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## MEDICINAL PLANTS W.S.R TO RAJA VALLABHA NIGHANTU- A REVIEW .

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**Abstract:** The *Raja Vallabha Nighantu* is divided into six *Pariccheda*(Sections). The first *Pariccheda* starts with salutation to the Lord *Govinda* the God almighty, and introduction of the *Nighantu*. This *Nighantu* was written by *Sriman Raja Vallabha Vaidyaraj*. The drugs mentioned in this *Nighantu* are; *Tila Taila, Sarshapa Taila, Eranda Taila, Atasi Taila, Kusumbha Taila, Karanja Taila, Nimba Taila, Haridra, Yasthimadhu, Amalaki, Vacha, Mustha, Chandana, Agar, Kumkuma, Lathakasturi, Tejapatra, Kankola, Shati, Ushira, Raktachandana, Srivasa(Sarala Nirayasa), Shali, Rakta Shali, Kalamadhana, Yava, Godhuma, Shyamaka, Mudga, Makusthaka, Masha, Rajamasha, Masura, Chanaka, Vartula(Satila), Atasi, Kulattha, Tuvri, Tila, Shimbi, Vastuka, Nadi, Kanchata, Hilamochika, Kalambi, Marisha, Kalashaka, Kakamachi, Putikashaka, Sarshapa, Sunishannaka, Shantishaka, Grishmasundara Shaka, Kasamarda, Shatapushpa, Punarnava, Moolaka, Tanduliyaka, Kalayashaka, Karkotakaphala, Deergha Patolika, Patola, Kushmanda Nadi, Alabi Nadi, Vetagra, Surana, Manaka, Kachu, Kadalimula, Kebuka Moola, Moolaka, Mulaka Pushpa, Khandakarna*, etc. Here an attempt is made the mentioned drugs are elaborated strictly on the basis of *Raja Vallabha Nighantu*. Further scope of study is to evaluate these drugs which are having, anti-viral, analgesic, anti pyretic, Anti epilepsy, Wound healing property, Anti depressant activity, anti anxiety activity etc are carried out through modern parameters.

**Keywords:** *Ayurveda, Raja Vallabha Nighantu, Pharmacological Actions* etc.

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**INTRODUCTION:**

The *Raja Vallabha Nighantu* is divided in to six *Pariccheda*(Sections). The first *Pariccheda* starts with salutation to the Lord Govinda the God almighty, and introduction of the *Nighantu*. This *Nighantu* was written by *Sriman Raja Vallabha Vaidyaraj*. The drugs mentioned in this *Nighantu* are; *Tila Taila, Sarshapa Taila, Eranda Taila, Atasi Taila, Kusumbha Taila, Karanja Taila, Nimba Taila, Haridra, Yasthimadhu, Amalaki, Vacha, Mustha, Chandana, Agar, Kumkuma, Lathakasturi, Tejapatra, Kankola, Shati, Ushira, Raktachandana, Srivasa(Sarala Niryasa), Shali, Rakta Shali, Kalamadhana, Yava, Godhuma, Shyamaka, Mudga, Makusthaka, Masha, Rajamasha, Masura, Chanaka, Vartula(Satila), Atasi, Kulattha, Tuvri, Tila, Shimbi, Vastuka, Nadi, Kanchata, Hilamochika, Kalambi, Marisha, Kalashaka, Kakamachi, Putikashaka, Sarshapa, Sunishannaka, Shantishaka, Grishmasundara Shaka, Kasamarda, Shatapushpa, Punarnava, Moolaka, Tanduliyaka, Kalayashaka, Mandukaparni, Bramhi, Changeri, Prikka Shaka, Langali, Chukraka, Shushani, Jayantika, Kadali Mochaka, Gokshura Shaka, Patolashaka, Varunapushpa Shaka, Kovidara Pushpa, Madhuka Pushpa, Karira, Vamsha Pushpa, Guvaka, Tada, Kharjura, Narikela, Talapralambaka, Munjakapushpa, Vartaka, Kushmanda, Alabu, Jhingaka, Trapusha, Karkati Phala, Sheerna Vrinta, Chelana, Karavellaka, Karkotakaphala, Deergha Patolika, Patola, Kushmanda Nadi, Alabi Nadi, Vetagra, Surana, Manaka, Kachu, Kadalimula, Kebuka Moola, Moolaka, Mulaka Pushpa, Khandakarna, Varahikanda, Vidarikanda,*

*Vamshakarira, Hasthikanda, Pindalu, Tarupta, Amra, Dadima, Matulunga, Limpaka, Jambira, Madhukukkutika, Naranga, Karkandhu, Karamarda, Likucha, Amrataka, Karmaranga, Prachinamalaka, Bahuvra, Lavani, Jaambu, Bhavya, Tinduka, Parushaka, Kapittha, Amlavetasa, Mahardaka, Tintidika, Nimbuka, Koshamra, Chiruka, Kanta Phala, Taala Phala, Narikela, Kadali Phala, Draksha, Kharjura, Gambhari Phala, Bilva Phala, Bakula Phala, Priyala Phala, Madhuka Phala, Vetra Phala, Phalu Phala, Haritaki, Vibhitaki, Amalaki Phala, Bdara Phala Majja, Kushmanda Phala Majja, Ikshu, Hingu, Jiraka, Bashpika, Ardra Dhanyaka, Kasundi Vatika, Haridra, Shatapushpa, Madhuri Yavani, Pippali, Maricha, Shunthi, Sarshapa, Rajika, Palandu, Rasona, Dalchini, Tejapatra, Palasha Kshara, Pooga, Tambula, Khadira, Ela, Lavanga, Jatiphala, Karpura, Mallika Pushpa, Dhataki Pushpa, Rangana Pushpa, Ketaki Pushpa, Raktapadma, Kumuda, Champaka, Jyotsna, Bilvamoola, Patalamoola, Gambharimoola, Ganikarikamoola, Erangamoola, Gokshuramoola, Kantakari, Brihati, Shalaparni, Prishniparni, Bala, Nagabala, Ashwagandha, Shatavari, Hasthikarna, Prasarini, Mashaparni, Mudgaparni, Vishala, Sariva, Shyamalatha, Gundra, Lodhra, Manjistha, Laksha, Prapaundarika, Jivanti, Asthavarga, Madhuka, Arjuna, Asthisamhara, Bringaraja, Dandotpala, Rudanti, Talamuli, Dronapushpi, Girikarnika, Vrischikali, Ahimsra, Sudarshana, Bharangi, Suryavarta, Kokilaksha, Ketaki, Halini, Karavira, Koshataki, Jyotishmati, Bramhi, Vacha, Vijaya, Shankhapushpi, Shirisha, Durva, Daruharidra, Avalguja, Yadagaja, Karanja,*



Nimba Phala, Vidanga, Renuka, Bhojapatra, Sinshipa, Asphota, Dhataki, Shaala, Nimba, Mahanimba, Bhunimba, Parpata, Patha, Kutaja, Indrayava, Hribera, Mustha, Ativisha, Ardraka, Katphala, Kustha, Shobhanjana, Yasha, Katuka, Rasna, Varuna, Paribhadra, Vasa, Guduchi, Pippalimoola, Chitraka, Danti, Snuhi Kshira, Arka, Arka Ksheera, Jayapala, Dhatura, Bhallatak, Guggulu, Rakta Trivruta, Rajavriksha, Rohita Vriksha, Vriddhadaru, Apamarga, Sinduvara, Tulasi, Murva, Vamshalochana, Swarnakshiri.

### DISCUSSION-

The above mentioned drugs are explained systematically as per Raja Vallabha Nighantu.

