम विज्जितववत्कर: पर:॥॥ ग्रनमुखं लवणम्॥।"  
पाठां स्वरुषच्चमुस्तकयो: अधिकमुपलयेत्।
Butter-milk added with yamānī powder and vida type of salt should be given. It stimulates the power of digestion and helps in the downward movement of flatus, urine and stool.

If gulma is caused by the simultaneous vitiation of two doṣas, then treatment in respect of these two doṣas should be administered. If, however, all the three doṣas are simultaneously vitiated to cause gulma, then treatment in respect of all the three doṣas combined should be administered.

Vacāḍya Cūrṇa

Vacā (two parts), vida (three parts), abhayā (six parts), sunṭhī (four parts), hiṅgu (eight parts), kuṣṭha (seven parts) and
agnidipaka (five parts) should be made to a powder and administered along with alcoholic drinks, etc. It cures gulma, ānāha (abdominal distension), udara (obstinate abdominal diseases including ascites), colic pain, piles, asthma and cough. It is an excellent stimulant of the functioning of grahaṇī (small intestine including duodenum.)

“यमानीहिंगुसिन्धूक्षारसौवर्चलाभयः” ।

सुरामण्डेन पत्त्व्या: शूलगुलमनिषूदनः: ॥५५॥”

[ यमान्यादिचूर्णम् ]

[ भंज्यरतनावली : गुल्माधिकार : ३६-४१ ]

Yamānyādi Cūrṇa

The powder of yamāni, hiṅgu, rock-salt, ksāra (alkali preparation), sauvarcalaka and abhayā should be given along with surā maṇḍa (a type of alcoholic preparation) which cures gulma and colic pain.

“हिङु त्विकठकं पाठं हुब्धामययशातीम् ॥

अङ्गमोदाजगन्धा च तिन्तध्यक्त्वेवतसि ॥५६॥

1. पाठोबं आदर्शपुस्तकेषु नोपलम्यते ।
2. “बुध्क्ष कार्यविधिशालकालो स्वात्सूपर्ण कोकिला। पामासंवन्धनां न सवलवा मार्गकुषमांडक्रमम्। दस्ती शालिसिंहचित्व परिशुद्ध हिंगुत्तिश्मान्यितम। गुल्मानहिंगुविध्यित्वयं सर्वदर्शाण नित्यम्। ॥ शारांमुतम्।”
3. हुपुष्यो हि च चरके पाठ: ।
4. अङ्गमोदाजगन्धे हि इति अङ्गकरे पाठ: ।
वारंगकं पौष्करं धान्यमजाजीचित्रकं वचाम्।
ढी भारी लब्धो हे च चध्यं चंक्र चूर्णयेत्॥५७॥।
चूर्णमेतत् प्रयोक्तव्यमः प्रहारन निरत्तगम्।
प्रज्ञमतमथवा पेियं मद्योष्णोदकेन वा॥५८॥।
पाषवंहुस्तिसूलेषु गुल्मेव वातकफातमके।
ग्रानाहे भूषणकुल्ले वा गुह्यरोमराजासु च॥५९॥।
प्रज्ञमतमारेषु दलीलं पाषवामवेष्ठची।
उरोविवल्कः हिवकायाः कासे सवसे गलप्रहे॥६०॥।
भावितं मातुलज्ज्य चूर्णमेतदकते वा।
बहुतो गुडिका: कार्याः कार्मूका: स्युस्तोदधिकम्॥६१॥।
॥ इति हिर्गारविचूर्णम्॥

[चरक: चिकित्सा: ५: ७६-८४]
[भौग्यरत्नावली: गुलमाधिकार: ४२-४७]

Hiṅgavādi Cūrṇa

Hiṅgu, trikaṭu, pāṭhā, habuṣā, abhayā, saṭi, ajamoṣa, ajagandhā, tintidika, amla vetasa, dādima, puṣkara mūla, dhānya, ajāvī, citraka, vaca, svarji kṣāra, yava kṣāra, saindhava, sāmudra

1. क. कासवासे इति प्रथमपुस्तके पाठः।
   ख. काशो इति इति चतुर्थपुस्तके पाठः।
2. मूटिका: इति चरकः पाठः।
3. गतिका: इति प्रथमपुस्तके पाठः।
4. ‘इति हिर्गारदि चूर्ण मूटिका च’ इति त्राकरे पाठः।
lavāna and cavya—all these drugs should be made to a powder. This powder should be given along with food and drinks or before food along with madya (alcoholic drink) or hot water for the alleviation of pain in the sides of the chest, heart as well as urinary bladder, vāṭika gulma, kaphaja gulma, ānāha (abdominal distension), dysuria, pain in anus as well as female genital tract, grahamī (sprue syndrome), piles, splenic disorder, anemia, anorexia, stiffness of the chest, hic-cup, cough, dyspnoea and obstruction in the throat.

This powder may be impregnated with the juice of mātulūṅga and pills should be prepared. These pills work better than the powder in the treatment of the above mentioned ailments.

\[\text{पूर्तिकप्रथगतज्ञयंचतव्यवस्थित्योष्णवच्च}
\]
\[\text{संस्तरचित्रां लवणोपधानम्} \]
\[\text{दर्षं विषूर्यं दक्षिमस्तुयुंतं प्रयोज्यं}
\]
\[\text{गुल्मोदरश्यवयुष्णुर्दुःखोढवेशु} \]
\[\text{१६२१} \]

1. क. शारदर्पणलशोपनीली लवण यवकम्।

शूर्यिन् सापिस्व पेयं सर्वगुल्मोदरारपहम्।

पाठोज्यं चत्वर्पुस्तकं प्राधिकमुपलम्यते।

।।।

ल। "हिगुप्रान्धवार्जयीरकवाचवायानिपाठस्ते।

वृषामलं लवणं श्रवं विकुठकं शारदं दाहिमम्।

पत्राविशोक कर्तवत्सम्बलपुष्पाज्ञयस्तेन्द्रिम् कृः।

शूर्यं मातितमवतात्करस्: स्वाद्विजपुरस्नवः।

श्रावणं श्रृण्णोविकाररुप्जान्यगुल्मानुदाववर्तकां।

प्रत्याध्यानमरोदरस्योटं तत्तनो (शूर्यी) द्रवं रोचकान।

उत्सामततिभ्रमं च मात्रसो वाक्षिण्यमातश्वालकां।

प्रत्याविष्टलक्षणामवालपहः: माकपोत (प्राक्यत) मुष्णामानं।

हत्कुदिकविश्वत्सकं जटारंते पुष्पस्तुहनशालकं च।

पाठवं० शूर्यी नाइश्वति बातवतास्तानिनः।

हिस्वादि: माध्यमं मादिवं सदात्याम्।

।। हिस्वादि शूर्यम्।“

पाठोज्यं चत्वर्पुस्तकयो: प्राधिकमुपलम्यते।
Leaves of pūṭīka, gaja cīrḥaṭa, cavya, vahni and vyōsa should be spread in layers intercepted by the layers of rock-salt in a jar and should be cooked. Thereafter, ingredients should be made to a powder. Administration of this with butter-milk is useful in gulma, udara (obstinate abdominal diseases including ascites), oedema, anemia and piles.

"हिङ्गुष्कर्मुलानि तम्बुरुमि हरौतकि।
ह्यामां विं संभव्वङ्ख यवकारं महौषधम्।।६३।।
यवयवाभोकेंद्रत्व घृतमुख्तं पाययेत्।।
तेनास्य भिन्नते गुल्म: सहूल: सपरिग्रहः।।६४।।"

[२ अष्टाद्र हिङ्भाविच्छर्ण्यं।]

Hīṅgvida Cūrṇa (Second Recipe)

Hīṅgu, pūṣkara mūla, tumbru, harītakī, śyāmā, viḍa, saīndhava, yava ksāra and mahauṣadha should be fried by adding ghee. This powder, administered along with the decoction of barley, cures gulma, deeply located and associated with colic pain.

वचा हरौतकि हिङ्कः संभवं सामवेतससम्।
यवकारं यमानींव विबेदुष्मेन वारिणा।।६५।।
एतदि गुल्मनिचयं सहूलं सपरिग्रहम्।।
भिन्नति सप्तराश्रेण वह्ने बृंहिंदि करोति च।।६६।।"

[२ वचा चिर्चर्ण्यं।]

[भैवयात्त्रनाबली : गुल्माधिकारः ४५-४९]

1. पाठोब्रथ ग्राद्धपुस्तक्षेत नोपलम्यते।
2. क. पाठोव्रथ ग्राद्धपुस्तक्षेत नोपलम्यते।
3. ब. वचारं इति चतुर्भुष्टके पाठः।
Vacāḍi Cūrṇa

The powder of vacā, haritaki, hiṅgu, saindhava, amla vetasa, yava kṣāra and yamāni should be taken along with hot water. Within seven days, this cures gūlma which is associated with colic pain and which is deeply located. It also promotes the power of digestion.

“पिप्पलोपिप्पलोमूलचित्रकाजाजसंधवः
यूक्ता पीता सुरो हन्ति गुल्ममात्रु मुडुस्तरसम् ॥६७॥”  
[भंडज्यरत्नावली: गुल्मचिकार: ३२]

Alcohol taken along with the powder of pippali, pippali mūla, citraka, ajāji and saindhava instantaneously cures even serious types of gūlma.

1. जवानी जोरकं धान्यमरिचं गरिकाकिका ।
2. ग्रजमोदोपकूंची च चतुः शांण पृथक् पृथक् ॥६८॥
3. हिंगु रोज्ञाणिं कार्य शारी लाबणपंचकम् ।
4. त्रिवृत्तिमति: शाणाः प्रत्येकं कल्ययत् सुधी: ॥६६॥

वंती गढ़ी पोषकरं च विड़े वालिम शिवा ।
चित्राम्ल्वेतस: शुंठी शाण: बोद्धिंभ: पृथक् ॥७०॥

1. क. “जवानी ……… काइकायनवटी” पाठोयं प्रथमपुस्तके  
2. नोपलमयते ।
3. यवानी हति शाकरे पाठः ।
4. धान्यमरिचं हति शाकरे पाठः ।
5. चतु: शाणा हति शाकरे पाठः ।
6. त्रिवृत्तिमति: हति शाकरे पाठः ।
Four śānas of each of javāṇī, jiraka, dhānya, marica, girī karnikā, ajamodā and upakuṅcikā, six śānas of hingu, eight śānas of each of svarji kṣāra, yava kṣāra, lavana pañcaka and trivṛt and sixteen śānas of each of dantī, sajhi, puṣkara mūla, vidāṅga, dādima, sīvā, citra, amla vetasa and sunthi should be impregnated and triturated with the juice of bija-pūra. From out of this paste, pills should be prepared and administered along with ghee, milk, alcoholic drinks, sour juice or hot water. This pill is propounded by the sage Kānkāyana which cures

1. गुटिका ह्यति श्रावासङ्गस्तुस्तकेषु पाठः ।
2. कारयेद्वृत्तः ह्यति श्राकरेपाठः ।
3. गुल्मनाशिनम् ह्यति पन्चमपृस्तकेः पाठः ।
4. उद्धृद्वृत्तः ह्यति श्राकरेपान्तरपृस्तकेः च पाठः ।
5. सहस्री शूरुः ह्यति श्राकरेपाठः ।
6. कारायंग गुटिका ह्यति श्राकरेपाठः ।
gulma. Along with alcoholic drinks, it cures vati\(k\)a gulma, taken with cow's milk; it cures pait\(t\)i\(k\)a gulma, along with cow's urine, it cures kap\(h\)a\(j\)a gulma, along with the decoction of da\(s\)a mü\(l\)a, it cures tr\(d\)o\(s\)a\(j\)a gulma and along with camel milk, it cures rakta gulma of females. This pill also cures heart diseases, graha\(n\)i (sprue syndrome), colic pain, parasitic infestation and piles.

वातामुच्करपाटलासलवणा दण्डवा जले पाचितम्

हिंगुविश्वशास्त्रद्रव्यितं गुल्मोदराण्तोजितं

Vōsā, muś\(k\)aka, pā\(t\)alā and rock-salt should be burnt to ash and boiled with water. To this, small quantity of hiṅgu should be added. This is useful in the treatment of gulma, udara (obstinate abdominal diseases including ascites) and aṣṭhi\(l\)ā (hard tumour).

"हिंग्वेऽवातामुच्कपाटलासलवणा दण्डवा जले पाचितम्
भागोतरं चूर्णितमेतर्दां महोदराण्तोजितम्
गुल्मोदराण्तोजितं विसूचितकाचोत्तितम्"

11 हिंग्वाचित्तं

[भूष्ण्यरत्नावलिः गुल्माधिकार : ५२]

Hīṅg\(v\)āḍī Cūrṇa

Hīṅgu (one part), ugragandhā (two parts), vīd\(a\) (three parts), śu\(n\)i\(th\)ī (four parts), a\(j\)āj\(i\) (five parts), harit\(a\)kī (six parts), pū\(s\)kara mü\(l\)a (seven parts), and kuṣṭha (eight parts) should be made to a powder. It is useful in the treatment of gulma, udara (obstinate abdominal diseases including ascites), indigestion and visi\(c\)īkā (choleric diarrhoea).

"नाथ्यि\(k\)कुरांक्षिप्रभोऽदस्\(त\)महोदराण्तोजितकाचोत्तितम्"

1196।

1. हिंग्वादि: इति ग्राद्युपूर्तसंज्ञोऽपि पाठ:।
2. 'नाथ्यि। ............. दीप्याधिकारम्' पाठोऽय प्रथमदृढमेको नोपलम्यते।
The powder of nādeyi, kuṭaja, arka, śigru, hrhati, snuk, bilva, bhallātaka, vyāghri, kimśuka, pāribhadra (root), apāmārga, dīpyaka and agnika [should be made to a powder and administered for the treatment of gulma. The recipe is incomplete.]

Triphalādya Cūrṇa

Triphalā, kāñcana kṣīri, saptalā, nilinī, vacā, trāyanti, habuṣā,

1. paṭhāyāṃ prathamaṃ puṣṭaṃ nopaṭāntate
2. kṣīrāṃ vaśrambhāṃ dakhpana vāyuvopayuktaṃ jām
   pratyekam palaṃ pachalanāṃ kṣārāṃ ca puchālamkām
   viśālayāntarēvaṃ tattvisvāro removalaḥ
   palaṃ prakāśitena gajapūrṇaḥ viyakavrūddham
   sunyopahkāyaṃ triphalamyaṃ rāmāyam
   sarpavānupīntaṃ evāṃ pana su ṣva ṣvāya eva
   vaṃśkārāṃ mīnd naḥīnti saktalākuṇaḥ pradānanāṃ
   pīrāṃva ṣvāyaṃ pramānantamyaṃ kṛtyaṃ pramanāṃ khaṃta
   sannidānasaṁvīlayikāmanāṃ pradīptiṃ pradīptiṃ phalāṣyaṃ
   evasāṃsakāmarāṇiṃ gīyārūṭaparāāṃ balasūdāntavā
   vaṃśkāraśīrāṃ mebhāyaṃ bhagijam kārītaṃ cārṇītavāṃ
   māntaṃ dīpṣitaṃ sūṛtā ṣṭākāyodharāṃ dāhīṃ mānaḥ purusā
   vaṃśa kāraṇjasāṃ paṇaṃ pūrṇaṃ paṭāḥikoṃ pirate
   kaṅkṣe mānuṣyaṃ satyamānaṃ māntreṇe
   vaṃśkāramāṃ
   ॥ ॥
tiktā, trivṛt, saindhava and pippali should be made to a powder and administered along with cow's urine, hot water, meat soup, etc. It cures all types of gulma, udara (obstinate abdominal diseases including ascites), splenic disorders, kusṭha (obstinate skin diseases including leprosy), piles and oedema.

"शत्री पुकङ्गवृल्लेक्ष दस्ती चित्रकमालकाम्।
श्रुंगवरं चचाठचैव पलिकानि समाहरेत्।।७५।।

अङ्गतया: पलघचैव कुर्यां त्रीरे च हिंगुः।।
पव रङगले हे च हे पले चाम्बरेत्सात्।।८०।।

यमान्याहङ्गमर्चं धान्यकब्रजेति कार्यः।।
उपकुल्क्ष्णमधोजमायिं तथा काष्ठ्मिकामपि।।८१।।

मातुसुछुरसे चतुः: गुडळक: कारवेद्व्रुकः।।
श्रासादस्तनिप्वेदकं द्रें वा तिलो वाथ सुखाम्बुना।।८२।।

श्रम्लेखं मयैःयूक्तवेच घृतेन पवसाथवा।।
एषा कांकायनोकता च गुडळका गुल्मनाशिनी।।८३।।

श्राहोज्योशामनी कुमारान्तु विनाशिनी।।
गोम्यापुकता श्रमेत्यु कफ़गुल्म चिरोत्स्थतम्।।८४।।

1. पलघचैवकं इति श्राके पाठः।
2. उजमोजमायं इति प्रथमपुस्तकेपाठः।
3. तासामेकं इति प्रथमपुस्तकेपाठः।
4. श्रम्लेखं यूक्तवेच इति श्राके पाठः।
5. गुडळकाः इति श्रादश्योशास्त्रकेपाठः।
6. चिरोत्स्थतम् इति पंचथ पुस्तकेपाठः।
Gulma (Phantom Tumour)

Kāṅkāyana Guṭikā (Second Recipe)

One pala of each of śaṭi, puṣkara mūla, dantī, citraka, ādhakī, śrigavera, vacā and trīvṛt, three palas of hiṅgu, two palas of each of yava kṣāra and amla vetasa, one karsa of each of yamānī, ajājī, marica and dhāntyaka and one aṣṭamikā of each of upakuhi and ajamoda should be triturated along with the juice of mātulūṅga and pills should be made out. One or two or three of these pills should be administered along with lukewarm water, sour juice, alcoholic drinks, vegetable soup, ghee or milk. This recipe is propounded by the sage Kāṅkāyana. It cures gulma, piles, heart diseases and parasitic infestations. Along with cow’s urine, it cures chronic kaphaja gulma. Along with milk, it is capable of curing paittika gulma. Along with alcoholic drinks and sour juice, it cures vāṭika gulma. Along with triphalā decoction or cow’s urine, it cures sānnipāṭika gulma. For the rakta gulma in females, it should be administered along with camel-milk. [This recipe is a variant reading of the one given earlier in verses 68-73].

“हर्वुष्णा-प्रयोध-पुष्ठीका-चठ्य-चिन्त्रक-सर्वध्वे: ।

श्रवणजीपिप्पलीमूलदीप्तकैविपचेत् घृतम् ॥५६॥

1. ०गुढिका इति ग्राकरे पाठः ।
2. सजाजिपिप्पलीमूलदीप्तकः पान्येद्र घृतम् । इति ग्राकरे पाठः ।
Habuṣādyā Ghṛta

Ghee cooked with the paste of habuṣā, vyōṣa, prthvīkā, cavya, citraka, saṇdhava, ajājī, pippalī mūla and dīpyaka, juice of kola, mūlaka, as well as dāṣima and milk as well as curd is very effective in curing vāta gūlma, colic pain, ānāha (abdominal distension), constipation, diseases of the female genital tract, piles, grahanī (sprue syndrome), dyspnoea, cough, anorexia, fever and pain in the sides of the chest, heart as well as urinary bladder.

Paṇca Pala Ghṛta

Five palas of ghee should be cooked with one and half palas of pippali, two palas of dāṣima, one pala of dhānya, one karsa of sūṇṭhi and four times in quantity of milk. This cures vāṭika gūlma, pain in female genital tract, headache, piles and viṣama jvara (irregular fever).

1. तत्परे इति भाकरे पाठः
2. चिन्तिक्षति इति भाकरे पाठः
व्रद्धार्चित्राणिकायायनांविद्याध्ययित्रिकृतः

कल्कमेत्रेषु म सिद्ध कश्चीरं वतालगुलमगुरु।

अभुवणाय घृतम्।

[भंधि:बर्तनलो:गुल्माकार:दन]

Tryagandaya Gṛha

Ghee boiled with the paste of tryugana, triphala, dhanya, vidanga, cavya as well as citraka and milk cures vātika gulma.

जले दशागुणे साध्यं त्रायमाना चतुःपतम्।

पञ्चभागसिद्धं पूर्वं कल्कं संयोग्य कार्यं।

रोगिनी कठुका मुक्तं त्रायमाना दुरलभाः

कलकस्त्वामलकीनां च कोशस्य च घृतश्च

पलोग्नि पृथगुग्र्भां वद्या सम्यक्षियाच्येऽव

[चरक:चिकित्सा:५:११६-१२०]

पितःगुलमं रहतपिं भीतरं पैतिकक्रमम्।

हद्दोषं कामलं कुष्टं हन्यादेतद् घृतोत्समम्।

पलोलेल्हागते माने न हनुमग्निस्मिहे च

छल्कारितश् पलं तेन तों दशागुणं भवेत्

[भंधि:बर्तनलो:गुल्माकार:५०-५४]

1. कलकीपूर्वं इति भारके पाठः।
2. पलेकानी इति प्रथमपुस्तके पाठः।
3. रक्तगुलमं इति भारके पाठः।
4. पैतिकं उवर्गमं इति भारके पाठः।
Trāyamāṇā Gṛṣṭa

Four *palas* of trāyamāṇā should be boiled with ten times of water till half remains. To this, the paste of one *karṣa* of each of rohini, kaṭukā, mustā, trāyamāṇā and durālabhā should be added. In addition, eight *palas* of each of the paste of āmalaki, milk and ghee should be added and cooked. This cures *pitta gulma*, rakta pittā (an ailment characterised by bleeding from different parts of the body), erisipelas, *paīṭṭika* type of fever, heart diseases, jaundice and *kuśṭha* (obstinate skin diseases including leprosy). According to general rule or *paribhāṣā*, if the quantity of any liquid is mentioned in *pala* as the unit of measurement, then while actually adding to the recipe, the quantity should be doubled. The present recipe is, however, an exception to this general rule and forty *palas* (ten times of trāyamāṇā) of water should be taken for the purpose of preparing the decoction.

“ব্রাহ্মণকুক্কুরঃ বিদারঃ সাহাতাবরেঃ
পূর্বকাণি ত্রিফলং সাতযেত্তিয়লসমিতম্য
জলাঙ্কং পাদংশ্চ রসমামলবস্য চ
ঘূতিমিথুৎসং শোস্মব্যাক্কলপাপিকং
সাতযেত্তিয়লসং সিংহং শারকরাশীবিকং
প্রয়োগং পিত্তগ্নলচ্চঃ সর্বাপিপিত্তবিকারবুদ্ধ

[চরকঃ চিকিত্সঃ : ৫ : ১২৩-১২৫]

সাহচর্যায়িনিঃ গৃহঃ ঘৃতাহঃ ব্যাঘ্রতূলবত

[ভ্রমজয়রতনালিঃ : গুল্মাপিকাঃ : ৬৪-১০০]

1. পূর্বকাণি ইতি প্রথামপুলসকে পাঠঃ
2. সাতযেত্তিয়লসমিতম্য ইতি প্রথামপুলসকে পাঠঃ
3. পৃথকঃ ইতি ব্রাহ্মণে পাঠঃ
Drāksādyā Gaṅgīta

One pala of each of drāksā, madhuka, kharjūra, vidāri, śatāvarī, parūṣaka and triphalā should be boiled in one āḍhaka of water and reduced to one fourth. To this, āmalaka juice, ghee, sugar-cane juice and milk, in quantities equal to that of the decoction should be added. Further, one fourth in quantity of the paste of harītaki should be added and cooked. Thereafter, one fourth in quantity of each of sugar and honey should be added. Administration of this recipe cures pitta gulma and all other diseases caused by pitta. Three liquids are mentioned to be used in this recipe. According to the general rule (paribhāṣā) of pharmaceutics, each one of these should have been taken four times in quantity of ghee. Since all these liquids are mentioned together (sāhacaryāt), the present recipe is an exception to this rule and each one of these liquids should be equal to the decoction in quantity.

"विप्पलीप्पलीमूलच्यचित्रकनागरे: ।
पलिके: सयबलारे: सप्त: प्रस्थं चिवाचयेत् इं०१००१।
शीरप्रस्थं तत्सप्त: हृदि गुलमं कफात्मकम् ।
ग्रह्णीपाण्डुरोगहं भलिकासज्वरायप्रम् इं०१०१।
॥ शीरवापलकं घुलम् ॥"

[चकर: चिकित्सा: ५: १४३-१४५]
[भेषजयर्तनाबली: गुलमाधिकार: ६५-६६]

Kṣir Śaapṭalaka Gaṅgīta

One prastha of ghee should be cooked by adding one pala of each of pippali, pippalī mūla, cavya, citraka, nāgara and yava kṣāra and one prastha of milk. This medicated ghee cures grahanī (sprue syndrome), anemia, splenic disorders, cough and fever.

1. सयबलारूढः तप्रस्थं हृदि शाकरे पाठः।
2. शीरप्रस्थं च ततु सप्तहृदि हृदि शाकरे पाठः।
Bhārigī Śaṭpalaka Ghrṭa

One prastha of each of ghee, decoction of đaśa mūli, urubūka and bhārigī, milk and curd should be added with the paste of six palas of pippali, pippali mūla, cavya, viśvaṣadha, jvalana and yava ksāra and cooked. This recipe of medicated ghee is called bhārigī šaṭpalaka ghrṭa which cures gulma, udara (obstinate abdominal diseases including ascites), anorexia, fistula-in-ano, suppression of the power of digestion, cough, fever, consumption, diseases of the head, grahaṇī (sprue syndrome) and other diseases caused by the aggravated kapha and vāyu.

1.  
2.  
3.  
4.  
5.  
6.  

[भषज्यरत्नावली : गुर्जाविकार : ५६-६०]
"श्यामानित्रिवृक्षपल्लिपत्रयं च ज्वरिकीनां तु शताद्रौमययत्।
तोयार्थगोदेश्वन विपाचितेन प्रस्थं पचेत्वा नित्यरूस्तरूस्य बृहः।।१०४।।
कंपिलक्कक्ष्यापि पल्प्रामाण्यं सन्तोत्रिवृक्षपल्लिपत्रयं च।
चनुः पल्लिस्तुन्ययस्त्र दत्तामुल्माहुं विद्वृत्तं विरेककात्।।१०५।।"

II विद्वृत्तम् II

[ भारतभविष्यज्ययज्ञकर : चतुर्षर्थभाग : ५४३ ]

Bindu Ghṛta

Three palas of syāmā, trivṛt and vahni, and fifty fruits of haritaki should be boiled with half armanā of water. To this decoction, one prastha of cow’s ghee, one pala of kampillaka, two palas of the seeds of nilinī and four palas of the milky latex of smuḥi should be added and cooked. This is called bindu ghṛta. It causes purgation, and thereby, cures gulma.

"भललातकानां हिपलं पशुमूलं पलोमित्तम्।
साध्यं विद्वारीग्न्धार्यमापौय्य सलिलाकात्।।१०६।।
पाददशेषे पूते च पिप्पलीं नागरं वचाम्।
विड्डहं सत्तवं हिन्यु यावशुकं विडं शासीम्।।१०७।।
चित्रकं मधुकं राहनां पिष्ट्वा कर्षस्मान् भिक्कु।।

1. ‘श्यामा .......... विद्वृत्तम्’, पाठोवं प्रथमपुस्तको नोपलमयते।
2. हि इति ग्राकरे पाठ:।
3. कंपिलक्कक्ष्याप्रसृति प्रमाणं इति ग्राकरे पाठ:।
4. विद्वारीग्न्धार्यमापौय्य इति ग्रादर्शपुस्तकेयू पाठ:।
5. पाददशेषे र्वते तस्मसु निप्पलीं इति चरके पाठ:।
6. श्यामां इति ग्रादर्शपुस्तकेयू पाठ:।
7. कर्षस्मं इति चरके पाठ:।
8. पुष्क्रं इति चतुर्षर्थपुस्तकेयू पाठ:।
hallātaka Ghṛta

Two palas of bhallātaka, one pala of pañca mūla and drugs belonging to the Vidārī gandhādi group should be boiled in one āḏhaka of water till one fourth remains. This decoction should be added with the paste of one karṣa of each of pippali, nāgara, vacā, vidāṅga, saindhava, hiṅgu, yava kṣāra, viḍa, ṛaṭi, cītraṅa, madhuka and rōṣṇā, one prastha of milk and one prastha of ghee and cooked. This is called bhallātaka ghṛta. It is an excellent recipe for curing kapha guṇma, splenic disorder, anemia, dyspnoea, grahaṇi (sprue syndrome), cough and other types of guṇma.

"त्रिवृत्तां त्रिफलां दशमूलं परस्मिनितम्
जले चतुर्गयो पक्वा चतुर्मणस्थितं रसम्
सप्तरीरण्डजं तत्लं क्षोंक्रं चेतक्रं साधयेत्
ससिद्धो मिथकः स्नेहः सक्षेत्रः कफगुल्मनुत्

1. क. मल्लातकं इति आकरे पाठः।
2. चतुर्मणस्थितं इति प्रथमपुस्तकः पाठः।
3. स बीवी मिथकनेहः इति आकरे पाठः।
4. सक्षेत्रकफगुल्मनुत्। इति प्रथमपुस्तकः पाठः।
Mitraka Sneha

One pala of each of trivṛt, triphalā, danti and daśa mūla should be boiled in four parts of water till one fourth remains. To this decoction, ghee, castor oil and milk should be added and cooked together. This is called mitraka sneha. Taken along with honey, it cures kapha gulma. It is also useful in the treatment of diseases caused by kapha and vāyu, kūṣtha (obstinate skin diseases including leprosy), splenic disorder, udara (obstinate abdominal diseases including ascites) and pain in the female genital tract.

"रसोनस्वरसे साप्त: पञ्चमूलरसानविल्मः
सुरारानालद्वांमूलकस्वरसे: सहः ॥११३॥
व्योष्धवालिमोऽवालमनीचविधसंर्धवः:
ह्रंगम्यवेक्षाजाजीपक्षकुश भालारिकः ॥११४॥
सिद्धं गुल्मग्रहणमःढ्यानवायुवरनि
कासापस्ममन्दागिन्तैशुलानि नाशयेत् ॥११५॥"

॥ रसोनायं खूताम् ॥

[भैरव्यधरत्नावली: गुल्माधिकार: ६१-६३]
Rasonādyā Gṛha

One pala of the paste of each of vyoṣa, dāṇīma, vrksāmla, yamāṇī, cavya, saṁdhava, hīṇgu, amla vetasa, ajāṣī and dipyaṅka should be added with juice of raṣona, ghee, decoction of paṁca mūla, surā (alcoholic preparation), āranāla (a type of vinegar), curd, sour juice and juice of mūlaka, and cooked. It cures gulma, grahaṇī (sprue syndrome), piles, asthma, insanity consumption, fever, cough, epilepsy, suppression of the power of digestion, splenic disorder and colic pain.

“जलन्द्रयो विपक्तत्त्वा विशति: पञ्च चाभया: 
दन्त्या: पलान्ति तावति चित्रकन्य तत्वें च ||११६१।
तेनात्त्बाहुगोवेणा पदेहस्तसंभां गुडङ्ग ||
१
tvaḥsyaḥsyaḥ śūkṣmānāḥ तत्वेमवापि चतुः पलम् ||११७१।
पलेकं कराणुप्रतोः सिद्धे लेहे च शीतले ।
क्रोडं तेंतलसंभां दयाच्छवुज्जितपलं तथा ||११५।
ततो लेहपलं लील्वा जाग्वा चेक्को हरीतकीम् ।
मुखः विचिन्त्यते ह्नंथो दोषप्रस्थमनामयः ||११६।
प्रहुक्ष्युगुल्मारोहद्वृप्तक्रियोग्निस्वाभेः:
१
शाम्यन्त्युत्कलेशितविषमवस्तिक्षथायोरोचका: ||१२०।”

|| दस्तीहरीतकी ||

[भृष्ण्यरतनवलीः गुल्माधिकारः १०१-१०५]
Danti Haritaki

In one drona of water, twenty five fruits of abhayā, twenty five palas of each of danti and citraka should be boiled till one eighth remains. To this decoction, twenty five palas of guḍa, twenty five fruits of abhayā boiled earlier, twenty five palas of the powder of trivṛt, four palas of taila and one pala of kaṇā and sunṭhi should be added and cooked. The linctus, thus prepared, should be allowed to cool down. Thereafter, four palas of honey and one pala of caturjāta should be added to the linctus and mixed well. The patient should take one pala of the leha along with one fruit of haritaki (added earlier to the linctus) by which there will be easy purgation. Before this recipe, the patient should have taken oleation therapy. By this recipe the patient voids one prastha of waste products. It cures splenic disorder, oedema, gulma, piles, heart disease, anemia, grahanī (sprue syndrome), nausea, viṣama jvara (irregular fever), kustha (obstinate skin diseases including leprosy) and anorexia.

1. “चिन्त्रग्रं त्रिलक्ष दन्ती त्रिवृता कण्ठकारिका।"
2. स्तुति-क्षेत्र विकारिनी घृतं दशमयं च।"
3. एकक्षण तु कर्षिण घृतस्य कुडवं पचेत्।"
4. ‘चुतुर्गृहेण तोहेन सम्प्रेततुभागिनि।"
5. अस्त्र ततो निर्बन्धालय तालाईसमन्नत।"

उष्णोद्देशकानुपिते गुलमेष्वराद्य सर्पिला।

1. “चिन्त्रग्रं …………नारायणवृत्तम्।” पाठोध्य द्वितीयपुस्तकं नोपलम्।
2. ‘ष्ठ इति श्राकरे पाठः।
3. ‘चुतुर्गृहेण …………मिना।’ पाठोध्य श्राकरे नोपलम्।
4. अस्त्रभागानि पितृस्यकाला शासितानि च सम्प्रेताम् इति श्राकरे पाठः।
5. उष्णोद्देशकानुपिते गुलमेष्वराद्य सर्पिला।
विषेष यवाणू सर्वषा पेयां वा क्रीसाधितम् ।
'वा रक्ते च यवाणूयाटसर्वषा परिमोजिता ॥१२४॥'
रसेन जाज्यालाना वा भोजयेन्नतिमान् भिषक् ।
वातगुणमुदरत्वपलीहारां ब्रह्मकुण्डलम् ॥१२५॥
प्रहःपणे स्वयेमस्वम् कुशुद्धोवांच नाशयेत् ।
[नारायकसंवं सर्वं ह्यातं नाराचारस्त्रिभम् ॥१२६॥]
॥ नारायाच्युतम् ॥”
[भृज्यवर्तनावली: गुलमाधिकारः ३०-३४]

Nārāca Gṛṭṭa

One *kuḍava* of ghee should be cooked with one *karṣa* of each of *citraka*, *trīphalā*, *dantī*, *trīvṛt*, *kaṇṭakāri*, latex of *snuhī* and *vidānga* by adding four *kuḍavas* of water. Paddy husk should be used as fuel for this cooking. This recipe should be administered to the patient in appropriate time in a dose of half *pala* along with hot water [the meaning of the term *vīlvaṭvādasya sarpiśā* is not clear] or *yavāgu* (thick gruel) mixed with ghee or *peyā* (thin gruel) prepared with milk or with the meat soup or with the soup of the meat of animals inhabiting arid region. For the preparation of *yavāgu*, described above, rice should be fried with ghee and this is useful for *rakta gulma* (?). This recipe cures *vāta gulma*, *udāvarta*, splenic disorder, piles, inguinal lymphadenitis and *kuṇḍala* (movement of wind in the abdomen). It stimulates the suppressed activities

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1. ह्विषा इति ग्राकरे पाठः।
2. क्रीसाधितमू इति ग्राकरे पाठः।
3. ‘वा’...‘परिमोजिता’...‘पाठोयं ग्राकरे नोपलम्यते।
4. ‘नाराच’......‘सत्तिमम’...‘पाठोयं ग्रादर्षपुस्तकेषु नोपलम्यते।
of grahasī (small intestine including duodenum) and cures kusṭha (obstinate skin diseases including leprosy). This is called nārāca ghṛta and it attacks the disease like a nārāca (spear).

“वृश्चिवमुच्छुकं च सर्वांगं बृहत्तीव्रायम्
चिन्तकं च जलग्रस्तं पचेत्यावावशेषितम्।
माण्डिकचिन्त्रकलोजलिप्ते कुम्भे निधापयेत्।
मधुन: प्रस्थमावाय्य पध्याचूराणंसंयुतम्।
निशोपिनि द्वेषां तु जीर्णंभक्तः पिवेवर:।
श्रविषेण्यं जयेद् गुलमं विपक्षं च सुखुल्लरम्।

॥ वृश्चिवाश्यर्चिष्ट: ॥
[भारतभंवज्यर्त्तनाकरः चतुर्वचां: पृष्ठ ६५४]

Vṛṣeivādyariṣṭa

Vṛṣeiva, urubāka, varṣāhvā, bhflat, kaṇjakaṁ and citraka should be boiled in one drona of water till one fourth remains. This decoction should be placed in a jar smeared with pippali, citraka and honey. To this decoction, one prastha of honey and half prastha of the powder of pathyā should be added and kept for fermentation for 10 days. This should be taken after the digestion of food which cures suppurated and obstinate type of gulma.

1. वर्षाभूव्व हली इति ब्राह्मणे पाठः।
2. संस्वापिते इति ब्राह्मणे पाठः।
3. वृश्चिवाश्यर्चिष्ट: इति ब्राह्मणे पाठः।
Treatment of Rakta Gulma

The lady suffering from rakta gulma, after 10th month, should be given oleation and fomentation therapies, and thereafter, unctuous type of purgation therapy should be administered.

The paste prepared of satāḥvā, cirabilva, tvak, dāru, bhārīgī and kaṇā should be given with the decoction of tila which cures rakta gulma.

Intake of the decoction of tila, mixed with guḍa, vyōsa, hīṅgu and bhārīgī cures rakta gulma and amenorrhea in ladies.
Gulma (Phantom Tumour)

The lady suffering from *rakta gulma* should take *madya* (alcoholic drink) along with *ksāra* (alkali preparation) and *tryāśaṇa*. Such a patient can also take ghee cooked with the solution of *ksāra* (alkali preparation) of *palāśa*.

"उहण्विः भेदयेिकूले विधिरासुद र हितः।

‘न प्रमित्रेत येग्रेवं द्वायोनिविशोधनम्।।१३४।।

आरेण युक्तं पलां मुधालोरेण वा पुनः।।’

[चरक : चिकित्सा : ५ : १३४]

‘सघिरेतितिप्रबृृते तु रक्तपित्तिरी क्रिया।।१३५।।’

[चरक : चिकित्सा : ५ : १८०]

The patient should be given purgation therapy which is hot in potency as a result of which the mass of *rakta gulma* may get burst, and thereafter, therapies prescribed for *asrgdara* should be given to her. If, however, it does not get burst, then *yoni viśodhana* (vaginal douching) should be done with the help of *palala* mixed with *ksāra* (alkali preparation) or the latex of *snuhī*. If, as a result of the bursting of *rakta gulma*, there is excess of bleeding, then therapies meant for curing *rakta pitta* (an ailment characterised by bleeding from different parts of the body) should be adopted.

भल्लातकात्तकवकवपकवं साप्नि: पिवेच्छ दकरण्या विनिमिषम्।

1. पिवेच्छकरण्या इतिः शाकरे पाठः।
Bhallātaka Ghrta

Ghee cooked with the paste and decoction of bhallātaka should be taken along with sugar which cures rakta gulma. If this medicated ghee is taken along with honey, then it cures kaphaja gulma.

Unwholesome Diet

Vallūra (dried meat), radish, fish, dried vegetables, pulses, āhuka and sweet fruits should not be taken by a patient suffering from gulma.

1. पाठोऽयं चतुर्युपुस्तके नोपलम्यते।
2. निस्तुःस्मेव च इति ग्राहारे पाठ:।
3. हिङ्गुल्लो रेखने सिद्धो इति ग्राहारे पाठ:।
4. महारथः इति प्रथमपुस्तके पाठ:।
Gulma (Phantom Tumour)

1. गुल्मपीढ़ोदरं हृति पिवेत्यणुङ्कवारिषा ||१३६१||
2. || नाराचरस: ||

[भारतभंगस्यगर्भनार: तृतीयभाग: पृष्ठ २४०]

Nārāca Rasa

Purified pārada (one part), purified taṅkana (one part), marica (one part), purified gandhaka (two parts), pippali (two parts) and suṇṭhi (two parts) should be mixed together and made to a powder. To this, the powder of dehusked seeds of danti (nine parts), should be added. This powder should be administered in a dose of two guṇajas (250 mg) which causes purgation. It is called Nārāca rasa. It cures gulma, splenic disorder, and udara (obstinate abdominal diseases including ascites). The recipe should be given along with tanḍula vāri (rice wash).

“पूर्वं गन्धं च मरिचं टड़ूरं नागरामये ।
3. जयपालबीजसंयुक्तं इच्छामेदीरसः स्मृत: ||१४०१||

[भारतभंगस्यगर्भनार: प्रथमभाग: पृष्ठ १३१]

1. पिवेत्य बोधणवारिषा इति प्रादर्शप्रस्तकेषु पाठ: ।
2. पाठोद्ग प्रथमप्रस्तके नीतमयेत: ।
3. तथा व्योक्त इति प्रथमप्रस्तके पाठ: ।
4. नागरामया इति प्रादर्शप्रस्तकेषु पाठ: ।
5. क. जयपाल बीजसंयुक्तं इति प्रथमप्रस्तके पाठ: ।
6. ख. जयपालनसंयुक्तं इति चतुर्धप्रस्तके पाठ: ।
7. कमोतरगुणं भवेत्यु । सर्वगुल्मोदरे देय इच्छामेदी लवं रस: ।
8. इति ग्राकरे पाठ: ।
Purified pārada (one part), purified, gandhaka (two parts), marica (four parts), purified tankana (eight parts), nāgara (sixteen parts), abhayā (thirty two parts), and seeds of jaya pāla (sixty four parts) should be triturated by adding 127 parts of jaggery. Out of this paste, pills of the size of 4 guñjās (500 mg) should be prepared. It should be administered along with cold water. It causes purgation and cures fever, gulma, oedema and colic pain.

Purified pārada, bhasma of abhraka, purified gandhaka, purified tāpya, purified arka (tāmra) and yava kṣāra should be triturated with the decoction of agni (citraka). This recipe should be administered in the dose of one valla along with the leaf of nāga valli which is useful in vātika gulma.

1. पाठोप्यं प्रथमपुरस्तके नोपलम्ये।
2. दृष्टब्यम्—भारतमैथ्यवर्तकर : चतुर्मासां : पृष्ठ ७२७।
Gulma (Phantom Tumour)

Vadavānala Rasa

Hīṅgu, sauvarcala, saindhava and dōdima should be triturated by adding the juice of vella and juice of mātuḷuṅga. This should be administered in the dose of one karaṣa along with surā (alcoholic drink).

1. 'सुतमक्ष शाकव्यस्य नीरः: सराप्यविक्रिया: पेघ्येद्वस्त्रमेकम् [?]।
2. मूसे: कुसौ पंचवेश गुडित्वा गुंज्यास्तुत्तवः: चारुकुलम्बोजयः।
3. उद्यामराष्यः: स्याब्रः: सरापेयों गुंजालुम: पित्तगुल्मं निहंशति।
4. द्राक्षापट्ट्यायथमनुपांव वर्षां सर्वं पित्तं वादः।
5. उद्यामरोऽरसः।`

Uḍḍāmara Rasa

Purified pārada and tāmra bhasma should be triturated by adding the decoction of sāka vrksa and sarpākṣi. Then it should be cooked in bhūḍhara puṭa for five times. To this, equal quantity of the seeds of nikumbha should be added and further triturated. This is called uḍḍāmara rasa. It should be administered in the dose of two guṇijas (250 mg) along with ghee which cures paṭīṭa gulma. The decoction of drāksa or paṭhyā should be used as anupāna (post-prandial drink). While taking this recipe, the patient should avoid all such things as are aggravators of pitta and which cause burning sensation.

'सूती गंध्वलक्ष्यातातापवः
1. गुल्मवत्तालक्ष्यातापवः।

1. इत्यस्वयम्—मारतमेश्वरलाखकः प्रथममागः पुष्ट १४।
2. पालोियं प्रथमपुस्तकेन नोपलम्यते।
3. इत्यस्वयम्—मारतमेश्वरलाखकः: चतुर्थमागः पुष्ट ७६।
4. हृद्यतकलेखि इति चतुर्थपुस्तक पाठः।
Vidyādhara Rasa

Purified pārada, purified gandhaka, purified tālaka, tāmra bhasma, tāpya bhasma and purified mṛt śila (?)—all these taken in equal quantities should be triturated by adding the decoction of pippali and the latex of snuhī. This is called Vidyādhara rasa. This should be administered in a dose of half niśka along with honey which cures kaphaja gulma and splenic disorder. This recipe can also be administered to a patient suffering from sānnipātika gulma. But before administering this, blood-letting therapy should be employed in such cases. For the treatment of amenorrhea and rakta gulma in ladies, this recipe should be taken along with the decoction of tila mixed with ghee, bhārgī, vyoṣa and jaggery.

1. पाठोहर्य प्रथमपृष्ठके नोपलम्यते ।
2. विद्याधररस: इति चतुर्थपृष्ठके पाठः ।
Gulma (Phantom Tumour)

उदरारी रस (First Recipe)

Purified pārada, purified gandhaka, kaṇā, pathyā, tutha bhasma and ārogvadha should be triturated by adding the milky latex of snuhī. One māṣa of this recipe should be administered every day which cures jalodara (ascites) in ladies. Śāli type of rice and curd should be used as diet while taking this recipe. Anupāna (post-prandial drink) of the juice of the fruit of ciṅcā should be taken along with this recipe.

1. खाद्येद्विनाम् हि चतुर्थे पृष्ठे पाठः।
2. पाठोस्व प्रथमपृष्ठे नोपल्लम्यं पाठः।
3. श्रुतिवत्थरच इति श्राकरे पाठः।
4. क. आराध्यनुवामम्भं हि प्रथमपृष्ठे पाठः।
   ख. आराध्यनुवामम्भं हि चतुर्थे पृष्ठे पाठः।
5. माध्यान्तं हि प्रथमपृष्ठे पाठः।
Udarāri Rasa (Second Recipe)

Purified mercury, bhasma of mayūra grīva tuttha, purified jayapāla, pippali and pulp of the fruit of āragvadha—all these taken in equal quantities should be triturated by adding the milky latex of smuhi. Out of this paste, pills of one māsa should be prepared. This is administered in the dose of one such pill which cures jalodara (ascites) in ladies. The juice of the fruit of ciñcā should be given as anupāna (post-prandial drink). Curd mixed rice is useful in this condition as wholesome diet. This cures ascites because of its strong purgative action. [This is a variant reading of the recipe described in verse nos. 149-150]

[This verse is full of mistakes. It seems to be a subsequent interpolation. Hence, not translated]
Thus, ends the 39th Chapter dealing with the diagnosis and treatment of gulma in the Ayurveda saukhya of Toḍarānanda composed by the great king Toḍara Malla.

1. कथन पाठोऽयं चतुर्घुप्स्तकेन नोपलम्यत
2. 'एकोन———हर्ष: ' पाठोऽयं चतुर्घुप्स्तकेन नोपलम्यते
CHAPTER V

श्रव हृदयमन्दानं विकितसा च।

Diagnosis and Treatment of Heart Diseases

कर्फितांवहद्वस्तु माहितो रसमुर्भिष्ट: ।
हृदिस्थः कुरलं स्नातं मुच्छि संशोधनं पर: ।
स हृद्वृल इति व्यातो रसमास्तसंभवः ॥१॥

Pathogenesis

The vāyu, located in the heart being obstructed by kapha

1. This is the beginning of 44th Chapter of Āyurveda Saukhya in Todarananda and the invocation reads as follows:—

सुरसयांश्रणिहृत्योष्टे स्वरूप धूक सर्बं मंजेवदानी।

गोवडः नोहसन्धूप प्रयायादुक्ता सया तोडरमलकेत्र॥

2. विन्दुर्दरकमाश्वतौ इति प्रथमविद्वासयुक्तकोषो पाठ: ।

3. केतुदिवस्तु इति पंचमपुस्तकके पाठ: ।

खेतुदेश्ये इति चतुर्थपुस्तकके पाठः ।
and *pitta* interacts with *rasa*, thereby causing colic pain, fainting and (cardiac) obstruction. This condition is called cardiac pain (*hṛt tūla*) which is the result of vitiated *vāyu* and *rasa*.

There is no fever without rise in temperature (increase in bodily heat) and there is no bodily heat without *pitta*. Therefore, in an ailment caused by the aggravated *pitta*, the patient should specially avoid things which are aggravators of *pitta*. [The verse appears to be out of context here; may be an interpolation].

"*Pratyeshagrubhakṣayatīrtrāyamaṇḍhāgataahṛtyaḥ*\(2\)\[1\]  
*saṁcitnaeṅgevyāhṛtyaḥ dṛṣṭam: pṛthividdhi: pṛviṣṭa: \[3\]  

**Causative Factors**

Five types of heart diseases are caused by the intake of excessively hot, heavy, sour, astringent and bitter things, by physical exhaustion, injury, habitually taking food before the previous meal is digested, worry and suppression of natural urges.

*Dravyāyoga rāṣṇa bheṣja vīguraḥ dṛṣṭam gata: \[4\]  
Dravī bādhaḥ prakṛtvānti dṛṣṭoṃ tān prakṛtate \[4\]

**Definition**

When vitiated *doṣas* located in the heart afflict *rasa dhātu* to

---

1. *सूर्वनक्षिपरो इति श्रीकरे पाठः* ।
2. *कं सिन्चितनङ्गविधारणेश्च इति प्रथमपुस्तकेपाठः* ।  
   *खं, सिन्चितस्तैङ्गविधारणेश्च इति पंचमपुस्तकेपाठः* ।
cause pain in cardiac region, the condition is called hṛd roga (heart disease).

Vātika Hṛd Roga

Vātika type of hṛd roga is characterised by stretching, pinching, grinding, cracking and tearing types of pain in the heart.

Paīttika Hṛd Roga

Paīttika type of hṛd roga is characterised by morbid thirst, heating sensation, burning sensation, sucking sensation, cardiac fatigue, a feeling as if inside a smoky place, fainting, sweating and dryness of the mouth.

Kaphaja Hṛd Roga

Kaphaja type of hṛd roga is characterised by heaviness, excessive salivation, anorexia, stiffness, suppression of the power of digestion and sweet taste in the mouth.

1. īṣṭāḥ ūpātē mānaḥ kṣāyare pāṭaḥ:
2. dīyāṣṭe īṣṭāḥ prādarsāpuṣtakṣeṣu pāṭaḥ:
3. vā īṣṭāḥ prādarsāpuṣtakṣeṣu pāṭaḥ:
4. balāsāṁbhate īṣṭāḥ prādarsāpuṣtakṣeṣu pāṭaḥ:
Sānnipātika Hṛd Roga

Sānnipātika type of hṛd roga is characterised by the manifestation of symptoms of all the three varieties of hṛd roga described above.

‘त्रिन्दौष्टे तु हृद्रोगे यो हुरात्मा निषेवते’
तिलक्षीरुगुडालीनिन प्राण्यस्थपापनायते।
ममंकेबेश संबलेवं रसश्रापपगच्छति।
संबलेवातु क्रमयज्ज्ञास्य भवत्युपुष्टात्मनः।

[चरकः सुत्रस्थानः १७ः ३७-३८]

तीव्राक्तितेवं क्रमज्ञं तं देवस्त्रयसंकटम्।
‘उत्कलेख्द्वीनं तोवः शूलं हृलासक्तस्तम्।
श्रुचिः श्याबनेत्रतवं शोषक्ष्ण क्रमजे भवेत्।

Kṛmija Hṛd Roga

If the unwise patient suffering from sānnipatika type of hṛd roga indulges in tila, milk, jaggery, etc. then nodules (granthis) appear in a part of this vital organ (heart), and rasa located there becomes sticky. Because of this stickiness, germs appear there. It is as if the patient wants to kill himself.

This kṛmija hṛd roga is characterised by excruciating pain and discomfort as a result of the vitiation of all the three dosās simultaneously, spitting of sticky material, stabbing pain, colic pain, horripilation, a sensation as if entering into darkness, anorexia, grayish colouration of eyes and dryness.

1. रसश्रापपगच्छति इति भाकरे पाठः।
2. उत्कलेश्वीवनं इति भाकरे पाठः।
Complications

Mental fatigue, prostration, giddiness and feeling of dryness are the complications of different types of heart disease. In krimija hrd roga, signs and symptoms of kaphaja krm are manifested.

Thus, ends the diagnosis of hrd rogas.

"वायुगतः एवं शरीरिक वामवस्त्रिनार्धमात्रम्। 1
द्विपद्वपुनिवेद्ये सत्तेन्द्रवणें। 2
11511"

Treatment of Vātika Hṛd Roga

The patient of vātika hṛd roga should first of all be given oleation therapy followed by emetic therapy with the help of the decoction of daśa mūla, oil and rock-salt.

1. क. कलम: इति एवतिर ग्राह्यते योगरत्नाकरे च पाठः।
2. भ. अभिलक्ष: सादृशीय: इति एवार्ये पाठः।
3. पिप्पल्येलाशाल्कारः गृहर्शभवायैव पाठः।
Pippalyadi Cūrṇa

The powder of pippalī, ēla, vacā, hiṅgu, yava kṣāra, saindhava, sauvarcāla, sūṇthī and ajmodā should be given along with the decoction of phala (triphala), dhāṇyāmla (a sour drink), decoction of kulaṭṭha, curd, madya (alcoholic drink), āsava (a type of fermented drink), etc. After the body is cleansed of impurities, the patient should be given the potion prepared of either of the unctuous substances to drink.

"नागरं वा पिवेशुद्वां कषायव्यानिनवद्वनम् ।
कायास्वासानिनहरं घुलह्रोगनाशनम् ।१७।"

[भैरवयत्नावली: ह्रोगयथिकार: ४]

Alternatively, the patient should be given the hot decoction of nāgara to drink which stimulates the power of digestion and cures cough, dyspnoea, aggravated vāyu, colic pain and heart diseases.

"श्वायमधुक्कश्रेयं सितागुदजलवर्मेत् ।
पित्तोपसुट्टे हुच्छे सेवेत् समुरक्ष: भ्रूतम् ।१८।"

Treatment of Paittika Hṛdd Roga

The patient suffering from paittika hṛdd roga should be given emetic therapy with śriparnī madhuka, honey, sugar and jaggery

1. इति पंचमप्रस्थके प्रविष्ट: पाठः।
mixed with water or with water boiled by adding drugs belonging to madhura (sweet) group.

गृतं कषायांश्चोषित्यप्रचान्तिज्वारविनाशानाम् ॥१६१॥

The patient suffering from païttika hṛd roga should be given medicated ghees and decoctions prescribed for the treatment of païttika type of fever.

शीता: प्रदेहः परिस्खानानि तथा विरेको हुद्विपित्तङ्गुरे ॥

श्रावसिताकोशिरपुष्कः स्यात् शुद्धे च पितापहमय्यानम् ॥

पिड्वा पिबेद्धापि सिताजलेन यष्टयास्तुयं तिल्करोहिष्णाच् ॥२०॥

Cooling ointments, sprinkling of cooling decoctions and purgation therapy prepared of cooling drugs are useful for the patient suffering from païttika hṛd roga. After the body is cleansed, the patient should be given food and drinks which alleviate pitta, viz. grape, sugar, honey and parūṣaka. The paste of madhu yaṣṭi and tiktaka rohini along with sugar solution may also be given to him.

ग्रज्ञुस्य त्वचा सिद्धं क्षीरं योज्यं हुदामये ॥

सितया पञ्चमूल्या वा बलया मधुकेन वा ॥२१॥

Milk boiled with the decoction of the bark of arjuna along with sugar or decoction of pañca mūla, balā or madhuka should be given to the patient suffering from hṛd roga (heart diseases).

गृतेन दुःधेन गुडामभसा वा पिबन्ति चूर्णं ककुभतवचो वा ॥

ह्योगोर्जोयांज्वररक्तपितं हत्वा भवेयुतिचर्जीविनस्ते ॥२२॥

1. ये इति श्राकरे पाठः ॥
Intake of the powder of the bark of arjuna along with ghee, milk or jaggery-water promotes the longevity of the patient by curing heart disease, chronic fever and rakta pitta (an ailment characterised by bleeding from different parts of the body).

वातहृद्व्रोगङ्ग्रुच्यूर्ण पिप्पल्याविभ्व योजयेत् ॥२३॥

[भैरवज्यरतनाली : हृद्रोगाधिकार : ६-१३]

Treatment of Kaphaja Hṛd Roga

The patient suffering from kaphaja hṛd roga should be given emetic therapy with the help of the decoction of vacā and nimba. Pippalyādi cūrṇa described for the treatment of vātika hṛd roga should also be administered to these patients.

"त्रिवेदोऽजः लघुनरातिविदः स्वादस्त्रृः सर्वेऽऽति विशेषम्।
हीनातिमय्यत्ववस्त्रेः चवं कार्यं यथागामिपि कमः शङ्कृतम्॥२४॥

Treatment of Sānnipātika Hṛd Roga

In sānnipātika hṛd roga, first of all, the patient should be given fasting therapy. Thereafter, he should take such diet which is wholesome for all the three doṣas. After ascertaining less aggravated, more aggravated and moderately aggravated doṣas, he should be given such therapies as would alleviate all these doṣas.

चूर्णं पुष्करं निह्यान्माथकेशं समायुतम्।
हृद्व्रोगङ्ग्रुच्यूर्णं क्षयहिंकानिवारणम्॥२५॥

The powder of puṣkara mūla should be taken along with

1. वातहृद्रोगङ्ग्रुच्यूर्णं इति चारदंपुष्करं पाठः।
2. पायेतु इति भारकरे पाठः।
honey which cures cardiac pain, dyspnoea, cough, consumption and hic-cup.

\[ \text{तेंताज्युग्मक्ष्यनं चरण गोधुमपार्वश्च वापि} \]

\[ \text{पिबति च पयोह्र च स भवेचिन्तसकलह्वामयं पुश्यं:} \]

(126)"

[\text{भीष्मज्यरत्नावली: ह्वन्यागाधिकार: 16-18}]

Intake of wheat flour and \textit{arjuna} bark powder boiled with oil, ghee and jaggery and diet of milk as well as rice makes the person free from all heart diseases.

\[ \text{गोधुमककुभचूरं द्यागपदो गळ्यासिष्या पववः} \]

\[ \text{मधुशरकरासमेतं शमयति ह्वन्यागुढं पुंसाम्} \]

(127)"

[\text{भीष्मज्यरत्नावली: ह्वन्यागाधिकार: 21}]

Wheat flour and \textit{arjuna} bark powder cooked with goat-milk and cow’s ghee should be taken along with honey and sugar which cures even serious types of heart disease.

\[ \text{मूलं नागबलायस्तु चूरः हुवेन पायेत्} \]

\[ \text{ह्वन्यागपश्चासकस्वं ककुभस्य च बलकलम्} \]

(128)

\[ \text{रसायनं परं बल्यं वालजिनमातस्योजितम्} \]

\[ \text{संवत्सरप्रयोगेन जीविष्रवमातं धूवम्} \]

(129)"

[\text{भीष्मज्यरत्नावली: ह्वन्यागाधिकार: 16-20}]

1. पिबति पयोह्रु च इति भ्राकरे पाठः।
2. "उत्सीरमागव्योक्ते॥१७८॥ पाठोथवं बिज्जुर्स्य रसो ह्वन्यरूल्लतू॥।" पाठोथवं बिज्जुर्स्य रसो ह्वन्यरूल्लतू॥। पाठोथवं भ्राकरे पाठः।
Heart Diseases

The powder of the root of nāga balā or the bark of arjuna should be given along with milk which cures heart disease, dyspnoea and cough. These recipes help in rejuvenation of the body, promotion of strength and alleviation of vāyu if used for one month. If this recipe is taken for one year, then the patient certainly lives for one hundred years.

"हिंगुणगन्धा विडविश्वेकुला: कुशाभयाचित्रकायावशुकम्

पिशेतसौवंचलपुष्कराद्यं यवाम्भसा शूलहवामयविंहम्।१०।

Intake of the powder of hiṅgu, ugra gandhā, viḍa, viśva, kṛṣṇa, kuśṭha, citraka and yava kṣāra mixed with sufficient quantity of sauvarcalca and puskarā mūla along with barley water cures colic pain and heart disease.

1. दशमूलक्षयस्यु लक्षणार्योजितः

कांस्य रसात्मचे हृद्धोगुल्मशूलूच नाशयेत्।११।

Decoction of data mūla mixed with salt and kṣāra (alkali preparati) cures cough, asthma, heart disease, gūlma (phantom tum) and colic pain.

2. पाठं वचो यवक्षारस्यभयां सामलवेतसम्

दुरालभं चित्रकुलम् त्यूर्ष्यं च फलब्रह्मम्।१२।

शाटो पुष्करणस्यैं तिन्त्रिकं सुदारसिमम्।

मातुयुज्यस्य मूलानि श्वश्चर्चणानि कार्येत।१३।

1. दशमूलक्षयस्यु इति प्रादशपुष्करस्ते पाठः।

2. पाठं चामलवेतसम् इति प्राकरे पाठः।
Diagnosis and Treatment of Diseases

The powder of pāṭhā, vacā, yava kṣāra, abhayā, amla vetasa, durālabhā, citraka, tryuṣaṇa, triphalā, saṭī, puṣkara mūla, tinitī, dāḍima and root of mēṭulūvīga should be made to a fine powder. This should be given with luke-warm water or sour juice which cures piles, colic pain, heart disease and gulma (phantom tumour) instantaneously.

Deer horn should be burnt in puṭa and made to a powder by grinding over stone. Intake of this powder with ghee cures cardiac pain and back pain even if these are of serious nature.

Treatment of Kṭmīja Hṛd Roga

The patient suffering from kṭmīja hṛd roga should take rice cooked with meat and ghee along with curd and palala. After three days, the patient should be given purgation therapy.

1. मर्दीवि इति भ्राकरे पाठ: ।
2. नियच्छि इति भ्राकरे पाठ: ।
3. ०घुलमुप्यासभायथचरिर्य इति भ्रावर्ष्मुसकेषु पाठ: ।
Dhānyāmla (a type of sour drink) mixed with fragrant drugs, salt, ajāji, sugar and vidāṅga should be taken by the patient suffering from kṛmiya hṛd roga.

The patient suffering from kṛmiya hṛd roga should drink cow’s urine mixed with vidāṅga and kuṣṭha. By this, the germs of the heart get excreted through downward tracts. Thereafter, the patient should be given barley along with vidāṅga.

Vallabha Gṛhṭa

Ghee should be cooked with fifty matured fruits of harītaki and two palas of sauvarcāla which is called Vallabha gṛhṭa. It cures heart diseases, asthma, colic pain, udara (obstinate abdominal diseases including ascites) and diseases caused by vāyu.
One prastha of ghee should be cooked with the decoction of svadamsṭrā, uṣira, maḫiṣṭhā, balā, kāśmarya, kattṛṇa, root of darbha, prthak parṇi, palāśa, rṣabhaka and sthirā, taken in the quantities of one pala each, four prasthas of milk and the paste of svaguptā, rṣabhaka, medā, jīvanti, jīvaka, śatāvari, ṛddhi, mṛdvikā, śarkarā, śrāvani and viṣa. This medicated ghee cures vāṭika hrdd roga, paṭṭikā hrdd roga, colic pain, dysuria, prameha (obstinate urinary disorders, including diabetes), piles, asthma, cough and consumption. It promotes strength and muscles of persons who are emaciated because of excessive use of bow and arrow and indulgence in women, alcohol, heavy weight-lifting and walking long distance.

1. क्षीरे चतुष्पुष्पे इति ग्राकरे पाठः।
2. सुगुप्तयं मेद्रवजीवास्त्रजीवेरके इति ग्रादश्यं प्रस्तापे पाठः।
3. ोविर: इति ग्राकरे पाठः।
4. ोह्रद शोषणु सुमन्त इति ग्राकरे पाठः।
5. ोराज्यसिन्नानं इति ग्राकरे चतुष्पुष्पके च पाठः।
Ghee cooked with the decoction of balā, nāga balā and arjuna, and one fourth in quantity of the paste of yaṣṭi madhu cures serious types of heart disease, colic pain, phthisis, rakta pitta (an ailment characterised by bleeding from different parts of the body), cough and vāta rakta (gout).

Arjuna Ghṛta

Ghee cooked with the paste and juice (or decoction) of arjuna is useful in all types of heart disease.

Diet and Regimens

The patient suffering from heart disease should always avoid physical exercise, slimy food, worry, kumadya (alcoholic preparations not prepared properly), sprinkling of water over the body, fearful sights, jaggery and oil cake.
Thus, ends the 40th Chapter dealing with the diagnosis and treatment of heart disease in *Āyurveda saukhya* of Ṭodarānanda composed by the great king Ṭodara Malla.
CHAPTER VI

Diagnosis and Treatment of Urograha (Stiffness in the sides of chest as well as abdomen) and Mūtra Kṛcchra (Dysuria)

"ग्रथ उरोग्रहसुप्रकृत्रक्षणन्वानि चिकित्सा ।
निर्दं मांसं यक्तप्लोही सयो बृद्धि यदा गतं।
उरोग्रहं तदव कक्षी कुर्नत: कष्मालश्च।"

1. क: This is the beginning of 45th Chapter of Ṛyurveda saukhya in Toḍarānanda and the invocation reads as follows—

बूली(त) न्यक्तप्रेमिनादाति ग्रथों योगं समयुत्त्वरकथुस्वततम्।
रक्तव सौदोबिरामल्ल पूर्विस्ववर्गप्राप्तो भू (स) विपारिततमादम्।

ए: गृहविष्यदिदिश इति पंचमपुस्तक पाठ:।
ग: गम्यविष्यदिदिश इति षष्ठपुस्तक पाठ:।
Etiology and Pathogenesis

By the intake of excessively abhisyandi (which obstructs channels of circulation) and heavy food, and dry as well as putrified meat, the fat and muscle tissue of liver and spleen get increased suddenly which causes urogra ha (stiffness in the sides of the chest and abdomen) because of the affliction of the lumber regions by the aggravated kapha and vāyu.

1. सत्तमे सरजन घोरं रक्तं स्पर्शस्यहं गुहम्
2. श्राव्यमान कुशिंहुच्छोध: वातविन्यूत्रोधता
3. तन्त्रारोचकशूलानि तत्सय लिंगानि निर्दिशेत्

[योगरत्नाकर : उरोग्रहिनवान : (उत्तराखं) पृष्ठ ४६]

Signs and Symptoms

Stiffness, acute pain, ununctuousness, tenderness, heaviness, ādhmāna (abdominal distension), dryness of lumber and cardiac regions, obstruction to the passage of flatus, stool and urine, drowsiness, anorexia and colic pain—these are signs and symptoms of urogra ha.

Thus, ends the diagnosis of urogra ha.

"इतिकरोत्तरमेत्रस्तम्भक्षकंस्थविनिस्यन्त्यहानित्यहानयानानात्"
Etiology of Mūtra Kṛechra

Eight types of mūtra kṛechra are caused by exercise, intake of medicines having tīkṣṇa (sharp) quality and ununctuous food, habitual intake of alcohol, daily travelling by riding a fast moving vehicle (animal back), intake of the meat of animals inhabiting marshy land and fish, intake of food before the previous meal is digested and indigestion.

Pathogenesis

Doṣas, located in the urinary bladder, individually or together get aggravated by the respective causative factors and obstruct the urinary passage which cause difficulty in micturation.

1. श्रानुपमासा । इति श्राकरे पाठः ।
2. नूणा तथापाटो इति श्राकरे पाठः ।
3. प्रवङ्गला इति श्राकरे पाठः ।
4. क. तीक्षणान्ते इति वद्धपुस्तकम् पाठः ।
   ख. तीक्ष्णात्रक्षणा । इति श्राकरे पाठः ।
5. पितां इति पंचमपुस्तकम् पाठः ।
6. सहजं इति वद्धपुस्तकम् पाठः ।
7. क. गुह्तवशोभी । इति श्राकरे पाठः ।
   ख. गृह च शोभी । इति वद्धपुस्तकम् पाठः ।
Signs and Symptoms

Vātika mūtra kṛcchra is characterised by acute pain in the pelvic region, urinary bladder and meḍhra (pudendum) and the patient passes small quantities of urine very frequently. Paśṭikā mūtra kṛcchra is characterised by yellow colour of the urine, blood in urine, pain and burning sensation. The patient passes urine very frequently with considerable difficulty. Kaphaja mūtra kṛcchra is characterised by heaviness and oedema of the bladder. The patient passes urine which is slimy in consistency. In sānnipātika type of mūtra kṛcchra signs and symptoms of all the above mentioned three types of mūtra kṛcchra are manifested and it is a serious condition.

"मूत्रवाहिक शल्येन क्षतेष्वर्भिहतेषु वा "
[सुधुतः उत्तरतत्त्वं ५६:५]

मूत्रकुच्छा तदाधातान्यते भूष्कारणम्
वातकुच्छ्व तु त्यानि तथ्य लिसार्क निस्कार्शेत् ६६१।

Kṣataja Mūtra Kṛcchra

If the urinary tract gets injured by weapons, then kṣataja type of dysuria is caused which is a very serious ailment. Signs and symptoms of vātika type of mūtra kṛcchra are manifested in this variety of dysuria.

"श्लक्तस्तु रत्रियाताधारयावयवर्णत्तः गतः "
Vid Vighātaja Mūtra Kṛṣchra

Because of the obstruction to the passage of stool, the vāyu gets vitiated. This produces ādhnāna (abdominal distension) and vāṭika type of colic pain in this type of dysuria.

Asmarāja Mūtra Kṛṣchra

Dysuria may also be caused by aśmarī (stone) in the urinary tract.

Śukraja Mūtra Kṛṣchra

When the semen, being afflicted by dōsas, gets lodged in the urinary tract, then the patient passes urine with difficulty along with semen and there is pain in the urinary bladder region and mehana (pudendum).

1. Prāthamaṁ vātāḥsūlaṁ c mūkṣucchyaṁ karoṭi hī hi iti śākare pāṭaḥ. ।
2. Īśāṇīṣyaḥ—sūkṣtuḥ āṭarāṅgaḥ । । ।
3. Viśāṅvite iti śākare pāṭaḥ. ।
Stone and Gravel in the Urinary Tract

The etiology and signs as well as symptoms of asmarī (stone) and sarkarā (gravel) are similar. Specific features of sarkarā are as follows:—When asmarī (stone) under goes metabolic changes being dried up by the vitiated pitta and vāyu, it loses its compactness caused by kapha as a result of which it gets broken and small gravels come out through the urinary flow. This causes pain in cardiac region, trembling, colic pain in the lumber region, weakness of the power of digestion, fainting and serious type of dysuria.

Thus, ends the diagnosis of dysuria.

“श्रम्यज्ञनस्तेहनिःहस्तवस्तिस्वेदोपनाहोतरबस्तिसेकान्
हिथरादिभिर्भवत्तरेष्च सिद्धान् द्यादतांसिधविनिमूत्रक्रच्छे ११६।१”

[अष्टज्यरत्नावली : मूत्रक्रच्छाधिकार : १]

1. तामिभेवति हिति प्राक्रिया पाठ: ।
2. क. मूत्राचात्यद हिति प्राक्रिया पाठ: ।
   स. मूत्रक्रच्छ हिति माधवनिवाने पाठ: ।
Treatment of Vātika Mūtra Kṛcchra

Massage, oleation, nirūha type of medicated enema, fomentation, upanāha (application of hot ointment), medicated douching and seka (sprinkling of water)—all these therapies should be administered with the help of drugs which alleviate vāyu, viz. drugs belonging to sthīrādi group, to the patient suffering from vātika mūtra kṛcchra.

“प्रमृतता नागरं धात्री वाजिगन्धा त्रिकष्टकम् ।
प्रष्ऩेक्षा वातरोगार्तः समुलो मूत्रकृच्छ्वान् ॥१३॥”

[भैरव्ययर्तनावली : मूत्रकृच्छ्वाधिकार : १४]

The patient suffering from vātika mūtra kṛcchra and having colic pain should take the decoction of amṛta, nāgara, dhātri, vāji gandha and tri kaṇṭaka. The decoction is also useful in the treatment of other diseases caused by vāyu.

“सेकागाहं: शिभिरा: प्रश्वेहा प्रेतमोचितिव्वृत्तिवोविरेका: ।
द्राक्षाविदारीसुरसंवृत्त तैत्त्र कृच्छ्रेषु पित्राब्रम्बेषु कार्या: ॥१६॥”

[भैरव्ययर्तनावली : मूत्रकृच्छ्वाधिकार : २]

Treatment of Paiittika Mūtra Kṛcchra

For the patient suffering from paiittika type of mūtra kṛcchra, cooling seka (sprinkling of water), bath and ointment should be prescribed. The patient should resort to all diet and regimens prescribed for summer season. He should be given medicated enema and purgation therapy containing milk by adding drāksā, vidāri, sugar cane juice and ghee.

1. समुलो इति पचमपुस्तके पाठः।
2. विकारः इति प्राकरे पाठः।
"कुशः काशः शरो वर्म इत्युत्परि तृणोप्युतम्।
पित्तकृत्याऽहर पदच्चम्पूलं वर्त्तनिश्चयनम्।
एतत् सिस्त यथः पीतं मेद्रगं हृनति श्रोणितम्।॥१६॥
[भाष्यप्रकाशकोऽवलोऽः मूत्रकृत्याधिकारः ।१०-११]
॥२॥ तृणपंपकः ॥

The decoction of trṇa paṇca mūla, viz. kuṭa, kāśa, śara, darbha
and ikṣu is useful in the treatment of paittika type of dysuria.
This decoction helps in the cleansing of the urinary bladder. If
milk boiled with the roots of these plants is taken, then it cures
bleeding from the medhra (pudendum).

[शतावर्ग्याविद्]

"शतावरीकुशकास्सवदस्त्रा-
विनारिशालीकुक्रोसकारास्।
क्वायं सुनोतं मधुपर्करात्रं पिबन्
जयेत् पैतिकसूत्रकृत्याः।॥२०॥

[भाष्यप्रकाशकोऽवलोऽः मूत्रकृत्याधिकारः ।१६]

Satāvaryādi Kvātha

Intake of the cooled decoction of satāvari, kuṭa, kāśa,
svadamsṭrā, vidāri, śāli, ikṣu and kāṣeruka added with honey and
sugar cures paittika type of dysuria.

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1. गर्गोप्युतम् हृति पाठपुस्तके पाठः।
2. कः तृणपंपकम् पाठोद्यं चतुर्युपस्तके प्रविभिकमुपलम्यः।
   खः तृणपंपकम् हृति श्राकरे पाठः।
3. काशो धवंस्त्रा० हृति श्राकरे पाठः।
"हरितकीगोल्भराजबृक्षपायागमित्रस्यम्यावस्यानाम्
क्वायं पिवेनमासिकसमप्रयुतं कृच्छ्रे सवाहे सरजे विबन्धे ॥२१॥"

[भैषज्यरत्नावली: मूृत्रकृच्छ्राधिकारः १६]

*Harītakyaḍī Kavyaḥ*

Intake of the decoction of harītakī, gokṣura, rāja vṛksa, pāśaṇa bheda and dhanva yavāsaka along with honey cures dysuria associated with burning sensation and painful constipation.

"गुडेनामलकं हुष्णं अभमधनं तपरं प्रियम् ॥
पितामुपश्याशुलं मूृत्रकृच्छ्रबिनाशनम् ॥२२॥

Intake of āmalaki along with jaggery is cardiac tonic, alleviator of physical fatigue, refreshing and pleasing. It cures rakta pitta (an ailment characterised by bleeding from different parts of the body), burning sensation, colic pain and dysuria.

एविशेषज्ञं मधुकं सरदारं पैले पिवेन्त्वातुदात्रनेन ।
दार्वीं तथे वालमलकोरत्सन समासिकां पैतीकृत्रूच्छ्रे ॥२३॥"

[भैषज्यरत्नावली: मूृत्रकृच्छ्राधिकारः १७-१८]

For the cure of paittika type of dysuria, seeds of ervāruka, madhuka, and dārvī should be taken along with rice-wash. Similarly, dārvī and the juice of āmalaki should be taken along with honey for the cure of paittika type of dysuria.

1. यपायागमित्रस्ययावस्यानाम् इति प्रादशयत्वकेः पाठः ।
2. गुडेनामलकवायं अभमधनं तपरं परम् इति प्राकरे पाठः ।
"कारोणतीत्योपधमन्त्यां धारे यवान्त्य वयमनं निरूहाः ।
तकं सहीतोष्ठितलसम्प्रसूधानं कप्पाकुक्कुटं ॥२५॥"

[भैरवरत्नावली : मूत्रकुक्कुटविकार : ३]

_Treatment of Kaphaja Mitra K̄cchra_

For the treatment of _kaphaja_ type of dysuria, the patient should be given drugs, diet and drinks which are alkaline, hot and _tikṣṇa_ (sharp). He should be given fomentation therapy, barley as food, emetic therapy, _nirūha_ type of enema and butter-milk. Oil boiled with bitter drugs should be given for massage and drinking.

"मूत्रकुक्कुटविनाशाय शक्तिं पिण्टवं तुट्टिं पिबेतु ॥२५॥"

[योगरत्नाकर : मूत्रकुक्कुटचिकित्सा : (उत्तराव) पृष्ठ ५३]

[भैरवरत्नावली : मूत्रकुक्कुटविकार : २०]

Fine paste of _truti_ should be given with either cow’s urine, alcoholic drink or the juice of _kadali_ for the treatment of _kaphaja_ _mitra_ _k̄cchra._

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1. "विकंकरकवधमकासुदारलमप्रस्तमसेवपथ्यः।
निधानति पीडां मघुनाशमरोच्च सम्प्राप्तमुष्योरपि मूत्रकुक्कुटः।
यवक्षार समायुक्तं पिवेत्तः प्रकारम्।
मूत्रकुक्कुटविनाशाय तथावदामिरितानम्। पाठोंवथं चतुष्पुस्तकं
आधिकमुखपमस्ते।

2. कद्वलीसूरसेनं इति ग्रादश्चुपुस्तकेषु पाठः।

3. क. श्लेष्मानं इति ग्राकरे पाठः।
ख. सूक्ष्मां इति चषपुस्तकेषु मृगरत्नाकरे च पाठः।
"तक्रेण युक्ते सितिसारक्ष्य बीज पिवेकूक्ष्विद्वातहेतुः।
पिवेतु तथा तण्डुलःधानेन प्रवालंचुर्र्यः कफमुखवृक्षसः।।२६।।

[योगार्तनादन : मूढङ्कुक्ष्विद्विष्ठितः : (उत्तरार्द्ध) पृष्ठ ५४]

Seeds of sitisāraka (ervāruka) should be given along with butter-milk for the cure of dysuria. Powder of coral taken along with rice-wash cures kapha type of dysuria.

अयं तावः वा कफकुक्ष्विद्वातहेतुः।।२७।।

Intake of the decoction of śvadāṅgtrā and viśva cures kapha dysuria.

"सर्व त्रिदोषप्रभवे तु वायोः।
स्थानानुपज्ज्यं प्रसमीक्ष्य कार्यम्।।
त्रियोधिके प्राप्यमां कफे स्थात्
पिने विरेकः एवं तु विद्ति।।२८।।"

[भवयाबर्तावली : मूढङ्कुक्ष्विद्विष्ठिताः : ४]

Treatment of Sānnipātika Mūtra Kṛcchra

In sānnipātika type of dysuria treatment should first of all be given for the alleviation of vāyu followed by other dosas. If, however, kapha is dominated, then emetic therapy should be given; if pitta is dominant, then purgation therapy should be administered; and if vāyu is dominant, then the patient should be given medicated enema.

1. सितावाक्ष्य इति ग्राहकै पाठः।
2. तु इति पंचमपुस्तके पाठः।
3. कुभच्छ यथाबलं कर्मसमीक्ष्य कार्यम् इति ग्राहकै पाठः।
4. क. पुष्पब्र मेति पंचमपुस्तके पाठः।
  क. पुष्पब्र मेति पंचमपुस्तके पाठः।
“बृहत्तिडाबणीपाठायतीमुक्तिलिङ्का:
पांचन्यो बृहत्यालिव: कुच्चूदीशत्रयापोच: ॥ २६॥
॥ बृहत्यालिववाचय: ॥”
[योगरतनाकर: मुख्रक्ष्ठचिकित्सा: (उत्तराधिक) पृष्ठ ५४]

Bṛhatyādi Kvātha

The decoction of bṛhati, dhāvani, pāthā, yaśti madhu and kaliṅgakā promotes the process of digestion and it cures sānmi-pātika type of dysuria.

“तथार्थार्थते कृपासाहोत्रचिकित्तस्ततम् ॥”
[रेषयूरत्तनाली: मुख्रक्ष्ठचिकित्सा: ५]

मुख्रक्ष्ठः तस्य चात्मकः कार्य चात्मकः ॥३०॥

Treatment of Kṣataja Mūtra Kṛchra

If dysuria is caused by injury to the urinary passage, then the therapies prescribed for the treatment of fresh wound should be adopted. In such cases also, therapies for the alleviation of vāyu should be administered.

“स्वेद्वृत्तिक्रियायम्: वाच्यः: स्य: पुरुषज्ञे ॥ ३१॥”
[रेषयूरत्तनाली: मुख्रक्ष्ठचिकित्सा: ५]

Treatment of Viḍ Vighatataja Mūtra Kṛchra

For the treatment of viḍ vighatataja type of dysuria, fomentation therapy, powdered drugs, massage and medicated enema should be administered.

1. पक्वा स्वार्यं पित्रेनमर्यं: कृच्छृं दोषमयोज्विरं हति प्राणोररे पाठः ।
2. पाठोद्यं प्रथमसंवङ्गपुस्तकयों: नीपलमय्ये ।
"क्वायं गोक्षुरभोजस्य यवक्षारयुतं पिवेत्।
१ मूख्रक्षुच्छ शक्त्यं च पीत: शोष्यं निवार्येत्। ॥३२॥"

[भवव्यर्तस्वलोः: मूलक्षुच्छाधिकारः: १२]

The decoction of the seeds of gokṣura should be taken by adding yava kṣāra which instantaneously cures dysuria caused by the obstruction of the urinary passage by lumps of stool (pressure from the colon).

"क्रिया हितात्मवसरीशक्रायं।
२ या मूख्रक्षुच्छ कफमार्हतोये। ॥३३॥

Treatment of Aśmarija Mūtra Kṛchra

For the treatment of dysuria, caused by aśmarī (stone) and šarkara (gravels), therapies prescribed for the kaphaja and vātika types of dysuria should be adopted.

लेदृष्टिं शुष्कविवन्धोत्ये शिलाज्यु समासिक्कम्।
३ वृहृत्वं हितज्यादात्मश्रविषय: प्रयत्नेत तरः। ॥३४॥"

[भवव्यर्तस्वलोः: मूलक्षुच्छाधिकारः: ६-७]

Treatment of Śukraja Mūtra Kṛchra

For the treatment of śukraja type of dysuria, the patient should be given the linctus prepared of sīlā jatu and honey. After getting strength by aphrodisiac drugs, he may indulge in sex with ladies.

1. तथा रक्तं हिति प्राकरे पाठः।
2. त्वथमार्हतोत्ये हिति अदान्युस्तकशु पाठः।
3. स्थानूर्वो हिति प्राकरे पाठः।
For correcting the vitiated semen and for cleansing the viti-
tated urine, the patient should take milk added with \textit{elā}, \textit{hirugu}
and ghee.

\textit{yamūtraṇakṛṣṭe vihiṁśa hi pante}

\textit{tattkāraṇeṣvottattamūtraṇakṛṣṭe}

"\textit{tṛikṣaṇḍkāraṇgāyudabhyam}-

\textit{dṛurālamāprasāstaramadya:}

\textit{nirddhantī pōta madhunāsāmayiṣṭam}

\textit{samāpratālmatyārāpya mūtraṇakṛṣṭam ā.3.11."

\textit{[yogaratnākara: mūtraṇakṛṣṭa chikitsa: (uttarārđha) puṣṭha 55.5]}

\textit{[abhijñyaratnāvalī: mūtraṇakṛṣṭa dīkṣikāra: 11]}

For dysuria associated with bleeding, therapies prescribed
for \textit{paśitika} type of dysuria should be administered.

Intake of the decoction of \textit{tri kaṇṭaka}, \textit{āragyadha}, \textit{darbha},
\textit{kāsa}, \textit{durālabha}, \textit{pāśāna bheda} and \textit{pathyā} mixed with honey cures
\textit{aśmarī} and serious type of dysuria.

\textit{kavyāyeśvaratilāmaśūlayaḥ śūṣkāśvṛttam ā.13.11}

The decoction of the root of \textit{ati balā} cures consumption and
dysuria.