#### **TAILA GUNA** <sup>[1]</sup>-

1. **TAILA GUNA** - It is Vayasthapaka (Anti ageing), Sthairyakara (Strengthening), Vatashamaka (Subsides Vata Dosha), Used in Basthi Karma (Enema therapy), Abyanga (Massage), Nasya (Nasal administration), Karnapurana (Ear instillation).
2. **SARSHAPA TAILA GUNA** - It is Katu (Pungent in taste), Ushna (Hot in potency), Raktapitta Pradushayet (Vitiates Rakta and Pitta), It subsides Kapha Dosha, Vata Dosha and Shukra Dhatu, Kandu (Itching), Krimi (Worms).
3. **ERANDA TAILA GUNA** - It is Madhura (Sweet) in taste, Guru (Heavy), Kaphavardhaka (Increases Kapha Dosha), Shukra Vardhaka (Increases semen). It alleviates Vatarakta, Gulma, Hridayaroga, Jeerna Jwara, Anaha, Astheela, Pleeha, Udavarta, Shoola, Vataroga, Shwasa, Granthi, Bradhnaroga. It is used as Basthi (Enema) for Parshwa Shoola, Janu Shoola, Uru Shoola, Trika Sandhi Shoola, Asthi Shoola.
4. **ATASI TAILA GUNA**- It is Swadu (Sweet) in taste, Amla (Sour), Ushna (Hot in potency), Katu Paki (Pungent at post digestive effect).
5. **KUSUMBHA TAILA GUNA**- It is Katu (Pungent), Guru (Heavy), Ushna (Hot in potency), Tridoshakarakan (Increases Vata-Pitta-Kapha Doshas).
6. **KARANJA TAILA GUNA** - It is Tikta (Bitter), Krimighna (Subsides worms), Teekshna (Penetrating), Raktapitta Prakopaka (Increases Rakta and Pitta), Cures Kustha (Skin diseases), Kandu (Itching).
7. **NIMBA TAILA GUNA**- It is Tikta (Bitter), cures Kustha (Skin diseases), Kandu (Itching), Krimiharam Param (Excellent in subsiding worms).

#### **ANULEPANA GUNA** <sup>[2]</sup>-

1. **CHANDANA GUNA**- It is Sheetala (Cold in potency), Tikta (Bitter) in taste. It cures Trishna (Thirst), Daha (Burning sensation /

- excess heat in the body), *Raktapitta Nashaka*(Bleeding diseases).
2. **AGARU GUNA**- It is *Tikta*(Bitter), *Katu*(Pungent), *Ushna*(Hot in potency), cures *Vrina*(Wounds), and *Kapha-Vata Doshas*.
  3. **KUMKUMA GUNA**- It is *Bhedi*(Laxative), Cures *Vamana*(Vomiting), *Durgandha*(Foul smell), *Raktapitta*(Bleeding diseases), *Jwara*(Fever).
  4. **LATHA KASTURI GUNA**- It is *Hridya*(Cardio tonic), *Sheetala*(Cold in potency), *Tikta*(Bitter), subsides *Mukharoga*(Mouth related diseases).
  5. **TEJA PATRA GUNA**- It subsides *Kapha, Vata, Arsha*(Haemorrhoids), *Hrillasa, Aruchi*(Loss of appetite)
  6. **KANKOLA GUNA**- It is *Katu*(Pungent), *Hridya*(Good for heart), *Sugandha*(Pleasant smell), and subsides *Kapha Vata Doshas*.
  7. **SHATI GUNA**- It alleviates *Vata, Kapha Doshas, Shwasa*(Asthma), *Kasa*(Cough), *Jwara*(Fever).
  8. **USHIRA GUNA**- It subsides *Sweda*(Perspiration), *Daurgandha*(Foul smell), *Daha*(Heat), *Raktapitta*(Bleeding diseases).
  9. **RAKTA CHANDANA GUNA**- It is *Raktapittanashaka*(Subsides Bleeding diseases), *Balakaraka*(Promotes strength), *Chakshushya*(Good for eyes).
  10. **SRI VASA GUNA**- The **SARALA NIRYASA** is called as *Srivasa*. It has several names viz; *Dhoopasrala, Pooti, Kunduru, Granthparnaka, Silhika, Shilarasa, Mamsi, Devadaru, Ekangi, Nakhi, Alakshmi, Rakshasa Badha, Jwaranashana*(Subsides Fever).

**DHANYA BHEDA<sup>[3]</sup>**

1. **SHALI DHANYA GUNA**- It is *Madhura*(Sweet in taste), *Sheetala*(Cold in potency), *Laghu*(Light), *Balavardhaka*(Increases strength), *Pitta Nashaka, Kinchid Vata-Kaphakaraka, Snigdha*(Demulcent), *Alpa Malavardhaka*(Induces less stools).
2. **RAKTA SHALI GUNA**- It is *Tridoshanashaka*(Subsides *Vata, Pitta, Kapha Doshas*), *Chakshushya*(Good for eyes), *Shukraja*(produces semen), *Hridya*(Good for heart), *Swarya*(Good for voice), *Mutravardhaka*(Increases urine output), *Trishna Nivaraka*(Relieves excess thirst).
3. **KALAMA DHANYA GUNA**- It alleviates *Rakta Vikara*(Blood disorders), *Vata, Pitta, Kapha Doshas*. It is *Chakshushya*(Good for eyes), and *Kashaya*(Astringent).

4. **DADGHA BHUMIJATA SHALI DHANYA GUNA-** This type of *Shali Dhanya Laghu*(Light), *Kashaya*(Astringent), *Baddhavinmutra*(Causes dysuria and constipation), *Ruksha*(Dry), *Kaphahara*(Subsides *Kapha Dosh*).
5. **CHINNAROODHA SHALI DHANYA GUNA-** It is *Ruksha*(Dry), *Baddha Vitmutra*(Causes dysuria and constipation).
6. **GRAISHMIKA SHASHTIKA DHANYA GUNA-** The *Shasthika Shali* which is produced in *Grishma Rutu*(Summer season), is *Pittajanaka*(Induces *Pitta Dosh*), *Sthiratmaka*(Takes long time to digest).
7. **SHALI VISHESHA GUNA-** The *Shali Dhanya* produced in *Hemant Rutu Sheetala*(Cold in potency), *Virya Vardhaka*(Increases semen), *Madhura*(Sweet) in taste, *Baddha Vinmutra*(Causes dysuria and Constipation).
8. **PATALA VRIHI DHANYA GUNA** - It is *Ushna*(Hot in potency), *Malarodhaka*(Causes constipation), *Kleda* and *Tridoshakaraka*(Aggravates *Vata, Pitta* and *Kapha Dosh*).
9. **SHARAD-GRISHMA UDBHAVA DHANYA GUNA-** This type of *Dhanya* is *Amla*(Sour at post digestive effect), *Pittakaraka*(Aggravates *Pitta Dosh*), *Guru*(Heavy).
10. **RUTU SANDHI UDBHAVA DHANYA GUNA-** This type of *Dhanya* is *Ushna*(Hot in potency), *Pittakaraka*(Aggravates *Pitta Dosh*), *Kapha Nashaka*(Subsides *Kapha Dosh*).
11. **STHALAJA DHANYA GUNA-** This type of *Dhanya* is *Kapha Pitta Nashaka*(Subsides *Kapha* and *Pitta Dosh*), *Kashaya*(Astringent), *Katu*(Pungent at post digestive effect), *Madhura*(Sweet), *Vata* and *Agnivardhaka*(Appetizer).
12. **BORAVA VRIHI DHANYA GUNA-** The *Borava Vrihi Dhanya* is *Tridosha Kopaka*(Aggravates *Vata-Pippa-Kapha Dosh*), *Madhura*(Sweet), *Amla*(Sour at post digestive effect), *Pittakaraka*(Aggravates *Pitta Dosh*), *Guru*(Heavy).
13. **VAPITA DHANYA GUNA-** *Vapita Dhana* is *Guru*(Heavy).
14. **ROPYAROPYA DHANYA GUNA-** It is *Laghu*(Light), *Sheeghrapaki*(Easy to digest), *Gunadhya*(Excellent), *Avidahi*(Do not cause burning sensation), *Tridosha Nashaka*(Alleviates *Vata, Pitta* and *Kapha Dosh*), *Balakaraka*(Promotes strength), *Mutravardhaka*(Increases urine out put).

15. **YAVA GUNA**- *Yava* is *Kashaya*(Astringent), *Madhura*(Sweet) in taste, *Vata* *rakata Nashaka*(Alleviates Gout), *Guru*(Heavy), *Ruksha*(Dry), *Sthiratakaraka*(Gives stability), *Sheetala*(Cold in potency), *Mutra*, *Meda* and *Kapha Nashaka*(Alleviates urine diseases, fat, and *Kapha Doshas*).
16. **GODHUMA GUNA**- *Godhuma* is *Pusthikaraka*, *Balavardhaka*(Promotes strength), *Jivana*(Life promoting), *Vatapittaha*(Subsides *Vata* and *Pitta Doshas*), *Shukrajanaka*(Produces semen), *Snigdha*(Demulcent), *Guru*(Heavy), *Sheetala*(Cold in potency), *Sanghatakara*(Heals the breaking joints), *Saraka*(Mild laxative).
17. **TRINA DHANYA GUNA**- *Shyamaka Dhanya* is *Shoshaka*(Absorbent), *Ruksha*(Dry), *Vatavardhaka*(Increases *Vata Dosh*), *Kaphapittanashaka*(Subsides *Kapha* and *Pitta Doshas*).
18. **UDI, KODRAVA, HASTHISHYAMA, CHINAAK**- These are alleviates *Peenas*(Chronic rhinitis), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Urusthambha*, *Kantharoga*(Diseases of throat).
19. **UDI, KODRAVA**- *Udi Dhanya* is *Kaphavardhaka*(Aggravates *Kapha Dhosh*), *Kodrava* is *Grahi*(Absorbent), *Vatavardhaka*(Aggravates *Vata Dosh*), *Kapha Nashaka*(Subsides *Kapha Dosh*).
20. **KANGUKA DHANYA**- *Kangu Dhanya* is *Pusthikaraka*(Healthy), *Guru*(Heavy), *Bhagnasandhanakaraka*(Helps to join the fractures).
21. **MUDGA GUNA**- It is *Kashaya*(Astringent), *Madhura*(Sweet), *Kaphagna*(Subsides *Kapha Dosh*), *Sheetala*(Cold in potency), *Katu*(Pungent at post digestive effect), *Laghu*(Light), *Kinchit Vata Vardhaka*(Aggravates *Vata*). It alleviates *Raktapitta*(Bleeding diseases), *Chakshushya*(Good for eyes).
22. **MAKUSTHAKA**- It is *Sheetala*(Cold in potency), *Grahi*(Absorbent), subsides *Kapha*, *Pitta* and *Kshaya Roga*(Emaciation).
23. **MASHA GUNA**- It is *Bahumalakaraka*(Increases stool), *Virya Vardhaka*(Increases semen), *Snigdha*(Demulcent), *Ushna*(Hot in potency), *Madhura*(Sweet), *Guru*(Heavy), subsides *Vata Dosh*, *Pusthikaraka*(Healthy), *Balavardhaka*(Promotes strength), *Meda*, *Mamsa Kaphakaraka*(Aggravates fat, muscle, and *Kapha Dosh*).

24. **RAJA MASHA-** It is *Sara*(Laxative), *Ruchya*(Promotes taste), *Kapha*, *Shukra* and *Amlapitta Nashaka*(Subsides *Kapha Dosh*a, semen, and hyper acidity), *Swadu*(Sweet), *Vatala*(Increases *Vata Dosh*a), *Ruksha*(Dry), *Kashaya*(Astringent), *Vishada*(Cleansing), and *Guru*(Heavy).
25. **MASURA GUNA-** *Masura* is *Madhura*(Sweet), *Sheetala*(Cold in potency), *Kapha-Pitta Nashaka*(Subsides *Kapha* and *Pitta Dosh*a).
26. **CHANAKA GUNA-** *Chanaka* is *Vatakaraka*(Aggravates *Vata Dosh*a), *Sheetala*(Cold in potency). It alleviates *Kapha Dosh*a, *Raktapitta*(Bleeding diseases), *Pumsatwa Nashaka*.
27. **VARTULA GUNA-** It is *Vatala*(Aggravates *Vata Dosh*a), *Raktapitta Nashaka*(Alleviates Blood diseases), *Baddha vit*(Causes Constipation).
28. **ATASI GUNA-** *Atasi* is *Ushna*(Hot in potency), *Tikta*(Bitter), *Vataghna*(Subsides *Vata Dosh*a), *Kapha-Pitta Karaka*(Aggravates *Kapha* and *Pitta Dosh*as).
29. **KULATTHA GUNA-** *Kulattha* is *Kapha Vataghna*(Alleviates *Kapha* and *Vata Dosh*a), *Grahi*(Absorbent), *Ushna*(Hot in potency), *Pusthikaraka*(Healthy), *Katu*(Pungent). It alleviates *Gulma*, *Shukra*(Semen), *Ashmari*(Urinary calculi), *Meda*(Fat), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Prameha*(Urinary diseases including diabetes).
30. **TUVARI GUNA-** *Tuvari* is *Kapha-Pittashamaka*, *Kashaya*(Astringent), *Vatakaraka*(Mild aggravates *Vata Dosh*a).
31. **TILA GUNA-** *Madhura Vipaka*(Sweet at post digestive effect), *Balakaraka*(Promotes strength), *Snigdha*(Demulcent), wound healer, *Dantastirakaraka*(Gives strength to gums and teeth), *Medhajanaka*(Increases intellect), *Jatharagni Vardhaka*(Appetizer), *Mutrakaraka*(Promotes urine out put), Improves luster, *Keshya*(Good for hair), *Vatahara*(Subsides *Vata Dosh*a), *Guru*(Heavy).
32. **SHIMBI GUNA-** All types of *Shimbi Dhanya* are *Ruksha*(Dry), *Vatala*, *Swadu*(Sweet), *Sheetala*(Cold in potency), *Visthabhini*(Causes constipation), *Kashaya*(Astringent), alleviates *Mala*, *Agni*(Digestive fire), *Shukra*(Semen), *Kapha Nashaka*.

**SHAKA GUNA<sup>[4]</sup>-**

All types of *Shaka Gunas* are *Visthambhi* (Causes constipation), *Guru*(Heavy), *Ruksha*(Dry), *Bahumalavardhaka* (Increases



stool formation), *Vayukaraka*(Aggravates *Vata Dosh*).

1. **VASTUKA SHAKA GUNA**- *Vastuka Shaka* is *Katu Vipaka*(Pungent at post digestive effect), *Kriminashaka*(Alleviates worms). *Medha Vardhaka*(Promotes intellect), *Agni Vardhaka*(Promotes appetite), *Bala Vardhaka*(Promotes strength), *Tridoshagna*(Subside the *Vata, Pitta, Kapha Dosh*), *Rochaka*(Taste promoter).
2. **NAADI SHAKA GUNA**- *Naadi Shaka* is of two types viz; *Tikta Shaka*, and *Madhura Shaka*. The *Tikta Shaka* is *Raktapitta Naashaka*(Subsides blood diseases), *Kostha Krimi Nashana*(Alleviates intestinal worms). The *Madhura Shaka* is *Picchila*(Sticky), *Sheetala*(Cold in potency), *Visthambhi*(Causes constipation), and *Kapha- Vata Vardhaka*(Aggravate the *Kapha* and *Vata Dosh*). The *Shushka Nadi Shaka*(Dried *Nadi Shaka*) is *Jaladoshagna, Pitta, Kapha* and *Amavata Nashaka*(Subsides *Pitta, Kapha Dosh* and Rheumatoid arthritis).
3. **KANCHATA SHAKA GUNA**- The *Kanchata Shaka* is *Kaphakaraka*(Aggravates *Kapha Dosh*), *Grahi*(Absorbent), *Sheetala*(Cold in potency), *Laghu*(Light), *Raktapitta Nashaka*(Subsides blood diseases).
4. **HILAMOCHIKA SHAKA GUNA**- It is *Saraka*(Laxative), *Tikta*(Bitter), *Kusthagna*(Alleviates skin diseases), *Kapha-Pitta Nashaka*(Subsides *Kapha* and *Pitta Dosh*).
5. **KALAMBI SHAKA GUNA**- *Kalambi* is *Stanyaprada*(Galactogogue), *Madhura*(Sweet), *Shukrajanaka*(Promotes semen production).
6. **MARISHA SHAKA GUNA**- *Marisha Shaka* is *Madhura*(Sweet), *Sheetala*(Cold in potency), *Visthambhi*(Causes constipation), *Pitta Nashaka*(Subsides *Pitta Dosh*), *Guru*(Heavy).
7. **KAALA SHAKA GUNA**- *Kala Shaka* is *Katu*(Pungent), *Deepana*(Appetizer), *Gara Visha Nashaka*(Alleviates chronic poisoning) *Shothajit*(Alleviates edema).
8. **KAKAMACHI SHAKA GUNA**- *Kakamachi Shaka* is *Tridoshanashaka*(Alleviates *Vata-Pitta-Kapha Dosh*), *Veerya Vardhaka*(Increases semen), *Rasayana*(Rejuvenate the cells).
9. **POOTI SHAKA GUNA**- *Pooti Shaka* is *Sara*(Laxative), *Snigdha*(Demulcent), *Balakara*(Promotes strength), *Kaphakaraka*(Aggravates *Kapha Dosh*), *Sheetala*(Cold in potency), *Swadu Paka*(Sweet at post digestive effect), *Vata-*