1. यत् इति पच्छस्त्रके पाठः।
2. ओपर्षेद इति श्रावश्चके पाठः।
3. श्रामरीका इति योगरतन्करे पाठः।
"एलाइम्बेवकिलाज्ञुप्पवरीनां
चूर्णिनौ तंत्रलजलेलितानि पीत्वा ।
यद्वा गुडेन सहितायवलिः सम्यकः
श्रास्त्रमुत्युरपि जीविति मूत्रकृष्णः ॥३५॥"

[भेघ्यरत्नावली : मूत्रकृष्णाधिकारः २५]

Intake of the powder of elā, aśma bheda, śīlā jatu and pippalī mixed with rice-wash or jaggery cures dysuria even if the patient is moribund.

प्रयोजनः शुभक्षणिः मधुना सहयोजिताम् ।
मूूत्रकृष्णः निहस्त्यालो चिरिपितोऽनुसंधायः ॥३६॥

Intake of the fine powder or bhasma of lāuha along with honey undoubtedly cures dysuria in three doses.

“सितातुल्यो यवकारः सवर्कृष्णनिवारणः
निपदिकारसो वापि सस्फोटः कृष्णनासनः ॥४०॥"

[योगरत्नाकरः मूत्रकृष्णाचित्तसः (उत्तराद्ध) पृष्ठ ५६]

[भेघ्यरत्नावली : मूत्रकृष्णाधिकारः २७]

Sugar and yava kṣāra taken in equal quantities cures all types of dysuria. Similarly, the juice of nidigdhikā mixed with honey cures dysuria.

1. वजलंद्रयानि इति प्रस्तुतकाले पाठः ।
2. चेतनासमि मुत्युरपि इति आकरे पाठः ।


"śatāvarīkoṣaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvāndyaśāśvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांदyaśाशvांদyaśাশvাংদyaśাশvাংদyaśাশvাংদyaśাশvাং}
तेन पादवशेषेण घृतस्याद्रातिकं पचेत् ।

मघूकं भुज्ज्वेरच्छ ब्राह्मसेन्धवपिपली: ॥१४५॥

दिपलानिन पुष्पवद्धात् यमान्या: कुडवं तथा ।

विशाद गुडलाल्यव रसस्यर्णजस्य च ॥१४६॥

प्रस्थं दत्वा समालोक्य सभ्यमुद्भाषिना पचेत् ।

एतदेशवरुपशानां प्रागोजनसमन्नित्यम् ॥१४७॥

राजां राजसमानावलं बहुस्वीपतयज्ञं ये ।

मु०बु०च्छं कटीस्तम्भे तथा गाठ्पुरीविणाम् ॥१४८॥

मेडवंकणशूले च योजनशूले च शाश्वे ।

यथोक्तानावलं गुल्मानं वातशोणितकाशं ये ॥१४६॥

वलयं रसायनं शीतं मुक्कारकुमारकम् ।

पुनर्व्य शते द्रोणे देवोज्येषु तथापरः ॥१५०॥

॥ इति मुक्कारकं घृतम् ॥”

[भैशाङ्यरसाबली: मूबकृष्णाविकार: ४२-५०]

Sukumāraka Gṛtīa

In one drona of water, one tulā of the root of punarnava and ten palas of each of daśa mūla, satavatī, balā, turaga gandhā, tiṣṇa pañca mūla, trikanātaka, vidūri gandhā, nāgāhva, guḍūci and ati balā should be added and boiled till one fourth remains. To this decoction, half āṭhaka of ghee, two palas of each of madhūka, śrīgāvera, drākṣā, saindhava and pippālī, one kudava

1. लेखस्यर्णजस्य इति भ्राकरे पाठः।
of *yamāṇī*, thirty *palas* of jaggery and one *prastha* of the oil of *eranda* should be added and cooked over mild fire. It is an excellent recipe to be administered before food to wealthy persons, kings and similar other persons who have many wives. It is useful in dysuria, stiffness of lumber region, constive bowels, pain in male genital organ and pelvic region, pain in female genital tract, all types of *gulma* (phantom tumour) and gout. It promotes strength. It is rejuvenating, cooling and useful to young people with tender health. [The meaning of the last line is not clear].

"रसबल्लं यवक्षारसितातकक्षुतं पिवेत।
मूलकृत्तयुक्तिकारुण्यं लभन्तेदनित्यतां जवात्।।१३।।"

[योगरत्नाकरः मूलकृत्तचिकित्सः (उतराद्व) पृष्ठ ६]

One *valla* of the *bhasma* of *pārada* should be taken along with *yava kṣāra*, sugar and butter-milk which instantaneously cures all types of dysuria.

"रसभस्मस्म भागेकं चतवारः शुद्गङ्गङ्गक्षम्।
पिष्ट्वा वरात्कान्कृयुक्तिपांतः च टंकेण्म्।।२२।।
क्षेरेण पिष्ट्वा रथवास्यं भाण्डे रथवा पुटे पिवेत।
स्वांगशीतं विचूण्यायं लघुलोक्षेरो रसः।।३३।।
चतुर्फूल्ल्यो धूमदेयो मरिचकोनाविशतः।
जातीमूलपलेकं तु श्रजाक्षेरेण पाययेत्।।

1. हन्मते पानतो इति भाकरे पाठः।
2. रसभस्म च इति भाकरे पाठः।
3. चतुरः इति आदशंषुमास्कृष्टकेऽ पाठः।
4. श्रजाक्षेराः इति आदशंषुमास्कृष्टकेऽ पाठः।
5. वरात्काः पूर्वेः रसपादे टंकेण्म इति आदशंषुमास्कृष्टकेऽ पाठः।
6. जातीमूलपलेकं चक्मजास्तरेण पाचयेत्। इति भाकरे पाठः।
Laghu Lokesvara Rasa

Pārada bhasma (one part) purified gandhaka (four parts) and taṅkaṇa bhasma (4th part) should be triturated with milk and kept inside cowri shells. These shells should be kept in a sealed jar and cooked in puta. When it becomes cool of its own, these cakes should be removed and triturated. This is called laghu lokesvara rasa. It should be given in the dose of 4 guṇās (500 mg) along with ghee. Thereafter, goat’s milk added with nineteen seeds of marica, one pala of the root of jāti and sugar should be given as post-prandial drink (anupāna) which certainly cures dysuria.

Thus, ends the 41st Chapter dealing with the diagnosis and treatment of dysuria in Āurveda saukhya of Ṭoḍarānanda composed by the great king Ṭoḍara Mallā.

1. परम इति ग्राकरे चतुर्द्धपुस्तके च धात: |
2. पाठोविष यथमपथमवट्टपुस्तक्ष्यू नोपल्लमस्ते ।
CHAPTER VII

Diagnosis and Treatment of Mūtrāghāta (Anuria)

“जायन्ते कुपितेवंद्रे मून्नाघातात्स्योदशः”

प्रायो मून्नविघातश्वर्तकुण्डलिकाद्वय: 1111।

[योगरत्नाकर: मून्नाघातनिवान: (उत्तरांध्र) पृष्ठ ६१]

Varieties

Because of the aggravated doṣas, thirteen varieties of

1. This is the beginning of 46th Chapter of Āyurveda saukhya in Tōdarāṇanda and the invocation reads as follows:

रवेभ्रेद्रकाम्यं प्रणुतीमित्वस्तो मोहिनाम्ना हि गवां प्रसूतवे।
प्रभुद्रवमनित्वदों ज्जेशो रामायंदं टोडसमल्ल मूपे।

2. यदस इति प्राकरे वात;
mūtrāghāta, viz. vāta kundalikā, etc. are caused. Generally, in all these varieties, there is suppression of urination.

"रौक्षययोगविघ्नाताय वायुव्रेप्ती सरेबनः"

मूर्धमाच्छय चरति विगुणaxies कुंडलीकृतः। ॥२॥

[सुबृहुः उत्तरतन्त्र ५५ : ५] ।

मृत्तकप्लाप्यमयवा सहजं संप्रवतत्तने।

वातकुंडलिकां ततं तु विघ्नदिविद्यायवायः। ॥३॥

Vāta Kundalikā

Because of ununctuous food as well as regimens and suppression of natural urges, the vāyu, located in the urinary bladder, gets vitiated and remains like a whirl while afflicting the urine. The patient passes extremely small quantity of urine with pain. This is called vāta kundalikā which is a serious ailment.

आध्यायपायनबस्तिगुंबं रुक्ष्या वायुवचलेन्नताम्।

कुर्यात्स्राण्तिमण्डलं मूर्धविग्नमार्गोर्धिनिम्। ॥४॥

Aṣṭhīlā

The aggravated vāyu causes obstruction and sensation like blowing in the urinary bladder and anus as a result of which mobile and elevated hard tumour (aṣṭhīlā) is produced. This causes excruciating pain and obstruction in the passage of urination.

1. क. रोक्षायो ५६ति आद्वार्यपुस्तकेः पाठः।

ख. "रोक्षा...........कुंडलीकृतः" पाठोऽयं पुष्पस्तकं नोपलम्यते।
Vāta Basti

If the unwise person suppresses the urge for urination, the vāyu located in the urinary bladder, obstructs the mouth of this bladder as a result of which no urine will come out and there will be pain in the region of urinary bladder and pelvic regions. This is called vāta basti which is difficult of cure.

चिरं धार्यतो मूत्रं त्वरया न प्रवर्तते ।
मेहमानस्य मनवं वा मूत्रातीतः स उच्छयते ॥१७॥

Mūtrātita

If a person suppresses the urge for micturation for a long time, then he becomes incapable of passing urine whenever he feels i.e. he passes urine only after waiting for some time. His urination also becomes slow. This condition is called mūtrātita.

"मूत्रस्य वेगेदिनिपीतः तद्विरावर्त्त्वेतुकः ।
ञ्जपान: कृपितो वायुश्वरं पूर्वयेव भूशम् ॥१९॥
Mūträghāta (Anuria)

By the suppression of the urge for urination, *udāvarta* (upward movement of the wind) is caused as a result of which *apāna* type of *vāyu* gets aggravated and the whole abdomen gets further filled up with wind. There will be distension below the umbilicus and excruciating pain. This is called *mūtra jathara* which causes obstruction at the lower part of the urinary bladder.

1.  
2.  
3.  

*Mūtra Saṅga*

If the flow of urine gets obstructed in the urinary bladder or urethra or *mani* (glans penis or external urethral sphincter) or if the flow of urine is accompanied with blood, then the passage of urine will be slow, in small quantities and very frequently with or without any pain. This ailment caused by vitiated *vāyu* is called *ūmtra saṅga*.

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1. नीठे इति प्रथमपंचमपयङ्गप्रस्तकेषु पाठः।
2. क। अवेच्यो हिष्टि प्रथमपुस्तकेषु पाठः।
3. ख। अवेच्यो हिष्टि पंचयपुस्तकेषु पाठः।
4. स। मूत्रार्थ्यो संजितः हिद्यति ध्रादशपुस्तकेषु पाठः।
Mūtra Kṣaya

In a patient, who is ununctuous and who is physically fatigued, pitta and vāyu located in the urinary bladder cause suppression of urine along with pain and burning sensation. This is called mūtra kṣaya.

Mūtra Granthi

Sudden appearance of a round, immobile and small stony hard tumour with pain in the internal opening of the urinary bladder is called mūtra granthi.

Mūtra Śukra

If a person, having the urge for urination but without voiding urine, indulges in sexual intercourse with a woman, then the semen during the process of ejaculation gets displaced by vāyu and it comes out before or after the urination. The
urine, therefore, appears like water mixed with ash. This is called mūtra sukra.

Because of excessive exercise, long walk and exposure to hot sun, aggravated pitta along with vāyu enters into the urinary bladder and comes out through the urine while causing burning sensation in the urinary bladder, male genital organ and anus. The urine is yellow or reddish in colour or only blood comes out as urine. The patient frequently voids urine in small quantities and with pain. This is called usṇa vāta.

If either pitta or kapha or both of them get afflicted (lit. condensed) by vāyu, then with difficulty the patient passes urine which is yellow, red or white and thick. There will be burning

1. ब्रूवस्ति इति ग्राकरे पाठः।
2. तु इति ग्राकरे पाठः।
3. शुष्कं इति ग्राकरे पाठः।
sensation during micturation and the colour of the urine will be like that of gorocana (cow's bile) or powder of conch-shell. The urine and the whole body may even become white in colour. This is called mūtra sāda.

Viś Vighāta

If, in an ununctuous and weak person, vāyu causes udāvarta (upward movement of wind), then the stool reaches the urinary channel. The patient passes urine with difficulty and the urine is mixed with fecal material and smells like feces. This is called viś vighāta.
Basti Kundalika

Because of the exhaustion caused by fast walking over a long distance, and because of injury, the urinary bladder gets displaced and becomes a compact mass like a foetus in the uterus. The patient passes urine in drops while suffering from colic pain, uncomfortable movements in the urinary bladder and burning sensation. His urine flows only when pressure is applied over the bladder and he suffers from stiffness, udveshana (upward movement of the bladder) and pain. This is called basti kundala. It is a dangerous condition like a weapon or a poison. It is generally associated with extremely aggravated vāyu and extremely difficult of cure.

1. तस्मिन्यितान्विते बाह: शूलं भूवविवर्णता ॥
2. श्रेधमणा गौरवं शोकः स्निग्धं मूत्रं घनं सितम् ॥२३॥
3. इति नित्योर्जनोऽस्सतं पित्रीकण्ठोऽन न सिथ्यति ॥
4. अविस्थान्तिविल: साध्योऽन च य: कुण्डलीकृत: ॥
5. स्वाद् बस्ती कुण्डलीमूते तृणमोहः: श्वास एव च च ॥२४॥”

॥ मूवाघातनविनाम् नूः॥

[योगरत्नाकर : मूवाघातचित्तिस: (उत्तराङ्गः) पृष्ठ ६१-६४]

[माधवनविन : मूवाघातनविन : १-२६]

1. दाह्यसुवविवर्णता इति प्रथमचमच्चलकियोऽतःपाठः:।
2. शोकः इति ब्राह्मचमच्चलकियो वाहःपाठः।
3. सिताऽतः इति प्रथमचमच्चलकियोऽतःपाठः।
4. तु इति अवाहःपाठः।
5. कुण्डलीमूते हृद्मोहः: इति प्रथमचमच्चलकियोऽतःपाठः।
Prognosis

If the passage of the bladder is obstructed by kapha and if there is aggravation of pitta, then the patient is not curable. If the passage of the bladder is intact and not obstructed, then the patient is curable. If the passage of the bladder is twisted, then there will be thirst, unconsciousness and dyspnoea and such a patient is not curable.

Thus ends the description of the diagnosis of mūtrāghāta (anuria).

[मूञ्जाघाते कैक्याक्रन:]

"मूञ्जाघाततान् यथादिभं मूञ्जङ्कुच्छः हरिर्ज्ञेऽऽत्
बल्लत्मुत्तर्क्षिन्तक्च व्यास्तिनां विरेचनम् ॥२६॥"

[भेष्ट्यर्गलावली: मूञ्जाघातात्थिकार : १]

Line of Treatment

Depending upon the dosas involved, the patient suffering from mūtrāghāta should be treated with the therapies prescribed for mūtra kṛcchra (dysuria). The patient should be given medicated enema, uttara basti (application of douche through the genital tract) and unctuous purgation.

"कल्ककेंद्रात्वीजानामक्षमात्रं सतस्वधवम्
धान्यामलयुक्तं पीतवा च मूञ्जाघातात्तिकात्सचयते ॥२७॥"

[सुषुत: उत्तरतत्तु ५५: २६]

[भेष्ट्यर्गलावली: मूञ्जाघातात्थिकार : २]

One akṣa of the paste of the seeds of ervāru should be mixed with rock salt and administered along with dhāntyāmla (a sour drink) which cures mūtrāghāta.
Alkali preparations of pāṭali, yava, pāribhadra or tila should be added with water. Along with this alkali water, jaggery pieces should be taken in a linctus form by adding madirā (alcoholic preparation), tvak, elā and uṣāṇa.

One kudava of the juice of nidigdhikā should be given by adding the paste of triphala or rock salt.

Balā should be boiled with one kudava of milk and given for the cure of polyuria.
Twenty eight palas of gokṣura should be boiled with eight times of water and reduced to half. In this decoction, seven palas of guggulu should be boiled till the stage of guḍa pāka is attained. To this, seven palas in total of the powder of triphala,

1. पाठोड़कं पचमपूलकं श्रुचिकम्पुल्लम्बम् ।
triṣṇaḥ and musta should be added. From out of this paste, pills should be prepared. Administration of this cures prameha (obstinate urinary disorders including diabetes), dysuria, menorrhagia, anuria, vāṭa rakta (gout), diseases caused by vāyu, seminal ailments and stone in the urinary tract.

"जले कुंकुमकल्क्क वा साक्षौभुवितं निष्ठा ॥१३६॥"

[योगरल्लाकर : मूँताघातचिकित्ता : (उत्तराद्ध) पृष्ठ ६५]

Alternatively, the paste of kunākuma mixed with honey should be kept overnight and then administered along with water.

"सुरां सौवर्चलवती मूत्राघाती पिघेन्नः ॥१३७॥"

[सृष्टि : उत्तरतन्त्र ५५ : ३०]

"वालिसाम्बुच्चुं मुख्येलाबीजं सनागरम् ॥३॥

पीतवा सुरां सलवाणां मूत्राघाताधिमुख्यते ॥१३८॥"

[भेषजरल्लाकर : मूत्राघातचिकित्ता : १२]

[सृष्टि : उत्तरतन्त्र ५५ : ३२]

The ksāra (alkali preparation) of pātalā should be mixed with water, tied in a piece of cloth and kept hanging. The water

1. निष्ठा इति प्रशमपं चमपस्तकोः पाठः।
2. वालिसाम्बुच्चुं युतां इति ग्याकरे पाठः।
3. ोजरकाणागरे इति ग्याकरे पाठः।
4. सनागरम् इति प्रशमपस्तकेः पाठः।
which comes out of it should be added with gingili oil and given. Intake of surā (alcoholic preparation) added with sauvarcalā cures mūrāghāta.

"पिवेत्तत्राजातकबाये गये बनेतरादिके।"

रसं दुरालभया: वा कषायं वासकस्य च ॥१३६॥"

[योगरत्नकर : मूत्राघातचिकित्सा : (उत्तराङ्ग) पृष्ठ ६४]

Silājatu along with the decoction of drugs belonging to viratarvādi group or juice of durālabhā or decocction of vāsaka is useful for patients suffering from mūrāghāta.

"निरक्तकं करणबालावरीभि: सिंध पयो वातमवे च शुले।

गुडप्रगाठ सपूर्व पयो वा रोषवुद्र कुछ्यात्रिवु भस्मतेत। ॥४०॥"

[योगरत्नकर : मूत्राघातचिकित्सा : (उत्तराङ्ग) पृष्ठ ६५]

Milk boiled with trikaṇṭaka, eranda and šatavari is useful in vātika type of colic pain. Jaggery along with ghee or milk is useful in diseases like mūtra kṛcchra.

"नलकाशकुशेकुशिफां व्यवितां प्रात: सुशीतां ससिताम

पिबत: प्रयाति नियत्यं सूत्रग्रह इत्युवाच चरक:। ॥४१॥"

[योगरत्नकर : मूत्राघातचिकित्सा : पृष्ठ ६४ (उत्तराङ्गम)]

[भंटज्ञयत्नालो : मूत्राघाताविखिकार : ५]

1. वा इति प्रथमपंचमपुस्तकेयो: पाठ:।
2. तृणपन्चमूले: इति आदर्शपुस्तकेयो पाठ:।
3. पीत: इति ब्राह्मणे पाठ:।
4. मूत्रग्रह इवाम्बुवाच रेचेक: इति प्रथमपुस्तकेयो पाठ:।
The decoction of the root of nala, kāśa, kuśa and ikṣu should be cooled and given along with sugar early in the morning. This, according to Caraka, certainly cures mūtragraha (obstruction to the passage of urine).

"गोधावत्य दृवल वध्धित घुलसे गोरसोमिथस् ।
पीत निःस्तनचरार्क भिन्नति मूत्रस्य संघातम् ॥४२॥"

[योगरत्नाकर : मूत्राघातचिकित्सा : (उत्तराधि) पुष्ट ६४]

[भवज्यरत्नालोली : मूत्राघातचिकित्सा : १०]

Intake of the decoction of the root of godhāvatī along with ghee, oil or cow’s milk instantaneously helps in the passage of the obstructed urine.

"जलेन खंडरोबिज मूत्राखातादर्शर्सम्
मूलं घुल्कटायत्र तकसीत तत्त्वगुक्त ॥४३॥"

[भवज्यरत्नालोली : मूत्राघातचिकित्सा : ८]

Intake of the seeds of khadiri along with water cures mūtrāghāta and asmāri (stone in urinary tract). These ailments are also cured by the intake of the root of rudra jatā along with butter-milk.

"मूत्रेन्विषादे कुर्पूरवृण विजे प्रवेशायत् ॥४४॥"

[भवज्यरत्नालोली : मूत्राघातचिकित्सा : ७]

If there is obstruction to the passage of urine, then the powder of camphor should be inserted into the urethra.

1. मूत्रयं संरोधम इति इक्षुरं पाठः ।
2. तदवं हृत इति प्रथमपुरुः के पाठः ।
“शून्तशीतपयोज्ञानी चन्द्रनं तण्डुलाम्भुना।
पिबेतसर्कः शेष्टमुख्यवाते सशोचित्वे।।४॥८॥”

योगरत्नाकरः मून्ताधातचिकित्सा : (उत्तरां) पृष्ठ ६५।।

[येश्वयरत्नाली : मून्ताधाताओििकार : ६।]

For the treatment of usña vāta associated with bleeding, sandal wood powder should be given along with rice-wash and sugar. The patient should take boiled and cooled milk as diet.

शीतावगाह्नः बलयत्रोष्मवातनिवरणः।।
“कूलमाण्डकस्त्रापि पीतः सकरारसः।।५॥४॥६॥”

Cold bath and medicated enema with cooling drugs cure usña vāta. Intake of the juice of kūśmāṇḍa along with ksāra (alkali preparation) and sugar is also useful in this condition.

“स्त्रीणामतिप्रसङ्ख्येन शोचितं यस्य सिस्यते।।
मेघुमोपरमआश्वस्य बृह्णीयो हितो विविधः।।
तांत्रिकवस्ततें हितं चोतरिबस्तितु।।५॥

1. उष्ण विनाशनम् इति श्राक्रे पाठः।।
2. सशोचित्वम् इति बलशुष्टपके पाठः।।
3. इच्छितस्य—मून्ताधाताओििकार : ७।।
4. विविधम्- इति श्राक्रे पाठः।।
5. क. “ताम्रो........०वस्तियु” पाठोः प्रत्रयमपंचमपक्षपुष्टकेषु
नोपलम्मते।।
6. “पिष्टाबुधचर्कापोणे कांजिकेिन प्रलेपयेतु।
बृह्णीयान् मिहन्यायूः रंगाकांतं तथैव च।
सीघ्रायुिवतसधुं हितं चोतरिबस्तियु।।”
पाठोः पंचमपक्षपुष्टकेषु: ग्रंिकमूलम्मते।।
If there is bleeding through urethra because of excessive indulgence in sex, the patient should be given nourishing therapy, and thereafter, he should go for sexual intercourse. Such a patient should be administered uttara basti (douche through genital tract) with the help of the oil collected from the fat of cock.

The powder of the fruit of svayam guptā, mṛdvikā, krṣṇā ikṣuraka and sitā, taken in equal quantities should be added with half the quantity of each of milk, honey and ghee. All these should be triturated properly. This linctus should be administered in a dose of one aksa followed by milk. This cures all diseases caused by diminution of semen. This also cures sterility in women.
One aḍhaka of ghee should be added with the paste of one akṣa of each of citraka, sārivā, balā, kālānusāri, drākṣā, viśālā, pippāli, triphalā, madhuka and āmalakī, and one drona of each of milk as well as water. After cooking, the ghee should be cooled, and to this, one prastha of each of sugar and tugā kṣīrī should be added and mixed well. Depending upon the strength

1. Ṛorṇātām īdī graṅkarē paṭā: ।
2. Sabāroraṅgepaṅ ēṃvaṃ īdī graṅkarē paṭā: ।
3. Lāṃteḍiśāra Ṛorṇātām īdī graṅkarē paṭā: ।
of the patient and the nature of the aggravated dosas, this recipe should be administered in appropriate time in appropriate dose. This cures affliction of semen by vāyu, pitta, kapha and rakta. This is useful for patients suffering from granthi retas (semen with nodules). It promotes longevity and virility. It promotes progeny and fame and cures all types of diseases. It helps in the conception of women. It cures menorrhagia, diseases of female genital tract and all types of urinary disorders.

लवणांको वरायुक्तं समूतं यः पिबेन्धरः ।

1. तस्य नक्षत्रित वेगेन मुन्त्रागात्स्त्रयोद्धः ॥१५७॥

The patient, who takes salt water mixed with decoction of triphala and purified pārada, gets instantaneously cured of 13 types of mūtrāghata.

तिलानिष्पटादानां शरानीरण यः पिबेत ।

2. मदिरां तेन तेन स्पु: त्वागेष्वकाः संयुताम् ॥१५८॥

Kṣāras (alkali preparations) of tila, nimba and pātola should be added with water. Along with this alkaline water, madirā (a type of alcoholic drink) should be taken by adding tvak, elā and usana which cures mūtrāghata.

श्रोदं रक्तशालीनां लक्षरा च पवस्तया ।

3. मूत्रकूच्छेऽतदा योज्यं पिष्टाल्पं च विवज्ञेत् ॥१५८॥

1. मुन्त्रागात्स्त्रयोद्धः इति वस्तुपुस्तके पाठः ।
2. क। शरानीरण यः पिबेतु इति प्रत्सयद्वेतके पाठः ।
3. ख। शरानीरण यः पिबेतु इति प्रथमपुस्तके पाठः ।
4. “श्रोदं विवज्ञेत्” पाठोऽविप्रायं प्रथमपुस्तके उपद्वक्षमयेते ।
Diet

Red variety of śāli rice, sugar and milk are always useful for a patient suffering from dysuria. The patient should avoid piṣṭānna (pastries).

Thus, ends the 42nd Chapter dealing with diagnosis and treatment of mūtrāghāta in Āyurveda saukhya of Taḍarānanda composed by the great king Toḍara Malla.
CHAPTER VIII

 Diagnosis and Treatment of Āsmari (Stone in Urinary Tract)

 वातपित्कपृष्टिभ्रूषुथों धुकनासपरा

 प्रायः हलेखाख्या: सर्वा ाषमयं: स्युयलोवपमा: ॥१॥

 Varieties

 Āsmari (stone) is of four types, viz. vātika, paitika, kaphaja and śukraja (semenal). All the varieties of āsmari are dominated by kapha and these are like yama (the god of death).

 1. This is the beginning of the 47th Chapter of Āyurveda saukhya in Todaśānanda and the invocation reads as follows:—

 दलोध्येर्न्येन्नम्बवेत्यविस्तांत्रजासोडायस्वत्विन्ति पिता
 यवानवाय: सदातु मूलयेइहर: शिंवं विन्ध्यविं गरादये ॥
"शिषोऽव्रस्तिगतं सचुक्तं मूत्रं सपिसं पवनं कफं वा।
यदा तद्रास्मय्यजायते तु क्रमेत्वा पित्सेविव रोचना गोऽ।।२२।।
[चरक: चिकित्सा २६:३६]

Pathogenesis

When vāyu dries up urine along with semen, pitta and kapha located in the urinary bladder [the term basti generally refers to urinary bladder, but in the present context it includes kidneys and ureters], then aśmaris (stones) are formed gradually as gorocanā (solidified cattle bile or biliary stone in the cattle) is gradually formed in the cattle.

Premonitory Signs and Symptoms

All these varieties of stone are not based exclusively upon a single dosa. Its premonitory signs and symptoms are distension in the region of urinary bladder, excruciating pain around the urinary bladder region, smell of urine like that of the goat, dysuria, fever and anorexia.

1. शालमयी: इति पंचमपुस्तके पाठः।
2. मांगनिरेष्ने इति भाकरे पाठः।
General Signs and Symptoms

The signs and symptoms of अष्मरी (stone) in general are as follows:

1. Pain in umbilicus, suture which connects the umbilicus with the pelvis and above the region of urinary bladder;
2. If the stone obstructs the urinary passage, the urinary flow will be in several lines;
3. When the obstruction is over, the patient passes urine with ease. The urine may be transparent or cloudy like gomedaka (cat’s eye); and
4. If there is injury because of the impact of the stone, then blood passes along with urine and there is excruciating pain.

1. तत्र संक्रोमात् कूटे इति प्रथमचं मुनुस्तकम्: पाठः।
2. का व्याप्ती इति वर्ममुस्तकके पाठः।
3. खा. ०मुहात्म्याति इति श्राकरे पाठः।
4. का व्याप्ती इति प्रथममुस्तकके पाठः।
5. ०कव्याष्ट्री इति वर्ममुस्तकके पाठः।
Diagnosis and Treatment of Diseases

Signs and Symptoms of Vātika Stone

If stone is formed because of excessive aggravation of vāyu, then the following special signs and symptoms are manifested:

1. Excruciating pain;
2. Trembling of both the jaws as a result of which teeth of the one jaw strike against the teeth of the other jaw to produce sound;
3. The patient rubs his genital organ and umbilicus and always presses these areas;
4. He passes stool with lot of flatus and frequently passes urine in drops;
5. The colour of the stone is grayish-pink with sharp projections.

पित्तेन बद्धते बसित: पच्चमान इवोद्वान्।
भल्लाताकारस्यसंस्थाना रक्तपितातितास्मरी॥

Signs and Symptoms of Paittika Stone

If the stone is caused by aggravation of pitta, then the following special signs and symptoms are manifested:

1. Burning sensation in the urinary bladder;
2. The patient feels as if the bladder is getting suppurated and there is heating sensation; and
3. The stone is red, yellow or black in colour and it looks like a seed of bhallätaka.

1, रक्तपितातितास्मरी इति प्राद्यंगुस्त्यके छु पाठ:।
Signs and Symptoms of Kaphaja Stone

If the stone is caused by the aggravation of kapha, then the following special signs and symptoms are manifested.

1. Pain in the region of urinary bladder with cooling sensation and heaviness; and

2. The stone is of big size and smooth and it’s colour is like that of honey or white.

Generally, young people get afflicted by the above mentioned three types of stones. It is easy to hold and bring out these stones because these are smaller in size and less of dosas are involved in their causation.

1. शिता इति प्रथमपंचममुस्तोऽयोऽपि: पाठः: ।
2. क. प्रहणीहरणे इति प्रथममुस्तकपि: पाठः: ।
3. ख. प्रहणीहरणो इति पंचममुस्तकपि: पाठः: ।
4. तच्छकक्रक्षमसरी इति श्राकरे पाठः: ।
Signs and Symptoms of Sukrāśmari

Suppression of the urge for the ejaculation of semen is cause for the manifestation of stone by the semen in adults. If the semen is out from its own place i.e. testicles but could not be ejaculated then vāyu located between the two testicles afflicts the semen and makes it compact as a result of which sukraśmari (seminal stone) is formed. In such cases, there will be pain in urinary bladder, dysuria and oedema in testicles. When these seminal stones are formed, the semen which is subsequently ejaculated does not come out but get mixed up with the urine.

पीड़िते ल्ववकाशोद्धिस्मि यश्मयेव शकरारा ।
श्रुशो वायुना भिन्ना सा तस्मिननुलोमगे ।
निरेति सह मूलेण प्रतिलोमे विबधयते ॥१३१॥

[श्रुताध्वजाव्य : निवाण ६:७-१६]

Śarkarā (Gravels)

When the space between the particles of the stone is pressurised, small gravels are formed. This pressure is brought about by vāyu which breaks stones into small particles. If these particles move downwards, then they come out through the urine. If, however, these particles move upwards, then they obstruct the passage of urine.

“मूत्रलोकः प्रवृत्ता सा सत्ता कुमाराद्रावात् ॥
दैर्बंल्य सदन काश्य कुशिर्लमयास्वच्छम् ॥१४४॥

1. श्रुशो इति प्रथमपुस्तके पाठः।
2. ल्ववकाशोद्धिस्मृति प्रारंभे पाठः।
3. निरेति इति प्रथमपुस्तके पाठः।
4. मूत्रलोकः भिन्ना सा लु सत्ता इति प्रारंभे पाठः।
Complications

When the stone, while passing down through the urinary channel, gets obstructed it causes several complications like weakness, prostration, pain in the pelvic region, anorexia, anemia, uṣṇa vāta (burning micturation), thirst, pressure in the cardiac region, vomiting, oedema in umbilicus and scrotum, obstruction to the passage of urine and painful micturation. The stone, in due course of time gets broken into small particles, viz. gravels and sands.

Thus, ends the diagnosis of aśmari (stone).

“श्रव्य सुशुभः—
चत्रात्रोष्णयों भवति; इलेकासधानोऽ; तद्वाचाल्कर्मणा,
पितेन, वालेन, शुक्रेन चेति”।।

According to Sūtruta

There are four types of aśmari (stone) all of which are based on kapha. These four varieties are kaphaja, pittaaja, vātaaja and sukrāja (seminal).

तद्रासांशोधनशोचसाधारिणि: प्रकृति: इलेकाना
सुत्रं संप्रसृतवल्लभविवश बलिमण्डली जनयति।।

1. वाम: इति धाकरे पातः।
2. ब्रह्मसुत्रं इति धाकरे पातः।
In a person who does not cleanse his body and who indulges in unwholesome diet, *kapha* gets aggravated. This aggravated *kapha* mixed with urine comes to the bladder to cause stone.

Its premonitory signs and symptoms are fever, pain in urinary bladder, anorexia, dysuria, pain in *basti* *siras* (kidneys), scrotum and male genital organ, extreme prostration and smell of the urine like that of goat.

During the premonitory stage, depending upon the nature of the *doṣas* involved, different types of pain appear and the colour of the urine varies. The urine becomes thick and cloudy. The patient passes urine with difficulty.

1. *शोषण स्वरूपः* इति प्रथमपुस्तकेन पाठः ।
2. *पूर्वरूपः* इति प्रथमपुस्तकेन पाठः ।
3. “धीर” पाठाय प्रथमपुस्तकेन नौपलम्बते ।
After the stone in manifested, there is excruciating pain in umbilicus, urinary bladder, sevanī (suture between umbilicus and pelvic region) or male genital organ, sudden obstruction to the flow of urine, passing of blood along with urine, change in the colour of the urine, passing of excessively cloudy urine like gomedaka along with small gravels and pain during running, jumping, swimming, travelling by riding over an animal, usna (exhaustion ?) and walking a long distance.

Kaphaja type of stone in a patient indulging in kapha aggravating diet gets more of layers deposited over it as a result of which its size gets enlarged. This stone gets lodged in the mouth (opening) of the urinary bladder and obstructs the passage of urine because of which there is pain as if the urinary bladder is getting twisted, ruptured and punctured. The urinary bladder becomes heavy and cool. The stone is white in colour, unctuous, large in size like the egg of hen in shape or like the flower of madhūka. This should be diagnosed as kaphaja type of āsmari (stone).

1. Āśmari
2. Kaphaja
3. Madhūka
Kapha associated with pitta enters into the compact mass of the stone and causes enlargement of its size. This stone gets lodged in the mouth (opening) of the urinary bladder and obstructs the passage of urine. Because of the obstruction to the passage of urine, there will be sensations as if getting heated, absorbed, burnt, suppurred and dribbling. There will be burning sensation during micturation. The stone is either red or yellowish or black in colour like a fruit of marking-nu (bhallatuka). The stone may also have the colour of honey. This should be diagnosed as paittika type of stone.

1. पच्चत इति इति आकरे पाठ: ।
2. चाँद्र इति आकरे पाठ: ।
3. वात्युतस्तु इति आकरे पाठ: ।
4. श्रोतो इति आद्वासुतस्तु पाठ: ।
5. तदास्त्यथाय इति प्रथम दिनीय पुस्तक यो: पाठः ।
6. खाद्यित्व इति आकरे पाठ: ।
7. प्रमूखता इति आकरे पाठ: ।
8. विवशते इति आकरे पाठः ।
The aggravated vāyu along with kapha enters into the mass of stone and increases its size. When this stone gets lodged in the mouth of the bladder, it obstructs the urinary flow and causes excruciating pain. Because of excruciating pain, the patient presses his teeth, applies pressure on his umbilicus, rubs his genital organ, touches his anus, gets twisted and feels burning sensation. His flatus, urine and stool come out with considerable difficulty. The stone of this type is grayish, dry, uneven and rough. It is covered with sharp projections like the flower of kadamba. This should be diagnosed as vātika type of stone.
All these three varieties of stone generally occur by sleep during day time, irregular diet, intake of food before the previous meal is digested and by habitually taking cooling, unctuous, heavy and sweet food. These types of stone specially occur in young persons. In view of the smaller size of their urinary bladder and fleshy bladder, stones in these patients could be gripped and removed with ease. In adults śukraśmarī (seminal stone) is caused because of the affliction of their semen.

According to Ātreya

If a person having the urge for urination enters into sexual intercourse then semen comes out along with urine. If conception takes place by such semen, then, with the part of the semen which is afflicted in this process, the offspring gets afflicted. The urinary bladder and trika (lumbo-sacral joint) of the child is specially affected and the child passes thick urine. This ailment, even in children, is incurable. [There are several mistakes in these verses].

1. मूत्रविष्टे इति छल्ल्युपस्तके पाठः।
2. पयति इति चतुर्थुपस्तके पाठः।
3. क. तृत्यं इति प्रथमपंचमुपस्तकैः पाठः।
   ख. वर्कश इति चतुर्थुपस्तके पाठः।
Stone is also formed in adults because of 

**viparita rati** (having sexual intercourse with the man sleeping below and woman above him). The semen of the man and the **stiri sukra** (vaginal discharge of the woman) enter into the urinary bladder of the man. This semen gets dried up by **vāyu** to form a stone which obstructs the urinary passage as a result of which urination gets obstructed. The patient gets excruciating pain. The stone in this case is lodged at joint between the scrotum and urethra. It might break into small gravels. This is curable by surgery.

**Śubḥuṭāḥ**

“**Mhātā tu śukāsāmarī śukānimittā bhavit** II

**śāntaśabdarthātāśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāntaśāṇaḥ

1. **tahānyāpī** āditya pāṭhukṣṭe pāṭh: ।
2. **rātī** āditya cāturvyuṣṭē pāṭh: ।
3. **prādhvītyāt** tēn āditya pāṭh: ।
4. **śvāma** āditya pāṭh: ।
5. **śakṛa** āditya pāṭh: ।
6. **śvāma** āditya pāṭh: ।
7. **sāmśuṭa** āditya pāṭh: ।
According to Suṣruta

In adults Sukrāśmari (seminal stone) is produced as a result of the affliction of the semen.

Because of the injury during intercourse or because of excessive intercourse, the semen which is already exuded from the testicles does not get ejaculated through the normal channel but goes astray into the urinary bladder where it gets afflicted by vāyu. This afflicted semen gets accumulated between the medhra (male genital organ) and scrotum and then gets dried up. This stone obstructs the urinary channel, causing thereby dysuria, pain in urinary bladder and oedema in the scrotum. If pressure is applied, the stone gets broken in that place.

"तां शुक्राकराचरिति विहान् इति ॥३३॥"

[सुभृत : निदान ३ : १२]

1. मूत्रमार्गां मान्त्र्येति इति प्रथमपुस्तकके पाठः।
2. मानसदयिति इति प्रथमपुस्तककयोः पाठः।
3. दीयिति इति चतुर्थपुस्तकके पाठः।
4. पूर्णमृत्तिकि इति प्रथमपुस्तकके पाठः।
According to Kharanāda

In the beginning, pain starts in the left lumber region and the patient passes foamy urine along with gravels. This condition is called śukraśmāri (seminal stone). The patient gets pain by running, jumping, swimming, riding on the back of animals exposure to heat and walking a long distance.

"अवविन्ति चात्र

शकरासिकलामेहो भस्माह्योदसिमरिवैकृतम्

प्रामया शकरा शया तुलयथ्यजनवेदना

पञ्चनेनुपुष्यः सा तु निरर्त्यल्या विषेशतः

सा भिन्नमूलिवधितेन शकरेत्रयभिधीयते"

Thus, it is said:

Śarkara meha, sikatā meha and bhasma meha are the different forms of atsmari (stone in the urinary bladder). Atsmari (stone) and sarkara (gravel) have similar signs, symptoms and pain. If there is downward movement of wind, then this stone or gravel comes out through the urine particularly if this is smaller in size. Because of vāyu, the stone gets broken into small pieces and this condition is called sarkara (gravel).
Signs and Symptoms of Sarkara

Pain in the cardiac region, weakness in thighs, pain in pelvic region, trembling, thirst, upward movement of the vāyu, grayish coloration, weakness, pale body, anorexia and indigestion—these are the signs and symptoms of sarkara (gravel in the urinary tract).

Complications

When these gravels come into the channel of urine and cause obstruction, then this gives rise to several complications like weakness, prostration, emaciation, pain in the pelvic regions, anorexia, anemia, burning micturation, thirst, pressure in the cardiac region and vomiting.

1. कृष्णोय्यमोनिल: इति प्रथमपूर्वमपूर्तककोः पाठ: ।
2. काण्यं इति पंचमपूर्तककोः पाठ: ।
3. तु इति ग्राकरे पाठ: ।
4. क. शरक्रांते इति ग्राकरे पाठ: ।
5. ख. शरक्रांते इति वाधपूर्तककोः पाठ: ।
6. मूदारम्भ ब्रह्मिता इति प्रथमपूर्वमपूर्तककोः पाठ: ।
7. कृष्णद्वित्ववात् इति प्रथमपूर्वमपूर्तककोः पाठ: ।
Urinary Bladder

The urinary bladder is located in the centre of umbilicus, back, lumbar region, testicles, anus, pelvic regions and *sephas* (pudendum). It has a thin covering and it faces downwards with one opening. In shape, it is like a gourd (alābu). It is full of vessels and ligaments (or it is fastened to the other abdominal viscera with the help of vessels and ligaments).

Basti (urinary bladder), *basti širas* (kidneys), *pauruṣa* (prostate gland), two *ṛṣanās* (testicles) and *guda* (anus) are interconnected and all these are located in the pelvic region. The urinary bladder is a receptacle of waste products and it is one of the important vital organs.

1. क. मामित्यं इति षण्डपुस्तकेष्को पाठः।
   ख. ०कटी मधुगुरुदवक्षणम् इति प्रथमपुस्तकेष्को पाठः।
2. द्वास्त्रुतवक्षीये इति ग्राह्यांपुस्तकेषे पाठः।
3. सिरा० इति ग्राह्यके पाठः।
4. गुदः इति ग्राह्यके पाठः।
5. एकसंबन्धिनो इति ग्राह्यके पाठः।
6. मूत्राशयों इति प्रथमपुस्तकको पाठः।
7. मलाधारा इति प्रथमपुस्तकको पाठः।
Urine Formation

As the sea is supplied with water by rivers, similarly various fine channels coming from the colon and carrying urine supply this urine to the bladder. Since these channels are very subtle, the openings of thousands of these channels are not visible while they carry urine from the āmāsaya (intestines).

As a new jar kept floated in water gets filled up with water from its sides through its numerous pores, similarly, the urinary bladder gets filled up with urine through these innumerable channels by the process of exudation while the person is awake and sleeping.
Similarly, vāyu, pitta and kapha enter into the bladder along with urine because of upasneha (exudation) to produce atmari (stone).

As clear water collected in a new jar gets muddy after the passage of time, similarly, stones are formed in the urinary bladder.

As the water vapour in the sky gets condensed to form hail stones because of wind, fire and lightening, similarly, the kapha in the urinary bladder gets condensed to form stone by the impact of pitta (heat) and vāyu (wind).

If vāyu is in normal state, then urination takes place properly. In its abnormal condition, it produces various types of urinary and seminal disorders in the urinary bladder.

1. सहित सानिल: हि प्रथमपचमगुतिको: पाठ:)।
2. हि हि प्राक्रे पाठ:।
Thus, ends the diagnosis of *atmari* (stone in the urinary tract).

"ग्रह्मरी दाहनें व्याघरण्तकप्रतितमो मतः
ग्रीष्मचस्तहं: ताध्यः प्रबृतो छेदमहंति ॥३।१॥

[भूष्यत्त्वनावली: ग्रहमयचिकारः ६]

**Line of Treatment**

*Atmari* is a serious disease like *yama* (the god of death). The freshly occurring disease is curable by the administration of drugs but the chronic condition needs surgical intervention.

"तस्य पूर्वेण शुद्धेण स्नेहादि क्रम इत्यते ॥
तेनस्थायपचयं वास्ति व्याघ्रे मूलान्वयोऽवशेषः ॥३।२॥"

[सुश्रुतः चिकित्सा ७: ३-४]

During its premonitory stage, the patient should be administered oleation therapy, etc. by which the stone gets reduced in size and disease gets completely uprooted.

"शूच्युत्राग्रीमार्गवाधाणिज्ञानपुरांहाणगौक्षः
ग्रह्मचरम्यचिकारः: कवारं कुर्मद्रिविच्छणः ॥४।३॥
रामठकार्तवणसूरं दस्या पिबेन: ॥

**Grahmríyaµtrákṛtāh Dīpam Pachäm Pārma** ॥

1. प्रबृत्तेन छेदमहंति इति आकरे पाठः।
2. इत्यते इति द्रितीयपुस्तके पाठः।
3. "शूच्युत्व्यमि उ—मेरुगम" पाठोवं पष्ट्पुस्तके वचिकमपुलम्बः।
4. काव्यरागवचः: कवारं कुर्मव वचिकारः इति आकरे पाठः।
Intake of the decoction of ṣuṇṭhi, agni mantha, pāṣāṇa bheda, sīgra, varuṇa, gokṣura, abhayā and fruit of āragvadha along with the powder of rāmaṇa (hiṅgu), ksāra (alkali preparation) and lāvaṇa (rock-salt) cures āsmaṇī and dysuria. It stimulates the power of digestion and promotes pācana (cooking of uncooked food). It cures aggravated vāyu located in the gastro-intestinal tract, lumber region, thighs, anus and pudendum.

"पावाणमेंद्रो बसुको वशिरास्त्रांत्को तथा ॥
शातावरी स्वबंड्टा च बृहृती कंदकारिकाः ॥१५॥
कपोतकार्तर्गल: कच्चकोशीरकृप्यः
कृष्णदी भूलकाः वर्णः शाकां फलम् ॥१६॥
यवा: कृलत्या: कोलानि कस्कस्य फलानि च ।
ऊयकार्य द्रत्रापमेव व्यावधृं खृतम् ॥
भिन्नति वातसंबंधतामहि: शिरमेव तु ॥१७॥
कारणः यवामु युष्मांश्र कष्टायणि पयामि च ।
भोजनानि च कुर्वैत व्यावधिसिंनि वातनाशने ॥१८॥"

[सुभूतः विकित्तम् ४ : ५-६]

_Treatment of Vātika Stone_

Ghee cooked with pāṣāṇa bheda, vasuka, vaśīra, asmāntaka, satāvari, śvadāṁśtrā, bṛhati, kaṇṭakārīkā, kapota vakrā, ārtagala,
kaccaka, usīra, kunthaka, vrksādani, bhallūka, varuna, fruit of śaka, yava, kulattha, kola, fruit of kataka and drugs belonging to uṣakādi group quickly breaks the stone (aśmari) caused by aggravated vāyu. The patient should take kṣāras (alkali preparations), yavāgī (thick gruel), vegetable soups, decoctions and milk prepared of the above mentioned vāyu-alleviating drugs.

"उष्ककं संधिवं मृद्री कासीसहयुग्मस्तः।
शिलाजतु कुलत्यं च उष्ककाविदिवाहृतं।||५५१॥
उष्ककावि: कप्फ हतिति गएरो मेदविनाशन:।
प्रसमरीशकरामुत्रकृच्छन: कप्फस्त्रुतु।||६०५॥"

[भैष्ज्यरत्नालिकी : द्रास्मय्यधिकार : १४-१५]

Uṣakādi Group of Drugs

Uṣaka, saindhava, mṛdhvikā, both the varieties of kāsisa, guggulu, śilā jatu and kulattha—these drugs taken together are called uṣakādi gana or group. These drugs alleviate kapha, reduces fat, cures stone as well as gravel in urine, dysuria and affliction of urine by kapha.

"वर्षणस्य स्वच्छ श्रेष्ठु चुतोगोलुःसंयुताम्।
यवशारुगुंदं वस्त्रा क्वावित्वाविपि वाद्वितम्।||
प्रसमरी वातजं हतिति चिरकालानुविनिनाम्।||६११॥"

[भैष्ज्यरत्नालिकी : द्रास्मय्यधिकार : ४]

1. हिघु इति श्राकरे पाठः।
2. तुव्वकचुचु इति श्राकरे पाठः।
3. मेदविनाशन: इति श्राकरे पाठः।
4. ोमूत्रशूलधन्न: इति श्राकरे पाठः।
The decoction of the bark of varuna, sunthi and gokṣura should be given by adding yava kṣāra and jaggery which cures vātika type of aśmari even if it is there since a long time.

The paste of radrakṣa should be taken along with the juice of the rhizome of kadali by adding honey (or powder of madhuka) which instantaneously cures the obstruction to the passage of urine.

"कुश: काष्ठ: सरो गुंडा इकटो मोरटोक्षमविभिन् ।
द्विभावि विदारी वाराहिः वालिमुलं त्रिक्रंटकः ॥६३॥
मल्लकः पाटला पाठा पत्तौरोक्त कुरिण्तकः ।
पुनर्विश्विविष्णु ववधितास्तेषु सा धितम् ॥
घृतं विलाजं मधुकं बीजरिवद्वरस्य च ॥६४॥
त्रिपुरवंदिकाधीनं बीजोवापितं शुभम् ॥
सिन्हति पिल्लसभूतामदमरीं क्षिम्रेव तः ॥६५॥

Treatment of Paittika Stone

Ghee cooked with the decoction of kuṣa, kāṣa, sara, gundrā, itkaṭa, moraṭa, asma bheda, darbha, vidāri, vārāhi, root of śali,

1. शरो गुल्म उत्करो इति ग्राकरे पाठः ।
2. ोस्माविभु इति प्रथमपुस्तके पाठः ।
3. द्विक्रंटकः इति प्रथमपुस्तके पाठः ।
4. पुनर्विश्विविष्णु इति प्रथमपुस्तके पाठः ।
5. त्रिपुरवंदिकाधीनं शा इति ग्राकरे पाठः ।
tri kañṭaka, bhallāka, pāṭalā, pāṭhā, pattūra, kuraṇṭika, sveta punarnavā, rakta punarnavā and sīriṣa and the paste of śilāja, madhuca and seed of indivara, trapuṣa, ervāruka, etc. instantaneously cures paittika type of stone (aśmari).

The patient suffering from paittika type of stone should take food, viz. kṣārās (alkali preparations), yavāgū (thick gruel), vegetable soup, decoctions and milk preparations boiled with the above mentioned Pitta-alleviating drugs.

Treatment of Kaphaja Stone

Ghee prepared of goat’s milk should be cooked with drugs belonging to varunādi ganā, guggulu, elā, hareṇu, kūṣṭha, bhadra, etc., marica, citraka, surāhvā, and drugs belonging to paruṣakādi ganā. This instantaneously cures aśmari (stone) caused by kapha.

1. यवाणपूर्व इति भ्राकरे पाठः।
2. प्रकृत्वेऽति इति भ्राकरे पाठः।
3. वगं पित्तनाशने इति भ्राकरे पाठः।
4. गाणो इति प्रथमपुस्तके सुधृते च पाठः।
5. कुष्ठपुस्तायृक म्रीति भ्राकरे पाठः।
Kṣārās (alkali preparations), yavāgū (thick gruel), yūṣa (vegetable soup), decoctions and milk preparations added with the above mentioned kapha-alleviating drugs should be given as food to the patient suffering from kaphaja type of aśmari (stone).

Having described the treatment of kaphaja aśmari the author (ācārya) has not described the treatment of sukraśmari (seminal stone) separately.

1. यवागूः पेयाश्च इति ग्राकरे पाठः।
2. वश्णाकुरं टकाशिरुः। बृहत्तिब्रेय। बरी। ककुम। करंज बिलव। अरण्ण। क्रयोः। त्यथा विनिमयस्य सामस्यायत। वसूल्यत:। सहकंकेक केषविक्षणिक्यया गुल्मेषु। बिद्रेषु। बातेवलासेषु। कोष्ठांतरास्थितेषु। शुल्कातिरेषु। प्रायः। ककनिला। विकारिति। पीतितानामुषु। नाणा। वश्णाविर्य। भिषगुभि।।।

पाठोऽयं च तुर्वस्य च मायूषस्य पुष्तकेषु। ग्राहिकमुपलम्यते।
According to Bhoja

Bhoja has described the treatment of sukramari separately. According to him, the patient suffering from sukramari should take oleation, massage and fomentation therapies, sprinkling of hot water over the body, samvāhana (gentle massage) of the body and nirūha type of medicated enema with the decoction of bitter drugs added with usana. The patient should have sexual intercourse with ladies.

"Pichukaulakatalakakanvare: Falie:"

Chūnīnī: Sundar torya shararāśaṁm nīvete

Treatment of Sarkarā (Gravels)

The powder of picu, kaṅkola, kataka, śāka, fruit of iḍīvara should be taken along with jaggery and water which cures sarkarā (gravels) in urine.

Krṣṇottarārasamāsthiṁ bhavantu tālpatrīkaṁ

1. śīrṣam: ēti phalputakā pātha: 1
2. ve chākṣakalamana keśavare: ēti phalputakā pātha: 1
3. pal: ēti phalputakā pātha: 1
4. k. sakalā ēti phalputakā pātha: 1
5. kroṣṭitā ēti phalputakā pātha: 1
Intake of the powder of the bones of *krauśca*, *uṣṭra* and *rāsabha*, *śvadamśtrā*, *tālapatrikā*, *ajamodā*, root of *kadamba* and *nāgara* along with *surā* (alcoholic drink) or hot water cures *sarkarā* (gravels) in the urine.

Intake of the powder of the seeds of *trikanṭaka* along with honey and milk of sheep for one week cures *aśmari* (stone).

The decoction of the petals of *ketaki* should be added with *hiṅgu* and bone of *krauśca*. Intake of this decoction along with *eldā*, *hiṅgu* and ghee instantaneously cures *aśmari* (stone).

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1. सिन्धु: इति प्रथमपञचमपञस्तकयोः पाठ: ।
2. क. ोवीमूत्रागालित: इति प्रथमपञस्तकके पाठ: ।
   ख. ारोमूत्रागालित: इति पञचमपञस्तकेपाठ: ।
   ग. ारोमूत्रागालित: इति पञचमपञस्तकेपाठ: ।
3. संयुत: इति पञचमपञस्तकेपाठ: ।
Drugs described above for the preparation of medicated ghee should be burnt to prepare ksāra (alkali preparation). This ksāra added with the ksāra of cow-dung should be slowly boiled by adding sheep urine. To this, the powder of drugs belonging to uṣakādi gāna and trikaṭu should be added. This ksāra (alkali preparation) cures aśmarī (stone), gulma (phantom tumour) and šarkarā (gravel) in the urine.

Intake of the ksāra (alkali preparation) of tīla, apāmārgr, kadaḷī, palāśa, yava and bilva along with sheep urine cures šarkarā (gravel) in the urine.

1. विनिमित्यो इति पच्छम्‌पुस्तक: पाठः।
2. तिलबजः इति पच्छम्‌पुस्तक: पाठः।
3. के. सहेलकाल्याये इति ब्राकरे पाठः।
4. से. सहेलकाल्याये इति पच्छम्‌पुस्तक: पाठः।
5. वेदनाभि‌रुपद्रव: इति प्रचलयें‌पच्छम्‌पुस्तकयो: पाठः।
For the cure of āsmari, the patient may use the following:

1. Kśāra (alkali preparation) of pāṭalā and karavīra;
2. One aksaj of the paste of śvadānstrā, madhu yaṣī and brāhmi;
3. Decoction of sobhāṅjana and mārkava along with elakākhya [?];
4. Root of kapota vaṅkā along with sour juice, alcohol, etc.
5. Milk boiled with the root of kapota vaṅkā for pain; and
6. Milk boiled with haritaki, etc. or varṣābhū.

वंद्यङ्गप्रदुःभाट—

1. पत्रं कृणकुलत्वानां वरणां हृतवस्य[?]च ।
2. कृणांदमूलपुपतमूलं च महति फलम्। ॥५२॥
3. शतपुष्या च निगुढ़ी त्रिफलानगमिद्वा ।
4. बृंतिकार्तिककरणं च कासकुशराजं तथा। ॥५५॥
5. गुरुरत्नचित्रं च चित्रकं तत्त्वम् तथा ।
6. पृथक् पृथक् शराबं च प्रत्येकं प्राह्येद्वबुधः। ॥५४॥

1. कृणकुलत्वानां इति प्रथमपुष्टके पाठः।
2. ओष्ठपुपतमूलं च बुखती इति वषष्यपुष्टके पाठः।
3. च इति चतुष्पषष्यपुष्टकयोऽपाठः।
4. ओष्ठगिद्व्याः इति चतुष्पषष्यपुष्टके पाठः।
5. काशकाशिः इति प्रथमपुष्टके पाठः।
6. गुरुरत्नचित्रं इति प्रथमपुष्टके पाठः।
7. रक्षणमिज्जेत्रत्र इति प्रथमपुष्टके पाठः।
8. सराबं इति प्रथमपुष्टकयोऽपाठः।
Leaf of black variety of kulattha, bark of varuna, root of kūṃṣmāṇḍa, trapusa and mahā phala, sata puspā, nirgundī, triphala, pāśāva bheda, balā, vrntāka, trika karna, powder of kasa and kusa, gundrā, taruṇā, citrā, citraka and tarunā (maṇījīthā)—all these drugs taken separately in the quantity of one sarāva each should be boiled in one goni of water till one drona remains.

1. शक्रोऽद्भिरभेदकस्य इतित्र चतुर्थपुस्तकाये पाठः ।
2. ‘मूर्त्रागाते्‘ ्..मेदनम् पाठोऽयं चपुपर्णेश्वपुस्तकयोऽपि नौपलिते ।
It should be squeezed, strained through a cloth and stored in a copper vessel. To this, one pātra of the ghee prepared of the milk of sheep, one aksa of sheep milk and the paste of one suktī of each of root and seed of kūsmāṇḍā, seed of trapusa, stem of alābu, silā bheda, silāgraja, pācya, root of kākini and dūrvā, gokṣura, drāvidi, karṇikāra, rudrākṣa and kataka should be added and cooked over mild fire. This should be taken daily along with wholesome food. It cleanses the vitiated semen and cures sarkarā (gravel) and aśmari (stone). It is an excellent recipe for all types of mūtrāghāta (anuria), serious types of dysuria, prameha (obstinate urinary disorders including diabetes), soma roga (polyuria or diabetes insipidus), rakta pitta (an ailment characterised by bleeding from different parts of the body) and menstrual disorders in ladies. There is certainly no other recipe better than this for the cure of the above mentioned diseases.

According to Ātreyā

The ghee is light for digestion and it cures all diseases. It promotes growth of bones disintegrates sarkarā (gravel) and aśmari (stone) in the urinary tract. [The meaning of the first of the verse is not clear].

1. “पाणाकरोमभीतः सोवबर्बलयुतां सुरां पिबेतु ।
शुकृदमयास्तु सामाये शुकृदमारि विनाशानम् ।
तद्वद्वधुधयुतां विरावं तदलामूति च ।
एवोपवेति योगः ।”
पाणाकरोमेदवकववेद्वा पाठाया ब्योवसत्तीनिकुमाः ।
हिंसावराज्ञानितवारकानामेवभिकाणो वपुषाभवजम् ।
उपकरिकाहुमस्वेतसाम्य स्थाले बुद्धिहण्युष्क बचा ।
चरणोऽपिबद्धमारि भद्रपक्ष सपिश्यी गोमभूति चतुर्गण तैः ।”
—पाठोवं यद्युपस्तके प्रधिकमुलम्यते ।

2. वस्तुतः इति प्रथमपुस्तके पाठः ।
Varunāsava

One kaṁsa of the unctuous and compact barks of varuṇa, half kaṁsa of the bark of madhūka, one fourth kaṁsa of the

1. १चौ संयत चतुर्थक्षतक पाठः
root of yûthikâ, eight palas of each of gu↓cî, sarivâ, vâsâ, pr↓thak parni, satâvari, stalk of kûsmânda, sîk↓smaîlā as well as pâsâna bheda and one kudava of candana should be boiled by adding four times of water and reduced to half. This should be strained through a cloth. To this decoction, one tûlā of very old jaggery, half prastha of honey and the two palas of the powder of each of gourângi, fruit of gokṣura, bhârgavi, markâṭâsthi, rudrâksa, sârkari, gope [?], varâ and bark of varûnâ should be added. In addition, one kudava of the powder of pâsâna bheda should be added to it. All these ingredients should be mixed properly and kept in a new jar covered all around with paddy husk for twelve days. Thereafter, this should be administered which cures mûtrâghâta (anuria), dysuria, almâri (stone), sârkarâ (gravel) in the urinary tract, heaviness of the urinary tract, piles and prameha (obstinate urinary disorders including diabetes). This is called varûnâsava and it was pronounced by sage Kapila.
According to Gopura

A wise person should take daily Kūṣmāṇḍa which may be either tender or matured or ripe. The tender Kūṣmāṇḍa alleviates
pitta, the moderately matured one alleviates kapha and the fully matured or ripe one is light, hot, sakṣāra (having action of the alkalis) and stimulant of digestion. The matured one also cleanses the urinary bladder.

According to Suśruta

For the treatment of aśmari (stone), drugs belonging to Viratarvādi group should always be used in the preparation of medicated ghee, ksāra (alkali preparation), decoction, milk preparation and uttara basti (medicated douche through the genital tract). If the disease does not subside by these therapies

1. सर्वथौपव्योजयः इति पद्धपुस्तकः पाठ: ।
2. सोंपूर्ववस्तिमि: इति प्रथमप्रमपमुस्तकः पाठ: ।
3. गच्छुर्वपद्धस्तराः इति पद्धपुस्तकः पाठ: ।
4. क्र. प्रकृताः इति प्रथमप्रमपमुस्तकः पाठ: ।
   ख. प्रकृताः इति प्रथमप्रमपमुस्तकः पाठ: ।
   ग. प्रकृताः इति पद्धपुस्तकः पाठ: ।
5. साधुवारिणा इति प्रथमप्रमपमुस्तकः पाठ: ।
then surgical measures should be adopted. Even an expert physician (surgeon) cannot guarantee success in these operations. Therefore, surgical methods are considered to be extreme measures. Without treatment (surgical) the patient is certain to die; if these surgical measures are adopted, there is a possibility of survival. Therefore, surgery should be performed with good intentions after taking permission of the authorities.

1. क. सहायत्व हेतु प्रययक्रमकारणपुस्तकोऽऽ: पाठ: ।
2. ख. सहायत्व हेतु प्रययकारणपुस्तकोऽऽ: पाठ: ।
3. सार्वरूपी हेतु प्रययकारणपुस्तकोऽऽ: पाठ: ।
4. प्रथमका हेतु प्रययकारणपुस्तकोऽऽ: पाठ: ।
5. क. प्रथमका हेतु प्रययकारणपुस्तकोऽऽ: पाठ: ।
6. ख. प्रथमका हेतु प्रययकारणपुस्तकोऽऽ: पाठ: ।
7. निधर्यलीकरण्यतमविषय्य हेतु प्रययकारण: पाठ: ।
यतमविपिथं च बस्ति सत्त्वेश्य, भूममुपसीड़ंदुगुलीस्यं यथा।
प्रत्यक्षििवेश्यां शल्यं भवित ॥१०६॥

स बेश्याहीते शल्ये तु विवृत्तशी विवेचनः।।
हतवर्णं च मूह्यं च निर्विकारे मृत्योपमः ॥११०॥

न तत्यं निहरेच्छलयं निहरेतु स्नियेत सः।।
विवा त्वेतेषु रूपेषु निहर्तुं समुपाचरेत् ॥११२॥

तत्त: सल्ये पात्रं तेंबिनी यवमात्रं मुख्वासवथारः
येषुवत्रमधमरीप्रमाणं, दक्षिणतो वा शिवेसीकायेंतीचरित्येके,
यथा सा न भिन्नते चउष्ठे ता तथा प्रयेतेत्, चूणमल्यमल्यमध्यव
स्थाप्यं हि पुन: परिवृद्धिमैति, तस्मात् समस्तामप्रव-केनाद्वित... ॥११२॥”

[सुधूरः चित्रितः ७: २६-३३]

The patient should first of all be given oleation therapy and his body should be cleansed of waste products. By these measures his body will be slightly emaciated. He should be massaged,
given fomentation therapy and food to eat. After performing bāli (sacred offerings), maṅgala (auspicious invocation) and svasti vācana (recitation of incantations for the welfare of the patient) and after collecting all drugs and equipments as described in the agropaharaniya section, the patient, prepared as stated above, should be consoled with assuring words. The patient, who is physically strong and who is not mentally disturbed, should be made to sit over a chair having the height of his knees. His lower limbs should then be raised; he should be made to rest his lumber region over a pad of clothes. Then his bent elbow joints should be tied to his raised knees with the help of ropes or a piece of cloth. Oil should be applied to his umbilical region and downward pressure should be applied in the left side of his umbilical region till the stone comes down. The physician should have his nails properly clipped and fingers greased with oil. Then he should insert his ring and middle fingers of the left hand into the anus of the patient, pass them deep into it on the line of the suture (sevanī) and bring these fingers with efforts to the space between the anus and pudendum. Without twisting, stretching and uneven movement, he should make these fingers to enter into wall of the urinary bladder and apply more pressure with these fingers so that the stone projects with the skin of the urethra like a tumour. If the patient, while handling the stone in the above mentioned manner bears a wild look with retracted eyelids, becomes unconscious and cynosed, faints, becomes non-responsive and like a dead person, then the stone should not be removed because in that case he is sure to die. If such signs are absent, then efforts should be made to remove the stone. Then, with the scalpel, an incision should be made in the left side of the urethral suture leaving the space of the size of one yava (thickness of a barley grain). According to some authorities, this incision can also be made in the right side of the suture depending upon the convenience of the surgeon. The size of the incision should be such as would allow the stone to come out through it. While removing the stone through this incision it should be ensured that the stone does not break or become powder because if a small quantity of the powder remains, then stone may be formed again. Therefore, the entire
stone should be removed with the help of the equipment called agra vaktra (a metallic rod with a curved top).

According to Vaitaraṇa

The urinary bladder in ladies is located at level lower than the uterus and the bladder rests over the uterus. Both the uterus and the urinary bladder are located above the mahā srotas (alimentary tract). Having pressed the appropriate portion of the bladder, the incision should be made over the pelvic bone (not near the suture in the perineum) failing which this may lead to complications.

1. "गुंडाकृत्वा शत्रुविद्रामशामय्यां प्रत्यावेधयां समुद्रेऽत पायुस्यां-ढु गुणेनमूलोत्तरी कृतां। सेवयां: सक पाद्वथ च यथमात्रा विभूषयते। गुंडाकृत्वा विद्रामाऽत तकर्षया शहस्त्रकर्मकृत्। द्विनेतरस्त्री बलावलायां पुष्पार्थारी विनानिपोषायांश्रीकृया वस्त्रो रत्नं च निधरित्त। हृतान्तराइकमुणां: मोग्यहेवेसकृत तथा। शुष्कमूलविशुद्धं च महावायुतं नर्यतं तत्।। द्राक्षासाह्यां ग्रहों पेयां साधितां मुत्मोचिभिः। ग्रादशहततो द्राक्षायासामूलोमोजनम्। स्वेदेयेवद्रिव-महावायं: कवायं: शालवेद्विक्रमं। प्रपादिराक मन्निष्ठा यष्टी-लोहे शल्मेवयते। एवेष्टवस्मीरं: समुद्घ्रत आयुजन हितम्। एवं देवेष्ठे शताहुदृच्छेन दाहेष्ठे बेश्ये। द्वेशेश्वरं तु बद्यां ता विषाधायां च कर्षयेत।" पाठोऽवथ पद्धपुस्तके प्रतिक्रियमुपलम्ये।

2. "हेतु इति पद्धपुस्तके पाठः।

3. शुष्कमूलय इति चतुर्षरपुस्तके पाठः।

4. प्रबलं इति ज्ञातपुस्तके पाठः।
"तथा च सुभूतः
स्रृणां तु वर्तिपार्बत्वं गर्भाभाय: सत्यकृष्णः; तस्मातातामुः
सत्यवन्यस्वन्तं पात्येत्; ग्रतिनेन्धराष्ट्रवत्तां मूलवसावी व्रजो
भवेत्, पुरुषस्य वा मूलप्रसेक्षणामुक्षकरस्यम्; अध्यावरणात्
भिन्नभल्लरेक भवति, द्विया भिन्नभल्लरामारिको न सिद्धति,
अध्यावरणनिमित्तेक्षाभिन्नभल्लरिज्जः, क्रियाम्यासाच्छाच्छ्व-
वििहितचल्लबिद्वृंढः; स्थवरविवृंढः व्याच्छि शत्यस्येति।
उद्दत्ताल्यं
तृणोदकब्रोपयासभगाः स्वेदयत्, तथा हि वर्तिस्वरुष्णा न पुरवः
पुण्य चा क्षीरव्यक्ष्यायं पुष्पनेत्रेण विवक्ष्यात्।

According to Suṣrūta

In ladies, the uterus is located near the urinary bladder. Therefore, incision in them should be given on the pelvic surface failing which there will be passage of urine through this ulcer. Even in males, urine will pass through the ulcer if the urethral passage is injured during the operation. Apart from the ulcer of the passage through which the stone is removed, during the operation, the urinary bladder may also get incised. If this incision of the bladder affects two sides of the bladder, then the patient does not survive. If the incision is only on one side through which the stone is removed then the patient survives. This happens if the surgeon is well experienced, if the incision is done as per the description in the text and if the exudation

1. मूलप्रसेक्षणामुन्यक्षरण इति धार्द्ध्यपुस्तकेः पाठः।
2. भिन्नभल्लरेकचारण न इति धार्द्ध्यपाठः।
3. अविनम्यवार्द्ध्यपुस्तवाच्छि इति धार्द्ध्यपाठः।
4. कः ोद्रोपयो त्वगाः इति चतुर्थपुस्तकेः पाठः।
   लः ोद्रोपयो इति प्रथमपंचमश्चतुर्थपुस्तकेः पाठः।
takes place appropriately in sufficient quantity. After the stone is removed, the patient should be made to sit in a tub containing warm water and the operated part should be fomented by which the bladder does not get filled up with blood. If, however, the bladder gets filled up with blood, the patient should be given douche prepared with the decoction of drugs belonging to ksiri vṛksa group through a puspa netra (catheter).

Thus, it is said

If the decoction of drugs belonging to ksiri vṛksa group is given as a douche through a puspa netra (catheter), then it helps in the removal of the broken particles of stone (asmari) and blood from the urinary bladder.

1. पाठोप्य भ्रादशः पुस्तकेषु नोपलम्यते।
2. निःश्रेष्ठमयी तृष्ण इति एकक्रे पाठः।
3. पाठोप्य भ्रादशः पुस्तकेषु नोपलम्यते।
4. पाठोप्य भ्रादशः पुस्तकेषु नोपलम्यते।
Post-operative Management

For the cleansing of the urinary channel, the patient should be given enough quantity of jaggery daily. After the removal of the stone, the ulcer should be anointed with honey and ghee and the patient should be given hot yavāgū (thick gruel) along with ghee to take both the times for three days. Thereafter, the patient should be given milk boiled with soft rice and mixed with adequate quantity of jaggery for ten days. For the next ten days, the patient should be given rice mixed with sour fruits and soup of the meat of animals inhabiting arid land. The patient should be given fomentation therapy over the operated part for ten days with the help of warm ghee or hot water without fail. The ulcer should be washed with the decoction of drugs belonging to ksīri vrksa group. Over the ulcer, the paste of rodhra, maṇjiśṭhā and praparśdarīka should be applied. Along with these drugs and by adding haridrā, oil or ghee should be cooked. With this medicated oil or ghee, gentle massage should be employed over the ulcer. If the blood becomes clotted, then the

1. व इति प्रतिपुस्तकेषु पाठः।
2. पाठोज्यां प्रतिपुस्तकेषु नोपल्लयते।
3. ‘सुध्य रात्राच्छ......... नाहि’ पाठोज्यां प्रतिपुस्तकेषु नोपल्लयते।
patient should be treated with *uttara basti* (medicated douche employed through the urethra). After seven days, when the urine starts passing through its normal passage, the ulcer should be cauterized. After the urine passes through its normal passage, the patient should be given *uttara basti* (medicated douche) and *āsthāpana* as well as *anuvāsana* types of medicated enema with the decoction of drugs belonging to *madhura* and *kaśāya* groups. If the seminal stone or gravel comes to the urethra of its own and gets lodged, it should be taken out through the urethra. If it is not possible, then the urethra should be incised and the stone or gravel should be removed with the help of the equipment called *badīśa*.

Diet and Regimens

After the ulcer is healed, the patient is forbidden to have sexual intercourse, to climb mountains, to ride on elephants and *ratha* (carts) and to climb trees for one year. He should not swim in the water and should not take heavy food.

1. *śrīgaṅgatānāt*  
2. *aśīvīṇīyāt*  
3. *śūkla*  
4. *nūpātādā*  
5. *praduṣāvā*  

**Prānutamati** 111611

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1. *śrīgaṅgatāna*  
2. *aśīvīṇīyan*  
3. *śūkla*  
4. *nūpātādā*  
5. *praduṣāvā*
Complications

During surgical operation, the surgeon should not touch eight organs, viz. *mutra vaha srotas* (urinary channel), *śukra vaha srotas* (seminal channel), *muṣka srotas* (vas deferens), *muṭra praseka* (urethra), *sevani* (suture in the perenium), *yoni* (female genital tract), *guda* (anus) and *basti* (urinary bladder). If the urinary channel is incised by mistake then the bladder becomes filled up with urine (without an outlet); if the seminal channel is incised by mistake, then this leads to death or impotency; if the vas deferens gets incised then it leads to non erection of the penis; if the urethra gets incised, then urine will flow continuously (absence of sphincter action); if the perenial suture or the female genital tract is incised by mistake, this leads to pain; and if urinary bladder or anus is cut, then symptoms as mentioned before will appear.

Thus, it is said:

A physician, who is not experienced in surgical methods, kills several persons by his ignorance about eight vital organs and their channels.

1. *वयन्तिहि प्रथमपंचमपुस्तकयः पाठः:।*
2. *प्राणांशेषकाण्डे इति पारमपाण्ड्ययोः पाठः।*
According to Aṣṭāṅga Kāṇḍa

When urine starts passing, the surgeon should cauterize the ulcer, and after the passing of urine, the patient should be treated by drugs having mostly sweet taste. The surgeon should not touch with his instruments eight vital parts, viz. mūtra vaha srotas (urinary channel), sukra vaha srotas (seminal channel), urinary bladder, testicles, sivani (sutures in perineum), anus, urethra and female genital tract including uterus.

‘निगुण्डिकात्रिभंलिसुताचः विबर्ण्य गोलं सिकताहयत्रे ’

पक्षवात्य बलः किल मातुलंगीरलिनिहंदमरिगोगुणम्

॥ चिन्विक्रमसः ॥२३॥”

Trivikrama Rasa

Purified gandhaka and pārada, tāmra bhasma and śilā jatu should be triturated with the juice of nirguṇḍi and cooked in vālukā yantra. This should be administered in a dose of one valla along with the juice of mātulūṅga which cures even serious types of aśmari (stone in the urinary tract).

इति श्रीमहाराजाधिराजटोडरमल्लविरचिते टोडरान्नदे

प्रायूबेचीसौख्ये ग्रामसांविनिविनितसाक्षयन नाम चिन्विक्रांवरि-

हस्तमो हर्षः ॥२४॥

Thus, ends the 43rd Chapter dealing with the diagnosis and treatment of aśmari (stone in urinary tract) in the Ayurveda saukhya of Tōdaraṇāṇanda composed by the great king Tōdara Mallā.

1. ‘निगुण्डिका …… चिन्विक्रमसः’ पाठोप्य चतुर्प्रक्ष्चपुप्पुस्तकयोः

प्रथिकमुपलम्यते ।
CHAPTER IX

प्रथ प्रमेहप्रमेहापिडकानिर्दानं चिकित्सा ।

Diagnosis and Treatment of Prameha and Prameha Piḍakā

"प्रमेहः विशिष्टस्त्रृ इलेक्माण दश, पिंततः।

षड्य, चत्वारोपनिलात्, तेषां मेदोमू चकफाच्याः।॥१॥"

॥ दशाज्ञातृद्वयः निवान १० : १॥

Varieties

Prameha is of twenty types, ten of them are caused by

1. This is the beginning of 48th Chapter of Ayurveda saukhyya in Toḍarānanda and the invocation reads as follows:

जलेइमिभत्वदालं गतं समानयचोजनं वशस्तिस्तम् । क्रोऽद सपूता

प्रददालु मूम्पिरिमिरां सदा दोडःममल संजके ॥

2. इलेक्माण हि याकरे पाठः।
kapha, six by pitta and four by vāyu. These pramehas are caused by the vitiation of medas (adipose tissues), urine and kapha.

Etiology

Leisurely living and indulgence in long sleep, various curd preparations, soup of the meat of domestic, aquatic and marshy land inhabiting animals, milk preparations, freshly harvested cereals as well as corns, freshly prepared wines as well as other alcoholic drinks, various preparations of sugar cane juice and such other foods as well as regimens which aggravate kapha cause prameha (obstinate urinary disorders including diabetes).

Pathogenesis

Kapha, located in the urinary bladder, vitiates the meda (fat tissue), māmsa (muscle tissue) and kleda (sticky metabolic by products) of the body to produce kaphaja pramehas. Pitta also afflicts the above mentioned tissue elements with its increased heat to cause paittika pramehas. Similarly, aggravated vāyu, because of diminished doṣas, reduces and afflicts the above mentioned tissue elements to cause vātika prameha.
Prognosis

Ten varieties of prameha caused by kapha are curable, six varieties of prameha caused by pitta are palliable and four varieties of prameha caused by vāyu are incurable. In kaphaja prameha, the doṣa involved (i.e. kapha) and the tissue elements afflicted are all amenable to similar type of treatment (sama kriyā); therefore, these are curable. In paítikika types of prameha, the doṣa involved (i.e. pitta) and the tissues afflicted need dissimilar (opposite) types of treatment (viṣama kriyā) for which these are only palliable i.e. the patient remains free from these ailments as long as he is taking medicines but becomes victim to these ailments again after he gives up medicines. Vātika types of prameha are by nature very serious ailments (maha-tyaya), and therefore, these are incurable.

कफः सपित्त: पवनाच्छ दोषा:

मेदोस्यांशुकाम्बुसालसीका:

मण्नाच्छवी: विषितं च बुध्यं प्रमेहिण्यं विसातिरेव मेहा:

Three doṣas, viz. kapha, pitta and vāyu and tissue elements like medas (fat tissue), asra (blood), śukra (semen), ambu (watery

1. “दोषो ह्वि विषितः सम्बुध्यम मून्त्र संदूध्य मेहात् कुशः यथा” पाठोम् चतुष्पद्यपुस्तकायो: प्राधिकमुपलम्यते।
elements), vasā (muscle fat), lasīkā (lymph), majjā (bone marrow), rasa (plasma), ojas (essence of all tissue elements) and piśīta (muscle tissue)—all these are afflicted in the twenty types of prameha.

Premonitory Signs and Symptoms

Premonitory signs and symptoms of prameha are appearance of profuse quantity of sticky material in the joints of teeth, etc., burning sensation in hands and feet, smoothness of the skin in the body, thirst and appearance of sweet taste in the mouth.

"सामार्यं लक्षणं तेषां प्रभूताबिलमृत्ताता ।
दोषवृह्वविवेष्येण तत्तत्योगविवेष्यत: ॥
मृत्तवर्णादिविभेदन नेद्रो मेघेषु कप्पयते ॥१॥

Common Signs and Symptoms

Voiding large quantity of muddy urine is the characteristic of feature of all types of prameha. Depending upon the doṣas and düṣyas involved in the manifestation of the disease and their permutation as well as combination, the colour etc. of the urine varies in different types of prameha.

अच्छों बहु सितं शीतं निगंधिमुदकोपमाम् ।
मेघयुवशमेहेन, किचिचाविलपिचिलम् ॥२॥

1. बिषोपयज्यि इति आकर्षे पाठः ।
2. किचिचाविलपिचिलम् इति आदर्शस्फुस्तकोपे पाठः ।
Udaka Meha

In *udaka meha*, the patient passes transparent, white, cold and smellless urine like water (*udaka*) in large quantity.

इक्षु रसविवात्यर्य मधुरं चेव्यु मेह्तः ॥६॥

Ikṣu Meha

In *ikṣu meha*, the urine of the patient is slightly muddy and slimy. The urine is extremely sweet like sugar-cane juice (*ikṣu rasa*).

साद्द्रोभेत्यपूर्णितं सात्रमेहेन मेह्ति ॥

युरामेहिः सुरातुल्यमुष्कव्यवल्लघो घनम् ॥

संहड्डरोमा विस्तेन पिष्टवद्द्हलं सितम् ॥१०॥

Sāndra Meha, Surā Meha and Piṣṭa Meha

In *sāndra meha*, the urine becomes thick (*sāndra*) if it is kept over night. In *surā meha*, the urine is transparent above and thick below like alcohol (*surā*). In *piṣṭa meha*, the patient gets horripilation and passes urine in large quantity which is thick and white like a paste of flour (*piṣṭa*).

शुकामेहं शुकविष्णं वा शुकमेही प्रमेह्ति ॥

युर्वेण सिक्तामेहिः सिक्ताहिंदियो मलान् ॥११॥

Sukra Meha and Sikatā Meha

In *sukra meha*, the patient passes urine which is like *sukra* (semen) or which is mixed with semen. In *sikatā meha*, the

1. सात्रमेहिः हति श्राकरे पाठः ॥
2. सुष्माणून् हति श्राकरे पाठः ॥
patient passes urine along with waste products like sikata (gravel or sand).

शीतमेही सुबहलो मधुरं भूशवीतलम् ।
शाने: शाने: शानमेही मध्य मध्य प्रमेहलित ॥१२॥

Śīta Meha and Śanaiḥ Meha

In śīta meha, the patient passes extremely large quantity of urine which is sweet in taste and which is extremely cold (śīta) to touch. In śanaiḥ meha, the patient passes urine very slowly (śanaiḥ śanaiḥ) in very small quantities.

लालातत्तुपुतं मूंत्रं लालामेहें विचित्रलम् ॥१३॥

Lālā Meha

In lālā meha, the urine of the patient is extremely slimy (lālā yukta) and string come out of it when touched.

गन्धवर्णस्पष्टं: कारणं कारतो भेल्त् ।
नीलमेहें नीलांम कालमेही मधीनिभम् ॥१४॥

Kṣāra Meha, Nīla Meha and Kāla Meha

In ksāra meha, the smell, colour, taste and touch of the urine is like those of ksāra (alkali preparation). In nīla meha, the colour of the urine like indigo or blue (nīla). In kāla meha the patient passes urine which is black (kāla) like ink.

हरिविमेही कटुकं हरिब्रास्पिरनं भेल्त् ॥
विस्तं माल्यज्ञिदमेहें मान्यज्ञातसिलोपमम् ॥
विस्तिरणं सतवर्णं रसांम रसमेहतः ॥१५॥

1. कारतोयवत् इति ग्राकरे पाठः ॥
2. हरिब्रास्पिरनं इति ग्रादर्शपुलकेषु पाठः ॥
3. कटुकं इति ग्राकरे पाठः ॥
Hāridra Meha, Mañjiṣṭha Meha and Rakta Meha

In hāridra meha, the taste of the urine is pungent and the colour is yellow like turmeric (haridrā). In mañjiṣṭha meha, the urine is foul-smelling and it is red in colour like the juice or decoction of mañjiṣṭha. In rakta meha, the urine is foul smelling, hot, saline in taste and red in colour like blood (rakta).

बसामेही बसासिश्रं बसां वा मूृतवेयेनमुहः।
मज्जानं मज्जासिश्रं वा मज्जगमेही मुहुमुहः॥१६॥

[श्रव्णाध्याय: निदान १० : ७-१६]

Vasā Meha and Majjā Meha

In vasā meha, the urine is mixed with vasā (muscle fat) or the patient voids only vasā (muscle fat) while passing urine. The patient suffering from majjā meha passes urine very frequently and the urine is mixed with bone-marrow (majjā) like substance or he voids only bone-marrow (majjā) while passing urine.

कषायं मधुरं रक्षं शौकमेहेन नेहति ॥१७॥

Madhu Meha

In madhu meha, the urine of the patient is astringent as well as sweet in taste and ununctuous.