- Pitta Nashaka, Mada Nashaka*(Allevitates *Vata-Pitta Doshas* and acts as anti narcotic).
10. **SARSHAPA SHAKA GUNA**-*Sarshapa Shaka* is *Krimi Janaka*(Induces worms), *Swadu*(Sweet), *Tridoshskaraka*(Aggravates *Vata-Pitta-Kapha Doshas*), *Raktapittakaraka*(Aggravates bleeding diseases).
  11. **SUNISHANNAKA SHAKA GUNA**-*Sunishannaka Shaka* is *Avidahi*(Does not cause burning sensation), *Tridosha Nashaka*(Subsides *Vata-Pitta-Kapha Doshas*), *Grahi*(Absorbent).
  12. **SHALINCHA SHAKA GUNA**- *Shalinch Shaka* is *Deepana*(Appetizer), *Tikta*(Bitter), alleviates *Pleeha*(Spleen diseases), *Arsha*(Haemorrhoids), *Kapha-Vata Doshas*.
  13. **GRISHMA SUNDARA SHAKA GUNA**- It is *Tikta*(Bitter), *Rochana*(Promotes taste), *Kapha-Pitta Nashaka*(Alleviates *Kapha* and *Pitta Doshas*).
  14. **KASAMARDA SHAKA GUNA**- *Kasamarda Shaka* is *Agnikaraka*(Promotes appetite), *Swarya*(Improves voice), *Swadu*(Sweet), *Tikta*(Bitter), *Tridoshanashaka*(Subsides *Vata-Pitta-Kapha Doshas*).
  15. **SHATAPUSHPA SHAKA GUNA**- It is *Madhura*(Sweet), *Guru*(Heavy), *Vata* and *Pitta Nashaka*.
  16. **PUNARNAVA SHAKA GUNA**- *Punarnava Shaka* is *Ushna Virya*(Hot in potency), *Bhedi*(Laxative), *Rasayani*(Rejuvenative), alleviates *Kapha, Vata, Ama, Arsha*(Haemorrhoids), *Bridhna*(Hernia), *Shotha*(Edema), *Udararoga*(Abdominal diseases).
  17. **MOOLAKA SHAKA GUNA**- It is *Ruchikaraka*(Promotes taste) and *Agnidipaka*(Promotes appetite).
  18. **TANDULIYA SHAKA GUNA**- It alleviates *Raktapitta*(Bleeding diseases), *Visha*(Poison) effect.
  19. **KALAYA SHAKA GUNA**- It is *Madhura*(Sweet), *Pitta Nivaraka*(Subsides *Pitta Doshas*), *Shleshma Nashaka*(Subsides *Kapha Doshas*), *Kashaya*(Astringent), *Ruksha*(Dry), *Visthambhi*(Causes constipation), *Vatala*(Aggravates *Vata Doshas*).
  20. **BRAMHI SHAKA GUNA**- It is *Bhedi*(Laxative), *Guru*(Heavy), *Medhya*(Promotes intellect), alleviates *Pitta* and *Kapha Doshas*.
  21. **CHANGERI SHAKA GUNA**- *Changeri Shaka* is *Vanhi* *Vardhaka*(Appetizer), *Sangrahi*(Absorbent), and *Kapha-Vata*

- Nashaka*(Subsides *Kapha* and *Vata Doshas*).
22. **PRUKKA SHAKA GUNA**- It is *Madhura Vipaka*(Sweet at post digestive effect), *Hitakari*(Palatable), *Pitta Kapha Nashaka*(Subsides *Pitta* and *Kapha Doshas*).
23. **LANGALI SHAKA GUNA**- It alleviates *Kapha* and *Pitta Doshas*. It is *Ruksha*(Dry), *Vibandha Nashaka*(Relieves constipation).
24. **CHUKRAKA SHAKA GUNA**- It is *Durjara*(Difficult to digest), *Bhedi*(Laxative), *Vata Nashaka*(Subsides *Vata Doshas*), *Guru*(Heavy), *Pittakaraka*(Aggravates *Pitta Doshas*).
25. **SUSHANI-MAHARASTHRI SHAKA GUNA**- Both are *Kapha Vata Nashaka*(Alleviates *Kapha* and *Vata Doshas*).
26. **JAYANTI SHAKA GUNA**- It is *Garadoshagni*(Subsides chronic poison effect), *Chakshushya*(Improves vision), *Guru*(Heavy).
27. **KADALI MOCHAKA GUNA**- It is *Hridya*(Cardio tonic), *Deepana*(Appetizer), *Basthi Shodhaka*(Cleanses bladder). It alleviates *Kapha*, *Krimi*(Worms), *Thrishna*(Thirst), *Pleeha*(Spleen diseases), *Jwara*(Fever).
28. **PATOLA SHAKA GUNA**- *Patola Shaka* alleviates *Kapha Doshas*, *Raktapitta*(Blood diseases), *Jwara*(Fever), *Kustha*(Skin diseases) and *Vrina*(Wounds or ulcers).
- PUSHPA SHAKA**<sup>[5]</sup>-
1. **VARUNA PUSHPA SHAKA GUNA**- *Varuna Pushpa* is *Grahi*(Absorbent), alleviates *Pitta Doshas* and *Amavata Nashaka*(Rheumatoid arthritis).
  2. **VASAKA- VANGASENA PUSHPA SHAKA GUNA**- Both are *Katupaki*(Pungent at post digestive effect), *Tikta*(Bitter), *Kasa*(Cough) and *Kshayarogahara*(Cures tuberculosis).
  3. **KOVIDARA AND KARBUDARA PUSHPA GUNA**- *Kovidara* and *Karbudara Pushpa Shaka* are *Malarodhaka*(Causes constipation), and *Raktapitta Nivaraka*(Alleviates blood diseases).
  4. **MADHUKA PUSHPA GUNA**- *Madhuka Pushpa* is *Hridya*(Cardio tonic), *Tarpana* and *Pusthikaraka*(Promotes health).
  5. **KARIRA-VAMSHA PUSHPA GUNA**- Both are *Ruksha*(Dry), *Vata-Pittakaraka*(Aggravates *Vata* and *Pitta Doshas*). *Katu*(Pungent), *Kashaya*(Astringent), *Vidahi*(Causes burning sensation), *Shleshmaghna*(Subsides *Kapha Doshas*), *Katu Vipaka*(Pungent at post digestive effect).