"हस्ती मद्य हवाजलं मूर्तवेगाविवर्जितम् ॥
सलसीकं चिब्बद्यं च हस्तिमेही प्रमेहति ॥१८॥"

[श्रव्णाध्याय: निदान १० : १७-१८]

Hasti Meha

In hasti meha, the patient passes urine in large quantity like a rogue elephant. He always has the urge for passing urine. The urine contains lasīka (lymph) and nodule like substance.
Classification

Iksu meha, surā meha, piśṭa meha, sāndra meha, śukra meha, udaka meha, lālā meha, śīta meha, sīkatā meha and śanair-meha—these ten varieties are caused by kapha.

Manjisthā meha, hāridra meha, nīla meha, rakta meha, kṛṣṇa meha and kṣāra meha—these six varieties of prameha are caused by pitta.

Hastini meha, vasā meha, majjā meha and madhū meha—these four varieties of prameha are caused by vāyu. These are twenty varieties of prameha.

Additional Varieties

Another variety of prameha is called khaṭikā meha, in which the patient passes urine like chalk (khaṭikā) powder mixed with water. It is caused by vāyu and kapha. This ailment is very easily curable.
Pūya Meha

In pūya meha, the patient passes urine with pus (pūya) and pain. This is caused by the vitiation of all the three dosās. It is extremely difficult of cure.

"प्रशिक्षाकोयज्ञितंविनिद्वाकास: समीनस: ।
उपद्रवाः प्रमेहानां प्रजायते कफातमनाम् ॥२४॥

Complications

Indigestion, anorexia, vomiting, excessive sleep, cough and pīnasā (chronic rhinitis)—these are the complications of kaphajā type of prameha.

वासिभेनयोः शूले मुखावलरणं ग्वर: ।
वाहस्तुष्णा वलभो मुख्य बिङ्गेव: पित्तजनमनाम् ॥२५॥

Pain in the region of urinary bladder and pudendum, craking pain in the scrotum, fever, burning sensation, thirst, mental fatigue, fainting and diarrhoea—these are the complications of paittikā type of prameha.

वातजानामुद्रावर्तकण्ठहृद्ग्महलोत्ताः: ।
शूलमुखिन्नता शोष: कास: भासाः जायते ॥२६॥

[श्रोत्सपाहृदय : निवान १० : २२-२४]
Udāvarta (upward movement of wind in the abdomen) obstruction and irritation in the throat and the heart, colic pain, sleeplessness, consumption, cough and dyspnoea—these are the complications of vātika type of prameha.

"योक्त्रोपप्रवाबिघ्नतिप्रतः तथेव ् 1
पिठिकापीडितं गाछं प्रमेहो हंित मानवम् ॥१२७॥

Bad Prognosis

Patients having the above mentioned complications or having dehydration because of excessive urination or having deep seated diabetic carbuncles do not survive.

जात: प्रमेहिः मधुमेहिः बा न साध्यरोग: स हि बीजबोधात् ।
ये चापि केवितकुल्ला विकारा
भवन्ति तांस्ता प्रवदस्त्यसाह्यान् ॥२५॥

Congenital Diabetes

The patient who is diabetic right from the birth or who is borne of diabetic parents is not curable because of defective genes (bija doṣa). Similarly, other congenital or hereditary diseases (kulajā—lit. familial) are not curable.

सर्व एव प्रमेहाल्ल् कालेनाप्रतिकुष्टात् ॥
मधुमेहाहितमायान्ति तवासाह्या भवन्ति हि ॥२६॥

1. प्रस्थ्रुतमेवपि हि तितीयपुस्तके पाठः।
2. गाछं: हि त्राक्करे पाठः।
3. बा न साध्य उत्त: हि त्राक्करे पाठः।
4. तांस्तानु हि त्राक्करे पाठः।
5. कालेनाप्रतिकारण: हि त्राक्करे पाठः।
Secondary Diabetes

All the types of prameha, if not treated in appropriate time, lead to madhu meha (diabetes mellitus) which then becomes incurable.

मधुमेहे मधुसमं जायते स किल हिघा।
कुद्रे धातुर्क्षयाद्यो दोषान्वततपेतेद्वा। ॥३०॥
प्रावती दोषलिङ्गाणि सोदिनिमितं प्रदर्शयन्। ॥३१॥
श्रीगः क्षणात् क्षणत्वृणां भजते कुच्छसावध्यतम्। ॥३२॥

Pathogenesis of Madhu Meha (Diabetes Mellitus)

In madhu meha, the urine is like madhu (honey). It is of two types. One variety is caused by the diminution of dhātus (tissue elements) as a result of the aggravated vāyu and the second variety is caused by the diminution of tissue elements because of the obstruction in their channels of circulation by the doṣas. In the second variety, signs and symptoms of obstructed (āvyrittā) doṣas are manifested. At times, these tissue elements get reduced, and at times, these are replenished. Ultimately, madhu meha becomes incurable.

मधुरं यतः सर्वेणूः प्रायो मध्वव मेहिति।
सर्वंदिकः मधुमहाया माधुर्यघच्छ तनोर्तः। ॥३२॥"
come out through the urine like honey. Because of excessive sweetness in the body, all such ailments are called *madhu meha*.

\[ \text{pras"ahitaḥ yo dva mura"m"nāva"limi"pa"c"yul} \]
\[ \text{viśādāṃ ti"kkaṭukāṃ tadāra"gāṃ pr"c"kṣate} 133\]

**Signs of Cure**

When the *prameha* patient passes urine which is not cloudy or slimy, which is transparent and which is either bitter or pungent in taste, then he should be considered to be free from this ailment.

\[ \text{"śara"vika ka"c"da"pi"ka jāli"ni" vi"nita"l} \]
\[ \text{ma"ūri"kā sar"p"ika pu"tr"śrī" sā"vi"da"r"ika} 134\]
\[ \text{vi"nā"vi"ta"ti pi"nd"ka: pr"me"ho"peś"aya da} \]
\[ \text{sā"binda"ma"s"nā jāya"n"te mā"n"ṣ"te"} \]
\[ \text{su"dā"man" su} \]
\[ \text{[} \text{pra"ma"s"nu"v"ya: ni"vān 10: 25-26} \]

**Diabetic Carbuncles**

When the treatment of *prameha* is ignored, ten types of carbuncle (*pīḍakā*) are produced, viz. *śara"vika*, *kac"cha"pi"kā*, *jāli"ni*, *vinā"tā*, *alaj"i*, *masū"ri"kā*, *sar"ś"ap"i"kā*, *putri"ni*, *vi"d"a"ri"kā* and *vi"d"ra"dhi*. These carbuncles occur in vital joints and in fleshy parts of the body.

\[ \text{"pra"n"lo"ś"aṇ"a} \]
\[ \text{c tad"vā ni"m"nā"d"ya} \]
\[ \text{šara"v"i"ka} \]
\[ \text{gūri"sa"r"pa"s"} \]
\[ \text{sa"n"ṣṭ"hā} \]
\[ \text{tā"pr"ma"na} \]
\[ \text{c sar"p"i} \] 136\]

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1. *śara"v"i"ka* iti *pra"ma"su"c"kāḥ pa"aḥ*.
2. *pi"nd"ika*: iti *a"k"a"r"aḥ pa"aḥ*. 
aśrāvikā and sarṣapikā

The aśrāvikā type of carbuncle is characterised by raised borders and pit in the centre. The sarṣapikā type of carbuncle is like a white variety of mustard seed in size, shape and colour.

सबाहा कूर्मसंस्थाना जेया कक्षपिका बुधे: ।
जालिनी तीर्थदाहा तु मांसजालसमबृता ॥३७॥

Kacchapikā and Jālinī

The kacchapikā type of carbuncle is like the back of a tortoise and there is burning sensation. Jālinī type of carbuncle is associated with excessive burning sensation and it is surrounded with a net work of thin muscle tissues.

ग्रावगाढ़जाकलेदा पृष्ठे बाल्युदरेदिपि वा ।
महती पिडङ्का नीला सां बुर्धैविनता स्मृता ॥३८॥

Vinatā

Vinatā type of carbuncle is deep seated, painful and accompanied with sticky material. The carbuncle is of large size and it is blue in colour. These carbuncles are generally located either in the back or in the abdomen.

महत्युपचिता जेया पिडङ्का सा च पुष्पिनी ।
मसुरास्त्रितसंस्थाना विजेया तु मसुरिका ॥३६॥

Putriṇī and Masūrikā

Putriṇī type of carbuncle is big in size and elevated. The carbuncle which is like seed of masūra in size, shape and colour is called masūrikā.

1. विनता नाम सा स्मृता इति व्राकरे पाठः ।
2. महत्युपचिता इति व्राकरे पाठः ।
3. चापि इति व्राकरे पाठः ।
Alajī and Vidārīkā

Alajī is a serious type of carbuncle which is red and white in colour and is surrounded by pustules. Vidārīkā type of carbuncle is round and hard like the root of vidārī.

Vidradhi

Vidradhi type of carbuncle is like an abscess.

These carbuncles may also occur because of vitiated medas (fat tissue) even if the patient is not suffering from prameha. These are not visible as long as they do not get firmly located in the tissue (vāstu parigraha).

1. श्वाजलानि इति ग्राद्वपुस्तकेः पाठः।
2. ग्राद्वपुस्तकेः इति ग्राद्वपुस्तकेः पाठः।
Prognosis of Carbuncles

If carbuncles are located in the anus, heart, head, shoulder back and vital organs, if these are associated with complications and if there is suppression of the digestive power of the patient, then such cases should not be treated.

"तुद्धासमांससंकोचमोहहिंककामद्वज्वराः।

वित्तमयन्तरोप्या: पिडकानामुपद्वव:।

[चरणः सूत्रस्थानं १७ : ११०]

Complications of Carbuncles

Thirst, dyspnoea, muscular contracture, unconsciousness, hiccup, intoxication, fever, erysipelas and obstruction to vital organs—these are the complications of carbuncles.

उपभेतुष्टपतो यः प्रमेघी साप्रतिक्रियः।

If the patient of carbuncle suffers from complications like fainting, vomiting, fever, dyspnoea, cough, erysipelas and heaviness, then he becomes incurable.

रज: प्रसेकान्तारणां माति माति विशुध्धित।

Kustann शारीर्य वोषास्च न प्रमेहस्यत्वतिष्ठतः।

Low incidence of Prameha in Ladies

The body of a woman gets cleansed of its impurities every
month because of menstrual flow. Therefore, women generally do not suffer from prameha.

"हृदिरावण दिघरं च मूत्रं बिना प्रमेहस्य च पूर्वायः।
यो मेह्येतु तं न बदेतु प्रमेहं रक्तस्य विस्तत्स्य हि स प्रकौलः॥४५॥"

॥ प्रमेहस्यमुहापिकानवानस् ॥४६॥

**Differential Diagnosis**

If a patient passes urine which is yellow in colour and which contains blood without the premonitory signs and symptoms of prameha, then he should not be diagnosed as a case of prameha. He is actually suffering from rakta pitta (an ailment characterised by bleeding from different parts of the body).

Thus, ends the diagnosis of prameha, madhu meha and prameha pīḍakā.

"द्यामाककोद्रव्यालगोघ्मचणकाढकी ।
कुलत्वाहिष्ष हिता भोज्ये पुराणा सेठिनां सदा ।
जाञ्जलं तिंकशाकानि यवास्थि थमो मधु ॥५०॥"

[भवस्यरत्नावली: प्रमेहाविकार: ४]

**Diet and Regimens**

For the patient suffering from prameha food ingredients containing śyāmāka, krodra, uddālaka, godhūma, caṇaka, ādhaṅkī and kulattha which are stored for a long time after harvesting are always wholesome. He should take meat of jāṅgala animals (inhabiting arid land), vegetables having bitter taste, barley and honey. He should perform physical exercise.

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1. इष्टव्यम्—प्रश्ताज्ञूत्यः निदान १०:३७।
2. कृत्तन घरीर संप्रेक्ष भेदी मञ्जवसानसु:। प्रधा: प्रकर्मते वायुहोता:।
   साध्यास्तु वाताण:। पाठोप्यं चतुर्थंश्चुप्पुस्तकयो: प्रधिकमुर्लम्यते।
Eight types of decoctions prepared of 1. pārijāta, 2. jayā, 3. nimbā, 4. vahni, 5. gāyatrī, 6. pāthā, 7. aguru and 8. sārada, when taken along with honey cure eight types of prameha viz. 1. udaka meha, 2. ikṣu meha, 3. surā meha, 4. sīkatā meha, 5. śanair-meha, 6. laṇaṇa meha, 7. piṣṭa meha and 8. sāndra meha respectively.

The decoction of dūrava, kaśeru, pūnka, kumbhīka, plava and śaivala prepared by boiling with water is excellent for the cure of śukra meha.

1. कमालक्षणितः इति प्रथमपुस्तकेः पाठः ।
2. नियमं इति द्राक्षे पाठः ।
Intake of the decoction of *triphala*, *āragvadha* and *drākṣa* along with honey cures *phena* (?) *meha* in human beings.

"लोग्रामापक्षालमुस्तकानां, विद्ध्यालार्जुनाधवनानाम्
कदम्बालार्जुनाधवनानाम्
चत्वार एते मधुना कषाया:, कफप्रमेहेयु निषेधविनया: ॥५४॥" 

[भृवज्ञरत्नावली : प्रमेहाधिकार : २५-२६]

Intake of the four decoctions of either 1. *lodhra*, *abhayā*, *kalphala* and *mustā*, or 2. *viḍāṅga*, *pāṭhā*, *arjuna* and *dhanvana* or 3. *kadamba*, *śāla*, *arjuna* and *dipaka* or 4. *viḍāṅga*, *dhūtri*, *dhava* and *śalyaka* along with honey cures *kaphaja* varieties of *prameha*.

"प्रशस्ताचन्तुररुड्गमुख्यानन्यप्रोचादेः फलन्तत
सचर्ज्ञकारकासाराच्छ कवाया: प्रक्षसमापकाः ॥५६॥

नीलहरिध्वकायकारमणिप्रिकाह्याण
"" [भृवज्ञरत्नावली : प्रमेहाधिकार : ३५]
मेहान् धनित ध्वासेते सच्छीद्रो रक्तमेहनुतः ॥५७॥

Intake of the five decoctions of 1. fruit of *aśvattha*, 2. fruit of *caturaṅgula*, 3. fruit of *nyagrodha*, 4. *svarijkśāra* and

1. ोद्वर्ती हि त्रावस्मुस्तकेषु पाठः।
2. प्रशस्ताज्ञावृक्षाच्छ न्यप्रोचाच्छ हि त्राकरे पाठः।
3. सच्छप्रमेहाच्छ हि त्राकरे पाठः।

"वायः खर्जूरकास्मयांतिन्दुकाष्याःृताङ्कः।
सुहिमः पीतमात्रस्तु सकौद्रो रक्तमेहनु|१५६॥"

[योगरतनाकरः प्रमेहविचित्रतः पृष्ठ ५४]

Intake of the cooled decoction of *kharjūra*, *kāśmarya*, *tinduka* and *amṛtā* along with honey instantaneously cures *rakta meha*.

"लोधार्जुनेशौरकुचनानामरिष्टकस्वायामलकाभयानाम्।
घात्यर्जुनामरिष्टकः नीलोत्पलानां तिनिषार्जुनानाम्।
चतुर एते विहिता: कषाया: पित्रप्रमेहेऽमधुसंप्रयुक्तः।१५६॥"

[भंडज्यरतनाली: प्रमेहाधिकारः २८]

Intake of the four decoctions of either 1. *lodhra*, *arjuna*, *uśira* and *kucandana*, 2. *ariṣṭa*, *seyya*, *āmalaka* and *abhayā*, 3. *dhātri*, *arjuna*, *ariṣṭaka* and *vatsaka* or 4. *nilotpala*, *tiniśa* and *arjuna* along with honey cures *paṭitika* varieties of prameha.

1. क. "सुहिमः—रक्तमेहनु| पाठोऽयं प्रशम्पंचमुपप्रसः।
नोपलम्यते।
ख. रक्तमेहः इति श्राकरे पाठः।"
Intake of the powder of pāṭhā, kuṭaja, rāmatha, tiktā and kūṣṭha along with the decoction of chinnā and vahni cures sarpt meha.

The decoction of kadara, khadira and pūga is useful in kṣaudra meha. The decoction of agni mantha should be given to the patient suffering from vasā meha.

The decoction of pāṭhā, śīrṣa, duḥṣparśā, mūrva, kimśuka, tinduka and ka pitthā is useful in hasti meha.
According to Suśruta

The patient of udaka meha should be given the decoction of nimba. The patient of iksu vālikā meha should be

1. “सुष्णतः—पाययेत्” पाठोप नश्तपुस्तके अथिकमुपलम्य
2. पारिजातकायां इति ग्राहके पाठः
3. पाठोप ग्रादशपुस्तके सूतकलम्य
4. इख्मेहि इति ग्राहके पाठः
5. पाठाहुस्हरिद्वारकायां इति ग्राहके पाठः
6. हरिद्रादशेहरिद्वारकायां इति ग्राहके पाठः
7. मधुमधुरमिति इति ग्राहके पाठः
8. पौतिकेशो नालमेहि शालसाराविकायामवसत्वायां वा पाययेत्
9. हरिद्रामेहि राजवृक्षकायाम, ग्रामेहि न्ययोदाविकायां
10. मधुमधुरम, क्षारमेहि त्रिफलकायां, महिन्जातमेहि
11. महिन्जातचन्द्रनकायां, शोणितमेहि गुड्डीतित्वकाक्षकामयं
12. खर्जूरकायां मधुमधुरम पाययेत्।”
given the decoction of vaijayanti. The patient of surā meha should be given the decoction of nimba. The patient of sikatā meha should be given the decoction of citraka. The patient of sanair-meha should be given the decoction of khadira. The patient of lavaṇa meha should be given the decoction of pāṭhā and aguru. The patient of piṭa meha should be given the decoction of haridrā and dāru haridrā. The patient of sāndra meha should be given the decoction of sapta parṇa. The patient of śukra meha should be given the decoction of dārvā, śaivāla, plava, haṭha, karaṇja and kaseru or the decoction of kakubha and candana. The patient of phena meha should be given the decoction of triphalā, āragvadhā and mṛdvikā. All these decoctions should be given along with honey. Among paṭṭika pramehas, the patient of nila meha should be given the decoction prepared of drugs belonging to sālasārdi gana or the decoction of atvattha. The patient of hāridra meha should be given the decoction of rāja vrksa. The patient of amla meha should be given the decoction of drugs belonging to nyagrodhādi gana by adding honey. The patient of ksāra meha should be given the decoction of triphalā. The patient of maṇḍiṣṭhā meha should be given the decoction of maṇḍiṣṭhā and candana. The patient of rakta meha should be given the decoction of guḍucī, tinduka seeds, kāśmarya and kharjūra along with honey.

"कम्पिलसन्तच्छवदशालजानिनि विभीतरोहितकोटिजानिनि ।
पुष्पारिणि द्वन्द्वच्छ विचूर्णितानि शोद्रेण लिख्यात् कफपितंभं हृदय ॥६४॥

[योगरत्नाकर: प्रमेहचिकित्सा: पृष्ठ ६४]

Flowers of kampillaka, saptacchada, śāla, bibhītaka, rohītaka and kuṭeja should be burnt and made to a powder. Intake of

- 1. कपिलसन्तच्छविती हृति ग्रादश्पुद्धकेषु पाठः।
- 2. पाठोप्य ग्रादश्पुद्धकेषु नोपलमयते।
- 3. च शूर्णितानि हृति ग्रादश्पुद्धकेषु पाठः।
- 4. कफपितंभेहि हृति ग्रादश्पुद्धकेषु पाठः।
this powder along with honey is useful in the prameha caused by kapha and pitta.

"सर्वेनेहरू धात्या रसः कौशल्याशायुतः।
काशाक्षरियान्वादार्शस्त्रकर्पत्वा कुटः।।१६५।।"
[भोज्यर्तनावली : प्रमेहाधिकारः ६]

The juice of dhātri along with honey and niśā cures all types of prameha. Similarly, the decoction of triphalā, deva dāru and mustā mixed with honey and niśā cures all types of prameha.

"फलचिक्क दाशिनियां विशालां मुस्तां च निःक्षाय निशांशक्तकम्।
पिबेत्कायां मधुस्प्रयूक्तं सर्वस्रेणेया समुच्छमपै निशांखर्तेषु।।१६६।।"
[भोज्यर्तनावली : प्रमेहाधिकारः ६]

In all serious types of prameha, the patient should take the decoction of triphalā, dāru niśā, viśālā and mustā by adding the paste of niśā and honey.

कट्टकेतेरामुक्त्रियान्वाचितकः समः।
सिद्धः काष्यः पात्रः प्रमेहानां विनाशः।।१६७।।

Intake of the decoction of katānikaṣerī, madhuka, triphalā and citraka—all taken in equal quantities, cures different types of prameha.

"त्रिफला दाशाद्वयंक्वावः कौशल्या मेह्हा।"
[भोज्यर्तनावली : प्रमेहाधिकारः ७]
कुटजासनदाश्वद्वंस्यायनप्रायोगिनवः।।१६८।।
[योगरत्नकरः प्रमेहाधिकित्सः पृष्ठ ८६]

1. प्रमेहान इति पंचमपुस्तकः पाठः।
The decoction of either triphala, deva daru and dārvi or kutaja, asana, dārvi, abda and triphala, taken along with honey cures prameha.

"त्रिफलालीं हिंदीलाजुप्प्याचूराण्डः लोधबेलक्रमः ।
मधुना मुरास्वरस इव सर्वान्मेहाधिबारयति। ६६।"

[भेषज्यरत्नावली: प्रमेहाधिकार : ५]

Intake of the powder of triphala or lauha bhasma or śilā jatu or pathyā along with honey cures all types of prameha as the gods destroyed all the demons. [mistakes in second line; translation based on note in fifth mss].

"सालमुस्तककम्प्ललबलकलकमक्षमम पिबेत् ।
घात्रीरसेत शक्तिन सर्वमेहहृं परम्। १५७०।"

[योगरत्नाकर: प्रमेहचिकित्सा: पृष्ठ ६६]

One aksa of the paste of sāla, mustaka and kampillaka should be taken along with the juice of dhātri and honey which cures all types of prameha.

"त्यथा प्रमुख्रावतः योद्योनाकारागधासनम् ।
प्रास्त्रज्ञकपित्यं च प्रियालं ककुं धवम्। १५७१।
मधुको मधुकं लोध्रं वर्णं पारिभ्रमक्रमः ।
पटोलं मेघभुजाति च दल्तीचित्रकमाळकोम्। १५७२।

1. क. मधुतदं मारुराह इति प्रमुखपुस्तके पाठः।
ख. मधुनामारुराह इति प्रमुखपुस्तकयो पाठः।
2. मधुकं इति प्राकरे पाठः।
3. चित्रकपातली इति प्राकरे पाठः।
Nyagrodhādyā Cūrṇā

Nyagrodha, udumbara, aśvattha, śyonāka, āragvadha, asana, āmra, jambū, kapittha, priyāla, kakubha, dhava, madhūka, madhuka, lodhra, varuṇa, pāribhadraka, paṭola, meṣa śṛṅgi, dantī, citraka, āḍhakī, karaṇja, triphalā, šakra and fruits (nuts) of bhallātaka—all taken in equal quantities, should be made to a fine powder. This is called nyagrodhādyā cūrṇā. It should be taken along with honey. Thereafter, the patient should take the juice or decoction of triphalā. This cleanses the urine. It cures twenty types of prameha and dysuria. It prevents the occurrence of carbuncles. In this nyagrodhādyā cūrṇā, seed-pulp of āmra and jambū should be used.
Trikanṭakādya Ghṛta and Taila

Trikanṭaka, aśmantaka, somavalka, bhallātaka, ativīṣā, lodhra, vācā, paṭola, arjuna, nimba, musta, haridrā, padmaka, dīpyaka, maṇiṣṭhā, aguru and candana should be boiled with sesame oil. This medicated oil is useful in pramehas caused by kapha and vāyu. Ghee boiled along with the above mentioned drugs is useful in the treatment of pramehas caused by pitta and sneṣīpiṭa (simultaneous vitiation of all three doṣas).

कफःमहेघावगारसिद्धं सर्वं कपे हितम् ।

पितरमहेघान्यन्यौहसिद्धं पिलते हितं घृतम् ॥१७३॥

Decoctions of drugs have been described above for the cure for kaphaja pramehas and paittika pramehas. If the ghee is cooked with the decoction of the former category, then this medicated ghee also cures kaphaja pramehas and if the ghee is cooked with the decoction of the later category, then this medicated ghee cures paittika pramehas.

"वशामुलं करण्यो क्रो देववाच ह्रीतकी ।

वर्षासूर्वकालयो दस्ती चित्रकं सुपुन्नवम् ॥१७६॥

सुधानिम्बकवस्वाच बिलवं भलातकानि च ।

शतीधुकर्मुलवच पिप्पलीमूलमेव च ॥१८०॥

1. पृथवी हति ग्रामपुलकपेशु पादः ।
2. त्रिकषेठकां पूर्ण तैलच [ यमक च ] हति ग्रामपुलकपेशु पादः ।
प्रथम, दशापलानेतान् भागांतोयामामर्यो पचेत्।
यवकोलकुत्तानां प्रस्थं प्रस्थवध केषोपेत्।॥५१॥
तेन पादावशेषेष्ण घुटप्रस्थं विपावशेषेः।
चिन्चुल्ल ग्रिमला भाग्यों रोहिण्यं गजयिपली।॥५२॥
घुटज्वेवं विज्ञानिन वचा कम्पललकं तथा।
गभुषणनेन तत्सिद्धं पाययेवचं यथावलम्।॥५३॥
एतद्वायतरं नाम विषयां संपरत्तमम्।
'कुञ्जुगमप्रमेहर्षेच श्वययु वातशोणितम्।॥५४॥
प्लोहरं तवाजांसि विद्रधं पिडकांश या:।
ह्रस्मां पथोमृतमां सारवेत्तिरिविध्वति।॥५५॥
पुष्कर्त्तोयामार्यों तच्च पचेदृ द्रव्यायच्चं शामु।
शात्रयाघिके तोयमुस्तसंक्रमते मतम्।॥५६॥
॥ धान्यबत्तं घुटम्॥

[भृषभपर्लावली: प्रवेदहाधिकार : ७८-७५]

1. भागी इति प्रादश्चपुस्तकेन पाठः।
2. 'कुष्ठ—या: ' पाठोवं चतुर्दशथपुस्तकेन: नोपलस्यते।
3. मन्वेतु इति त् आकरे पाठः।
4. वंतीदाधश्चरीविलासव्यस्तज्ञहैर्मलातकाभि: युक्त वर्णांकरं-श्रमवर्णपुरस्वंकरंमूलमूते। इत्येकमाधारंपाधिकारिकं: शूतमयं डोणं
पुष्कर्त्त प्रस्थथि:। एनिचापि कुलवयोकरयु: पादावशेषविकतः।
प्रतिद्वयाधिकारकरोपम्मधकापिलसंविश्वासविधवध्व:। मार्गी चत्र-गर्मण्यपिलस्यरेखितमिसिंह सिंहं पूर्तं एतमेहहृतं शाय क्षय करं
हिर्कापहं गुलमित्व पञ्चावं प्रतिह्वद्वरस्थ: प्रश्वसूज धान्यबत्तम्।
॥धान्यबत्तं घुटम्॥' पाठसख्यं चतुर्दशथपुस्तकेण: नोनियमुपलस्यते।
In one arman of water, ten palas of each of dāsa mūla, karaṇja, latā karaṇja, deva dāru, haritaki, varṣābhū, varuṇa, danti, citraka, punarnava, sudhā, nimba, kadamba, bilva, bhallātaka, śaṭi, puṣkara mūla and pippali mūla and one prastha of each of yava, kola as well as kulatta should be added and boiled till one fourth remains. To this decoction, one prastha of ghee and the paste of nicula, triphalā, bhārīgī, rohiṣa, gaja pippali, śṛṅgavera, vīdaṅga, vacā and kampillaka should be added and cooked. This medicated ghee should be administered to the patient in a suitable dose depending upon his power of digestion. This is called dhānvantara ghṛta. It cures kuṣṭha (obstinate skin diseases including leprosy), gulma (phantom tumour), pramehas of different types, oedema, gout, splenic disorder, piles, abscess, carbuncle, epilepsy and insanity. In one arman of water one hundred palas of the drugs of each category should be boiled for the preparation of the decoction. If, however, the quantity of drugs exceeds three hundred palas, then the quantity of water should be determined according to the general rule of paribhāsa.

"दार्डमस्य तु बीजानि क्रिमिधस्य च तण्डुला:।
रजनी चविकाजाजी नागरं त्रिकला कणा ॥१॥
त्रिकण्ठकत्वं च फलं यमानी धात्यकं तथा ॥ २॥
वृक्षामलं चपला कोलं सिद्धूद्वसमापुर्तः ॥३॥
कल्करकसमं रत्रभिधं तप्रस्यं विपाचयेत् ॥ ४॥
सोऽज्ञे पाने प्रवतत्वं सर्वत्रुषु च मात्रया ॥५॥

1. क. तु फलं इति यष्टप्रस्तको पाठः।
2. बीजानि इति ब्राह्मणे पाठः।
3. समायुतम् इति चतुर्थयष्टप्रस्तकयोः ब्राह्मणे च पाठः।
Diagnosis and Treatment of Diseases

Pradhanānā bhāsmiti viyānaḥ, muṣṭrāghaṁ tathāsmarīm ।

Kṛchchhaḥ sudāsyaṁ chetvā ānyādante naṁ samsāya । 168 ।

uccalānāḥ śrūṇaḥ, kāmalājvaranāśanam ।

'dvādhiṣṭamāṁ gṛhāt namna hanyibrāhmaṁ niṁtāṁ pura । 169 ।

II dvādhiṣṭamāṁ gṛhāt ॥

[Vṛṣabhapratānavalī : Pradhanāśīkaraḥ : 58-62]

Dādīmādyā Gaṛṭa

One prastha of ghee should be cooked with the paste of one akṣa of each of dādīmi (seeds), viḍaṅga (pulp of the dehusked seed), rajāni, cavikā, ajāji, nāgara, triphala, kaṇā, trikaṇṭaka (fruit), yamīni, dhānyaka, vrkasāmila, capalā, kola and rock-salt. This medicated ghee should be administered along with food and drinks in all seasons in appropriate dose. It undoubtedly cures twenty varieties of prameha, mūtrāghata (anuria), aśmart (stone) and serious type of dysuria. It also cures constipation, anāha (abdominal distension), colic pain, jaundice and fever. This is called dādīmādyā gaṛṭa. In the days of yore, it was propounded by the Aśvins.

Pīḍakaṁ sotavalaṁ chetvā muḍhikāṁ cha panchaṁ ।

Tvṣrāṣaṁ niyāṇoḥ śrīśilājatvaṁ āṃśvīśaṇaḥ । 169 ।

Puṇḍarīkamūlaṁ utpalpaṁ nārājaṁ śrīśilājatvaṁ gṛhāt ॥

Śrīśilaṁtvān tadeva gṛhātāṇāyaśvaṁ vṛddha vyaṁ pacheṣṭha-

Bṛhmaṇaṁ dādīmādyā ॥ 161 ॥

II Bṛhmaṇaṁ dādīmādyā gṛhāt ॥

1. ‘dvādhiṣṭamāṁ—purā’ padavāṁ, aśśaudhaṃ pustakamkṣu niṃtāṁ ।
Bṛhat Dāśimādyā Gṛṭṭa

If, to the above mentioned recipe, the paste of puṣkara mūla, utpala, mṛdvikā, pacampacā, tvak, rasāṇjana, madhu yāṣṭi, śīlā jatu and amla vetasa are added and cooked, the preparation is called bṛhat dāśimādyā gṛṭṭa. [The prose paragraph is the explanation of the two line verse. This appears to be an interpolation]

“त्रिकुट्रिकुट्रालाकूडङ्कुर्मुक्तुण्डो गुणालुः। १
गोकुइरावायुसूदुं गुटिका कारयेवद्विषुक्। ॥५४॥
दोषकालबालापेती भक्षयेचिह्नुलोमिकाम्। ४
न च चातुर परिहारोदितं कर्मकुष्ठयाध्वेण्यतिम्। ॥
प्रमेहान्नुस्रात्वातांशं वातरीगोदरान्न जयेत्। ॥५५॥”

॥ यमुणायागुटिका ॥

[योगरतनाकर : प्रमेहचिकित्सा : (उत्तरार्द्ध) पृष्ठ ६७]

Tryuṣanādyā Guṭikā

The powder of trikaṭu and triphalā (one part each) and guggulu (six parts) should be triturated by adding the decoction of gokṣura. Pills should be prepared out of this paste and
administered in appropriate dose depending upon the *doṣa* involved and the nature of the season. This helps in the downward movement of *vāyu*. There is no dietetic restriction and the patient can do his work as he desires. It cures various types of *prameha*, *mūtrāghāta* (anuria), diseases caused by *vāyu* and *udara* (abstain from abdominal diseases including ascites).

“शालसारावितोयन भावितं यथिक्ष्लाजतु ।
पिवेतेनेव संज्ञपेतः पिष्टं द्वाखयुः ॥६६॥
जाज्ञलान्तरसः लावद्वतस्तर्मणये जीवां च भोजनम् ।
कुर्यदिवं तुलां याबुप्पुरुषोऽस्तित्वां मानवः ॥६७॥
मधुमेहः विभावासी शार्करामक्षमाया तथा ।
बुद्धांसन्धिब्लोऽवेत सतं जीवत्यनायः ॥६८॥”

॥ [शिलाजलूपयोगः ] ॥

[भूष्यरत्नावली : प्रमेहाधिकारः : ४५-४७]

Administration of Šilā Jatu

Šilā jatu (an exudate from stone) should be impregnated with decoction of drugs belonging to *tālasārādi gaṇa*. The patient, who has got his body cleansed, should take this paste in a suitable dose depending upon his strength. After the medicine is digested, he should take food along with the soup of the meat of animals inhabiting arid land. In total, up to one *tulā* of *šilā jatu* should be administered to him. This cures *madhu meha* (diabetes mellitus), *sarkarā* (graveluria) and *atmari* (stone in the urinary tract). The patient being free from these diseases live for one hundred years with complexion and strength of the body.

1. एवं च कुडवं इति प्राकरे पाठः ।
“चन्द्रप्रभा-चंचा-मुस्ताभूमिन्माय्ययारवः”

1. हरिणातिविषा दार्वी पिप्पलीसूलचित्रका: १२०१
2. धायकं चितला चव्यं विंडं जगपिप्पली ।
3. व्योव माधकमहातुंच ही शारी लवगान्त्रयम् ।१२०२
4. एताति शानमार्गारिण धृत्यं काययेत्वत्थः ।
5. त्रिवृंदमलीपकरस्त्र त्वंगुला बंशालोचनः ।१२०३
6. प्रत्येकं कर्ममार्गारिण कुर्यावेत्तानि बुद्धिमान् ।
7. द्विकरं हत्तलों त्याच्चतुः वर्ण सिता भवेत् ।१२०४
8. धलाजलवकरस्त्र त्यादेः कर्मचर्गुम्बुली ।
9. एमरेकन संसूक्ष्म कतःत्या गुटिका शुभः ।१२०५
10. चन्द्रप्रभेति विह्याता सवरोपग्रन्दाविनाय ।

प्रमेहान् विशार्दि कृष्णान् मूर्ताधानं तथाग्रिमू ।१२०६॥

1. सूरदारवः इति भारकरे पाठः ।
2. चत्त्रकम् इति भारकरे पाठः ।
3. गुम्बुलमाध्यक व्योव इति भारकरे पाठः ।
4. त्याज्ञाताणि सदूगुल्लामातुंकु पुषकु इति भारकरे पाठः ।
5. बंशालोचना इति प्रयमचतुः पुस्तकयोः पाठः ।
6. गुम्बुला: इति पंचमपुस्तकः पाठः ।
7. गुटिका: शुभः: इति प्रयमपुस्तकः पाठः ।
8. गुटिकाः: शुभः: इति प्रयमपुस्तकः पाठः ।
9. चन्द्रप्रभाः: इति प्रादेशपुस्तकः पाठः ।
10. निहारत: विशार्दि प्रमेहान्त कृष्णान्त तथा इति भारकरे पाठः ।
विंध्यानाहृशुलानिः मेंप्रणितमवार्ल्दम् ।

श्रंवृंद तथा पांडुः कामलांश्च हलीकम् ॥१०५॥

षण्डवृंद कटीशुल् शवासं कासं विचङ्गचकाम् ।
कुष्ठानि रक्षा [?] कण्डूलीहोदरभग्नदरम् ॥१०६॥

नेत्ररोगं वन्तरोगं स्त्रीणामार्तवजां रज्जम् ।
पुषाः युक्तलांद्रोधान्धार्षिमिनर्ढच तथा ॥१०७॥

वायुपितकां हंग्याहल्या स्वह्या रसायनी ।
चन्द्रप्रभायं: कर्षस्तु चतुःशास्ते विधीयते ॥१०८॥”

चन्द्रप्रभा गुटिका ॥

[भूमिज्ञरत्नावली : प्रमेहाधिकार : २१३-२२०]

Candra Prabha Gutiika

One सां of each of candra prabhā, vacā, mustā, bhūnimba, deva dāru, haridrā, ativiṣā, dārvi, pippali mūla, citraka, dhānyaka, triphalā, cavya, vidāṅga, gaja pippali, vyoṣa, bhasma of mākṣika (copper pyrite), svarji ksāra, yava ksāra, sāmudra lavaṇa, saṁdhava lavaṇa and vida lavaṇa, one karsa of each of trivṛt, dantī, patra, tvak, ēlā and vamśa locana, two karsas of lauha bhasma, four karsas of sugar and eight karsas of each of silā jatu as well as guggulu should be made to a powder (sticky material to be

1. चन्द्रचास्मरीसेम्यमूनागाधाताःतंत्रयोदश इति ग्राकरे पाठः।
2. षण्डवृंद इति ग्राकरे पाठः।
3. कासं शवासं तथाकुष्ठमिनमधमोत्षकम् । वायुपितकक्रमाधीनूः
   बल्य कृष्ण्या रसायनी। समाराध्य शिवं यस्माव्यततादृगुड़िका
   मिनाम्। प्राप्तवंचन्द्रमास्तसमादियं चन्द्रप्रभा स्मृता। इति ग्राकरे
   पाठः।
added separately) and mixed well. From out of this, pills are to be prepared. This is well known as candra prabhâ and it cures all diseases. It cures twenty varieties of prameha, dysuria, mûtrâ-ghâta (anuria), ašmari (stone in the urinary tract), constipation, abdominal distension, colic pain, meda granthi (lipoma), arbuda (tumour), antra vṛddhi (inguinal hernia), anemia, jaundice, halimaka (a serious type of jaundice), anda vṛddhi (scrotal tumour), lumbago, dyspnoea, cough, eczema, kuśtha (obstinate skin diseases including leprosy), itching, splenomegaly, fistula-in-ano, eye diseases, diseases of teeth, menstrual disorders (pain) in females, seminal disorders in males, suppression of the power of digestion and anorexia. It alleviates vāyu, pitta as well as kapha and promotes strength as well as virility. It rejuvenates the body. In this recipe, candra prabhâ is described to be taken in the quantity of one kārsa which should be treated as equivalent to four śānas.

"प्राखंडं निऋतुनिधिकेरकणाशुभेश्मरीचाम्बुद्वम्
भूजारं जलं भ्रायालबधरीचवचवजबीं तुगा।
श्राय जीरकधान्यं सभुमि: पुष्पं च जातीदलम्।
शुद्धारं बवरं पलादकमियं सभारिकेलाद्यम्।
पुष्पं चाषुपलं च सौरभेय: प्रस्थत्रये सभचेत्।
पश्लादालकोरीजलशराधावारङ्गं पिधीक्षुतम्।
शुष्कोधकृत्य द्राहके च सघृते मन्वाभिना चूर्णयुक्।
बलःव्योपलादापदुत्तुलया लघुदेण पाकीतुतम्।
भूकं प्रातिबिं प्रमेहसहिताधामानिन शूलानि च।
कृष्णं वेन्यमसृक्कू तित्व मुखग्योगङ्किलिमोजुवाम्।

1. दरवन्त इति ब्राह्मरे राठः।
2. देवलाबद्भवं इति पश्तुस्तके राठः।
3. चूर्णयुक्त इति ब्राह्मरे राठः।
4. चवर्यं इति पश्तुस्तके राठः।
Pūga Pāka

Half palas of each of śrī khaṇḍa, tri sugandhi, kesara, kaṇā śuṇṭhī, marica, ambuda, śṛṅgāṭa, jalaja, priyāla, badari, dhātrī, seeds of lotus, tugā, drākṣā, jīraka, dhānyaka, jasmin flower (jāti puspa), mace (jāti dala) and purified hiṅgula, pulp of three coconuts and eight palas of pūga should be cooked in three prasthas of cow’s milk. Thereafter, this should be added with half sarāva of the paste of each of āmalaki, satāvari and jala and dried. All these should be fried in a pan with mild heat by adding ghee. To this half pala of vaṅga bhasma should be added and mixed. This should be cooked by adding water and half tulā of sugar. This recipe should be administered to the patient in the morning. It cures prameha, abdominal distension, colic pain, consumption, weakness and bleeding from the mouth, anus, ear, eyes and hair roots. It prevents aging process and stimulates the power of digestion. It is nourishing. It promotes strength and tissue elements and it gives physical as well as psychic comforts. This recipe should, therefore, be used regularly.

“मालिकां धातुमध्यें युज्याद्याल्प्यं गुणः।
शालसारादिवर्गम्य ब्राह्मणं तु लघुतां गते ॥१३५॥

1. मन्दाभिन्नहृद्दृश्यम् इति भारकरे पाठः।
2. पूर्वपाकः इति भारकरे पाठः।
3. चन्द्रां इति भारकरे पाठः।
The bhasma of mēkṣika (copper pyrite) should be boiled with the decoction of drugs belonging to śāla sārūḍi gaṇa. When it becomes semi-solid, the powder of dantī, lodhra, kānta lauha bhasma and tāmra bhasma should be added to it and cooked till the preparation becomes more dense but it does not get burnt. Intake of this linctus cures different varieties of prameha.

"व्यायामाजातमलिं जयेत् मेहानल्योहिति ।
पादचच्छत्रहितो मक्षाशी मुनीवचकः ॥३२॥
योजनानां शतं गच्छेदविकं वा निरंतरम् ।
मेहान् जेतु वने वापि नीवारामलकाशनः ॥३३॥"

[भेषज्यरत्नावली : प्रमेहाधिकार : ३२-३३]

Exercise

All types of exercise cure pramehas. The patient should continuously walk for one hundred yojanas without using shoes and umbrella, and by begging for his food like a saint. Alternatively, he should reside in a forest by eating nīvāra and āmalaka which will make him free from pramehas.

शराविकाशा: पिड़का: साध्येच्छोधवद्दृष्टक् ।
पक्षाधिपितेत् वणवत् तासां पाने प्राप्त्यते ॥३४॥

1. 'व्यायाम—-मेहानल्योहिति' पाठोपय प्रमपरषमुस्तकः
नोपलम्यते ।
2. वले इति प्रमपरषमुस्तके पाठः ।
Treatment of Carbuncles

Carbuncles like šarāvikā, etc. should be treated on the lines suggested for sotha (oedema). When suppurated, these carbuncles should be treated on the lines suggested for the treatment of vrāna (ulcers). These patients should take decoctions of herbs and use cow’s urine for cleansing ulcers. The oil cooked with drugs belonging to elādi gana helps in the healing of ulcers. He should use the decoction of drugs belonging to ṛagvadhādi gana. The powder of these drugs should be used by him for unction. He should take bath by boiling water with drugs belonging to śālasārdi gana and his food should be prepared by boiling with drugs belonging to Varunādi gana.

“सौविरकं सुरा स्वकं तैलं औरं गुडं घृतम् ।
श्रम्लेक्ष्यसपिद्रांशानापमांसानि वर्जयेत् ॥१२॥
”

[वेबज्ञातनावली: प्रमेहाविकार: २४६]

Prohibitions

The patient, suffering from prameha, should avoid sauvīraka (a type of vinegar), surā (alcoholic drinks), sukta (another type of vinegar), oil, milk, jaggery, ghee, sour juice, sugar cane juice, pastries and aquatic meat.

मारितं त्रप्युसींं वा वशं हरिण्यूंगकम् ।
कुर्पसबीजम्माज्ञा च तुल्यमकोल्हवीजकम् ॥१२॥

1. क्षारं इति भाकरे पाठः।
पेघयेत्ताहिष्ये तक्रे विनेंकं वटकीक्षलम् ।
माषद्वयं सदा खादेन्तुरानाम प्रमेहजित् ॥
श्रवच्छद्वायाचार्याक्षायमनुपायेऽत् ॥१२४॥

Vanga bhasma, nāga bhasma, bhasma of deer horn, pulp of cotton-seed and seed of akolha (?) should be taken in equal quantities and triturated by adding the butter-milk prepared of buffalo-milk. This should always be taken for the cure of surā meha. The patient should use the decoction of aksa, pāthā, abhayā and dārvi as anupāna (post-prandial drink).

गंधकं गुडसंयुक्तं कर्षभुकं प्रमेहजित् ॥१२५॥

Intake of purified gandhaka along with jaggery in a dose of one karṣa cures prameha.

“रसं गंधं विंघं लोहं जालीपत्रं च तत्कलम् ।
श्रवच्छोधाहिष्यें च खुरासानं च चिन्तकम् ॥१२६॥

1. “किसुकु म्गज्जणम् इम्यं गंधं मोपवस्यविचेिवयं मुहेधं: पाचवेदिति
तु दोलकयाथसोलितम् । विवादगंधक्षणं तुलसी सह देविका
रसाम्यापि। मूंगस्य रसेन जिलकः । मुनिभवनया
सुसाहितं कर्षारं न नागरेण चापि शतुप्रतिकया सहादनात्
क्षायपतेव फिरगमात्मम् । किसुक्पुष्य सेर १, गजपिपली टांक १८,
क्षायबग्नं टांक १५, चूर्णकह ध्रावसरोदवचा मध्ये कालवृत्त
स्वामध्ये वोळायो वेरेच्छ गंधकशोधि व्योगः परितः दुःहेजले
मागकाटन तुलसी रस सहदेवी मूंगराज गोंजीस्वायं वी प्रत्येके पुत्र
देह्योगः द्रायायास्ति करिजे । श्राकरकल धुिः शतावर्क यांच्छे
स्नुपाने एकमातामलिङ्के फिरंग जाईं। शालमली य्येवूलाचेचेंसाम
मध्ये गंधक पातल यथा शोभावेष्ठ कांसवेला माह नाष्टक-
विस्द्धाया लुक्क करिजे गोपूंते सोमलिङ्के मासाच्छकोषकाहो ।
pाठोव्यं चतुर्भेष्ठपुस्तकयोः ओजिकम्पपलम्यते।
Purified pārada, purified gandhaka, purified viṣa (aconite), lauha bhasma, jāti patra, jāti phala, abdhi śoṣa, ahi phena, khurāśāna, citraka, deva pūṣpa—all taken one part each and eleven parts of abhraka bhasma should be impregnated and triturated for seven times with the decoction of the root of citraka. This should be administered to the patient in an appropriate dose for the cure of all types of prameha, piles, grahaṇī (sprue syndrome), oedema, anemia and diminution of semen. This should be taken along with suitable anupāna (post-prandial drink). This is experienced to be effective in these ailments. It is called śrī meha bhairava.

Meha Bhairava Rasa

1. Bhayetātātaḥ saṁ kva cintamukāpāyaḥ. II
2. Yathā sātpyaṇe sānyoṣāṁ saṁ bhrāhāparāṣaḥ yathāprākāyaḥ. II 1271
3. Śrāvīśī prahrāṇoṣyopāṇoḥduśaḥkaḥ yathā tūṣāmaḥ. 1
4. Yathāprākāya yoseṣaḥ viṣaṃ kva śrīmehaśāparāḥ. II 1281
5. Mehaśāparāḥ. II

[भारतभृष्टाध्यायताकरः चतुर्भागः पृष्ठ २६५]
प्रामेहा

1. मायमात्री लिहेन्तकंद्रकम्बहमुग्रापनुतये।
2. शृङ्गुम्बरं फलं पक्मं वृृणितं कर्मात्रकम्।
3. 'सेलेहस मथुना सादमनुपानं सुलावहन्।
4. तारकेश्वरं॥

[भवज्ञरत्नावली : प्रमेहाविकार : ११५-११६]

Tārakesvara Rasa

Bhasma of pārada (rasa sindūra), purified gandhaka, lauha bhasma and abhraka bhasma—all these drugs taken in equal quantities should be triturated by adding honey. This powerful recipe is called tārakesvara rasa. This should be administered in the dose of one mūṣā along with honey for the cure of vahu mūtra (diabetes insipidus). One karṣa of the powder of ripe udumbara fruit and honey should be given as anupāna (post-prandial potion).

1-7. गुल्मालः इति ग्राकरे पाठः।
2. शृङ्गुम्बरं इति ग्राकरे पाठः।
3. मथुना लिहेन्तु इति ग्राकरे पाठः।
4. 'सं० — — सुलावहं' पाठोयं ग्राकरे नोपलमथेत।
5. तारकेश्वरं इति चतुर्थः पुस्तकेन पाठः।
6. कपिलक्ष्यम् इति प्रथमः पुस्तकेन पाठः।
7. मेघनादीयः रसः इति षष्ठः पुस्तकेन पाठः।
Megha Nāda Rasa

Purified pārada, kānta lauha bhasma, purified gandhaka, tīkṣṇa lauha bhasma, māksika bhasma, trikaṭu, triphalā, silā jatu, purified manah śilā, seed of kolha, haridrā and pulp of kapitthā—all these drugs should be impregnated and triturated for twenty one times by adding the juice of bhringa rāja. This should be administered in a dose of one nīśka which cures all types of prameha. This is called megha nāda rasa.

1. महानिम्बस्य मूलानि पेष्येत्‌डुलाम्बुना
2. सचीताम्यचिरायन्युः पानामेघांत्रियांच्छतान् नृढः

The root of mahā nimba should be made to a paste by adding taṇḍulāmbu (rice-wash). Intake of this paste along with ghee cures chronic type of prameha.

3. सुलार्धमामलजलः सप्ताहं भावयेत्‌
4. हरिजांकरसंजः स्याद् रक्तपिन्त्रमेघुतुः नृढः

II हरिजांकरः

1. बीजां इति चतुर्थंवर्धपुस्तकयोः पाठः
2. वातामेघाहारविहरिताम् इति चतुर्थंवर्धपुस्तकयोः पाठः
3. केवलत्रिशाङ्कालः इति वर्धपुस्तकेऽपाठः

ख. “कत्पलेष्मुताराजस्य तद्वेव वर्धकं मतम्
नामण्य गन्धसम वोह्विं शिलातालकसीसकम्
दरद्य नरनामः च पपात घृत्य बीजांकम्
प्रहोकांवर्धालेष्मु द्वाराच्छेव खल्ले स्विगवरः
संमिबं काम्यती वूल्य वायुनीतिगेस्य भाववेयोः
काचमाच्छिन्नातोषः हरिजांकरः हस्तमुंहः खल्लेत्
हुसपादी रसे सम्यक् रगुनभंपरिमावेयोः

(continued on next page)
Pārada bhasma and abhraka bhasma should be impregnated and triturated with the juice or decoction of ṛmalakī for seven days. This is called Hari śaṅkara. It cures rakta pitta (an ailment characterised by bleeding from different parts of the body) and prameha.

(continued)
"रसस्य भस्मन तूल्य बझ्भस्म प्रकल्प्ये त ।
प्रस्य रक्तिकं हंति मेहान् क्षोदसमन्वयत्र इ।१३५॥
॥ वंगेश्वरः ॥
[भैरवयाज्यरत्नावली : प्रमेहाधिकारः ॥६०]

Vahgesvara

Paṛada bhasma and vaṅga bhasma should be taken in equal quantities and triturated. This should be administered in a dose of one ratti (125 mg.) along with honey which cures pramehas.

"एला सकपूरिता सणाती जालीफलं गोकुरशालमलतधकः ।
सुतामवंगमयसमस्म सर्वमेततसमां परिमहनीयम् ॥
निश्चार्ममानं मघुना विलिङ्ग वन्हंति सर्वाभयमेहजातान् ॥१३६॥
॥ प्रमेहकुटारः ॥

[भारतभैरवयाज्यरत्नाकरः द्वितीयभागः प्रृ० २०५]

1. प्रयोज्येत् हंति प्राक्रेन पाठः ।
2. क. प्रस्यमाष्ट्रयं हंति प्रथमपुस्तकेन पाठः ।
ल. प्रस्यगुपञ्जात्रयं हंति चतुर्थाश्च्च पुस्तकायं पाठः ।
3. क्षोदसमोक्षकम् हंति प्रथमपुंमस्तकायं पाठः ।
4. 'एला —— प्रमेहकुटारः' पाठे च प्रथमपुस्तकेन नोपलम्यते ।
5. क. सुतामवशायसं हंति षष्ठपुस्तकेन पाठः ।
ल. सुतामवशायसंसमस्म हंति प्राक्रेन पाठः ।
6. परिमहनीयम् हंति प्राक्रेन पाठः ।
7. गुहारिकाशालमलिकाक्षायंनिष्ठकायमानं मघुना तत्तदं ।
वधा वर्जनं च तुक्लेति संज्ञा सर्वं प्रमेहेषु नियोज्येताम् ।
हंति प्राक्रेन पाठः ।
8. चन्द्रकलावटी हंति प्राक्रेन पंचमपुस्तकेन च पाठः ।
Prameha Kuthāra

Elā, karpūra, sugar, dhātri, jāti phala, gokṣura, bark of śālmalī, pārada bhasma, abhraka bhasma and lauha bhasma—all these taken in equal quantities should be triturated. This should be administered in a dose of half niśka along with honey which cures all types of prameha.

1. कुलत्थचणकोइति षटपंशके पाठः ।
2. एकावाशित वारं तु तैले वां विशोधयेत ।
3. कन्याकालों महिषीतके निशाचरूण नियोजयेत ।
4. तदजुः शोधयेत।सम्यके विशिष्टवारतः ।
5. नितिध्य लांपे वां लोहदय्यो प्राचालयेत ।
6. यामदयाजुःकेस्त्रस्म तदर्सम चः सर्वरकः ।
7. सूतस्लुतुयांमणे सूतुतुया विलयास्िनेत् ।
8. समचर कन्याकालों शाल्यलीवारिणा तथा ।
9. धर्तरकाकमाची वाचिविनीससमवस्तम ।
10. काणकुपां स्वप्नुदचार वषित्य यामचतुष्टयम् ।
11. स्वांगशिऱी समुतायं सर्वमोगेशु योजयेत ।
12. वंसेश्वरस्मिनि स्वातो प्रमेहानु हितं विशिष्टः ।

II. बांगेश्वरो बृहत्त दीक्षी ।

वंगं त्वलावेला २१ ताकमपतीं चेड़ि सातिवें ब्राह्मण सेर ४ ल्यात
हलवि टांक ६ बांगिवालालोत्तावेला २१ मगधापरी छालू-चुली बारिे बापो पनी कणुपारणं प्रहारं दो-मध्ये मस्म होइल
केवल पाठ बेरमनबं चेर १ तारिका पाठ सेर मनसील पाठारे
काजळी करावींगुमें वा कुमारी पुट १ शाल्मली पोठवायां
कोतरास करबकागरणी चिकित्तः उंतर साती पानी चनून
रसुपांशी पूरे प्रिति पूरी शुक कीजे वालुका वर्ती च ठिबे
प्राणग्रहरं ४ बुझेबेश्वर होय। पाठायम् भितनयष्टपुष्टकमोऽ
प्राधिकपुपलमये ।

2. कांबरोंको इति षटपुष्टके पाठः ।

3. प्रानमः जांगलो इति षटपुष्टके पाठः ।
Wholesome Diet

Kulattha, caṇaka, uddālaka, Śyāmāka ṣāhaki and kodrava—all these stored for some time after harvesting (purāṇa) are useful for patients suffering from prameha. Similarly, soup of the meat of arid-land animals without adding ghee or oil is useful for these patients.

Thus, ends the 44th Chapter dealing with the diagnosis and treatment of prameha, madhu meha and pīḍakā in Āyurveda saukhya of Toḍarānanda composed by the great king Toḍara Malla.
CHAPTER X

श्रथ मेंदोरोगनिदानं चिकित्सा च।

(Diagnosis and Treatment of Obesity)

1. This is the beginning of 49th Chapter of Āyurveda saukhya in Tṛṣṭārāṇi and the invocation reads as follows:

गोविण्ड गानेन ब्रजागता। वनेरुः कुत्यानि पूर्ण समान्हुत:।
कृतवा प्रवर्धे त्वस्मी नरेन्द्रे वालिन्तं कुष्ठिच्च। टोडिन्तेन संजेन।
पाठोऽयं चतुर्वययथपुस्तकोऽवतोऽनुपलम्यते।

2. स्नेहं भेदे। व्रत्ये वेद इति वारकरे पाठ:।

3. मेदस्या। इति शष्ठपुस्तकं पाठ:।

4. ोवेषयां भावत:। इति षष्ठपुस्तकं पाठ:।
Etiology and Pathogenesis

In persons who do not perform any exercise, who sleep during the day time and who habitually take kapha-aggravating food, the end-product of food after digestion is generally sweet in taste. Because of its unctuousness, it produces more of fat which obstructs the channels circulating nourishments to other tissue elements. As a result of this obstruction, other tissue elements do not get nourished. Therefore, along with the excessive accumulation of fat, the man becomes weak and incapable of any activity.

 Signs and Symptoms

The patient of obesity suffers from ksudra śvāsa (minor form of dyspnoea), thirst, unconsciousness, prolonged sleep, trembling, prostration and foul smell of mouth as well as sweat. He is of low vitality and he is less capable of performing sexual intercourse.

Fat is primarily located in the abdomen and bones of all living beings. Therefore, the abdomen bulges out generally in all patients suffering from obesity.
Fat obstructs the channel of circulation of vāyu. Therefore, vāyu specially moves in the kosṭha (alimentary tract), stimulates the digestive enzymes and absorbs the end product of food. Thus, the patient having obesity digests his food very quickly and desires for more and more of food. As a result of this, after the passage of some time, he succumbs to several serious diseases.

In obesity, complications are caused by agni (digestive enzymes) and vāyu. Both of them burn (afflict) the patient of obesity as the fire originating in the forest destroys the forest itself.

When the fat of the body is increased very much in excess, agni (digestive enzymes), etc. all of a sudden give rise to several diseases leading to the death of the patient.
By the excessive increase of fat and muscle tissue, buttocks, abdomen and breasts of the patient becomes loose and mobile. There is increase in body weight and decrease in activities. Such a person is called *ati-sthūla* (excessively fatty or suffering from obesity).

Thus, ends the diagnosis of obesity.

1. "अश्रमचिन्तायवायाध्वकृष्णनारणप्रयः"
2. हृष्ट्ववथमलितस्थीलं यज्ञसमाकभोजनम्।।१११।।

Persons indulging in physical exercise, worry, sexual intercourse, long walk, intake of honey, remaining awake at night and taking *yava* and *śyāmaka* as food get rid of obesity.

1. ऋतुवन्त्रक व्यवायः व्यायां चिन्तनानि च।
2. स्थील्यमुच्छन्ति परित्यक्तं कमेणि तिरवर्तेत्।।१२१।।

If the patient wants to be free from obesity, then he should gradually increase *asvapna* (remaining awake at night) sexual intercourse, physical exercise and mental activities.

1. अनंतस्थिष्य मण्डला वा पिविन् कुशातनुसंवेत्।।
2. सार्वथाजीरकनथोषिसुवथ्वलानला।।१२४।।

1. *वायाढूः* इति प्रथममुस्तके पाठः।
2. *भोजनः* इति प्राकरे पाठः।
3. *मंत्रः* इति पष्ट्वुस्तके पाठः।
4. *पिवेत्* इति चतुर्वष्ट्वुस्तः पाठः।
Obesity

If a person takes hot mandā (scum) of the rice which comes out during boiling along with cavya, jiraka, vyōsa, hiṅgu, sauvarcalā and citraka, then he becomes thin (free from obesity).

समुना शक्तव: पीता मेदोभना विद्यधपना: ॥१५॥

Intake of saktu (roasted corn-flour) along with butter-milk reduces obesity and stimulates the power of digestion.

‘विद्यध’ नागरं क्षरं: कालोहरजो मधु ॥
यवामलकचून्धेन्य प्रयोगः स्थील्यनाशनः: ॥१६॥

॥ विद्यधावं लोहम ॥

Vidāṅgādyā Lauha

The powder of vidāṅga, nāgara and ksāra (alkali preparation), kāla lauha bhasma honey and the powder of yava and omalaka cure obesity.

‘ययों विद्यधश्चिरणि बिफलां कटरोहिणिम् ॥
बृह्यों हृ हि हि पाठामतिविं खिस्थिराम् ॥१७॥
हिमुक्कमक्षुलाति यमानी धान्यचित्रकम् ॥
पीवचर्चलमजाजीबं हुवशावधिति चूण्येत् ॥१८॥
चूर्णांतःदृश्योदकाभागः: चुर्मान्तः समाः ।
शक्तूनां तोडःशुगुणो भाग: सन्तपणं पिवेत् ॥१८॥

1. शक्तवी इति चनुन्यवष्टपुस्तकवी: पाठ: ।
2. वस्तिरिवना: इति वष्टपुस्तके पाठ: ।
3. चूण्मम् इति भ्राकरे पाठ: ।
4. हेकुयक्कमोलानि इति प्रथपुस्तके पाठ: ।
5. पुकरं हेति वष्टपुस्तके पाठ: ।
6. सन्तपणो पियेत् हेति वष्टपुस्तके पाठ: ।
Vyoṣāḍya Śaktu

Vyoṣa, vīdāṅga, śigrū, triphalā, katu rohini, bṛhati, kaṇṭakārī, haridrā, dāru haridrā, pāṭhā, ativiśā, sthirā, hīṅgu, root of kebuka, yamāṇi, dhāṇya, citraka, sauvarcaka, ajājī and havusā—all these drugs should be made to a powder. To this powder, equal quantities of oil, ghee and honey should be added. All these should be mixed with sixteen parts of śaktu (roasted corn flour) and adequate quantity of water. Administration of this refreshing drink (santarpana) cures diseases caused by excessive nourishment, prameha (obstinate urinary disorders including diabetes), mūḍha vāta, kuṣṭha (obstinate skin diseases including leprosy), piles, jaundice, splenic disorder, anemia, oedema, dysuria, anorexia, heart disease, tuberculosis, cough, dyspnoea, obstruction in throat, parasitic infestation, grahanī doṣa (sprue syndrome), feeling cold in the body and excessive obesity. It promotes the digestive power, memory as well as intellects of human beings.

Peyā (thin gruel) cooked with the paste of the leaves of badarī and kāṇji (a type of vinegar) cures obesity. Similarly, the juice of agni mantha and śīla jatu cures obesity.
Amṛtādyya Guggulu

Amṛtā (one part), truṭi (two parts), bilva (three parts), vatsaka (four parts), kalinga (five parts), pathyā (six parts), āmalakī (seven parts) and guggulu (eight parts) should be triturated. Intake of this with honey cures carbuncles, obesity and anal fistula.

Vyōvāmānitrīphālagūstāvibhāgagūguluśamam

खाद्वस्तविजयेन्व व्याधीनमेवः श्लेष्मान्वातत्जान

3. नककुगुगुलु: ॥

Navaka Guggulu

One part of each of trikaṭu, triphalā and trimada and nine parts of guggulu should be triturated. Intake of this potion cures diseases caused by obesity, kapha and āma vāta (rheumatism).

“गुगुलस्तालमूलै च त्रिफला खविं वृष्म् ॥

त्रिरुतालम्बुषा चेव निर्गुण्डी चित्रकं स्नूहि ॥26॥

एवं दशपालन् भागान् तोये पञ्चाङ्कके पवेत ॥

पावेश्यं तत: कृत्वा कषायमवतारयेत् ॥27॥

1. वेलवस्तवन्तै इति ब्राह्मरो पाठः ॥
2. वातविषितं इति षडपुष्टकेपाठः ॥
3. नककािकं इति पञ्चमपुष्टकेपाठः ॥
परं द्वारकं वेयं तीक्षणोंहस्य चूर्णम् ।
पवेताप्प्रेमं पात्रे सुशीते चावतारिते ॥२८॥
प्रस्थायां मालिकं वेयं शिलाजतु पलड्यं ॥
एलतवचः पलांदुच्च विडङ्गनि पलड्यं ॥२६॥
मधुराचार्जुनं कृत्ता द्विपल चिरलांवितम् ॥
पलांदुतु काशिशं भूःण्डुरुपीकं बुधे: ॥३०॥
चूर्ण कुटवा सुमथिति सिनग्धे भाण्डे निधापयेत् ॥
तत: संशुद्वेंहस्तु भक्षयेयसमात्रकम् ॥३१॥
व्रुत्पानं पितुतं क्रीं जाइतां रसस्तया ॥
वातशेषां अण्डं कुमुमेहोदर्रापपम् ॥३२॥
कामलं पाण्डुरोगच भवुं समगवदम् ॥
मूंडालोहिवावोमां गराणि विशालिनि स ॥३३॥
स्तूलानं कांशं अण्डं मेदुं रमणवधम् ॥
कांशयेद्वित्रार्यं कृक्ष पातालसन्निभम् ॥३४॥
बल्यं रसायनं मेद्यं वाजीकरणमुस्तम् ॥
व्रुत्पानं प्रातिज्ञानं बलीपितःनाशम् ॥३५॥

1. एलांतचो इति भारकरे पाठः ।
2. दवासमचितं इति भारकरे पाठः ।
3. भक्षयेयसमात्रकम् इति भारकरे पाठः ।
4. कुमुमेहोदर्रापपम् इति भारकरे पाठः ।
5. मेदुरोगे इति पंचमपुस्तकं पाठः ।
6. पुष्पनं इति भारकरे पाठः ।
Guggulu, tāla mūli, triphala, khadira, viṣa, trivrī, alambuṣā, nirgundī, citraka and snuḥī—all these drugs should be taken ten palas each and boiled in five ādhakas of water till one fourth remains. In a copper vessel, this decoction should be further cooked by adding twelve palas of tikṣaṇa lauha bhasma. It should then be removed from the oven and after it is cooled down, half prastha of honey, two palas of śilā jatu, half palas of each of elā and tvāk, two palas of each of viśāṅga, marica, aṇjana, kṛṣṇa, triphala and kāśiśa bhasma should be added to it and made to a fine powder. This should be kept in a jar smeared with ghee. The patient, having his body cleansed, should take this potion in a dose of one aksa along with the anupāna (post-prandial drink) of milk and soup of animals inhabiting arid land. It alleviates vāyu as well as kapha and cures kuṣṭha (obstinate skin diseases including leprosy), meha (obstinate urinary disorders including diabetes), udara (obstinate abdominal diseases including ascites), jaundice, anemia, oedema, anal fistula, fainting, unconsciousness, poisoning, insanity and poisoning by artificially prepared things (gara viṣa). It is an excellent recipe for reducing obesity and diseases caused by excessive fat in the
body. It exceedingly reduces the bulged abdomen. It promotes strength, rejuvenation, intellect and virility. It endows auspiciousness, as well as love and removes wrinkles as well as gray hair from the body. While taking this recipe, the patient should avoid six things that begin with the Sanskrit alphabet 'ka' like kadali, kanda, kānji (a type of vinegar), kara mardaka, karīra and kāra vellaka.

“त्रिफलातिवाप्यापूविव्विचिन्तवकीङ्कः:”

चिन्म्बारवधण्यासप्तपर्य्यनिशादः: ॥१३६॥

गुड़ीव्वर्षुरीश्वरणछणाकृष्ठसर्पपनागः: ॥

तेलमेलिः सामः पकवं सुरसाविरसाल्पलः ॥१३५॥

पानाभ्यजनमण्डूघनन्यवहत्तु योजितम् ॥

स्वैलतालस्यकिण्डवदीन् जयेतकफक्तानं गदाः ॥१३६॥”

॥ त्रिफलालावं तेलम् ॥

**TriphalaŚādi Taila**

Oil should be cooked with the paste of *triphala*, *ativitā*, *mūrvā*, *trivṛt*, *citraka*, *vāsaka*, *nimba*, *āragvadhā*, *saṅgranthā*,

1. सूतः सतारः सरवः स्वोऽ: । सूर्याभुप्क्षोक्ष्य च वलत्स्याम्शैववषं धुङ्गयुद्द तमेदश्वम मध्वपूतस्यनंपितिविद्यासाम् ॥

2. कः सुरा इति प्रथमपुस्तके पाठः ।

3. शूलतात् इति षष्ठपुस्तके पाठः ।

4. कः त्रिफलातिलाम् इति पञ्चमपुस्तके पाठः ।

5. खः त्रिफलातिवाप्यापूविव्विचिन्तवकीङ्कः: ॥
sapta parṇa, niṣā, dāru niṣā, gudūci, indra surī, kṛṣṇā, kuṣṭha, sarṣapa and nāgara—all these drugs taken in equal quantities and with the juice or decoction of drugs belonging to surasāḍi gāna. This medicated oil should be used in drinks, massage, gargle, inhalation therapy and uttara basti (medicated douche administered through the genital tract). It cures obesity, indolence, itching, etc., and diseases caused by kapha.

“शिरोलामकजेमेमलोष्टवोपसंबेदहर: प्रधवः ।
पत्राम्बुलोम्भायचन्दननाभ: शरीरद्वीपन्ध्यहर: प्रदेह: ॥४०॥

The patient suffering from skin diseases and excess of sweating should use over his body, the unction prepared of the powder of śirīṣa, lāmaījaka, hema (nōga kesara) and lōdhra. He should also use the pradeha (thick ointment) of patra, ambu, lauha bhasma, abhayā and candana.

वासावलरसो लेपात् शान्तचुर्णन संयुतः ।
बिल्लघनासो वा याग्राध्रोपथ्यनासन: ॥४१॥

Application of the ointment of śaṅkha bhasma and the juice of vāsaka leaves or the juice of bilva leaves removes foul smell of the body.

हरीतकी लोधमरियां त्रिवेदेवो वार्दिमवलकलं च ।
एषोज्जरागः कथितोज्जनानां जस्मिवायवश नराधिपाणाम् ॥४२॥

1. ोढोषे इति ग्राकरे पाठ: ।
2. प्रधवः इति षडयुगस्तेऽपाठ: ।
3. पत्राम्बुलो इति प्रथमवक्ष्मपुश्तकोऽपाठः ।
4. प्रधवः इति ग्रादस्य पुश्तकोऽपाठ: ।
5. लेपां इति चन्द्रवर्षाप्रुस्तकोऽपाठ: ।
6. ोनाध्यामृ इति षडयुगस्तेऽपाठ: ।
7. चक्रवर्तको इति ग्राकरे पाठ: ।
8. एषो इति प्रथमवक्ष्मपुश्तकोऽपाठः ।
The paste of haritaki, lodhra, leaves of arisa and the bark of trivit as well as dādima should be used as a cosmetic over the thighs of ladies and kings which reduces the accumulated fat in this part. If the above mentioned drugs are made to a paste by adding cow’s urine, then it cures kusṭha (obstinate skin diseases including leprosy). If the paste is prepared by adding cow’s milk, then it promotes complexion. If the paste is prepared by adding water, then it removes foul smell from axilla, etc. It becomes more effective, if niśā and dāru niśā are added to the paste.

The paste of haridrā added with the milky latex of munādiri and the juice or paste of the leaves of cinca should be used as unction (udvartana) all over the body. It instantaneously removes the foul smell of the body.

1. oकलं एति षष्ठपुस्तकेऽपाठः ।
2. oद्रष्ठपारितेरो एति ग्रामणपुस्तकेऽपाठः ।
Application of the paste of jalada lajala (lajjōlu), malaya (candana) and abhayā removes foul smell of the body. Intake of the powder of alambusā along with pure āranāla (a type of vinegar) also removes foul smell of the body.

Thus, ends the 45th Chapter, dealing with the diagnosis and treatment of obesity in the Ayurveda saukhyā of Toḍarānanda composed by the great king Toḍara Malla.
CHAPTER XI

Diagnosis and Treatment of Kṛṣa Roga (Excessive Emaciation)

1. This is the beginning of the 50th Chapter of Ayurveda saukhya in Toḍarānanda and the invocation reads as follows:

बंबल्लवी वृः दमपूण्ड्रदातुरं सुभासिल्लो सुमन्तातिनिर्गतम्
प्राणप्रियं टीवरमल्ल मूमिंपं कृष्णोपरोकोविदधातुं मंगलम्

2. कृयाति इति प्रथमपंचमपुस्तकायोः पाठः
Etiology

Intake of ununctuous diet and drinks, fasting, intake of food in small quantity, excessive administration of purificatory therapies, worry, suppression of natural urges, suppression of sleep,unction of ununctuous drugs, more of bath, natural old age, suffering continuously of diseases and anger make the person excessively emaciated.

\[\text{व्यायामसमशीतिष्ठत्या} \text{ कृत्तिपासयामयोश्चम्} \]
\[\text{कृष्णो} \text{ न सह्ले तद्विविषीतोष्णमेवहनम्} \]

Signs and Symptoms

An emaciated person cannot tolerate exercise, excessive intake of food, hunger, thirst, invasion of any disease, administration of any strong medicine, excessive cold, excessive heat and excessive sexual intercourse.

\[\text{प्लेहा कासः क्षयः} \text{ श्वासो गुल्मोदहराणि} \]
\[\text{कृष्णं प्रायोदयधावति} \text{ रोगाद्रिं ग्रह्यनिगता:} \]

Susceptibility to Diseases

An emaciated person is susceptible to diseases like splenic disorder, cough, consumption, asthma, gulma (phantom tumour), meha (obstinate urinary disorders including diabetes), udara (obstinate abdominal diseases including ascites) and diseases afflicting grahanī (small intestine including duodenum).

\[\text{शुष्कस्फुदरप्रीवो} \text{ धमनीजालसंतति:} \]
\[\text{त्वागस्थिकोशोलिकृष्णः} \text{ स्थूलपर्वा नरो मत:} \]

[चरक: चौथ २१ : १२-१४]

1. गुल्मोदहराणि इति ग्राहकरे पाठः
2. धमनीजालसंतति: इति ग्राहकरे पाठः
Description of the Patient

An excessively emaciated person is characterised by emaciation of buttocks, abdomen and neck, having a vascular network over the body, the body having only skin and bone and prominence of joints specially those of the fingers.

Emaciated persons desire always to take milk with food in summer because of excessive sweating. In other seasons they desire to eat meat of domesticated, marshy and aquatic animals cooked with oil or ghee. They like to sleep in a house free from wind.
Naturally Emaciated Persons

As an ant or varafi can carry weight four times of its own and move easily with this weight, similarly, persons who are naturally emaciated because of exposure to hot sun, long walk and exercise can easily stand hardships and sexual intercourse. These naturally emaciated persons should not be treated with medicines.

Thus, ends the description of diagnosis of emaciation.

"स्वप्नों हृष्टः सुखा शाया मनसो निबृति: समः।
चिन्ताव्यावह्यायामबिरि: प्रयवर्णम् ॥१०॥
नवांशाक्षीं नवं मदं प्राम्यानौौस्का रसः।।
संस्कृतां च सांतानि द्विधि सौः पयांसि च ॥११॥

4. इक्षवः शाल्यो भाषा गोविन्दा शुद्धेक्ततम् ।।
বস्तथ: সিন্থমথুরাস্ত্রলাভ্যন্তৰ্ণ সমদ্য ॥১২॥

1. व्यसन्ते: शूरे: स्त्रीगताः इति षट्ठूस्तके पाठः।।
2. महर्षीगताः इति प्रथमपुस्तके पाठः।।
3. ‘स्वमावः — कारयेत्’ । पाठोप्यं चदुङ्गषष्ठूस्तकयोः
   नोपलम्यते।।
4. एक्षोः इति षट्ठूस्तके पाठः।।
5. श्याषस्त्र सम्बं: इति ब्राह्मणपुस्तकेषु पाठः।।
According to Agniveṣa

Sleep, happiness, comfortable bed, non-attachment, equanimity, absence of worry, sexual intercourse as well as physical exertion, pleasant sight-seeing, freshly harvested cereals and pulses, freshly prepared wine, soup of the meat of domesticated, marshy and aquatic animals, meat cooked with oil and ghee, curd, ghee, milk preparations, preparations of sugar cane juice, śāli rice, māṣa, wheat, jaggery preparations, medicated enema prepared of unctuous and sweet drugs, habitual oil massage, unctuous uction, bath, application of perfumes, wearing garlands, white cloth, elimination of doṣas in appropri-
ate time and intake of rejuvenating as well as aphrodisiac recipes corrects emaciation and promotes plumpness of the body. Absence of worry about work, intake of nourishing therapies and the habit of continuous sleep for a long time make a person plumpy like a boar. To a patient suffering from emaciation, all the therapies prescribed for the treatment of ksaya (consumption) should be administered.

According to Agnivesa

If a person has become suddenly emaciated, then he will instantaneously recover from it and become plumpy by the administration of nourishing therapies. Habitual use of nourishing therapies makes even a chronic emaciated person plumpy.

Keeping in view the nature of the body, digestive power, condition of dojas and the dose as well as the time of administration of drugs, the patient, who is emaciated since a long time, should take medicine without any delay.
Intake of asvagandha, atibala, nāga balā, māṣa, jaggery and barley produces strength of a rogue elephant.

Thus, ends the 46th Chapter dealing with the diagnosis and treatment of emaciation in the Ayurveda saukhya of Tōdarānanda composed by the great king Tōdara Malla.
CHAPTER XII

ग्राह उदरनिदानं चिकित्सा च ।

Diagnosis and Treatment of Udara (Obstinate Abdominal Diseases including Ascites)

"रोगाः सवेदणिः मन्द्वेसनी जटराममुद्राणी च ।
ग्राहेश्वारमलिनेश्वनैवेद्यंते मलसंचायात् । ११४।।

Etiology

Mandāgni (suppression of the power of digestion and metabolism) is the cause of the manifestation of all diseases.

1. This is the beginning of 51st Chapter of अयुर्वेदा saukhya in तोपरानन्द in and the invocation reads as follows:-

"तर्क्षणी तीर्यकः प्रसाधन गृहमेज जगत्र निधानम् ।
गोपांगनाय निनिचाय विद्यामृ दामोदरश्चेष्टरमल्लमूः ॥"
Therefore, various types of *udara roga* are manifested by the accumulation of waste products as a result of indigestion and intake of polluted food.

\[ \begin{align*}
\text{रूढ्वा स्वेदामुच्यावक्ष्त: स्रोतांसि संचिता:} & 1 \\
\text{प्राणान्यवातान् संहृत्य जनयन्त्युवरं नुर्गा} & 11211'
\end{align*} \]

[माधवनिवान : उदर 34 : 1-2]

**Pathogenesis**

Aggravated *doṣas* obstruct the channels of circulation of sweat and *ambu* (aqueous elements of the body) and vitiate *prāṇa vāyu*, *agni* (enzymes responsible for digestion and metabolism) as well as *apāna vāyu* to produce *udara roga*.

\[ \begin{align*}
\text{“तत्पूर्वेऽपि बलवर्णकाक्षा बलीविनाऽते जठरे व राज्यः} & 1 \\
\text{जीर्णपरिजानविद्धवत्यो वस्ती रूढः पावगतुः लोभः} & 11311'
\end{align*} \]

[सुभूत : निवान ३ : ७-८]

**Premonitory Signs and Symptoms**

Diminution of strength and complexion, disappearance of wrinkles, appearance of vascular net work over the abdomen, uncertainty about digestion of food, burning sensation in the abdomen and chest, pain in the region of urinary bladder and oedema in feet—these are the premonitory signs and symptoms of *udara roga*.

\[ \begin{align*}
\text{प्रतिसंचितवेशाणां मलिनाश्रनिष्विणाम्} & 2 \\
\text{उदरान्यवातायते मंदाग्निनां विशैषः} & 11411
\end{align*} \]

1. हि इति ग्राफङे पाठः ।
2. मनिलानि० इति प्रादर्शप्रस्तकः पाठः ।
By the intake of polluted food, doṣas get excessively accumulated to cause various types of udara roga specially in those persons whose power of digestion is suppressed (mandāgni).

"भ्राह्मानं गम्येवाकाङ्क्षिदौबल्यं दुर्बलतानि।
शोकः सदनमज्ञानं सज्जो वातपुरीषयों।
वाहस्तन्त्रा च सर्वेऽज्जवेऽज्ज भवति हि। ॥१५॥

Common Signs and Symptoms

Adhmāna (abdominal distension), inability to walk, weakness, weak digestive power, oedema, prostration in the limbs, obstruction to the passage of flatus and stool, burning sensation and drowsiness—these signs and symptoms are commonly manifested in all types of udara roga.

पृथ्वीरेष: समस्तेऽश प्लीहवदकलोदके।
प्रभुवशुद्राणां तेषां लिङ्गं पृथक् स्वयं। ॥१६॥

Varieties

Udara roga is of eight types, viz. vāṭika, paittika, kaphaja, sānnipātika, pīthodara, bāḍhdodara, kṣatodara and udakodara. Signs and symptoms of each of these varieties are described below.

तत्र वातोदरे शोकः पाणिप्राधारब्राह्मकृष्ण।
कुक्षिपाचार्यवत्कीपृष्ठुरक् पर्वमेवनम्। ॥१७॥
शुष्ककाशोदज्ञायवोगुष्ठता मलसंग्रहः।
व्यावाहारतापाराहितवस्माद् तुढ़ितासवत्। ॥१८॥

1. व इति श्रमपुरस्त्रके पाठः।
Vātodara

Following are the signs and symptoms of vātodara:

1. Oedema in hands, legs, umbilicus and sides of the abdomen;
2. Pain in the sides of the abdomen, sides of the chest, abdomen, lumber region and back;
3. Cracking pain in the finger joints;
4. Dry cough, malaise, heaviness in the lower abdomen and accumulation of waste products;
5. Grayish and reddish colouration of the skin, etc., and sudden increase as well as decrease of these colours;
6. Stabbing and cracking types of pain in the abdomen;
7. Appearance of thin and black vessels all over the abdomen;
8. In percussion, resonant sound comes out of the abdomen as if it is done over a distended leather blower; and
9. Movement of vāyu all over the abdomen with pain and gurgling sound.

1. Grahmaṃ hṛitō iti pārthavaṃ nacchaturkṣaṃ prasthakṣaṃ: pāṭha:
2. Dāhastī sapta-kūṭaśrṇyaṃ iti pārthavaṃ nacchaturkṣaṃ: pāṭha:
Pittodara

Following are the signs and symptoms of pittodara:

1. Fever, fainting, burning sensation, thirst, pungent taste in the mouth, giddiness and diarrhoea;
2. Yellow colour of the skin all over the body and green colour of the skin over the abdomen;
3. Appearance of yellow and copper-coloured vessels all over the abdomen;
4. Sweating and heating sensation;
5. A feeling as if smoke is coming out of the abdomen;
6. The abdomen is soft to touch;
7. It gets quickly suppurated; and

[Translation of the above]

Kaphodara

Following are the signs and symptoms of kaphodara:

1. Prostration in limbs, numbness, oedema, heaviness, excessive sleep, nausea, anorexia, dyspnoea, cough and pale white colour of the skin, etc.;
2. Abdomen is numb, unctuous and covered with net work of white vessels in excess; and
3. The abdomen gets enlarged slowly and it is hard, cold to touch, heavy and stable.

स्त्रियोज्ञानां नवरोमृत्रविद्वारसंबंधूक्तसाधुवृक्तः।
yām pravachṣayayogā garāsā tritāmbudvīvaivasvāna u vā
tanayu raktā kū্তिताभ वोशा: kūṭa: suṣṭhaṃ jātraṃ śriyamgam

Sānīnapātika Udara

Sānīnapāka type of udara roga is caused by the following factors:

1. Intake of food and drinks mixed with nail, hair, urine, stool and menstrual blood given by ladies of bad character;
2. Intake of gara type poison given by enemies; or
3. Intake of polluted water or dūṣi type of poison.

Because of the above mentioned factors, the vitiated rakta (blood) and aggravated doṣas produce serious type of udara roga in which the above mentioned symptoms of all the three doṣas are manifested. This ailment gets aggravated when the patient is exposed to cold wind and in cloudy weather. He gets burning sensation, fainting, anemia, emaciation and dryness as a result of thirst. This is called dūṣyodara. Hereafter, plthodara will be described.

विवाहभिष्यनिरितत्र ज्ञस्तो: प्रजुष्टयथामसूक्त कपयशः।
प्लीहाभिवृद्धिः कृत्त: प्रवृत्तो प्लीहोत्यथेरत्ज्ञानं वदित।

तद्रामपाल्वं परिब्रह्मिनेति विशेषत: सीद्वति चातुरोद्रः ॥१७॥

Udara
Plihodara

In a person, indulging in vidāhi (which causes burning sensation) and abhiṣyandi (which causes obstruction to the channels of circulation) types of food, rakta (blood) and kapha get excessively vitiated which cause splenic enlargement. This is called Plihodara. Spleen is located in the left side of the abdomen. Therefore, the left side of the abdomen bulges out. The patient becomes very weak.

'यस्यप्रत्यातनमुद्यःयक्कृति स्तिष्ठति माहतः ।
शूण्यः परिहस्तपाषः तस्य प्रत्यातनभवते ।१७१।'

If the extremely aggravated vāyu afflicts the spleen, then splenic enlargement takes place in association with pain in the left side.

मन्दःवरासिः कपपित्तलिङ्गानुपदूतः श्रीणवोदितिपाणुः ।
सत्यायपश्च यक्ति प्रदृढः शेषं यक्त्हालयवरं तदेव ।१६५।
उदावर्तेऽज्ञाताहैमेःहृदष्टावनज्बरः ।
पौरवार्विकाठिणायविद्यात्र मलान् क्रमाय ।१२०।

Yakṛddālyudara

If the liver located in right side is afflicted, if there is mild fever, if the power of digestion is sluggish, if signs and symptoms of aggravated kapha and pitta are manifested and if there is diminution of strength as well as anemia, then the condition is called yakṛddālyudara. Udvarta (upward movement of wind), pain, abdominal distension, unconsciousness, thirst, burning sensation, fever, heaviness, anorexia and hardness—these signs and symptoms of doṣas are manifested in yakṛddālyudara.

1. तूडः इति प्राक्रेन पाठः।
Baddha Gudodara

If the intestines of a person get obstructed by the intake of sticky material, hair or stone, then waste products along with doshas get gradually accumulated in it as waste products get accumulated in the tube used in sankara sveda (a type of fomentation by medicated steam). There is obstruction to the passage of stool in the rectum. The patient voids stool with difficulty and in small quantities. The abdomen between the heart and umbilicus bulges out. This is called baddha gudodara.

Ksotodara

If by mistake a patient swallows a sharp edged substance along with food or if there is injury to the intestinal tract from outside, then watery exudation takes place from the intestines

1. शल्यं तथात्स्रोपहितं यवन्त्रं भुक्तं भिनस्यागतमयथा वा।
2. तस्मात्त्वु तोत्रत्रासिलिप्रकाशः लावः लबेत्र गुज्यतस्तु मूयः।
3. नामेरथश्वोदरमेति वृः निस्तुष्टते वाकलित चाहिमात्रम्।
4. एतोपरिशास्युवरं प्रविष्टं बकोवरं कीर्तयतो निपोध।

1. ॐपःते इति प्रथमपुस्तके पाठ।
2. तस्माच्छृ तपः। इति प्रथमपुस्तके पाठ।
and this watery exudation comes out through the anus. The abdomen below the umbilicus bulges out with excruciating pain and discomfort. This is called *parisrāvyudara*. *Dakodara* is being described below.

य: सन्ध्यापितोऽनुवासितो वा वास्तो विरिक्तोऽध्यवथवा निन्हतः 1

पिभेजलं शीतलमायु तस्य स्नोतासि दुष्ययति (हः) तद्वहानि ॥२५॥

सन्ध्यापितसन्ध्यवथवायिं तेतु वकोवरं पूवववशरम्यति ॥ 2

सिनिधं महत्त्वपिरूवृत्तनाभि समातं पूणिशिवाम्बुनां च ॥

यथा दृःतं: क्षुम्यति कमले च शवदा स्थं चापि वकोवरे तत् ॥२६॥

*Dakodara*

If a person, after taking oleation therapy, *anuvāsana* type of medicated enema, emetic therapy, purgation therapy or *nirūha* type of medicated enema, drinks cold water immediately, then his *udaka vaha srotas* (channel carrying water) get vitiated. This vitiation of *udaka vaha srotas* can also take place if these channels get smeared with *sneha* (fat). The umbilicus of the patient becomes unctuous, enlarged in size and round in shape. By percussion, there will be resonant sound, irritation and trembling as if it is being done over a leather bag filled with water. This is called *dakodara*.

जन्मनेवोदरं सर्वः प्रायः कष्टतमं मतम् ॥

वलिनः तवजाताम्बु यतनसाध्यं नवोच्छतितम् ॥२७॥

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1. संवृष्ट्यं इति वषष्टपुस्तके पाठः ।
2. पूवववशरम्यति इति प्रथमपंचमपुस्तकः पाठः ।
3. अवृत्तं इति प्रायदर्शपुस्तकः पाठः ।
4. वलिनस्तदं इति प्रायक्रे पाठः ।
Prognosis

All types of udara roga, right from the time of their onset are difficult of cure. However, if the patient is strong, if water accumulation has not taken place and if the disease is of recent origin, then the patient is curable with great deal of effort.

The patient of buddha gudodara dies in a fortnight. All other varieties of udara roga become incurable after a fortnight if water accumulation takes place (jatodaka). Kiatodara also leads to the death of the patient.

The physician should avoid treatment of a patient of udara roga if he has oedema over the eyes, if his penis is twisted, if his skin has become very thin as well as sticky, and if he is diminished of strength, blood, muscle tissue and digestive power.
If the patient is bent to one side, if he dislikes food, if he gets oedema as well as diarrhoea and if his abdomen gets filled up with water after being emptied by purgation therapy, then such a patient should not be treated.

Thus, ends the diagnosis of udara roga.

"उदरे वोगसपूर्ण कुशी मन्दानलो यतः।
तस्मात् भोज्यानि योज्यानि दीपनानि लघूनि च ॥३२॥
रक्तशालीव् यवान् मुद्गान् जाळ्लान् मूगपक्षिणः।
पयो नृत्रासवारिष्ठमधुसौधु तथा पिबेतु ॥३३॥"

[भृगवयर्तनावली: उदररोगविधिकार: २-३]

Diet and Drinks

In udara roga, the abdomen gets completely afflicted with doṣas as a result of which the power of digestion gets suppressed. Therefore, in such a condition, food ingredients, which stimulate the power of digestion and which are light for digestion, are given to the patient. The patient should take red variety of rice, barley, mudga, meat of animals and birds inhabiting arid land, milk, cow’s urine and āsava, arisṭa, madhu as well as sidhu types of alcoholic drink.

"वातोवरं बलवतः ४॥ पूर्वं हल्लेहृपाचरेत्।
सिन्धाय स्वेदिताङ्गाय व्यायात् हल्लेहविशेषनम् ॥३४॥"

1. मदो यतोजनः इति ग्राह्ये पाठः।
2. क. रक्तवालियामुद्गाजाळास्त्य रसा हिता: इति प्रथमपंचम-पुस्तकः: पाठः।
3. ख. रक्तवालिगोपुम यवनीवारभोजनम्। मुद्गास्तक्तकशाकाशां जाळास्त्य मूगाद्या:। इति चतुर्थस्त्यपुस्तकः: पाठः।
4. शेल्लेह्वेदिपाचरेत् इति ग्राह्ये पाठः।
5. सिन्धाय विशेषनम्। इति ग्राह्ये पाठः।
Treatment of Vātodara

A strong patient of vātodara should first of all be given oleation and fomentation therapies. Thereafter, purgation therapy containing unctuous drugs should be administered. When the doṣas are removed, the abdomen shrinks, and then, it should be tightly wrapped with a piece of cloth so that vāyu, finding empty space in abdomen may not cause distension again.

"वेष्टयेवददास्तोदरम्। यथास्यानवकाशतवाद् वायुर्रमामयेतुऽपि। ॥१३५॥" ।

[भेष्यज्यर्तिनाबली: उदररोगाधिकारः ४-६]

Need for Purgation

Udara rogas are caused by excessive accumulation of doṣas and obstruction to the channels of circulation. Therefore, such patients should be given purgation therapy every day.

"विरिष्कप्ते च यथादोषह्रें: पेया भृता हिता। ॥४७॥"
Peyā

After purgation therapy, the patient should be given peyā (thin gruel) prepared by boiling with such drugs as would alleviate the concerned aggravated doṣas.

वातोदरी पिघेतः पिप्पलीवणान्वितम् 1
शकरामरिचोपेत स्वादु पितोदरी पिघेत 11
यमानीसन्धवजाजीयोषयुक्तं कफोदरी 113811"

[भेषज्यर्तलावलि : उदररोगाधिकारः ७-८]
“मघुनस्तवचागुष्टीशतात्मकुष्ठसंध्वेः 1
युक्तं प्लोहोदरी जातं सध्योपतुतकोदरी 113611
बड्दोदरी तु हवुषादीपियाजजाजिसंध्वेः 1
पिघेचछ्योदरी तकं पिप्पलीक्रोतसंयुतम् 11
ययूप्यस्फळरालवणेकुष्टं निच्छोदरी 114011

Administration of Butter-Milk.

The patient of vātodara can take butter-milk mixed with pippali and rock-salt. The patient of pittodara can take butter-milk added with sugar and marica. The patient of kaphodara can take butter-milk with yavāni, saindhava, ajājī and vyoha. The patient of plihodara can take butter-milk added with honey, oil, vaca, śunthī satāhvā, kuśtha and rock-salt. The patient of dakodara should take butter-milk mixed with vyoha. The patient of baddhodara should take butter-milk with havuṣa, dīpyaka, ajājī and rock-salt. The patient of chidodara should take butter-milk mixed with pippali and

1. शारिरके पाठः 1
honey. The patient of sānnipāti ka udara should take butter-milk mixed with tryūṣaṇa, kśāra (alkali preparation) and rock-salt.

गौरवारोकारांसमसन्धान्यतिसारिगामू ।
तस्मात्वातपातादानामूर्तवायकल्पते।१४१।”

[भेंत्यरत्नावली: उदररोगाधिकारः ६-१२]

Butter-Milk in Other Diseases

Butter-milk works as ambrosia (amṛta) in patients suffering from heaviness, anorexia, suppressed power of digestion, diarrhoea and diseases caused by vāyu as well as kapha.

वातोदरे पयोम्यासो निन्हो वशमूलकः ।
सोदाबल्लवातवन्नाम्यन्नस्तरण्डावालसः।१४२।

Medicated Enema

In vātodara, habitual intake of milk and administration of nirūha type of medicated enema with the decoction of daśa mūla are useful. If the disease is associated with udāvarta (upward movement of wind) then anuvāsana type of medicated enema prepared of erāṇḍa boiled with vāyu-alleviating and sour drugs is useful.

“सामुद्रकंवचलसौम्यवान क्षारं यवानीम्यमोदकश्र ।
सपिप्पलि चिन्त्रक्षुरंगवरं हिङ्गु विभक्तेति समानं कुर्यत्।१४३।

1. सौम्यवान् क्षारोक्षणाम्यमोदकं च इति पाठस्तायः।
Udara Roga

एतानि चूर्णानि धूतप्लुतानि भुज्जीत पूर्व कबलं प्रशस्तम् ।

वातोदरं गुल्ममजीर्णभक्तं

वायुप्रकोपं प्रह्रदं प्रइप्यम् ।

श्रावसि दृष्टानि च पाण्डुरोगं

भगन्वरं चापि निर्हंति सच््: नार्थम्।१४४।

॥ सामुद्रांबृं प्रासम्।

[भैष्ज्यरत्नावली: उदररोगाधिकारः १४-१६]}

Sāmudra-Dyāya Cūrṇa

Sāmudra lavaṇa, sauvarcalā lavaṇa, saindhava lavaṇa, ksāra
(yava ksāra), yavānti, ajamodā, pippalī, citrakā, triṇgavera, hīṅgu
and viḍa lavaṇa—all these drugs should be taken in equal
quantities. To this, the powder of elā and ghee should be
added and taken along with the first morsel of food. This
instantaneously cures vātodara, gulma (phantom tumour),
indigestion of food, aggravation of vāyu, grahanī (sprue
syndrome), serious type of piles, anemia and anal fistula.

2

रोहितक्वत्रिफलाक्रवन्तीक्षक्यास्तुक्त्रिक्षक

3

सयावशृक: सकलोदरण: स्नुक्षिप्पली वा सकलोदरणी।१४५॥

The decoction of the bark of rohitaka, triphala, dravanti and
danti should be taken along with trikaṭu and yava ksāra which
cures all types of udara rogās.

1. वैदिक हिति चार्टापुस्तकेक्षु पाठः।
2. ोमक्षिप्पित्रिक्षक हिति प्रबिंमपुस्तकेक्षु पाठः।
3. सयावशृक: हिति प्रबिंमपुस्तकेक्षु पाठः।
Treatment of Pittodara

A strong patient of pittodara should be given purgation therapy in the beginning. If the patient is weak, then in the beginning, he should be given anuvāsana type of medicated enema, and after his body is cleansed, he should be given purgation therapy.

Purification Therapy

For the purpose of purgation the following recipes should be used:

1. Paste of trīṣyant with milk;
2. Milk boiled with urubūka;
3. Milk boiled with sātalā and trāyamāṇā; and
4. Milk boiled with āragvadha.
Treatment of Kaphodara

The patient of *kaphodara* should be given purgation therapy to cleanse his body, and thereafter, along with food mixed with pungent drug and *ksāra* (alkali preparation), he should be given cow’s urine, *arīta* (a type of alcoholic preparation) and *ayaskṛti* (specially processed iron) for the alleviation of *kapha*.

सत्रिपतीदरे सर्वं यथोक्तः कार्यविचित्यः ॥४६॥

Treatment of Sannipātodara

In the treatment of *sannipātodara*, all therapies described above should be employed.

प्लीहोवरे प्लीहहरं कर्मोदरहरं तथा ॥५०॥

Treatment of Plihindara

In *plihodara*, the patient should be administered therapies which cure splenic disorder and which cure *udara roga* simultaneously.

स्वन्नाय बद्रोविरिणे मूत्रतीक्ष्णोधान्वितम् ॥
सतेललवरां बद्रात् निर्द्रः सानुवासनम् ॥
परिसंसीन चान्नानि तीव्रङ्गच्छ्व विरेचनम् ॥५१॥

Treatment of Baddhodara

The patient of *baddhodara* should first of all be given fomentation therapy, and thereafter, *nirūha* as well as *anuvāsana* types

1. कर्मोदरहरथ इति प्रथमपुस्तके पाठः ॥
2. मूत्रं तीव्रोधान्वितं इति प्रथमपुस्तके पाठः ॥
of medicated enema should be administered along with cow's urine, drugs having *tikṣṇa guna* (sharp attribute), oil and rock-salt. He should be given such food which causes purgation. In addition, strong purgative therapy should be administered to him.

विह्रोवरसूते स्वेदाच्छलेखमोदवदवाचयरत् ॥५२॥

*Treatment of Chidrodara*

The patient of *chidrodara* should be treated with all therapies prescribed for the treatment of *kaphodara* except fomentation therapy.

जातं जातं जलं खाव्यं शालशोफ्तं शस्त्रकरम् ५।

जलोदरे विशेषेण द्रवसेवां विवर्जितेऽ ॥५३॥”

[भेंवज्यरतनावली: उदररोगाधिकार: १५-२३]

*Treatment of Jalodara*

The ascitic fluid in the abdomen of the patient suffering from *jalodara* should be frequently removed immediately after it gets accumulated by surgical measures prescribed in the text. In this condition, intake of water (or any liquid) is specially prohibited.

"वदवापलाशारक्षहस्तितिपप्पलिशिपुरः।

साश्वगतेऽ समोत्रेऽ: प्रदिष्टावुधरं शाने। १

मूद्राण्यत्वावुधरिणां सेके ्पाने च योजयेऽ ॥५४॥”

[भेंवज्यरतनावली: उदररोगाधिकार: २७]

1. प्रदिष्टावुधरं इति ब्राह्मेण पाठः।
2. पाने इति ब्राह्मेण पाठः।
The paste of deva dāru, palāśa, arka, hasti pippaltī, tigrū and aśvagandhā prepared by triturating with cow's urine should be applied and gently rubbed over the abdomen of the patient. Cow's urine should be used in seka (sprinkling) and pāna (drink) of patients suffering from all the eight types of udara roga.

"स्नुहीयो भावितानां पिप्पलीयाम | सहेम | प्रयुक्ती शर्कितो जठरामयी ||४५।१३||

[भेंज्यरत्नावली : उदररोगाधिकार : ३७]

Administration of Pippaltī

One thousand fruits of pippaltī impregnated with the milky latex of snuhī should be gradually administered (in small doses) to the patient suffering from udara roga depending upon his strength.

"शिलाजतुनां मृत्ताणां गुमुलोत्रफलस्य च | बृहिीकृतप्रयोगस्य शमयत्युदरामयम् ॥४६।१३||

[भेंज्यरत्नावली : उदररोगाधिकार : ४२]

Administration of Snuhī

The milky latex of snuhī should be administered along with various preparations of śilā jatu, cow's urine, guggulu and triphalā which cures udara roga.

1. पनौऽसन: इति श्राकरे पाठः ।
2. वेष्वं मुइनीत इति श्राकरे पाठः ।
3. मुक्तरोगशिरंत्ते चलवर्षसमिक्षत: । वाहोऽयं चक्षुपुस्तको श्राहिकमुपलम्यादः ।
4. श्रोफलस्य इति पञ्चमपुस्तकं पाठः ।
If pastries (pūpa) are prepared with rice flour impregnated with the milky latex of snuhi and taken, then it cures udara roga within seven nights.

Pippali vardhamāna kalpa (i.e. intake of pippalis in gradually increased quantities and then decreased gradually which is generally done for the purpose of rejuvenation) should be administered for the cure of udara rogās and there is no other therapy comparable to it.
Udara Roga

चिरिक्को जाङ्गलसैमुख्यीत मूद योदनम्।
मण्ड पेयां च पीत्वा वा सत्योयं पष्डटे पयः।।६१।।
श्रूंतं पिकेतु तक्च्वूं पिकेदेवं पुनः पुनः।।
हृंति सर्वोत्तराण्येतक्चूं जातेदकान्यपि।।
कामलां पाण्डुरोगस्म्भ भयथुं चाप्यपरतिः।।६२।।
॥ पटोलाच्छूं चूर्णम्॥

॥ भृष्ठयथरत्नाली : उदररोगाधिकार : ५३-५६ शा॥

Paṭolādyā Cūrṇa

Paṭola root (one kāra), rajani (one kāra) vidāṅga (one kāra), pulp of haritaki (one kāra), pulp of bibhitaki (one kāra), pulp of āmalaki (one kāra), kampillaka (two kārās), nilini (three kārās) and trivṛt (four kārās) should be made to a powder. This powder should be administered in a dose of one kāra along with cow’s urine. Prior to this, the patient should have been given purgation therapy. The patient, using this recipe, should take soft boiled-rice along with the soup of the meat of animals inhabiting arid land. The patient can also take the milk boiled with this powder along with maṇḍa (thin gruel) or peyā (another type of thin gruel) mixed with the powder of vyōṣa. Intake of this for six days cures all types of udara roga even if there is water accumulation (jātodaka), jaundice, anemia and oedema.

1. विविक्तो इति प्रयमपंचमपुस्तकयोः पाठः।
2. मूद: मोदतः इति प्रयमपुस्तकें पाठः।
3. नौदरं इति षडपुस्तकेः पाठः।
4. तु इति प्राकरेः पाठः।
5. हि वेदेवं इति प्रयमपुस्तकेः पाठः।
6. पटोलाच्छूं चूर्णं इति पंचमपुस्तकेः पाठः।
“यमानी ह्रवधा धान्यं त्रिफला सोपकुञ्जिका।
कारवी पिपलीमुलमजगन्धा शत्रूं वचा ॥६३॥
शातांत्रा जीरकं व्यों स्वरग्न्दारी सचित्रका।
ढौ तारी पोषकरं मूलं कुठं लवणपंबकम् ॥६४॥
विडतगुंध समानारं वव्यं: भागश्रयं तथा ।
त्रिवृंहिसाले हिगुणे सातला श्याच्छतुर्गुणा ॥६५॥
एव नारायणो नाम चूर्णं रोगगणापह: ।
नैंं प्राण्याभिनिरूपं रोगं विण्ठमिवासुर: ॥६६॥
तक्रेणोदरिभ: मेयो गुलिमिजतवरामवुना ।
श्रानंदवले शुरुः वातरोगे प्रसारणं ॥६७॥
विधिमण्डनं विस्तारं वामिकमुखिंचरसः ॥
परिक्तं च वृक्षामलं शृणामुखिंचरजीवं ॥६८॥
भगवः पाण्डुरोगेश्वसे कासे गलप्रेये ।
ह्रवधे ग्रहणीवोजे कुठेश सन्धेशनले ज्वरे ॥६९॥

1. त्रिफलाचोपकुञ्जिका इति धारकरे पाठ: ।
2. शधी इति पंचमुपस्तके पाठः ।
3. शातला श्यावच्छतुर्गुणम् इति पंचमुपस्तके पाठः ।
4. क्र. प्राण्यानिवतः इति प्रथमुपस्तके पाठः ।
5. सारे निवेश स्त्रे इति पंचमुपस्तके पाठः ।
6. क्र. अयश्चार सारे इति प्रथमुपस्तके पाठः ।
7. अयश्चारसारे इति प्रथमपंचमुपस्तके पाठः ।
8. मन्दानले इति धारकरे पाठः ।
Nārāyaṇa Cūrna

One part of each of yamāṇī, havuṣā, dhānya, triphalā, upakuṇḍikā, kāravī, pippali mūla, ajaśandha, saṭī, vacā, satāhvā, jiraka, vyoṣa, svarṇa ksīrī, citraka, yava ksāra, svarji ksāra, pūṣkara mūla, kuṣṭha, pañca lavaṇa and viśānga, three parts of danti, two parts of each of trīgyt and viśāla and four parts of sātalā should be made to a powder. This is called nārāyaṇa cūrna which cures all diseases. No disease will get aggravated if the patient is using this recipe as demons do not flourish in the presence of Lord Viṣṇu. Patients of udara roga should use this recipe along with butter-milk. Patients of gulma (phantom tumour) should use this recipe along with badara juice. In ānaddha vāta (a condition caused by the obstruction to the movement of vāyu), this recipe should be used along with surā (a type of alcoholic drink). In vātika diseases, this recipe should be used along with prasannā (another type of alcoholic drink). If there is constipation, then it should be taken, along with whey (dadhi maṇḍla). Along with the juice of dāḍima, it should be taken if the patient is suffering from piles. In parikartikā (sawing pain in the abdomen), it should be taken along with vrksāmla. In indigestion it should be taken along with hot water. After oleation therapy this purgative recipe should be appropriately taken for the treatment of anal fistula, anemia, dyspnoea, cough, obstruction to the throat, heart disease, grahanī (sprue syndrome), kuṣṭha (obstinate skin diseases including leprosy), suppression of the digestive power, fever, tooth-poisoning, root poisoning, gara type of poisoning and affliction by artificially prepared poisons.
कसूरस्वर्णवत्तमलयरजनीभि:
कुष्णावचारुचकतितकरोहिणीभि:

सत्रायमणहुष्पयायवतितकाभि-

इच्छुणितितिस्विवावतितरकृदं सकलोदरचन्म् । ॥ ७१ ॥

The powder of trivṛt added with kaṅkunṣha, rock-salt, 
trīphala, rajani, kuṇḍā, vacā, rucaka, tikta, rohini, 
trāyamāṇā, 
hapuṣā and yava tiktā cures all types of udara roga.

1. सामुंदेस्वत्वकाच यवशारं सुवचर्वलम् ।
2. टक्कं वर्जितकाचारं तुलयं चूर्णि विभवेयत् । ॥ ७२ ॥
3. अर्कवी: स्नुहीकोिरं रात्ये भावेयद्वहम् ।
4. अर्कविक्कतितिस्विवावतितरकृदं सकलोदरचन्म् । ॥ ७३ ॥
5. ततो आरं चूर्णि वेयम् पश्चात् व्रुणि त्रिफलारजः ।
6. चरकं रजनी बहि नवमां समं समम् । ॥ ७४ ॥
7. चाराद्धमेव च एकोकृत्य प्रयोजेयतु ।
8. विभवेयसं चेतं स्त्रयमुक्तं पिनार्किना । ॥ ७५ ॥
9. सर्वदेवेन्द्रु गुह्येद्रुः शुके शोके च योजेत् ।
10. अनितमुक्तसिणीः च भक्तं निर्वन्द्यं हृयम् । ॥ ७६ ॥

1. श्रवणो इति प्रथमपुस्तके पाठः।
2. शक्तो इति पंचमपुस्तके पाठः।
3. ‘सामुंदेत्रिवोपदेत्रि’ विवाहार:। ‘पाठयो चतुष्पद-पुस्तकायोऽनोपलयते।
4. अकृत्यं इति प्रथमपुस्तके पाठः।
Vajra Kśāra

Sāmudra lavaṇa, saindhava lavaṇa, kāca lavaṇa, yava kśāra, sauvarcāla lavaṇa, taṅkana and svarji kśāra should be taken in equal quantities and made to a powder. This powder should be impregnated with the milky latex of arka as well as snuhī and dried in the sun for three days. Leaves of arka should be smeared with the powder, kept in a sealed jar and cooked in puṭa. This kśāra (alkali preparation) should be made to a powder. Nine parts of this kśāra should be added with the powder of one part of each of śunthi, pippali, marica, harītaki, bibhītaki, āmalakī, jiraka, rajani and citraka. This is called vajrī kśāra. This recipe is propounded by Lord Śiva himself. It should be used in all types of udara roga, gulma (phantom tumour), colic pain and oedema. In suppression of the digestive power and indigestion, it should be used in a dose of two nīkṣas. In diseases caused by aggravated vāyu, it should be taken with hot water; in diseases caused by aggravated pitta, it should be taken along with ghee; in diseases caused by aggravated kapha, it should be taken along with cow’s urine; and in sānnipātika diseases, it should be taken along with áranāla (a type of vinegar).

Intake of the paste of dantī, vacā, gavākṣi, taṅkhīni, tilvaka and trīvṛt along with cow’s urine cures abdominal diseases.

1. Pathoddaya panchamudrakā pradhikamupalamante.
2. Tilukaṁ ēṣita panchamudrakā patha.
Intake of buffalo's urine along with kṣāra (alkali preparation) in empty stomach certainly cures abdominal diseases within one week.

For the cure of all types of udara roga, the patient should take the paste of gavākṣi, satkhini, danī and nilini along with cow's urine.

Leaves of arka along with salt should be burnt in a sealed container. This kṣāra (alkali preparation) should be taken along with whey which cures gulma (phantom tumour) and plihodara.
Intake of the decoction of *śigru* along with *pippali*, *marica*, *amla* *vetasa* and rock-salt cures *piṭḥodara*.

*Indra vāruni* should be uprooted by reciting the name of the patient and thrown away at a long distance. This cures the named patient’s *piṭḥodara*.

Intake of *rohitaka*, *abhīyā* and honey along with cow’s urine or water cures all types of *udara roga*, splenic disorder, *meha* (obstinate urinary disorders including diabetes), piles, parasitic infestation and *gulma* (phantom tumour).

The paste of *deva druma*, *śigru* and *mayūraka* prepared by triturating with cow’s urine or the paste of *aśva gandhā* prepared by triturating with cow’s urine instantaneously cures serious type of *udara roga*, parasitic infestation, oedema and *dūṣyodara*.

1. संबं इति प्रथमपुस्तकेक पाठः ।
2. पाटित्वेन्द्र वारङ्गी इति षट्ठपुस्तकेक पाठः ।
3. सदरे शाम्य ल्होहर्त तस्य इति षट्ठपुस्तकेक पाठः ।
4. गुल्मांशः इति प्रथमपुस्तकेक पाठः ।
5. क्रमान्सः इति पंचपुस्तकेक पाठः ।
The decoction of daśañī ṅūla, deva ṅārū, ṇṅagara, chinna ruḷā, punarnavā and abhayā cures ascites, oedema, filariasis, gala gandā (goitre) and diseases caused by vāyu.

Intake of the decoction of haritakī, ṇṅagara, deva ṅārū punarnavā and chinmaruḷā along with guggulu and cow’s urine cures oedema and udara roga.

Eranḍa taila mixed with the decoction of daśañī ṅūla, cow’s urine or decoction of triphala cures udara roga, oedema and colic pain. These diseases are cured also by the intake of the decoction of daśañī ṅūla along with cow’s urine.
The decoction of *punarnava*, *nimba*, *patola*, *śunihi*, *tiktā*, *amṛtā*, *dārvi* and *abhayā* cures general anasarca, *udara roga*, pain in the sides of the chest, dyspnoea and anemia.

The decoction of *punarnava*, *dārvi*, *abhayā* and *guḍūci* should be taken along with cow’s urine and *guggulu*. This cures skin diseases, oedema, *udara roga*, anemia, obesity, nausea and diseases of head as well as neck caused by *kapha*.

The following recipes cure oedema and *udara roga*:

1. Buffalo milk along with cow’s urine;
2. *Triphalā* mixed with cow’s milk; and
3. Cow’s urine along with milk preparations as food.

1. *punarnavādāravādātpūtāpāṭhābilvā*  
2. *śvīndṛkā*  
3. *bhūtā*  
4. *bhūtā*  
5. *bhūtā*
The powder of *punarnava*, *dārvī*, *amṛṭā*, *pāthā*, *bilva*, *śvadamsṭrā*, *brhatī*, *kaṇṭakārī*, *haridrā*, *dāru haridrā*, *pippalī*, *citraka* and *ṛṣa*—all taken in equal quantities should be taken along with cow’s urine. This cures many types of general anasarca, colic pain, eight types of *udara roga* even in their acute stage.

"पूराणं मारकं पिठ्वा दिगुणीकृततन्त्रुलम्
पावधिं अरतोयाम्याम्यसेवासं मु तम् \(\text{१} \) ।
हन्ति वातोदरं शोयं प्रह्वी पाणुतामपि \(\text{२} \)।
‘सिद्धो भिन्नभरायाय: प्रयोगों निरतय: \(\text{३} \)।

*Pāyasa* (a type of milk preparation) should be made out of the paste of old *mānakā* and double the quantity of rice by cooking along with milk and water. Regular intake of this milk preparation cures *vātodara*, oedema, *grahāni* (sprue syndrome) and anemia. This recipe is absolutely harmless and its effectiveness is practically experienced.

‘शारं वच्चतस्तत्रुवं दशपलं तावत्योध्यक्षम्
प्रत्यकं पल्पचकं च लवणं कारं च पंचालमकम् \(\text{४} \)।

1. *dhautanḍulam* इति परठपुस्तके पाठः।
2. *śeरतोयाम्याम्यसेवासं तम्* इति परठपुस्तके पाठः।
3. च लवणं कारं च पंचालमकम् पाठोपय चतुर्युपुस्तके प्रधिक-मुपलम्यते।
4. ‘सिद्धों निरतयः’ पाठोपय चतुर्युपुस्तके नोपलम्यते।
5. ‘शारं’ पंचालमकम् पाठोपय चतुर्युपुस्तके प्रधिकमुपलम्यते।
उदारा रोगा

विद्यार्थक्रियान्त प्रचितरोंस्त्राग्नितम्: पल्ले[?] ।

२. मूद्वांशों गुरुमार्गतो गजपुदे वही विपप्ववीकृतम् ॥१६४॥

संचुर्णाय शिशुत्रयं त्रिपल्लापेक्षां पल्ले रामं ।

४. सवं वस्त्रपुनीतमेतद्वले पात्रे सुसंश्वायरे ॥१६५॥

वर्ज्जार्थनिं निहृत तथा मुलगुलामानुद्रा नृणां ॥१६६॥

८. पीतं तक्ष्यूः प्रभातसम्ये कर्श्चिमार्गं श्रमात ॥१६७॥

१०. मंदरांविनं सवैसुविकाग्नश्चितामार्गहुं श्रीणामं ॥

११. खासं कासमाजीर्णशैत्यपवनवथ्यार्थवलसो दूवावातु ॥१००॥

1. चाति। इति श्चितन्तपत्तकः पाठः।

2. कः मूद्वांशों इति पंचमपुस्तकः पाठः।

3. वशस्ती इति प्रथमपुस्तकः पाठः।

4. कः सुसंश्वायरे इति पंचमपुस्तकः पाठः।

5. वर्ज्जार्थांगं इति प्रथमपुस्तकः पाठः।

6. ओद्रजा इति प्रथमपुस्तकः पाठः।

7. पातं इति प्रथमपुस्तकः पाठः।

8. प्रभातस्य मथीकृतार्थाय इति प्रथमपुस्तकः पाठः।

9. ओतामार् इति प्रथमपुस्तकः पाठः।

10. ओशीष्यं इति चतुर्वेदपुस्तकः पाठः।

11. ओवाचार्यवलार् इति प्रथमपुस्तकः पाठः।
Vajra Kṣāra (third recipe)

Ten palas of the kṣāra of vajra taru, ten palas of the milky latex of arka and one pala of each of pañca lavana and pañca kṣāra should be added with twenty leaves of arka and kept in an earthen jar. According to the instructions of teachers, this should be cooked in gaja puṣa and made to a powder. To this, the powder of trikaṭu (three palas) and rāmatha (one pala) should be added and strained through a piece of cloth. This should then be stored in a clean jar. It is called vajra kṣāra and it cures all types of gulma (phantom tumour). It is to be taken in a dose of one karṣa in the early morning along with butter-milk. It cures suppressed power of digestion, visūcikā (choleric diarrhoea), anorexia, anemia, emaciation, asthma, cough, indigestion, feeling of cold and diseases of vāyu as well as kapha. It endows fame to the physician by relieving abdominal disorders in two hours. [There are several mistakes in these verses].

“दशामूलतुलास्त्ररसेस सक्षारेः वनकोलकः पलिकः ।
सिद्धं घृताद्यपार्थ स्वमेतुकम्बुदगुल्मदनम् ॥१०२॥”

[भंज्ययत्नास्वली: उद्वरोगाविकार: ७३]
Udara Roga

Data Mūla Ṣat Palaka Gṛṣṭa

Half pātra of ghee should be boiled with half tūlā of the decoction of data mūla, one pala of each of kṣāra and pañca kola, and two pātras of whey. Intake of this medicated ghee cures udara roga and gulgma (phantom tumour).

"चतुर्गुणे जले मूच्चे द्रिगुणे चित्रकात् पले ।
कल्के सिद्धं घृतप्रस्थं सक्सारं जठरी पिबेतु ॥१०३॥"

॥ चित्रकं घृतम् ॥

[भवज्यरत्नावली : उदररोगाधिकार : ७२]

Citraka Gṛṣṭa

One prastha of ghee should be cooked by adding four prasthas of water, two prasthas of cow's urine and one pala of the paste of citraka. Intake of this medicated ghee along with kṣāra (alkali preparation) cures udara roga.

"ग्रक्कोरपले हे तु स्तुहीलोरपलात्नि घट् ।
पव्वया कम्पलङ्क इयामा श्यामां गिरिकण्णका ॥१०४॥
नोलिनी चिब्बता दस्ती शांकिनी चित्रकं तथा ।
एतेशा पलिकंभोग्या तप्रस्थं चिपाँचयेत् ॥१०५॥

1. पलो इति षड्युपस्तके पाठः ।
2. च इति भाकरे पाठः ।
3. ोपलोनि इति भाकरे पाठः ।
4. सम्पाकं इति प्रतमपंचमपुस्तकोः पाठः ।
5. गिरिमहिलका इति भाकरे पाठः ।
Bindu Ghrta

One prastha of cow’s ghee should be cooked by adding two palas of the milky latex of arka, six palas of the milky latex of snuhī, and one pala of each of pathyā, kampillaka, śyāmā, sampāka, giri kamīkā, nīlīni, trīvyāt, dantī, śaikhini and citraka. This should be administered in the dose of one drop to a patient having vitiated gastro-intestinal tract. As soon as he takes the drop, he purges strongly. It cures kustha (obstinate skin diseases including leprosy), gulma (phantom tumour), udāvarta (upward movement of wind), oedema, anal fistula and eight types of udara roga as a tree is destroyed by the thunder bolt of Lord Indra. This is called bindu ghrta. Even a massage of this drug causes purgation.

1. ताब्दरानु विरिष्क्यते इति नात्रेकरे पाठः ।
2. श्रृवत नाम इति नात्रेकरे पाठः ।
3. नामिलेपावित्र इति पांचमगुस्तकेषु पाठः ।
4. क. विरिष्क्यते इति चतुर्धंपांचगुस्तकेषु पाठः ।
5. ल. विरिष्क्यते इति नात्रेकरे पाठः ।
“‘चित्रक: शिश्रुनी पथया कमित्तुस्त्रत्तायत: ’।
बृद्धदारच शाम्पाणो दस्ती कुम्भोकलं तथा ॥१०६॥
कोश्याकी देवदाली नीली निरिक्षणका ।
सातता पिप्पली चवं विडं ढुकी कथा तथा ॥१०६॥
हेमकीरी च विपत्तम कल्करेभी: पिच्चिनितेण: ।
घृंटस्यं स्नुहीकीरे षट्पले तु पलावे ॥११०॥
श्राक्षीरस्य सतिमांस्ततिसां कृष्णगुल्मनु त् ।
हस्ति शून्यमुदबारं सोवाध्यमानं भगवदम् ॥१११॥
श्रमयतुद्दराम्यघिर तत्पीतं बिन्दुसप्पणा ।
॥११२॥

1. युगम इति ग्राकरे पाठ: ।
2. बृद्धदारञ्च इति ग्राद्वयुपस्तकेः पाठ: ।
3. दस्तीकलं इति ग्राकरे पाठ: ।
4. नीलो च इति ग्राकरे पाठ: ।
5. पिप्पलीसृलं इति ग्राकरे पाठ: ।
6. करकोते: इति ग्राकरे पाठ: ।
7. व पले इति चतुर्युपस्तकेः पाठ: ।
8. पलावे इति ग्राद्वयुपस्तकेः पाठ: ।
9. निपीतं इति ग्राकरे पाठ: ।
10. संहस्यम् इति चतुर्युपस्तकेः पाठ: ।
11. गोधूनेनकुदुढ़ेन तथा कौलिकेन वा इति षडयुपस्तकेः पाठ: ।
Mahā Bindu Ghrīta

One prastha of ghee should be cooked with the paste of one picu of each of citraka, saṅkhinī, pathyā, kampillaka, trivṛt, vṛddha dāru, śampāka, danti, fruit of kumbhi, kośātakī, devadālī, nilinī, giri karṇikā, sātalā, pippali, vidāṅga, kaṭuki and hemakṣirī, six palas of the milky latex of snuhi and two palas of the milky latex of arka. It cures kuṣṭha (obstinate skin diseases including leprosy), gułma (phantom tumour), colic pain, udāvarta (upward movement of wind in the abdomen), oedema, abdominal distension, anal fistul and eight types of udara roga. It is administered in a dose of only one drop. Intake of this drop of medicated ghee along with cow’s milk, camel milk, decoction of kulattha or hot water causes strong purgation. This is called bindu ghrīta. It causes purgation even if applied over the umbilicus.

1. विरेचित्रेत्व इति ग्राकरे पाठः ।
2. क. विन्दुपट्तम इति ग्राकरे पाठः ।
   ख. “चिन्त्रकः ——— महाविन्दुपुत्तम्” पाठोऽयं प्रथमपुस्तके नोपलम्यः ।
3. ‘स्नुहकर्पयसोव्र ग्राकारमपुरातः ।
   चतुर्गण जलं देवं पाकारं विन्दुसर्विषा ।’ पाठोऽयं पंचमपुस्तके प्राप्तिकमपलम्यः ।
4. स्नुहकर्पयसपलं च कापलकंश्चापितं इति प्रथमपुस्तके पाठः ।

[ भारतमैथियत्तरकर : चतुर्यंभाग : पुश्च ६४४ ]
Half prastha of ghee should be cooked with one pala of trivṛt, one pala of the milky latex of snuhi, one pala of kampillaka, four palas of the juice or decoction of āmalaki, half śāna of rock-salt and (two prasthas of) water. This is called mahā (?) bindu ghrta. By its purgative action, it instantaneously cures gulma (phantom tumour), udara roga and splenic disorder.

One prastha of ghee should be cooked with one ādhaka of whey and one pala of the milky latex of snuhi. Intake of this medicated ghee in appropriate dose cures udara roga.
One prastha of ghee should be cooked by adding eight times of milk and six palas of each of the milky latex of snuhī, patra, triphalā and trivṛt. This also cures udara roga.

“स्नुक्षोरवन्तीत्रिफलाविड्कुक्षित्विन्त्विचित्रकक्कपक्युष्म् ।
ग्रृंत विपश्चं कुडव्रप्रमां तोषेन तस्याषुप्रावार्कं ।।११६॥
पीतोष्णामभोजनपियवेदिरिवते पेयां सुमोऽणां वितिदेषित्वः ।
नाराचेतज्जटरामणान्युक्तिधूपयुक्तं शामान्य प्रदिष्टम् ।।११६॥
॥ नाराच्चपंम् ॥”

[ भेजज्यरत्नावली : उदररोगाधिकार : ६६-६७]

Nārāca Ghrīta

One kudava of ghee should be cooked by adding the paste of snuhī (milky latex), danti, triphalā, viḍāṅga, simhī, trivṛt and citraka and water. This medicated ghee should be taken in the dose of one akṣa or half karṣa with warm water. After purgation, like warm peyā (thin gruel) should be given as food. This is called nārāca. It cures udara roga when administered appropriately.
पत्रात्मोलं समासाय हुँडाण्डे निवेशयेत्
वक्षमाणक्रमेणाथ शृङ्खं संस्कृत्य बुद्धिमान्
पल्ड्डप्रभाषणेन तांत्रवांटि विधायेत्
अधोपुरूसी तांत्रवांटि सूतगोलोपरि लिखित्
संध निरोधयेष्ठत् उपरिश्तांतपरिलिखित्
पुदो तु परिसंवचालनात् सुहदानणम्[?] उपरिश्तांतपरिलिखित्
संविनिरोधयेष्ठुण्डे बालुकभि: प्रौढःयेत्
भाण्डेनाणेन सन्धृष्य सम्पूर्ण संचिलेपित: उपरिश्तांतचुनिकयां यत्नमारोपयेदुष्य
उपरिश्तांत् ज्वालयेष्ठुण्डे मध्यमाणेन सर्वदा
दिनानि पंच यल्लेन स्वतःशैत्ये निरोधयेत्
सियते सह शुल्बेन रसेस्त्रो नात्र संसाय: उपरिश्तांतचुनिकयां यत्नमारोपयेदुष्य

1. तांत्रवांटि इति प्रथमपुस्तकेन पाठः
2. मिथाम्येव इति पठपुस्तकेन पाठः
3. तांत्रवांटि इति प्रथमपुस्तकेन पाठः
4. क्षो: अरण्दावेद्यात्तु इति प्रथमपुस्तकेन पाठः
5. पुर्ति यस्यसेतो संबंधिते रावणां बुद्धिमानं इति पठपुस्तकेन पाठः
6. तांत्रवांटि इति पठपुस्तकेन पाठः
7. बालुकभि: प्रौढः इति प्रथमपुस्तकेन पाठः
8. संचिलेपित: इति प्रथमपुस्तकेन पाठः
9. चुनिकयां इति चतुर्विषयम睃पुस्तकेन पाठः
10. पल्लेन स्वम: शैत्येवशैवयेव इति चतुर्विषयम睃पुस्तकेन पाठः
11. वरोद्येष्ठु इति पठपुस्तकेन पाठः
Hereafter, a mercurial preparation will be described for the cure of all udara rogas. Two palas of pûrada purified by pûtana and svedana and four palas of purified gandhaka should be trititated with the juice of nirgundî for three days. The paste should be made to a bolus form and kept in a strong earthen jar. Similarly, two palas of tûmra should be purified according to the prescribed procedure and kept in a copper cup. This copper cup containing purified tûmra should be kept with face downwards over the bolus of mercury in the jar. The joint of the copper cup and the jar should be sealed properly. Over the mouth of the earthen jar, a strong earthen plate should then be placed and the joint of this jar and the plate should be sealed properly. This sealed jar should be kept in another earthen jar and the space between these two jars should be filled with sand. The outer jar should then be covered with an earthen plate and the joint should be sealed. This should be kept over oven and cooked in moderate heat for five days with care. Thereafter, when it is cooled of its own, medicines including the copper cup should be removed from the inner jar. By this, the pûrada along with tûmra is undoubtedly reduced to a bhasma form.

1. क. पुट्येत्वशत्वारं इति पञचपुस्तके पाठ: ।
   ख. पुट्येत्वशत्निः इति पञचपुस्तके पाठ: ।
2. अंकलबमबर्भ इति चुतुष्पमपुस्तकयोः पाठः ।
3. नौके इति पञचपुस्तके पाठः ।
4. शत इति प्रञमपुस्तके पाठः ।
Drugs along with the copper cup should then be reduced to a powder form and this powder should be divided into three parts. One part of it should be impregnated with the decoction of madana and cooked in puta for one hundred times. Similarly, one hundred putas should be given by impregnating this recipe with the juice (or decoction) of the bark of ankola and one hundred putas with the juice of kusumbha. For each
 puta, five cow dung cakes should be used as fuel. Thereafter, the recipe should be impregnated with the decoction of the fruit of madana, decoction of the root-bark of anikola and juice of devadali, three times in each. This prepared recipe should be administered in the dose of one valla followed by three culukas (handfuls) of cow’s urine and the patient should be exposed to sun for a brief period. By this, he vomits out all the accumulated waste products in the body within one hour. This is called vamaniya rasa and it cures jalodara.

1. बारात् इति प्रथमपुस्तके पाठः ।
2. ।वित्तीनिरस्च ताबति: इति ग्रहितपुस्तके पाठः ।
3. तिलका: इति चतुर्थपुस्तके पाठः ।
4. रेचने इति ग्रहितपुस्तके पाठः ।
5. च इति चतुर्थपुस्तकयोः पाठः ।
6. रसं इति प्रथमपुस्तके पाठः ।
7. रोगिणा इति ग्रहितपुस्तके पाठः ।
The second part of this recipe should be impregnated, triturated and cooked in puṭa for one hundred times in each of the decoction of trivṛt, dantī, arka, sehūṇḍa, recakī, āṅkhini and indra vārunī. Then the recipe should again be impregnated for three times in each of the juice of liṅgī and decoction of kampīlakā, dantī, trivṛt, āṅkhini as well as fruit or root of sāmpāka.

Thus, in total, the recipe should be impregnated for eighteen times. Then carefully, the recipe should be stored in a clean jar. This should be administered in a dose of half valla followed by handful of cooled water. The number of motions he passes is similar to the number of handful of water he takes. This is called culuka bheda rasa. It cures udara roga. It is specially useful in rooting out ascites.

1. जाबौंते इति पश्चपुस्तकेऽपाधः।
2. रोगावातप इति चतुर्भुपुस्तकेऽपाधः।
3. हि इति पश्चपुस्तकेऽपाधः।
4. कृतिसिद्धयात्रा तत्त्वाधिक इति प्रथमपुस्तकेऽपाधः।
5. खः सिद्धयात्रा सिद्धमण्डलेऽपाधः।
6. गृहां जितिसिद्धयात्रा पश्चपुस्तकेऽपाधः।
The third part should be cooked in puṣṭa for one hundred times by impregnating with the decoction of triphalā. For the purpose of rejuvenation, it should be administered in a dose of two vallas. By using it for one year, the patient becomes free from gray hair. By using it for two years it cures all diseases and promotes longevity. This is called kālāri rasa.

These three recipes, viz. vāmanīya rasa, culuka bheda rasa and kālāri rasa, taken together are called trimūrti rasa. It is propounded by Lord Śiva himself.

1. Rō蔓ānta Ṣānta pratymp arrangasnta: paṭa: ।
2. Jīvāny nārā yanta pade paṭa: ।
5. Jīvāny sālāyobhāna Ṣānta pratymp arrangasnta: paṭa: ।
6. Gopūṣṭa jūva Ṣānta chaturpyṣṭa: paṭa: ।
7. K. K. viṣṇuva Ṣānta pade paṭa: ।
8. Triṣūṣṭyaśa: Ṣānta pade paṭa: ।
9. Ṣaṅkaraḥ: Ṣānta chaturpyṣṭa: paṭa: ।
Diet and Regimens

Old śāli rice, cow's ghee, black variety of mudga, cow's milk and butter-milk prepared of cow's milk are useful for the patient using trimūrti rasa. He should not use any vegetable if the intention is to get rejuvenating effect of this drug. The patient using mercurial compounds should avoid alcoholic drinks, meat and sexual intercourse. This trimūrti rasa should be used even by all healthy persons [for the preservation and promotion of their positive health].

Persons desirous of getting the rejuvenating effect of this recipe should take emetic and purgative therapies on every tenth day and use this old recipe of kālāri rasa every day. Patients suffering from gulma and udara roga may or may not use kālāri rasa but they should take emetic and purgation therapies every third day.

Intake of the powder of yamānikā, citraka, yava ksāra, saḍ- granthā, danti and pippali along with warm water, mastu (thin whey), surā (an alcoholic drink) and āśava (a type of wine) cures splenic enlargement.
Administration of pippali impregnated with the ksāra (alkali preparation) of kimśuka cures gulma (phantom tumour) and splenic enlargement. It effectively stimulates the power of digestion.

Intake of the ksāra (alkali preparation) of the inflorescence of tāla along with jaggery cures splenic enlargement.

1. संप्रयोज्येत् इति चतुर्युपस्तको पाठः।
2. कृष्णायां इति प्रयम्युपस्तको पाठः।
3. रोहितकामयाक्षायः कृष्णायां शास्त्रसमभिव: प्लुतमः इति बलः पुस्तकेण पाठः।
The *ksāra* (alkali preparation) of *vīdaṅga*, *kṛṣṇā* and *pūtika* should be mixed with water and taken early in the morning depending upon the strength of the patient. It cures enlargement of spleen and liver.

"पात्रव्यो स्थितस्त: क्षर: क्षीरेणोदचिरशुस्कितस्तः
पयसा वा श्रेयोर्स्वयम्: पिप्पलेः प्लीहान्तये ॥१५५॥"

[भैषज्यरत्नावली: प्लीहायकृत्रोगाधिकारः ११]

Intake of the *ksāra* (alkali preparation) of *udadhi śukti* (sea shell) along with milk and intake of *pippali* along with milk cures splenic enlargement.

"भज्ञातकाभ्याजाणी गुडेन सह मोकः
सप्तरात्रामील्येव प्लीहानमतिद्वाराः ॥१५६॥"

[भैषज्यरत्नाकर: तृतीयभागः पृष्ठ ६३२]

*Bhallātaka Modaka*

*Bhallātaka*, abhayā and *ajājī* should be made to a powder and mixed with jaggery. Out of this, *modakas* (large size pills) should be prepared. Intake of this for seven nights cure serious type of splenic enlargement.

"सीभाष्यनकनियूँहं सन्ध्वालिनिकानिातितम्
पलाशायायुक्तः वा यवशारं प्रयोजियेतु ॥१५७॥"

[योगरत्नाकर: उदरचिकित्तः ११२]

1. क. दधिशृशेक्षाः इति प्रचमपुस्तकेः पाठः ।
2. न. दधिसंयुतम् इति षड़पुस्तकेः पाठः ।

[1. क. दधिशृशेक्षाः इति प्रचमपुस्तकेः पाठः ।
2. मल्लातकानिः: इति प्रथमपंचमपुस्तकः पाठः ।]
Intake of the decoction or juice of soubhānjana along with rock-salt, citraka and pippali or yava ksāra along with the ksāra (alkali preparation) of palāsa cures splenic enlargement.

For the treatment of liver disorders, tila along with rock-salt, saṭ palaka ghṛta and recipes prescribed for splenic disorders should be administered.

Intake of latuna, pippali mūla and abhayā along with cow’s urine cures splenic enlargement.

Ksāra Guṭikā

One karṣṇa of each of pippali mūla, pañca lavana, pippali, citraka, sunthi, triphala, trivṛt, vacā, yava ksāra, svarji ksāra, satalā, danti, svarna ksiri and viśānikā should be trititated and pills of one kola each should be prepared. Intake of these pills with sauvira (a type of vinegar) cures oedema and suppurated as well as serious type of dakodara (ascites).
Intake of buffalo-urine along with milk and without water for seven days cures oedema and udara roga. Similarly, intake, of camel milk for one month cures oedema and udara roga.

Intake of the paste of śara puṇikāḥ along with butter-milk cures enlarged spleen. Bhatṭa Rāma Miśra has propounded this recipe for the welfare of human beings after experiencing its therapeutic efficacy.
स्वांगशीतलमादाय चूर्णपित्वा पुनः तत्
বিভাগ কার্যেত্ত্ব ভাগমৈক পুনঃ পচেত্

গোমৃথৈশিতিতিভীরান্ত সমব্দী জায়তে রসঃ

উদরাণি কুমিন্ হৃতি হরচ মলসংযথম্

শাম্যেত শীতোষ্ণারেণ তসমাদুপক্ষিক্যা পচেতঃ

পুনঃ দ্বিতীয় ভাগ তু গোশীরেণ পচেতঃ শানঃ

বজারাং তথা তোয়ারিকারস্য যা পচেতঃ

অ্য শ্রেয়োরসো [?] নাম সর্বশূলবিনাশনঃ

নাম্পিনিষিস্ব শূলিং শর্করাফিকাগীবম্ব

মুক্ষগা পাণ্ডুরিং মুক্তরিং চ বারঃ

বাল্ন্যাং পিতরস্য দণ্ডঃ সামিপাতিকম্

অ্যাং কাস কৃষ্ণ চে বিনাস্থা ভিয়ন [? ] পরম ।

পুনস্তূতীয় ভাগ তু কুটুবললিকারসেঃ

ভার্ম্যের্মতিতিভীরান্ত বামনো জায়তে রসঃ

বেরোজ্ভয়বুলমাত্রত্ত তু তাম্বরসাংলি সংপ্যতম

বজমন সর্বদোষধনমুপচারঃ তু পূর্ব্বয় ।

বিমূঢ়কামলপিন্ত শিরোজাব্দ বিনাবায়েত

কি পুনঃ পূর্ব্বলোকতেন সর্বশূলহরঃ পর: ।

368 Diagnosis and Treatment of Diseases
Twenty palas of the purified tāmra patra (thin leaves of copper) and five palas of purified pārada should be added with lemon juice and triturated till fully amalgamated. It should be kept in a pot with ten palas of purified gandhaka above and below. This pot should be sealed and cooked over an oven for three hours. When it gets cooled of its own, it should be made to a powder. This powder should be divided into three parts. One part of it should be cooked by adding cow's urine for twenty times. It is called bhedi rasa which cures udara roga, parasitic infestation and constipation. Its effect diminishes by cooling therapy. Therefore, it should be given with hot things. The second part of the recipe should be gradually cooked by adding cow's urine or milky juice of coconut for ten times. This is called grelpau rasa and it cures all types of colic pain, pain in umbilicus and pelvis, heaviness in head, ear and eyes, stomatitis, anemia, serious diseases of the mouth, fever caused by vāyu, pitta, two doṣas combined and all the three doṣas vitiated simultaneously, consumption, cough and parasitic infestation. The third part should be impregnated with the juice of kaṭu vala rika for twenty times. This is called vāmana rasa. This should be administered in the dose of one valla along with the juice of tambūla. It causes emesis and alleviates all doṣas. The patient, after taking this recipe, should be managed as described before. It cures visūcikā (choleric diarrhoea), amla pitta (acidity in stomach) and stiffness of the head. What to speak of more; it cures all types of colic pain. Since it promotes the power of digestion, it is called udaya bhāskara rasa. While taking this recipe, the patient should avoid rajikā, salt, sexual intercourse, astringent and pungent things.
Vyādhi Vidhvarṇsana Rasa

Samīra pannaga should be added with double the quantity of purified jaya pāla and triturnated by adding goat’s milk till it becomes very soft. This should be administered in a dose of two guṇās (250 mg.) along with sugar, vyoṣa and ādhraka or ghee. It cures gulma (phantom tumour), udara roga splenic enlargement, colic pain, āma jvara (first stage of fever) and viśama jvara (irregular fever). In fever, etc. the patient should take butter-milk prepared of cow’s milk and after the fever is over, he should take juice of guḍūcī by which the disease is completely destroyed.

The above mentioned recipe causes purgation if taken along with cold water. If the patient takes hot water, then purgation stops.

1. पक्वास्तुर्लक्षणो इतिप्रथमपुस्तकेऽपाठः।
2. गुडच्याब्याः ध्याधिविधवाढ्याकर्षां इतिपंचमपुस्तकेऽपाठः।
3. ‘शीतलो’—जलोदरमस्य पाठोस्य चतुर्थपुस्तके नोपस्मयेते।
Udana Roga

पिप्पली मरिच ताम्रं कांचनीचूर्णसंयुतम् ।
स्तुतीकरणे दिनं मध्यं तुल्यं जापालबीजकम् ।
निष्कपादं विरेकोंयं सत्यं ह्रति जलोदरम् ॥१८१॥

One part of each of pippali, marica, tāmra bhasma and kāncaṇa should be added with four parts of purified jayapāla and triturated by adding with the milky latex of snuhi. This recipe should be administered in a dose of 1/4th nīśka which certainly cures ascites.

रचनानां तु सर्वं वस्यनं स्तम्भने ह्रतिम् ।
ग्रामांते च प्रवातियमन्यथा मुद्गमुखकम् ॥१८२॥

Intake of curd and rice stops purgation. It should be given after purgation therapy only when āma (undigested product of food) is eliminated. Before that, the patient should be given soup of mudga.

बंगेष्वरं प्रवक्ष्यामि रसं प्लीब्रोवरापहम् ।
मंदालिनिधातने शस्तं प्रश्न्रबूढ़िविकर्तनम् ॥१८३॥
प्रनूस्तेन प्रकारणे रसस्मात्तिकां क्रियाम् ।
कृत्वा सूतं समादय खलवध्ये विनिलिपेत् ॥१८४॥
साधारणोत्पत्तागृण कुटिलं भस्मेद्वेबुधः ।
पत्रावतस्य प्रदेयानि पुदानि वशसंहयया ॥१८५॥

1. मुद्गमुरवकं ह्रति प्रथमपुस्तके पाठः ।
2. ग्रामान्ते ह्रति पंचमपुस्तके पाठः ।
3. खलमध्ये ह्रति प्रथमपुस्तके पाठः ।
4. श्रवस्पेत् ह्रति पंचमपुस्तके पाठः ।
5. कुटिलं ह्रति चतुर्थपुस्तके पाठः ।
6. सत्यं ह्रति चतुर्थपुस्तके पाठः ।
क्षीरेण मानो समर्थं कुक्तास्थायिन्यं यत्ततः।
पल्लवके सूतभरसन्यते डूसमवचं गजम् [?]।
पलं हे च पले ताध्याणाधारणमूलां बुधेत्।
सामायनिधुलघं च हे पले सर्वमेकतः।
मद्येऽवाकरभवे: पयोभिविवसंतः।
तं सूतं पुष्पेयथान्तत्वबीजे: [?] यथोपले:।
मूषायम् तं रसं कित्वा कुक्कुटालयं च संग्रहः।
एषं वामेवरो नाम रसेश्रं: संप्रकाशितः।
गुलस्लीहोरवच्छ्वेव चतुराािश्वको मुखवै।
गुंजक्रमकार्त्तेन रसेश्रं संप्रवोजयेत्।
बसुभूत्वा चूनेन चूलेन सुरभी मुखः।

1. क्षीरेण मानो: इति प्रथमपुस्तकः पाठः।
2. समर्थं कुक्तास्थायिन्यं इति पंचमपुस्तकः पाठः।
3. शवे इति दौत्रिय पुस्तकः पाठः।
4. सामायनिधि पंचमपुस्तकः पाठः।
5. श्रयम् इति चतुर्वपुस्तकः पाठः।
6. मुखायतां रसं इति चतुर्वपुस्तकः पाठः।
7. कित्वा इति पंचमपुस्तकः पाठः।
8. स्थेदबुधुरो विषय तो मुखविम् इति चतुर्वपुस्तकः पाठः।
9. क. रसेश्रं स्पव्यायेऽि इति चतुर्वपुस्तकः पाठः।
   ख. रसेश्रं: इति पंचमपुस्तकः पाठः।
10. क. मुखविम् इति चतुर्वपुस्तकः पाठः।
    ख. मुखविम्: इति पंचमपुस्तकः पाठः।
Vānigeśvara Rasa

Now vānigeśvara rasa which cures splenic enlargement, udara roga, suppression of the power of digestion and āntra vṛddhi (inguinal hernia) will be described. Bhasma of pārada should be prepared according to the prescribed procedure and kept in a pestle and mortar. Separately, according to the prescribed procedure, bhasma of vaṅga should be prepared. This should be impregnated with the milky latex of arka and cooked in kukkūṭa puṭa for ten times. One pala of the bhasma of pārada (described earlier), one pala of vaṅga bhasma, two palas of tāmra bhasma and two palas of purified gandhaka—all should be mixed together and triturated for three days by adding the milky latex of arka. This should then be kept in a mūṣā (crucible) and cooked in kukkūṭa puṭa by the fire of cow-dung cakes. This is called vānigeśvara rasa. It cures gulma (phantom tumour) and plihodara and it is discovered by a wise physician. It should be administered in a dose of two guṇjās (250 mg) along with the powder of vasu bhaṭṭa, ghee or cow’s urine. While using this recipe for the cure of splenic enlargement, gulma (phantom tumour) and udara roga, the patient should use wholesome diet as described before.

1. ०लिख्यते हि प्रथमपुस्तकः पाठः।
2. च मार्गेन् प्रकल्प प्रयेकं च चतुःपलम् ११६३॥
अष्टकश्रीरीविन मद्ध सवस्स तद्गोलकी कृतम् ॥
हथवालं सूधरे पच्यात् पुरङ्के समुद्धरेतु ॥ ११६४॥

1. 0लिख्यते हि प्रथमपुस्तकः पाठः।
2. च मार्गेन् प्रकल्प प्रयेकं च चतुः पलम् हि प्रथमपुस्तकः पाठः।
Vaṅgēśvara Rasa (second recipe)

Now another recipe of vaṅgēśvara rasa is being described. Bhasma of pārada (one pala), bhasma of vaṅga (one pala), purified gandhaka (four palas) and tāmra bhasma (four palas) should be triturated by adding the milky latex of arka for one day. This paste should be made to a bolus form, kept in a sealed container and cooked in puta for one day. This is called vaṅgēśvara rasa which cures splenic enlargement and gulma (phantom tumour). It should be administered in a dose of two guṇjās (250 mg.) with white variety of punarnavā or rajani and cow’s urine as anupāna.

पंचांगं देववाल्यास्तु चूणं कर्षं शिवाम्बुना
मासमात्रं पिवेशस्तु भैरा तस्य करोति किम् ॥१६५॥

Intake of the powder of all the five parts of devadāli in a dose of one karṣa along with cow’s urine (śivambu also means one’s own urine) for one month cures splenic enlargement.

“यमानिकाचित्तकयायश्यूकं पद्यप्रथंदतीमगयोक्वानाम् ॥
प्लीहानमेतद्विनिहति चूर्णमुष्णाम्बुना मस्तुसुरासंवृवै ॥१६६॥

[भेष्यचर्यतनावली: भैर्यकूड़रोगाधिकारः: १]

1. चूणं इति चतुर्युपस्तकं पाठः ॥
2. स्वेतपुरनं इति प्रथमपुस्तकं पाठः ॥
3. चूणं कर्षंशिवाम्बु इति पंचमपुस्तकं पाठः ॥
4. पद्यप्रथं इति चतुर्युपस्तकं पाठः ॥
5. मगचाद्वानाम् इति प्रथमपुस्तकं पाठः ॥
Intake of the powder of yamānikā, citraka, yava ksāra, saḍ granthā, danti and pippali along with hot water, mastu (thin whey), surā (alcoholic preparation) or āsava (a type of wine) cures splenic enlargement.

"रसेन जम्भोरफलस्य शांताभीरजः पीतमवक्षमेव।
कर्ष्प्रमाणं वमयेदशेषवं प्लोहरयं कूम्समानमायु। ॥१६७॥"

[भेषज्यरत्नावली: प्लोहरकूड़रोगाधिकारः १४]

Intake of the bhasma of saṅkha nābhi (conch shell) in a dose of one karṣa along with the juice of jambira cures instantaneously splenic enlargement which is as hard and smooth as the back of a tortoise.

शाङ्गर्णव काकरत्तिच्च काकमाच्यां कर्ष्मके। ॥१६६॥

Intake of śāṅgasaṭṭhā and kākavanti along with kākamāci and karaṇja [cures splenic enlargement].

"शाङ्गर्ण(यांग)निर्यूहः संधवः तिन्तिडोसंविरिधः।
प्लोह्युपरमो योगः पववासरसोथवा सम्बु:। ॥२००॥"

[भेषज्यरत्नावली: प्लोह्यकूड़रोगाधिकारः ३]

Decoction of śāṅgasaṭṭhā mixed with rock-salt and tintidi or the juice of mango mixed with honey cures splenic enlargement.

‘सुस्विन्धदालभलपुष्यं निघापयुषिं नरः। ॥
राजिकाशूर्णसंयुक्तं सद्यः प्लोह्यपवांत्ये। ॥२०१॥’

1. ‘रसेन—कूम्समानमायु। पाठोयं चतुर्दुस्तके 
   ग्रधिकमुपलम्यते।
2. ‘शाङ्गर्ण—कर्ष्मके’ पाठोयं पंचमपुस्तके ग्रधिकमुपलम्यते।
3. ‘सुस्विन्ध—प्लोह्यपवांत्ये’ पाठोयं पच्चपुस्तके ग्रधिक 
   मुपलम्यते।
Flower of *śālmalī* should be soaked in water and kept overnight. Intake of this along with the powder of *rājika* instantaneously cures splenic enlargement.

“रोहितकाभयालोधभावितं मूत्रम्बुना
पीतं सर्वदर्शितेहास्तर्त्कुण्डलमुलस्युनं”

Intake of the powder of *rohitaka* and *abhaya* along with cow's urine and water cures all types of *udara roga*, splenic enlargement, *meha* (urinary disorders including diabetes), piles, parasitic infestation and *gulma* (phantom tumour).

दबना भूतवतोः वामबाहुमध्ये जिरां भिषक्
विभेदः प्लोहिनामाय यकृः नाशाय बक्षिसे
प्लोहिनां शहं वेदङ्गां बुष्टरक्षप्रवत्ये

After the intake of curd along with food, venesection should be performed in the left arm of the patient for the cure of splenic enlargement and in the right arm for the cure of liver enlargement. During venesection the spleen should be massaged forcefully for the elimination of the polluted blood.

“मागमाल्लावृता वासा स्थिरा चिन्तकसन्धवम्
नागः तालखंडय च प्रत्येकं च चिन्तकाषिकम्
विद्वैवचर्चलक्षरः पिप्पलवृक्षार्क पारिकारः
एतत्तच्छूणकृतं सर्वं गोमृत्तयाके पचेत्”

1. *शुष्णी*: पिप्पलवृक्ष शर्तित: इति भाराके पाठ:।
2. *वृष्ट्व्यम्*—योगरत्नकर: उदरभिकित्सा: ब्रुह ११५।।
3. *दृष्टि* इति चतुष्युपस्तके पाठ:।
4. *शोकर०* इति प्रथमपुस्तके पाठ:।
Three karṣas of each of māna, amṛtā, vāsā, sthirā, citraka and saindhava, and one karṣa of each of viḍa, sauvarcala, ksāra (alkali preparation) as well as pippali—all these drugs should be triturated and cooked in one ṛghaka of cow’s urine. When it becomes semisolid, powder of triphala and honey should be added and pills should be prepared out of this paste. It cures yakṛt-dālẏudara, plihodara, gulma (phantom tumour), piles and grahaṇi (sprue syndrome). It is called parikara yoga and it stimulates the power of digestion.

“विध्वली नागरं दत्तीं समांवं द्विणुगमयाम्
चूर्णं तोतं विद्वानविभ्रंग अ्योहङ्गुमुबुधाविरा
॥२०७॥”

Intake of the powder of pippali (one part), nāgara (one part), danti (one part), abhayā (two parts) and viḍa (half part) along with hot water cures splenic enlargement.
"कन्याृद्ध्या दसाहानि दशापूङ्कलिकं दिनम्।
वर्द्धौपल्यता साँद्रा तथैवापनयेतुपुः।।२०६।।
जीरो जीरो च भुज्जित वर्धिनं क्षरसपिया।।
पिप्पलिनां सहस्य प्रयोगोध्वं रसायनः।।२१०।।
पित्तस्ता बलिमि: पेया भूता मध्यमल्लर्वः।।
चूणाकूला स्तवल्पलीवेवैवोपायात् प्रतिः।।२११।।
दशापूङ्कलिक: श्रेष्ठो मध्यमे घट्ठ प्रकृतितः।।
श्रेष्ठपिप्पलिपयिन्तः प्रयोगः सोडबरः स्मृतः।।२१२।।
बृंहं हणं वृह्यमायुयं प्लोहोवरविनायाशनम्।
वयसः स्थायनं मेध्यं पिप्पलीनां रसायनम्।।
पिेष्ठपिप्पलिकातो द्रुष्यते वर्द्धमानक:।।२१३।।
॥ पिप्पलिवर्द्धमानानि॥"
Vardhamāna Pippalī Prayoga

One thousand *pippalis* should be administered by increasing ten *pippalis* every day for ten days and similarly by decreasing ten *pippalis* every day along with milk. After *pippali* and milk are digested, the patient should be given *sastika* type of rice to eat along with milk and ghee. This is rejuvenating. To a strong patient it should be given in the form of a paste. To a patient of moderate strength, it should be given in the form of a decoction and to the patient with less of strength, it should be given in a powder form. However, the mode of administration should be determined on the basis of the nature of the physique, *dosas* and the disease. Increasing and decreasing by ten *pippalis* is the best and it is moderate to increase and decrease at the rate of six *pippalis* per day. Administration of only sixty *pippalis* in total is of inferior nature. It promotes nourishment, virility and longevity. It cures splenic enlargement. It restores youth and promotes intellect. Some physicians administer this therapy even by increasing five *pippalis* per day.

"पिप्पलीचित्रकान्मूलं पिछ्वा सम्यविपाचैत् ।
घृतं चतुर्गुणं क्षीरं यक्तलोहोवरापहम् ॥२१५॥
|| चित्रकपिप्पलीघृतम् ॥

Citraka Pippali Ghṛta

Ghee should be cooked by adding the paste of the root of *pippali* and *citraka* and four times of milk. This medicated ghee cures *yakṛt* dālyudara and plīhodara.

पिप्पलीकलक्षसंयुक्तं घृतं क्षीरचतुर्गुणम् ।
पचेत्तलोहकमसादविक्रूडङ्गरं परम् ॥२१५॥
|| पिप्पलीघृतम् ॥

[भेष्ययत्नावली : प्लीह्यकृद्योगाधिकार : ६७-६८]
Pippali Ghṛta

Ghee should be cooked by adding the paste of pippali and four times of milk. This medicated ghee cures splenic enlargement, suppression of the power of digestion and enlargement of liver.

"चिन्त्रकक्ष्य तुलावाये वृत्तस्थं रधाच्ये ।
ग्रारनालं तद् ह्रिषुंगं रविमण्डं चरुगुरणम्॥२१६॥
पञ्चकोलकतालीक्ष्मार्लेवनसमुःः
ह्रिषुंगकश्रायुमर्मं रिंचं तत्र वापये
तस्तलात्त्रस्वर्णमण्डुवार्त्यः दुरुरावत्यः
वस्त्रह्ययाप्यक्षकुहसुखोवालक्ष्मीसः
ह्म्यात्यीतं तदश्रोतं शोचनं वनिवीपनम्
बलवंकर्णापि भस्मक्ष्म नियम्यहृति
॥ चिन्त्रकृष्णम्

[ संक्षेप्यत्रताबलोऽऽति: पलीहुकृष्टोगाविकारः ६६-७२ ]

Citraka Ghṛta

One prastha of ghee should be cooked along with one tulā of the decoction of citraka, two prasthas of āranāla, four prasthas of dadhi maṇḍa and the paste of paṇca kola, tālīta, kṣāra (alkali preparation), lavana, śveta jiraka, kṛṣṇa jiraka, niśa, dāru
niśā and marica. It cures splenic enlargement, gulma (phantom tumour), udara roga, abdominal distension, anemia, anorexia, fever, pain in urinary bladder, heart, sides of the chest, lumber region and thighs, udāvarta (upward movement of vāyu in the abdomen), pīnasa (chronic rhinitis), piles and oedema. It stimulates the power of digestion and promotes strength as well as complexion. It also cures bhasmaka (voraceous appetite).

"कदलीतिलनालानां क्षारेण कुरक्ष्यच्
	१
tेलं पक्वं जजेत्यानात् प्लीहानं कफ्वात्जस्तम् II.२२०॥
	२
II कदलीक्षारतैलम् II

[भ्रेंज्यररत्रावली : प्लीहायक्वाद्रोगाविकारः : व]

Kadali Kśāra Taila

Til oil should be cooked with the kśāra (alkali preparation) of kadali and stems of tila and kṣuraka. Intake of this oil cures splenic enlargement caused by kapha as well as vāyu.

"रोहितकत्वचः श्रेष्ठः पलानां पञ्चवस्तिः
	३
cोलं द्विग्रस्थंसंयुक्तं कवाययुक्तकल्येत् II.२२१॥
	४
पलिकः पञ्चकोलेखसं तैः सर्वश्वापि तुल्यमा

रोहितकत्वचाष्ठार्ष्टृर्तप्रस्थं विधायतेभु II.२२२॥

1. पीतं तेलं जजेत्यानां प्लीहानम् इति प्राकरे पाठः।
2. कदलीक्षारतैलम् इति प्राकरे पाठः।
3. 'रोहितकत्वचः—विविधः' पाठोद्वयं वषधुपःके नोपम्बेत्।
4. पलिकः इति प्राकरे पाठः।
Rohitaka Ghrta

Twenty five palas of rohitaka bark and two prasthas of kola should be boiled with water and a decoction should be prepared. To this decoction, one prastha of ghee and the paste of one pala of each of pippali, pippali mūla, cavya, citraka, nāgara and five palas of the bark of rohitaka should be added and cooked. Administration of this medicated ghee instantaneously cures splenic enlargement, gulma (phantom tumour), fever, asthma, parasitic infestation, anemia and jaundice.

1. प्लोहिअनिवृद्धकाज्ञ प्रमेयेवेतदायु प्रयोजनितम्।
2. तथा गुलमज्वरस्यां कृमिपाण्डुठकामलाम्।।२२३।।
1. रोहितकघूतम्।।
[भूष्ण्यरत्नावली: प्लोहिअयकृद्रोगाधिकार: ३३-६४]

भाग: रसस्य चत्वारो ह्रद्ध। गन्धकभागकाः।।
मन: शिलाहिभागां स्वात्र हरिद्राश्रिफला तथा।।२२४।।
श्राग्नेयेऽ जयपालश् तूवृत्त। अभ्यागिकाः।।
कटुश्रयं च दसीं च तुष्मुखान्नतभागकाः।।२२५।।
ऐष्टां चूषणं सामादय वाप्येतसपत्तभावना।।
जयत्या वज्जुवधस्य वानरीभं गराजयो।।२२६।।
जलोदहं नुदत्ताश्च वाप्येत् निष्कमात्रकम्।।
विरेकं किलं संजातं तक्षहकां सत्संबकम्।।२२७।।

1. प्लोहिअनिवृद्ध: इति पंचमपुस्तकेऽपाठः।।
2. कामला इति ग्राद्वंपुस्तकेऽपाठः।।
3. ‘भाग—प्रदापमेत्’ पाठोवम् पंचमपुस्तकेऽप्रचित्कमपुलम्यते।।
A powder should be prepared of purified pārada (four parts), purified gandhaka (eight parts), purified manah tilā (two parts), haridrā (three parts), haritaki (three parts), bibhitaki (three parts), āmalaki (three parts), āgneya (three parts), jayapāla (three parts), sūnṭhi (eight parts), pippali (eight parts), marica (eight parts), dantī (eight parts) and tumburu (eight parts). This powder should be impregnated with the juice of jayantī, milky latex of vajra, juice of vānartī and the juice of bhrīga rāja. It should be administered in a dose of one niṣka. It immediately cures jalodara (ascites). If there is more of purgation, then the patient should be given rice with butter-milk and rock-salt to eat. Wholesome diet should be given to the patient in the evening. Cold water should not be given to him. As anupāna (post-prandial drink), the water mixed with the ksāra (alkali preparation) of apāmārga should be given along with this recipe.

"रोहितकायपलवत्तं शोद्येक्वरादकम्
साधिययव जलग्रोवणे चतुर्भगातलशिवितम्
घृतप्रस्थं समावध्य छागशौरं चतुर्गुणम्
तस्मिन् वयायविमानं कल्कानं सर्वांत्यान्तसम्मितानं
भोजवं फलशिरकं हिगु यमानी तुस्तुषु बिहं
प्रजाजी कृष्णलवणं वाडिमं देववाशु च"

**Notes:**
1. क. ०वशेषये एति प्रथमगुस्तके पाठ: 
2. ल. ०वशेषये एति पंचमगुस्तके पाठ: 
3. ग. ०वशेषितम् एति षष्ठगुस्तके पाठ:
पुनर्वा विशाला च यवकारं सपौष्करस् ।
विड़जः चित्रकङ्कवं हुवुषा चविका वचा ॥२६२॥
एतेऽतः विपवरतु स्थापयेद्वाजने गुहे ॥
पाययेत् त्रिपलोऽप्रीतां व्यार्धि बलवेक्ष्य च ॥२६३॥
रसकेनाय यूरेना पयसा वापि भोजयेत् ॥
उपयुक्ते घृते तस्मान् व्याधोऽनु ह्याधीन्मान् बहुः ॥२६४॥
यक्षत्लीहोदरः चक्कम् धुल्लोऽण्यः।
कुशभूलं हरिश्वूलं पार्विश्वूलमरोच्कम् ॥२६५॥
विबन्धभूलं शमयेत् पाण्डुरोगं सकामलाम् ॥
छद्ध पतीसार्शुलणं तन्न्राजविनाशानम् ॥
महारोहितकं नाम ध्रुव्यानं ह्यति वाराणम् ॥२६६॥
॥ महारोहितकृत्यः ॥

[भौज्यरत्नावली: ध्रुव्यकुद्रोगाधिकार: ४६-४३]
Mahā Rohitaka Gṛṛta

Coarse powder of rohitaka (one hundred palas) and badara (one āḍhaka) should be boiled with one droṇa of water and reduced to one fourth. To this decoction, one prastha of ghee, four prasthas of goat’s milk and the paste of one akṣa of each of vyoṣa, triphalā, hingu, yamāni, tumbaru, viḍa, ajājī, krṣṇa lavana, dāḍima, deva dāru, punarnavā, viśāla, yava ksāra, puṣkara mūla, viḍaṅga, citraka, havuṣā, cavikā and vacā should be added and cooked. This medicated ghee should be stored in a clean jar and administered in a dose of three palas depending upon the condition of the disease as well as strength of the patient along with meat-soup, vegetable soup or milk. It cures yakṛd dālyudara, plithodara, pain in spleen, liver, pelvis, heart and sides of the chest, anorexia, pain caused by constipation, anemia, jaundice, vomiting, diarrhoea, colic pain, drowsiness and fever. It is called mahā rohitaka gṛṛta which is specially effective in curing serious type of splenic enlargement.

"पारिभ्रम्यपलाशकस्तुपामार्गित्रकान्" ।
वहस्ताविनम् ४वसुकक्वद्रोहस्वतिहृतियम् ॥२३७॥
'पूर्तीकालिकुकुटजकोशातन्:  पुननवा ।
समुलवलशाखास्तु शोदित्वा उड़ावने ॥२३८॥
तिलनालप्रदोषपीठिन्धर्गं भस्म ४ शुशीतलम् ।
आरप्रस्थं गृहितवा तु स्वसेत्वात्रे हड़े नवे ॥२३६॥
जलद्रोणे विपित्तवं यावत् पावावशेषितम् ।
पूर्ववासारकलकेन सांधयेच्छ विचक्षण: ॥२४०॥

1. ोह्वेतकुटजकोशातन्। ति ग्राहस्वस्तकृषु पाठः।
2. ोप्रवासारकेत्व इति ग्राहके पाठः।
3. सुदरंग समस्तीतलम् इति ग्राहके पाठः।
4. 'पूर्तीका—मुशीतलम्' पाठोपयं पर्यष्टस्तके नौपलम्यते।
5. ग्राहां इति ग्राहके पाठः।
6. स्वास्वयं इति ग्राहके पाठः।
प्रस्थङ्गकच लवण तदेशाम्ब गृहितकैम
तुल्याम्बुभाग गोमूद्र व साथयंमुक्तुत्ताकिनी ||२४१||
किचिचस्वाभीयपाने च सम्यप्रिि्देवतार्ते ||२४२||
‘प्रजाजी गृहित मिहगु यमानी पीकर शाति ||२४२||
एतर्दुपलभागीशां तुत्वा प्रवापयेत्
लवण चाम्मया नाम भक्षयेच्च यथालम् ||२४३||
व्यायिभचक्ष्य मलितपानुपान यथोऽचितम् ||२४४||
एऽ कोषुगता स्तोत्तांच्छिन्नत न संवेयः धर्मधिकृतम् ||२४५||
यक्तलीहोदरानाहुगुलाम्बिनिसारितुः ।
ह्रयाक्षिरोल्लिहुद्रों शकराकामिन्तातावनम् ||२४५||
|| अभयालवणम् ॥”

[भवज्यर्तनावली : चक्षुकृदरोगाविकार : ३५-४३]

Abhayā Lavaṇa
Pāribhadra, palāśa, arka, smuḥī, apāmārga, citraka, varuṇa, agni mantha, vasuka, svadaṃśtrā, brhati, kaṇṭakārī, pūtika,

1. क. किचिचस्वाभीय सार्देशु हि प्रथमपुस्तकेऽपाठः।
   ल. किचिचस्वाभीय सार्देशु तु हि प्रथमच्छंदपुस्तकेऽपाठः।
2. ‘प्रजाजी— प्रवापयेत्’ पाठायं प्रथमच्छंदपुस्तकोऽपाठः।
3. पुनः हि प्रथमच्छंदपुस्तकोऽपाठः।
4. अभयालवणम् नाम हि प्राकरेऽपाठः।
5. व्यायिभचक्ष्य हि प्राकरेऽपाठः।
6. व्यायिविण्य हि प्राकरेऽपाठः।
7. क. सार्वजितु हि प्राकरेऽपाठः।
   ल. सार्वजितु हि प्रथमच्छंदपुस्तकेऽपाठः।
8. प्रति ह्रयाक्षिरोल्लिहुद्रों सावराकामिनतातावनम् हि प्राकरेऽपाठः।
āsphota, kuṭaja, kośātaki and punarnava along with their roots, leaves and stems should be pounded and burnt with the fire of stems of tila. The ksāra (alkali preparation), thus prepared, should be allowed to cool down. One prastha of this ksāra should be boiled by adding one drona of water till one fourth remains. To this, one prastha of rock-salt, half prastha of haritaki and one drona of cow's urine should be added and further boiled over mild fire. When it has become semi-solid, the cooking vessel should be taken out of the oven, and to this, the powder of half pala of each of ajājī, tryūṣana, hiṅgu, yamāni, puṣkara mūla and śaṭi should be added. This is called abhayā lavaṇa. It should be administered with appropriate vehicles and in appropriate dose depending upon the strength of the patient and seriousness of the disease. It undoubtedly cures all diseases of gastro-intestinal tract including yakṣa dālyudara, plīhadara, abdominal distension, gulma (phantom tumour), asthīlā (stoney growth in the abdomen), suppression of the power of digestion, chidrodara, heart disease, sarkara (graveluria) and aśmarī (stone in the urinary tract).

1. श्रीदकानूपजं मांसं शाकं पिष्टकं तिला: ।
2. व्यायामाध्वविवासव्यपानाजीर्य विवर्जित: ॥२४६॥

Prohibitions

The patient suffering from udara roga should avoid meat of marshy and aquatic animals, vegetables, pastries, tila, exercise, walking a long distance, sleep during the day time and excessive intake of alcohol.