6. **GUVAKADI VRIKSHAMASTHAKA GUNA-** *Pooga, Taada, Kharjura, Narikela* trees flowers are *Swadu*(Tasty), *Tikta*(Bitter), *Kashaya*(Astringent), *Mootraroga Nashaka*(Alleviates urinary diseases), increases *Bala*(Strength), *Ayu*(Life span), *Shukra*(Semen).
  7. **TAALAPRALAMBA GUNA-** It is *Ruksha*(Dry), *Kshataroga*(Heals the injured chest).
  8. **MUNJATAKA GUNA-** It is *Swadu*(Sweet), *Veerya Vardhaka*(Increases semen), *Pitta* and *Vata Nashaka*(Subsides *Pitta* and *Vata Doshas*).
- PHALA SHAKA<sup>[6]</sup>-**
1. **VARTAKA PHALA GUNA-** It is *Jatharagni Pradipaka*(Increases appetite), *Vatanashaka*(Subsides *Vata Doshas*), *Veeryajanaka*(Promotes semen), *Rakta Vardhaka*(Increases blood), alleviates *Hrillasa, Kasa*(Cough), *Aruchi*(Loss of taste).
  2. **BALA-PAKWA VARTAKA GUNA-** It is *Kapha* and *Pitta Nashaka*(Subsides *Kapha* and *Pitta Doshas*), Whereas ripe one is *Kshara*(Alkali), *Pitta Vardhaka*(Aggravates *Pitta Doshas*).
  3. **MADHYAMA VARTAKA GUNA-** It is *Tridosha Nashaka*(Alleviates *Vata-Pitta-Kapha Doshas*), *Raktapitta Prasadaka*(Subsides blood diseases), *Kandu*(Itching sensation), *Kacchuroga Nashaka*(Subsides skin diseases).
  4. **KANTAKAYUKTA VARTAKA GUNA-** It is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Raktapitta Prakopaka*(Aggravates blood diseases), Subsides *Kandu*(Itching sensation), *Kacchu*(Skin diseases).
  5. **ANGARA PAKWA VARTAKA GUNA-** *Angara Pakwa Vartaka* is *Kinchit Pittakaraka*(Mild *Pitta Doshakaraka*), *Saraka*(Laxative), *Laghu*(Light), alleviates *Kapha, Vata Doshas, Meda*(Fat).
  6. **BRIHATI-KANTAKARI PHALA GUNA-** The fruits of these plants alleviates *Pitta Doshas, Kapha Doshas, Kandu*(Itching sensation), *Kustha*(Skin diseases), *Krimi*(Worms). These are *Laghu*(Light), *Ushna*(Hot in potency), *Katu*(Pungent), *Tikta*(Bitter) in taste.
  7. **KUSHMANDA GUNA-** It is *Pittahara*(Subsides *Pitta Doshas*), Small variety is *Kaphanashaka*(Subsides *Kapha Doshas*), Matured *Kushmanda* is *Laghu*(Light), *Ushna*(Hot in potency), *Ksharayukta*(Alkali), *Deepana*(Appetizer), *Basthi Shodhaka*(Cleanses bladder), *Tridosha Nashaka*(Alleviates *Vata-Pitta* and *Kapha Doshas*), *Hridya*(Cardio tonic).
  8. **ALABU GUNA-** It is *Bhedaka*(Laxative), *Guru*(Light), *Pittanashaka*(Subsides *Pitta*



- Dosha), *Kaphakaraka*(Aggravates *Kapha* Dosha), *Sheetala*(Cold in potency). The *Pandu Varna Alabu*(White/Pale variety) is *Tikta*(Bitter), *Laghu*(Light) alleviates *Krimi*(Worms), *Pitta* and *Kapha* Dosha.
9. **JHINGAKA GUNA-** It is *Tikta*(Bitter), *Madhura*(Sweet), *Mandagnikaraka*(Suppress the appetite), alleviates *Amavata*(Rheumatoid arthritis).
  10. **TRAPUSHA AND ERVARUKA GUNA-** These are *Swadu*(Tasty), *Guru*(Heavy), *Visthambhakaraka*(Causes constipation), *Sheetala*(Cold in potency), *Mukhapriya*(Used as cosmetic), *Ruksha*(Dry), *Mutravardhaka*(Increases urine out put), alleviates *Daha*(Burning sensation), *Thrishna*(Thirst).
  11. **KARKATI PHALA GUNA-** Matured *Karkati Phala* alleviates *Vamana*(Vomiting), *Thrishna*(Thirst), *Klama*.
  12. **SHEERNA VRINTA GUNA-** It is a type of water melon causes *Kapha* Dosha, and it is *Kshara*(Alkali), *Madhura*(Sweet), *Lghu*(Light).
  13. **CHELANA GUNA-** *Chelana*(Water Melon) is *Guru*(Heavy), *Visthambhikara*(Causes constipation), *Madhura*(Heavy), *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta* Doshas).
  14. **KARAVELLA GUNA-** It is *Avrishya*(Non-aphrodisiac), *Rochaka*(Taste promoter), *Kapha* and *Pittanashaka*(Subsides *Kapha* and *Pitta* Dosha *Nashaka*).
  15. **KARKOTAKA PHALA GUNA-** It is *Avrishya*(Non-aphrodisiac), *Rochaka*(Taste promoter), *Kapha* and *Pittanashaka*(Subsides *Kapha* and *Pitta* Dosha *Nashaka*).
  16. **DEERGA PATOLIKA GUNA-** It is *Snigdha*(Demulcent), *Katu*(Pungent), *Visthambhakaraka*(Causes constipation), *Vatavardhaka*(Aggravates *Vata* Dosha), *Bhedaka*(Laxative), *Sheetala*(Hot in potency), *Ruchikaraka*(Taste promoter), *Kahaprakopaka*(Aggravates *Kapha* Dosha).
  17. **PATOLA GUNA-** It alleviates *Kapha* Dosha, *Raktapitta*(Blood diseases), *Vrina*(Wound/Ulcer), *Kustha*(Skin diseases), *Jwara*(Fever), *Visarpa*(Herpis), *Netraroga*(Eye diseases), *Visha*(Poison effect), *Tridosha*(*Vata-Pitta* and *Kapha* Doshas).
  18. **KUSHMNDI NADI SHAKA GUNA-** It is *Guru*(Heavy), alleviates *Sharkara*(Diabetes), and *Ashmari*(Calculi).
  19. **ALABU NADI SHAKA GUNA-** It is *Guru*(Heavy), *Madhura*(Sweet), *Malabhedini*(Laxative).

20. **VETAGRA GUNA-** It is *Agnidipaka*(Appetizer), *Ruchikaraka*(Taste promoter), *Kapha Nashaka*(Subsides *Kapha Dosh*).

#### **MOOLA SHAKA<sup>[7]</sup>-**

1. **SOORANA GUNA-** It is *Jatharagni Deepaka*(Appetizer), *Ruchikaraka*(Promotes taste), *Kaphanashaka*(Subsides *Kapha Dosh*), *Vishada*(Clearness), *Laghu*(Light), *Arshoghna*(Subsides haemorrhoids).
2. **MANAKA GUNA-** It is *Swadu*(Tasty), *Sheetala*(Cold in potency), *Guru*(Heavy), *Shotha Nashaka*(Subsides edema), *Katu*(Pungent ate post digestive effect).
3. **KACHU GUNA-** *Kachu* is *Saraka*(Laxative), *Katupaki*(Pungent at post digestive effect), *Amavatakaraka*(Induces rheumatoid arthritis), *Guru*(Heavy), *Picchila*(Sticky).
4. **KADALI MOOLA GUNA-** It is *Balakrita*(Promotes strength), *Vata-Pitta Nivaraka*(Subside *Vata* and *Pitta Dosh*), *Guru*(Heavy).
5. **KEBUKA MOOLA GUNA-** *Kebuka Moola* is *Kapha-Pittaghna*(Subside *Kapha* and *Pitta Dosh*), *Ruchikaraka*(Taste promoter), *Agnidipaka*(Appetizer).

6. **MOOLAKA GUNA-** It is *Guru*(Heavy), *Visthambhakara*(Causes constipation), *Teekshna*(Penetrating), *Tridoshakaraka*(Aggravates *Vata-Pitta* and *Kapha Dosh*).
7. **SHUSHKA MOOLAKA GUNA-** Dried *Moolaka* is *Tridosha Shamana*(Subsides *Vata-Pitta-Kapha Dosh*), *Shothaghna*(Reduces edema), *Laghu*(Light), *Gara*(Subsides chronic poison).
8. **MOOLAKA PUSHPA PHALA GUNA-** It is *Pitta Nashaka*(Subsides *Pitta Dosh*), *Kapha-Vata Shamaka*(Subsides *Kapha* and *Vata Dosh*).
9. **KHANDA KARNA GUNA-** *Khanda Karna*(Potato) is *Kaphanashaka*(Subsides *Kapha Dosh*), *Katu Paka*(Pungent at post digestive effect), *Pitta Nivaraka*(Subsides *Pitta Dosh*).
10. **VARAHI KANDA GUNA-** It is *Shleshmagna*(Subsides *Kapha Dosh*), *Pittakrit*(Aggravates *Pitta Dosh*), *Balavardhana*(Increases strength).
11. **VIDARIKANDA GUNA-** It is *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Dosh*), *Veerya Vardhaka*(Increases semen), *Rasayana*(Rejuvenate the cells).
12. **VAMSHA KARIRA GUNA-** It is *Kaphanashaka*(Subsides *Kapha Dosh*),

*Kashaya*(Astringent),

*Dahajanaka*(Promotes burning sensation).