1. श्रीदकानूपजं इति पञ्चमपुस्तकं पाठ: ।
2. श्रावणं इति पञ्चमपुस्तकं पाठ: ।
Thus, ends the 47th Chapter dealing with the diagnosis and the treatment of *udara roga* in *Āyurveda saukhyā* of Tṛḍarānanda composed by the great king Tṛḍara Malla.
CHAPTER XIII

पाथ शोधनिवानं चिकित्सा च।

Diagnosis and Treatment of Oedema

"रक्तपितकफान् वायुद्धे वुद्धामलिहिः सिराम ।
नीत्वा रुद्धगतिस्तैः कुर्यार्ध्रव्यांसंग्रहायम् ।
उत्सेधं सहंति शोथं तमाह्निच्छयावतः।।।"

Pathogenesis

The aggravated vāyu afflicts rakta (blood), pitta and kapha and carry these vitiated elements to vessels in the exterior of

1. This is the beginning of the 52nd Chapter of Āyurveda saukhya in Tōdarānanda and the invocation reads as follows:—
बृजांगनवीच्य पुनाररेगिक प्रेतस्तुपुर्व्यां इव जीव भ्रागते ।
श्रीगानन्दास्मददेहुसुम्भु दरातु यस्तन्नूपमी महतुरस्म॥

2. सिरा इति प्रथमपंचममुस्तकं: पाठः।
the body. In the skin and the muscles, vāyu itself gets obstructed by these vitiated elements as a result of which elevated and compact oedema is manifested. Because of this oedema is considered to be caused by all the three dosas, viz. vāyu, pitta and kapha.

Varities

Even though, in the general pathogenesis, all the three dosas are afflicted, still depending upon the causative factors and signs as well as symptoms, oedema is classified into nine varieties, viz. vātika, paitika, kaphaja, vāta-pittaja, vāta-kaphaja, pitta-kaphaja, sāmpītika, abhīghātaja (caused by external injury) and viṣaja (caused by poisoning).

Premonitory Signs and Symptoms

Sneezing, vascular prominence and heaviness of limbs—these are the premonitory signs and symptoms of oedema.
Etiology of Endogenous Oedema

Following are the causative factors of *nīja* (endogenous) type of oedema.

1. Intake of *kāra* (alkali preparation), sour things, ingredients having *tikṣa* (sharp) property and hot things by an emaciated and weak patient immediately after the purificatory therapies or after recovery from a disease;

2. Intake of curd, uncooked food, mud, vegetables, mutually contradictory ingredients of food and polluted as well as poisoned food;

3. Affliction by piles, lack of exercise, not taking purificatory therapies, injury to vital organs and difficulty in delivery; and

4. Resorting to wrong corrective measures.

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1. *समोरं स्वादनविविचतं सोत्संधपूर्वकाय भिरातनुत्तमं* ।
2. *सलोमह्वांजविवर्णता च सामान्यविलिङ्गं भयथो: प्रविद्यम् । । । ।*

General Signs and Symptoms

Signs and symptoms of *sōtha roga* (oedema) in general are heaviness, unstability, swelling, heating sensation, vascular thinness, horripilation and discoloration of the skin.
Signs and Symptoms of Vātika Oedema

Signs and symptoms of vātika type of oedema are as follows:

1. Mobility and thinness of the skin;
2. Roughness, reddishness and whiteness of the skin;
3. Numbness and tingling sensation in excess without any appreciable causative factor;
4. When pressed the oedema gets depressed but becomes elevated thereafter; and
5. Aggravation of oedema during the day time.

Signs and Symptoms of Paittika Oedema

Signs and symptoms of paittika type of oedema are as follows:

1. Softness of the skin with a smell;
2. Black and yellow coloration of the skin;
3. Giddiness, fever, sweating, thirst and feeling of intoxication; and
4. Heating sensation, pain, reddish colour of the eyes and excessive burning sensation as well as suppuration.

Signs and Symptoms of Kaphaja Oedema

Signs and symptoms of kaphaja oedema are as follows:

1. Affliction by heaviness, stability, anemia, anorexia, salivation, sleep, vomiting and suppression of the power of digestion;
2. Its application and alleviation take place very slowly;
3. There is no pitting by pressure; and
4. Aggravation of oedema during night.

Dvandvaja and Sānnipātika Oedema

Combination of causative factors and signs as well as symptoms are the characteristic features of dvandvaja, viz. vāta-paittika, vāta-kaphaja and pitta-kaphaja types of oedema. Similarly, sānnipātika type of oedema is characterised by the combination of signs and symptoms of all the three doṣas.

1. क. सान्निपातात्सोमो इति प्रथमपुस्तके पाठः
2. ख. सान्निपातात्सोमो इति पठपुस्तके पाठः
3. ओऽसास्तनकपिक्कृष्टे इति प्रथमपुस्तके पाठः
Abhīghātaja Oedema

Because of the injury by sharp edged weapons, exposure to cold wind and the wind coming from the sea and contact with the juice or bristles of bhallātaka and kapi kacchu oedema takes place. It is of spreading nature. The skin will be very hot to touch and red in colour. Generally, signs and symptoms of paittika oedema are manifested in this variety.

Viṣaja Oedema

Viṣaja type of oedema is caused by the following:

1. Crawling or urination by poisonous animals;
2. Injury by fangs, teeth or nails of even non-poisonous animals;
3. Use of dirty clothes polluted by stool, urine and semen;

1. सप्तविँचत: इति पादः।
2. माध: इति पादः।
3. प्रायस: इति पादः।
4. अस्करात: इति पादः।
4. Contact with the wind blowing over a poisonous tree; and

5. Dusting of powder containing poisonous material.

This variety of oedema is soft, mobile and slightly hanging down. This causes burning sensation and pain immediately.

**Oedema in Different Parts of Body**

If the vitiated doshas are located in the āmāsaya (stomach including small intestine), then oedema takes place in the upper part of the body. If these vitiated doshas are located in the pakvāsaya (colon) then oedema takes place in the middle portion of the body. If these doshas are located in the rectum, then oedema takes place in the lower part of the body. If, however, these vitiated doshas are located all over the digestive tract, then oedema takes place all over the body.

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1. श्वेतस्त्राश्च रात्रिः श्वेतक्रियाः परिवर्तते ।
2. क. सर्वसंसर्ग तथा इति लघुक्रिये पाठः ।
3. ०देश: इति पशुष्ट स्त्राभिः पाठः ।
Prognosis

Oedema in the middle portion of the body and general anasarca all over the body are difficult of cure. If oedema takes place in half of the body and if it spreads upwards, then it is incurable.

भास: पिपाता छौंश्रृं दोब्बल्यं ज्वर एवं च ।
यस्य चान्ने हर्चरिनस्ति भयथूं तं विवर्जन्येत्।१६१॥

[माधवनिवान : शोथ ३६ : १-१६]

The patient of oedema having dyspnoea, thirst, vomiting, weakness, fever and anorexia should not be treated.

“छौंश्रृं: भासोदुहरिच्छुषणः ज्वरोदितिसार एव च ।
सप्तकोड्यं सदीर्भन्यं शोफोपद्वसंश्र्यां:।१६२॥

[चरक : मूच्छस्थान १५ : १६]

Complications

Vomiting, dyspnoea, anorexia, thirst, fever, diarrhoea and weakness—these are the seven complications of oedema.

“ऋढ्बिगासी नरं पदस्यामधोगामी मुखात् हित्रम् ।
उभयं वस्त्रसंजात: शोफो हृत्ति न संशयः।१६३॥

[योगरत्नाकर : शोथचिकित्सा : पृष्ठ १२४]

1. क. परिवर्जन्येतु हृति पठङ्गपुस्तके पाठः।
2. व. च वर्जन्येतु हृति प्रथमपुस्तके पाठः।
3. सदीर्भस्तु: हृति श्रावरे पठङ्गपुस्तके च पाठः।
4. शोफः हृति पंचमपुस्तके पाठः।
Oedema originating from legs and moving upwards causes death of a male patient. Oedema originating from face and moving downwards causes death of a female patient. If oedema originates in the area of the urinary bladder, then it causes death of both the male and the female patients.

"अन्न्योपढ़वक्रः: शोथ: पादसमुद्धितः।
पुरुषं हिति नारीं च मुखजो गुहाजो द्रव्यम्।
नवोदन्तप्रक्रः: शोथ: साध्योसाध्य: पुरेतिरि: नौ।"

[माधवनिवास: शोथ ३६ : १६]

II शोफनिवानम् II२१।

If the oedema originates from the legs and is associated with complications, then the male patient succumbs to death. If the oedema originates from the face then female patient succumbs to death. If oedema originates in the anal region then it leads to the death of both the male and the female patients. Freshly occurring oedema without any complication is curable; others are incurable.

Thus, ends the diagnosis of oedema.

"शुंथीपुरनंविररण्डप-श्रूलम्बन्तं जलम्।
वातिको भवयौ शस्तं पानाहारपरिघ्रहैं। II२१।"

[संघज्यर्तनावली: शोथरोगाधिकार : ४]

The decoction of सुंथी, punarnavā, eranđa and pañca mūla is useful for being used in food and drinks by a patient suffering from vātika type of oedema.
Decoction of *daśa mūla* is useful in all types of oedema, specially in *vātika* type of oedema.

Intake of the decoction of *trivṛt*, *gudūcī* and *triphalā* and milk preparations as food is useful in *paṭittika* type of oedema. Such a patient should also use one *aṅkṣa* of *triphalā* powder along with cow’s urine.

Intake of the decoction of *abhāyā*, *deva dāru*, *madhuka*, *tiktā*, *danti*, *pippali*, *paṭola*, *candana*, *dārvī*, *trāyamāṇa* and *indra vārunī* along with ghee cures oedema, fever, burning sensation, erysipelas, thirst, heating sensation, *sānṃipātika* types of diseases and poisoning.

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1. *कुह्ते व इति प्रथमप्रथमपुस्तकः पाठः*.
Old rhizome of *manaka* should be made to a paste, added with double the quantity of rice and required quantity of milk as well as water to prepare a *páyasa* (a type of milk preparation). Intake of this cures *vátodara*, oedema, *grahani* (sprue syndrome) and anemia.

For a patient of *páttika* oedema, massage, etc. should be done by the ointment prepared of cooling drugs triturated with cold water.

"पुनर्वाचित्रवस्तिद्वृद्धगुङ्गौऽविशाख्यापवदधनशक्तिकम्
शोये कपोले महिष्याकमुदृप्तिपिबेहा सलिंतं तथंशाम ॥२६॥
"[भव्यवर्तनावली: शोथरोगाधिकारः २६]

The paste or decoction of *punarnavā*, *viśva*, *trivrt*, *gudūci*, *sāmpāka*, *pathyā* and *deva dāru* mixed with *guggulu* and cow’s urine is useful in *kaphaja* oedema.

"कष्टे तु कृष्णासिकितपुराणपिण्याकशिशिपुत्रस्माप्रलेपः
कुलश्चुर्णीलिंगसेकक्षण्डागुड़ययमुनलेयनाथः ॥१३०॥
"[भव्यवर्तनावली: शोथरोगाधिकारः ६०]
For kaphaja oedema, be paste of pippali, sand, old oil-cake, bask of sigru and umā should be applied externally. Similarly, water or cow’s urine boiled with kulattha and sunthi should be used for sprinkling, and the paste of candā and aguru should be applied externally.

"ग्राजाकाठारुपयोगिकोलबम्बाद्रीरजन्य: सुखतोयप्रेता: ।
शोषं द्रिदोषं चिरल्य निदर्शति सुनिल्मकृष्ण्येचः ॥३१॥"

[भेषज्यरतनावली: शोषरोगाधिकार: १०]

Intake of the lukewarm decoction of ajāji, pāthā, ghana, pañca kola, vyāghrī and rajani cures serious and chronic oedema caused by sanmipāta (simultaneous vitiation of all the three doṣas). The decoction of bhūnimba and mahausadhā has similar effect.

"पुनर्नवासिंहस्तोलशुष्टितिर्रोगाधिकारार्थाशिरा: ।
सब्राजाष्ट्रोपरस्ताकानीश्वासाद्वितं पाण्डुरुद्वं निहृत्तिः ॥३२॥"

[भेषज्यरतनावली: शोषरोगाधिकार: २०]

Intake of the decoction of punarnavā, nimba, paṭola, sunthī, tikta, amṛtā, dārvī and abhayā cures general anasarca, udara roga, cough, colic pain and anemia associated with asthma.

"श्रायक्रय रस: पोत: पुराणगुडमिथित: ।
ग्राजाकाठारुपयोगिकोलबम्बाद्रीरजन्य: ॥३३॥"

Intake of ginger juice and jaggery along with goat’s milk as food quickly cures all types of oedema.

1. "पिप्पलब्याधिविजी नामका चरकाप्रथ्येतोत्वम्।
योग: सुष्ठया पुनः स्थाने ग्राहः मातंगपिप्पली।"
पाठोज्यं पंचमपदमपुस्तकवृत्त: ग्राधिकमपुलमये।
2. चित्राखरे पाठि।
Oedema

Intake of the decoction of *punarnava*, *deva dāru* and *śunthī* along with cow’s urine or the decoction alone or the decoction of *data māla* along with *guggulu* cures oedema.

"विलवप्परसं पीतं शौचं भयोध ब्रजे ।
विव्हचे चयं दुर्गृहि विवधयात् कामलादवपि ॥३५॥”

[भैरव्यर्थनाली : शोधरोगाधिकार : १४-१५]

Juice of the leaf of *bilva* has drying effect. It is useful in *sannipātika* type of oedema, constipation, piles and jaundice.

"गुडिपिन्धलिङ्गणां चूँचं भयवृणाशनम् ।
‘आमाजीर्णप्राच्यां शूलद्वां बस्तिशोधनम् ॥३६॥”

[भैरव्यर्थनाली : शोधरोगाधिकार : ३०]

The powder of jaggery, *pippali* and *śunthī* cures oedema, *āma* (undigested product of food), indigestion and colic pain. It also cleanses the urinary bladder.

1. ‘यवाद देव प्रथमपुस्तके पाठः।
2. ‘दशमूलरसं देव पाठः।
3. ‘स्वयंचुंचुं—गुम्बुलु पाठोवं चून्तसुप्तके नोपलमयते।
4. ‘शौचं देव प्रथमपुस्तके पाठः।
5. ‘विव्हचे देव पाठः।
6. ‘कामलासु च देव पाठः।
7. ‘आमाजीर्ण—शौचनम् पाठों चून्तसुप्तके नोपलमयते।
Intake of the decoction of pathya, amṛtā, bhārigī, punarnava, agni, dāru haridrā, haridrā, deva dāru and suṇthi instantaneously cures oedema affecting abdomen, hands, legs and face.

Application of the ointment prepared of the seed pulp of bibhītakī cures burning sensation and pain in a patient suffering from oedema. Application of the ointment of yaṣṭiī, mustā, leaf of kapittha and candana cures carbuncles.

1. प्रसंहोदरपाणिपादमुखार्थितम् इति ग्राहकरे पाठः।
2. सर्वेषु इति ग्राहकरे पाठः।
3. प्रावस्त: इति ग्राहकरे पाठः।
4. सकपित्थमूँ: इति ग्राहकरे पाठः।
5. सचन्दनस्तिष्ठितकाशु इति ग्राहकरे पश्चिमपुस्तके च पाठः।
6. पूरो इति ग्राहकरे पाठः।
7. सेवेयेत इति ग्राहकरे पाठः।
8. ग्राहकरे पाठः।
9. शोषोनाशनम् इति चधुर्यपुस्तकेण पाठः।
The patient suffering from oedema should take guggulu along with cow's urine or pippali along with milk or abhayā along with jaggery or sunthi along with jaggery.

"गुडार्द्रकं वा गुडनागरं वा गुडभयं वा गुडपिप्पलीं वा
कर्णाभिभूत्वाया त्रिपलप्रमाणं लादेत्स्रः पक्षमथापि मासम् ॥४०॥
शोधप्रतिद्वयागलास्यरोगान्
सत्कासातारुचिपिनसादीन्
जीर्णज्वराःस्यप्रहणीविकारान्
हन्यत्वावनां कफवातरोगान् ॥४१॥"

[भैरवयुर्तावली: शोधरोगाविकारः ११-१२]

Intake of jaggery with green ginger, or jaggery with dry ginger, or jaggery with abhayā or jaggery with pippali in a dose of three palas and increased by one karṣa every day for a fortnight or for a month cures oedema, fever, piles, grahanī (sprue syndrome) and other diseases caused by kapha and vāyu.

कृष्णाधनजीरकक्रक्काेरकारापाठा—
निशाकरिकगामघाज्यानाम् ॥
चूर्ण चूद्धसल्लंबरवलोभ्य पीतं
नात: परं भव्यूरोगहरं नराणाम् ॥४२॥

Intake of the powder of krṣṇā, agni, viśva, ghana, jiraka, kantakārī, pāthā, nītā, gaja pippali, pippali and jayā along with hot as well as pungent (by boiling with pungent drugs) water cures oedema. This excels other recipes in its therapeutic efficacy.

1. कर्णाभिभूत्वाया इति प्रथमपंचमपुस्तक्यो: पाठः ।
2. निशाकरकणाः इति पठ्ठपुस्तकेः पाठः ।
"स्थलयपद्ममयं कल्कं पयसालोज्या पायवेत्।
पलिहामयहरूलचं सर्वाङ्गूकाञ्चोथिनुष्ठितं॥४॥
[भेत्यज्यर्तच्चाली : शोधयोगाङ्गिकार : २३]

Intake of the paste of sthala padma by boiling with milk cures splenic enlargement and oedema in any part of the body or in the whole body.

"वाहुगुम्गुलुशुन्तीनं कल्को मूर्तवः शोधिजत्।
वर्षांमूखुत्ज्वेयरायम् कल्को वा सर्वाङ्गोथिनुष्ठित्॥४॥
[भेत्यज्यर्तच्चाली : शोधयोगाङ्गिकार : १५]

The paste of deva dāru, guggulu and śunthi should be taken along with cow's urine which cures oedema. Similarly, the paste of varṣābhū and śṛṅga vera cures all types of oedema.

"सिद्धायामुत्भन्तिकीवबणं कुत्भा समाधिक्रमः।
पीतवा शोधवा ज्येष्ठरत्नं : कांसं भासं ज्वरं वैमम्॥४॥
[भेत्यज्यर्तच्चाली : शोधयोगाङ्गिकार : २७]

Intake of the decoction of vāsā, amṛtā and bhanṭākī along with honey cures oedema, cough, asthma, fever and vomiting.

"पुनन्वबवादवार्वगुरुङ्गरिपाठोकेविकुट्टीतोपुष्कवाहरवी। हरवी कठेया
भरहृदा पीपरि सीता यवलुा सर्वाङ्गोथारपंडितवासासा ॥४॥
Punarnavā, deva dāru, guḍūci, pāṭhā, śunthi, kuṣṭha, gokṣura, dāru haridāra, haridāra, kauṭakārī, bharaḥjātā, pippalī, citraka and vāsā cure general anasarca, anemia and dyspnoea.

1. 'पुनन्ववाद—१५वासास्या पाठोकेयं चतुर्वषंतचमथयपुस्तकेषु
नोपलम्यते।
"पुनर्नवादरुस्तोत्सरथं शिरुमेव च।
पिण्डवा चैवारनालेन प्रलेपः सर्वशोष्यजत् ॥२॥

[भष्यम्यर्तनाली : शोथरोगाधिकार : ५६]

External application of the paste of punarnava, deva dāru, śunthi, siddhārtha and śigru along with aranāla (a type of vinegar) cures all types of oedema.

"भूनिमबद्धशकक्षं जलवा पेयः पुनर्नवाक्वाथः।
अयपहरत निद्यतमाश्च शोयं सर्वांसिंभकं नृणाम् ॥
शोथनुत्कोक्लाठ्यं भस्म सूत्रेण वायमभस्ता ॥४६॥

[भष्यम्यर्तनाली : शोथरोगाधिकार : ३१-३२]

Intake of the paste of bhūnimba and deva dāru along with the decoction of punarnava cures general anasarca. Similarly, the ash of kokilakṣa along with cow’s urine or water cures oedema.

"क्षोरं शोथहरं दारुवाद्वीभुिसुनागरें शृऽतम्।
पेयं वा चित्रकब्र्योपिक्र्वाद्रुप्रसाधितम् ॥४६॥

[भष्यम्यर्तनाली : शोथरोगाधिकार : ५६]

1. शिक्रु सिद्धार्थसंव इति श्राकरे पाठः।
2. भ्रम्लिकः सुवृषासोवं प्रलेपः सर्वशोष्यनुत्त इति श्राकरे पाठः।
3. ‘पुनर्नवा —शोष्यजत’ पाठोऽयं पंचमपुस्तकेण श्रिकम्मुपमान्यते।
4. सर्वांगं इति प्रथमपंचमपुस्तकः पाठः।
5. चाम्लसा इति प्रथमपुस्तकः पाठः।
6. दारुशिराः इति पंचमपुस्तकः पाठः।
Intake of the milk boiled with *deva dāru*, *varṣabhū* and *nāgara* or the milk boiled with *citraka*, *vyoṣa*, *trivṛt* and *deva dāru* cures oedema.

"पुनर्वादासीमित्यमूलचिल्लोऽवाचित्रकमूलसिद्धः:
रसा यवाचक्षु परासिद युष्माः: शोथे प्रदेय दशामूलगम्भीः ॥५०१॥"

[भैरवयर्तलावलीः शोयरोगाधिकारः १३]

Meat soup, *yavāgū* (thick gruel), milk or vegetable soup prepared along with the decoction or powder of *punarnava*, *deva dāru*, root of *kapittha*, *chinnodhava* and root of *citraka* or prepared along with the decoction of *daśa mūla* should be administered to the patient suffering from oedema.

"आर्द्रं स्यालोवणानि चतवाययोरजोयोषफलशिरके च ॥
सेप्पलमुलविड़तारं मुस्तकमोदामाराणविल्लम् ॥५११॥
कलिङ्कविचित्रकमूलपाते यष्ट्रावल चतातिविषं पलांसाम् ॥
सहिंदुकर्ष त्वयं शुष्कचूर्ण ब्रोणं तथा मूलकशुण्ठकानाम् ॥५२१॥

स्याद्वृस्मस्ततसलिलेन साध्यः
मालोऽऽ यावधनमप्रवप्पयायम् ।
स्त्यानं ततं: कोलसमं तु मात्रं
क्रत्वा सशुश्रुकं विभिन्ना प्रयुक्त्यात् ॥५३१॥
प्रलोहवर्चित्वहलीमकारः: पाण्डवायारोचकशोथशोवान् ।
विशुचिकायुमगराधमरीः सश्वासकासान् प्रणुवेत् सक्रियान् ॥५४१॥

1. यावधनमप्रवप्पयायम् इति ब्राके पाठः।
Kśāra Guṭikā

One pala of each of svarji kśāra, yava kśāra, sauvarcāla, saindhava, viḍa, audbhida lavana, lauha bhasma, vyōsa, triphalā, pippali mūla, viḍāṅga (dehusked), mustā, ajamodā, deva dāru, bilva, kalīṅgaka, root of citraka, pāṭhā, yāṣṭi, atīviṣā and one kαrṣa of hīṅgu should be made to a powder. To this, one droṇa of the ash of mūlaka and śunṭhi and eight times of water should be added and boiled till it becomes semi-solid but does not get burnt. From out of this paste, pills of one kola each should be prepared and dried. Administration of these pills according to prescribed procedure cures plihodara, śvītra (leucoderma), halimaka (a serious type of jaundice), piles, anemia, anorexia, oedema, consumption, visūcikā (choleric diarrhoea), gulma (phantom tumour), poisoning, almarī (stone in the urinary tract), asthma, cough and kuṣṭha (obstinate skin diseases including leprosy).

"पुनर्वाचित्रवक्रवद्वारप्रथोषसारहरोतकोनाम्
कल्केन पक्वं दशमूलतोये घृतोत्तमं शोचनिपूदनं ॥५६॥"

|| पुनर्वाचित्र घृतम् ||

[भेऊयरत्नावली : शोचरोगाधिकार : ६७]

1. कारादिगुटिका इति ब्राह्मणेपाठः।
Punarnava Ghrta

Ghee cooked along with the decoction of data mula and the paste of punarnava, citraka, deva daru, pañcoṣaṇa, kṣara and haritaki cures oedema.

"पुनर्नवाक्वान्नकं सिद्धं शोयहरं घुरतम् ॥ १५६॥"

॥ पुनर्नवागुरूतम् ॥

[भेषज्यर्तनावली: शोधरोगाधिकारः: ६६]

Punarnava Ghrta

Ghee cooked with the decoction as well as paste of punarnava cures oedema.

"रसेन पाचयेतस्पिनः पञ्चकोलकुलत्थयोः ।
पुनर्नवायायः कल्लेन घूर्तं शोयविनादानम् ॥१५७॥"

॥ पञ्चकोलार्धं घुरतम् ॥

[भेषज्यर्तनावली: शोधरोगाधिकारः: १०२]

Pañca Koladiya Ghrta

Ghee cooked with the decoction of pañca kola as well as kulatthha and the paste of punarnava cures sotha.

"विष्णूवधस्य कल्लेन द्रश्मूलजले श्वुतम् ।
घूर्तं निष्ठन्याच्छवत्वं प्रहर्णिः पाण्डुतामयम् ॥१५६॥"

॥ गुणीवृत्तम् ॥

1. रसेन पाचयेतस्पिन: इति ग्राहकरे पाठः ।
2. शोयविनादानम् इति प्रादर्शयुपस्तकेषु पाठः ।
**Oedema**

Sunṣṭhī Ghṛta

Ghee cooked with the paste of Sunṣṭhī and the decoction of dāsa mūla cures oedema, grahāṇī (sprue syndrome) and anemia.

“सचित्रका धान्यमानिपाता: सदीध्यक्यूपणवेतसाम्ला: ।
विल्वात्फलं दाडिमयावश्यं सपिप्पलीमूलस्थापि बर्धम्।।६०।।
पिष्ट्वाक्रमानां जलाडं जन
पक्तवा गृत्त्प्रस्थमधोपुरुस्यात् ।
श्रेष्ठसी मुलम् भविष्यं च क्रृत्तम्
निह्वति विल्विच वरोिति बीक्किन्।।६१।।
॥ चित्रकाष्ठ्युतम्।।”

[भेषज्यर्तनावली: शोबरोगविकार : ६६-१००]

Citrakādya Ghṛta

One akṣa of each of citraka, dhānya, yamāṇi, pāthā, dīpyaka, tryūṣāṇa, amla vetasa, fruit of bilva, dāḍima, yava kṣāra, pippali mūla and cavya should be boiled in one āḍhaka of water. One prāṣṭhā of ghee should be cooked with this decoction. This medicated ghee cures piles, gulma (phantom tumour), oedema and dysuria. It stimulates the power of digestion.

“श्रेष्ठसी गृत्त्प्रस्थमधोपुरुस्यात विश्वाष्ठ्यां साधु निमित्त्य तेन ।
तत्त्वं गृत्त्म चित्रकस्मूलककल्कं तक्रेऽग सिद्धं भविष्यवृक्मस्य।।

---

1. गृत्त्प्रस्थमधोपुरुस्यात् इति ग्राहकर पाठ:।
2. चित्रकाष्ठ्युतम् इति पंचमपुस्तकेकः पाठ:।
3. विश्वाष्ठ्य इति ग्राहकर पाठ:।
4. चित्रकस्मूलगम् इति ग्राहकर पाठ:।


Citraka Ghṛta
Milk should be kept in a jar smeared with the paste of citraka till it becomes curd. Ghee taken out of this curd should be cooked by adding the paste of the root of citraka and butter-milk which cures oedema, piles, diarrhoea, vātika gulma (phantom tumour) and prameha (obstinate urinary disorder including diabetes). It also stimulates the power of digestion.

“माणकबाधकलकास्यं घृतप्रस्थं विपाचयत् ।
एकं हन्त्रं शोयं विद्रोहस्य व्यपोह्तिः ॥१६३॥”

[भैरवज्यरत्नावली : शोधरोगाधिकार : १०३-१०४]

Māṇaka Ghṛta
Ghee should be cooked with the decoction as well as paste of māṇaka. It cures oedema caused by one doṣa, by two doṣas and by three doṣas vitiated simultaneously.

“स्वल्पदःपलायन्यथी घृतप्रस्थं चतुःपलम् ।
घृतप्रस्थं पचेदेभि : क्षीरं दत्ता चतुःपलगम् ।
पञ्चकासान् हरेच्छिद्रां शोयं च चव मुदुलसरम् ॥१६४॥”

[भैरवज्यरत्नावली : शोधरोगाधिकार : १०१]

1. oमेहानविधिं इति प्रथमचतुर्यंचमपुस्तकेऽग्रहः ।
2. चिन्तकं इति प्रथमचतुर्यंचमपुस्तकेऽग्रहः ।
3. विजयजमपोह्ति इति घामके पाठः ।
4. स्वल्पदकाण्डं घृतम् इति भारदारस्तुपुस्तकेऽग्रहः ।
Sthala Padma Ghṛta

One prastha of ghee should be cooked along with eight palas of sthala padma, four palas of tryūṭana and four prasthas of milk. It instantaneously cures five varieties of cough and serious types of oedema.

"शैलेयकुण्ठगुब्धकौन्तीसन्तरुत्कपरकलामभुपलाशमुस्तोः ।
प्रयहुगुर्योक्तहेमांसितालिशपग्नपंशव्राह्याः ॥१६५॥
श्रीवेदक्षयानकपिल्लिनिः स्पृशकानलेश्वापि यथोपलाभम् ।
वातान्वितेनाश्रुमुशान्ति तेलं सिंहं सुपिन्देशरिव च प्रदेहस्य ॥१६५॥
"

II शैलेयां तेलम् II

[भंज्यरतनावली : शोयरोगाधिकार : १०५-१०६]

Śaileyādyā Taila

Oil should be cooked along with śaileya, kuṣṭha, aguru, deva dāru, kauntī, tvak, padmaka, elā, ambu, palāśa, mustā, priyaṅgu, sthaureyaka, hema (nāga kesara), māmsī, tālīśa patra, plava, patra, dhānya, śrīveṣṭaka, dhyāmaka, pippali, śṛṇkā and nakha depending upon their availability. Massage with this medicated oil is useful in vātika type of oedema. Application of the thin paste of the above mentioned drugs also cures oedema.

"शृष्टमूलकर्षणविवधारस्यनामस्वदारस्यः ।
पक्षिमय्युनातलं सचूलं भययुं जयेत् ॥१६७॥
II गूतकान्त तेलम् II"

[भंज्यरतनावली : शोयरोगाधिकार : ६४]

1. ोनेचारपि इति प्राकरे पाठः ।
2. क. शृष्टमूलकाचारपि इति प्राकरे पाठः ।
ल. ीशृष्टमूलकां तेलम् इति चतुर्यय्युनास्ततकोऽति पाठः ।
ग. ीशृष्टमूलक ो-तेलम्” पाठोपयं चतुर्यय्युनास्तको नोपलमये ।
Mūlakāḍya Taila

Oil cooked with dry mūlaka, varśābhū, deva dāru, rāsnā and mahausadha should be used for massage which cures oedema with pain.

“पुनर्म्बामूलादवर्शशमू्नरसादखे” ।

श्राखकस्वरसप्रस्थे गुडाय तु तुलां पवेत् । ॥६८॥

तत्तसद्व व्योपपन्नलात्वकचव्यः कारिकः पृथक् ।

चूर्णीकृष्टं विपुर्वः क्षणमः कुड़वं लिखेत् । ॥६६॥

लेखः पौनर्म्बो नाम शोयशूलनीधवः ।

श्वालकासस्बिहरो बलवर्णामिगत्वत् । ॥७०॥”

॥ पुनर्म्बावलेखः ॥

[भेषज्यर्तमावली: शोयरोगाधिकार: ४३-४४]

Punarnavā Leha

One ṣāḍhaka of the decoction of punarnavā, amṛtā, deva dāru and dasa mūla, one prastha of ginger juice and one tulā of jaggery should be cooked. When it is prepared, one karśa of each of the powder of vyoṣa, patra, elā, tvak and cavya and one kuḍava of honey should be added and mixed well. This is called punarnavā leha. It cures oedema, colic pain, dyspnoea, cough and anorexia. This promotes strength, complexion and the power of digestion.

1. क्षणपुर्वः इति श्राकरे पाठः।
2. इष्टेक्षस्वोविपुर्वः इति पदपुस्तके पाठः।
3. पुनर्म्बावलेखः इति श्राकरे पाठः।
"दशमूलकपायस्य कान्ते पद्याशारं पचेतुः ।
तुला गुड़ात् घने दशात् व्योमङ्कारच्युः पल्लूः ॥१७१॥
त्रिलुगान्तु सुकुमारी द्रव्यार्थः मधुनो हिमे ।
दशमूलकेतकः शोभान्ह्यूः सुपुस्तरान् ॥१७२॥"

[योगरत्नकर : शोभचिकित्सा : पृष्ठ १३०]

‘व्योमकपक्षकुलमारोपणार्याण्डोदरामयान् ।
प्रत्येकनेवकपया त्रिलुगान्वितो भवेत् ॥१७३॥
कंतहरीतकी चैवा चरके पञ्चकत्वायथा ।
एतत्मानेन तुल्यतवं तेन तत्राति वर्ष्यते ॥१७४॥'

॥ दशमूलीहरीतकी ॥

Data Mūla Haritaki

One hundred fruits of haritaki should be cooked in one kamsa of the decoction of data mūla and one tula of jaggery.
When it becomes semi solid, four palas of vyasa kṣūra, one suvarṇa (karṣa=unit of weight) of tri sugandha and half prastha of honey should be added and well mixed. Honey should be added only when the recipe is cooled down. This is called dāta mūla haritaki. It cures serious types of oedema, fever, anorexia, gulma (phantom tumour), piles, meha (obstinate urinary disorder including diabetes anemia and udara roga (obstinate abdominal diseases including ascites). Caraka has named this recipe as kamsa haritaki and used the ingredients in the same weight.

"दृष्ट्वमूलस्य पचेत् कायायें कसेकभयानां च शतं गुडाच्छ ।
लेहे मुसिद्धे च विनीय चूर्णं ध्योयत्रित्रोगमयुमस्थितं च ।
प्रस्थादायमात्रं मधुन: तुदीठे किष्ठिचच्छ चूर्णाद्विपि याव्युकाल् ।
एकाभयं प्रायं ततः लेहादिच्छुतिनिह्रति भ्रययं श्रृवृहद्म् ।
काशज्वरारोचक्षेत्रगुल्मान्मेहात्मित्रोदोदरपाण्डुरोगान् ।
काश्यमवानादसुगम्लिप्तं वेद्यमूलस्यानिलयुक्तोपयान् ।"

[चरक : विकसित : १२ : ४५-४६]
श्रृंग्रेष्यां तरं नेलं ‘पूवः’ व्यास्येव यत् श्रुतम्’ ।

[[संस्कृती की]]

[[योगरथनाकर : शोथविकसिता : पृष्ठ १३०]]

1. 0मुन्धा सियते इति पंचमपुस्तके पाठः।
2. 0लेहातु शुकिति। इति ब्राह्मणपुस्तकेयू पाठः।
3. ‘पूवः——-श्रुतम्’। पाठोपयं चतुर्यंषष्ठपुस्तकयोः: नोपलम्यते।
Oedema

“दशमूलं हरितकयाः तुल्यं कंसहरीतकी ।
मानं तेनात्र तत्रस्यं चरके ध्रुवेज्जात: ॥७६॥”

॥ कंसहरीतकी ॥

Kamsa Haritaki

In one kamsa of the decoction of daśa mūla, one hundred fruits of haritaki and one hundred palas of guḍa should be added and cooked. After the linctus is prepared, the powder of vṛṣā and tri sugandhi should be added. When the linctus is cooled, half a prastha of honey should be added along with small quantity of yava kṣāra. This should be administered in a dose of one fruit of abhayā and one sūkti (unit of weight) of the linctus. This cures serious type of oedema, cough, fever, anorexia, splenic enlargement, gulma (phantom tumour), prameha (obstinate urinary disorders including diabetes), sānnipātika type of udara roga, anemia, emaciation, āma vāta (rheumatism), rakta pitta (an ailment characterised by bleeding from various parts of the body), amla pitta (acidity in stomach), discoloration of the skin and afflictions of urine, flatus as well as semen. Quantity, etc. of some ingredients are not explained in this recipe and the instructions in the previous recipe should be followed here also which is clarified in the commentary of Jejjaṣa on Caraka Saṃhitā.

 лечение тяжелого артроза, однако, включает

3 भल्लातकरोम्भमुद्रावालेपम् शोयजित् ॥५०॥

Treatment of Oedema caused by Poisons

If oedema is caused because of allergic reaction to marking nut (bhallātaka), then the body should be anointed with the

1. क. जैज्जात्या इति चंचमपुस्तके पाठ: ।
2. पाठोऽयं ध्रुवपुस्तके नोपलमयं ।
3. “भल्लातकोशयजितको ध्रुवपुस्तके नोपलमयं ।
paste of tila, milk, madhuka and butter. The mud collected from the ground on which bhallātaka tree grows should also be used externally which cures oedema.

If oedema is caused by poisoning as a result of contact with poisonous trees, dirty clothes, poisonous smoke or poisonous leaf, then the method prescribed for various types of poisoning should be adopted.

Intake of triphalā cūrna in a dose of one valla along with cow’s urine or the solution of sudhā kṣāra cures oedema and udara roga. This should be administered continuously for one week.

Serious type of oedema caused by bhallātaka can be cured by fumigation with sarja rasa (gum resin of sāla tree) or application of the paste of rātha as well as mustā. [There appears to be many errors in verse nos 80-83].

1. ‘तत्:—चिरेण’ पाठोऽयं चतुर्भयवष्ठपुस्तकयोः नोपलमयते।
2. ‘समूत्रः—निहिति’ पाठोऽयं प्रथमपुस्तकोऽनोपलमयते।
3. क. सुधानिष्ठ: इति चतुर्भयपुस्तके पाठः।
4. ख. सुधानिष्ठ: इति चतुर्भयपुस्तके पाठः।
5. शोथ्य रोगं इति चतुर्भयपुस्तकयोः पाठः।
6. सप्तराजामुर्गितानां इति पञ्चमपुस्तके पाठः।
Application of the paste of *yaṣṭi madhu* cures oedema caused by *bhallātaka*.

"प्राग्यानूपं पितितं लवणं शुक्कशाकं नवान्नम् ।
गौडेपिष्टं दधि सकुशारं विजजलं मधमल्लम् ।
धाना बल्लूर्मशनमयो गुथ्यसात्त्मयं विदाहि ।
स्वप्नं च रात्री भयथुमद्वान् वज्जेयेम्बुनं च ॥

[वर्क : चिकित्सा : १२-२०]

Prohibitions

The patient suffering from oedema should avoid meat of domesticated and marshy animals, salt, freshly harvested cereals, jaggery preparations, pastries, curd, *kṛṣṭāra* (a preparation of rice added with pulses), undiluted alcohol, sour drinks, fried paddy, dried meat, heavy, unwholesome and *vidāhi* (which causes burning sensation) food, sleep at night [?] and sexual intercourse.

Thus, ends the 48th Chapter on diagnosis and treatment of oedema in *Āyurveda saukhya* of *Ṭoḍarānanda* composed by the great king *Ṭoḍara Malla.*
CHAPTER XIV

ग्रथ वृद्धिनिवां चिकित्सा च।

Diagnosis and Treatment of Vṛddhi (Scrotal Enlargement)

"कृत्रियवां शोफ्रूककर्ष्यन्। "
मुङ्की बहुकण्ठक्रिया प्राच्य फल्कोपाध्यायािनी। "
प्रतीर्थ धमनीवृंढ़ा करोति फलकोषयो। "

Pathogenesis

The aggravated and obstructed vāyu, while causing oedema and pain, moves from groins to the testicular sacs, inflicts

1. This is the beginning of the 53rd Chapter of Āyurveda saukhya in Tōḍarāṇandā and the invocation reads as follows:—

‘नवांगनाना नवमश्वे यस्तादृत्यायोमानसमानसंस्त्रय। हैमोज्रूवे मारकता इवा घरेजे सदीर्दयित विद्धातु मूर्ते।""

2. शर्तू इति प्रथमपुस्तके पाठः।
pressure on channels carrying nourishing material to testicles and increases the vascular size in testicles.

दोषाधिने‌वृक्षरात्रेः स वृद्धः सप्तथा गदः ।
मूत्रात्मनावप्यनिनलाद्वेदस्तु केवलम् । १२॥

Varieties

This vrddhi (scrotal enlargement) is of seven types, viz. vātika, paśtiika, kaphaja, raktaja, medoja, mūtraja and antraja. Mūtra vrddhi and antra vrddhi are also caused by vāyu. But these are distinguished from vātika vrddhi on account of their etiological factors.

बातपर्णप्रृतिस्वरूपो वृक्षो वातावहेतुहृक् ।
पदावनुब्धवसंकाश: पिताइ वाष्ठोधमपायकवान् ।
कफाच्छूटीते गुहः तिलग्ध: कण्डमान् कठिनोपतपक् । १३॥

Vātika, Paśtiika and Kaphaja Vṛddhi

Vātika vrddhi is characterised by a touch of the scrotum which feels like a wind inflated blower, roughness and pain without any appreciable reason. In paśtiika vrddhi, the scrotum appears like a ripe fruit of udumbara along with burning as well as heating sensation and suppuration. In kaphaja vrddhi, scrotal growth is cold to touch, heavy, unctuous, associated with itching, hard and less painful.

कृष्णस्फोटक्तः पितावर्दिलिङ्गः रक्षनः ।
कफवन्मेदता वृद्धिसुदुस्ता लफ्लोधमः । १४॥

1. पिताः वाद्यो इति प्रथमपूर्तके पाठः ।
2. कफवन्मेदसो इति प्रथमपूर्तके पाठः ।
Raktaja and Medoja Vṛddhi

Raktaja vṛddhi shares the signs and symptoms of pittaja vṛddhi. In addition, the scrotum is surrounded with black pustules. Medoja vṛddhi shares the signs and symptoms of kaphaja vṛddhi. In addition, the scrotum is soft to touch like a ripe fruit of tāla.

Mūtra Vṛddhi

The person who habitually suppresses the urge for micturation suffers from mūtra vṛddhi. While walking, the enlarged scrotum produces sound as if it is a leather bag containing water. It is associated with pain and is soft to touch. Because of the mobility of the testicles, the patient suffers from dysuria.

1. सतु च गुच्छति इति पंचमपुस्तकेः पाठः ।
2. श्रम्भानि इति श्राद्वंपुस्तकेः पाठः ।
3. प्रवतते इति श्राद्वंपुस्तकेः पाठः ।
1. उपेक्ष्यमाणस्य च मुक्कवृद्धिमाध्मानुसारस्तःभान्ति स वायुः।

2. प्रपीडितोऽस्मिन् स्वनवान् प्रयाति प्रभामापमण्यनुषेन पुनः मुक्तः।

Antra Vṛddhi (Inguinal Hernia)

By the intake of vāyu aggravating food, taking bath in cold water, suppression of natural urges, heavy weight, walking a long distance, improper posture of limbs and such other factors which put pressure on the abdomen, the vitiated vāyu displaces the small intestine and pushes it downwards as a result of which there appears a small tumour like structure with swelling in the joint of the groin (inguinal canal). If neglected, it causes scrotal enlargement, abdominal distension and pain. If pressed, the growth subsides with gurgling noise of the wind. But when pressure is released, the swelling appears again like a blower.

यस्यांत्रायववहलेष[ मा ]मुक्कयोवोतिसंचत्वात्।

श्रृंतवृद्धिरसाध्योऽव वातवृद्धिसमाकृति।

[ माधवनिदान : वृद्धिनिदान ३७ : १-१० ]

रूक्षकुर्मण्यशिरायस्तनुजालसमावृता।

Prognosis

If because of accumulation of vāyu in the testicular region, there is adhesion of the small intestine into the adjoining tissues and if like vātaja vṛddhi, it is surrounded by the net work of rough, black and reddish vessels, then it is incurable.

1. उपेक्षा हिति आदर्शपुस्तकेऽव पाठः।

2. क. अहमानसाम्रवतत्त्वं वायु हि प्रभापमुस्तकेऽव पाठः।
   ल. रुक्षसमात्त्वभवुः हिति प्रभामपुस्तकेऽव पाठः।

3. सुषुक्कुर्मण्य हिति प्रभापमुस्तकेऽव पाठः।
"प्रत्ययिन्निष्ठं गुरुं सेवनान्ध्रिच्यं गतः ॥
करोति वृद्धवत् शोभं दोषो वंक्षणसंधिशु ॥
ज्वरशूलांगसादाधः तं ब्रह्मपि निर्देशो ॥१०॥

[माधवनिदान : वृद्धिनिदान : ३७ : १० भाषा टीका]

॥ ग्रन्थवृद्धिकृष्णस्वामिनिदानम् ॥११॥

**Bradhna**

Because of the intake of *abhisyandi* (which obstructs channels of circulation), heavy and sour food as well as drinks, *dosas* get accumulated in the groin joint to cause swelling like *vṛddhi roga* along with fever, pain and prostration. This is called *bradhna* (tumour in the inguinal region).

Thus, ends the diagnosis of *antra vṛddhi* (inguinal hernia), *kuranda* (scrotal enlargement) and *bradhna* (tumour in the inguinal region).

**guggulu शुद्धेलं वा गोमूद्रेण पिबेदनः** ॥

**वातबृद्धि निहंस्यायु चिरकालानुवन्धनीम्** ॥१२॥

Intake of *guggulu* or castor oil along with cow’s urine cures *vātika vṛddhi* even if it is chronic.

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1. प्रत्ययिन्निष्ठं गुरुं सेवनान्ध्रिच्यं इति प्रथमपुस्तके पाठः ॥
2. प्रत्ययिन्निष्ठं इति प्राकरे पाठः ॥
3. ज्वरशूलांगसादाधः इति प्राकरे पाठः ॥
4. ब्रह्मस्वामिनिदानम् इति प्राकरे पाठः ॥
5. वृद्धिनिदानम् इति प्राकरे पाठः ॥
6. गुग्गुलं शुद्धेलं वा गोमूद्रेण पिबेदनः इति प्रथमपुस्तके पाठः ॥
7. वातबृद्धि निहंस्यायु चिरकालानुवन्धनीम् इति प्राकरे पाठः ॥
8. नन्दनीम् इति पंचपुस्तके पाठः ॥
For the cure of vāta vṛddhi following recipes are useful:

1. Intake of castor oil along with milk for one month;
2. Use of punarnavādyya taila or nārāyaṇa taila as drink and for medicated enema; and
3. Intake of castor oil along with the decoction of dāsa mūla.

"चन्द्रं मधुकं पद्ममुशिरं नीलमुद्रगलम् ।
क्षीरपिटकं: प्रदेहः स्यात्स्त्राषोथज्ञापहृतम् ।१४॥

Candana, madhuka, padma, uṣtra and nilotpala should be made to a paste by triturating with milk. Application of this paste cures burning sensation, oedema and pain associated with vṛddhi.

पञ्चवल्कलकलकेन सघृतेन प्रलेपनम् ।
सर्व पित्तहरं काय्य रक्तजे रक्तमोक्षम् ॥१५॥

The paste of the barks of nyagrodha, udumbara, aśvattha, pārīsa and plakṣa should be mixed with ghee and applied

1. दशकाम्लसा इति प्रथममुस्तकेपाठः।
2. पद्ममुशिरल इति पष्टुमुस्तकेपाठः।
3. क्षीरपिटकः इति पष्टुमुस्तकेपाठः।
externally and all pitta alleviating therapies should be used for the cure of païtika vṛddhi. In raktaja vṛddhi, blood-letting therapy should be administered.

"श्लेष्मावृद्धिमुद्रणायेंप्रेयमृत्रिपुष्टः प्रेयतवे।
पीतवरदाचार्यायुिक्तमृत्रेण संयुतम्।।१६१।।
[भव्यवर्त्तावली: बृद्धिरोगाधिकारः ६]"

For the cure of kaphaja vṛddhi, drugs having hot potency should be made to a paste by triturating with cow’s urine and applied externally. For this, the patient should take the decoction of pīta dāru along with cow’s urine.

"स्वन् मेद:समुत्थनतु लेपयस्तुसादिना।
शिरोवर्क्रिक्ष्वरृयः सुलोष्णमृृत्रासंयुतः।।१७१।।

If the scrotal tumour is caused by medas (fat), then first of all, fomentation therapy should be applied over the tumour and thereafter, the luke-warm paste of drugs belonging to surasādi gāṇa prepared by triturating with cow’s urine should be applied. Similarly, the luke-warm paste of drugs, used for errhine therapy (śiro-vireka) prepared by triturating with cow’s urine should be applied.

"संस्वेद्य कृत्रिमविवं वस्त्रपद्येन वेदायतृ।
सविन्या पात्रतोड़स्ताहिदेयेव श्रीहिमुखेन वे।।१८१।।
[भव्यवर्त्तावली: बृद्धिरोगाधिकारः ११-१२]"

1. ०मृत्रापिष्टः इति पंचमपुत्रके पाठः।
2. ०स्तवरसादिना इति श्राद्यपुत्रके पाठः।
3. ०दुधाच्यै: इति प्रथमपुत्रके पाठः।
4. ०मूञ्जः इति पंचमपुत्रके पाठः।
5. ०वस्त्रपदेन इति पंचमपुत्रके पाठः।
6. ०सीद्यः इति प्रथमपुत्रके पाठः।
Surgical Method

Mūtraja granthi (hydrocele) should first of all be given fomentation therapy and then by wrapping the scrotum with a piece of cloth, it should be punctured at the side and lower part with the help of brihi mukha yantra (trochar and canula).

"शङ्कोपरिच कर्णाते त्वक्ष्वा सोबनिसदरत्।

tvatyasadha śirāṁ vidheṣastra vṛddhinchātye ॥१६॥"

[योगरत्नाकर : वृद्धिचिकित्स : पृष्ठ १३५]

For the cure of antra vṛddhi (inguinal hernia), venesection should be performed over the temporal region above the ear. It should be ensured that venesection is not performed over the stīvani (suture of the temporal bone) or near about that.

श्रद्गुढ़मध्ये त्वक्ष्वतः वहेद्व्रजविपयं ॥२०॥

For the cure of antra vṛddhi (inguinal hernia) the skin of the thumb of the opposite side should be incised and cauterized.

"रास्नायछमुत्तत्ररणबलागोभुरसाधित:

विवाचोत्त्रवृद्धं हन्त्यायु रुद्रनेत्त िमिधितः ॥२१॥

Intake of the decoction of rāsnā, yaṣṭī, amṛtā, erandā, balā and gokṣura mixed with castor oil instantaneously cures antra vṛddhi (inguinal hernia).

1. ॐघ्यक े इति चंचमपशपृस्तकय: पाठः।
2. ॐर्न्दरातु इति चंचमपृस्तके पाठः।
3. ॐसैरां इति प्रशमपृस्तके पाठः।
4. ॐवर्न्दृतये इति प्रशमपृस्तके पाठः।
5. ॐहेक्सारघिपयं इति पाठः।
Intake of castor oil cooked with balā and milk cures abdominal distension, colic pain and swollen anta vṛddhi (inguinal hernia).

Intake of haritaki boiled with cow's urine along with oil and rock-salt every morning cures diseases caused by kapha and vāyu.

Haritaki, boiled in cow's urine and fried in castor oil should be taken along with rock-salt. Luke-warm water should be taken thereafter. This cures serious type of vṛddhi roga of long standing duration.
"त्रिफलाक्षणगोमुखः पिवेत्प्रातातिनित:।
कफवातोज्वां हि तत् भयं बुध्लोग्यितम्।।२५॥" [भैरवयज्ञरत्नावली: बृद्धिरोगाधिकारः ७२]

Regular intake of the decoction of triphala and cow’s urine every morning cures kaphaja and vātaja types of vṛddhi roga.

"सरलाकुसमुखः भैरवसचतुः।
स्वर्गारलसंपुतः शोधनं कफवात्सुलः।।२६॥" [भैरवयज्ञरत्नावली: बृद्धिरोगाधिकारः ७३]

Intake of sarala, aguru, kuṣṭha, deva dūru and mahausadha along with cow’s urine and āranāla (a type of sour drink) cures oedema, aggravation of kapha as well as vāyu.

"भृद्वधो रक्तकेलेलं कलं: पथ्यासमुद्यवः।
हुणांसत्वसंपुतः बृद्धिरोगारः: परः।।२७॥" [भैरवयज्ञरत्नावली: बृद्धिरोगाधिकारः २०]

The paste of haritaki should be fried with castor oil and mixed with pippali as well as rock-salt. Intake of this recipe cures vṛddhi roga.

"गृह्यं गृह्यं संस्करं च सम्प्रयुक्तं शाम्भुहम्माष्ट्रं निहितं प्रयत्नातु।
सप्ताहसादिकर्करचिकं निहितं कुष्ठसमतिप्रवृद्धम्।।२८॥" [भैरवयज्ञरत्नावली: बृद्धिरोगाधिकारः ७४]
Cow's ghee mixed with rock-salt should be kept in a jar prepared of (or containing) sea-shells. This jar should be kept exposed to sun rays for seven days. Intake of this cures serious type of scrotal tumour.

"एष्ट्रोपूलमवं चौर्णं रबुललेन माण्डितम्

dvara गोपयसा पीतं सब्र्हृद्विनिवारणम् ॥२६॥"

[भेष्यरत्नावली : वृद्धिरोगाविकार : ७८]

The powder of the root of aindri should be triturated with castor oil and taken for three days with cow's milk which cures all types of vrddhi roga.

रक्तजटामूललिन्ताकरटव्यञ्जनमाणा

बद्दा वृद्धि: नमं याति चिरजापि न संजायः ॥३०॥

A piece of leather should be smeared with the paste of the root of rudra jatā and tied over the enlarged scrotum which undoubtedly cures vrddhi roga.

"निशिपष्टमार्गालें रूपिकामूलवल्कलम्

लेवो बृद्धायमयं ह्यरि बद्वमूलममि वृद्धम् ॥३१॥"

[भेष्यरत्नावली : वृद्धिरोगाविकार : ७०]

1. भ्याहान् ह्यं हादसंपूस्तकेषु पाठ: ।
2. सब्र्हृद्विनिवारणम् ह्यं आकारे पाठ: ।
3. ोलिफाकर्व्यंग ह्यं षष्ठपुस्तकेपाठ: ।
4. ोश्यं ो ह्यं चतुर्थपुस्तकेपाठ: ।
5. भ्रमू ह्यं चतुर्थपुस्तकेपाठोऽपाठ: ।
The root bark of *rupiKā* (?) should be made to a paste by triturating with *āranāla* (a sour drink) and applied over the enlarged scrotum for its cure. Application of this paste and then wrapping a piece of cloth with pressure over the scrotum also cure *vyddhi roga*.

"वचारसंस्थापकानेन प्रलेपो वृद्धिनाशनः।"

[भूषणयत्नाचली : वृद्धिरोगरीकार : ६५]

"लज्जा क्रमलाभावः लेयो वृद्धिरः परः।।३२।।"

[भूषणयत्नाचली : वृद्धिरोगरीकार : २५]

External application of the paste of *vaca* and *sarasapa* cures *vyddhi roga*. Similarly, application of the paste of *lajjalu* and stool of vulture cures *vyddhi roga*.

"पूलं बिल्वकपितरियोररुकुक्सायानेतु हस्योदित्योः।"

[ष्ठामाप्राणिनिर्दशिनिरुगुकरकरम् ॥३३।।]

कृषणाप्रलिन्यकारवऽचरणमारएकारारमोदोदाविकितम् ॥

पौतं काक्षिककोणा मिश्रितेचं चूसीं। कृषि बनजित् ॥३४।।

॥ बिल्वविचँश्च।

1. क. प्रलेपो वृद्धिनाशनः इति श्राकरे पाठः।
   ख. प्रलेपर्वृद्धिनाशनः इति धारमपुस्तके पाठः।
2. बिल्वकपितरियोररुकुक्सा । इति धारमपुस्तके पाठः।
3. धारुपकरम् इति द्वितीयपुस्तके पाठः।
4. मोदाविकितः इति धारमपुस्तके पाठः।
5. क. पाठोऽय प्रथमपुस्तकेऽयोः। नौपलम्बते।
   ख. बिल्वावं चूसीं। इति धारमपुस्तकेऽयोः। पाठः।
Bilvādi Cūrna

Intake of the powder of the roots of bilva and kapittha, araluka, agni, bṛhati, kaṇṭakāri, śyāmā, pūti karaṇja, śunthi, aruskara, krṣṇā, granthikā, cavya, paṅca lavana, kṣāra and ajamodā along with kañji (a type of sour drink), luke-warm water or butter-milk cures bradhna (growth in the inguinal region).

Wheat and kunduru should be made to a paste by triturating with sheep-milk. Application of this luke-warm paste cures pain in bradhna.

[The meaning of this verse is not clear].

1. कः प्रजाशीरण इति श्राकरे पाठ:
2. खः प्राविशीरण इति यष्ठपुस्तके पाठ:
3. कुन्दुकस्य व इति प्रथमचुतुङ्गपचमपुस्तके पाठ:
4. च इति यष्ठपुस्तके पाठ:
5. ब्रह्मो इति पञ्चमपञ्चपुस्तकोऽि पाठ:
6. मूलपाते इति पञ्चमपञ्चपुस्तकोऽि पाठ:
7. पाके इति यष्ठपुस्तके पाठ:
8. ब्रह्म इति यष्ठपुस्तके पाठ:
9. काढळने प्रलेपनम् इति श्राकरे पाठ:
Ajājī, havuṣā, kuṣṭha, godhūma and badara should be made to a paste by triturating with kāṇji. Application of this paste cures bradhna.

"सैन्धवं मद्र खट्ट हायो निचुलं वचाम्।
होवेरं मधुकं भाजीं देवदाह सनागरम्। ॥३३॥
कटफलं पोष्करं मेदं चविकं चित्रकं शादीम्।
विध्वज्ञातिवर्मा ध्यामं वेणुकं नीलिनं स्थिराम्। ॥३६॥
बिलबाजमोकं कुम्भाश्च दस्तीं रास्ता प्रिविष्य च।
साद्ध्वनेलदलं वा ततं वा काकबातंतु। ॥४०॥
ब्रह्मनोदवकस्वामार्कः प्लोहमेहाध्यमारतान्। ॥
आनाहिमैरुङ्चं हन्यात्वनुवातंतान्। ॥४१॥"

॥ वृह्तसैन्धविः तेलम् ॥

[भृष्ण्यतर्माली : बृह्तिरोगाचारिकाः ४३-४६]

Bṛhat Saindhavādyā Taila

Castor oil or sesamum oil should be cooked by adding the paste of saindhava, madana, kuṣṭha, satāhvā, nicula, vacā, hrīvera, madhuka, bhāravigi, deva dāru, nāgara, kaṭ phala, puṣkara mūla, medā, caviṅka, citraka, saṭī, vidāṅga, ativisā, śyāmā, venukā, nilinī, sthirā, bilva, ajamodā, kṛṣṇā, dantī and rāṣnā. This medicated oil alleviates kapha as well as vāyu and cures
bradhna (inguinal growth), udāvarta (upward movement of wind in the abdomen), gulma (phantom tumour), piles, splenic enlargement, prameha (obstinate urinary disorders including diabetes), āghya vāta, abdominal distension and aśmari (stone in the urinary tract). This recipe is to be used for anuvāsana type of medicated enema.

"शतमेरण्डमूलस्य शुम्भा पंच यवादकम्

जलब्रोणे चतुर्थासपयसायुग्यतानि च 114211

प्रस्थमेरण्डलस्य तस्मुलाभ्य चतुःपलम्

द्विपल श्रृंगवेरस्य गहः दस्या शरः पचेत् 114311

तत्पित्रप्रयतः खुदो नरः क्षीरास्सखूः सदा

ग्रन्थरूढः निहृयाश्य तैलं गन्धर्हस्तकम् 114411"

9लगन्धर्हस्तस्तैलम् II

[भृष्णवर्तज्जनविली: वृढरोगाधिकार: 45-50]

1. शतमेरण्डमूलस्य पलं शुम्भ्या यवादकम् इति श्राकरे पाठः
2. विपक्तत्वम् यावतपादबोधितम्। तेन पादावोषेण पयसा तत्समेन च इति श्राकरे पाठः
3. द्विपल श्रृंगवेरच इति श्राकरे पाठः
4. विपाग्येत् इति श्राकरे पाठः
5. के. विपेश्चसतन्त्रीतानं: इति पंचमपृष्टके पाठः।
6. जयरायाशु इति श्राकरे पाठः।
7. के. ओस्मिकं इति चतुर्थप्रस्तके पाठः।
8. "शतमेरण्ड......गन्धर्हस्तकम्। यात्रायं प्रथमपृष्टके नोपेस्तये।
9. के. गंधर्हस्तस्तैलम् इति चतुर्थप्रस्तके पाठः।
ल. पाठोग्यं पंचमपृष्टके नोपेस्तये।"
Gandharva Hasta Taila

One hundred palas of the root of eranda, five palas of sunthi and one adhaka of yava should be cooked in one drona of water and reduced to one fourth. To this decoction, eight prasthas of milk, one prastha of castor oil and four palas of the paste of root of eranda and two palas of the paste of singavera should be added and cooked over mild fire. After purification of the body, the patient should take this medicated oil internally. While doing so, he should eat only milk and rice. This is called gandharva hasta taila and it cures antra vṛddhi (inguinal hernia).

Vṛścika Taila

Oil of vṛścika should be extracted with the help of Pātāla yantra and applied over the enlarged scrotum which is undoubtedly cured within one month.

According to Matsya Rahasya

Application of fomentation therapy with the meat of viṣuri type of fish cures scrotal tumour.

1. 'पातालयन्त्र—लेपः' पाठोपयं पचमवर्ष्टपस्तकयोऽः
   वृधकमुपलम्यते ।

2. पाठोपयं घष्टपस्तके वृधकमुपलम्यते ।
The paste of hiṅgu, laśuna, citraka, bhallātaka, sōbāṇjana (bark) should be applied over bradhna (inguinal growth) for its cure.

"चिरक्रं लघुनं हिङ्गु भल्लातं शिप्रसूलजम्
निम्बुनीरकृतो लेपः स्तीत्रान्त्रिमप्रशास्त्येः"

Citraka, laśuna, hiṅgu bhallātaka and the bark of the root of sīgru should be triturated by adding lime juice and made to a paste. Application of this paste cures serious type of bradhna (inguinal growth). [This is variant reading in Sanskrit of the recipe at line no 48 above]

"शतपुष्पाबद्वारास्मिचिरक्रं रजनीद्रयम्
जीरके द्वे वच्छा विष्वः त्रिफलां गुगुलुं त्वचम्"

1. 'चिरक्रं—प्रशास्त्येः' पाठोऽवेद्यं प्रथमप्रकृतम् प्रशास्तकम्
2. 'शतपुष्पामूतादाशचन्द्रं इति प्राक्रते पाठः'
3. 'नागत्रिफलां गुगुलुं त्वचम् इति प्राक्रते पाठः'
विद्धि रोगा

1. सकुष्यपुरुश्लता इति ग्राहेकर पाठः।
2. राण्णुरू इति ग्राहेशु प्रस्तुतकेः पाठः।
3. पाथवेच्छु इति चच्चर्यविष्टु प्रस्तुतकयः पाठः।
4. पिठवृज्ञु इति ग्राहेकर पाठः।
5. शतपुष्पाधेपृष्टु घृत्र हुन्ति न संधयः इति ग्राहेकर पाठः।

[भैश्यज्यर्त्नावली: वृद्धिरोगाधिकारः ५१-५६]

Satapushpadya Ghrta

To one prastha of ghee, the paste of one akṣa of each of satapuspa, deva dāru, marica, haridrā, dāru haridrā, śveta jiraka, kṣva jiraka, vacā, viśva, triphalā, guggulu, tvak, māmsi, kuṣṭha, patra, elā, rāśna, śrīgī, citraka, kṛmighna, aśva gandhā, saileya, katu rohīnt, saindhava, tagara, kuṭaja and ativīṣā, one prastha of each of the juice or decoction of vṛṣa, mūḍhitikā, eranda, leaves
of nimba as well as kantaṅkāri and one prastha of milk should be added and cooked. Intake of this medicated ghee undoubtedly cures antra vṛddhi (inguinal hernia), vātika vṛddhi, serious type of medoja vṛddhi, mūtra vṛddhi (hydrocele), śīpāda (filariasis) and liver as well as spleen enlargement. This is called satapuspādyā ghrta.

“वेगरोचयं पुष्पियान्म व्यायामं मेध्यान तथा।
नात्याशान्तिः तथा कीयं गुरउवव्यायानि वर्जयेत्।।५७।।”

Prohibitions

The patient suffering from vṛddhi roga should avoid suppression of natural urges, travelling on the back of animals, exercise, sexual intercourse, over-eating, anger and heavy food.

इति भीमप्रारजाधिराजश्रीटोडरमलविरविच्छिते टोडरानवे।
श्रायुंवदसीखे श्रान्त्रव्रुद्धकुपरागिन्द्रनिवानशिक्किष्टायकथा।
नाम एकोनपंचासीतमोहर्ष:। ५७।।

Thus, ends the 49th Chapter dealing with the diagnosis and treatment of antra vṛddhi (inguinal hernia) and kurandaka (scrotal tumour) in Āyurveda saukhya of Toḍarānanda composed by the great king Toḍara Malla.
CHAPTER XV

श्रथ गलगण्डगण्डमालापचीप्रयर्वुदनिदानन्निचिकित्सा च।

Diagnosis and Treatment of Galaganda (Goitre), Gandha Malaa (Lymphadenitis), Apaci (Suppurated Gland), Granthi (Small Tumour) and Arbuda (Large Tumour)

"निबधः भवयुर्वस्य मुखकवल्लम्बते गले।
महान् वा यदि वा हस्वो गलगण्ड तमादिशेत। II.111"

1. क्. This is the beginning of the 54th Chapter of Āyurveda saukhya in T陀arāṇanda and the invocation reads as follows:

“कलिदासीकरसिंधुमानो ब्रजाणामि: कुञ्जम: सुरेशः।
सुविज्ञत: कुंतलवद्वादिंमूळं दंगवत्सनि: विद्यापतु भूषे॥”

खः निबद्धः इति प्रथमपञ्चमपुस्तकोऽपातः।

2. क्षवयुर्वस्तु इति प्रथमपञ्चमपुस्तकोऽपातः।
Description of Gala Gandha

A compact growth, small or big, hanging from the neck like scrotum is called gala gandha (goitre).

Pathogenesis of Gala Gandha

Vitiated vāyu and kapha located in the neck afflict both the sterno-mastoid muscles and the fat as a result of which gandha (tumour like growth) is manifested in association with the signs and symptoms of the concerned doṣas. This is called gala gandha (goitre).

Vātiaka Gala Gandha

Vātiaka type of goitre is characterised by the following signs and symptoms:

1. Association of pain;
2. Surrounded by the net work of black vessels;
3. Gray or reddish colour of the growth;
4. Rough to touch;
5. It grows and gets suppurred very slowly;

1. तोदात्वितं इति आदवर्षुपुस्तकेन पाठः।
2. श्यायोश्चनो इति श्राकरे पाठः।
3. बृद्धयापको इति श्राकरे पाठः।
6. At times it gets suppurred without any provocating factor;
7. Distaste in the mouth; and
8. Dryness of palate as well as throat.

स्थर: सबर्णो गुहुप्रकण्डू: शीतो महार्थापि कपालमक्तु
चिराभिभिंडः भजते चिराठ्ठै प्रपछ्यते मन्दरज: कदाचित्
मायुष्मास्थस्थि च तस्य जन्तोभंवेत् तथा तारुगलप्रलेपः।

Kaphaja Gala Gandha

Kaphaja type of goitre is characterised by the following signs and symptoms:

1. It is stable and its colour is the same as that of the skin;
2. It is heavy and itching;
3. It is cold to touch and is big in size;
4. It grows and get suppurred very slowly;
5. There is occasional mild pain; and
6. Sweet taste in the mouth and adhesion of sticky material in the palate and throat.

सिनिग्वो गुहः पाण्डुरिभ्रितात्मो मेषोभवः स्वपन्धुजोतिकं च
प्रलम्बतेदलाबवदल्पूलो वेहानुरुपपथः वृद्वियुक्तः
सिनिग्वास्यतात्स्य भवेच्च जन्तोर्गलेन शाबं कुरते स नित्यम्।

1. ॐ न: हि चुत्वंवष्टपुस्तकोऽपाठः।
2. कण्डुयतोल्लस्क: हि आकर्षे पाठः।
3. तेलाबदल्पूलो हि पंचमपुस्तके पाठः।
4. ‘वृद्वियुक्तः’——‘संवस’ पाठोत्वं चुत्वंपुस्तके नोपलम्यते।
5. जन्तोर्गलेनज्ञातिः हि आकर्षे पाठः।
**Medoja Gala Gaṇḍa**

Goitre caused by *medas* (fat) is characterised by the following signs and symptoms:

1. Unctuousness, heaviness, pale colour and foul smell;
2. Mild pain;
3. It hangs like the fruit of *alābu* with a thin peduncle;
4. It gets increased and decreased in size on the basis of the increased and decreased weight of the body;
5. There will be unctuousness in the mouth; and
6. His voice resounds from the throat.

Prognosis

If the patient has difficulty in breathing, if there is softness in his entire body, if the goitre is over one year old, if he has anorexia, emaciation and hoarseness of voice, then he should not be treated by the physician.

**Gaṇḍa Mālā (Lymphadenitis)**

Multiple growths of the size as well as shape of *karkandhu, kola* and *āmalaki* in axilla, sterno-mastoid region and groin because of vitiated *medas* (fat) and *kapha* are called *gaṇḍa mālā*. These growths get mildly suppurated only after a long time.

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1. *Svādgaṇḍamālā* Ḳति प्रथमपुस्तकः पाठः
Some of these above mentioned growths get suppurated with secretions and ultimate disappearance. But simultaneously other growths appear. This process takes time and becomes very chronic. This is called apaci.

Prognosis of Apaci

Apaci is generally curable. But when the patient gets afflicted with pīnasa (chronic rhinitis), pain in the sides of the chest, cough, fever and vomiting, then it is incurable.

Granthi (Small Tumour)

Vitiating vāyu, pitta, kapha, māmsa (muscle tissue) and rakta (blood) afflict medas (fat) as well as vessels to give rise to round,
elevated and knot like compact growth which is called *granthi* (lit. knot) or small tumour.

“अग्निमय्ये कृणिति तुच्छे च प्रक्षिप्तये मध्यिति भिक्षये च।
कृणो मुदुर्वस्तिरिवावततथ्य भिन्नः स्वेच्छानिलजोशलमच्छम्।।१११।।

Vātika Granthi

Vātika type of *granthi* is characterised by contacting, stinging, puncturing, exploding, twisting and incising types of pain. It is black and soft. In touch, it is like a distended bladder. When it opens up, transparent liquid exudes out of it.

ब्रह्मिते भूष्यति चूणिते च पापचिते प्रज्वलनतीव चारिव।
रक्त: सपीतोपप्यतचायपितास्तुः लवेच्छुल्मतीव चाल्मम्।।१२।।

Paśittika Granthi

Paśittika type of *granthi* is characterised by different types of pain, viz. burning, fumigating, sucking, suppurating and heating with fire. It is either red or yellow in colour. When it opens up, hot and blood mixed liquid exudes out of it.

शीतोश्वचित्तोपप्यतजोशितकण्ड: पापचितो सह्ननोपयन:।
चिराश्चित्तो कफप्रकोपान्धिं लवेच्छुक्लशं च पूयम्।।१३।।

1. ‘श्रायम्यते—समृदिता’ पाठोऽयं प्रथमपचममपुस्तकः।
2. प्रत्ययते इति श्रावकरे पाठः।
3. भिन्नीलजोशसमस्त इति पष्टिपुस्तकः।
4. वापाथ्ये इति चतुर्थपष्टिपुस्तकः।
5. चारिव इति वादश्रीमपुस्तकः।
Kaphaja Granthi

Kaphaja type of granthi is characterised by cold touch, absence of any colour change, mild pain, excessive itching, hardness like stone, compactness and slow growth. When it opens up, pus which is white and dense comes out of it.

शरीरबृद्धिसाध्यभिन्नत्वः स्नायो महान् कष्टमयो तुषारज्ञः ।
मेदःकुतो गच्चति चात्र भिन्ने बिष्याचक्षपि: प्रतिमं तु मेवः ।१४॥

Medoja Granthi (Lipoma)

Granthi caused by medas (fat) increases and decreases in size depending upon the increase or decrease of the body weight. It is unctuous, large in size and associated with itching. It is painless. If it opens up, fat like oil cake or ghee comes out of it.

व्यायामजातेर्वलस्य तेन्तैः
राशिस्य वायुस्तु शिराप्रतानस ।
संक्रंच्य संपित्य विशेष्य चापि
प्रतिमं करोत्युत्रतमायु वृत्तम् ॥१५॥
प्रतिम: शिराजः स तु क्राच्छायधो
भवेश्वदि स्वाल् सहजैश्लेषः ।
प्रकु स एवाप्यचलो महान्ध
ममौच्छितक्षपि विवर्जनितः ॥१६॥

Śirāja Granthi (Angioma)

When a weak person resorts to strenuous exercise, vāyu gets vitiated and this vitiated vāyu afflicts the net work of vessels by contraction, pressure and dryness as a result of which round and elevated tumours are formed. This is called śirāja granthi. If it is mobile and associated with pain, then it is incurable. If it is immobile and without any pain but located in a vital organ, then also it is incurable.
Arbuda (Large Tumour)

If in any part of the body, the vitiated doshas afflict mamsa (muscle tissue) and rakta (blood) to produce a round, stable, mildly paining, large sized and cessile growth with excessively accumulated muscle tissue, which grows very slowly and which does not get suppurated, then this is called arbuda (tumour).

Varieties of Arbuda

It is of six types, viz. vataja arbuda, pittaja arbuda, kaphaja arbuda, raktaja arbuda mamsaja arbuda and medoja arbuda. Their signs and symptoms are similar to those of the granthi.

1. चिरवृङ्खलपाकम् इति ग्राद्वधापुष्टकयु पाठः।
2. वा इति ग्राकरे पाठः।
3. दोषा: प्रदुःता इति ग्रामच्चतुथ्युष्टकयु पाठः।
4. ग्रासः इति ग्राकरे पाठः।
5. साचममुन्नत इति ग्रामच्च पाठः।
6. मांसाङ्कुरे राघितमांशुवुद्धम इति ग्राकरे पाठः।
7. करोत्यजसं इति ग्राकरे पाठः।
Raktaja Arbuda

Following are the characteristic features of *raktaja arbuda*:

1. It is caused by the contracture of and pressure on the vessels because of the vitiated *doṣas* as well as *rakta* (blood);
2. It does not get suppurated;
3. It exudates and gets elevated;
4. Sharp granular tissues develop over the tumour;
5. It grows very quickly;
6. It causes excessive bleeding; and
7. It is incurable.
8. Because of excessive bleeding, the patient suffers from anemia.

Māṃsārbuda

Following are the characteristic features of *māṃsārbuda*:

1. It is caused by injury to a particular part of the body because of the blow of fist, etc. which vitiates local muscles and by which that part gets swollen;

1. जनयेदिशोष्यम् इति श्राके पाठः ।
2. मवेददिव्यं इति यष्ठपुस्तके पाठः ।
2. It is painless, unctuous and without any discoloration of the skin;
3. It does not get suppurated;
4. It is stony hard and immobile;
5. The muscle tissue of the local tissue becomes vitiated;
6. It is deep seated; and
7. It is generally incurable.

If, there is fluid exudation from such a tumour, if it is located in a vital organ or a channel of circulation and if it is immobile, then also, an otherwise curable patient of mamsarbuda should not be treated.

1 यथायतेन्द्यत् खलु पूर्वजाते सेयं तदवध्यरबुद्धमरवज्जः इ
यद् द्रव्यजातं युगपत् क्रमाव्य निरबुद्ध ततच भवेदसाध्यम् ॥२४॥

Adhyarbuda and Dvirarbuda

If a tumour appears over another tumour, then it is called adhyarbuda. If two tumours appear one after the other or both of them simultaneously, then the condition is called dvirarbuda. It is incurable.

2 न पाकमायानित कफाधिकत्वामेवोक्ष्युद्धाश्च विशेषतत्तु।
दौषित्यश्रवस्त्र प्रथमाच्च तेषां सर्वबुद्धान्येव निसर्गवत्तत्तु। ॥२५॥

[माधवनिवान : गलगण्डविनिवानम् ३५ : १-२६]

इति गलगण्डगण्डालापचिप्रथमवुद्धविनिवानम् ॥२६॥

Cause of Non-Suppuration of Tumour

A tumour does not get suppurated because of the following;
1. Excess of kapha and medas in the corpus of the tumour;

1. यथायतेन्यः इति प्रथमस्तम्पुरस्तकरः पाठः।
2. विशेषतत्तथ इति प्रायाश्च पुरस्तकरः पाठः।
2. Stability and rigid confinement (grathanāt) of the doṣas in a particular place; and
3. Natural tendency of all tumours not to get suppurred.

Thus, ends the diagnosis of gala ganḍa, ganḍa mālā, apaci, granthi and arbuda.

“यवमुद्गप्तोलालिनि कटुरुक्तांब भोजनम्।
छाड़ दरकपुक्तांब गलगण्डे प्रयोजयेत्।।२७॥

Line of Treatment

The patient of gala ganḍa (goitre) should take yava, mudga, paṭola and other pungent as well as ununctuous ingredients as food. He should resort to emetic and blood-letting therapies.

तन्दुलोककपिष्टेन मूलेन परिलेपितः।
हस्तिकर्णपालाश्च गलगण्डः प्रशाम्यति।।२६॥

The root of hasti karna palāśa should be added with rice-wash (tandulodaka), triturated and made to a paste. Application of this paste cures gala ganḍa (goitre).

सर्वपान् शिशुबीजानि शणबीजातसीयवान्।
मूलकस्य च बीजानि तङ्गेणास्तेन पेशयेत्।।२६॥
गलगण्डा प्रत्ययदच गण्डमाला: मुदारुणा:।
प्रेरणेतेन शास्मतत्व विलयं यास्ति चाचिरात्।।२०॥

1. तन्दुलोदकम् इति वज्यपुस्तके पाठः।
2. परि वा पुनः इति वज्यपुस्तके पाठः।
3. क. गन्धागिनि इति प्रथमपचमपुस्तकयो: पाठः।
   ख. गन्धागिनि इति वज्यपुस्तके पाठः।
Seeds of *sarsopa, tigru, lana, atasi, yava* and *mulaka* should be triturated by adding sour butter-milk. Application of this paste dissolves serious types of *gala ganda* (goitre), *granthi* (small tumour) and *ganda mala* (lymphadenitis).

\[\text{सरसोकरसों विड़सन्धवसंयुतः} \]
\[\text{नस्येन हृत्ति तस्संग गलगण्डं न संशयः} \]

Inhalation of the juice of ripe fruit of *karkaruka* mixed with *vida* and *saindhava* undoubtedly cures freshly occurred *gala ganda* (goitre).

\[\text{लक्ष्मीनर्वीकरणं भस्म पक्वं गोमूत्रगालितं} \]
\[\text{पिबेत् कोद्रवभक्तानि गलगण्डप्रवशान्त्ये} \]

Ash of *jala kumbhi* should be boiled with cow’s urine and strained. Intake of this along with food prepared of *kodrava* cures *gala ganda* (goitre).

\[\text{यूर्यावर्तसतोनामवं गलगण्डोपनाः ने} \]
\[\text{स्फोटस्त्रावे शमं यावितं गलगण्डं न संशयः} \]

*Upanaha* type of fomentation therapy prepared of *suryavarta* and *rasona* should be given to the patient of goitre. By this, blisters appear over the goitre and there will be exudation of fluid. This undoubtedly relieves *gala ganda* (goitre).

1. क. जीर्णकर्णितकरसों इति प्रथमपंचमपुस्तककोः पाठः।
2. ख. ‘हस्तिगण्डं पलावश्च गलगण्डं प्रशाम्यति। सर्वप्रानु
3. शिरुभोजानि बीजाततीय विरवं यावितं चाचिरताः पाठोपाय
4. गलगण्डों इति प्रादर्शपुस्तकके पाठः।
Ripe fruit of *tikta-lābu* should be soaked in water or alcohol for one week. Intake of this along with wholesome food cures *gala gandha* (goitre).

*Gala gandha* (goitre) is cured if the powder of *katphala* is rubbed over the throat. Intake of the root of the white variety of *giri karnika* along with ghee also cures *gala gandha* (goitre).

*Maṇḍūra* (iron rust) should be soaked with buffalo-urine for one month. Then it should be cooked by *antar dhūma* method (without exposure to air, in a sealed jar, it should be burnt and reduced to fine powder form). Intake of this powder along with honey is useful in *gala gandha* (goitre).

1. तिक्तालाबुफले पश्वे सप्ताहमुषितं जलम्। ।
2. मध्य वा गलगण्डचन्त्र पानात्पथ्यान्तः सैविनः। ।
3. कट्टलचूर्णां न्यूंसेलं गलगण्डमयं हृत। ।
4. चूर्णमिश्रं पीतसपाणि श्वेतगिरिकण्कामुलम्। ।
5. गलगण्डमयं हृत। ।
6. गलगण्डमयं हृत। ।

*Mandura* (iron rust) should be soaked with buffalo-urine for one month. Then it should be cooked by *antar Dhūma* method (without exposure to air, in a sealed jar, it should be burnt and reduced to fine powder form). Intake of this powder along with honey is useful in *gala gandha* (goitre).
Surgical Method—Blood-letting

In the sides and below the tongue there are twelve vessels. Two of them are very prominent. These two vessels should be caught with a badiśa (a type of forceps) and incised with the help of a kuśa patra (a thin scalpel). After bleeding is over, jaggery and ginger should be applied over the wound and the patient should be given food which is not abhīṣyandi (do not obstruct the channels of circulation) and the soup of kulaṭṭha. This cures gala gānda.

Three vessels located one above the other on the outer joints of both the ears should be incised for the cure of gala gānda (goitre).

1. ॐस्तातू शिरा इति भारद्वेशुपस्तकेयु पाठः।
2. स्थूले शिरे द्रे च दिन्याते च शाने: शाने: इति चतुर्व्यवकयाः पाठः।
3. कुशप्रेण इति ब्राह्मे पाठः।
4. ॐस्वपद्वियू: इति प्रथमपर्यंचुपस्तकयो: पाठः।
5. सन्धिमांश्याम्याः इति भारद्वेशुपस्तकेयु पाठः।
6. उपयुः परितत्त्व्यातू इति प्रथमपुस्तके पाठः।
Mustard oil should be cooked with the paste of viḍaṅga, kṣāra, saindhava, rāsnā, agni, vyoṣa and dāru and the juice of the fruit of kaṭu tumbī. Inhalation of this medicated oil cures even chronic gala gaṇḍa (goitre).

Sesame oil cooked with the paste of amṛta valli, nimba, himsrā, abhayā, vatsaka and pippalī, and the decoction of balā, nāga balā as well as deva dāru should be taken daily by a patient suffering from gala gaṇḍa (goitre).
1. ‘कांचनारत्वचः कथा: शुष्टीचूर्णन संयुतः’

2. मानकाकड़ः सकलतौः कथायो वरणूसुलजः

गण्डमालां हर्त्याशु चिरकालानुबिधिनिम् ॥४२॥

_Treatment of Ganda Mālā (Lymphadenitis)_

Intake of the decoction of kāncanāra bark mixed with the powder of _śunṭhi_ and honey cures very chronic ganda mālā (lymphadenitis). Similarly, the decoction of varuṇa root (taken only once ?) cures very chronic ganda mālā (lymphadenitis).

पिठ्वा ज्येष्ठाम्बुना पीत: कांचनारत्वचः शुभः ।

विश्वेश्वसंयुक्ता गण्डमालायः परा: ॥४३॥

Bark of kañcanāra should be boiled with cow’s urine. Intake of this by adding the powder of _śunṭhi_ cures ganda mālā (lymphadenitis).

_आँगवथशिः किंत्रः पिठ्वा तण्डुलवारिषणः ॥

सम्यक्त्वन्तः नस्त्यप्रलेपान्यः गण्डमालाः समुद्रशेत् ॥४४॥

Root of āragvadha should be made to a paste by adding _tandulodaka_ (rice-wash). This should be used for inhalation therapy and external application which cures ganda mālā (lymphadenitis).

_गण्डमालामयात्तानां नस्त्यकर्मणि योजयेत् ॥

निगुङ्गवास्तु शिक्षां सम्यक्व वारिषण परिपेविताम् ॥४५॥

The root of nirgunḍi should be made to a paste by adding water. It should be used as inhalation therapy for a patient suffering from ganda mālā (lymphadenitis).

1. ‘कांचनार—संयुतः’ पाठोपय आदक्युस्तकेवू नोपलम्यते ।

2. सम्यक् इति आदक्युस्तकेवू पाठ: ।
Administration of the inhalation therapy with the juice of kośātakā or the juice of tumbi mixed with the powder of pippalī or sesame oil cooked with vacā as well as upakulyā and mixed with honey [cures gānda mālā (lymphadenitis)].

Intake of the root of aindrī or girikarnī along with cow’s urine cures even chronic gānda mālā (lymphadenitis).

Intake of the juice of alambusā leaves in a dose of two palas cures apaci (suppurated gland), gānda mālā (lymphadenitis) and jaundice.

Application of the paste of brāhmaṇa yaṣṭi root prepared by trituratorating with cow’s urine cures gala gānda (goitre), gānda mālā (lymphadenitis) and kuraṇḍa (scrotal tumour).

1. कुरण्ड गजोपकुल्येन समाधिकरै इति श्राकरे पाठः ।
2. दलोदोल्मुत्तु मुरसा इति प्रधमपिंचमपूस्तकः पाठः ।
3. द्विपल हृति श्राकरे पाठः ।
4. कुरण्डवच विनाशेयेतु इति श्राकरे पाठः ।
Oil cooked with the decoction of *chucchundari* and *kašāra* (alkali preparation) should be used for massage which quickly cures serious type of *ganḍa mālā*.

**Ganḍamalāpūṃ tālāṁ sīṁḍa śālōtakatvāca**

**Bimājābhārāniṛguṇḍīśāchitāṃ vāpi nāvānām**

**Śākhoṭaka Bimbādyā Taila**

Oil cooked with the bark of *śākhoṭaka*, *bimbā*, *atva māra* and *nirgundī* should be used for inhalation therapy which cures *ganḍa mālā* (lymphadenitis).

“**Nirguṇḍīśvarasṛ čaath lāṅgallīplānākalkātimām**

**tālāṁ nāvāvānāhīḥātām ganḍamalāṃ suvāraṇām**

**Nirguṇḍī Taila**

Oil cooked with the juice of *nirgundī* and the paste of *lāṅgallī* should be used for inhalation therapy which quickly cures serious type of *ganḍa mālā* (lymphadenitis).
Treatment of Apeci (Suppurated Gland)

Intake of pūpalīka (a type of pastry) prepared of the root of vana kārpāsa and rice cures apeci (suppurated gland).

शोभाजनं देवदाह काजलेन  तु  पेवितम् ।
कोष्णं  प्रलेपतो  हन्यादपचीमतिवस्त्राम्  ॥५॥

Application of the luke-warm paste of sōbhānjana and deva dāru prepared by triturating with kānji (a type of sour drink) cures serious type of apeci (suppurated gland).

सार्पारिष्टश्रवाणि  बच्चवा  भलातके:  सह ।
ढागमृणेण  सर्पवधकपचीड़नं  प्रलेपनम्  ॥५॥

Leaves of sarṣapa as well as arīṣṭa and bhallataka should be triturated with goat’s urine and made to a paste. Its external application cures apeci (suppurated glands).

नर्मन्त्यकाण्ड निचुलं  गतं  दमतथा  वाह्यात् ।
वराहमजजस्युक्तं  भस्म  हन्यादपचीवानां  ॥५॥

Wood of atvattha, nicula and cow’s teeth should be burnt to ashes. This should be made to a paste by adding the bone-marrow of boar. Application of this paste cures ulcers of apeci (suppurated gland).

1. तथालीः इति  धाकरे  पाठः ।
2. परस्कापि  पूलिकां  लादेदपची  नाशमातमम्  इति  प्रथमपुस्तके  पाठः ।
3. वराहमजजस्युक्तां  इति  धाकरे  पाठः ।
4. वणात्  इति  प्रथमपुस्तके  पाठः ।
Surgical Treatment

An incision should be made twelve angulas (unit of measurement=finger breadth) above the pārṣni (calcaneum bone) without touching the vital part known as indra basti. The wound should be opened, and from inside, the net-work like fish-eggs (matsyāṇḍa nibha jāla) should be squeezed out. Then the ulcer should be cauterised. This cures apaci.

Over the wrist joint three lines (having one finger space between two lines) should be drawn by cauterisation. This cures apaci.

The root of daṇḍotpālā or apāmārga should be tied [to the head] in pusya constellation which cures apaci. Similarly, incising two [prominent] vessels below the tongue cures apaci.

1. सिद्धेन्द्रवस्ति इति प्रथममंचमपुस्तकयोः पाठः।
2. क. निश्चुष्णा इति प्रथमपुस्तके पाठः।
   ख. निश्चुष्णाय इति प्रथमपुस्तके पाठः।
   ग. वैशाजनिप्त इति प्रथमपुस्तके पाठः।
3. कुर्यान्द्रिखाद्वयं इति भ्राकरे पाठः।
Vyoṣādyā Tālila

Inhalation of the oil cooked with vyoṣa, viḍaṅga, madhuka, soindhava and deva dāru cures even serious type of apaci.

चन्द्रं साभ्यां लाभा वचा कठुकरोहिणी ॥
एतस्तैलं भूतं पीतं समूलामपर्चों जयेत् ॥१६१॥

Intake of the oil cooked with candana, abhayā, lākṣā, vacā and kaṭu rohiṇī cures apaci right from its root.

गुळाह्यारिद्यामाकसवर्मप्रेक्षासाधितम् ॥
१. २. ३. ४. ५. तैलस्तु दशधापाकात्क्णालवणपचकम् ॥१६२॥
मरिचेश्वृण्ट्यत्यतः सर्वावस्थागताः जयेत् ॥
श्रम्युद्यापचिं नाडी वल्मीकादशतंगुद्यारामत ॥१६३॥
॥ गुळाजां तैलम् ॥

Guṇājādyā Tālila

Oil should be cooked with guṇijū, aśva māra, śyāmā, arka, sarṣapa and cow's urine for ten times. To this medicated oil,

1. तैलस्तु इति प्रथमपचमपस्तकयोः पाठः।
2. दशधापकात्क्णालवणपचकः इति श्राकरे पाठः।
3. ोशूण्ट्यं युक्तं इति प्रथमपचमपस्तकयोः पाठः।
4. ोगतार्जयेत् इति प्रथमपुस्तके पाठः।
5. वल्मीकायपाराश्च द्रवणात् इति पश्चपुस्तके श्राकरे च पाठः।
the powder of kaṇā, paṅca lavana and marica should be added. Massage with this recipe cures apaci, nādi vrana (sinus), valmika (ant-hill like tumour), piles and anal ulcer.

\[\text{प्रतिप्रतिक्रियाम्} \]

\[\text{1 प्रतिप्रतिक्रियाम्} \]

\[\text{2 संशोध्य रोपयेद्र ब्रणेचक्र:} \]

\[\text{164} \]

Treatment of Granthi (Small Tumour)

Unsuppurated granthi should be treated by the physician on the line suggested for the treatment of sotha (oedema). If suppurated, then the granthi should be incised, purified (disinfected) and healed with the medicines used for ulcers.

\[\text{3 हिला सरोहिल्यां भार्जी} \]

\[\text{हयोकल्यापिवुक्तवधांगाधा:} \]

\[\text{4 गोवित्तिच्छदा: सह तालपर्ष्या} \]

\[\text{ग्रंथी विक्षेोलिनिले ग्रंथय:} \]

\[\text{165} \]

Vātika Granthi

Himṣrā, kaṭu rohini, amṛtā, bhārīṅgi, syonāka, bilva, aguru, kṛṣṇa gandha and tāla paṇī should be triturated with cow’s bile and made to a paste. Application of this paste cures vātika type of granthi.

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1. प्रतिप्रतिक्रियाम् इति प्रारंभे पाठ: ।
2. संशोध्ये रोपे प्रारंभे पाठ: ।
3. oग्रंथय इति प्रथमपुस्तकनारे पाठ: ।
4. oग्रंथय इति प्रथमपुस्तकनारे पाठ: ।
Jalaukā (leech) should be employed over paittika type of granthi. Thereafter, it should be sprinkled with milk and water. The patient should take cold decoction of drugs belonging to kākolyādi varga along with sugar. He can also be given the powder of haritaki along with the juice of either draksā or sugar-cane. Over the granthi the paste of the bark of madhūka, jambū, arjuna and vetasa should be applied.

Kaphaja Granthi

In kaphaja granthi, first of all the patient should be administered cleansing therapy. Thereafter, fomentation therapy should
be employed over the *granthi*, it should be dissolved (*vimlāpana*) by pressure with finger, bamboo, stone or mercury. The paste of *vikaṅkata*, *āragvadha*, *kāka danti*, *kākādanti*, root of *agastyā*, *alābu*, *bhārgī*, *karaṇja*, *kālā* [?] and *madana* should be applied over it.

दन्तीचित्रकमूलत्वः सुधाकर्कपयांसी गुडः ।
भल्लातकाशिवकालीशं लेपो भिन्नाचित्तामपि ॥७०॥

1. पलानां दशं ग्राहं कांचनार्तवः शुमा: ।
पलानां ग्राहं व्योऽयं ग्राहं पलं ब्रम्मः ।
पलां वर्णशः स्वेतात् पत्रकं तथा ।
कर्षणसमिदं यात्रावनमांसतु गुंगुलोः ।
संस्यं गुळिका: कार्यं: शास्मस्या स्तती दुःधः ।
एकाकां मधयेदीमालानु: तान् प्रात: सदानंरः ।
गंडगलां जयहुरागमपवीकमः दानी स ।
गङ्गोद्धशीलसुबब्रु: कुःष्टानि च मण्डसमः ।
गुङगुङर्ये प्रयोक्तम्: क्वादिः मूडङतिकाः सच: ।
वदाच: खविरसारस्य पथाववायोच्चोष्मकः ।
कांचनारो गुंगुलोः कर्षणशः सूत्रमण्डकम् वादङककमः ।
सार्दः कर्षण तामसमत्तिण्टेन त्रिकर्ष्यकम् ।
व्योऽयं पुत्रकर्षणं देयं कर्षणं द्वेषताश्चवम् ।
कांचनार्तवच्छलोऽदयमिति सिमेतुः ।
गंधावनाहुति देयं तिपलं शुद्धगुलोः ।
गंडगलाकंवनेर्यं रसः परमशोमन: ।
गंडकं तंकणं सिधुकांवनीसारसमः ।
सीवचलं वक्षार्य: भाररकं सुवचलमः ।
सितं रक्तं च पापाणं मुष्कोत्वं नियोजयेत् ।
जैपालबीमम्ज्ञा च समं जम्बीरपिणितम् ।
श्रवणिक्रया प्रदात्यं वेष्ट्येयेरण्डनां कः ।

(continued on next page)
Application of the paste of root bark of dantī and citraka, milky latex of sudhā and arka, guḍa, fruit of bhallātaka, kāśīśa (iron sulphate) erodes even a stone [what to speak of granthi].

Application of the paste of the insect called mātrī mahukī cures granthi and arbuda.

The paste prepared of svarji ksāra, mūlaka ksāra and śāṅkha bhasma is very sharp. Its application cures granthi, arbuda, etc.

(continued from last page)

एवं यप्हात् स्फुट्स्येष्व दध्यर्नं बंध्येत्तः।
गण्डमालोप्यः प्राप्तिः हिन्यायिति नात्म्यता।

गंधपं सुतकं तुल्यमर्क्कर्कात्रिनं सर्पचम्।
पिष्ट्वा च कांचनीसूलं लेपोयं कष्टमालिका।

ब्रह्मस्फोटस्तवन्यापन्मुद्धी धार्मिक शास्तो।
तन्मलाप्येत्रं च सप्ताहं च प्रासाम्यत।
जलेन लेपयेत् लयं कार्तिक्षितं चित्रकं विषय।

सप्ताहं लेपयस्तु शन्क्वर्यगण्डमालिका।
स्फुटितो नात्र संदेहं: स्फोटेलपमिर्द कुरू।

दीपसारसंग्रहात्।

निजजावाक्यांसंपिष्टं गण्डीसूलं प्रलेपनात।

गण्डमालाक्ष्यं याति तदंवं वा पिनिवेपत्तम्।

पाठोंच चतुर्थीस्बृतस्तकयो: ब्राह्मणमुपलयते।

1. मात्रुहाककोटज: इति ग्राकरे पाठः।
2. प्रश्चिन्न मर्मप्रमवान् पवानुद्वृत्तम इति ग्राकरे पाठः।
Marmaja Granthi

If granthi is located in marma (vital part of the body), then it should be removed after it is fully suppurated and thereafter, the ulcer should be cauterised. Alternatively, ksāra (alkali preparation) should be applied over it to scrap it out of its location. [The verse is incomplete.]

प्रत्येकद्वारानां यतो विशेषः प्रदेशं वेतनानां कस्य आगमनानि विधानानां कस्य आदपी विधिकिर्तितेन ॥७४॥

Treatment of Arbuda

Since granthi and arbuda have many common features notwithstanding their distinction in location, causative factors, shape, dosas and dāśyas, arbuda should be treated on the line suggested for granthi.

वाताब्धे चाप्युपनाहनानि सिनवंश मांसरथ वेशवारे: ।
स्वें विद्ध्यात् कुशालस्तु नाश्या भूतज्ज्ञेण रक्तं बहुशो हुरेन्च ॥७५॥

Treatment of Vātāarbuda

In vātika type of arbuda, hot ointment prepared of meat or vētavāra added with unctuous substance, should be applied. It should be fomented according to nādi sveda method and bloodletting should be performed with deer horn for several times.

1. यतोविशेषः इति आकर्षे पाठः।
2. वाताब्धे इति आकर्षे पाठः।
3. वेशवारे: इति आदपीपुस्तकेश्व पाठः।
Treatment of Pittārbuda

Mild forms of fomentation and upanāha (application of hot ointment) therapies are useful in pittārbuda. To such patients purgative therapy should be given. The tumour should be rubbed with the leaves of udumbara, šāka and goji repeatedly, and thereafter, the fine paste of sarja rasa, priyāṅgu, pattaṅga, lodhra, arjuna and arīṣṭa mixed with honey should be applied.

Treatment of Kaphajārbuda

In kaphaja type of arbuda, the paste of śaṅkha bhasma and the ksāra (alkali preparation) of mūlaka should be applied
externally. The paste of nispāra, pinyāka, kulattha and meat triturated with curd should be applied externally till worms (kṛmis) and flies (maksikā) lay their eggs in it and eat away a part of the tumour. Then the tumour should be scraped and cauterised. Then the cessile stump of the tumour should be surrounded with tin, copper, lead or iron leaves (thin sheets) and kṣāra (alkali preparations), agni (cauterisation) as well as sastra (surgical operation) therapies should be employed carefully keeping in view the vitality of the patient.

1. क्षाराजितस्त्राण्यवचार्यवेच्छः मुद्रूमुः प्राणमवेक्ष्मणाः
2. यवृच्छाय चोपगतानि पाकं पाकनमेणोपचरे यथोक्तमः ॥ ७६ ॥

If the tumour gets suppurated of its own (without any external aid), then it should be treated on the lines suggested for suppurated ulcers.

3. उपोविकारसाध्यक्षास्त्पत्थपिरविषिता:
4. प्रणक्षक्यविरानुर्ग्नां पिदकार्वुद्वादाता: ॥ ६५ ॥

Habitual intake of the juice of upodikā and surrounding the growth with the leaves of this plant cure arbuda (tumour) and piṣakā (pimples).

उपोविका काच्जिकतक्रिफ्ट्टां तत्योपनाहो लबणेन मिष्ठ:
5. वृष्टोर्बुदानां प्राणमय कंद्विन्ति विने रात्रिभु मर्मजानानाः

Application of the hot ointment (upanāha) prepared of upodikā added with kāñji (a type of sour drink) or butter-milk and rock-

1. यवतार्येच्छ इति श्राकरे पाठः ॥
2. प्राणमवेक्ष्मणाः इति श्राकरे पाठः ॥
3. उसात्यक्षतवक्षः इति प्रथमपुस्तकः पाठः ॥
4. कुष्ठायुदानामु इति यष्ठपुस्तकः पाठः ॥
salt during day time cures *arbuda*. If the *arbuda* is located in a vital organ, then this ointment should be applied during night.

\[1\] लेपोबुद्धिजब्धमामोचकभमतुपुक्कांशोच्चरूक्तः

सर्वरिधिराजगन्धकयवाप्रजविज्ञनागरेश्वरः

\[2\] Application of the paste of the *ksāra* (alkali preparation) of *rambha*, *mocaka*, *tuṣa*, *śānkha bhasma*, *saraṭa*, *rudhirā*, *ādraka*\[?\], *gandhaka*, *yava ksāra*, *vidarīga* and *sanśhi* cures *arbuda*.

\[3\] स्तुत्रीनिर्णुद्डीकास्वेदो नाशवेदवर्द्धानि च

सीसकोनाथ लबधेन पिण्डराकन्फेन च

Fomentation with *snuhi*, *nirguṇḍī*, lead, salt and the fruit of *piṇḍarāka* cures *arbuda*.

\[4\] हरिद्रालोघपत्तिकृत्तचूर्यलस्मिनःशिला:

मधुप्रगाढो लेपोवं मेदोरबुद्धरः परः

Haridrā, *lodhra*, *patāṅga*, *grha dhūma* and *manah śilā* should be made to a paste by adding adequate quantity of honey. Application of this paste cures *medoja arbuda*.

एतातोऽव नित्यं कुञ्जावेश्यं शकरारुद्वदे

All the above mentioned therapies are also useful in the treatment of *sarkarārbuda* (tumour caused by sugar or sand).

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1. शुर्णीकृतः इति पंचमपुस्तकोऽपातः
2. स्त्रुत्रीनिर्णुद्डीकोऽपातः प्रथमद्वितीयपुस्तककोऽपातः
3. ‘लिप्तं यवशारविक्षुत्त्वाणीतिनामस्वाति सयाम्मशाली कृत्तियत्
   रत्तनमिश्रं सुरस्य छतदुवः शाम्यति नामवैनम्’
   पाठीयं पंचमपुस्तके प्रथिकमुपलम्यते
Thus, ends the 50th Chapter dealing with the diagnosis and treatment of gala ganda (goitre), ganḍā māḷa (lymphadenitis), apacī (suppurated gland), granthi (small tumour) and arbuda (large tumour) in Ayurveda saukhya of Toḍarānanda composed by the great king Toḍara Malla.
CHAPTER XVI

Diagnosis and Treatment of Filariasis

Excessively painful swelling in the groin, spreading gradually to legs and associated with fever is called ślipada (filariasis).

1. This is the beginning of the 55th Chapter of Āyurveda saukhyā in Ṭodarānanda and the invocation reads as follows:—

‘प्रफुल्लचंपावजुष्वरणसूतिके भूंजग मुर्गृंग विहितानन्दे ते
अनंगबीजं कुरुपपादपेक्रीडनु हरि: पानुपूप सदा बने’

2. वक्षणतो इति प्रथमपुस्तकेष्ठा पाठः।

3. मृगालिति इति प्रथमपुस्तकेष्ठा पाठः।
According to some physicians, there is swelling also in hands, ears, eyes, pudendum, lips and nose in this disease.

वातजं कृष्णस्वकं तु स्फूटितं भीन्तब्धदनम् ।
अनित्वतःजं चापि बहुशो ऊँजर एव च। ॥१२॥

Vātaja Ślipada

Vātika type of ślipada is characterised by black coloration, roughness, cracking, excessive pain, pain without any perceptible cause and frequent attacks of fever.

पितजं पीतसंकाशं वाह्जवर्णं मुडु ।
हल्लिमकं स्त्रिगं वर्गं च झेतं पाण्डुस्तरं मुडु। ॥३॥

Paittika Ślipada and Kaphaja Ślipada

In paittika type of ślipada there will be fever associated with burning sensation and yellowishness as well as softness of the swelling. In kaphaja type of ślipada, the swollen part is unctuous, white as well as pale yellow in colour, stable and heavy.

बल्मीकिर्मवं संजातं कष्टकं सपचीयते।
सर्वातकं महात्तरं वर्जनीयं विशेषत्। ॥४॥

Sānnipātika Ślipada

In the sānnipātika type of ślipada, the swollen part is surrounded with sharp projections like an ant-hill and the part is excessively enlarged. This type is incurable.

1. क। वापि इति पष्टपुष्टकं पाठ:।
   श। तस्य इति प्राकरे पाठ:।
2. कृष्णवर्णं इति प्रथमपुष्टकं: पाठ:।
Kapha is predominant even in the remaining three varieties of ślipada, viz. vātika, paittika and sānnipātika because heaviness and enlargement in size, both cannot take place without kapha.

Predisposing Factor

The disease ślipada occurs specially in those areas which have a lot of accumulated water and which are cool in all seasons.

Prognosis

If ślipada (filariasis) is caused by kapha aggravating diet and regimens, if the constitution of the patient is dominated by kapha, if swelling is associated with exudation, if it is excessively

1. त्रीण्येतांनि विजालोक्यात् भूपदानि कफोच्छयायात्।
2. गुष्टवं च महर्षवं च यस्मानान्ति भिन्न कफात्।
3. पुराणोदकस्मृयिष्ठा सर्वद्वंच शीतला।
4. ये वेदान्तेषु जायन्ते भूपदानि विशेषत्।
5. इति शीलदलिन्द्रानम्।

1. त्रीण्येतांनि इति ग्राकृरे पाठः।
2. कफोच्छयात् इति प्रादशमुस्तकेश पाठः।
3. कफविना इति ग्राकृरे पाठः।
4. यथू शीलदलिनिरण इति ग्रादशमुस्तकेश पाठः।
5. प्रादशया च इति ग्रादशमुस्तकेश पाठः।
large and is associated with the signs and symptoms of all the three doṣas and if there is itching and mucoid exudation, then the patient should not be treated.

Thus, ends the diagnosis of ślipada (filariasis).

Line of Treatment

Fasting, external application (lepana), fomentation, purgation, blood-letting and such other therapies as are hot and alleviator of kapha should be used for the treatment of ślipada (filariasis).

Recipes

External application of the paste of dhātūra, eranda, nirgundi, varṣabhū, śigru and sarṣapa cures even serious and chronic types of ślipada (filariasis).
Filariasis

Paste should be prepared of the root-bark of rūpikā by triturating with āranāla (a type of sour drink). Application of this paste cures even deep-seated and compact type of šīpada (filariasis).

विड्डारकतंहसम्भवबद्वाभिकं जयति सपिषा पीता ।
शलिपद्रपुष्प नियतं बद्धा सूत्रण जहारायाम् ॥१२॥

Intake of the root of bandāka growing over pinḍāraka tree along with ghee certainly cures serious type of šīpada. This root should also be tied over the thigh for the cure of šīpada (filariasis).

हितस्वालयं नियतं चित्रको देवदार ।
सिद्धार्थिजिरुक्त्रो वा मुखोष्णो मृत्रपेयितः ॥१३॥

Regular application of the luke-warm paste of citraka, deva dāru, siddhārtha and śigru prepared by triturating with cow’s urine is useful in šīpada (filariasis).

स्नेहस्वेदोपनानां शलिपदेस्तनिलेभिषक् ।
कृत्वा गुल्फोपरि चिरं विध्येतु चतुरुर्गले ॥१४॥

Treatment of Vātika Śīpada

Oleation therapy, fomentation therapy and upanāha (application of hot ointment) should be used for vātika type of šīpada. Thereafter, venesection should be performed four aṅgulas (finger breadth) above the ankle joint.

1. वा इति ग्राकरे पाठः ।
2. सिदार्थः इति ग्रादश्पुल्मेकू पाठः ।
Treatment of Paittika Ślipada

In paittika type of slipada, venesection should be performed below the ankle joint and other pitta alleviating therapies should be administered as suggested for paittika type of arbuda (tumour) and visarpa (erysipelas).

 İçintha Mabukā Raṣṭhra Svāhā Śaṇunāvanāḥ

Pitāvanālālāṃ Pitālipādāśāłāyē 111611

Application of the paste of maṇjhīṣṭhā, madhuka, rāṣṇā, himsrā and punarnavā prepared by triturating with āranāla (a type of sour drink) cures ślipada (filariasis).

Sīrāṃ Suṣvadītāṃ Vibhīṣyeśvuruḥ Śaleśmaṭhīpade

Madhupūkāna Vā Tīkṣṇakāyāyāṇa Pibēṣera: 111711

1. Kā. Sambhāte Iti Prathamapustake Pātha:
   Khā. Nilaye Bīshakā Iti Vastupustake Pātha:
2. Kā. Paḍāṃgulaṃśīpīte Vitthāmamāṇaṃ Uḍīvītmaṃ maṇjīṣṭhā Sīrāṃ Vyādhētu
   Paṭhōṣya Nauṣṭānpratigumapustēte
   Khā. Kuṭvā Gulaṃpurī Sīrāṃ Vibhīṣyataḥ Suṣvadīte Kṣṇāyaṃ Sīrāṃ Vibhīṣyētu
   Holiyaṃpitāsamāye Paṭhōṣya Nauṣṭānpratigumapustēte
   Bīṭāvēkaṇa Pītānaṃ Holiyaṃ Hūṃ Iti Drāṣṭrāṃm
   Paṭhōṣya Nauṣṭānpratigumapustēte
4. Mabukā Iti Prathamapustake Pātha:
5. Ch Iti Prathamapustake Pātha:
6. Tīkṣṇaṃkāyāyāṇaṃ Iti Prākṛte Pātha:
Treatment of Kaphaja Ślipada

In kaphaja type of ślipada venesection should be performed over the great toe. The patient should be given the decoctions of drugs having tiksña (sharp) attribute along with honey.

The juice of the leaves of pūti karaṇja should be taken along with mustard-oil in a suitable dose depending upon the strength of the patient which cures ślipada.

Similarly, the juice of putraṇjīvaka should be given along with kāṇji (a type of sour drink) and the powder of vṛddha dāraka along with cow’s urine.

Intake of turmeric and jaggery along with cow’s urine cures ślipada of one year old. This recipe is specially useful for dadru (ring worm) type of skin disease.

1. गूढ़ौं व विवेदेवं नागरदेवदां वा पाठोवं चतुर्वर्षां वस्तुपुक्तकायोः अवधिकमुपलमयते।
2. पुत्रजीवकरंजकमु इति पष्टपुस्तकेन पाठः।
3. वृद्धवर्षां इति जाकणे पाठः।
4. कण्डकृष्टं इति पष्टपुस्तकेन पाठः।
Intake of haritaki fried in castor oil along with cow’s urine for seven days cures slipada (filariasis).

Intake of dhānyāmla (a type of sour drink) along with oil alleviates kapha and vāyu and undoubtedly cures fever caused by slipada (filariasis). Similarly, the juice of gudūcī along with oil should be taken for the cure of slipada.

1. खाद्यमासेण्ड्री नरः इति प्रथमपुस्तकसः पाठः।
2. क. ‘जयेत्—संशयः’ पाठोपयं चतुर्वषष्टपुस्तकसः नोपलम्यते।
3. रसोब्बासाः इति ब्राह्मणपुस्तकेजुः पाठः।
4. ‘पलात्मुलस्वरसं बिबेदा वैलेन तुल्यं सतसर्वपानाम्।
5. चतुर्वषष्टपुस्तकसः नोपलम्यते।
6. तप्ये सामात्रेण इति ग्राकरे पाठः।
Filariasis

नाशयेच्छलीपद्वशील्यमामवातत्वच दाहणम् ।

गुलमुद्धानिनिहरू वातश्लेषमावराप्यम् ॥२५॥

॥ बृजवाष्कसमच्चूर्णम् ॥

Vṛddha Dāruka Sama Cūrna

One part of each of trikaṭu, triphala, cavya, dārvī, varuṇa, gokṣura, alambusā and guḍūcī, and twelve parts of vṛddha dāra should be made to a powder. This should be taken in a dose of one ākṣa along with kōñjī (a sour drink). After the potion is digested, the patient should take his food. It cures śītadā (filarisis), obesity, serious type of āmavāta (rheumatism), gulma (phantom tumour), kuṣṭha (obstinate skin diseases including leprosy), diseases caused by vāyu and fever caused by vāyu as well as kapha.

"पिप्पली त्रिफला दाह नागरं सपुनन्वम् ।
भागापिपलकरेर्वं तत्तसं बृजवाष्ककम् ॥२६॥
काळिककेन पिपेच्छूर्ण कर्मार्थं प्रमाणतः ।
जीवं च परिहारं स्याधुरोज्ञं सर्वकामिकम् ॥२७॥
इलीपं वातरोगांश्व हन्यात्पीड़नमेव च ।
प्रणिनश्च कृष्टं घोरं भस्मकछ नियत्स्युतः ॥२८॥

॥ पिप्पल्यायं चूर्णम् ॥

[भाष्यपरत्नावली : इलीपवाधिकारः १-२२]

1. बृजवाष्कसमच्चूर्णम् इति आदांपुस्तकेश्य िाः ।
2. बृजवाष्ककम् इति आदांपुस्तकेश्य िाः ।
3. माष्मात्रं इति खाकरे पातः ।
4. सर्वकामिकम् इति आदांपुस्तकेश्य पातः ।
Pippalyādyā Cūrṇa

Two palas of each of pippali, triphala, deva dāru, nāgara and punarnava, and seven palas of vrddha dāru should be made to a powder. This powder should be taken in a dose of one karṣa along with kāñjī (a sour drink). After the digestion of this potion, the patient should take his food. This cures ślipada (filariasis), diseases caused by vāyu and splenic enlargement. It stimulates the power of digestion and cures bhasmaka (voracious eating). [This seems to be a variant reading of the previous recipe]

“कृष्णाचित्रकदन्तियों कर्षमऊपलं पलम्

विशालिन्य हृतिक्ष्या गुड्य तु पलं द्रवम्

मधुना मोदकं खादेत् शलीपं हृति दुस्तरस्॥२६॥

॥ कृष्णाधो मोदक: ॥

Kṛṣṇādyā Modaka

Kṛṣṇā (one karṣa), citraka (half pala) and danti (one pala), hariyakī (twenty fruits) and guḍa (two palas) should be added with honey and made to a modaka (large size pills). Intake of this cures serious type of ślipada (filariasis).

सूरसा देवकाण्ठं त्रिकुटीफलं तथा

लवणायथ सर्वाणि विद्यायथ चित्रकम् ॥३०॥

विविका पिपलीमूलं गुम्बुलुंभुषा बचा

यवाध्रज्ञच पाठ च शाखेयला बृददरायकम् ॥३१॥

1. क. हृतिक्ष्या इति प्रथमपूस्तकेऽपाठः।

ख. हृतिक्ष्यो इति चतुर्थपंथपूस्तकेऽपाठः।

2. खाद्य इति बायकरे पाठः।

3. लवणायथा इति ब्राह्मणपूस्तकेऽपाठः।
कल्कैश्र कार्यकौरेन्यिम्नुत्रस्यं विषाचायति ॥
दशमूलकाययेन चायस्तुयुष्णवेण च ॥३२॥
दधिमण्डसमयुक्तं प्रस्थं प्रस्थं पृथक् पृथक् ॥
पश्चातं स्यादुदुबूतं कलकात् पिबेकर्षदयं ह्वि: ॥३३॥
इलीयं कफवातोत्यथं मांसरकायस्रित्वं यत् ॥
मेदिन्यितवच बालोत्यथं ह्यादेव न संशयः ॥३४॥
प्रपर्चीं गण्डमालान्लचं अग्निबृद्धि तथार्धधम्म ॥
नालये द्रव्योद्वो भयं गुद्धानि च ॥३५॥
परंगमिनकरं हुथं कोषधक्रिमिनाशनम् ॥
“धृतं सोरेष्वरं नाम इलीयं ह्रस्ति सेवितम् ॥
जीवकेन कृतं ह्रस्तं रोगानीकस्य नाशनम् ॥३६॥
॥ सोरेष्वरी धृतम् ॥

Saureśvara Gṛha

One prastha of ghee should be cooked by adding the paste of one karṣa of each of surasā, deva dāru, trikaṭu, triphalā,

1. कार्यकौरिेम: धृतप्रस्थं ह्रस्ति प्रथमपुस्तकेः पाठः।
2. दशमूली कपालयेन ह्रस्ति प्रादशपुस्तकेः पाठः।
3. दधिमण्डः ह्रस्ति चाकर्ये पाठः।
4. सांवरुं कलक धृति पश्च्यपुस्तकेः पाठः।
5. पिबेकर्षदः ह्रस्ति चाकर्ये पाठः।
6. कीर्तिकुंजचाते ह्रस्ति चतुर्वषष्यपुस्तकेः पाठः।
7. परमगमिनकरम् ह्रस्ति प्रादशपुस्तकेः पाठः।
8. ‘धृतं’—धृतं’ पाठोपायं चतुर्वषष्यपुस्तकेः नोपलम्यते।
9. सोरेष्वरम् ह्रस्ति चतुर्वषष्यपुस्तकेः पाठः।
pañca lavana, vidāṅga, citraka, cavya, pippalī mūla, guggulu, hauṣā, vacā, yava kṣāra, pāṭhā, saṭi, elā and vṛddha dāruka, one prastha of each of the decoction of daśa mūla, dhānya yuṣa and whey. After cooking, the paste should be strained out. This medicated ghee should be administered in a dose of two karṣas. It undoubtedly cures ślipada caused by vāyu as well as kapha and located in māmsa (muscle tissue), rakta (blood) and medas (fat). It also cures ślipada caused by vāyu alone, apaci (suppurated glands), ganda māḷā (lymphadenitis), antra vṛddhi (inguinal hernia), arbuda (tumour), grahaṇi (sprue syndrome), oedema and piles. It stimulates the power of digestion. It is a cardiac tonic. It cures parasites infesting the intestinal tract. It is called saureśvara ghrta and it is useful for the treatment of ślipada. This recipe is propounded by Jīvaka for the cure of all diseases.

विड्तुमरिचाकेतु नागरे चित्रके तथा

भद्रावलकरब्ये सरेषु लवणेषु च

तेलं पक्वं पिठेदापि श्लीपदानां निबुत्ते ॥३७॥

विद्बन्धे तेलम् ॥

[भगविरतनावली : श्लीपाधाविधारे : २५-३२]
Filarialisus

"क्रावचानवासनूर्णां चूण सवित्वं समवृद्धवारम्।
श्रेणे सम्रण निन्मित्व वल्ल: सकाद्यिकः क्राओपदरोगमुयाम्।।३८॥॥"

[भैज्यरत्नावलीः क्राओपदाधिकारः २३]

Intake of the powder of kanta, vaca, dura, punarnava, visha and vrdha dura—all taken in equal quantities, in a dose of one valla along with kantji (a sour drink) cures serious type of slipada.

यवानं कुतैलन्च कूम्रमांसं च योजयेत्।

क्राओपदानं प्रशास्त्यथवशालो दाहमिना नम।।३६॥॥

Barley, mustard oil and the meat of tortoise should be taken for the cure of slipada (filaria). If the disease is not cured by these, then cauterization therapy should be employed.

इति भैमहाराजाधिराजणीश्वरमल्लविश्वेते टोडरान्वे
श्रायुव्दसौख्ये क्राओपदानं निदानचिकित्सकथानं नाम
एकंवचाशत्मो हृदः।।४०॥॥

Thus, ends the 51st Chapter dealing with the diagnosis and treatment of slipada (filaria) in Ayurveda saukhya of Togarâñanda composed by the great king Togara Malla.

1. ‘कणा—-दाहमिना’ पाठोपयं प्रथमपुस्तके नोपसम्यते।
2. सवित्वं इति ग्राक्त्रे पाठ:।
3. सम्रणं बैलस्य इति ग्राक्त्रे पाठ:।
4. क्राओपदमोगम् इति ग्राक्त्रे पाठ:।
5. oशान्ती इति षडपुस्तके पाठ:।
CHAPTER XVII

Diagnosis and Treatment of Vidradhi (Abscess)

1. This is the beginning of the 56th Chapter of Ayurveda saukhya in Toṣārūnanda and the invocation reads as follows:—

2. Ṣūrdhāyaśīsthamātryata: ēkateṣā: prāthāḥ hēmobrhamjāngaṃ劫ata: ।
   jīgāya-kāmā jagataḥ prāmsvāvā vajraśodhaka ṛbhradālakṣe śuṃmus ॥

3. Shārāṅga saukhyoṁ jāṅkṣoḥ śārāṅga saukhyoṁ ॥

4. Gāyatrīḥ śārāṅgaḥ prāmsvāvāḥ śārāṅgaḥ ॥
Pathogenesis

Dosas located in the asthi (bone tissue), having vitiated skin, blood mamsa (muscle tissue) and medas (fat) gradually produce excessively elevated swelling having a wide spread root and pain which is either round or flat. This is called vidradhi (abscess). It is of six types.

पृष्ठवोषयः समस्तेश्रूण्यसुझा तथा ।
शणामपिहितेषां तु लक्षणं संप्रचक्ष्यते ॥३॥

Varieties

It is of six types, viz. vātika, païttika, kaphaja, sānnipātika, ksataja and raktaja. Their symptoms are described below.

क्षणोदस्तः वा विषमो भूसमत्यथवेदनः ।
चिरोत्यानप्रपाक्कः विद्रविर्विसमभवः ॥४॥

Vātika Vidradhi

Vātika type of vidradhi is black and reddish in colour, irregular in shape and extremely painful. Its origin and suppuration take place in an irregular manner.

4. 'पक्वोदम्बरसंकाशः शयावः वा चरदाह्रावः ।'
क्षिप्रोत्यानप्रपाक्कः विद्रवः पितसंभवः ॥५॥

1. क्षतेनाहयसुझा इति षष्ठयुग्मको पाठः ।
2. संप्रचक्ष्यते इति ब्राह्मणे पाठः ।
3. चिरोत्यानप्रपाक्कः इति षष्ठयुग्मको पाठः ।
4. 'पक्वोदम्बर— पितसंभवः' पाठान्यं षष्ठयुग्मको प्राधिक-मुपलम्यते ।
Diagnosis and Treatment of Diseases

Paittika Vidradhi

Paittika type of vidradhi is like a ripe fruit of *udumbara* and grayish in colour. It is associated with fever and burning sensation. It originates and suppurates very quickly.

\[ \text{शारावस्वाता: पाण्डु शीत: स्निग्धोन्यावेदन:} \]

\[ \text{चिरोत्थानप्रपाक्षः विद्रिघः कफसंभवः} \]

Kaphaja Vidradhi

Kaphaja type of vidradhi is flat and elevated like a plate, pale-yellow in colour, cold to touch, unctuous and less painful. It takes a long time to manifest and then to get suppurated.

\[ \text{तनुपीतसितासिद्धामास्वावः क्रमशः स्नृताः} \]

The pus of *vātika* vidradhi is thin, of *paittika* vidradhi is yellow in colour and of *kaphaja* vidradhi is white in colour.

\[ \text{नानावर्षीर्जाश्वावो घाटालो विषमो महान्} \]

\[ \text{विषमं प्रथ्येते चापि विद्रिघं सान्निपातिकः} \]

Sānnipātika Vidradhi

Sānnipātika type of vidradhi is characterised by different types of colour, pain and exudation, unevenness and is irregularly large. It gets suppurated in an irregular manner.

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1. शितशैैं इति प्रथमवंचमपुस्तक्योः पाठः ।
2. शाशवा इति प्रथमपुस्तकके पाठः ।
3. क. घाटामो इति चतुर्थपुस्तकके पाठः ।
   ख, पाठामो इति चतुर्थपुस्तकके पाठः ।
Raktaja Vidradhi

In raktaja type of vidradhi, the growth is surrounded by black pustules which are grayish in colour. These are associated with acute burning sensation and pain. Other signs and symptoms of paittiaka vidradhi are also manifested in raktaja vidradhi.

\[\text{[Mādhava Nidāna: Vidrādha Nidāna 40: 1-11]}\]

1. स्त्रोति इति पपुष्टकेष पाठ: ।
2. वायुविवृत्ति: इति श्राकरे पाठ: ।
3. एष विद्रवधिरागतु: इति श्राकरे पाठ: ।
4. विद्रवधिस्वेश्य: इति माधवनिदाने पाठ: ।
5. जाज्ञवर: इति श्राकरे पाठ: ।
6. विद्रवधि उच्चयते इति ग्रावर्षपुष्टकेषु पाठ: ।
"स्त्रीणामप्रजाताम् प्रजाताम् पत्यादिति:।
बाह्ज्वकरो धोरो जायते रक्तविद्रधि:।।१३॥"

[Rakta Vidradhi in Ladies]

If there is improper delivery and if after proper delivery, ladies use unwholesome food and regimens, then rakta vidradhi is formed causing serious type of burning sensation and fever.

"उत्तका विद्रधयो हृते तेष्वसाध्यस्तु सवंजः।
श्राभ्यंतरगतांश्च विद्रधीनं परिचक्महे ॥१३॥"

[Prognosis]

Out of the above mentioned varieties of vidradhi, the sānnipātika variety is incurable. Internal type of abscess is being described below.

"गुर्वसात्मात्यविद्रधार्गुणकशकाःक्रमोजनाद्。
प्रतिव्यायव्यायामांगाहातपेन: ॥१४॥"

1. तथा हिते: इति प्रादशुपुस्तके पाठः।
2. क. प्रत्यतरतांतै: इति प्रथमपुस्तके पाठः।
   ख. प्रायंतरानतस्त्रूचव इति प्रकरे पाठः।
3. परिचक्ते इति प्रकरे पाठः।
4. ०शुद्धकसंसूतमोजनातू इति प्रकरे पाठः।
5. ०व्यायामवेगावात्विदाहिम: इति प्रकरे पाठः।
“गृष्णक संजूय वा दोषा: कुपिता गुल्महृदिनम्।
वल्मिकब्रमसुप्रभद्म: कुर्वंति विद्रविम्।
गुडे बस्तिमुखे नाम्यां कृष्णी बड्ड्यनपानस्वयः।
बृक्कयोपल्लिन्न्ति यक्ति हुँदी वा क्लोम्निवाण्य।
एषा विद्व्यानि लिङ्क्ताणि वाह्यचिन्नतिविज्ञतः।
ग्रामरव्यप्पणोयाच्छ पर्वापवं विनिदिशेत्।”

Internal Abscess

By the intake of heavy, unwholesome and mutually contradictory ingredients of food, dry vegetables and dry food and by indulging in excessive sexual intercourse, physical exercise, bath [?] and exposure to sun, doṣas, individually or all together, get vitiated to cause an internal abscess like a gūlma (phantom tumour) or an ant-hill in anus, opening of the urinary bladder, umbilicus, pelvis, groin, kidneys, spleen, liver, heart or lungs. Their signs and symptoms are like those of external abscesses. Its unsuppurated (āma) and suppurated (pakva) states are described in the Āma-pakveṣaṇīya chapter [of Suśruta Saṃhitā].

1. मन्तकुब्बान्ति इति ग्रामवर्षस्तूकं पाठः।
2. हुद्ये इति ग्रामकरे पाठः।
3. ग्रामवर्षस्तूकन्ये च इति ग्रामवर्षस्तूकं पाठः।
4. कृपनम् इति ग्रामकरे पाठः।
Depending upon their locations, these internal abscesses produce different additional signs and symptoms as given below:

**Location of Abscess**

1. Anus — obstruction to the passage of flatus.
2. Opening of urinary bladder — dysuria and oliguria.
3. Umbilicus — hiccup and gurgling noise in abdomen.
5. Groin — extreme stiffness in lumber region and back.
6. Kidneys — contraction of the sides of the abdomen.
7. Spleen — obstruction to breathing.
8. Heart — extreme stiffness all over the body.
9. Liver — dyspnoea and thirst.
10. Kloman (Lungs or Pancreas ?) — thirst.

श्रामो वा यदि वा पक्वो महान् वा यदि बेतर: ।
सवा भूषणित्वतायापि विद्रधि कष्ट उच्चयते ॥२१॥

1. वृक्कायो: इति ग्रादर्शपुस्तकेशु पाठ: ।
2. चलीत्वुद्वासारोधनम् इति ग्राकरे पाठ: ।
3. हिक्का इति ग्रादर्शपुस्तकेशु पाठ: ।
4. वाप्पवनव वा इति ग्रादर्शपुस्तकेशु पाठ: ।
Prognosis

All internal abscesses located in vital organs are difficult of cure irrespective of their āma (unsuppurated) or pakva (suppurated) stages and large or small size.

Internal abscesses located above the umbilicus, when suppurated, get eliminated through the upward tracts and those located below the umbilicus get eliminated through the downward tracts. When it gets eliminated through the downward tracts, it is curable and if it gets eliminated through the upward tracts, then it is incurable.

If the internal abscesses, located in places other than heart, umbilicus and urinary bladder, get eliminated through the exterior, then occasionally, the patient survives. Otherwise, the patient succumbs to death.
Five varieties of external abscesses excluding sānnipātika variety are curable. The patient with sānnipātika variety of abscess should not be treated. Their three stages, viz. āma (immature or unsuppurated), pakva (mature or suppurated) and vidagdhatva (over matured or over suppurated) should be determined on the lines suggested for sopha (oedema).

If the patient of vidradhi suffers from abdominal distension, if the exudation is arrested, if he gets vomiting, hiccups, thirst, pain and dyspnoea, then he succumbs to death.

Suppurated abscess located in heart, umbilicus and urinary bladder and the abscess caused by sannipāta (simultaneous vitiation of all the three doṣas) should not be treated.

1. Sānnipātika: इति प्रायाङ्गपुस्तकेषु पाठः।
2. प्रायाङ्गावचारिन्संपें इति प्रथमपुस्तकेषु पाठः।
3. वस्तिज: इति प्रायाङ्गपुस्तकेषु पाठः।
"श्राथाध्यो मर्मजो शेय: पक्षोपपेक्षकाच विड्रधि: ।
सम्ब्विनात्त्विन्देशेवथं पक्ष एव तु वसतिज: ॥२७॥"

[माधवनिदान: विड्रधिनिदान ४०:२० टीका]

If the abscess is located in a vital organ and gets suppurated, then, it should not be treated. Similarly, sānṇipāṭika variety of abscess and the abscess located in the urinary bladder should not be treated.

मुष्टिप्रमाणो गुल्मस्तु विद्रधिस्तु ततः परम् ।
गुल्मस्तिष्ठति दोषेषु विद्रधिमात्रास्तोषयिते ।
विद्रधि: पच्चये तस्माद गुल्मारमि न पच्चये ॥२८॥

॥ विड्रधिनिदानमु ॥२६॥

Differential Diagnosis between Gulma and Vidradhi

Gulma (phantom tumour) is of the size of a fist (muṣṭi) and the size of the vidradhi (abscess) is larger than this. Gulma is located in the doṣas where as vidradhi is located in muscle tissue and blood. Therefore, vidradhi (abscess) gets suppurated where as gulma (phantom tumour) does not.

Thus, ends the description of the diagnosis of vidradhi (abscess).

एवेव स्तनसिराः विकृताः प्राध्य योपिताम् ।
सूतानां ग्याणोनां च संभवेत् खययुस्वर्ण: ॥३०॥

1. सिरााविकृताः इति द्वितीयपुस्तके पाठः ।
2. खययुस्वर्ण इति द्वितीयपुस्तके पाठः ।
Breast Abscess

Similarly, in women, after delivery or during pregnancy, the vitiated *doṣas* affecting the vessels in their breasts cause hard swelling. It might occur during lactation or in its absence. Signs and symptoms of external type of abscess are manifested in this condition. These breast abscesses do not occur in young girls because of the subtleness of the channels of circulation in their breasts.

Thus, ends the description of the diagnosis of breast abscess.

"जलौकः पातं शस्ततं सर्वाभिन्ने व विद्वधो ।
मृदुविवेको लघ्वश्रं स्वेदः पित्तो-द्रुवं चिना इति ॥३३॥

Line of Treatment

In all types of unsuppurated abscesses, application of leeches (*jalaouka*) for blood-letting, mild purgation, light food and fomentation therapies are useful. However, fomentation therapy should not be applied over *paittika* type of *vidradhi* (abscess).

"वातधः मृदुलकः पुस्तकः वसातेलघूतात्पुत्रः ।
सुखोपो बहुते लेप: प्रयोज्यो वातविद्वधी ॥३४॥

1. सूक्ष्मवर्गप्राप्ताः इति चतुर्यष्ठष्ठुस्तकयोः पाठः ।
2. वनजायते इति षष्ठकुस्तकयोः पाठः ।
3. वातधीपश्चयकः इति चतुर्यष्ठष्ठुस्तकयोः पाठः ।
4. वसातेलघूतात्पुत्रः इति प्राकरे पाठः ।
Treatment of Vātika Vidradhi

In vātika type of vidradhi, a thick layer of the luke-warm paste of vāyu alleviating drugs mixed with vāsā (muscle fat), oil or ghee should be applied.

कर्त्तव्याः | विद्रोपनात्तः ||
सिद्धपिट्छः | प्रलेपघितः ||
विलोयते | अशोकमपवचचः ||

विविधः १३५१

Fomentation therapy and upanāha (application of hot ointment) should be done with the root of śīgru. Over the abscess, the paste of barley, wheat or mudga should be applied.

पुनर्वायायविश्वदशमूलाभाभसाः ||
गुगुलूः स्खुटेलं वा पिबेन्मार्गविविधः १३६१

The patient should take guggulu or castor oil along with the decoction of punarnavā, deva dāru, suṇṭhī, daśa mūla and abhayā for the cure of vātika vidradhi.

पन्तिकं | शर्करालाजमज्ञकः सारिवाचुतः ||
प्रविहाराः | क्षीरपिट्टेव्वा पयस्योशीरचन्दनः ||

१३७१

[भेज्यपत्तली : विद्रीधिरोगाधिकार : १-६]

1. सिद्धपिट्छं लेपघितं इति ग्राहके पाठः ||
2. प्रलेपनात्तं इति चतुष्यंगुणपुस्तकवः पाठः ||
3. ोदशमूलाभाभासः इति प्रथमवित्तियपुस्तकवः पाठः ||
4. प्रतिवक्तुं इति प्रथमपुस्तके पाठः ||
5. यस्योशीरचन्दनः इति ग्राहके पाठः ||
Treatment of Païttika Vidradhi

Over païttika vidradhi, the paste of šarkarā, lájá, madhuka, sàrivá, usíra and candana prepared by adding milk or water should be applied.

Decoction of triphalā added with one akṣa of the paste of trīvṛt should be taken by the patient suffering from païttika type of abscess.

"व्रत्वल्कलकलेन घृतमिश्रण लेपनम् ।
यष्ठाःशारिबालवानलपलैः सचन्दने: ।
श्रीरिस्तेत्र प्रलेपस्तु पित्तविद्रविशालये ॥३६॥

Application of the paste of pañca valkala mixed with ghee or the paste of yaṣṭi, śarivā, dūrvā, root of nala and candana prepared by triturating with milk relieves païttika type of abscess.

'इष्टकारस्तालोहोशकृतुमयंयुभि: ।
मूच्छपित्तेच्च सततं स्वेदयेच्छल्लेकविद्रविधम् ॥४०॥'

Treatment of Kaphaja Vidradhi

Kaphaja type of abscess should be given fomentation therapy with the paste of brick, sand, iron, cow-dung, husk of paddy and ash prepared by triturating with cow’s urine.

1. पिवेच्छविफलावाथं इति शष्ठपुस्तके पाठः।
2. 'इष्टकारो— बिद्रविधम्, पाठायं शष्ठपुस्तके नोपल्मते।
3. शालसपांशुमि: इति प्रथमपुस्तके पाठः।
4. मूच्छपित्तेच्च इति प्रथमपंचपुस्तकयो: पाठः।
Oedema or ulcer associated with pain should be sprinkled with the luke-warm decoction or juice of *daśa mūla* added with *sneha* (fat).

The patient suffering from *kapha* type of abscess should take *guggulu* along with cow's urine or the decoction of *triphalā, śīgru, varuṇa* and *daśa mūla.*

"According to *vidhrīṭa,* the following should be prescribed:

- **Fruits of tripalī**
- **Guggulu**
- **Kusha**
- **Varuṇa**

Treatment of *Kṣataja* and *Raktaja* Vidradhis

For the treatment of *kṣataja* (caused by external injury) and *raktaja* (caused by vitiation of blood) types of abscess, all the therapies prescribed for *paithika vidradhi* should be adopted.
Intake of the decoction of *śobhānjanā* mixed with *hiṅgu* and *saindhava* every morning instantaneously cures abscess.

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शिरुमूलं जले धीतं वरिष्ठं प्रगालयेत्।
तद्रसं मधुना पीतवा हुश्यन्तविव्राधि नरः II.45।।
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**Treatment of Internal Abscess**

Roots of *śigru* should be washed with water, coarsely pounded and strained through a cloth. Intake of this juice with honey cures internal abscess.

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श्वेतवर्षामुखो मूलं मूलं वर्षकस्य च।
जलेन क्वयथितं पीतमपकं विव्राधि जयेत्। II.46।।
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[**śāstrasāratnāvaiḥ** : **विभ्रियरोगाधिकारः** १३-१६]

Intake of the decoction of the root of *punarnavā* or the root of *varuṇa* prepared by boiling with water, cures unsuppurated abscess.

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"वहसादिगुड़वायमपकेक्ष्यतं सर्वायते।
उष्कादिगतीतायं पिवेसलावनाय वं। II.47।।
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[**śāstrasāratnāvaiḥ** : **विभ्रियरोगाधिकारः** १२]

Decoction of the drugs belonging to *varuṇādi gaṇa* should be sprinkled with the powder of drugs belonging to *ūṣakādi gaṇa*. Intake of this potion cures unsuppurated internal abscess.

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1. "श्रीणि पलानि फलोपितवर्ष द्वेषपले तुलिते मग्नायाः। पञ्चपलानि
   मवनि पुरुससात्सफलात्रि गुम्गुलु योगः।' वांतोऽयं प्रथपृष्टके
   नोपपलेति।"

2. "एकवर्षरोतिते ईति प्रथपृष्टके पाठः।"

3. "प्रतिषाथां ईति एकपृष्टके पाठः।"
“शामयति पाठामूलं कौद्युपतं तण्डुलाभ्मसाय पीतम्।
ग्रन्तभूतं विद्रधिमहतमावेदे मनुजय ॥४६॥

2. वपक्ये त्वेतिैविविषं पक्ये तु वणवत् क्रिया ॥४६॥

Intake of the paste of pāśhā along with honey and tandulodaka (rice wash) instantaneously cures serious type of internal abscess when it is in an unsuppurated state. When the internal abscess gets suppurated, then it should be treated on the lines suggested for the treatment of ulcers.

शून्तेव्युष्यवधावेसै मैरेयाम्लसुरसवः।
पेयसौ वहणाकाविश्व मधुशिपुरसोदवया ॥५०॥

[मंगव्यर्तनावली : विद्रधिरोगाविकार : १७-१६]

If the pus, etc. of the internal abscess comes out through either the upward tracts or downward tracts, then the patient should be given the decoction of drugs belonging to varunādi.

1. मानकमूलं इति चतुर्थष्ठपुस्तकयो: पाठः।
2. मनः शिलामलातुमः मलागुरुवनः।
 जातिपलव तकौश निम्बतलं विपाचेतु।
 बल्मीकं नाशवेत तदं भुरिंद्र जहुराम।

II इति निम्बतलम्।

पाठोवं चतुर्थष्ठपुस्तकयो: श्राधिकमुपलम्यते।
3. तुपनिविषं इति षष्ठपुस्तकं पाठः।
4. क. शीतलयम्लसुरसुरं: इति षष्ठपुस्तकं पाठः।
 ख. मैरेयाम्लसुरसुरं: इति प्रथमपुस्तकं पाठः।
5. ०वहणकारिमकौशिपुरसोदबः इति षष्ठपुस्तकं पाठः।
gaṇa or the juice of madhu śigru along with maireya (a type of vinegar), sour juice, surā or āśava (different types of alcoholic preparations).

“प्रियङ्गुधाताकोलोधकुक्लम् तिनिष्टवचम्
एतेस्तैलं विपक्तयं विद्रोही रोपयं परम् ॥५१॥”

॥ प्रियङ्गवाचं तेलम् ॥
[भैशज्ञरतनाली : विद्रिविरोजाविकारः : २३]

Priyaṅgavādyā Taila

The oil cooked with priyaṅgu, dhātakī, lodhra, kaṭ phala and bark of tiniśa is an excellent recipe for the healing of ulcers.

1. प्रियङ्गुधातकोलोधकुक्लम् इति पत्थपुस्तके पाठः ।
2. तिनिष्टवचं इति पत्थपुस्तके पाठः ।
3. वणरोपणम् इति प्राकरे पाठः ।
4. पाठोपयं प्रथमपंचमपुस्तकयों: नीपलम्ये ।
5. ब्रह्मस्ती विनिष्टानवधकुकुमधुकं समम् ।
   तृतीयमस्तूलमण्यं चत्वारांशा पूषक पूषक ।
   मसूरानिस्तुष्ण यष्टी तत्तेको सच्चेदो जयेद ।
   मनःशिलालम्भलासुरक्षमायामुच्चिन्ने ।
   जातिपलवतमः च निम्बतैलं विपलयेतु ।
   बलमोकराशयेततः बहुचिद्र बहुत्रणम् ।

॥ निम्बतैलम् ॥

विनवल: समथु ह्रान्त लोकनाथस्तु विद्रिविम ।
ब्रह्मवा बोलसाहितोदिवल: पप्पी रसः ।
हिंदुकासिसिंहसूत्विसिलाजतुहिमिषितः ।
वरुणतवमव: कायो ह्रान्तदिविधिमुलकम ।
पाठोपयं प्रथमपंचमपुस्तकयों प्रधिकुपलम्ये ।
Thus, ends the 52nd Chapter dealing with the diagnosis and treatment of vidradhi (abscess) in *Ayurveda saukhya* of Čodarānanda composed by the great king Čodara Malla.
CHAPTER XVIII

प्रथं ब्रणनिवानं चिकित्सा च।

Diagnosis and Treatment of Ulcers

"एकदेशोत्तिवत: शोथो ब्रणानं पूर्वलक्षणम् ।
श्विग्ध: स्वात् पृथक् सर्वदोषेष्वा गान्तुरकृजः॥१॥
शोचा एते तु विजेया: प्रागुत्: शोथलक्षणः।
विशेष: कथ्यते चैवं पक्वापवक्वामितिनिश्चये॥२॥

1. This is the beginning of the 57th Chapter of Āyurveda saukhya in Todarananda and the invocation reads as follows:

प्रस्त मुज्यां गाधि पकेन तात्त्रात्लितयो वा विपिने वदं तम।
प्रमोच्यत्तोडः रूपं पापलत: कलपतह स्वरुपम॥

2. ब्रणानामुचलक्षणं इति षष्ठूसके पाठः।
3. दिविविध: इति षष्ठूसके पाठः।
4. सर्वरक्तागतुनिनित्तज: इति ब्राकरे पाठः।
5. शोचा: षडः विजेया: इति ब्राकरे पाठः।
6. निश्चयं: इति षष्ठूसके पाठः।
Premonitory Signs and Varieties

The premonitory signs of all types of ulcers is a localised swelling. It is of six types, viz. vātika, paippītika, kaphaja, sānnipātika, exogenous and raktajā (caused by vitiation of blood). Their signs and symptoms are similar to those described for the respective varieties of šotha (oedema). For determining different stages of these ulcers, viz. pakva (suppurated), apakva (unsuppurated), etc., their special characteristics are being described below.

विषम पच्छे वातात् पित्तोत्स्माराचिरं चिरम्
कफज: पित्तवच्छोपो रक्तांगन्तुस्मुद्: नीिः

In vātika type of ulcer, suppuration takes place in an irregular manner, paippītika type of ulcer suppurates quickly and kaphaja type of ulcer suppurates very slowly. Raktajā and exogenous types of ulcer suppurates quickly like paippītika type of ulcer.

अमा (unsuppurated) Ulcer

In the unsuppurated stage of the ulcer, there will be less of heat, less of oedema, hardness, colour is similar to that of the skin and less of pain.

1. ोस्तिराल्पिचरम् इति बाकरे पाठः।
2. ोद्रोथो इति बाकरे पाठः।
3. ोताल्पवोशवरं इति बाकरे पाठः।
4. चातक्षोभानाो इति बाकरे पाठः।
Pacyamāṇa (beginning of suppuration) Ulcer

In pacyamāṇa stage when the ulcer begins to get suppurated (not yet fully suppurated), following signs and symptoms are manifested:

1. It burns as if touched by fire, it gets cooked as if touched by kṣāra (alkali preparation) and it pains as if bitten by a group of ants or incised by a weapon or injured by a staff or strongly pressed by hand or pricked by a needle;
2. If pressed by finger, the patient feels as if a current of heat is passed or as if the part is being strongly sucked and the area becomes discoloured;

1. शृङ्गिरव इति द्वितीयपुस्तके पाठः।
2. नुःते इति प्रथमपुस्तके पाठः।
3. ोस्वास्थयते इति ग्राकरे पाठः।
4. ोदातुरः इति प्रथमपंथमपुस्तकयोः पाठः।
5. ोशोषयेद इति ग्राकरे पाठः।
6. ोत्हात्वस्तवतु इति ग्राकरे पाठः।
7. ोविषसूक्ति इति यष्ठपुस्तके पाठः।
3. The patient does not get peace in sitting, sleeping or standing as if stung by a scorpion;
4. There is no pitting on pressure and the swelling appears like an inflated leather bag; and
5. The patient suffers from fever, thirst and anorexia.

\[\text{वेदनोपलम: शोयोलोहिलोदवो न चोह्रत:} 1
\text{प्रातुर्मावो वलीनां च तोव: कर्नुमहुरुम्हुह:} 2
\text{उपद्रवाणां प्रशांमो निम्तता फुटनं त्वच:} 3
\text{वस्तुविवाम्बुसंचार: स्यायोफक्स्दुलिपिदिते} 4
\text{पूयथ फीड्यर्विकम्ते बर्ते च पोडिते} 5
\text{भल्कांका भवेचचं लोकानं पयवलक्षणम्} 6

\text{Pakva (fully suppurated) Ulcer}

When the ulcer is fully suppurated, following signs and symptoms are manifested:

1. Reduction in pain, oedema, redness and elevation;
2. Wrinkles appear over the skin;
3. Frequent pain and itching;
4. Alleviation of complications;
5. Depression in the swollen part;
6. Cracking of the skin;
7. If pressed through the finger, it feels like a leather bag filled with water and the pus gets reduced from the side of the pressure and accumulates in the other side; and
8. The patient feels hungry.

\[\text{1. कफजेन च शशेषु गम्मीर पाकमेल्युक्र पाडोख्य पंचमुपस्तके}
\text{अदिकमुपलम्यते} 1
\text{2. त्वचाम इति श्रकरे पाद:} 2
\text{3. पूयथ इति श्रकरे पाठ:} 3
\text{4. मुक्ताकांका इति पंचमुपस्तके पाठ:} 4\]
Rakta Pāka

In kaphaja type of oedema, the blood located very deep in the body gets suppured. Then the signs and symptoms of suppuration are clearly manifested even though the oedematous part is cold to touch. There is no change in the colour of the skin, there will be less of pain and on touch, the oedematous portion will feel like a compact and stony hard mass. The physician should describe this condition as rakta pāka (suppuration of blood) without any doubt.

1. ।
2. ।
3. ।
4. ।
5. ।
6. ।

1. पाकमेयत्वाक्रमं इति पथः ।
2. वशोफणा इति पथः ।
3. रोजं इति प्रथमपुस्तकं पाठः ।
4. नरं रूजा वातावरणे च पितं इति आकर्षे पाठः ।
5. तस्मात् समस्तां परिपाककाले
6. ।

1. ।
2. ।
3. ।
4. ।
5. ।
6. ।
Role of Dosas

There is no pain without vāyu, no suppuration without pitta and no pus formation without kapha. Therefore, during the process of suppuration, all the three dosas play their roles. Some other physicians however hold the view that rakta (blood), in due course of time, aggravates pitta and suppresses the activities of vāyu as well as kapha to cause suppuration.

As fire having entered into a fuel chamber and supported by wind burns everything vigorously, similarly pus which is no taken out of the abscess causes devastation to the adjoining muscle tissues, vessels and ligaments.

1. द्वितीयेः इति प्रादश्चपुस्तकेष्व पाठः।
2. सूतोत्ते इति प्रथमपुस्तकेष्व पाठः।
The person who is able to correctly recognise the áma (unsuppurated), pacvamāna (beginning of suppuration) and pakva (fully suppurated) stages of an ulcer is entitled to be called a vaidya (physician or surgeons). All the rest are cheats.

If a physician incises an ulcer in áma (unsuppurated) stage and neglects the incision in pakva (fully suppurated) stage of an ulcer, then such are like lowcaste people not worth their profession.

Thus, ends the diagnosis of ulcerative oedema (vraṇa sopha).

1. शोषः: इति प्रथमपुस्तकः पाठः।
2. क. विद्वद्विन्यासममोक्षतः वा इति ग्राह्यः पाठः।
3. ब्रणशरीरमन्धारः इति ग्राह्यः पाठः।
4. स विषयः: इति ग्राह्यः पाठः।
Two Types of Ulcers

Ulcers are of two types, viz. sārīra (endogenous) and āgantu (exogenous). The former is caused by the vitiated doṣas and the latter by external injury by weapons, etc.

1. स्तंभ: कठिनसंस्थ्येशपन्थसाधोमहारुजः
   तुथाते स्फुरति इयावो ब्रणो मार्कसंभवः । ॥२१॥

Vātika Ulcer

Stiffness, hardness in touch, less of excretion, excessive pain including pinching and fluttering pain and grayish colour—these are the characteristic features of vātika type of ulcer.

2. तृणामोहक्षरक्षवदाहुष्टयवदारणेः
3. ब्रणं पितककंतं विद्दाद्वर्धे लावेश्व पुषिके । ॥२२॥

Paśittika Ulcer

Paśittika type of ulcer is characterised by thirst, unconsciousness, fever, stickiness, burning sensation, vitiation, cracking and putried smell of the excretion.

4. बहुपित्यं गुह: स्निधं: स्तिमि रो मन्दबेदनः
   पाण्डुवर्णोपसनक्षिद्वरपाकी कक्षणं । ॥२३॥

1. क. स्तंभ: इति प्रथमपुस्तकें पाठः
   ख. तत्त्वं इति बष्ठपुस्तकें पाठः
2. शपाकवदारणेः: इति चतुरायुष्टपुस्तकें पाठः
3. पितककर: इति बष्ठपुस्तकें पाठः
4. शाखवं इति प्रथमपुस्तकें पाठः
Kaphaja Ulcer

Kaphaja type of ulcer is characterised by excessive slimness, heaviness, unctuousness, numbness, less of pain, yellowish white coloration, less of stickiness and delayed suppuration.

Raktaja, Dvandvaja and Sānnipātika Ulcers

In raktaja type of ulcer there will be more of bleeding. In dvandvaja type of ulcers signs and symptoms of the respective two doṣas are manifested. In sānnipātika type of ulcer signs and symptoms of all the three doṣas are manifested,

1. रक्तोरक्तज: हि यष्टपुस्तके पाठ: ।
2. पुन: हि यष्टपुस्तके पाठ: ।
3. निर्घन्ध्रव: हि चुम्भयष्टपुस्तकय: पाठ: ।

Prognosis

If the ulcer is located in skin and muscle tissue, if it is not located in any vital organ, if the patient is young, if the ailment is not associated with any complication, if the physician is wise, if the ulcer is of short origin, if the time is suitable for treatment and if the ulcer is not of serious nature, then it is curable. If some of these features are absent then the patient is difficult of cure. If, however, all these characteristics are absent then the patient is not curable.
Duṣṭa Vṛañña and Sudhha Vṛañña

Presence of putried pus and vitiated blood, excessive excretion of pus, excessive swelling, long duration, excessively foul smell, etc., characterise duṣṭa vṛañña (vitiated ulcer). Otherwise, the ulcer is called sudhha vṛañña (clean ulcer).

If the ulcer is very soft like the bottom of the tongue, unctuous, painless, well shaped and free from excretion then it is called clean (sudhha vṛañña).

Bandage

Bandage makes the ulcer clean as well as soft and it helps in healing. Therefore, without any fear, bandage should be applied over the ulcer.
Even a healed ulcer bursts because of aggravation of *doṣas*, exercise, injury, indigestion, exhilaration, anger and fear.

"कपोतवर्णप्रतिमा: यस्यान्त्याः क्लेदवाजिताः: ।
स्थिराश्च पिडकावन्तो रोहुतीति तमादिशेत् ।131।"

**Healing Ulcer**

If the margin of the ulcer has the colour of a pigeon, if the border is free from sticky material, if it is stable (non-spreading) and if it is with granules, then it is called healing ulcer.

"हूढवर्तमानमप्रतिमधूनस्यान्त्याः ब्रमम् ।
वक्सवर्त्य समतलं सम्भवं हूढं तमादिशेत् ।132।"

**Healed Ulcer**

If the opening of the ulcer is closed without any nodules, if there is no swelling and no pain, if it has the colour of the skin and if it’s surface is even, then the ulcer to be considered as healed.

1. विवर्धङ्गः इति प्रथमपुस्तकः पाठः ।
2. क. 0प्रतिमा इति प्रथमपुस्तकः पाठः ।
3. ख. 0प्रतिमाः इति प्रथमपुस्तकः पाठः ।
4. राहुलतीति इति प्रथमपुस्तकः पाठः ।
5. समाविदेशः इति प्रथमपुस्तकः पाठः ।
6. क. 0मनुकं इति प्रथमपुस्तकः पाठः ।
7. ख. 0स्थिरप्रस्तरं सहजं इति प्रथमपुस्तकः पाठः ।
Delayed Healing

Ulcers in patients suffering from kusītha (obstinate skin diseases including leprosy), poisoning and madhu meha (diabetes mellitus) heal with difficulty. If ulcer takes place over another ulcer, then also it heals with difficulty.

Prognosis

If, in an exogenous ulcer, there is excretion of vasā (muscle fat), medas (fat), majjā (bone marrow) and mastuluṅga (brain matter), then it can be cured. But if these types of excretions take place in an endogenous type of ulcer, then it does not get cured.

Smell of alcohol, aguru, ghee, jasmin flower, lotus, sandal wood and campaka and other heavenly smell in the ulcer indicate that the patient is moribund.

1. पिच इति ब्राह्मणपुस्तकेषु पाठः ।
2. सुगंधा इति श्राकरे पाठः ।
3. मम्मस्वसंभूता इति श्राकरे पाठः ।
The physician desirous of protecting his own fame should not treat the following types of ulcers:

1. When the ulcer is located in a vital organ;
2. Extremely painful ulcers;
3. Burning sensation in the interior but cool to touch in the exterior;
4. Burning sensation in the exterior but feeling of coolness in the interior;
5. If the patient is reduced of its vitality and muscle tissue;
6. If the patient, in addition, is suffering from dyspnoea, cough and anorexia;
7. If the ulcer located in the vital organs excretes excess of pus and blood; and
8. If the administration of appropriate therapy do not cause healing of the ulcer.

Thus, ends the diagnosis of endogenous types of ulcer.

1. ओकाशाद्वैतको इति प्रथमपुस्तकेऽपाठः।
2. यष्ठम् इति अष्ठपुस्तकेऽपाठः।
3. शारीरिकविणिदानम् इति आकर्षे पाठः।
Ulcers

Different types of weapons having different types of edges and tips cause different types of ulcers (wounds) when they injure various places of the body. These different types of ulcers are being described below:

विष्रूं भिष्रूं तथा बिष्रूं क्षत्तिः पिण्धितमेव च।

2. घुड़माहुस्तः च वेष्टं तेषां वक्ष्यामि लक्षणम्।।4।।

Varieties

Wounds are of six varieties, viz. chinna (cut), bhinna (perforation), viddha (punctured wound), ksata (lacerated wound), piccita (contusion) and ghṛṣṭa (abraison). Their characteristics are being described below.

ниयं दिश्रूं ऋजुवाच्यं यो व्रणस्तवायं महेत्।

3. गात्रस्तृ पातनं तद्ध्र दिश्रिमित्यभिधीयते।।4।।

Chinna (cut) Type of Wound

If a portion gets separated from the body by an oblique or straight cut with wide spread wound, then it is called chinna vrana

शक्तिकुलत्चुल्ल्ज्ञाप्रभियाङ्गराशयो हतः।।

4. यंत्कचित्तु प्रवेलवतः भिन्नलक्षणमुच्यते।।4॥

1. शारीरमुलेशवैनाना इति पञ्चमपुस्तकं पाठः।।
2. षष्ठं इति पञ्चमपुस्तकं पाठः।।
3. गात्रस्तृवाक्तरं इति पञ्चमपुस्तकं पाठः।।
4. तत्त्वं इति अर्थकिरे पाठः।।
Bhinna (perforated) Type of Wound

If a viscera get perforated by any sharp edged weapon like śakti, kunta, tip of a sword or horn resulting in the excretion of the contents of that viscera, then it is called bhinna vṛṇa.

Āmāsaya (stomach), agnyāsaya (small intestine including duodenum), pakvāsaya (colon), mūtrāsaya (urinary bladder), rudhirāsaya (liver and spleen), hṛt (heart), unḍuka (caecum) and phuphusa (lungs)—these taken together are called kōṣṭha.

If there is perforation to any of the above mentioned viscera, then it will be filled with blood and there will be fever and burning sensation. There will be bleeding from urethra, anus, mouth and nose. The patient will suffer from fainting, dyspnoea, thirst, abdominal distension, loss of appetite, obstruc-

1. क. ॐगुद्ध्यो इति गर्भपूँस्तके पाठः।
   ख. गुद्ध्ये प्रहृते प्राकरे पाठः।
2. लोहग्नित्वतः इति प्राकरे पाठः।
3. पाश्व्येद्वशापि इति प्रथमपूँस्तके पाठः।
tion to the passage of stool, urine and flatus, perspiration, redness of eyes, iron-smell from the mouth, foul smell from the mouth, foul smell from the body, cardiac pain and pain in the sides of the chest. Other characteristics of these wounds will be described below.

ग्रामाशयस्ये रूढिरे रूढिरं छल्क्षङ्क्यपि 

ग्रामानमतिमार्गं च शूलं च शूलियङ्क्यम्।।

If blood accumulates in the stomach, then there will be blood vomiting, abdominal distension in excess and serious type of colic pain.

पक्वांशयगते चापि रुजा गौरवेदवः च 

ग्राहः:काये विशेषेन शीतता चोपजायते।।

[माधवनिभान : सत्योग्रण ४३ : १०] 

If blood accumulates in the colon, then there will be pain, heaviness and coldness specially in the lower abdomen.

"अभिन्नेत्यांशयेःत्राणं श्रै: सूक्षमरंत्रपूरणम्।

पिहितास्यो घटे यहलक्ष्यते तस्य गौरवम्।।

Even if the viscera is not perforated, the intestines get filled up through the subtle channels like a sealed jar kept in water gets filled up with water through it’s pores. Therefore, there is heaviness in the intestines.

1. क. चापजायते इति पष्टपुस्तकं पाठः।

ख. च मवेविख इति ग्राहसे पाठः।

2. कै: इति ग्राहसीपुस्तकं पाठः।

3. पिहितास्ये इति ग्राहसे पाठः।

4. कै: यद्वलक्ष्यते इति प्रथमपूरणम् पाठः।

ख. यद्वलक्ष्यते इति पष्टपुस्तकं पाठः।
Viddha (Punctured) Wound

If any part of the body, other than viscera, gets injured by a sharp and pointed weapon where the tissues either remain projected outside (uttunādita) or come out of the body (nirgata), then it is called viddha vrina (punctured wound).

Kṣata (Lacerated) Wound

If the wound is neither cut excessively nor perforated in excess, and is irregular in shape, then it is called kṣata vrina (lacerated wound).

Piccita (Contusion) Wound

If by the impact of beating, a part of the body including the bone gets swollen and the wound is filled with blood as well as bone-marrow, then it is called piccita vrina (contusion).
Ulcers

Ghraṣṭa Vraṇa (Abraison)

If because of rubbing (gharṣaṇa) or injury (abhīghāta), the skin of the body gets peeled off and there is exudation of warm liquid, then it is called ghṛṣṭa vraṇa (abraison).

Wound Containing Foreign-Body

Grayish colour, oedema, appearance of pimples, frequent bleeding, soft elevation, bubble like appearance over the wounded muscle tissue and pain indicate the presence of foreign body in the wound. These complications arise when the foreign body while penetrating the skin and cutting or bringing out vessels, gets lodged in any of the visceras.

1. उपालाबन्धःजिति द्राक्रे पाठः।
2. तत् जिति द्राक्रे पाठः।
3. बाह्नम हि जिति धातुपुष्टके पाठः।
4. च हि धातुपुष्टके पाठः।
5. कूचतानिन्दायुपब्रान्त हि धातुपुष्टके पाठः।
Prognosis

If the ulcer is red in colour inside, if the patient is pale-yellow in colour, if his legs, hands and face are cold to touch, if his breathing is heavy and cold and if his eyes are fixed and red in colour, then such a patient should not be treated.

Signs and Symptoms of Wound in Vital Organ

Giddiness, delirium, fall, unconsciousness, irregular movement of the body, drowsiness (glöni), rise in temperature, prostration, fainting, ārdhva vāta (upward movement of the wind), excruciating pain, appearance of signs of aggravated vāyu, excretion of blood appearing like the water washed with flesh and withdrawal from the objects of senses—these are the signs and symptoms of injury to the five vital organs.

1. सच्चिदलौहित्य इति षड्घुस्त्रके पाठ: ।
2. उषीति इति षड्घुस्त्रके पाठ: ।
3. पतति इति प्रथमघुस्त्रके पाठ: ।
4. विवेष्ठनम् इति प्रथमघुस्त्रके पाठ: ।
5. छूद्भवति इति श्रादर्शघुस्त्रकेपु पाठ: ।
6. राज इति षड्घुस्त्रके पाठ: ।
7. तारति इति श्रादर्शघुस्त्रकेपु पाठ: ।
8. मांसादत्भाय इति षड्घुस्त्रके पाठ: ।
9. ज्ञानश्राद्ध इति चतुर्थघुस्त्रकेयो: पाठ: ।
Injury to Vessels

If the vessel is cut or injured, then there will be excessive bleeding of the colour of *indra gopa* and the *vāyu*, aggravated as a result of this, produces several diseases.

Injury to Ligaments and Nerves (*Snāyu*)

If the ligaments or nerves are cut, then there will be *kaubjya* (hunch back), immobility of limbs, inability to perform any activity and excruciating pain. The ulcer in such cases takes a long time to heal.

1. क. ध्रवजस्व इति प्रथमपुस्तके पाठः।
2. म. ध्रवयश्व इति अङ्गपुस्तके पाठः।
3. बिवास्वय इति अङ्गाकरे पाठः।
4. कोष्ठार्यां इति अङ्गपुस्तके पाठः।
Injury to Joints

If there is injury to the joints, whether mobile of immobile, then there will be excess of oedema, excruciating pain, loss of strength, general anasarca and inability to perform any activity.

Injury to Bone

If there is excruciating pain during the day and the night and absence of peace in any situation then the wise physician who is well versed with the science of surgery should diagnose this as injury to the bones.

1. K. शोषायति हृति पंचमपुःतको पाठः।
2. कम्भो हृति प्रथमपुःतको पाठः।
3. येरेच हृति प्रथमपुःतको पाठः।
4. स्यातं मवस्तति हृति प्रथमपुःतको पाठः।
5. समम्बवभितास्ति हृति प्रथमपुःतको पाठः।
Injury to a Vital Muscle

If any vital organ is injured, then the signs and symptoms of injury in respect of that particular organ will be manifested. If a mānsa marma is injured, then there will be pale-yellow and other forms of discoloration and the patient will be insensitive to any touch sensation.

Complications

Erysipelas, hemiplegia, stiffness of vessels, apatānaka, unconsciousness, insanity, pain in ulcer, fever, thirst, hanu graha (lock-jaw), cough, vomiting, diarrhoea, hiccup, dyspnoea and trembling—these are the sixteen complications of injury.

Thus, ends the diagnosis of sadyo-wraṇa (fresh-wounds).

[Madhyānayana: Sadhānākāra: 15-26]
Line of Treatment

Ulcers should be treated according to the following seven stages:

<table>
<thead>
<tr>
<th>Stage</th>
<th>Nature of the Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>First stage</td>
<td>Vīmālāpana (dissolution of oedema or the accumulated material)</td>
</tr>
<tr>
<td>Second stage</td>
<td>avasēcana (sprinkling of medicated liquids)</td>
</tr>
<tr>
<td>Third stage</td>
<td>upanāha (application of hot ointment)</td>
</tr>
<tr>
<td>Fourth stage</td>
<td>pāṭhana (opening the wound by incision)</td>
</tr>
<tr>
<td>Fifth stage</td>
<td>sōdhana (cleansing the wound by medicated decoctions, etc.)</td>
</tr>
<tr>
<td>Sixth stage</td>
<td>ropāna (application of healing ointments, etc.)</td>
</tr>
<tr>
<td>Seventh stage</td>
<td>vāikṛtāpaha (correction of deformities)</td>
</tr>
</tbody>
</table>

"मातुलुगानिर्मल्यो च सुदानहकाहौषधम्।
श्रीत्वा चैव रास्ता च प्रलेपो बातकोशया।॥७०॥

[भैष्ज्यगर्तनावली : ब्रणशोधाविकार : ६]

Treatment of Vātika Oedema

Application of the paste of mātulūga, agni mantha, sura dāru, mahauṣadha, ahimsā and rāṣṇā cures vātika type of oedema in an ulcer.

1. मातुलुगा इति प्राकरे पाठः।
2. मद्राध्य इति प्राकरे पाठः।
3. राष्णा इति प्रादानपुस्तकेषु पाठः।
The bark of śākhoṭaka should be made to a paste by triturating with kāṇji (a sour drink) and oil. Application of this paste cures vātiKA type of oedema in an ulcer as snakes are overpowered by the bird garuḍa.

Treatment of Paṭṭika Oedema

Application of the paste of dūrvā, root of nala, madhuka, candana and other cooling drugs cures paṭṭika type of oedema.

Barks of nyagrodha, udumbara, aśvattha, plakṣa and vetasa should be made to a paste. Application of this paste along with ghee dissolves oedema in an ulcer.

1. शीतलं यत्र इति प्रथमपरमपुस्तकं पाठः।
2. गणं इति प्रथमपरमपुस्तकं पाठः।
3. पितामहथा इति भार्यपरमपुस्तकं पाठः।
4. स्वाभ शोचे इति प्रथमपरमपुस्तकं पाठः।
Treatment of Exogenous and Raktaja Oedema

For the treatment of exogenous and raktaja types of oedema, the above mentioned therapies [prescribed for païttika type of oedema] should be employed.

\[ \text{प्रजन्धान्यश्च, काला सरल्या सह} \]
\[ \text{एकेष्विका च शुक्ती च प्रलेख:} \]

\[ \text{I} \]

Treatment of Kaphaja Oedema

Application of the paste of aja gandhā, aśva gandhā, kālā, saralā, ekeśikā and śṛṅgī cures kaphaja type of oedema in an ulcer.

\[ \text{पुनर्नवाशिपुङ्कवस्तुलमहीथिच:} \]
\[ \text{कष्टवालकेते शोथे लेव: कोणो विधीयते} \]

\[ \text{3} \]

In oedema of kapha-vātaja type, the lukewarm paste of punarnāvā, śigru, deva dāru, daśa mūla and śuṇṭhi should be applied.

\[ \text{न रात्री लेवं वधाइतस्म वत्ति} \]
\[ \text{न च पर्यूपितं गुणमाणं नवावधारयेत्} \]

Paste should not be applied at night. The paste which has come out after application should not be used again. The paste which is stale (kept over night) and which has dried up should not be applied.

1. सरणया इति पश्चापस्तके पाठः।
2. एकेष्विकाजन्यश्च इति प्रथममयचम्पस्तकेव: पाठः।
3. महीथिचि इति प्रथमपुस्तके पाठः।
If the intention is to squeeze out pus, etc., from the wound, then pradeha (thick ointment) should be left over the wound even if it has dried up after application. However, the opening of the wound should not be covered with the paste to facilitate pus, etc. to come out of the wound.

If the oedema in the ulcer is stable (not spreading) and is having mild pain, then it should be massaged with medicated oil prepared of drugs alleviating vāyu as well as kapha, and fomentation therapy should be given over it with the help of a bamboo tube. Thereafter, with the palm or thumb, the oedema should be gently rubbed with a view to dissolving the internal material (vimlāpana). Thereafter, blood-letting therapy should be applied by an experienced physician.

1. श्रद्धान्मुखमनुष्यते प्रदेहां पीढ़न प्रश्थि ।
2. न च चापि मुखमालिन्देशन दोषाः प्रश्थिच्यते ॥१७६॥

1. धिररान् मन्दहजान् शीथान्तलेहङ्गिनितकाराः ।
2. श्रद्धान्मुखमनुष्यते प्रदेहां पीढ़न प्रश्थि ।
3. श्रद्धान्मुखमनुष्यते प्रदेहां पीढ़न प्रश्थि ।
4. तेजैयतेः श्रद्धान्मुखमनुष्यते प्रदेहां पीढ़न प्रश्थि ।
5. श्रद्धान्मुखमनुष्यते प्रदेहां पीढ़न प्रश्थि ।

1. मन्दहजः इति प्रादेश्यपुष्टकेतु पाठः ।
2. श्रद्धान्तलेहङ्गिनितकाराः पाठः ।
3. स्त्रियार्तितेः इति प्रादेश्यपुष्टकेतु पाठः ।
4. कृि श्रद्धान्तलेहङ्गिनितकाराः पाठः ।
5. च इति प्रादेश्यपुष्टकेतु पाठः ।
If there is excessive aggravation of oedema, if there is excessive pain in the ulcer and if there is no alleviation of these symptoms by the application of ointments, fomentation therapy, sprinkling of medicated liquids and apatarpana (cooling applications), then blood-letting therapy should be employed by which the oedema will subside quickly.