13. **HASTIKANDADI GUNA-** *Hasti Kanda* and *Madhu Alu* are *Raktapitta Nashaka*(Subsides bleeding diseases), *Guru*(Heavy), *Swadu*(Tasty), *Sheetala*(Cold in potency), *Stanya*(Galactagogue), *Shukrakara*(Promotes semen production).
14. **PINDALUKA GUNA-** It is *Kapahkara*(Increases *Kapha Dosh*), *Guru*(Heavy), *Vataprakopaka*(Aggravates *Vata Dosh*).
15. **TARUPTADI GUNA-** *Tarupta*(Neelotpala), *Bisa*, *Shaluka*, *Kraunchadana*, *Kasheru*, *Singhada*, *Ankola* are *Guru*(Heavy), *Vishambhakara*(Causes constipation), *Sheetala*(Cold in potency).

#### **PHALA GUNA<sup>[8]</sup> -**

1. **BALA AMRA PHALA GUNA-** It is *Raktapittakaraka*(Causes bleeding disorders), *Amlapittajanaka*(Causes hyper acidity).
2. **PALALAJA SHAKA GUNA-** The *Palalaja Shaka* is *Ruksha*(Dry) and *Tridoshaka*(Aggravates *Vata-Pitta* and *Kapha*)
3. **PAKWAMRA PHALA GUNA-** *Varnakara*(Promotes complexion),

*Ruchya*(Tasty), increase *Shukra*(Semen), *Mamsa*(Muscle), *Balavardhaka*(Increases strength). It is *Pittanivaraka*(Subsides *Pitta Dosh*), *Vataghna*(Alleviates *Vata Dosh*), *Hridya*(Cardio tonic), *Guru*(Heavy), *Anulomaka*(Downward movement of the *Vata Dosh*). When it is consumed with honey it cures *Kshaya*(Wasting), *Pleeha*(Spleen diseases), *Vatagna*(Subsides *Vata Dosh*). When it is consumed with *Ghrita*(Ghee) it acts as *Vata-Pitta Nashaka*, *Jatharagni Pradipaka*(Appetizer), *Balakara*(Strength promoter) *Varnakaraka*(Improves complexion).

4. **AMRAPESHI GUNA-** It is *Kashaya*(Astringent), *Amla*(Sour), *Bhedi*(Laxative), *Kapha-Vatajit*(Subsides *Kapha* and *Vata Dosh*s).
5. **DADIMA GUNA-** It is *Hridya*(Cardio tonic), *Amla*(Sour), *Vataghna*(Subsides *Vata Dosh*), *Ushna*(Hot in potency), *Grahi*(Absorbent), *Dipana*(Appetizer), *Kashaya*(Astringent), subsides *Kapha* and *Pitta Dosh*s.
6. **MATULUNGA PHALA GUNA-** It is *Hridya*(Cardiac tonic), *Amla*(Sour), *Laghu*(Light), *Agnidipana*(Stimulates appetite). It cures *Shwasa*(Dyspnoea),

*Kasa*(Cough), *Aruchi*(Loss of appetite), *Trishna*(Thirst), *Kantha* *Shodhaka*(Improves voice), It cures *Vibandha*(Constipation), *Hikka*(Hiccough), *Shoola*(Pain), *Chardi*(Vomiting).

7. **LIMPAKA GUNA**- It is a type of *Jambira Nimbu*. It is *Sugandhi*(Aromatic), *Swadu*(Sweet/Palatable), *Amla*(Sour), *Rochaka*(Taste promoter), *Vata-Kapha Nashaka*, *Hridya*(Cardio tonic), Cure *Vamana*(Vomiting), *Pittakara*(Mild *Pitta Doshaka*).
8. **JAMBIRA GUNA**- It is *Kinchit Madhura*(Mild sweet), *Atyanta Amla*(Extremesour), *Pittakaraka*, *Guru*(Heavy), *Sugandhi*(Aromatic), *Durjara*(Difficult to digest), subsides *Agni*(Digestive fire), *Kapha*, *Vata Dosh* and *Vibandha*(Constipation).
9. **MADHU KUKKUTIKA GUNA**- It is *Sheetala*(Cold in potency), *Kaphakaraka*(Aggravates *Kapha Dosh*), *Asya Prasadini*(Cleanses mouth), *Ruchya*(Tasty), *Swadu*(Sweet), *Guru*(Heavy), *Snigdha*(Demulcent), *Vata-Pitta Vinashini*(Subsides *Vata* and *Pitta Dosh*).
10. **NARANGA GUNA**- It is *Sugandhi*(Aromatic), *Durjara*(Difficult to digest), *Guru*(Heavy),

*Kinchit Amla*(Mild sour), *Madhura*(Sweet), *Virya Vardhaka*(Increases semen), *Vatanashaka*(Alleviates *Vata Dosh*).

11. **APAKWA KARKANDHU-KOLA-BADARA GUNA**- All these when unripe acts as *Pitta* and *Kapha Vardhaka*(Aggravates *Pitta* and *Kapha Dosh*s). Whereas when ripe act as *Pitta* and *Vata Nashaka*(Subsides *Pitta* and *Vata Dosh*s). *Snigdha*(Demulcent), *Madhura*(Sweet), *Saraka*(Laxative).
12. **SHUSHKA BADARA GUNA**-Act as *Kapha Vatanashak*(Subside *Kapha* and *Vata Dosh*s).
13. **PURATANA BADARA GUNA**- Act as *Trit Prashamana*(Subsides thirst), *Shramagna*(Promotes strength), *Dipana*(Appetizer), *Laghu*(Light).
14. **KARAMARDA GUNA**- It is *Pipasagna*(Alleviates thirst), *Amla*(Sour), *Ruchya*(Tasty), *Pittajanaka*(Aggravates *Pitta Dosh*).
15. **LIKUCHA PHALA GUNA**- It is *Guru*(Heavy), *Visthambhakara*(Causes constipation), *Tridoshajanaka*(Aggravates *Vata-Pitta* and *Kapha Dosh*s), *Shukra Dushanam*(Vitiates semen).
16. **AMRATAKA PHALA GUNA**- It is *Truptikaraka*(Satisfying), *Balavardhaka*(Promotes strength),



- Guru(Heavy), Visthambhi(Causes constipation), Ajirnakaraka(Causes indigestion).
17. **KARMARANGA PHALA GUNA-** It is Teekshna(Penetrating), Ushna(Hot in potency), Katu Vipaka(Pungent at post digestive effect), Amla(Sour), Pittakrit(Aggravates Pitta Dosh).
18. **PRACHINMALAKA GUNA-** It is Grahi(Absorbent), Swadu(Tasty), Amla(Sour), Mukshashodhaka(Cleanses oral cavity).
19. **BAHUVARA PHALA GUNA-** It is Sheetala(Cold in potency), Virya Vardhaka(Increases semen), Guru(Heavy) and Kapha Karaka(Aggravates Kapha Dosh).
20. **LAVANI PHALA GUNA-** It is Hridya(Cardio tonic), Sugandhi(Aromatic), subside Kapha-Vata Doshas.
21. **JAMBU PHALA GUNA-** It is Guru(Heavy), Vishtambhi(Causes constipation), Kashaya(Astringent), Swadu(Tasty), Sheetala(Cold in potency), Agnidushaka(Suppress appetite), Ruksha(Dry), Vatavardhaka(Aggravates Vata Dosh), Kapha and Pitta Nashaka(Subsides Kapha and Pitta Doshas).
22. **BHAVYA PHALA GUNA-** It is Swadu(Tasty), Kashaya(Astringent), Amla(Sour), Hridya(Cardio tonic), Mukha Shodhaka(Cleanses oral cavity).
23. **APAKWA TINDUKA PHALA GUNA-** It is Vatanashaka(Subsides Vata Dosh), Kashaya(Astringent), Guru(Heavy), Sheetala(Cold in potency).
24. **PAKWA TINDUKA PHALA GUNA-** It is Guru(Heavy), Madhura(Sweet), alleviates Kapha-Pitta Doshas.
25. **APAKWA PARUSHAKA PHALA GUNA-** It is Vata Nashaka, and Pitta Karaka(Alleviates Vata and aggravates Pitta Doshas).
26. **PAKWA PARUSHAKA PHALA GUNA-** It is Madhura(Sweet) in taste, Madhura Paka(Sweet at post digestive effect), Sheetala(Cold in potency), alleviates Vata and Pitta Doshas.
27. **APAKWA KAPITTHA PHALA GUNA-** It alleviates Kandu(Itching sensation), Visha(Poison), It is Madhura(Sweet), Amla(Sour), and Kashaya(Astringent), Ruchprada(Taste promoter), Malarodhaka(Constipation), Vatavardhaka (Aggravates Vata Doshas).
28. **PAKWA KAPITTHA PHALA GUNA-** It is Tridosha Nashaka(Alleviates Vata-Pitta and Kapha Doshas), Guru(Heavy),

*Grahi*(Absorbent), *Visha*  
*Vinashaka*(Subsides poisonous effects).

29. **APAKWA AMLAVETASA GUNA-** It is *Ati Amla*(Sour), alleviates *Adhmana*(Distention of abdomen), *Kapha* and *Vata Doshas*.
30. **PAKWA AMLAVETASA GUNA-** It is *Tridosha Nashaka*(Alleviates *Vata-Pitta-Kapha Doshas*), *Shramahara*(Relieves fatigue), *Grahi*(Absorbent), *Guru*(Heavy).
31. **MAHA ARDAKA GUNA-** The *Vana Ardraka* is *Dipana*(Appetizer), *Grahi*(Absorbent), *Ruksha*(Dry), subsides *Vata-Kapha Doshas*.
32. **APAKWA TINTIDIKA PHALA GUNA-** The raw tamarind is *Vatanivaraka*(Subsides *Vata*), *Kapha* and *Pittakaraka*(Aggravates *Kapha* and *Pitta Doshas*).
33. **PAKWA TINTIDIKA PHALA GUNA-** The matured tamarind is *Deepana*(Appetizer), *Ruchikaraka*(Taste promoter), *Ushna*(Hot in potency), *Kapha* and *Vata Vinashaka*(Subsides *Kapha* and *Vata Doshas*).
34. **KARUNA NIMBUKA GUNA-** The lemon is *Kapha*, *Vatarakta*, and *Meda Doshas Nashaka*(Alleviates *Kapha Doshas*, gout, and obesity), and *Pitta Prakopaka*(Aggravates *Pitta Doshas*).
35. **KOSHAMRA PHALA GUNA-** The *Koshamra* is *Kapha- Vata Nashaka*(Subsides *Kapha* and *Vata Doshas*), *Jatharagni Dipaka*(Stimulates appetite), *Grahi*(Absorbent).
36. **CHEERUKA PHALA GUNA-** The *Cheeruka Phala* is *Ruchikaraka*(Tasty), *Amla*(Sour), *Dahajanaka*(Causes burning sensation), *Kapha-Pittakaraka* (Aggravates *Kapha* and *Pitta Doshas*).
37. **PAKWA KANTA PHALA GUNA-** The matured *Kanta Phala* is *Madhura*(Sweet), *Pusthikaraka* (Strength promoter and nourishes the tissues), *Guru*(Heavy), *Sheetala*(Cold in potency), *Durjara*(Difficult to digestion), *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Doshas*), Aggravates *Kapha Doshas*, *Shukra*(Semen), *Balavrdhaka*(Strength).
38. **APAKWA KANTA PHALA GUNA-** The raw *Kanta Phala* is *Kashaya*(Astringent), *Swadu*(Tasty), *Sheetala*(Cold in potency), *Kapha-Pitta Nashaka*(Subsides *Kapha* and *Pitta Doshas*).
39. **TAALA PHALA GUNA-** The *Taala Phala* is *Swadu*(Tasty), *Vata Nashaka*(Subsides *Vata Doshas*), *Pusthikaraka*(Nourishes the tissues), *Kriminashaka*(Subsides worms), *Kusthanashaka*(Alleviates skin diseases), *Raktapitta Nashaka*(Cures bleeding diseases).

- 40. TAALA SHASYA GUNA-** The *Taala Shasya* is *Madhura*(Sweet), *Mutrajanaka*(Increases urine out put), *Vata-Pitta Nashaka*(Alleviates *Vata* and *Pitta*).
- 41. NARIKELA GUNA-** The coconut is *Guru*(Heavy), *Snigdha*(Demulcent), *Pitta Nashaka*(Subsides *Pitta Dosh*), *Swadu*(Tasty), *Sheetala*(Cold in potency), *Blavardhaka*(Increases strength), *Mamsavardhaka*(Increases muscle bulk), *Hridya*(Good for heart), *Brimhana*(Nourishes the tissues), *Basthishodhaka*(Cleanse the urinary bladder).
- 42. KOMALA NARIKELA GUNA-** The tender coconut alleviates *Pittajwara*(Fever), *Raktavikara*(Blood disorders), *Trishna*(Excess thirst), *Vamana*(Vomiting), *Daha*(Burning sensation), *Raktapitta*(Bleeding diseases).
- 43. KADALI PHALA GUNA-** The banana is *Madhura*(Sweet), *Veerya Vardhaka* (Increases semen), *Kashaya*(Astringent), *Sheetala*(Cold in potency), *Raktapitta Nashaka*(Subsides bleeding diseases), *Hridya*(Good for heart), *Ruchikara*(Tasty), *Kaphakara*(Aggravates *Kapha Dosh*), *Guru*(Heavy).
- 44. CHAMAPAKA KADALI PHALA GUNA-** Yellow variety of banana is *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Dosh*), *Guru*(Heavy), *Veerya Vardhaka*(Increases semen), *Sheetala*(Cold in potency), *Madhura Rasa*(Sweet in taste), *Madhura Vipaka*(Sweet at post digestive effect).
- 45. DRAKSHA GUNA-** The grapes are *Madhura*(Sweet), *Snigdha*(Demulcent), *Veerya Vardhaka*(Increases semen), *Sheetala*(Cold in potency), *Malabhedaka*(Laxative), alleviates *Kshaya*(Emaciation), *Trishna*(Excess thirst), *Vata* and *Rakta pitta Nashaka* (*Vata Dosh* and Blood diseases).
- 46. KHARJURA PHALA GUNA-** The *Kharjura* is *Madhura*(Sweet), *Veerya vardhaka*(Increases semen), *Pusthikara*(Nourishes the tissues), *Guru*(Heavy), *Sheetala*(Cold in potency), It is good in *Abhighata*(Injury), *Daha*(Burning sensation), *Vata-Pitta Rogas*.
- 47. GAMBHARI PHALA GUNA-** The *Gambhari Phala* is *Grahi*(Absorbent), *Tikta*(Bitter), *Madhura*(Sweet), *Guru*(Heavy), *Keshya*(Good for hair), *Rasayana*(Rejuvenating), *Medhya*(Brain tonic), *Sheetala*(Cold in potency), *Daha* and

*Pitta Nashaka*(Subsides burning sensation and *Pitta Dosh*a).

**48. BALA BILVA PHALA GUNA-** The raw *Bilva* fruit is *Kashaya*(Astringent), *Ushna*(Hot in potency), *Pachana*(Digestive), *Vanhidipanam*(Appetizer), *Sangrahi*(Absorbent), *Tikta*(Bitter), *Katu*(Pungent), *Teekshna*(Penetrating), *Vata-Kaphahara*(Subsides *Vata* and *Kapha Dosh*as).

**49. BAKULA PHALA GUNA-** The *Bakula* is *Madhura*(Sweet), *Grahi*(Absorbent), *Dantastairyakara*(Good for gums and teeth).

**50. PRIYALA PHALA GUNA-** The *Priyala Phala* is *Madhura*(Sweet), *Snigdha*(Demulcent), *Pusthikara*(Nourishing), *Vata-Pitta Nashaka*(Subsides *Vata* and *Pitta Dosh*as).

**51. MADHUKA PHALA GUNA-** The *Madhuka Phala* is *Vata* and *Pitta Dosh*a *Nashaka*.

**52. VETRA PHALA GUNA-** The *Vetra Phala* is *Vata Nashaka*, *Amlapitta* and *Kapha Karaka*(Causes hyperacidity and *Kapha Dosh*a).

**53. PHALGU PHALA GUNA-** The *Phalgu Phala* is *Guru*(Heavy), *Grahi*(Absorbent), *Swadu*(Tasty), *Sheetala*(Cold in potency).

**54. TRIPHALA GUNA-** *Triphala* is *Tridosha Nashaka*(Subsides all the three *Dosh*as,

*Vata-Pitta-Kapha*), *Ushna*(Hot in potency), *Malabhedaka*(Laxative).