**Importance of Blood-Letting Therapy**

In an ulcer, sourness appears in the blood and pain is caused by this vitiating blood. If there is no vitiating blood then there will be no pain. This vitiating blood can be removed by blood-letting. Therefore, blood-letting therapy is equal to the administration of all the remaining therapies in therapeutic efficacy.

1. सर्वने इति ग्रादृश्यपुस्तकेशु पाठः।
2. चात्रणे इति प्रथमपुस्तकेशु पाठः।
3. निवारणयाय पाकस्य बदेनोपसाय च पाठोपि श्राकरे प्रधिक-मुपलमये।
4. समं लेयाय स्येनो प्रथमपुस्तकेशु पाठः।
5. ब्रजस्त्याय इति प्रथमपुस्तकेशु पाठः।
6. रक्त मोक्षणयथ इति पुष्टपुस्तकेशु पाठः।
7. रक्तं हि व्यमलस्तं इति श्राकरे पाठः।
8. तच्छ नास्ति इति श्राकरे पाठः।
If the oedema does not get subsided by blood-letting therapy, the *upanāha* (hot ointment) should be applied over the wound for suppuration, and thereafter, it should be incised.

"तेलेन सपिष्ठा वापि तास्वा वा शक्तुपिण्डिका ।
भुक्षोण: शोथपाकार्यमुपनाह: प्रशस्यते ॥८४॥

*Upanāha*

Application of the luke-warm paste of *saktu* (roasted barley flour) in a bolus form (*pindikā*) along with oil or ghee or both oil and ghee helps in the suppuration of the oedema. This is called *upanāha*.

"सतिला सातसीबीजा दध्यम्ला शक्तुपिण्डिका ।
सकिंचकुष्ठलवणा शस्तता स्पाइपनाहेन ॥८५॥

[भेदज्यर्तनावली : बणशोयाधिकारः : २४-२५]

A paste should be prepared of *saktu* (roasted barley flour), *tila*, seeds of *atasi*, *kiṅva*, *kuśṭha* and salt. In a bolus form, this paste should be applied over the oedema as *upanāha* (to cause suppuration of the wound).

1. स वेदेवमुपक्रान्तः हति प्रथमपुस्तकेन पाठः ।
2. क. सुक्षोपकार्यमुपनाह हति पाकरे पाठः ।
3. क्र. सुक्षोपकार्यमुपनाह हति पाकरे पाठः ।
4. लबणा हति प्रथमपुस्तकेण पाठः ।
If the patient is a child, old man, intolerant to therapies (asaha), emaciated, fearful or a woman; if the wound is over a vital organ and if the suppurated oedema is of serious nature, then one drop of the paste of cow's tooth prepared by rubbing over a stone along with water should be applied over the wound. This helps in the suppuration and opening up of the wound. This is also useful if the oedema is exceedingly hard.

The ash of the dead skin of the snake should be mixed with mustard oil and made to a paste. Application of this suppresses the unmatured wound and opens up of the suppurated wound quickly.

1. दारण्मृ इति भाकरे पाठः।
2. गजमृ इति चतुर्थपुस्तके पाठः।
3. प्रलेपनातु इति भाकरे पाठः।
4. क. प्रश्लयाकिंचने इति भाकरे पाठः।
   ख. प्रश्लयाकिंचने इति षडपुस्तके पाठः।
   ग. हस्तित्वं जले चृद्ध्वा विन्दुमार्यं प्रलेपयेद्य षाठोयं षटपुस्तके भ्रातिमुच्चलयम्।
5. पक्षवर्तु इति भाकरे पाठः।
Application of the paste of cira, bilva, agnika, danti, citraka, haya, māraka, stool of kapota, stool of kaṅka or the stool of grādhra opens up the wound. Similarly, application of the paste of drugs which are used for alkali preparations (ksāra dravyas) and the alkali preparations (ksāras) also help in the opening up of the wound.

“Dvāyāṇān pitichchālānā v yabhāmūlaśā티 pumīddanmū ।
Yaṃ gogūmaṇāyanā chūgaṇī c samānāt: 11611।”

Barks and roots of all slimy drugs in general and the powders of yava, godhūma and māsa in special squeeze out pus from a wound when applied in the form of a paste.

1. सक्कु ऐं जित प्रथमपुस्तके पात: ।
2. दारणम् इति प्राचार्यपुस्तकेप: ।
3. क. प्रपीडितम् इति वषषपुस्तकेपाठ: ।
   ख. निपादनम् इति प्राकरे पाठ: ।
4. क. समासत: इति चतुर्भुपुस्तके पाठ।
   ख. चूणानि समासत: इति पंचमपुस्तके पाठ: ।
5. प्रविषुद्धे विषुद्धे तु न्यरोध 0 इति पर्षष्णपुस्तक: पाठ:।
Thereafter, the wound should be washed with the decoction of patoli and leaves of nimba if it is not clean. If it is clean, then the wound should be washed with decoction of the bark of nyagrodha, etc.

The decoction of daśa mūla should be used in all therapies for the treatment of vāṭika ulcer, the decoction of drugs belonging to nyagrodhādi gana should be used in all recipes for the treatment of paitṭika ulcer and the decoction of drugs belonging to āragvadhādi gana should be used in all recipes for the treatment of kaphaJa type of ulcer.

Applying of the paste of tila, lavaṇa (rock-salt), haridrā, dāru haridrā, trivṛt, ghee, madhūka and leaves of nimba helps in cleansing the ulcer.
Application of the paste of leaves of *nimba*, *tila*, *danti*, *trivṛt*, rock-salt and honey relieves vitiated wounds and cleanses them effectively. The paste of the root of *ṭārivā* alone cleanses all types of ulcers.

Application of the paste of *patolī*, *tila*, *madhu yaṣṭī*, *trivṛt*, *danti*, *niṣā*, *dāru niṣā*, leaves of *nimba* and rock-salt cleanses all types of ulcer.
Washing the wound with the decoction of the leaves of *nimba* as well as *kola* also helps in cleaning the ulcer.

"श्रेयस्तृतिमांस्तानां मांसस्थानामरूहताम्
कलक: संरोपण: कार्यस्तिलानां सघुकाविन्ति: ॥६७॥"

[भंडाज्यरतनावली: गण्डोधाधिकार: ३४]

If the ulcer located in the muscle tissue does not get healed up, then from this ulcer the putrified muscle tissues should be removed and the paste of *tila* and *madhuka* should be applied over it which helps in healing.

\[निस्बप्रत्रमङ्कुम्भान्तु युक्त: संशोधन: स्मृत: ॥
पूर्वस्या संपिष्ठ चापि युक्तचाप्यरोपण: ॥६६॥\]

Application of the leaves of *nimba* and honey helps in the cleansing of the ulcer. Thereafter, the paste of the earlier mentioned two drugs, [*tila* and *madhuka*] along with ghee should be applied over the ulcer for its healing.

\[निस्बप्रत्रतिल: कलको मधुना क्षतशोधनम् ॥
रोपण संपिष्ठ युक्तो यवकल्कोष्यविधि: ॥६६॥\]

The paste of the leaves of *nimba* and *tila* along with honey cleanses the ulcer. Application of the paste of *yava* along with ghee helps in the healing of ulcers.

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1. कार्यस्तिलान् मघुसूत: इति श्राकरे पाठ: ॥
2. चापि इति वषोपुस्तके पाठ: ॥
3. युक्त: संशोधन: स्मृत: इति वषोपुस्तके पाठ: ॥
4. मधुन: इति वषोपुस्तके पाठ: ॥
5. क्षतशोधन: इति चतुर्बषोपुस्तकयो: पाठ: ॥
“निम्बपञ्चायतकोषदार्वािमङ्गुिकसंयुिता।
वांतसितलािनं कलको वा शोषेष्येष्येश्येष्येश्येष्येश् ब्राह्मणः \(11001\)”

[भेष्यार्यत्नावली : ब्राह्मणोपाधिकार : 45]

Application of the varti (elongated pill) prepared of leaves of nimba, ghee, honey, dāru haridrā and madhuka or the paste of tila absorbs the pus and heals the ulcer.

“सप्तदलुष्ककल्कः शायतिरं दुष्टश्रणं प्रलेपेनः।
मशयुक्ता शरपुंख्ता सर्वश्रणरोपणी कथिता \(11011\)”

Application of the paste of sapta dala prepared by triturating with milk is useful in the treatment of vitiated ulcers (dusṭa vṛṣṇa). The paste of sarapunkhā mixed with honey should be applied for the healing of all types of ulcer.

मानुषिकरं कपालं तदस्थलेपनवः सूचनेन।
रोहणसिंहं क्षतानं घोषशंरंरस्याध्यायानाम् \(11021\)”

[भेष्यार्यत्नावली : ब्राह्मणोपाधिकार : 35-36]

The skull bone of human beings should be made to a paste by triturating with cow's urine. Application of this helps in the healing of ulcers which were not amenable to hundreds of other recipes.

ब्राह्मणविषोद्धवश्च नृक्षमाओऽनं सधिःवर्षणान् \(11031\)

1. शोषेष्येष्येश्येश् ब्राह्मणः इति प्रश्चुस्तकः पाठः।
2. क. लेपालू इति ग्राकरे पाठः।
   ख. प्रलेपेश्येश् इति प्रश्चुस्तकः पाठः।
3. क. सर्वश्रणरोपणाकथिता इति प्रश्चुस्तकः पाठः।
   ख. दुष्टश्रणरोपणे इति ग्राकरे पाठः।
4. सधिःवर्षणमात् इति प्रश्चुस्तकः पाठः।
Vartis (elongated pills) should be used for cleansing such ulcers which have small opening and which are located in the joints and vital organs.

Abhayā, trivṛt, dantī, lāṅgāli, madhu, saindhava, leaves of suṣavī, dhattūra, karna moṭa and kuṭheraka—all these drugs applied individually help in the healing of deep seated ulcers.

"पञ्चबालकचूर्णवार्ते युक्तिबृह्णसमायुतः।
धातकीयचूर्णलोभवर्ते तथा रोगिन्ते ते व्रणः। ॥१०४॥"

[भृष्णयर्तनावली: व्रणकोषाधिकार: ३७]

Ulcers get healed up by the powder of either paṅca vallaka and sūktī, or dhātakī and lodhra.

"सदाहा वेदनावलो ये व्रणः मासलोज्जुवा।
तेथां तिलानुमांचवें भृष्टान् पर्यसि निर्वृंतान्।
तेनेन्य पथसा पिट्ठवा द्य्यावलेपं भिषक् ॥१०६॥"

If the ulcer is caused by aggravated vāyu and is associated with burning sensation as well as pain, then the paste prepared of roasted tila and atasis boiled in milk and then triturated with the same milk should be applied which is useful.

1. कःत्याऽं इति प्रथमहीतोयपुस्तकयोऽपाठः ।
2. सुखाविपत्तां इति चतुर्यष्ठपुस्तकयोऽपाठः ।
3. तंबर्णं इति वष्ठपुस्तकं पाठः ।
4. सदाहवेदनाऽं इति वष्ठपुस्तकं पाठः ।
5. माषानं इति वष्ठपुस्तकं पाठः ।
Fumigation

If the ulcer is afflicted by vāyu and is associated with secretions and excruciating pain, then it should be fumigated with yava, ghee, bhūrja, madana, śriveśtaka and deva dāru.

श्रीवासगुरुगुरुगुरुशालिनियासघूपिता:

कटिनत्वं ब्रणा: यान्ति नश्यन्त्याश्रावबेदना: ॥१०६॥

By the fumigation with śrīvāsa, guggulu, aguru and resin from sāla, the ulcerated tissues become hard thereby reducing secretions and pain in the wound.

तिल: पथ: सिता: शौठं तैलं मघुकच्चनम् ॥

लेपेनं शोचहर्वहरकं निर्वापियेद्व ब्रणात् ॥

पितृवन्द्रिधिवलसपूजनं लेपनादिकम् ॥१०६॥

1. मूतां इति पंचमपुस्तके पाठः।
2. ोन्यमूर्यमदवशीरं इति षटपुस्तके पाठः।
3. ब्रण मान्ति इति प्रथमपुस्तके पाठः।
4. नश्यन्त्याश्रावबेदना इति पंचमपुस्तके पाठः।
5. बेदना: इति षटपुस्तके पाठः।
6. तिला: इति षटपुस्तके पाठः।
7. सिता इति चतुर्यं पंचमथष्टपुस्तकेषु पाठः।
8. क. लोपनं इति चतुर्यं पुस्तकेपाठः।
9. क. ब्रणानु इति चतुर्यं पुस्तकेपाठः।
10. ‘करूणारिणी निगुणं श्वीरसो हम्मयाबुर्वण: कृमीतो। कलायविदापञ्जशकौशाष्यासिय च पूर्णम्। सुरसादिर रसं सेकालेपं लश्ने नवा।’ पाठोषों षटपुस्तकेप्रवधिकमपलमयेते।
Application of the paste of tila, milk, sugar, honey, oil, madhuka and candana cures oedema, pain, burning sensation and bleeding. The paste, etc., described in the treatment of paittika vidradhi (abscess) and visarpa (erysipelas) should also be used in this condition.

1. चित्रकित्सा बक्ष्यते ॥१०॥

Burns and Scalds

Now the diagnosis and treatment of agni dagdha (burns and scalds) will be described.

"तत्त्र स्निग्ध रूखं बात्स(चा) स्त्रियं भ्रमणमिनिवर्ध्यति;
मनसौहत्यो हि स्नेहः सूक्ष्मिराजानातित्वाः प्रगाधीननुस्विविद्याया
दहति; तस्मात् स्नेहे वेदोधिका रूखो भवति ॥११॥

The fire burns with the help of unctuous (sneha) or ununctuous (rūkṣa) media. The sneha dravya (oil, ghee or fat) has the natural attribute of quickly entering into the subte channels. When hot, it enters into the skin, etc., and instantaneously causes burn. Therefore, in a burn (scald) caused by oil, ghee or fat, there is excessive pain.

तत्त्र प्लुष्टं दुरभां सम्यग्रस्थमतिदर्ग्यं चेति चतुर्विधमिनिवर्ध्यं ॥

1. श्रावन्द्र चित्रितसारं इति चतुर्विधश्च शुष्कपुस्तकयोः पाठः ॥
2. शिरारं इति प्रादर्शपुस्तकविश्वपुस्तकयोः पाठः ॥
3. श्राध्विष्कित्सारं इति प्रादर्शपुस्तकविश्वपुस्तकयोः पाठः ॥
4. पूष्टिमृत्तिकां इति प्रथमपुस्तककोः पाठः ॥
5. याद्रोहस्तिं भवति इति चतुर्विधश्च शुष्कपुस्तककोः पाठः ॥
6. श्रावन्द्र चित्रितसारं इति प्रादर्शपुस्तककोः पाठः ॥
7. श्रावन्द्र चित्रितसारं इति प्रादर्शपुस्तककोः पाठः ॥
Varieties and Characteristics

Agni dagdha (burn) is of four types, viz. pluṣṭa (mild burn), durdagdha (severe burn), samyak dagdha (moderate burn) and ati dagdha (excessive burn). Excessive discoloration of the skin and burning sensation are the characteristic features of pluṣṭa (mild burn). If the place of burn is elevated with pustules and if there is acute form of heating sensation, burning sensation, redness, suppuration as well as pain, and if healing takes place after a long time, then it is called durdagdha (severe burn). Samyak dagdha (moderate burn) is not very deep. It is like a ipe fruit of tāla and is associated with the signs and symptoms described before for durdagdha. In ati dagdha (excessive burn), muscles hang out; the body loses its compactness, there is excessive damage to šīrā (vessels), snāyu (ligaments including nerves), sandhī (joints) as well as asthī (bones), and the patient suffers from complications like fever, burning sensation, thirst and fainting. The ulcer takes a long time to heal and even after healing there will be discoloration. Determination of these four varieties of burn helps in the administration of therapies.

भवन्त्र चात्र—

श्रनिना कुपितं रत्नं भृषं जन्तो: प्रकृष्यति ।
तत्ततेनेव वेगेन पितमस्यायुषीयते ॥११३॥

1. श्रव्यांसैं इति चतुर्थंषट्ठपुस्तकयोऽऽ पाठः ।
2. श्रव्यां इति श्राद्बंपुस्तककेश्व पाठः ।
3. पितमस्यायुगुष्यीयते इति षष्ठपुस्तकके पाठः ।
Thus it is said:

Blood gets extremely vitiated by the heat of fire, and similarly, the *pitta* of the patient gets extremely aggravated. Both the *rakta* (blood) and *pitta* are similar in taste (*rasa*) and dotency (*vīrya*). Therefore, there will be acute form of pain and burning sensation, quick appearance of pustules and aggravated form of fever as well as thirst.

*Treatment of Pluṣṭa* (Mild Burn)

Now the treatment of burn will be described. For the treatment of *pluṣṭa* (mild burn) heat should be applied and other

1. इति प्रवर्तस्तथा इति प्राकः पाठः।
2. प्रजायन्ते इति प्राकः पाठः।
3. बाघोऽदित इति प्राकः पाठः।
4. 'तिलतेल यवादव्या एतस्यपनिनिदितं
   प्रादित्यमलक्षणविशेषकसाकतं भवति।
   ब्राह्मणरहस्य दुःख प्रशाम्यः।
   ॥ इति प्रवर्तस्तथा निदानम्॥
5. पाठोऽदित चतुष्ठप्रस्तव्याधिकम्।
6. इति प्रवर्तस्तथा पाठः।
7. तस्यात् इति प्रवर्तस्तथा पाठः।
8. हृक्कुष्ण इति प्रवर्तस्तथा पाठः।
9. नु इति प्रवर्तस्तथा पाठः।
heating drugs should be employed. Because of excessive heat in the body, the blood becomes *svinna* (liquefied). Water is by nature cold and it exceedingly condenses or coagulates (*skandana*) the blood. Therefore, heating therapies give relief and cooling therapies are not useful at all.

1. शीतामुख्यां च दुर्वर्के शिवरान्कुत्ता दुर्वर्कुक्तम् पुनः।
2. घृतलेपनसेवकंस्तू शीतानवास्य वानस्ते।।११७।।

*Treatment of Durdagdha (Severe Burn)*

In *durdagdha* (severe burn), the physician should employ both the heating and cooling therapies. *Ghee* should be applied and water should be sprinkled over it.

3. सम्यदशिवै तुगाशीरीत्तकचन्दनगिरिकः।
4. सामृत: सर्वधिरालें दर्येद्रित्तुः पार्खे।।११७।।
5. ग्राम्याद्वीपकर्ष्मांदिवे मांसं प्रलेप्येत।।
6. पित्तविद्वेदिवचे वं संतोषायामार्वे।।११६।।

*Treatment of Samyak Dagdha (Moderate Burn)*

In *samyak dagdha* (moderate burn), the paste of *tugā* *kṣīrī,* *plakṣa,* *candana,* *gairika* and *amṛtā* along with *ghee* should be

1. शीतामुख्यां इति पश्चपुस्तकः पाठः।।
2. घृतलेपां सेवकस्तु इति पश्चपुस्तकः पाठः।।
3. शीतानवास्य इति पश्चपुस्तकः पाठः।।
4. तुगाशीरीत्तकचन्दनगिरिकः पश्चपुस्तकः पाठः।।
5. ग्राम्याद्वीपकर्ष्मां इति अन्दर्शपुस्तकः पाठः।।
6. पिस्तेमार्वः मांसं इति अन्दर्शः पाठः।।
applied. The paste of the meat of domesticated, marshy and aquatic animals should be applied over it. This condition of constant heat should be treated on the lines suggested for paññika vidradhi (abscess).

\[\text{अतिवर्षेवसीराणि मानसानुक्तत्व}  \]  
\[\text{शोभलाम्}  \]  
\[\text{क्रिया कुर्याविष्कः पञ्चात् शालितण्डुलकन्दनः}  \]  
\[\text{II.1201}  \]  
\[\text{तिन्दूककोक्तक्तः पञ्चात् शृङ्गमिश्रेष्ठः प्रलेपयेत्}  \]  
\[\text{I}  \]  
\[\text{ब्रान्य मुड़ोपपरवर्षेव}  \]  
\[\text{छायेत्वयोदकः}  \]  
\[\text{II.1211}  \]  
\[\text{क्रिया च निमित्तं कुर्याविष्कः पित्तविसप्तवां}  \]  
\[\text{II.1221}  \]

Treatment of Ati Dagdha (Excessive Burn)

In ati dagdha (excessive burn), first of all, the loosely hanging muscles should be separated. Thereafter, cooling therapies should be employed. The husk of šāli type of rice mixed with the bark or epicarp of the fruit of tinduka should be made to a paste, and applied over it. The ulcer should be covered with the leaves of guḍūcī or aquatic plants. All therapies described

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1. मांसान्युद्वृत्य इति ध्राकरे पाठः।
2. शोभलाम् इति षन्धपुस्तकेपाठः।
3. क्रिया इति प्रथमपुस्तकेपाठः।
4. यत्तात् इति षन्धपुस्तकेपाठः।
5. क. शालितण्डुलकन्दनः इति प्रथमपुस्तकेपाठः।
   ख. पञ्चाया इति प्रथमपुस्तकेपाठः।
6. शालितण्डुलकन्दनः इति प्रथमपुस्तकेपाठः।
7. क. क्रिया इति प्रथमपुस्तकेपाठः।
   ख. ‘क्रिया—विसार्पवां’ पाठाय षन्धपुस्तकेपोपलम्ये।
8. कुर्यानिशिकां भिन्कविनिर्सप्तृवां इति प्रथमपुस्तकेपाठः।
for the treatment of *paittika visarpa* (erysipelas) should be used for *ati dagdha* (excessive burn).

Ghee should be cooked with the paste of *madhucchista*, *madhuka*, *rodhra*, *sarja rasa*, *manjistha*, *candana* and *murbha*. It helps in the healing of ulcers of all types of burn. If the burn is caused by *sneha* (boiling ghee, oil, etc.), then ununctuous therapies should be employed.

"उष्णवातात्मकेंद्रीयं शीतः कायो विधिः सवा।
शीतवातःनिलं दवस्यं स्निग्धमुखण्ड्या शस्यते।
तथास्तिततेजसा दश्ये सिद्धनिरस्तः कवाच।"

1. समधुलो हंस स्यात्रपुस्तके पाठः।
2. द्रोपणमुक्तमो हंस आकर्षे पाठः।
3. 'तिलतैल जबादश्वा एतलेपननिशिचतम्।
श्रीनिधारणा रोहयारी दुःख प्रशाम्यति।
4. रसेये दिबां रक्षां हंस कुरुय्य्युस्तके पाठः।
5. स्थात्य हंस पद्धुस्तके पाठः।
6. हिमशीतात्नलं दवस्यं हंस कुरुय्युस्तके पाठः।
7. आकारितजसा दाशे हंस हंस पद्धुस्तके पाठः।
8. क. सिद्धनिरस्तः हंस कुरुय्य्युस्तके पाठः।
9. कवाच हंस आकर्षे पाठः।
Heat and Cold Strokes

Burns caused by exposure to hot wind and hot sun should be treated with cooling therapies. For the treatment of burns caused by exposure to cold rain (snow fall) or cold wind, unctuous and hot therapies should be employed. If the patient is burnt by exposure to extremely dazzling light, then he cannot be cured. If there is burn by thunder-bolt, then even the patient may survive and he should be treated with oleation, massage as well as sprinkling therapies and by the application of ointments.

In ati dagdha (excessive burn), the physician should apply the paste of the root of mahārāṣṭri and the powder of this root should be sprinkled over the affected parts. Sprinkling of the powder of the old straw used for roofing is also useful in curing ulcer caused by burn.

1. श्रण्ठ इति षट्प्रस्तके पाठ: ।
2. चिकित्सतमि इति षट्प्रस्तके पाठ: ।
3. ोषुण्णात्मि इति षट्प्रस्तके पाठ: ।
4. ोषंगेह्नात्मि इति प्रथम्पुस्तके पाठ: ।
Ghee cooked with *jīraka* and mixed later with *sikthaka* and *sarja rasa* should be applied over the affected part. It quickly relieves pain caused by burn.

Application of the paste of *kuṭhāraka* burnt in a sealed jar without exposure to air cures ulcers caused by burn. Spraying the powder of dried barks of *aśvattha* also cures ulcers caused by burn.
External application of the oil cooked by adding *gaṇḍi pada* (earth worm) cures burns. Similarly, sand collected from inside water should be made to a paste by adding the cotton of *sālmali* and applied over the burn which is useful.

"सङ्ग: क्षतं ब्लानं बेद्य: सखूलं परिवेच्येत्
योग्यमयुक्तेऽनं किन्युक्तेऽनं सरिषया ||१३११||

[भूषज्यरसनाबली : सदाभ्राणाधीकार : १]

Luke-warm ghee cooked with the paste of *yaṣṭi madhu* should be sprinkled over a fresh wound associated with pain.

बुध्वागन्तुव्रणं बंधो घृत्कृत्रममनवितम्
शीतं कियं प्रयुक्ति रक्तपितोह्मनाशिनी ||१३२१||

In exogenous type of ulcer, the physician should employ ghee, honey and other cooling therapies for the alleviation of vitiated blood, *pitta* and heat.

कान्तकामकमेवं मुक्कलक्षं गद्यसपिष्या पिष्टम्
शमयिति लेपान्यतं ब्रमागतुजं न संबेदः ||१३३१||

One krānta krāmaka [?] should be made to a fine paste by adding cow’s ghee. Application of this undoubtedly cures exogenous types of ulcers.

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1. परिवेच्येतृ दति प्रथमपुस्तके पाठः
2. योग्यमयुक्तेऽनं दति यद्युपपस्तके पाठः
3. साधनी दति प्रथमपुस्तके पाठः
4. क्रात्तकामकमेवं दति प्रथमपुस्तके पाठः
   खं. कान्तकामकमुक्तं दति यष्टपुस्तके पाठः
If the juice of the leaf of *apāmārga* is applied over a fresh wound, then bleeding stops.

Ghee mixed with camphor should be applied over the ulcer and bandaged tightly. It removes pain, prevents suppuration and helps in healing of the freshly occurring ulcer caused by weapon.

*Sarapunikha, kāka jaṅghā,* first stool (meconium) of the male calf of buffalo and *lajīalu*—these drugs used separately cure freshly occurring ulcers caused by weapons.

(Continued on next page)
The powder of the tongue of the dog also helps in the healing of the fresh wound. *Cakra taila* is exceedingly helpful for healing a lacerated or punctured wound.

यवसारं भक्षयित्वा पिण्डं दशायद्रणोपरि ।
भृगाकोणमुलेन नष्टशल्यं विनिलिते ।
लाकुलीमुललेपाद्य गवानीमूलकस्तवा ॥१३६॥

*Extraction of Foreign Body*

If a portion of the weapon remains inside the wound, then the patient should take *yava kṣāra* and a bolus of the paste of the root of either *śṛgāla kola*, *lāṅgali* or *gavākṣi* should be applied over the wound. By this, the part of the weapon which has remained inside the wound comes out.

कशतोष्णो निग्रहायं तत्कालं विस्मृतस्य च ।
कषायशीतमद्वरा: सिराधलेप्यायो हिता: ॥१३६॥

Immediately after the extraction of the foreign body, for the alleviation of heat of the wound, application of the unctuous paste, etc. of astringent, cooling and sweet drugs is useful.

"पवशायस्यो दृशुरे वमनं पवश्युव्यते ।
पवशायस्यो देयं च विरेचनसंसारणम् ॥१४०॥"

[मुहूर्त : चिकित्सा २ : ५२]

(Continued from last page)

दशायद्रणो लक्ष्मणवकार शर्पकारणां मध्यत: प्रवेशेत्। एकाकस्य जले: पिण्डं मूलेन शस्त्र प्रणायां हित्यार्मस्य। पृतैर्लांगलेयाः कठोरं विलेपिते विग्रः मुलेन। सद्या नियतिध्वजाय शल्यं चिकित्सायां। तृष्णाः शस्त्रशिर कलेवरं शब्दाय: कथायते। विवक्तं वर्त्थं पुस्तकं श्रवणं कथायते।

1. ०कोलिमुलेन इति एकस्यमहणको "पाठः।"
2. निविनित्स्य इति चतुर्वृत्तपुस्तकं "पाठः।"
3. कशायाः इति चतुर्वृत्तपुस्तकं "पाठः।"
Ulcers

If blood is accumulated in the stomach then emetic therapy is useful and if the blood is accumulated in the colon, then purgation therapy should undoubtedly be administered.

"वःतव वशङ्ग्रेण्डवश्रव्यावशामिन् कृतः ।
सहितसंवेदनः पीत: कोष्ठस्थः शायेदसुकः ्नृ४५।४४"

Intake of the decoction of the bark of vamśa, eraṇa, śvada-ṃṣṭra and paśaṇa bheda along with asafoetida and rock-salt eliminates accumulated blood from the kośṭha (alimentary tract).

यवकोलकल्पान्त्रणां निस्तेहेन रसेन वा ॥
भुज्जीतान्त्रं यवागृ वा पिवेतसंवेदसंयुताम् ्नृ४५३॥'

[Diet]

After the blood is eliminated from the alimentary canal, the patient should be given food along with the soup of yava, kola and kulattha without adding any fat or he should be given yavāgū (thick gruel) along with rock-salt to eat.

प्रत्ययवेंचं स्ववितः प्रायोशोद्वात्रतिविषते ॥
ततो रत्नकशाष्यायौ कुपितेविलित्तां रत्नाकरे ्नृ४५३॥

"स्नेहानपरिबंधकोल्लेहलपोषनानाम् ्नृ६३॥

1. हिमगुमैन्तसंयुक्त: इति श्राकरे पाठः ॥
2. च इति श्राकरे पाठः ॥
3. क. प्रायोशोद्वात्रतिविषते इति पंचमपुस्तकेः पाठः ॥
4. श. प्रायोशोद्वात्रतिविषते इति षष्ठपुस्तकेः पाठः ॥
5. रक्त तु यथा कुपिते तु रुजा करे इति पंचमपुस्तकेः पाठः ॥
When blood comes out in a large quantity, then generally vāyu gets aggravated to cause excruciating pain. In this condition, sneha (fat) should be used for drinking, sprinkling, external application and upanāha (application of hot paste). The patient should be given medicated enema with unctuous substance cooked by adding vāyu-alleviating drugs.

"इति २ सप्ताहिकः प्रोक्तः सद्भूज्याहि विधिः।
सप्ताहात्यवर्तः कुर्यात् शरीरसन्विधिक्रामः १९५॥।"

[भक्ष्यरत्नावली: सद्भूज्याधिकारः ६]

In the above mentioned manner, therapies should be administered for one week to a patient having fresh wounds. After seven days, such patients should be treated on the lines suggested for endogenous ulcers.

"कर्क्षारिष्टिनिगुणधीरसो हियाध्वंकुमीत् १९६॥।"

[भक्ष्यरत्नावली: ब्राह्मणाधिकारः ४७]

Treatment of Magots and Germs

If magots are formed in the ulcer, then the juice of karaṇja, arīṣṭa and nirgundi should be applied over it.

1. कुर्यात्स्नेह वस्तिः च माहत्वनीष्यः: शूरः: इति ग्राहकः पाठः।
2. सप्ताहिकः इति ग्राहकः पाठः।
3. कार्यः इति ग्राहकः पाठः।
4. कुर्याच्छिरीरः इति ग्राहकः पाठः।
5. शेरो इति ग्राहकः पाठः।
To remove magots, the ulcer should be filled with the leaf of kalāpa vidalī or the seed pulp of koṣāmra or sprinkled with the juice of drugs belonging to the surasādī ganā or anointed with the paste of laśuna.

"निम्बशाम्याकारजात्यक्ष्मप्रणास्तबारकाः।
क्रिमिध्ना मुत्रसंयुत्काः। सेकलेपनधावनेः। निम्बा, ताम्याका, जैति, अर्क, सप्तपार्णा और अव मूळाकाः—
निंद्रयाश्म वा क्रुमीनप्रहरेत्। ब्रणात्।
लशुनेहाथवा द्वारात्। लेपनं क्रुमीनाशनम्।"

Nimba, tāmyāka, jāti, arka, sapta pārṇa and aśva mūraaka—these drugs destroy krmis (parasites). Along with cow's urine, these drugs should be used for sprinkling, anointment and washing.

1. कोलाप्रास्वय इति चतुर्यथिष्ठपुस्तकयो: पाठः।
2. सको इति पथ्यपुस्तके पाठः।
3. संया जात्यकस्य इति पंचमपुस्तके पाठः।
4. सत्तकर्णाशच इति बास्तपुस्तके पाठः।
5. सत्तकर्णाशच इति पंचमपुस्तके पाठः।
6. सकलेपनधावनेः। इति चतुर्यथिष्ठपुस्तकयो: पाठः।
7. क. प्रसार्यमांसपेद्यो इति चतुर्यथिष्ठपुस्तकः।
8. क. प्रसार्यमांसपेद्यो इति चतुर्यथिष्ठपुस्तकः।
9. क्रुमीनप्रहरेत्। इति वष्ठपुस्तकक्यो: पाठः।
10. लशुनेहाथवाद्वारात्। इति प्रस्थितीपुस्तकक्यो: पाठः।
By scraping the muscle tissue over the ulcer, parasites (magots) should be removed or the paste of latuna should be applied over the ulcer for destroying the parasites.

"पूपनं कुमीनुतसाभ्यं निम्बांग्रिनिहिमुगंसच्चवं। ११५०।।"

Fumigation with nimba, agni, hirigu, saindhava and ghee destroys parasites or germs in the ulcers.

"ये कलेभापक्षुः सतगुनवन्तो ब्रणा महास्तः सार्जः स्वस्था। ३ प्रयासिते गुगुलुप्विनिहिमेते पीतेन रातिं त्रिफलासेन ११५१।।

॥ त्रिफलागुगुलु॥ ॥

[भंजयरत्नालिक : ब्रणशोधाभिकार : ४६]
[योगरत्नाकर : ब्रणशोधनरोपणाविधि : पृष्ठ १७७]

Triphala Guggulu

Ulcers with stickiness, suppuration, exudation and foul smell and ulcers which are big in size with pain and oedema get relieved by the intake of the decoction of triphalā added with guggulu.

"त्रिफलाचूर्णसंयुक्तो गुगुलुप्वर्तकीकृतः। १"
Guggulu added with the powder of *triphala* should be made to pills. Intake of this relieves pain and constipation. It also cleanses and heals ulcer. [*Amṛtā* is also a synonym of *harītakī*, one of the ingredients of *triphala*; hence the name of the recipe]

[This seems to be a part of a verse which is missing perhaps because of calligraphic errors].

"विड्डलरिफालायोष्चौर्ण गुग्गुल नयमः ।
सर्पना बंकिका कुटवा खादेत्वा हितैणजः ।
बुंडत्राणापूर्वेकुकुटताडीविशोधः ।

[भंजियरत्नावली : ब्राम्बाघोयाधिकार : ५०]
Vaṭikā Guggulu

One part of each of vidāṅga, triphalā and trikaṭu should be added with seven parts of guggulu. From out of this paste, pills should be prepared by adding ghee. Intake of these pills along with wholesome food cures duṣṭa vṛana (vitiated ulcer), apaci (suppurated gland), meha (obstinate urinary disorders including diabetes), kuṣṭha (obstinate skin diseases including leprosy) and nādi vṛana (sinus).

[Verse]

Amṛtā Vaṭikā Guggulu

One part of the powder of each of amṛtā, paṭola (root), triphalā, trikaṭu and kṛtiṣṭha and nine parts of guggulu should be mixed and made to pills of one akṣa each. Intake of one pill every day cures ulcer, vāta rakta (gout), gulma (phantom tumour), udara (obstinate abdominal diseases including ascites), oedema and anemia.

1. क. सर्वसमाग्रेयं इति अष्ठपुष्टकं पाठः।
   ख. कुटवा सर्वसमाग्रेयं तत् तद्यो गुगुलुपूर्वक्यः इति श्राकरे पाठः।

2. गृहिको वावेदकपरस्मां इति अष्ठपुष्टकं पाठः।

3. 0नायकमेयं इति चतुर्युक्तकं श्राकरे च पाठः।

4. व्रजवालाकं गुलमोदरपाण्डवोहादिनं इति श्राकरे पाठः।

5. क. पाण्डुरोगानं इति चतुर्युक्तकं पाठः।
   ख. रोगानं इति वष्ठपुष्टकं पाठः।

6. गृहिको गुगुलुः इति श्राकरे पाठः।
Svarjikādi Ghṛta

Svarji kṣāra, yava kṣāra, kampilla, mehendikā, taṅkaṇa, śveta khadira and tuttha—powder of all these drugs taken in equal quantities should be triturated by adding cow’s ghee for two prahāras. This cleanses and heals all types of ulcers and cures kṛmi (parasitic infestation) as well as itches. It is effective very quickly. [The last but one line is incomplete because of calligraphic error, perhaps in the original manuscript].

"जातीनिम्बपटोलपत्रकुटकादवीनिशाशारिवा-
मखिष्ठामयसिववृत्तमयबुकर्ककाल्बीजः समेतः " 1195\

1. ‘स्वाजिका———स्वाजिका घृतम्’ पाठस्य पठ्यस्तके अधिक- मुलमयते।
2. यवशार: इति ग्राकरे पाठः।
3. हरेरुणका इति ग्राकरे पाठः।
4. टुड़कुण्ड स्वेतस्वर्दरं इति ग्राकरे पाठः।
5. दूढमु इति ग्राकरे पाठः।
6. स्वाजिकाच इति ग्राकरे पाठः।
7. जातीनिम्बपटोलनिम्बुकुटकादवीनिशाशारिवा- इति योगरत्नाकरे पाठः।
8. ोन्नकाल्बीजान्विताः इति योगरत्नाकरे पाठः।
Ghee should be cooked with jāti, nimba, paṭola (leaf), katuṅkā, dāru haridrā, haridrā, sāriva. maṇjiṣṭhā, kuṣṭha, sikhtha, tuttha, madhuka and naktāhva (seed)—all these drugs should be taken in equal quantities. Application of this medicated ghee cleanses and heals ulcers having small openings, located in vital organs, with exudations, and ulcers which are deep seated, painful as well as spreading.

"भोरा हरिता महिष्ठा मांसी मथुकमेव च ।
प्रणीतरीकं हीवेरं भद्रपुस्तं सचन्दनम् ॥१६१॥

3 जातीनिम्बपटोलख करुजं 4 कटुरोहिणी 5
मथुचित्तं समूक्तं महामेदा तथं च ॥१६२॥

पञ्चवलकलतोयनं घुटप्रस्यं विपाचयेतः ।
एव भोरो महावीयः सर्वब्रजविशोधनः ॥१६३॥

1. ब्रणो: इति प्रथमपुस्तकके पाठः ।
2. जात्यादिनिम्बम् इति योगरत्नार्धे पाठः ।
3. जाति इति प्रायवांपुस्तककु पाठः ।
4. करणे इति चक्षुपुस्तकके पाठः ।
5. कटुरोहिणीम् इति प्रथमपुस्तककरो ।
6. मथुचित्तं इति पंचमपुस्तकके पाठः ।
7. महायोग: इति ब्राह्मके पाठः ।
Ulcers

Gaurāḍya Gṛha

One prastha of ghee should be cooked with the decoction of paṅca vulkala and the paste of gaurā, haridrā, mañjiśṭhā, māmsī, madhuka, prapaṇḍarīka, hrībera, bhadra mustā, candana, jāṭi, nimbu, paṭola, karaṇja, kaṭu rohini, madhucchiṣṭa, madhūka and mahā medā. It is a very potent recipe for the cleansing of all types of ulcer, viz. exogenous, endogenous and chronic ulcers. It quickly cleanses irregularly formed si cases also.

Gaurāḍya and Jātikāḍya Tailas

In the above mentioned two recipes, oil can be used for cooking in the place of ghee. Then these recipes are called gaurāḍya taila and jātikāḍya taila. These medicated oils are useful in the treatment of ulcers having small openings, putrefied ulcers and deep-seated ulcers.

1. श्रागंधोत्थावच इति षष्ठपुस्तके पाठः ।
2. क. शोध्येच्छ्रोप्रमेघ इति पञ्चपुस्तके पाठः ।
   ख. शोध्येच्छ्रोप्रमेघ तु इति चतुर्थषष्ठपुस्तकयोः पाठः ।
3. जातिकाशवच इति प्रादशष्ठपुस्तकेषु पाठः ।
One prastha of ghee should be cooked by adding one karṣa of each of naktā mūla (leaves and tender fruits), sumanā (leaves), paṭola (leaves), ariṣṭa (leaves), haridrā, dāru haridrā, madhucchīṣṭa, madhuka, tikta rohini, maṇjiṣṭhā, candana, uṣīra, utpala, kṛṣṇa sārīvā, śveta sārīvā and trivṛt. This medicated

1. पण्यसिराणि इति पषणपुस्तके पाठः।
2. पटोलारिष्टके तथा इति ग्राकौ पाठः।
3. मधुच्छिष्ट इति पषणपुस्तके पाठः।
4. मद्विष्टा इति पषणपुस्तके पाठः।
5. महद्विष्टा महद्विष्टाः पषणपुस्तके पाठः।
6. सारिष्ट इति पषणपुस्तके पाठः।
7. मुष्टताः इति पषणपुस्तके पाठः।
8. क्रमाक्रमवतः इति पषणपुस्तके पाठः।
9. स्मृतम इति पषणपुस्तके पाठः।
ghee called *karaṇjādyā ghṛta* relieves putrified ulcer, cleanses sinus and is useful for fresh cut-wounds.

"प्रपौण्डरिकमयिज्ञानमयिकुकोशीरपचकः ।
सहित्रेः कृतं सर्वं सक्षीरं व्रणरोपणम् ॥१६६॥
॥ प्रपौण्डरिकाः घृतस् ॥"

[भृष्ण्यरत्नावली : व्रणशोथाविकार : ६५]

Prapauṇḍarikādyā Ghrta

Ghee cooked with *prapauṇḍarikā*, *maṇiśthā*, *madhuka*, *usīra*, *padmaka*, *haridrā* and milk helps in the healing of ulcers.

"तित्ताशिबचन्द्रस्यप्रक्षिणिलपलवेः ।
पतोलमालतीनिम्बपरंस्यं घृतं स्त्रूतम् ॥१७०॥
॥ तित्तारयं घृतस् ॥

[भृष्ण्यरत्नावली : व्रणशोथाविकार : ७७]

Tiktādyā Ghrta

Ghee cooked with *tiktā*, *siktha*, *nisā*, *yaṣṭi*, *naktāhva* (fruits and leaves), *paṭola*, *mālatī* and *nimba* (leaves) is useful for the treatment of ulcers.

1. प्रपौण्डरिक इति आदश्च पुस्तकेषु पाठः ।
2. शूतं इति झाकरे पाठः ।
3. ययित्वं इति झाकरे पाठः ।
4. क. ०प्रेक्ष्यं यथूः इति द्वितीयपुस्तकेन पाठः ।
   ख. प्रत्येकम्य व्रण घृतस् इति झाकरे पाठः ।
5. स्त्रूतम् इति चतुर्थपुस्तकेन पाठः ।
Viparita Malla Taila

Oil cooked with the paste of sindūra, kusṭha, viṇa, hīṅgu, rasona, citrā, root of bālā and lāṅgalika and impregnated with auspicious incantations (?) cures ulcers containing sticky matter, ulcers caused by a sword, serious type of gala ganda (goitre). upadaṁśa (syphilis), sinus, eczema, kusṭha (obstinate skin diseases including leprosy) and pāṃṭa (scabies). This is called viparīta malla taila. The patient using this recipe can have sleep, postures and food as he likes.

1. ोबालाइः इति ग्राकरे पाठः ।
2. ोफूकृतः इति ग्राकरे पाठः ।
3. नु इति द्वितीयपुस्तकेन पाठः ।
4. फेरं इति ग्राकरे पाठः ।
5. ोप्रशामने इति ग्राकरे पाठः ।
6. कुशठारी इति बष्ट्यपुस्तकेन पाठः ।
7. ोनाशनः इति प्रादश्यपुस्तकेपू पाठः ।
"कुठारकात् पलशतं क्वाथयेनल्लवणोद्भवसि ।
तेन पादावशेषेषां तैलप्रस्थं विपाचयेत् ॥१७३॥
कलकेषु कुठारापामार्गप्रोक्तकामकिकाः ।
एतद्व्यारकं तैलं ब्रणशोधनरोपणम् ॥३॥
नादीषु परमाम्यज्ञे निजास्याग्निकुकः ।
३० मश्वरकेलसम् ॥
[भृत्यपर्तनावली : ब्रणशोधाधिकार : ७६-५०]

Aṅgāraka Taila

One hundred palas of kūṭhāraka should be boiled with one nalaṇa of water till one fourth remains. With this decoction, one prastha of oil should be cooked by adding the paste of kūṭhāraka, apanic, prośṭhikā and maksi. This is called aṅgāraka taila. Application of this oil helps in the cleansing and healing of both the exogenous and endogenous types of ulcers and sinus.

"प्रपीण्डरीकं मधुकं काकोलय्य! हे सचन्वने ॥

1. क्वाथयेनल्लवणो इति प्रथमपुस्तकं पाठः ।
2. अभिलक्ष्येतुः इतिघाकरे पाठः ।
3. परमाम्यज्ञे इति घाकरे पाठः ।
4. निजास्याग्निकुकः इति प्रथमपुस्तकं पाठः ।
5. ग्रास्करकं तैलं इति प्रथमपुस्तकं पाठः ।
6. काकोलय्ये इति पंचमपुस्तकं पाठः ।
7. सचन्वन्दम् इति चतुर्थप्रक्षस्तुकं पाठः 。”
Oil cooked with prapauḍarika, madhuka, kākoli, kṣīra kākoli, śveta candana and rakta candana is an excellent healer of ulcers.

"वृवास्वरससिंह वा तैलं कम्पिललकने ।
दार्वास्वरससिंह कलकने प्रधानं वर्णरोपणम् ।।१७६।।
वेनेव विधिना तैलं गृहं तेनेव साध्येत्।
रक्तसितित्तरं आत्वा सिनिवासवाचारयेत्।।१७७।।
।। दुर्वास्वरससि।"

[Dūrvāsya Taila and Dūrvāsya Ghrta]

Oil cooked with the juice of dūrvā, kampillaka and the paste of the bark of dāru haridrā is an excellent healer of ulcer. In the above mentioned recipe, ghee can be used in the place of oil. This medicated ghee is more useful for ulcers dominated by vitiated blood and aggravated pitta.
Ghee cooked with the paste of mañjisthā, candana and mūrvā cures all types of ulcers caused by burns.

Mustard oil cooked with the paste and decoction of pātalā cures pain of burn-ulcers, exudations, burning sensation and pustules.

1. मेतेद्रोऽ इति पञ्चमपुस्तके पाठः।
2. पटोल्यः इति ग्राके पाठः।
3. वर्षयणुऽ इति पञ्चमपुस्तके पाठः।
4. अनुविनव्यस्तंवत्कनाशनम् इति पञ्चमपुस्तके पाठः।
5. क. कपटोलीति लम् इति ग्राके पाठः।
   ख. पाटलीति इति चुरुष्पुस्तके पाठः।
   ग. पाटलीति इति पञ्चमपुस्तके पाठः।
Candanädyya Yamaka

Oil and ghee together should be cooked along with the paste of candana, adventitious roots of vata, mañjiṣṭhā, madhuka, prapaunḍarika, pataṅga and dhātaki. This recipe is excellent for ulcers caused by burns which are instantaneously healed.

Recipes for Correcting Skin Colour

Application of the paste of manah śilā, āla, mañjiṣṭhā, lākṣā, haridrā and dāru haridrā along with ghee and honey corrects the deformities of the skin.

1. Mahäjñana hita śrākare paṭaṭ: |
2. Śrātakāmaḥ hita prakāmaḥ pātaṭ: |
3. Ārāmśālāmaḥ hita śrākare paṭaṭ: |
4. Gocāreṇaḥ samāyutam hita śrākare paṭaṭ: |
5. Mnaḥ śilā samahijñana hita śrākare paṭaṭ: |
6. Oṣṭiṣṭhasthaḥ śaṣṭiṣṭhasthaḥ hita śrākare paṭaṭ: |
Application of the paste of *lauha bhasma*, *kāsīsa*, *triphalā* and *jāti puspā* makes the discoloured skin black immediately.

Application of the paste of *kāliyaka*, seed pulp of *āmra*, *hema kālā* [?] and mercury prepared by triturating with the juice of cow dung is excellent for bringing out the appropriate colour of the skin.

The ash of the legs, skin, hair, hooves, horn and bone of the cow should be applied along with oil over the baldness caused by a healed ulcer. It causes hair to grow over it.

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1. सकाशीलम् इति प्रथमपुस्तके पाठः ।
2. ॐकुसुमांतः इति पंचमपुस्तके पाठः ।
3. कायक्षेत्र इति षडपुस्तके पाठः ।
4. चलवाचि इति षडपुस्तके पाठः ।
5. कालियकः लतास्भासियकालाहेमः इति षडपुस्तके पाठः ।
6. सतोमयकः इति षडपुस्तके पाठः ।
7. सचिवसोकरणश्रीमूलः गारो इति षडपुस्तके पाठः ।
8. मृत्तिकातो इति षडपुस्तके पाठः ।
9. ॐश्रोमणां प्रस्तुत इति षडपुस्तके पाठः ।
If there are nodules over a healed ulcer, then such nodules are to be treated on the line prescribed for *granthis* (small tumour). Application of *ksāra* (alkali preparation) is useful in this condition.

"भगवं समासाद् हिंदिविं हृताशः
काणि च संघी वापि तत्र संघी
उत्तिष्ठितिविलित्विवर्तितं च
tिर्यञ्चरतिसङ्क्षेपनाहव शोदा" ।

Fractures and Dislocations

*Bhagna* (fracture and dislocation) is of two types, viz. *kāṇḍa bhagna* (fracture in the shaft of the bone) and *sandhi*

1. प्रतिवचन इति चचुर्यणपुस्तककोऽ पाठः।
2. क्षाण वा इति पाठपुस्तके पाठः।
3. 'कपिलपाराहिंगुलहरितालश्रक्मूलकत्वं सर्वं समाभाग विविधां संचरणं
शारवमपुस्तवानामेव मानाताकमते सतिनलिकयां धृमो व्रण-
मुकः देवः। भ्रष्टो विविधा वातव्याधिप्रत्यस्फुनिगे फिरियाते
कःतेशु हिलो भवति पथः तु तबालवपत्यम्। 'ूरीषु गृहपिला-
पारागंधकमुहदरसीतकपिला हिंगुणाध्येन पुच्छा सवं समवं नाहीं-
व्रण दौलपत्याः। प्रवदयं व्रणमुक्तको भवति। मलम। वहेतुः
सोलकतृणियो तुपुच्छा शकिं तत्र म्भवेमधैयास्वरूपरुतां हिन्नी-
रिह नाही इत्ये व्रणा वा चोरवालच राजसमानपात,' पाठप्रायं
चचुर्यणपुस्तककोऽ भाषिकमूलप्रयः।
4. क. समासाद् हिंदिविं इतिं पाठमपुस्तके पाठः।
5. संघी इति पाठमपुस्तके पाठः।
6. च हि इति पाठकारे पाठः।
7. तिर्यञ्चरतिः क्षितः इति इति पाठमपुस्तकोपपुस्तके पाठः।
8. पोदात इति पाठमपुस्तके पाठः।
bhagna (fracture and dislocation of bones in a joint). The latter is of six types, viz. utpiṣṭa (crushed), viśiṣṭa (torn of ligaments), vivartita (twisted), tiryak gata (sideward dislocation), prati kṣipta (upward dislocation) and adhāh kṣipta (downward dislocation).

प्रसारणकुञ्जनन्वनोपरा [?] ।

रक्त स्फन्तविद्वेषणमेतबुद्धम् ।

सामान्यत् संविगतस्य लिगः-

मुख्यतेः भवयं समर्थात् ।।१५७॥

विद्यवतो रात्रिभवस रुजश्च

विद्यलेख्य स्तो च र्जा च नित्यम् ।

विरतते पादरुजश्च तीज्रा-

स्तिरयमते तीव्रतः भवति ।

1. रक्तपास्व मिति ब्रादश्चपुस्तकेण पाठः।
2. 'भागातु सामान्याव्रूपसमाहारकांडवबनेन। नलसकपालबलय तत्त-रचकारां ग्रहणम्। इत्योरस्त्र्यं: सवानं संविष्टिद्वेषणः: संविडग्नं तन्त्रेत। तत्र तद्योऽथ संवो मुक्ते लिङ्गमुख्यते न नु लिङ्गमुक्तं कथं भस्ममुरुष्यते। सश्च्यं मंगो मानं गुरुक्ष उच्चते। प्रसिद्धविचर्योऽव न मंगो भिक्रेत्। स च कार्त माने विमुक्ते चालीति न दोषः।' पाठायें चुङ्कुथुष्टपुस्तकेन: भविष्यकुपलम्यते।
3. स्वच्छ य मिति प्रथमपुस्तकेप पाठः।
4. विद्यलेख्यानं हि ह्य र्जा मिति प्रथमपुस्तकेप पाठः।
5. क. विरतते मिति प्रथमपुस्तकेप पाठः।
   ख. विरतते मिति विश्वपुस्तकेप पाठः।
Characteristic Features

Extension, contraction, rotation, pain and tenderness—these are the general characteristic features of all types of sandhi bhagna (joint fracture). In utpiṣṭa sandhi (crushed joint), there will be oedema in all sides and pain specially at night. In viśiṣṭa sandhi (torn joint), the above mentioned signs and symptoms along with constant pain are manifested. In vivartita sandhi (twisted joint) there will be pain in the sides of the joint. Sideward dislocation (tiryak gata) is characterised by excruciating pain. In kṣipta (upward dislocation), there will be excessive stabbing and irregular type of pain. In adhaḥ kṣipta (downward dislocation) there will be different types of pain.

1. विषमं च सक्षिनो धाट्टे हितं भाकरे पाठः।
2. क. रघुधारच्छ हितं भाकरे पाठः।
3. क. पाठोथं भ्रातशङ्के पाठः।
4. क. विषमं च सक्षिनो धाट्टे हितं भाकरे पाठः।
Chinna (fracture with separation) of the kānda (shaft of the bone) is of two types or twelve types and it is characterised by prostration, oedema, excessive increase in pain, sound production by pressure, tenderness, cramps and pinching pain. In bhagna (fracture) the patient does not get peace in any situation. Fracture of the shaft of the bone is of several types and they have similar names.

1. क. कांडेशु मिलन प्रत्येक पाठः।
2. शोष्षाः व वृद्ध: प्रत्येक पाठः।
3. समर्पानाचे प्रत्येक पाठः।
Prognosis

If the patient is unable to take enough of food, if he does not have will-power, if vāyu is aggravated and if there are many complications, then such a patient suffering from fracture of bone can be cured with difficulty.

A wise physician should avoid treatment of fracture of skull or lumber region specially when the joint is separated or displaced. He should also avoid treatment if the bones of the leg are completely crushed.

If the skull-bone is separated, if the bone of the forehead is reduced to powder form and if fracture has taken place in bet-

1. नातम च तो जनोऽ इति प्रथमपुस्तके पाठः।
2. जुष्टो इति प्रागर्गपुस्तकेशु पाठः।
3. सिद्धयित्र इति प्रथमपुस्तके पाठः।
4. तु इति प्राकरे पाठः।
5. वर्ज्येत् विचक्षणः इति प्राकरे पाठः।
6. ललात्तम इति प्रागर्गपुस्तकेशु पाठः।
7. क. सत्तनुद्वेद इति प्रथमपुस्तके पाठः।
8. च वर्ज्येत् इति प्राकरे पाठः।
ween the breasts, temporal region, back or chest, then such patients should not be treated.

It the bone comes out or gets irregularly aligned because of pressure after the fracture is well set, then the patient should not be treated.

Generally, cartilages get bent, long bones get broken, flat bones get cracked and small bones get scrapped.

Thus, ends the description of the diagnosis of different types of fracture.

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1. सम्यकसंबितमयसियां दुःनिःशपनिववचनात्
2. संक्षोभाद्वःपि यवघ्न्येनिक्रियायं तत्त्वबर्जयते II १६६II

It the bone comes out or gets irregularly aligned because of pressure after the fracture is well set, then the patient should not be treated.

3. लग्नास्विनिन नायक्ते भिचार्यां नलकानी तु
4. कपालस्विनिन भयस्ते स्कुटतिन्त हवकानी च II १६७II

[योगरत्नाकर : भगवन्निद्रान : पुष्प १५६-१६०]

II इति भगवन्निद्रानस्म् II १६८II

Generally, cartilages get bent, long bones get broken, flat bones get cracked and small bones get scrapped.

Thus, ends the description of the diagnosis of different types of fracture.

“प्रार्थी भगवं विदितवा 7 सेवच्येत् शीतवारिणा ।
प्रक्कोनालेपध कार्य वन्धनबध कृशाहितविल ॥१६६॥”

[भवधर्मरत्नाली : भगवाधिकार : 1]

[योगरत्नाकर : भगवचिकित्सा : पुष्प १६०]

1. सम्यकसंहितमयसियाि इति श्राकरे पाठः।
2. दुःनिःशप इति प्रथमपुस्तके पाठः।
3. नायस्ते इति श्राकरे पाठः।
4. भयस्ते इति चतुर्युपुस्तके पाठः।
5. कपालस्विनिन विभयस्ते इति चतुर्युपस्तके पाठः।
6. पाठों च प्रथमपुस्तकयों नौपलयते।
7. तु सेवच्योतलामंबनी इति श्राकरे पाठः।
Management of Fracture

After ascertaining the nature of the fracture, the physician should sprinkle the affected area with cold water, apply cold-mud over it and bandage it after applying the splint (kuśa).

"भग्नायथः साधने पलाशातिवंतमिव प्राप्ता: ||२००||

For correcting the fractured bone, the bark of palāśa, etc. may also be used.

उत्तरं च सुभृते—
पलाशोदुम्बरायतिवंतमिवनिचुलित्वचः
वंशासर्यावतानं च कुच्चार्यसुपसंहरेत् ||२०१||

[सुभृत : चिकित्सा ३ : ६]

According to Suśruta

For the purpose of splint (kuśa), the bark of palāśa, udumbara, aśvattha, kadamba, nicula, vamṣa, sarja or vaṣa may be used.

वधमोक्षयो: विधिः सुभृते वंशतम्।
पदसो(पदस्यो)परिवधनीयायामग्राहं शिथिलं न च ||२०२||
‘सप्ताहाध्वच सप्ताहात् सौम्येष्वृतुवुष बन्धनम्।
साधारणौषु कर्तन्यं पंचमे पंचमेद्रश्निन्।
प्राप्तेषु व्यहात् कुर्यादुर्गन्दोषवशेषन वा ||२०३||

[सुभृत : चिकित्सा ३ : ८-६]

1. ‘सम्नाधर्म—या’ पाठोप्य प्रयमपृस्तके नोपलम्यते।
2. तत्थेति इति पाकुर्द्यस्यपुस्तकः पाठः।
Suśruta has described the procedure of bandage and its removal as follows:

On the leg, the bandage should be neither too tight nor too loose. In the winter, bandage should be applied for a duration of seven days. After it is removed, it can be applied for seven days more if the healing is incomplete. In moderate seasons (which are neither very cold nor very hot), bandage should be applied for a duration of five days. In summer season, bandage should be applied for a duration of three days only. Duration of the bandage should be determined on the basis of the nature of the fracture.

"कुषश्रव्देन भगवन्यनाथ्य वंशवेरार्थिकाण्डः प्रोच्यस्य न । ॥२०४॥"

Splint

The term ‘kuśa’ used in the verse no. 201 means a splint prepared of bamboo or cane pieces.

"प्रलेपनाथ्य मध्यिण्ठो मधुकं रक्तचन्दनम् ।
शारित्वृत्तित्वतिम्बं शालिपिठं च संहरेत् ॥२०५॥"

[मुख्त : चिकित्सा ३ : ७]

Over the fracture, the paste of manjistha, madhuka and rakta candana or the paste of sāli rice should be applied along with sata dhauta ghṛta.

1. 'कुषश्रव्देन ——प्रोच्यस्य' पाठोयम् तार्श्च पुष्ककेसु प्रविक-भुपलस्यते ।
2. लेपनम् इति चरुप्पङ्क्षपुष्ककेस्य: पाठः ।
3. क्रुगं इति चरुप्पङ्क्षपुष्ककेस्य: पाठः ।
4. रस्यो इति चरुप्पङ्क्षपुष्ककेस्य: पाठः ।
Alternatively, the paste of āmalaka, maṅjiśṭhā, kaṅgu, niśā and the liquid portion of hen’s egg should be applied along with šata dhauta ghṛta.

“लब्धें कठुकचारस्मलं मेघुनामतपम्
भ्यायाममच्छ न सेवेत भग्नो लक्ष्यार्थमेव च”॥२०७॥

[Diet and Regimens]

The patient of bone-fracture should avoid salt, pungent, ksāra (alkali preparation) as well as sour ingredients of food, sexual intercourse, exposure to sun, physical exercise and ununctuous food.

झस्थिसांहारकल्कं वा मद्येवतसितासमम्॥२॥
कुत्वा पूवलिकां खादेतस्यो संधानमिच्छता ॥२०८॥

If the patient desires to have instantaneous healing, then he should take pupalikā (a type of cake) prepared by adding the paste of asthi samhāra and equal quantity of sugar.

शालिमार्शस: चोरं साप्य्युष्य: सतीन: ॥
बृहुं चाल्ल्पानं स्यादेवं भग्नाय जानता ॥२०६॥
स्मृत्योज: स्वरहीनां ज्वरशीश्चकांतिजसाम् ॥

1. क. भग्ने हि रक्तयथापस्तके पाठः ॥
क. भग्नो चुक्षार्थमेव च हि रक्तयथापस्तके पाठः ॥
2. वामर्थेबृवसतासमम् हि वचयक्रष्टपस्तकयो: पाठः ॥
3. वाष्पिकां हि रक्तयथापस्तके पाठः ॥
4. मग्नायजानताम् हि रक्तयथापस्तके पाठः ॥
5. स्मृत्योज: हि रक्तयथापस्तके पाठः ॥
Wholesome Diet

The patient of bone-fracture should take śāli type of rice meat soup, milk, ghee, soup prepared of satīna and such other nourishing diet and drinks. Meat-soup provides nourishment and compactness to patients having reduced memory, ojas (vitality) and voice, to patients suffering from fever, emaciation and consumption, to patients having fracture or dislocation of joints and to patients suffering from weakness as well as seminal debility.

Bandage

If the bandage is applied too loose, then there will be no stability (immobility) of joints and the fractured region. If it is too tight, then there will be oedema in the skin, pain and suppuration. Therefore, bandage should be tied with moderate pressure.
Excessively cooled decoction of drugs belonging to nyagrodha gana should be used for sprinkling. If there is pain, then the area should be sprinkled with milk boiled by adding laghu pañca mūla because these drugs are cold in potency.

Over the fractured region, luke-warm cakra taila can be applied. Depending upon the season and the nature of doṣas involved, sprinkling and paste application should be done with such drugs as would alleviate the aggravated doṣas. Such recipes should generally be cooling, but depending upon the nature of the doṣas usha (heating) recipes can also be applied over the fracture.

1. न्याग्रोधागति इति चरुर्यपुस्तके पाठः ।
2. परिपृफ़ुचनम् इति पंचपुस्तके पाठः ।
3. पाठोपयं श्राकरे नोपलम्यः ।
4. द च चक्तलम् इति श्रायर्यपुस्तकेयु पाठः ।
5. प्रदेहः इति श्राकरे पाठः ।
6. ‘शकरारो—उष्णमित्वापाठोपयं श्राकरे नोपलम्यः’
“गृष्णिक्रं सर्पाधकं मधुरीषधसाधितिम् ।
शीतलं लक्षया युक्तं प्रातःस्मं: विबेच्यार: ॥२१६॥”

[सुभृत: चिकित्सा ३ : १३-१४]

Gṛṣṭi kṣīra (milk of the cow after first delivery) should be boiled with ghee and drugs belonging to madhura gaṇa (sweet drugs), cooled and taken in the morning along with laksā by the person suffering from fracture.

¹ दाह्योपदातियुक्तानाय स्वच्छ रक्तं विन्हेत् ॥
² रक्ताधीनं हि संधानं तस्माद्रक्षेपनत्तत: ॥२१७॥

The patient having fracture should not be given blood-letting therapy even if he is having burning sensation and pain because the process of healing is dependant upon blood. Therefore, blood should be preserved in the body with utmost care.

कृष्णायै:—
³ स्वच्छं सप्तद्विवाहुद्धः दाह्योपदातियुक्तानाय ॥
⁴ प्रथिलं निहर्न्ततं यथा दोषं विधानत: ॥
⁵ स्थितं चेतनविज्ञाय नान्यथास्वरूपिनिमोक्षयेत ॥२१८॥

According to Kṛṣṇātreyā

If the patient having fracture suffers from burning sensation,

1. दाह्योपदातियुक्तानाय  इति पश्चपुस्तके पाठः ॥
2. तस्माद्रक्षेपयत्तत: इति पश्चपुस्तके पाठः ॥
3. स्वच्छं प्रत्ये  इति पश्चपुस्तके पाठः ॥
4. दाह्योपदातियुक्तानाय  इति पश्चपुस्तके पाठः ॥
5. क. निहर्न्ततं  इति पश्चपुस्तके पाठः ॥
   ख. नियन्त चैव  इति चतुर्धपुस्तके पाठः ॥
oedema and pain, the physician should administer blood-letting therapy to him to remove the knotted blood only after seven days. For this purpose, the procedure prescribed for blood-letting therapy to eliminate different doṣas should be followed. Before administering blood-letting therapy it should be ensured that blood is already accumulated in one place. Otherwise, blood-letting therapy should not be given.

“सम्रणस्य तू भग्नस्य वर्णं तरिपर्मृ त्तरः
प्रतिसांय कषायिस्तू केवल भगवदवाचमरेत्
॥ २१६॥
|| क्षारबर्जर् ॥ २२०॥

Open Fracture

If there is an ulcer over the fracture, then it should be anointed with ghee and honey and washed with decoctions. Remaining therapies as indicated for fracture, should then be administered. In the case of open fracture, the patient should avoid kṣāra (alkali preparations).

‘प्रथमे व्यसित त्वेवः भग्नं सुकरमाविरोदत्
श्रोत्येवोपजातोत्तु काले तू विक्षिरातमके
॥ २२१॥’

Fracture is easily curable, if the patient is young, if the doṣas are less aggravated and if the time is autumn.
In young age the fracture heals in one month; in middle age it takes double the time and in old age it takes three months to heal.

While aligning and setting the fracture, the downwardly bone should be elevated and the elevated bone should be pressed downwards. Thereafter, splint and bandage should be applied.

If the bone has moved upwards, then it should be pulled down and if it has gone downward then it should be pulled up.
The term 'āṅcched' used in the text is derived from the root 'āṅcchi' which means physical exertion (vyāyāma). By implication, the bone which has gone up should be pulled down with force.

"प्रानच्छन्: पीडनेहवं सच्योभवचनेवस्तथा ।
सम्भूत्व शरीरं सर्वस्तु चतान्यचनानिवः ॥२२७॥"

[sūtra: चिकित्सा ३ : १५-१६]

By pulling downwards, by pressure, by tilting and by bandage, all the mobile and immobile fractured bones of the body should be correctly set.

"एवेस्तू स्थापनोपाये: स्थापयेल्लमत्मान् भिवकः ।
उत्तिन्नष्टमथ विकिल्लमण सन्धिं वैग्रो न चालयेत् ॥२२६॥
तस्य शीतान् परीवेकान् प्रदेशांचचावचारयेत् ।
प्रभिगाते हृते सन्धीं स्वं याति प्रकृति पुनः ॥२२६॥

With the above mentioned methods, broken bones should be aligned and correctly set. But if these bones are crushed into small pieces or if the joint is dislocated then the physician should not move them. In such cases, cooling liquids should be sprinkled and cooling pastes should be applied. Once the injury is corrected, the bone and the joint will naturally come to their appropriate positions.

1. सच्योभवचनेवस्तथा इति श्राकरे पाठः ।
2. क. सन्धीः शुष्करी इति श्राकरे पाठः ।
3. म. सम्भासरी इति वष्टपुस्तके पाठः ।
4. एवेछु: सु सप्तापनायायेः इति वष्टपुस्तके पाठः ।
5. खर्चिः इति श्राकरे पाठः ।
The bandage-cloth should be smeared with ghee and wrapped around the fracture. Over this cloth, splints should be placed and tied.

Hereafter, management of fracture in minor parts of the body will be described.

If the nail joint is crushed, then with the help of the instrument called ārā, the area should be rubbed to take out the vitiated blood. After that, the nail should be smeared with the paste of red variety of sāli rice.

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1. पिठेन इति प्रादर्शपुस्तकेन्द्र पाठः।
2. क. यथाविचार इति पश्चपुस्तकेन अर्थाके च पाठः।
3. धातु—यथाविचार पाठोयं चतुर्युपस्तकेन नोपलम्यते।
4. प्रत्ययं बिधित उच्चि इति प्रवस्थते इति प्राकरेँ पाठः।
5. प्रत्ययं बिधित उच्चि इति पश्चपुस्तकेन पाठः।
6. धातु—उच्चि पाठोयं अर्थाके चतुर्युपस्तकेन नोपलम्यते।
7. धातु—उच्चि पाठोयं अर्थाके चतुर्युपस्तकेन नोपलम्यते।
8. प्रत्ययं बिधित उच्चि पाठः।
If the finger bones are either broken or dislocated, then the hand with the fingers spread should be kept over an even surface and wrapped with the help of a fine cloth. Ghee should then be sprinkled over it.

If there is a fracture in the sole of the feet, then the area should be given gentle massage with ghee. After applying splint, it should be tied with the help of a bandage and the patient should refrain from the movement of the leg.

If there is fracture of the bones of the leg or the thigh, then massage should be given and the leg should be stretched for proper alignment of bones. Thereafter, cooling barks of trees should be applied around the area and tied with a bandage.
If the thigh bone has come out of the thigh, then the leg should be tied to a wheel and pulled. If it is cracked or crushed, the same procedure should be employed and tied as described in the above verse.

If there is a fracture in the lumber region, then it should be pulled upward or downwards depending upon the nature of the fracture, and after the joint is properly set, the patient should be given medicated enema.

If there is fracture of the rib bones, gentle massage should be given either on the right or the left side [wherever the fracture has taken place] upto the rib and vertibral joint. A blanket should be wrapped over it and carefully tied. Alter-

1. वापि इति प्रथमपुस्तके पाठः।
2. स्थानास्थिते इति प्रथमपुस्तके पाठः।
3. पशुकास्वय इति प्राकरे पाठः।
4. वक्षणास्थितवा इति प्रथमपुस्तके पाठः।
5. वामाग्रुमि इति प्रथमपुस्तके पाठः।
6. क. स्थापयन्नर: इति प्रथमपुस्तके पाठः।
    ख, स्थापयन्नर: इति चनुर्यक्ष्यपुस्तके पाठः।
natively, the patient should be made to sleep in a pan or bath tub filled with oil.

If there is injury or dislocation of the shoulder joint, then with the pressure of a pestle placed in the axilla, the defect should be set properly and then tied with svastika type bandage.

If there is dislocation of the elbow joint, then the joint should be gently rubbed with the help of thumb. Then by applying pressure, the dislocated joint should be set right. Then, after expanding, the hand should be contracted and sprinkled with oil or ghee. Similar procedure should be adopted for fracture or dislocation of knee joint, ankle joint and wrist joint.

1. मुश्लेनोनिकियेत्व इति प्रथमपुस्तके पाठः ।
2. क. अस्वासनिस्थितम इति पंचमपुस्तके पाठः ।
   ख. स्वासतिस्थितम इति षष्ठपुस्तके पाठः ।
3. बदनीयात इति प्रथमपुस्तके पाठः ।
4. ो नमालघुर्जेद्युत्त इति षष्ठपुस्तके पाठः ।
5. अनुरुच्य इति ब्राह्मणके पाठः ।
6. दार्शेदु इति ब्राह्मणके पाठः ।
7. क. जाल्यप्रगुर्ज्यम इति प्रथमपुस्तके पाठः ।
   ख. जाल्यप्रगुर्ज्यस्यनुरुच्च्ये इति षष्ठपुस्तके पाठः ।
If there is fracture in the palm, then both the palms should be brought to the same level and bandaged. *Ama tālā* should then be sprinkled over it. To rehabilitate, first of all the patient should be made to carry and squeeze a bolus of cowdung followed by a bolus of earth. After sufficient strength is regained he should be made to hold a stone. If the vessels are contracted, the patient should hold a piece of rock-salt.

If the clavicle is broken, then fomentation should be given and with a pestle, pressure should be applied to elevate the depressed bone. After its elevation both the pieces of bone should be pressed together and tied tightly.

The fracture in the arm should be treated on the line suggested above for thigh-bone fracture.
If the neck has come out of its place or depressed inside [because of damage to the cervical vertebrae], it should be set in its place by pulling the thyroid region and jaw bones. Thereafter, splints should be appropriately applied and tied with a bandage. For seven days, the patient should be made to sleep on his back with his chest elevated. This should be done meticulously.

If there is fracture of the jaw bone, both the jaws should be placed in appropriate position and fomented. Thereafter,

1. 'श्रीवायाम् ——्वेष्टयेद्' पाठोद्यं पष्ट्युस्तके नोपलम्यते।
2. प्रभवन्स्यामभोद्या वा इति चतुर्युर्युस्तके पाठः।
3. तथा: कुशः: इति प्रथमपुस्तके पाठः।
4. कुशविदिक वदृः: इति चतुर्युर्युस्तके पाठः।
5. स्वाप्येष्येचिनः इति प्रथमपुस्तके पाठः।
6. हन्सवथिनि समानीय हनुस्भवी विसंहते।
7. स्वेष्यथितवा स्थले समयं पठ्याविनि विद्येस्त्रूपकः।
8. वात्श्यमबुरः: साप: सिंहं नस्यं च पुजितम्।
pañcânga type of bandage should be applied. The patient should be given inhalation therapy with the ghee cooked with drugs that alleviate vâyu and are sweet in taste (belonging to madhura gâna).

If because of injury; teeth are not broken but have become loose and bleeding, then pressure should be applied. In a young patient, the paste of cooling drugs should be applied externally. Cold water should be used for washing the affected teeth, and drugs which help in joining two pieces of bones (sandhâniya) should be applied over these teeth. He should take milk by sucking through a stem of lotus (pipe). In an old patient, no effort should be made to settle loose teeth i.e. these teeth should be taken out.

1. क. मगनाश्रवणितान् इति प्रथमपुस्तकेषि पाठः।
2. शीलाश्रवणितान् इति चतुर्थपुस्तकेषि पाठः।
3. सन्नाम् इति प्राकरे पाठः।
4. श्रवणितान् इति प्रथमपुस्तकेषि पाठः।
5. पुष्पपारित्यागोंस्त्रोताय प्रवापितान् इति प्रथमपुस्तकेषि पाठः।
If there is fracture of the nasal bone or if the nose has been blown out, then with the help of rod, it should be set in its appropriate place and two tubes with both ends open should be inserted into the nostrils. Thereafter, it should be wrapped with a bandage and sprinkled with ghee.

If the cartilage of the ear is broken, then it should be appropriately set in its original shape, smeared with ghee and tied with a bandage. Thereafter, it should be treated as a fresh injury.

If the skull is broken without the brain-matter coming out of it, then it should be anointed with ghee and honey and bandaged. The patient should take ghee for one week.

[The meaning of this verse is not clear]
लक्ताविर प्रहारेशु वेदे पंक्त प्रलेपयेत्

शंतिबोलसमायुक्तं सांगुडी भक्षणेण:

मित्मित्वात् गुङ्गुलाः का भक्षयेत्त्वेवत्विनः ॥२५४॥

If the body is injured being beaten by staff, etc. then mud should be applied over the body and the patient should take khaṇṭi bala along with jaggery or rakta medini (gairika) along with jaggery.

"पतनाविद्वित्राया सूतमंगं यदवश्चतम्

शीत्यादेहानसेकाष्ठे भिषक तस्यावचारयेत् ॥२५६॥

If the body is injured by fall or beating without any external wound, then cooling ointments should be applied and cooling liquids should be sprinkled over the affected part.

ग्रथ जंघोरभगनानं कपातशयनं हितम्

कोलकाः बन्धनाय च पच्च कार्यः विजातता ॥२६०॥

यथा न चलनं तस्य भगनस्य किस्मते तथा

सन्नवेशबयोतो हि ह्री तले चैकथा कोलकः: ॥२६१॥

ओषधाः वा पृष्ठवंशो वा बक्षस्यास्तकोष्ठया

भगनस्थिययस्योष्ठु विखिनेन समाचरेत् ॥२६२॥

1. शंतिबोलसमायुक्ती इति पष्ठपुस्तकेप पाठः ।
2. सूतमंगं इति प्राकरे पाठः ।
3. गुङ्गुलाः इति प्रथमपुस्तकेप पाठः ।
4. शंतिबोलसमायुक्ती इति पष्ठपुस्तकेप पाठः ।
5. पच्चकार्यः इति प्रथापुस्तकेप पाठः ।
6. ह्री हि इति पष्ठपुस्तकेप पाठः ।
7. बक्षस्यास्तकोष्ठया इति प्रादशपुस्तकेप पाठः ।
In the case of fracture of leg or thigh bones, the patient should be made to sleep over a hard wooden bed having five nails pegged into it—two in each side of the joints and one in between the feet and tied with ropes so that the fractured bones may not be able to move. Similar arrangements should be made for immobility in the case of fracture or dislocation of hip bones, vertibre column, chest and clavicles.

The physician should utilise his own wisdom and apply the above procedure if there is chronic dislocation of a joint after making the organ soft by the administration of oleation and fomentation therapies so that the defect is corrected.

If there is irregular or excessive healing of a fractured long bone, it should be fomented and then broken by bending the bone. Thereafter, the condition should be again treated on the lines suggested for a new bone fracture.

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1. सम्बोध्तीचरविमुक्तांस्तु स्त्र्यादशान्त स्वास्थ्यमुः
2. उक्तथानेंजूँचर्चा च सम्बोध्यां प्रकृतिमान्येनः
3. काणभर्गवे प्रहवे तु विधोमल्वनाकति
4. व्यापोधतोन्नामावेदुः ततो भगवद्वचरेन
5. सुषुक्तः चिकित्सा ३: ४५-५२

If there is irregular or excessive healing of a fractured long bone, it should be fomented and then broken by bending the bone. Thereafter, the condition should be again treated on the lines suggested for a new bone fracture.
Signs of Proper Healing

If there is no elevation or hole, if the bone is in its appropriate place and if the patient is able to work or move with comfort, then this is known as proper healing of the fracture.

“कल्पयेनिन्गंतं शुष्कं वणाटेदिस्वसमाहितः ।
सन्ध्यन्ते वा क्रियाः कुर्यत्सर्गे वणभगन्यत् ।।२६६॥

If there are ulcers above the bones or joints, then such cases should be treated on the lines of open fracture.

ऊर्ध्वकाये तु भगनानं मस्तिष्क्यं कर्ण्पुरणम् ।
घृतपानं हितं नस्यं प्रदाक्षास्वनुवासनम् ।।२६७॥”

[सुधूत: चिकित्सा 3 : ४३-४४]

If the fracture takes place in the head and neck, the patient should be given karna pūrana therapy (pouring medicated oil into the ears) along with ghṛta pāna (intake of ghee) and inhalation therapy. If, however, there are fractures in the limbs, then anuvāsana type of medicated enema therapy should be administered.

“रात्रौ रात्रेव तिलानु कृष्णान् वासयेद्विरे जले ।
दिवा दिवा शोषयित्वा गवां क्षीरेण भावयेत् ।।२६८॥
तृतीयं सप्तरात्रं वा भावयेन्मधुकाम्बुना ।

1. कल्पयोगिनिगतं इति षड्पुस्तके पाठः ।
2. सन्ध्यन् इति प्रथमपुस्तके पाठः ।
3. राजे राजे तिलाम् इति षड्पुस्तके पाठः ।
4. नल इति षड्पुस्तके पाठः ।
तत: कृष्ण पुन: पीतान्त सुशुष्कांशः चूर्णेऽद्वृत्तक्।

काकोत्यांद सयस्थानं मठ्जान्ता सारिवा तथा।

कुष्ठं सज्जसं मांसी सुरदाः सच्छवन्म।

शतपुष्पं च संभूष्ये तिलचुम्ने योजयेन।

पीडनायं च कलथं सर्वगंध्वस्ततं पयः।

चतुर्गोणेन पयसा तत्तः स विपचेद्वृत्तक्।

एलामप्रशुमती पत्रं जीवकं तगरं तथा।

रोद्रं प्रपीडीकं च तथा कालानुसारिवा।

सरीयं कौरसुकलामन्तां समवौलिकाम्।

किष्टवा भुज्ञातकं चौव पूर्वोत्कान्योषधानि।

‘एमिस्तविषपचेलैं शास्त्रविषयुवकलो।

एततलं सदा पवित्रं भगनानं सर्वकर्मस्।

1. पीतान् इति प्रथमपुस्तकेऽपाठः।
2. पीतामुनुष्कम् इति बष्ठपुस्तकेऽपाठः।
3. मठ्जान्ता सारिवा इति ब्राह्मणपुस्तकेऽपाठः।
4. कृ. सज्जसं मठ्जान्ता इति प्रथमसुरदासंपुस्तकेऽपाठः।
5. सरीयं कौरसुकलामन्तां समवौलिकाम्।
6. किष्टवा भुज्ञातकं चौव पूर्वोत्कान्योषधानि।
7. ‘एमिस्तविषपचेलैं शास्त्रविषयुवकलो।
8. ‘एमिस्तविषपचेलैं शास्त्रविषयुवकलो।
9. ‘एमिस्तविषपचेलैं शास्त्रविषयुवकलो।
Gandha Taila

Black variety of tila should be kept in flowing water during nights and during days. These seeds should be dried and impregnated with cow’s milk. Then for three [?] or seven days these seeds should be impregnated with the decoction of madhuka. Again these are to be impregnated with milk, dried in the sun and made to a powder. To this, the powder of

1. स सुगंधिसमीरणम् इति श्राकरे पाठः।
2. करवीर: इति चतुर्युगस्तके श्रविको पाठः।
3. शताविरादिको इति चतुर्युगस्तके पाठः।
drugs belonging to kākolyādi gaṇa, madhu yaṭṭi, maṇjīṣṭhā, sārīvā, kuṣṭha, sarja rasa, māṃsi, sura dāru, candana and satapūṣpā should be added. This powder should be added with milk, boiled with drugs belonging to sarva ganda gaṇa and pressed in the oil-press to takeout the oil. This oil should be cooked by adding four times of milk and the paste of ela, amśumati, patra, jīvaka, tagara, rōdhra, prapauḍarika, kālānu-sārīvā, saṅīyaka, kṣīra sukla, anantā, madhulikā, śṛṅgātaka and other drugs mentioned before. Cooking should be done over mild fire. This medicated oil is always useful in all therapies for the treatment of fracture. It is also useful for ākṣepaka, paksāghāta (hemiplegia), tālu toṣa (dryness of palate), ardita (facial paralysis), manyā stambha (torticollis), śiro roga (diseases of the head), karna sūla (earache), hanu graha (lock-jaw), deafness, timira (cataract) and consumption because of excessive sexual indulgence. It can be used as a drink, for massage, inhalation, medicated enema and in food. Growth of neck shoulder and chest takes place by the use of this recipe. It, gives good complexion to the face and good odour to the body. This is called ganda taila. It cures all vātika diseases. [The meaning of the verse no. 278 is not clear]. This recipe is also useful for patients suffering from pralepaka, consumption, diabetes mellitus, phthisis, fever and suppressed power of digestion.

1. taḷḷēśṭhīnḍānamāṃloṭṭhārasa
2. taḷḷaṃsāṃkhaṃ
3. hūrde mukhān tiṣṭhāvīraḥmāṃvṛtāṅki
4. bāḷaṛaṇāṣṭhāṇaṁ ca saḥīlāmāṇyacāndanaṁ:
5. tiṣṭhātiṣṭhānāśaṇḍaṁ maṇiṣṭhaḍośīrapāṇāṁ:

1. taḷḷēśṭhīnḍaḥ iti chaṭuṭiraṅgakṣaḥ padāḥ:
2. taḷḷaṃsāṃkhaḥ iti chaṭuṭiraṅgakṣaḥ padāḥ:
3. saḥīlāmāṇyacāndanaḥ: iti chaṭuṭiraṅgakṣaḥ padāḥ:
Mahā Gandha Taila

In the above mentioned recipe, the soup of the meat of goat and the decoction of haridrā, dāru haridrā, madhuka, tiktā, varāha parṇī, madhu parṇī, balā, rāṣā, śatāhvā, elā, abhayā, candana, tiktā [?], tiktāṅga, kapaṭa [?], maṇḍviṣṭhā, usīra and padmakā, (both the meat soup and decoction taken in quantity each equal to that of oil) should be added and cooked. At the end of cooking (patra kalka), the oil of kāleyaka should be added.

Vajra Guṭikā (According to Rasa Rāja Lakṣmī)

Kānta lauha bhasma, vajra bhasma, purified hiṅgula, abhraka bhasma and purified pārada should be triturated together and cooked in Bhūdharā yantra over mild fire for one fortnight. Keeping this pill in the mouth protects the person from any injury by weapons.

1. पोटे इति द्वितीययुस्तकं पाठः
2. वक्रे इति चतुर्युस्तकं पाठः
Vajra Šekhara Rasa

Vaikrānta bhasma, svarṇa bhasma, kānta lauha bhasma, vidruma bhasma, sphaṭika bhasma, memmāṅgandha rasa [?] and amvā [?].—all taken in equal quantities should be triturated in a pestle and mortar for three days by adding the juice of asthi samhāra. Depending upon the power of digestion, this recipe should be administered in a dose of one māṣā along with honey. It cures fresh wounds, burns, fracture and viśama jvara (irregular fever). This is called vajra Šekhara rasa.
Medicated oils prescribed for the treatment of vāta vyādhi (diseases caused by vāyu) are also useful in the treatment of fracture. One sukti of each of triphala, trikaṭu, trimada, niśā, dāru niśā, balā, balyā, prasāraṇī, maṇjiśṭhā, pārtha, yaṣṭi madhu, deva dāru and punarnavā, one pala of pārada bhasma, two palas of abhra bhasma, three palas of lauha bhasma and four palas of purified maṇaḥ śilā should be triturated together and pills of one akṣa each should be prepared. One such pill should be administered every day followed by meat soup. It quickly

---

1. शब्दकिससमस्य इति प्रथमपुस्तके पाठः।
2. सब्बेमेकत्रमिथ्येतु इति चतुर्यपुस्तके पाठः।
3. 'श्रवित्व शृंखलिकातोषेवो श्रोतितो यस्तु गुमलुः। सर्वं द्रिगृण- द्रवतद्वसमस्येतुः।' पाठोपयं चतुर्यपुस्तकं अधिधमपल्लवे।
4. रोगी चातुर्यप्रणालिणिणिणित् इति चतुर्यपुस्तके पाठः।
5. पूर्वकाठिन्यं इति चतुर्यपुस्तके पाठः।
6. संधिनाॅषेच्ये भ्रणं इति चतुर्यपुस्तके पाठः।
cures freshly occurring ulcers and ulcers secreting bone marrow, blood as well as bone tissue. It also corrects broken, dislocated and displaced bones.

""श्राभाकलिपिकवध्योः: सर्वेऽरिभ: समांतःकः: ।।
तुल्यो गुगुलुरायोऽयो भग्नसनविद्ध्रसाधकः ॥२६२॥"

""श्राभागुगुलु: ॥
[भंजयतालवली: भग्नाधिकार: १४]

Ābhā Guggulu

One part of each of ābhā, triphalā and trikaṭu and seven parts of guggulu should be pounded together by adding ghee. Intake of this helps in the healing of fracture.

""रसोनंधुषुः लाक्षासतिताकल्कं समाधताम् ।
छिष्कंनिश्रायुतास्विनं सन्धानन्नविराजवेत् ॥२६३॥"

[भंजयतालवली: भग्नाधिकार: ६]

Intake of the paste of rasona, madhuka, lākṭā and sugar helps in the setting and healing of cracked, broken and displaced bones.

"लाक्षासिसंस्तुककुभाभवन्धा-
इच्छार्था नागाला पुरुष: ॥

1. क. समांतःकः इति चनुर्धुषुःके पाठः ।
   ख. समीकेन तेन इति प्रशास्ते पाठः ।
2. पाठोज्यं प्रथमपुस्तकेण नोपलम्यते ।
3. रसोनंधुषलाक्षासिताकल्कमु इति प्रशास्ते पाठः ।
Lākṣā Guggulu

Intake of lākṣā, asthi samhāra, kakubha, avagandhā, nāga balā and pura in a powder form corrects pain of broken or dislocated bones. It makes the body strong like a thunderbolt.

'श्वेतबाद्रं ३ एकत्रक तिलतेल दी ग्राकृति हिमांस जैंहा
फांट तहहं चुपचाब पाचे हं चूसं मेलव पूरे व्यवा न
करें: ॥२६६॥'

Three taikas of sveta khadira should be mixed with sesame oil and applied over the area where the bone is broken. This relieves pain and helps in the healing of fracture.

[This prose paragraph is in old Hindi).

विशेषतिविद्यायत्त्वत्वा नासिकाय: वक्षांमि संधानविर्धि यथावत्

सन्नासप्रमाणं पृथीबीहाराणं पत्रं गृहीत्वा त्वचिलंवितस्य ॥२६६॥

1. संभानमुक्तासिध्य्रज्ञैति चतुर्यूपस्तकं पाठः।
2. 'श्वेतबाद्रं—३ ग्राकृति चतुर्यूपस्तकं नोपलम्यते।
3. कै. श्वेतवान्दरं दक्कनीनुष्म गृहीत तिल तेलं श्रव्हत्तक्षते रेगनं
कुंत्वा रणपूर्णिंत्वम्वति। रालचूण्डकं ५ उत्तमं शवदर्शनं २ तुर्टी
मजित तंक १, प्रत्सी तेलं तंक १२ सर्वं कांस्य पाण्य सर्वं
(continued on next page)

4. वध्यामि इति चतुर्यूपस्तकं पाठः।
Rhinoplasty

Now the appropriate method of correcting the detached nose will be described. If the nose is cut and separated, then

(Continued from last page)

1. हिन्द दबा पुनर्विश्वास श्रेयसी व अवस्था में नासिकाप्रयम्भ ॥

267॥

सुसंहारी सम्यको वथा वा नाडीवेणायि समात्वं बवा ॥

267॥

प्रोक्तः प्रेमवर्ष्णयेवच पश्चापसंविद्धमधुकं जननकं ॥

267॥

संस्त्राणि सम्यके पिचुरा नातुति तेन मित्रेदवशङ्किततलामु ॥

(स) पूर्वः च पाण्यः ननरः प्रजीवः

सिन्धवः विरेचः सवथोपेश्चमु ॥

266॥

रुडः च संधानमुपागतं च तव्वलं श्वं च पुनःविकते ॥

266॥

हीनां पुनर्विश्वासितं यतेन समां च कुर्ष्यविवृद्धांसम् ॥

300॥

(Continued from last page)

किंविज्ञलं दर्शा पुनर्भास प्रहर्मयं जलवंत तदृत्रव्य ष्ठेन

लेपः ॥ मलम ॥ पाठोषं चतुर्दशसंको प्रशिक्षमुपलम्यते ॥

श्र. पारागमकोनं दुर्गरिणतुम्ब्लुरुवाणशिलु सुग्रावकंबीला नीके

कर्त्तवित्तो ताबू वणकर्ण शाय सवेता ॥ राज बूढः रं ॥ पपरी-

रावपर २११ फटकरी रं ॥ तीसी रं ॥ कालवर १२ धारी महम्मद-

शिलामध पाती देयी करी ॥ प्रहर एक पर्यंत भवता मल्लभ्रणसाबज-

पूरर्ध ॥ पुरावामत्तीज्ञनलाल धावके फूलज्ञनलाल एहं बूढः कितीसी के

तेल से फाहा देते हि प्र बूढः वेद्विषणारक है करी मनुष्य वा धोर्का

पाठोषं पाचमुपलम्यते प्राधिकमुपलम्यते ॥

1. हिन्दापारः इति पाचमुपलम्यते पाठः ॥
without any delay, leaf of a tree should be made to the shape of the nose. A piece of the muscle should be taken from the cheek with its contact with the face intact. This should be made to the shape of the nose. Then the stump of the original nose should be scraped and immediately, over it, the artificially prepared nose with the cheek muscle should be placed. This artificially prepared nose should have two pipes for nostrils. Having placed over the area of the original nose, it should be slightly elevated by pressure of fingers to shape the tip of the nose and to make it compact. Over the wound, the powder of pataṅga, yaṣṭi madhu and aṁjana should be sprinkled. It should then be covered with cotton wool, and over it, oil of the black variety of sesame seed should be frequently sprinkled. The patient should be given food with ghee, and after its digestion, he should be given unctuous type of purgation therapy. After the ulcer is healed and the nose is united, the portion of the flesh connected with the cheek should be severed. If the reconstructed nose has become smaller than the original, then effort should be made to enlarge it and the bigger one should be brought to normal size and shape.

**Nādiyōgaṃ viṇīṭasthāya nātasambhānabhidhiṁ** \( \text{II}\text{301} \text{I} \)

*Repairing Lip*

If the lip is severed, then the procedure prescribed for rhinoplasty should be adopted except that the fixation of tube is not necessary.

**īti śrīmahāraṣṭhirājaṭodṛdermalāvaircītē tōdṛrānāvē \\ śrāupravāvāsūśyē ṣoṁkṛnaṣārīrākṛṣṇasyānanaśīkāsambhānabhidhi-**

1. Nādiyōtaḥ īti caṇḍuḥpūṣṭakā padāḥ.
2. 'Māhāraṣṭraḥ—vaircītē' padāyak caṇḍuḥpūṣṭakā noṣitamāyāte.
3. Śrōṣaḥ īti caṇḍuḥpūṣṭakā padāḥ.
Thus, ends the 53rd Chapter dealing with the diagnosis and treatment of śopha vṛṇa (ulcer with oedema), śārīra vṛṇa (endogenous ulcer), saddo vṛṇa (fresh wound caused by exogenous factors), nāśikā sandhāna (repairing of mutilated nose) and burns in Ayurveda saukhya of Todorānanda composed by the great king Todorā Malla.
Index I

Appendix I

(Authors and Books Quoted)

Agniveśa, 316, 317
Aṣṭāṅga Kāṇḍā, 253
Aśvins, 282
Ātreya, 220, 239

Bhaṭṭa Rāma Miśra, 367
Bhoja, 234

Caraka, 203, 414
Caraka Samhitā, 415

Gopura, 242
Gorakṣa, 593

Jejjaṭa, 415

Kāṅkāyana, 129, 133
Kapila, sage, 241

Kharanāda, 223
Kṛṣṇātreya, 573

Matsya Rahasya, 433

Pūjya Pāda, 54

Rasa Rāja Lakṣmti, 591

Śiva, Lord, 343, 362
Suśruta, 215, 222, 243, 248, 274, 568, 569
Suśruta Samhitā,
Āma-pakveśaṇīya, 485

Vaidya Sura Druma, 238
Vairāṇa, 247
Viṣṇu, Lord, 341
Index II
Appendix II
(Recipes Described)

Ābhā Guggulu, 594
Abhayā Lavana, 386
Agni Mukha Rasa, 44
Amṛtā Guggulu, 549
Amṛta Kṣāra, 47
Amṛtādyā Guggulu, 305
Amṛtādyā Taila, 451
Amṛta Vaṭikā Guggulu, 550
Aṅgāraka Taila, 557
Arjuna Ghṛta, 169
Arka Kṣāra, 46

Balūdi Kvātha, 16
Balādya Ghṛta, 169
Bhallātaka Ghṛta, 140, 148
Bhallātaka Modaka, 365
Bhārīgī Šatpalaka Ghṛta, 138
Bhīma Maṇḍūra, 69
Bilvādi Cūrṇa, 430

Bindu Ghṛta, 139, 352
second recipe, 355

Brhat Daḍimādyā Ghṛta, 283
Brhatyāḍi Kvātha, 182
Brhat Saindhavādyā Taila, 431

Cakra taila, 544, 572
Candanādyā Yamaka, 560
Candra Prabhā Guṭikā, 286
Cavikā Maṇḍūra, 70
Citraka Ghṛta, 351, 380, 410

Citraka Pippalī Ghṛta, 379
Citrakādyā Ghṛta, 206, 409

Dādhika Ghṛta, 36
Dāḍimādyā Ghṛta, 282
Danti Harītakī, 143
Daśa Mūla Harītakī, 413
Daśa Mūla Šat Palaka Ghṛta, 351

Dhānvantara Ghṛta, 281
Dhātri Lauha, 77
Dūrvādyā Ghṛta, 558
Dūrvādyā Taila, 558

Eraṇēa Dvādaśa Kvātha, 34
Eraṇēa Saptaka, 33

Gandharva Hasta Taila, 433
Gaurādyā Ghṛta, 553
Gaurādyā Taila, 553
Gokṣurādi Guggulu, 200
Guṇādyā Maṇḍūra, 71
Guṇa Pippalī Ghṛta, 67
Guggulu Vatikā, 549
Guṇījādyā Taila, 457

Habuṣādyā Ghṛta, 134
Hari Śaṅkara Rasa, 295
Harītakyādi Kvātha, 179
Hiṅgu Paṅcaka, 14
Appendices

Hiṅgvādi Cūrṇa, 16, 125, 130
second recipe, 127
Hiṅgvādi Varti, 97

İcchā Bhādī Rasa, 150

Jātikādyaa Taila, 553
Jātyādyaa Ghrīta, 552

Kadali Kṣāra Taila, 381
Kalāya Vaṭi, 82
Kamsa Harītakī, 414-15
Kāṅkāyana Vaṭi, 129
Gutiṣṭā (second recipe), 133

Karaṇjādyaa Ghrīta, 554
Khandaṇṭamalaka, 80
Kolādi Maṇḍūra, 68
Krṣṇādyaa Loha, 64
Krṣṇādyaa Modaka, 476
Kṣāra Gutiṣṭā, 366, 407
Kṣāra Maṇḍūra, 121
Kṣāra Śatpalaka Ghrīta, 137
Krṣṇā Maṇḍūra, 70

Laghul Lokesvara Rasa, 189
Lākṣā Guggulu, 595
Loha Gutiṣṭā, 76
Lohāmṛta, 79
Loha Rasāyana, 307

Mahā Bindu Ghrīta, 354
Mahā Gandha Taila, 591
Mahā Rohitaka Ghrīta, 385
Maṇḍādi Gutiṣṭā, 377
Maṇaka Ghrīta, 410
Maṇjiṣṭhādyaa Ghrīta, 559
Megha Nāda Rasa, 294
Meha Bhairava Rasa, 292
Mitraka Sneha, 141
Mūlakādyaa Taila, 412

Nālikera Khandaṇṭā, 81
Nārāca Ghrīta, 144, 356
Nārāca Rasa, 149
Nārāyanā Cūrṇa, 341
Nārāyana Taila, 423
Nārikela Lavanā, 66
Navaka Guggulu, 305
Nirgudi Taila, 454
Nyagrodhādyaa Cūrṇa, 278

Paṇca Kolādyaa Ghrīta, 408
Paṇca Pala Ghrīta, 134
Paṭalā Taila, 559
Paṭolādyaa Cūrṇa, 339
Phala Varti, 98
Pippalyādi Cūrṇa, 161
Pippalyādyaa Cūrṇa, 476
Prameha Kuṭhāra, 297
Prapauṇḍarikādyaa Ghrīta, 555
Taila, 558
Priyāngvādyaa Taila, 496
Pūga Pāka, 288
Punarnavā Ghrīta, 408
Punarnavā Leha, 412
Punarnavādyaa Ghrīta, 408
Punarnavādyaa Taila, 423

Rāma Maṇḍūra, 74
Rasa Maṇḍūra, 75
Rasonādyaa Ghrīta, 142
Rohinyādyaa Ghrīta, 120
Rohitaka Ghrīta, 382
Rucakādi Cūrṇa, 30

Śaileyādyaa Taila, 411
Śākhotaka Bimbādyaa Taila, 454
Śambukādi Gutiṣṭā, 63
Śambukādyaa Modaka, 67
Diagnosis and Treatment of Diseases

Triphalādya Taila, 308
Triphalā Guḍa Maṇḍūra, 75
Triphalā Guggulu, 548
Triphalā Lauha, 31
Tripura Bhairavi Rasa, 43
Trivikrama Rasa, 253
Trivṛtādī Gudikā, 96
Tryūśaṅādya Ghrīta, 135
Tryūśaṅādya Guṭikā, 283
Tumbī Taila, 451
Tumburādya Cūrṇa, 15, 17

Udarārī Rasa , 153
    second recipe, 154
Udaya Bhāskara Rasa, 369
Uḍḍāmara Rasa, 151
Uṣakādi Group of Drugs, 230

Vacādi Cūrṇa, 128
Vacādya Cūrṇa, 123
Vacā Loha Yoga, 63
Vaḍavānala Rasa, 151
Vajra Guṭikā, 591
Vajra Kṣāra, 48, 343
    second recipe, 344
    third recipe, 350
Vajra Śekhara Rasa, 592
Vallabha Ghrīta, 167
Vaṅgeśvara, 296
Vaṅgeśvara Rasa, 373
    second recipe, 374
Vardhamāna Pippalī Prayoga, 379
Varuṇāsava, 240
Vaṭikā Guggulu, 550
Viḍaṅgādi Taila, 478
Viḍaṅgādya Lauha, 303
Viḍaṅgādya Modaka, 60
Vidyādhara Rasa, 152

Tāmra Yoga, 39
Tārakeśvara Rasa, 293
Tārā Maṇḍūra Guḍa, 73
Tikādya Ghrīta, 555
Tilādi Guṭikā, 62
Tilāṣṭaka, 528
Trāyamānā Ghrīta, 136
Trikaṇṭakādya Ghrīta, 186
Trikaṇṭakādya Taila, 279
Trinetra Rasa, 82
Triphalādya Cūrṇa, 131

Śāmudrādya Cūrṇa, 65, 333
Śaṅkha Bhāskara, 85
Śaṅkha Drāva, 49
    second recipe, 50
    third recipe, 51
    fourth recipe, 53
Śaṅkha Yoga, 35
Śaṃmukha Rasa, 38
Śatapurāṇa Ghrīta, 435
Śatāvari Ghrīta, 186
Śatāvari Kṣīra, 186
Śatāvari Maṇḍūra, 72
Śatāvaryādī Kvaṭha, 178
Saureśvara Ghrīta, 477
Śīlā baddha Rasa, 37, 38
Somanātha Tāmreśvara Rasa, 84
Sthala Padma Ghrīta, 411
Sthirādya Ghrīta, 105
Sukumāraka Ghrīta, 187
Śula Dāvānala Rasa, 83
Śūla Gaja Kesari, 40
Śūla Gaja Kesari Rasa, 41
Śūla Nikṛntani Vaṭī, 45
Śūli Ghrīta, 32
Śuṣṭhi Ghrīta, 409
Śvadāmśṭra Ghrīta, 168
Svarjikādi Ghrīta, 551

Tāmra Yoga, 39
Tārakeśvara Rasa, 293
Tārā Maṇḍūra Guḍa, 73
Tikādya Ghrīta, 555
Tilādi Guṭikā, 62
Tilāṣṭaka, 528
Trāyamānā Ghrīta, 136
Trikaṇṭakādya Ghrīta, 186
Trikaṇṭakādya Taila, 279
Trinetra Rasa, 82
Triphalādya Cūrṇa, 131
<table>
<thead>
<tr>
<th>Appendices</th>
<th>603</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viparīta Malla Taila, 556</td>
<td></td>
</tr>
<tr>
<td>Viśvādi Kvātha, 30</td>
<td></td>
</tr>
<tr>
<td>Viḍḍha Dāruka Sama Cūrṇa, 475</td>
<td></td>
</tr>
<tr>
<td>Viścika Taila, 433</td>
<td></td>
</tr>
<tr>
<td>Viścivadyariṣṭa, 145</td>
<td></td>
</tr>
<tr>
<td>Vyādhi Vidhvaṁsana Rasa, 370</td>
<td></td>
</tr>
<tr>
<td>Vyōṣādyya Śaktu, 304</td>
<td></td>
</tr>
<tr>
<td>Vyōṣādyya Taila, 457</td>
<td></td>
</tr>
<tr>
<td>Yamāṇyādi Cūrṇa, 124</td>
<td></td>
</tr>
<tr>
<td>Yava Peyā, 22</td>
<td></td>
</tr>
</tbody>
</table>
Index III
Appendix III

(Drugs described: For Bot. names refer to Appendices of previous volumes)

abda, 45, 277
abdhi soṣa, 292
ābhā, 594
abhīru, 186
abhrā, 44
abhraka, bhasma, 593
abhraka, bhasma of, 150, 292, 293, 295, 297, 591
āḍhakī, 2, 133, 269, 278, 298
agastya, root of, 460
āgneya, 383
agnī, 402, 403, 430, 451, 548
agnidipaka, 124
agnika, 131, 527
agni mantha, 209, 273, 304, 386, 520
aguru, 270, 275, 279, 400, 411, 427, 458, 509, 533
ahimsrā, 520
ahi phena, 292
ainḍrī, 453
root of, 428
ajagandhā, 125, 341, 522
ajājī, 36, 80, 125, 128, 130, 133, 134, 142, 167, 282, 304, 331, 365, 385, 387, 400, 431
ajamodā, 125, 129, 133, 161, 235, 333, 407, 430, 431
aksā, 61
āla, 560
alābu, 440, 460
alambusā, 307, 311, 475
alambusā leaves, the juice of, 453
āluka, 148
āmalaka, 71, 137, 272, 289, 303, 570
āmalakī, 19, 22, 24, 76, 80, 82, 136, 179, 200, 206, 288, 295, 305, 339, 343, 383, 440
ambu, 411
ama mūlaka, 98
ama vetasa, 14, 19, 20, 36, 50, 125, 128, 129, 133, 142, 166, 283, 345
amlīkā, 19
āmra, 77, 177, 242, 272, 305, 332, 347, 377, 402, 404, 412, 425, 458, 537, 548, 550
āmra, seed pulp of, 561
amśta vallī, 451
amśumaṭī, 590
ananta, 590
aṇjana, 307, 597
aṅkola, 359, 360
antar dhūma, 449
apāmārga, 46, 47, 131, 236, 386, 456, 557
kṣāra of, 51, 383
leaf of, 543
āragvadha, 25, 153, 154, 184, 242, 275, 278, 308, 334, 452
āragvadhādi gana, drugs belonging to, 290, 528
araluka, 430
āranāla, 311, 380, 405, 427, 429, 471
ārdraka, 44, 370
ārevata, 105
ārisṭa, 29, 272, 310, 329, 335, 455, 463, 546
leaves, 554
ārisṭaka, 272
arjuna, 47, 271, 272, 279, 459, 463
bark of, 162-165, 169
arka, 48, 131, 337, 343, 344, 361, 364, 386, 457, 461, 478, 547
arka kṣāra, 51
arka, leaves of, 46
ārtagala, 229
arūskara, 430
asana, 278
āśava, 329, 363
āśma bheda, 185, 231
āsmāntaka, 229, 279
āśphota, 387
āsthi saṃhāra, 570, 595
aśvāṇandha, 318, 337, 345, 435, 522, 595
aśva māra, 454, 457
aśva māraka, 547
aśva mūrtī (stallakī), 17
aśvattha, 271, 278, 423, 521, 541, 568
wood of, 455
ataśi, 122, 448
seeds of, 525
atibala, 184, 318
ativisā, 45, 102, 279, 286, 304, 308, 407, 431, 435
audbidha lavana, 407
badara, 385, 430
badara dāru, 478
badara juice, 341
badari, 288, 304
balā, 16, 162, 168, 169, 187, 206, 238, 425, 426, 451, 556, 591, 593
balyā, 593
bandāka, root of, 471
bellaka, 45
bhadra, 232
bhadra mustā, 553
bhallātaka, 131, 140, 148, 279, 365, 394, 415-417, 434, 455, 461
bhallāka, 230, 231
bhaṇṭākī, 404
bharahaṭā, 404
bhārgavi, 241
bhārgī, 45, 152, 462
bhārīgi, 138, 146, 281, 402, 431, 458
bhṛṅga rāja, 294, 383
bhujaga vallı, 44
bhū kaśara, 50
bhūnimba, 226, 400, 405
bhūrja, 533
bhūsāra, 53
bibhitaka, 275
bibhitakı, 76, 200, 343, 383, 402
bija-pūra, 20, 46, 129
bija-pūraka, 20, 36
bimbı, 454
brahmagāra phena, 51
brahmava yaśṭī, the paste of, 453
brāhma, 237
bṛhatī, 16, 23, 33, 34, 131, 145, 182, 229, 304, 348, 386, 430
bṛhi, 56

campaka, 509
canaka, 87, 269, 298
canḍā, paste of, 400
candana, 241, 275, 279, 309, 398, 402, 423, 457, 492, 521, 534, 537, 539, 553, 554, 559, 560, 590, 591
candra prabhā, 286
capalā, 68, 282
caturaṅgula, fruit of, 271
caturjāta, 143
caturjātaka, 80
cavikā, 70, 385, 431
cavya, 25, 29, 36, 73, 126, 127, 134, 135, 137, 142, 286, 303, 382, 409, 412, 430, 475, 478,
chinna, 273

chinna ruhā, 346
chinmodbhavā, 406
chucchundari, decoction of, 454
ciṅcā, 310
fruit of, 153, 154
kaśara, 83
cira bilva, 146, 527
citra, 129, 556

dadhi, 36
dadhi maṇḍa, 341, 380
dāḍima, 14, 16, 32, 34, 36, 115, 125, 129, 134, 142, 151, 166, 310, 341, 385, 409
danaṭotpala, root of, 456
darbha, 168, 178, 184, 231
dāru, 146, 451, 479
dāru haridrā, 275, 304, 348, 402, 404, 435, 528, 531, 552, 554, 558, 560, 591
dāru nisā, 276, 310, 380, 529, 593
dārvī, 179, 277, 286, 291, 347, 348, 398, 400, 475
dürvā, 239, 270, 275, 492, 558
paste of, 521
dvipa (gaja pippali), 45
deer horn, bhasma of, 2
deva druma, 345
devadāli, 354, 360, 374
deva puspa, 292
dhanvana, 271
dhanva vyāsaka, 179
dhānya, 125, 129, 134-35, 304, 341, 409, 411
dhānyāka, 80, 81, 133, 282, 286, 288
dhānyāmla, 161, 167, 198, 474
dhānya yuṣa, 478
dhātaki, 496, 532, 560
dhātrī, 71, 77, 177, 271-72, 276-77, 288, 297
dhattūra, 470, 532
dhava, 47, 271, 278
dhāvanī, 182
dhyāmakā, 411
dāpyaka, 28, 131, 134, 142, 279, 331, 409
drākṣa, 117, 137, 151, 177, 187, 206, 288
dravanti, 95, 333
drāviḍī, 239
duḥsparsā, 273
juice of, 99
duṇālabhā, 136, 166, 242
juice of, 202
d ēṣikā, 522
elāṭi gaṇa, drugs belonging to, 290
eranda, 16, 18, 20, 23, 25, 33, 34, 122, 186, 202, 332, 397, 425, 433, 435, 470, 545
taila, 39, 346
ervāru, 198
ervāruka, seeds of, 99, 179
gairika, 537
gaja cīrhibhāta, 127
gaja pippali, 281, 286, 403
gambhāri, 99
gandhaka, 41, 44, 45, 75, 83, 84, 149, 150, 152, 153, 189, 253, 292, 293, 294, 358, 373, 374, 465
gani kārikā, 99
gaura, 553
gavākṣi; 343-44, 544
gāyatri, 270
ghanā, 400, 403
girija lavana, 51
girikarni, 453
giri karṇikā, 129, 352, 354, 449
godhāvati, the root of, 203
godhūma, 269, 431, 527
goji, 463
gokanṭaka, 242
gokṣura, 16, 23, 34, 179, 183, 200, 209, 231, 239, 241, 283, 297, 404, 425, 475
gostani, 22
granthika, 68, 69, 430
gṛdhra, stool of, 527
gṛha dhūma, 104, 465
griva, 154
gṛṣṭi kṣīra, 573
guda, 21, 61, 71, 76, 95, 98, 104, 143, 146, 415, 461, 476
Appendices

jayanti, juice of, 383
jayapāla, 154, 370, 383
purified, 371
seeds of, 150
jiraka, 41, 48, 129, 288, 303, 341, 403, 541
jivaka, 168, 590
jivantī, 21, 47, 168
jyesṭhāgra, 49

kāca lavana, 48, 343
kaceca, 230
kadali, 231, 236, 308
kṣāra of, 381
juice of, 180
kadamba, 219, 271, 281, 568
kadara, 273
kakubha, 275
kāka dantī, 460
kākādani, 460
kāka jaṅghā, 543
kākamāci, 375
kākavantī, 375
kākini, 239
kākoli, 558
kākolyādi gana, drugs belonging to, 117, 590
varga, drugs belonging to, 459
kakubha, 278, 595
decoction of, 99
kālā, 522
kalambu, 63
kālānusari, 206
kālanusārīvī, 590
kalāpa vidāli, leaf of, 547
kalāya, 2, 63, 82
kāleyaka, 591
kaliṅga, 44, 305
kaliṅgaka, 182, 407
kāliyaka, paste of, 561
kamala, 44
kampilla, 551
kampillaka, 17, 95, 117, 139, 275, 277, 281, 339, 352, 354, 361, 558
kanā, 80, 146, 153, 282, 288, 479
powder of, 458
kanaka, 44, 47
kaṅcana kṣirī, 131
kāncanāra, 452
kaṅcani, 371
kanda, 308
kaṅgu, 570
kaṅji, 29, 304, 308, 430, 431, 455, 521
kaṅka, stool of, 427
kaṅkola, 234
kaṅkuṣṭha, 342
kañṭakāri, 16, 33, 34, 44, 144, 145, 229, 304, 348, 386, 403, 430, 436
kōnta lauha bhasma, 289, 294, 591, 592
kapithha, 273, 278, 406, 430
leaf of, 402
pulp of, 294
kapota, stool of, 527
vakrā, 229
vaṅkā, 237
kara mardaka, 308
karaṅja, 95, 275, 278, 375, 460, 553
juice of, 546
seed of, 19
kāravella, juice of, 82
kāravī, 36
karira, 2
karkandhu, 440
karkōru, 186
karkūraka, 448
karva mota, 532
karnikāra, 239
kārpaśa, 455
karpūra, 297
kāravi, 341
kōsa, 23, 178, 184, 186, 203, 231
powder of, 238
kaśeru, 270, 275
kaṭeruka, 178
kaśīka, 79
kaśīsa, 53, 230, 307, 461, 561
kaśmarya, 168, 272, 275
kataka, 234, 239
fruit of, 230
kaṭavikāteri, 276
kaṭphala, 271, 431, 449, 496
kattrna, 168
kaṭukā, 24, 120, 136, 552
kaṭuki, 354
kaṭu rohini, 304, 435, 457, 458, 553
kaṭu tumbī, 451
kaunti, 411
kebuka, root of, 304
kesara, 288
keśarāja, 75
ketakī, 116, 235
khada, 115
khadira, 273, 275, 307
khadirī, 203
khanḍi bola, 585
khārjūra, 137, 272, 275
kharpāra, 53
khurāsāna, 292
kim kīrāta, 242
kimśuka, 47, 131, 273
kṣāra of, 364
kīṇya, 525
kodrava, 269, 298, 448
kokilākṣa, 405
kola, 32, 68, 69, 134, 230, 281, 282, 382, 440, 530, 545
kolha, seed of, 294
koradūṣa, 2
koṣāmra, seed pulp of, 547
krauṇca, 235
kṛmighna, 435, 550
kṛmi ripu, 34
kṛṣṇa, 61, 64, 81, 86, 165, 205, 307, 309, 342, 365, 403, 431
kṛṣṇa gandha, 458
jiraka, 380, 435
lavaṇa, 36, 385
sāriva, 554
kṛṣarā, 5, 14, 417
kṣāra, 32, 36, 40, 46, 47, 65, 68
kṣava patra, 100
kṣīra, 558
śukla, 590
ksīri, 131
ksīri ṛkṣa group, 95
drugs belonging to, 249, 250
ksudrā, 23
kucandana, 272
kulattha, 4, 16, 114, 161, 230, 238, 242, 269, 298, 400, 464
kumadya, 169
kumāri, leaves of, 46
kumbhī, 114
fruit of, 354
kumbhika, 270
kunduru, 430
kuṅkuma, 201
kunthaka, 230
kuraṇṭikā, 232
kuṣa, 23, 178, 186, 203, 231, 238
kuṣmāṇḍa, 47, 204, 238, 239, 242
stalk of, 241
squeezed pulp of, 80
kusumbha, 359
kuṭaja, 131, 273, 277, 387, 435
kuṭhāraka, 541, 557
kuṭheraka, 532
lājā, 22, 492
lajjālu, 543
paste of, 429
lākṣā, 457, 560, 594, 595
lāmaijaka, 309
lāṅgalī, 532, 544
lāṅgalīka, 556
laśuna, 39, 366, 434, 547, 548
latā karaṇja, 281
lauha, 63, 75
lauha bhasma, 36, 53, 65, 67, 76, 77, 82, 185, 200, 277, 286, 292, 293, 297, 303, 309, 561, 593
lāva, 16
lavaṇa, 83, 229, 381, 528
five varieties of, 53
lavaṇa paṅcaka, 129
lingi, juice of, 361
lodhra, 271-72, 278-79, 289, 309-10, 463, 465, 496, 532
loha, bhasma of, 63, 64
madana, 21, 98, 104, 359, 360, 431, 460, 533
madhu, 329, 523
madhucchīṣṭa, 539, 533, 554
madhūka, 120, 187, 459, 528
madhulikā, 590
madhu parṇī, 74, 591
madhura gana, drugs belonging to, 573
madhu sidhu, 25
madhu yaṣṭi, 23, 24, 162, 237, 283, 529, 590
mādhvika, 121
madirā, 199, 207
māgadhi, 69
mahā medā, 553
mahā nimba, 294
mahā phalā, 238
mahārāṣṭri, 540
mahāsyāmā, 95
mahātikta, 117
mahauṣadha, 127, 400, 412, 427, 520
māksīka, 557
bhasma of, 286, 289, 294
mālati, 555
mānsi, 411, 435, 553, 590
māṇḍā, 377
manah śilā, 37, 84, 294, 383, 465, 560, 593

māṇaka, 348, 399

māṇḍa, 303, 339

bhasma, 67-75

māṇḍura, 449

māṇjīṣṭhā, 168, 275, 279, 472, 539, 552-55, 559-60, 569-70, 591, 593


markaṭāsthī, 241

mārkava, 237

māṣa, 85, 316, 318, 527

parṇī, 34

mastu, 363, 375

masūra, 266

mātr mahuki, paste of the insect, 461

māṭulāṇi, red leaves of, 44

māṭulhuṅga, 19, 26, 32, 33, 115, 126, 133, 151, 166, 253, 520

mayura, bhasma of, 154

mayūraka, 74, 345

meḍā, 168, 431

mehendikā, 551

mēṣa śṛṅgī, 278

mocaka, 465

moraṭā, 231

mṛdvikā, 168, 205, 230, 275, 283

mṛga śṛṅga bhasma, 82

mudda, 2, 329, 363, 371, 447, 491

parṇī, 34

mūlaka, 32, 105, 134, 142, 407, 448, 463

mūlaka kṣāra, 461

mūrvā, 273, 304, 539

muṣkaka, 47, 80, 130, 277

kṣāra, 51

mustā, 26, 136, 201, 231, 276, 279, 286, 402, 407, 411, 416

muṣṭi, 44

nādeyi, 131

nāga balā, 169, 318, 451, 595

root of, 165

nāga bhasma, 291

nāgāhva, 187

nāga kesara, 81


nāga vallī, 150

nakha, 411

nakṭāhva (seed), 552, 555

nakta māla, 554

nala, root of, 203, 492

nameru, 242

nava sādara, 50, 53

navasāra, 49

nicula, 431, 455, 568

paste of, 281

nidigdhikā, 185, 199

nikumbha, seeds of, 151

nīlīni, 131, 139, 339, 344, 352, 354, 431

nīlotpala, 272, 423


nirdahanā, 26

nirguṇḍi, 98, 307, 358, 452, 454
Appendices

465, 470, 546
niśa, 276, 310, 529, 555, 570, 593
niśpāva, 4, 464
nivāra, 289
nyagrodha, 278, 423, 521, 528
fruit of, 271

pacampacā, 283
pācyā, 239
padmaka, 279, 411, 423, 555, 591
palala, 166
palāsa, 82, 168, 236, 337, 386, 568
kṣāra of, 51, 83, 147, 366
pārada, 37, 38, 41, 43-45, 75, 82-84, 149-53, 188, 207, 253, 292, 294, 358, 369, 383
bhasma of, 84, 189, 295-96, 297, 373-74, 593
purified, 591
pāribhadra, 131, 199, 386
pāribhadraka, 278
pārijāta, 270
pārīsa, 423
pārītha, 593
paruṣaka, 137, 162
pāśāna bheda, 33, 179, 184, 209, 238, 241-42, 545
pātālā, 130
kṣāra of, 237
decoctio of, 559
pāṭalī, 99, 199
pāthā, 32, 125, 166, 182, 232, 270-71, 273, 275, 291, 304, 348, 400, 403, 407, 409, 478, 495
pathyā, 17, 28, 32, 38, 62, 64, 75, 145, 151, 153, 184, 305, 352, 354, 399, 402
patra, 286, 309, 356, 411-12, 435, 590
pattānga, 463, 465, 560, 597
pattūra, 232
payoda, 81
picu, 234
piṭu, 96
piṇḍa, 114
piṇḍārika, 465, 471
piṇyāka, 464
pippali mūla, 25, 32, 70 128, 134, 137, 281, 286, 341, 366, 382, 407, 409, 478
piṭa dāru, 424
plakṣa, 423, 521
plava, 270, 275, 411
prapaumārīka, 250, 553, 555, 558, 560, 590
prasanā, 95, 341
prasāraṇī, 593
priyāla, 278, 288
priyāngu, 411, 463, 496
proṣṭhikā, 557
prachi parni, 34
prthak parni, 168, 241
prthvikā, 134
pūga, 273, 288
pura, 44, 595
puṣkara mūla, 15, 17, 30, 33, 125, 127, 129, 130, 133, 163, 165, 166, 281, 283, 341, 385, 387, 431
pūṭika, 127, 270, 365, 386
pūṭi karāṇja, juice of the leaves of, 473
pūṭika karāṇja, 105
putraṇjivaka, juice of, 473
rāja vrksa, 95, 179, 275
rajani, 47, 48, 282, 339, 342-43, 347, 369, 400
rājikā, powder of, 376
rakta candana, 569
rakta medini, 585
rakta sāra, 272
rambhā, 465
rāmatha, 229, 279, 350
rāsabha, 235
rasāṇjana, 67, 283
rasendra vallī, fruits of, 46
rāśnā, 412, 425, 431, 435, 451, 472, 520, 591
rasona, 29, 97, 448, 556, 594
rāṣha, 104, 416
recaki, 361
ṛddhi, 168
rodhra, 250, 539, 590
rohiṇī, 120, 136
rohiṣa, 281
rohitaka, 275, 333, 345, 376, 386
powder of, 385
ṛṣabhaka, 168
rucaka, 14, 44, 342
rudhiru, 465
rudra jaṭā, 428
root of, 203
rudrākṣa, 231, 236
rūpiṅkā, root bark of, 471
sadgranthā, 308, 363, 375
sahadevi, 34
śaileya, 411, 435
lavana, 48, 65, 333, 343
saṅriyaka, 590
śaṅvāla, 270, 275
śāka, 230, 234, 463
śāka vrksa, 151
śākhōṭaka, 454
bark of, 521
śakra, 278
saktu, 41, 63, 87, 304, 364, 525
śāla, 533
śāli, 21, 56, 101, 153, 178, 208, 231, 316, 363, 569, 571, 577
śalmali, bark of, 297
cotton of, 542
flower of, 376
śalyaka, 271
sambāka, bhasma of, 61-63
śampāka, 105, 352, 354, 361, 399
śāmudra lavaṇa, 46, 48, 51, 65, 126, 286, 333, 343
śamyāka, 547
śaya, 448
śaṅkha, 49
śaṅkha bhasma, 83, 85, 309, 461, 463, 465
śaṅkha nābhi, bhasma of, 375
śaṅkhini, 95, 343, 344, 352, 354, 361
saptacchada, 275
sapta dala, paste of, 531
saptalā, 95, 131
sapta parṇa, 275, 309, 547
sara, 231
sarala, 427, 522
śarapūṅkha, 543
paste of, 536
śaraṭa, 465
śārivā, 206, 241, 492, 529, 552, 590
śarja, 568
śarja rasa, 416, 463, 539, 541, 590
śarkara, 165, 234, 241, 492
śāṅgaṣṭhā, 375
sarpākiśi, 151
sarsapa, 98, 104, 122, 309, 457, 470
leaves of, 455
seeds of, 448
śaṭika (kumuda), 44
śaṭṭika, 56
type of rice, 379
śatāhva, 146, 341, 431, 591
śataṭa, 334, 341, 354
śatapuspā, 238, 435, 590
śatāvari, 23, 72, 137, 168, 178, 186, 187, 202, 229, 241, 288
śaṭi, 125, 129, 133, 140, 166, 341, 387, 431, 478
saurāṣṭri, 51
sauvarcara, 19, 32, 38, 39, 46, 124, 151, 161, 165, 167, 202, 303, 304, 377, 407
lavaṇa, 48, 333, 343
sauvīra, 4
sāvara śṛṅga, 44
sehunḍa, 361
seyya, 272
siddhaḥrtha, 405, 471
śīgru, 17, 131, 229, 304, 337, 345, 405, 434, 448, 470, 471, 493, 494, 552
bark of, 400
decoction of, 26
root of, 491
śiktha, 552, 555
śikthaka, 541
śila bheda, 239
śila graja, 239
śilāja, 232
śilā jatu, 183, 185, 202, 230, 253, 283, 294, 304, 307, 337
simha pucchī, 34
śimhi, 356
sindūra, 556
śirīsa, 232, 273, 309
sitā, 205
sitīsāraka, 181
śiva, 44, 129
śivāmbu, 374
śnūhi, 48, 95, 103, 139, 144, 147, 152-54, 307, 338, 343,
sura dāru, 520, 590
surāhvā, 232
surā ksāra, 49
surā manda, 115, 124
sūraṇa, 47, 65
surasā, 477
sūryāvarta, 448
suṣavi, leaves of, 532
suvarcikā, 102
suvarṇa, 414
śvadamsṭrā, 168, 178, 186, 229, 235, 237, 348, 386, 545
svaguptā, 168
svārjī ksāra, 30, 46, 48, 53, 96, 116, 125, 129, 271, 286, 341, 343, 407, 461, 551
svārṇa, 43
bhasma, 592
ksīrī, 341
svayam guptā, 205
śvetā, 95
śvetā candana, 558
śvetā jīraka, 81, 381, 435
śvetā khadira, 551, 595
śvetā punarnavā, 232
śvetā sāriva, 554
śvetā vātyālaka, 74
śyāmā, 95, 103, 127, 352, 430, 431, 457
(vṛddhadāra), 17
śyāmāka, 269, 298, 302
śyāmā trīrvt, 139
śyonāka, 99, 278, 458
tagara, 435, 590
tālaka, purified, 152
tāla, ksāra of, 364
tāla múli, 307
tāla parṇi, 458
tālapatrikā, 235
tālīsa, 80
tālīṣa patra, 411	tambūla, juice of, 369
tāmra, 84	purified, 44
tāmra, bhasma of, 38, 39, 41, 43, 85, 151, 152, 253, 358, 371, 373
tāmra patra, purified, 369
tanḍulāmbu, 294
tanḍula vāri, 149
tanḍulīyaka, 74
tanḍulodaka, 447, 452, 495
tāñkara, 48, 53, 343, 551
  bhasma, 82, 85, 189
  purified, 149, 150
tāpya bhasma, 152
  purified, 150
taruṇa, 238
taruṇa (mañjiṣṭhā), 238
tīkṣṇa lauha bhasma, 294
tiktā, 26, 132, 273, 347, 398, 400, 555, 591
tiktaka rohini, 26, 162, 342, 554
tiktālabu, ripe fruit of, 449
tila, 20, 21, 47, 61, 62, 95, 122, 146, 152, 159, 199, 207, 236, 366, 415, 525, 528, 529, 530, 534
  black variety of, 589
  stems of, 387
til oil, 381
tilvaka, 95, 343	tinduka, 272, 273, 275
  fruit of, 538	tiniṣa, 272
tiniṣa, bark of, 496	tintidi, 166, 375	tintidiṅka, 125	trapuṣa, 232, 238
  seed of, 239
trāyamāṇa, 120, 136, 334, 342, 398
trāyantī, 22, 131
trika karna, 238
trikaṇṭaka, 177, 184, 186, 187, 202, 232, 235, 279, 282
tri, 180, 305
tuṅga, 81, 288
tuṅga kṣīri, 206, 537
tumbi, juice of, 453
tumburu, 15, 17, 27, 32, 127, 383, 385
turaga gandhā, 187
tuṣa, 465
tuttha, 53, 154, 551-52
  bhasma, 153
tvak, 95, 146, 199, 206, 283, 286, 307, 411-12, 435
udadhi tukti, kṣāra of, 365
uddālaka, 269, 298
udumbarā, 278, 293, 419, 423, 521, 568
ugra gandhā, 130, 165
umā, 400
upakulyā, 97, 453
upakunāci, 133
upakunācikā, 129, 341
urubūka, 30, 138, 145, 334
uṣana, 207
uṣira, 168, 230, 272, 423, 492, 554, 555, 591
uṣṇāmbu, 44
uṣṭra, 235
uptala, 283, 554

vaca, 16, 26, 36, 41, 44, 63, 96, 98, 102, 123, 125, 128, 131, 133, 140, 161, 163, 166, 279, 281, 286, 331, 341-43, 385, 429, 431, 435, 453, 457, 478, 479
vahni, 45, 48, 127, 139, 270, 273
vaïjayanti, 275
vāji gandhā, 177
vaïra bhasma, 591
vaïra, milky latex of, 383
vaïra taru, kṣāra of, 350
vaïrī kṣāra, 51
vaïkrānta bhasma, 592
vallūra, 148
vañīta, 568
  bark of, 545
  locana, 286
vañari, juice of, 383
vaṅga bhasma, 291, 296, 373, 374
vaṅga sena, 34
vaṇ, 45
vaṛāhi, 231
vaṛāha parṇi, 591
vaṛāṭikā bhasma, 85
vaṛśābhū, 36, 105, 237, 281, 404, 406, 412, 470
vaṛśāhvā, 74, 145

varuna, 230, 231, 278, 281, 386, 493, 494
  bark of, 238, 240
  decoction of, 452
vāsā, 44, 47, 130, 241, 377, 404
vāsaka, 308-09
  decoction of, 202
vaïśira, 229
vasu bhaṭṭa, 373
vasuka, 229, 380
vāta, 560, 568
vatsaka, 272, 305, 451
vātya, 87
vāṭyālaka, 23
vella, 151
venukā, 431
vetasa, 459, 521
vetasāmla, 44
  lavana, 286, 333
dehusked, 407
kṣāra of, 365
viḍārī, 22, 34, 137, 177, 178, 231
viḍārī gandhā, 187
viḍruma bhasma, 592
vikāṅkata, 460
viṣa, 40, 44, 45, 168, 292, 556
viśālā, 206, 341, 385
viṣva, 30, 165, 181, 399, 403, 435, 479
viśva bhesaja, 25
vrddha dāru, 354, 475, 476, 479
vrddha dāruka, 473, 478
vṛksādānī, 230
vṛksāmla, 36, 142, 282, 341
vṛntāka, 46, 238
vṛṣa, 307, 348
vṛṣa munḍikā, 435
vṛśčika, oil of, 433
vṛścīva, 145
vyāghrī, 46, 131, 400

yamānī, 123, 124, 128, 133, 142, 282, 304, 341, 375, 385, 387, 409
yamānikā, powder of, 363
yaṣṭi, 402, 407, 425, 492, 555

yaṣṭi madhu, 77, 82, 417, 542, 593, 597
yava, 18, 21, 30, 32, 95, 199, 230, 236, 281, 302, 303, 433, 447, 448, 527, 530, 533, 545
yavāgū, 232, 233, 250, 406, 545
yavānī, 15, 18, 19, 20, 27, 46, 333
yava tikta, 342
yūthikā, root of, 241
Adhyarbuda, 446
Agni dagdha, 534, 535
Ākṣepaka, 590
Alasaka, 94
Āma vāta, 54, 64
Amla pitta, 66, 67, 71, 73-75, 81, 415
Ānāha, 47, 93-95, 102-105, 124, 126, 134, 282
Anna vivartana, 69
Apaecī, 437, 441, 453, 455, 478, 550
Apatānaka, 32
Arbuda, 287, 437, 444, 461-62, 465, 478
kaphaja, 463
medoja, 465
paittika, 472
raktaja, 445
vātika, 462
Ardita, 590
kaphaja, 233
Aṣṭhila, 47, 191, 387
Baddhagudodara, 326, 328
Bandhdodara, 331, 335

Basti kundalika, 197
Bhagna, kānda, 562
sandhi, 562, 564
Bhasmaka, 381
Bradhna, 32, 430-32, 434
Breast abscess, 490

Carbuncles, alaji type of, 265, 267, 290
jālini type of, 265, 266
kacchapikā type of, 266
putriṇi type of, 266
śaravikā, type of, 266, 290
vidārikā type of, 267
vidradhi type of, 267
Chidrodara, 331, 336, 387
Colic Pain, 1, 2, 4, 5, 6, 7, 9, 10, 11, 12, 13, 15, 16, 18, 19, 20, 21, 22, 23, 24, 28, 30, 31, 36, 37, 38, 39, 41, 42, 43, 44, 45, 47, 48, 59, 68, 75, 85, 89, 87, 113, 115, 118, 124, 128, 134, 140, 150, 157, 161, 165, 166, 167, 168, 169, 172, 175, 176, 177, 197, 263, 282, 287, 343, 354, 369, 370, 385, 400
paittika type of, 22, 24, 72
paktija type of, 67
parināmaja type of, 72, 84
vātika type of, 2, 20, 40, 72
Appendices

Dadru, 473
Dakodara, 327, 331, 366
Durdagda, 535, 537
Dusyodara, 324, 345
Dvirarbudha, 446
Dysuria, kaphaja type of, 180, 181
paittika type of, 178, 179, 184, 186
sannipatika type of, 181, 182
vatiika type of, 183
vid vighatajā type of, 182

Filariasis, 467

Galagandha, 437, 447-51, 453, 556
kaphaja, 439
medoja, 440
vatiika, 438
Gandamala, 437, 440, 453-58, 478


Granthi, 441, 448, 460-62
kaphaja, 443, 459
marmaja, 462
medoja, 287
shira, 443
paittika, 442, 459
vatiika, 442, 458


Gulma dvandvaya, 110
kapha, 140
kaphaja, 110, 120-22, 126, 130, 133, 148, 152
kapha-vatajā, 110
paittika, 130, 133, 151
pitta, 117, 136, 137
rakta, 130, 133, 136, 146-48, 152
raktajā in females, 111-12
sannipatika, 133, 152
tridosa, 130
vatajā, 115-16, 134, 144
vatiika, 130, 133-135, 150, 410
vata-kaphaja, 110
vata-pittajā, 110

Halimaka, 287, 407
Hanu graha, 590
stambha, 49

Hrd roga, kaphaja, 158, 163
kymija, 159, 160, 166, 167
paittika, 158, 161-62, 168
sannipatika, 159, 163
vatiika, 158, 160, 163, 168

Jalodara, 336, 360, 383
Jarat pitta, 71, 78, 82, 86, 87
Jathara, 104

Jvara, ama, 370
viśama, 370, 592

Kamala, 47, 73
Kaphodara, 323, 331, 335
Karna šūla, 590
Kaubiyā, 517
Kṣaṭa roga, 312
Kṣaya, 317
Kṣudra śvāsa, 300
Kṣut vighāta, 101
Kuraṇḍa, 422, 453
Māmsārbuda, 445
Manyā stambha, 49, 590
Meha, 85, 307, 313, 345, 376, 414, 550
amla, 275
hāridra, 260, 261, 272, 275
hasti, 260, 261, 273
ikṣu, 258, 270
ikṣu vālikā, 274
kāla, 259, 261
khaṭikā, 261
kṣaudra, 273
lālā, 259, 261
lavāna, 270, 275
madhu, 260, 261, 264, 269, 284, 509
mājā, 260
maṇjiṣṭhā, 260, 261, 272, 275
nila, 259, 261, 272, 275
phena, 275
piṣṭa, 258, 270 275
puṣya, 262
rakta, 260, 261, 272, 275
śanaiḥ, 259, 270, 275
śāndra, 258, 261, 270, 275
śarkarā, 223
bhasma, 223
sarpī, 273
sikatā, 223, 258, 261, 270, 275
śīta, 259, 261
śukra, 258, 270, 272, 275
surā, 258, 261, 270, 275, 291
udaka, 258, 261, 270, 274
vasā, 260, 261, 273
Mūla roga, 54
Mūtrāghāta, 190, 191, 198, 202, 203, 205, 239, 241, 282, 284, 287
Mūtragraha, 203
Mūtra granthī, 194
jaṭhara, 193
Mūtra kṛcechra, 99, 171, 173, 174, 198, 202
aśmarīja, 175, 180
kaphaja, 174, 182
kṣataja, 174, 182
paṭṭika, 174, 177
sānnapātika, 174, 181
śukraja, 175
vāṭika, 174, 177
vid vighātaja, 175
Mūtra kṣaya, 194
sāda, 195, 196
saṅga, 193
śukra, 194, 195
Mūtrāṭīta, 192
Obesity, 299
abhīghātaja, 394
chronic, 400
kaphaja, 392, 399, 522
Oedema, paittika, 392, 398, 399, 521, 522
sānnipātika, 392, 401
vātika, 392, 397, 398, 411, 520, 521

Pakṣāghāta, 590
Pāmā, 556
Parikartikā, 89
Pīnasa, 47, 67, 381
Pittārbuda, 463
Pittodara, 323, 331, 334
Pīlhodara, 46, 325, 331, 335, 344, 345, 364, 373, 377, 379, 385, 387
Pluṣṭa, 535, 536
kaphaja, 255, 256, 262, 271, 279
paittika, 255, 256, 262, 272, 275, 279
piḍakā, 254, 269
vātika, 255, 263

Rakta pitta, 23, 24, 81, 147, 163, 179, 239, 269, 415
pāka, 502
Samyak dagdha, 535, 537
Sannipātoda, 335
Śarkarā, 284, 387
Śarkarārbuda, 465
Śīroga, 590
Śīlapada, 436, 467, 469, 470-76, 478
kaphaja, 468, 473
paittika, 468, 472

Śīlapada, sānnipātika, 468, vātika, 468, 471
Śotha, 290, 458
roga, 391, 408
Stone, kaphaja, 213, 217, 232
paittika, 212, 218, 231, 232
vātika, 212, 219, 229
Śukra atmāri, 214, 220, 222, 223, 233, 234
Śūla, āmāja, 6, 7, 27
annadrava type of, 59, 71, 86, 87
basti, 9
dvandvaja, 12, 28, 58
hṛt, 9, 157
kaphaja, 5, 6, 58
kuṅṣi, 8, 9
mūtra, 10
paittika, 4, 6, 57
pakti, 70, 73, 79, 80, 83, 85
paktija, 76
parināma, 43, 71, 78
parināmaj, 56, 61, 67, 68
pārśva, 8
sānnipātika, 6, 58
tridosha, 34
vātika, 2, 3, 6, 14, 17, 57
viṣ, 11
Śvitra (leucoderma), 407

Tālu śoṣa, 590
Tandrā, 32
Timira, 66, 590
Udāvarta, 88-92, 94-99, 100-02,
Udvartha, chardha, 100

jumbhaja, 99
ksavaja, 100
mutra, 98
purisaja, 95
sukraja, 101
udgaraja, 100

Ulcera, 498
dvandvaja type of, 506
kaphaja type of, 499, 502, 504, 528
paittika type of, 499, 503, 528
raktaja type of, 499, 504
sannipatika type of, 506
vatica type of, 499, 503, 528

Ulcera, ama, 499
pachyamana, 500
paka, 501

Upadamsha, 556
Urdhva samiraja, 102
Uroghraha, 171, 172
Usna vata, 195, 204

Vahu mutra, 293
Valmika, 458

Vata, adhya, 49, 432
ama, 415, 475
basti, 192
mudha, 304
pratibadha, 105
rakta, 169, 201, 550

Vatarbuda, 462
Vata rogas, 49, 53
urdhva, 89
vyadh, 593

Vata vimsa, 102
Vatika gulma, 108, 109, 126
Vatodara, 322, 330-33, 348, 399

Vid vigata, 196
Vidradhi, 480, 481, 488, 489, agantuja, 483
kaphaja, 482, 492, 493
ksataja, 483, 493
paittika, 482, 490, 492, 493, 534, 538
rakta, 484
raktaja, 483, 493
sannipatika, 482
vatica, 481, 491
Visarpa, paittika, 539
Vishambha, 77
Visucika, 31, 102, 130, 350, 369, 402

Vrana, 290
bhinna, 512
chinna, 511
dusta, 531, 550
ghrsta, 513
ksata, 514
nadi, 448, 550
picchita, 514
viddra, 514

Vrina, sadya, 519
Vrdhhi, 418, 423
andha, 287
antah, 47
antra, 287, 373, 419, 422, 425, 426, 433, 436, 478
kaphaja, 420, 424, 427
paittika, 424
medoja, 420, 436
mutra, 419, 420, 436
pittaja, 420
roga, 422, 426, 428, 429, 436
vata, 423
vataja, 427
vatica, 419, 422, 436
Index V

(Glossary of Technical Terms)

Ābhidhāta, 515
Injury.

Ābhidhātāja, 390, 94
Caused by external injury.

Abhiṣyandi, 172, 422

Ācārya, 233
The author.

Adhaṅkṣipta, 563, 64
Downward dislocation of joint.

Unit of measurement. Four prasthas make one ādhaka which is equivalent to 3,072 Kg. or Ltr. Ref. Index IV in p. 495 of Diagnosis and Treatment of Diseases in Āyurveda, Part Two.

Ādhmanā, 8, 108, 172, 321
An ailment characterised by excessive accumulation of wind or gas in the gastro-intestinal tract. It is one of the eighty vāta rogas, and generally caused by the suppression of the manifested urges for passing flatus, stool and urine. Ref. Index IV in p. 495 of Diagnosis and Treatment of Diseases in Āyurveda, Part Two.

Āgantu, 505
Exogenous.

Āgantuja, 483
Caused by exogenous factors.
Agni, 301, 320, 464

Agni mändya, 87
Suppression of the activities of enzymes responsible for digestion and metabolism. It is generally used to mean the suppression of digestive power.

Agnyāśaya, 512
Small intestine including duodenum; often denotes pancreas

Agra vakra, 247
A metallic rod with a curved top; surgical equipment for the removal of stone.

Agropaharnīya, 246
Preparatory measures; drugs equipments etc., required to be kept in the operation theatre before operation; name of a chapter of Sus. Samhitā dealing with this topic.

Unit of weight approx. 12 Gm. This term is used as as syn. of bibhitaka (Terminalia bellerica Roxb.). Weight of the fruit of this plant is also implied by this term.

Āma, 2, 9, 26, 27, 102, 371, 401, 487, 499, 504

Āmaja, 1, 7
The ailment caused by āma.

Āmāśaya, 30, 86, 226, 395, 512
Anatomically, it implies stomach, and physiologically, it covers both the stomach and the upper part of the small-intestine where the food remains in undigested form. For details ref. Glossary in Basic Principles of Āyurveda, p. 588.

Āma taila, 581
Freshly extracted oil. Generally oil after extraction from the oil seed is cooked over fire to promote its shelf-life, taste and smell. The uncooked oil is called āma taila which is more useful for application over injuries and ulcers.
Ambu, 256, 320
   Water. For details, ref. pp. 210-240 in Materia Medica of Ayurveda.

Ānāha, 13, 47, 88, 93-95, 102-105, 124, 126, 134, 282
   Constipation. Ref. p. 586 of Glossary in Diagnosis and Treatment of Diseases in Ayurveda, Part-I.

Aīgulas, 456, 471
   Unit of measurement equivalent to 1/2" approx. Ref. Glossary in p. 587 of Diagnosis and Treatment of Diseases in Ayurveda, Part-I.

Antraja (vṛddhi), 418
   Inguinal hernia into which the intestines protrude.

Anulomana. 114
   Downward movement of vāyu; mostly refers to wind in the abdomen. Generally a laxative or purgative is administered with vāyu-alleviating drugs for this purpose.

Anupāna, 44, 85, 87, 151, 153, 154, 189, 291-93, 307, 374, 383

Anuvāsana, 251, 327, 334, 335, 432, 587

Apacī, 437, 441, 453, 455, 478, 550
   Adenitis, specially inflammation and suppuration of lymph glands in the neck.

Apāna vāyu, 193, 320
   One of the five varieties of vāyu located in the lower abdomen. It regulates the movement of urine, stool, foetus and menstrual fluid, and any derangement of this vāyu causes local ailments including pain in lumber region.

Apatānaka, 519
   Emprosthotonos. One of the serious diseases caused by the aggravation of vāyu.

Apatarpāna, 524
   Cooling applications; also fasting therapy.
Ārā, 577
A surgical instrument; a saw.

Āranāla, 405, 471, 472
A type of sour-vinegar.

Arbuda, 297, 437, 444, 461-465, 472, 478
Tumour.

Armana, 139, 281
Unit of measurement. Approx. 12.288 Kg. or Ltr.

Ariṣṭa, 25, 335
A type of alcoholic preparation.

Āsava, 161, 375, 496
The medicines or drinks prepared by fermentation are called āsava. *Ref.* Glossary in p. 592 of Basic Principles of Ayurveda.


Asra, 256
Blood.

Aṣṭamikā, 133
Unit of weight equivalent to 24 G. approximately.

Āsthāpana, 95, 251
This is one of the two types of medicated enema. *Ref.* Glossary in p. 593 of Basic Principles of Ayurveda.

Asthi, 481, 535

Aṣṭhilā, 130
Enlargement of prostate gland. Sometimes it refers to any hard growth in the abdomen and pelvis.

Asvapna, 302
Remaining awake at night; sleeplessness.

Ati-sthūla, 302
Excessively fatty or suffering from obesity.
Avasevana, 520
  Sprinkling of medicated liquids.
Āvṛttta, 264
  Obstructed.
Ayaskṛti, 335
  Specially processed iron.
Badiṣa, 251, 450
  A type of forceps.
Bali, 246
  Sacred offerings.
Balla, 44
  Unit of weight approx. 375 mg. Also written as valla.
Basti, 210, 225, 252
  Generally refers to urinary bladder, but also includes kidneys and ureters; also refers to medicated enema therapy.
Basti śiras, 216, 225
  Kidneys.
Bhasma, 31, 35, 36, 39, 40, 43, 53, 61, 63, 64, 66, 185, 188, 189, 200, 288, 289, 292, 294, 295, 358, 373, 461
  Calcined powder of metals, menerals, etc. Ref. Glossary in p. 597 of Basic Principles of Ayurveda.
Bhasmaka, 476
  Voracious appetite.
Bhinna, 511
  Perforated (Ulcer).
Bhūḍhara puṣa, 151
  N. of a pharmaceutical process specially used for preparing bhasmas (calcined powder) of metals etc.
Bhūḍhara yantra, 591
  An implement used for the preparation of medicines. Ref. Glassary in p. 592 of Diagnosis and Treatment of Diseases in Ayurveda, Part-I.
Bija doṣa, 263
  Defective genes.
Blood-letting therapy, 523, 524, 574
San: rakta mokṣaṇa; one of the five specialised ayurvedic therapies together called pañca karma. Caraka has included nasya or inhalation therapy in its place.

Bradhna, 422, 430-432, 434
Tumour in the inguinal region.

Brihi mukha yantra, 425
Trochar and canula.

Cauterization therapy, 121
One of the surgical measures; San: agni karma.

Chinna, 511, 565
Cut (Wound).

Cleansing therapy, 459
Emetic, purgation therapy, etc., for removing waste products from the body.

Coṣa, 4
Sensation as if parched by strong heat.

Darvi pāka, 80
A stage of cooking linctus or syrup; when the preparation sticks to the stirrer.

Dhātu, 264
Tissue elements of the body which according to Āyurveda are of seven categories. Ref. Glossary in p. 600 of Basic Principles of Ayurveda.

Factors responsible for the regulation of all the functions of the body. Ref. Glossary in p. 601 of Basic Principles of Ayurveda.

Drona, 143, 145, 187, 206, 238, 385, 387, 433
Unit of weight. Approx. 12.288 Kg.
Dūṣya, 257, 462
see dhātu.

Dvandvaja, 506
Caused by the simultaneous vitiation of two doṣas.

Emetic therapy, 13, 22, 25, 60, 86, 180-81, 327, 363
One of the five specialised therapies taken together called 
Pañca Karma.

Fomentation therapy, 14, 180, 234, 250, 424, 425, 433, 448, 
459, 471, 490, 491, 523, 524, 586
San: Svedana; One of the preparatory therapies administered 
before Pañca Karma; also used separately.

Gaja puṭa, 41, 43, 350
Ref. Glossary in p. 596 of Diagnosis and Treatment of 
Diseases in Ayurveda, Part-I

Gaṇḍū pada, 542
Earth-worm.

Gara viṣa, 307, 324, 341
Artificially prepared poisons.

Gharṣana, 515
rubbing.

Gṛṣṭa, 511, 515
Abraison (Wound)

Gṛṭṭa pāṇa, 587
Intake of medicated ghee.

Glāṇi, 516
Fatigues. Ref. Glossary in p. 596 of Diagnosis and Treatment 
of Diseases in Ayurveda, Part-I.

Goni, 238
Unit of measurement; equivalent to four dronas.

Guḍa pāka, 76, 81, 200, 225, 252
Cooking drugs into a thick syrup or linctus from with the help of jaggery (also sugar); the final stage of such cooking.
Phantom tumour.

Guñjā, 37, 38, 39, 40, 41, 149, 150, 151, 189, 370, 373, 374
Unit of weight. Approx. 125 mg.

Hanu graha, 518, 590
Lock-jaw.

Hrd roga, 158, 159, 160, 163, 166, 167, 168
Heart disease.

Indra basti, 456
N. of a marma (vital place in the body) located in the calf-region, (13 aṅgulas above the ankle joint) and in the forearm.

Indra gopa, 517
Red insect found during rainy season; the insect cochineal of various kinds.

Inhalation therapy, 25, 309, 452, 453, 454, 583
Caraka includes this under Pañca Karma; used for elimination of waste products from head and neck.

Jaraṇa, 59
Digestion; cooking.

Kajjali, 84
Physical mixture of mercury and sulphur which is in the form of a black powder and which looks like kajjala or collyrium.

Kākolyādi gaṇa, 117, 459, 590
Group of drugs-vide Sūtrata: Sūtra: 38:17

Kamśa, 240, 413, 415
Unit of measurement, Approx. 3.072 Kg. or Ltr.

Kānda, 565
Shaft of the bone.
Index: Glossary of Technical Terms

Kañjī, 21, 29, 79, 304, 308, 430, 431, 455, 473, 475, 476, 479, 521
Sour vinegar or sour gruel.

One of the three dosās—the other two being vāyu and pitta. It is the cohesive force in the body. Ref. Glossary in p. 606 of Basic Principles of Ayurveda.

Kapha alleviating drugs, 233
Generally those having pungent and bitter taste.

Diseases caused by aggravated kapha.

Karna purāṇa therapy, 587
Ear drop used in the treatment of ear diseases.

Unit of weight. Approx. 12Gm.

Khaḍa, 115
A sour preparation.

Kleđa, 255
Sticky metabolic by products.

Kola, 73, 83, 366, 407
Unit of weight Approx. 6 Gm.

Koṣṭha, 301, 545
Alimentary tract. It is generally used to indicate viscera of alimentary and respiratory systems.

Kṛti, 547, 551
Parasitic infection.
**Kṛmija, 159, 160**
Disease caused by parasitic infection.

**Kṛṣṭarā, 5, 14, 417**
A preparation of rice added with pulses.

**Kṛṣu roga, 312**
Excessive Emaciation.

Alkali preparation.

**Kṣata, 511, 514**
Lacerated wound.

**Kṣatajā, 481, 483, 493**
Caused by injury.

**Kṣīrī vrksa, 249, 250**
Collective name of a group of plants having milky latex like nyagrodha, udumbara, aśvattha, pāriśa and plakṣa.

**Kūdava, 53, 75, 81, 144, 187, 199, 241, 356, 412**
Unit of measurement. Approx. 192 Gm. or ml.

**Kukkuṭa pūta, 373**
Fire-place for the calcination of metals; cow dung cakes are used as fuel.

**Kulajja, 263**
Familial.

**Kumadya, 169**
Alcoholic drink not fermented properly.

**Kuṇḍala, 144**
Movement of wind in the abdomen.

**Kuṣa, 568, 569**
Splint.

**Kuṣa patra, 450**
A thin scalpel.

Obstinate skin diseases including leprosy.
Laghu pañca mūla, 572
Collective name for five drugs, namely, tāla pārṇī, pṛśni pārṇī, bhāti, kaṇṭakārī and gokṣura.

Laghu puṭa, 37, 38
Half in size gaja puṭa Ref. gaja puṭa in this glossary.

Lājā, 22
Fried paddy.

Lālā yukta, 259
Extremely slimy.

Lasīkā, 257, 260
Lymph.

Leha, 143
Linctus,

Lepana, 470
External application of drugs in a paste form.

Madhura gana, 573

Mādhvīka, 121
A type of wine.

Madya, 126, 147, 161
A type of alcoholic drink.

Maha srotas, 247
Alimentary tract.

Mahātyaya, 256
Serious ailment.

Majjā, 257, 260, 509
Bone-marrow.

Māmza, 255, 441, 444, 478, 481
Muscle tissue.

Māmza marma, 519
A group of vital parts in the body involving muscles.

Manda, 82, 86, 339
Water which is strained out after boiling rice.

Mandāgni, 319, 321
Suppression of the power of digestion and metabolism.
Maṅgala, 246
Auspicious invocation.

Maṇi, 193
Glans penis or external urethral sphincter.

Mantha, 101
Thin gruel.

Marma, 462
Vital part of the body.

Māṣa, 43, 82, 85, 86, 153, 154, 293, 592
Unit of weight. Approx. 1 Gm.

Mastulūga, 509
Brain matter.

Matsyāṇa nibha jāla, 456
Net-work like fish eggs; a structure below the calf region.

Meda, 255, 256, 267, 424, 440, 441, 443, 446, 478, 481, 509
Fat tissue.

Medhra, 33, 178, 222
Male genital organ.

Medoja, 419, 420, 443, 444
Caused by fat tissue.

Moḍaka, 60, 61, 67, 365, 476
Large size pills mostly sweet in taste.

Muska srotas, 252
Vas deferens.

Muṣṭi, 489
Unit of weight. Approx. 48 gms.

Mūtrāghāta, 190, 191, 198, 202, 203, 205, 239, 241, 282, 284, 287
Anuria.

Mūtraṇa, 419
Caused by urine.

Mūtra Kṛcchra, 99, 171, 173-175, 180-182, 192, 202
Dysuria.

Mūtraśaya, 512
Urinary bladder.
Mūtra vaha srotas, 252, 253
Urinary channel.

Nādi sveda method, 462
A fomentation therapy in which a tubular structure is attached to the kettle in which drugs are boiled and by the steam which comes out of the tube, fomentation is performed.

Nirūha, 180, 234, 327, 332, 335
This is a variety of medicated enema prepared of decoction of drugs etc.

Niska, 39, 48, 85, 152, 294, 297, 371, 383
Unit of weight ; Approx. 4 Gm.

Niśpāva, 4
Different types of beans.

Nyagrodhādi gana, 275, 528, 572
Group of drugs—vide Suśruta : Sūtra 38 : 48-49

Ojas, 257, 571
Essence of all tissue elements.

Oleation therapy, 117, 121, 143, 234, 245, 327, 341 471
One of the pre-Pañca Karma therapies involving external and internal use of oil, ghee etc.

Pācana, 229
Cooking of uncooked food; promotion of metabolic activities; carminative action.

Pacymāna, 504
Beginning stage of suppuration.

Paittika, 1, 21, 24, 28, 37, 57, 72, 109, 110, 120, 130, 133, 151, 158, 161, 162, 177, 178, 179, 184, 186, 209, 218, 231, 232, 255, 262, 272, 279, 321, 390, 392, 394, 398, 399, 419, 424, 442, 459, 468, 469, 472, 481, 482, 483, 492, 499, 505, 522, 528, 534, 538, 539
Caused by pitta, Ref. pitta.

Pakvāṣaya, 30, 86, 395, 485, 487, 488, 501, 504, 512
Colon.

Unit of weight and measurement; Approx. 48 Gm. or ml.

Palala, 147, 169
Immature curd or cheese.

Pâna, 337
Drink.

Pañca kola, 351, 380, 400, 408
Collective name of five drugs, namely, pippali, pippali mūla, cavya, citraka and nāgara.

Pañca ksāra, 350
Five types of alkali preparations.

Pañca lavana, 341, 350, 430, 478
Five types of salt.

Pañca mūla, 99, 105, 121, 140, 142, 162, 397
Five plants whose roots are used in medicine; of two types, namely brhat pañca mūla and ksudra pañca mūla.

Pañcāṅga type of bandage, 583
Specially used for fracture of jaw-bone.

Pañca valkala, 492, 532, 553
Group of five barks of trees, namely nyagrodha, udumbara, aśvattha, pāriṣa and plakṣa.

Pañcosana, 408
Same as Pañca kola.

Paribhāṣa, 136, 281
The text explaining technical terms.

Pārṣni, 456
Calcaneum bone.

Pāṭana, 520
Opening the wound by incision.

Pātra, 239, 351
Unit of measurement; Approx. 3.072 Kg. or Ltr.
Pātāla yantra, 433
  Equipment used under ground for extraction of oil.

Pāyasa, 14, 348, 399
  A type of milk preparation.

Peyā, 22, 114, 304, 339, 356
  Thin gruel.

Phuphusa, 512
  Lungs.

Piccita, 511, 514
  Contusion.

Picu, 354
  Cotton; usually in a swab-form.

Piḍakā, 265
  Pimples

Pīnosa, 262, 381, 441
  Chronic rhinitis.

Pindikā, 525
  Bolus form.

Pippali vardhamāna kalpa, 338
  A special rejuvenating therapy in which long pepper is used in a gradually increased and decreased quantity.

Piṣita, 257
  Muscle tissue.

Piṣṭānna, 208
  Pastry; food ingredients prepared of paste of corn flour, rice etc.

Piṣṭi, 43
  Amalgam.

  One of the three doshas—the other two being vāyu and kapha. For details Ref. Glossary in p-616 of Basic Principles of Ayurveda.
Pittaja, 1, 215, 420
Caused by pitta.

Pradeha, 523
Application of ointment.

Prahara, 551
Unit of measurement of time, equivalent to three hours.

Prāṇa vāyu, 320
One of the five varieties of vāyu. It is located in the heart and it regulates breathing, among others.

Prāṇāyāma, 41
A serious type of vātika disease in which vāyu causes contraction of the body with great force. In yoga, this term pertains to breath control; one of the steps of Aṣṭānga yoga.

Unit of measurement; Approx. 748 Gm.

Prati kṣipta, 563
Upward dislocation.

Pūpa, 338
Cake.

Pūpalikā, 455, 570
A type of cake.

Purgation therapy 21, 60, 103, 117, 147, 166, 177, 181, 327, 330-31, 334-36, 339, 363, 371
One of the Pañca Karmas for elimination of waste products through downward tract.

Puruṣakādi gana, 232
Group of drugs—vide Suśruta; Sūtra 38: 43-44.

Puṣpa netra, 249
Catheter.

Puṣya, 456
N. of a constellation.
Puṭa pāka, 82 103, 166, 189, 262, 343, 359, 360, 361, 362, 374
Preparation of bhasma etc., of metals by keeping inside a pit dug in the earth. The pit is filled with cowdung cakes and ignited. It is of several types and the dimension of pits varies.

Raktaja, 419, 424, 444, 445, 481, 493, 499, 506, 522
Caused by the vitiation of blood.

Rasa, 157, 159, 257
(a) Plasma, chyle and lymph.
(b) Digestive-end-product.

Rasa dhātu, 157
Plasma, chyle and lymph.

Ratha, 251
Cart; chariot

Ratti, 296
Syn. of guṇjā—unit of weight; Approx. 125 mg.

Ropana, 118, 520
Healing therapy.

Rudhirāśaya, 512
Liver and spleen.

Rūkṣa, 534
Ununctuous; not greasy.

Sakṣāra, 243
Having action of the alkalis.

Śakti, kunta, 512
Spear.

Śālasārādi gaṇa, 275, 284, 290
Group of drugs—vide Suśruta : Sūtra 38 : 8-9

Śālvaṇa, 114
A type of bath.

Samtarpana, 22, 304
Nourishing therapy.

Samvāhana, 234
Gentle massage.

Śāṇa 129, 287, 355
Unit of weight; Approx. 3 Gm.
Sandhāniya, 583
Drugs which help in joining two pieces of bones.

Sandhi, 535
Joints.

Śānkara sveda, 326
A type of fomentation by medicated steam.

Śānnipāṭīka, 1, 133, 152, 158, 181, 182, 279, 321, 324, 332, 343, 390, 393, 398, 400, 401, 468, 469, 481, 482, 484, 488, 489, 506
A disease caused by the simultaneous vitiation of all the three dosas.

Śarāva (sampuṭa), 38, 41, 103, 238, 288
Recipe closed inside two earthen plates and sealed.

Śārīra, 505
Endogenous.

Śarkarā, 176, 183, 214, 223, 224, 234, 235, 236, 284
Gravelluria.

Sarva gandha gana, 590
Group of drugs having good aroma—vide Aṣṭāṅga saṅgraha
8 : 72.

Śaṣa, 22
Rabbit.

Śastra, 464
Surgical instrument

Seka, 177, 337
Sprinkling of water.

Śephas, 225
Pudendum.

Sevanī, 217, 246, 252, 253, 425
Suture between umbilicus and pelvic region.

Simbi dhānya, 42
Legumes; pulses.

Śirā, 535
Vessels.

Śirāja, 443
Caused in a vessel.
Index: Glossary of Technical Terms

Siro vireka, 424
  Elimination of doṣas from head.
Śiśira, 5
  First half of winter.
Skandana, 537
  Coagulation.
Snāyu, 517, 535
  Ligaments including nerves.
Sneha (dravya), 327, 493, 534, 539, 546
  Oleation therapy; oil, ghee, etc.
Śodhana, 520
  Cleansing the wound by medicated decoctions.
Spandana, 112
  Palpititation.
Srāmsana, 117
  Mild laxative.
Stainitya, 7
  A feeling as if covered with wet-cloth.
Śukra, 256
  Semen in general and sperm in particular. One of the seven
groups of tissue elements.
Śukraja, 183, 209, 215
  Seminal.
Śukra vaha srotas, 252, 253
  Semen carrying channel.
Śuktī, 239, 415, 593
  Unit of weight; Approx. 24 Gm.
Surasādi gana, 309, 547
  Group of drugs—vide Suṣrūta: Sūtra 38:18-19
Svastiṣka type of bandage, 580
  Used for fracture or dislocation of shoulder joint.
Svasti vācana, 246
  Recitation of incantations for the welfare of the patient.
Svedana, 358
  Fomentation (therapy).
Svinna, 537
Liquefied; also fomented.

Tama, 120
A feeling as if entering into darkness.

Tikṣṇa, 4, 31, 173, 180, 307, 336, 391, 473
Ingredients having sharp attributes.

Tiryak gata, 563, 564
Sideward dislocation.

Tridosāja, 130
Caused by the simultaneous vitiation of all the three doṣas.

Trijātaka, 81
Collective name of three aromatic drugs, namely, tvak, elā and patra.

Trika, 220
Lumbo-sacral joint.

Trikaṭu, 33, 34, 35, 38, 40, 43, 44, 60, 104, 125, 201, 283, 294, 305, 333, 370, 475, 475, 550, 593, 594
Collective name for three pungent drugs, namely śunṭhi, pippalti and marica.

Trimada, 305, 593
Collective name for three drugs, namely mustā, vīdaṅga and citraka.

Collective name for three fruits, namely harītaki, bibhitaki and ṣāmalaki.

Trisugandhi, 288, 415
Collective name of three aromatic drugs, namely, tvak, elā and patra.

Trīṇa paṅca mūla, 178, 187
Group of five roots, namely, kuśa, kāsa, sara, darbha and ikṣu.

Tryūṣana, 48, 63, 73, 135, 147, 166, 332, 387, 409, 411
See trikaṭu.
Tulā, 80, 187, 241, 284, 288, 351, 380, 412, 413
Unit of weight; Approx. 4.800 Kg.

Tuṣāmbu, 20
A drink prepared by keeping soaked corns etc.

Udaka vaha srotas, 327
Channel carrying water.

Udara, 15, 67, 73, 83, 84, 95, 124, 127, 130, 132, 138, 141, 149,
167, 284, 307, 313, 319, 550
Obstinate abdominal diseases including ascites.

Udāvarta, 88-92, 94-99, 100-02, 104, 105, 116, 144, 352, 354,
381, 432
Upward movement of vāyu or misperistalsis.

Udveṣṭana, 197
Upward movement of the bladder.

Uṇḍuka, 512
Caecum.

Upanāha, 114, 118, 177, 448, 463, 464, 491, 520, 525, 546
Application of hot ointment.

Upasneha, 227
Exudation.

Urograha, 171, 172
Stiffness in the sides of chest as well as abdomen.

Uṣaṇa, 234
Pungent drug.

Utpiṣṭa, 563, 64
Crushed injury.

Uttara basti, 198, 205, 243, 251, 309
A type of medicated enema employed for curing diseases of
genital tract. It is administered through urethra. In females,
it is also administered through the vaginal tract.

Vāikṛtāpaha, 520
Correction of deformities.

Vaka yantra, 51
Distilling apparatus; retort.

Valla, 51, 84, 150, 188, 253, 360, 361, 362, 369, 416
Unit of weight; Approx. 375 mg. Also written as balla.
Valukā yantra, 253
An implement used for the preparation of medicine by sublimation. Ref. Sikatā yantra in p. 616 of the Glossary in Diagnosis and Treatment of Diseases in Ayurveda, Part-I.

Varatī, 315
Wasp.

Varti, 531, 532
Elongated pill generally used for collyrium and suppository.

Varunādi gana, 232, 290, 494
Group of drugs—vide Suśruta: Sūtra 38: 10-11.

Vārunī manda, 19, 115
A type of alcoholic preparation.

Vasā, 257, 260, 491
Muscle fat.

Vātaja, 215, 421, 427, 468
Caused by vāyu.

Vātānulomana, 113
Which helps in the downward movement of wind.

Vātika, 1, 20, 40, 57, 72, 89, 91, 109, 115, 126, 130, 133, 134, 135, 150, 158, 163, 183, 202, 209, 212, 219, 229, 230, 263, 321, 341, 390, 392, 397, 398, 410, 411, 419, 438, 442, 458, 462, 469, 481, 82, 491, 499, 505, 521, 528, 590
Diseases by aggravated vāyu.

One of the three doṣas. Ref. vāta in p. 625 of Glossary in Basic Principles of Āyurveda.

Vidagdha, 4
Putrefied.

Vidagdhatva, 488
Over matured or over suppurated.
Index: Glossary of Technical Terms

Vidāhi, 4, 109, 325, 417
Ingredients causing burning sensation.

Vidāri gandhādi gāṇa, 140
Group of drugs—vide Suṣruta : Sūtra 38 : 4-5.

Viddha, 511, 514
Punctured wound.

Vidradhi, 480, 481-483, 488, 489, 490-493, 534, 538
Abscess.

Viparita rati, 221
Having sexual intercourse with the man sleeping below and woman above him.

Viratarvādi gana, 202, 243

Vimlāpana, 520, 523
Dissolution of Oedema or the accumulated material.

Vīrya, 536
Potency.

Viṣaja, 390, 594
Caused by poisoning.

Visarpa, 534
Erysipelas.

Viśīṣṭa, 563, 564
Torn ligaments.

Vivartita, 563, 564
Twisted.

Viddhi, 47, 67, 287, 373, 419-427, 436, 478
Hydrocele and hernia.

Vṛṣaṇa, 225
Testicle.

See trikaṇṭu.

Vyāyāma, 576
Physical exertion or exercise.

Yama, 209, 228
The god of death,
Yava, 246
Unit of measurement; thickness of a barley grain; also refers to barley.

Yavāgū, 101, 144, 200, 232, 233, 250, 545
Thick gruel.

Yojana, 289
Unit of measuring distance equivalent to four Krotas or eight miles.

Yoni, 252
Female genital organ.

Yoni visodhana, 147
Cleansing of female genital organ.
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