**55. HARITAKI PHALA GUNA-** The *Haritaki Phala* is *Pancharasa*(Possess all the five tastes), except salt, *Ayushya*(Improves life), *Chakshushya*(Good for eyes), *Sara*(Laxative), *Medhya*(Brain tonic), *Dipanai*(Appetizer), *Alleviates Shotha*(Edema), *Tridosha*(*Vata-Pitta-Kapha*), *Kustha*(Skin diseases), *Vrina*(Wound and ulcers).

**56. AMALAKI PHALA GUNA-** The *Amalaki* is *Vrishya*(Aphrodisiac), *Sheeta*(Cold in potency), *Vata-Pitta-Kapha hara*(Subsides *Vata*, *Pitta* and *Kapha Dosh*a), *Chakshushya* (Good for eyes), *Medhya*(Good for brain), *alleviates Kustha*(Skin diseases), and *Vrina*(Wound and ulcers).

**57. VIBHITAKI PHALA GUNA-** The *Vibhitaki Phala* is *Bhedaka*(Laxative), *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Vaiswarya*(Causes loss of voice), *Krimigna*(Subsides worms), *Chakshushya*(Good for eyes), *Swadupaki*(Sweet at post digestive effect), *Kashaya*(Astringent), *Kapha-Pitta Nashaka*(Subsides *Kapha* and *Pitta Dosh*as).



58. **BADARA PHALA GUNA**- The *Badara Phala* is *Madhura*(Sweet), alleviates *Pitta Dosha*, *Vamana*(Vomiting), *Trishna*(Excess thirst).

59. **KUSHMANDA PHALA GUNA**- The *Kushmanda Phala* is *Virya Vardhaka*(Increases semen), *Pitta Nashaka*(Subsides *Pitta Dosha*), *Basthi Shodhaka*(Cleanses urinary bladder).

#### **IKSHU VARGA<sup>[9]</sup> -**

1. **IKSHU GUNA**- The sugar cane alleviates *Raktapitta*(Bleeding disease), aggravates *Virya*(Semen), *Kapha Dosha*. It is *Madhura*(Sweet), *Snigdha*(Demulcent), *Guru*(Heavy), *Mutranjanaka*(Increase urine output), *Sheetala*(Cold in potency).

2. **HINWADI GUNA<sup>[10]</sup> -**

3. **HINGU GUNA**- The *Hingu* is *Teekshna*(Penetrating), *Katu*(Pungent), Alleviates *Shoola*(Pain abdomen), *Ajirna*(Indigestion), *Vibandha Nashaka*(Constipation), *Laghu*(Light), *Pachana*(Digestive), *Snigdha*(Demulcent), *Dipana*(Appetizer), *Kapha* and *Vata Dosha Nashaka*.

4. **JEERAKA GUNA**-The *Jiraka* is *Ruchikrit*(Taste promoter), *Swadu*(Tasty), *Gandhadhya*(Strong odour), *Kapha-Vata Nashaka*(Subsides *Kapha* and *Vata Dosha*). It is *Katu Vipaka*(Pungent at post digestive

effect), *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Laghu*(Light), *Pitta* and *Agnivardhaka*(Aggravates *Pitta* and digestive fire).

5. **BASHPIKA(HINGU PATRI) GUNA**- The *Bashpika* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna*(Hot in potency), alleviates *Krimi*(Worms), and *Shotha*(Edema).

6. **ARDRA DHANYAKA GUNA**- The wet coriander is *Madhura*(Sweet), *Sugandhi*(Aromatic), *Ruchikara*(Tasty).

7. **SHUSHKA DHANYAKA GUNA**- The dry coriander alleviates *Kapha*, *Vata Doshas*, *Daha*(Burning sensation), *Vamana*(Vomiting), *Trishna*(Excess thirst).

8. **KASUNDI VATIKA GUNA**- The *Kasundi Vatika* is *Hridya*(Good for heart), *Vata* and *Kapha Roga Nashaka*, *Agnidipaka*(Appetizer), *Ruchya*(Taste promoter), *Mala* and *Vata Anulomaka*.

9. **HARIDRA GUNA**- The *Haridra* alleviates *Kapha*, *Vatarakta*(Gout), *Shotha*(Edema), *Kandu*(Itching sensation).

10. **SHATAPUSHPA GUNA**- The *Shatapushpa* alleviates *Vata Dosha*, *Daha*(Burning sensation), *Ama*(Toxins), *Shoola*(Pain), *Trishna*(Excess thirst), *Vamana*(Vomiting).

11. **MADHURI GUNA-** The *Madhuri* is *Rochani*(Tasty), *Vrishya*(Aphrodisiac), alleviates *Daha*(Burning sensation), *Raktapitta*(Bleeding diseases).
12. **YAVANI GUNA-** The *Yavani* is *Hridya*(Good for heart), *Pittakara*(Aggravates *Pitta Dosh*), *Kostha Shoola Nashaka*(Subsides pain abdomen), *Jatahagni Vardhaka*(Appetizer), alleviates *Krimi*(Worms), *Kapha Dosh*.
13. **SHUSHKA PIPPALI GUNA-** The dry *Pippali* is *Madhura*(Sweet), *Vrishya*(Aphrodisiac), *Katu*(Pungent), *Dipani*(Appetizer), *Sara*(Laxative), *Snigdha*(Demulcent), *Ushna*(Hot in potency), Alleviates *Vata-Kapha Dosh*s, *Kasa*(Cough), *Shwasa*(Dyspnoea).
14. **ARDRA PIPPALI GUNA-** The wet *Pippali* is *Swadu*(Tasty), *Guru*(Heavy), *Sheetala*(Cold in potency), *Snigdha*(Demulcent), *Kapha Nashaka*(Subsides *Kapha Dosh*).
15. **ARDRA MARICHA GUNA-** The wet pepper is *Swadu Paka*(Sweet at post digestive effect), *Guru*(Heavy), *Shleshma Praseki*(Expel *Kapha Dosh*).
16. **SHUSHKA MARICHA GUNA-** The dry pepper is *Ruchikara*(Tasty), *Agnijanaka*(Appetizer), *Ruksha*(Dry), *Katu*(Pungent), *Laghu*(Light), *Shukranashaka*(Pacifies semen).
17. **SHUNTHI GUNA-** The dry ginger is *Kaphagna*(Subsides *Kapha Dosh*), *Vatanashaka*(Subsides *Vata Dosh*), *Snigdha*(Demulcent), *Laghu*(Light), *Dipana*(Appetizer), *Madhura Vipaka*(Sweet at post digestive effect), *Viryavardhaka*(Increases semen), *Hridya*(Good for heart), *Ushna*(Hot in potency), *Katu*(Pungent), *Ruchikara*(Taste promoter).
18. **ARDRAKA GUNA-** The wet ginger alleviates *Kapha-Vata Dosh*, *Vibandha*(Constipation), *Anaha*(Distension of the abdomen), *Shoola*(Pain abdomen).
19. **SARSHAPA GUNA-** The *Sarshapa* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Raktapittakaraka*(Aggravates bleeding disorders), alleviates *Krimi*(Worms), *Kapha-Vata Dosh*, *Kustha*(Skin diseases).
20. **RAJIKA GUNA-** The *Rajika* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna*(Hot in potency), alleviates *Krimi*(Worms), *Shotha*(Edema).
21. **RASONA GUNA-** The garlic is *Kshara*(Alkali), *Madhura*(Sweet), *Kanthya*(Good for throat), *Virya Vardhaka*(Increases semen), *Guru*(Heavy), *Saraka*(Laxative), *Bhagnasandhanakara*(Heal fractures),

*Balakara*(Increases strength), *Rakta-Pitta Prushana*(Impures the blood and *Pitta Dosh*).

22. **PALANDU GUNA**- The onion is *Madhura*(Sweet), *Viryavardhaka*(Increases semen), *Katu*(Pungent), *Snigdha*(Demulcent), *Balakara*(Strength promoter), *Guru*(Heavy), alleviates *Vata, Kapaha, Pitta Dosh*as.

23. **TWAK GUNA**- The cinnamun is *Madhura*(Sweet), *Katu*(Pungent), it alleviates *Kapha Dosh*a, *Shukra*(Semen), *Ama*(Toxins), *Vata Dosh*a.

#### **BHOJANA YOGA<sup>[11]</sup> -**

1. **SHUSHKA TEJAPATRA GUNA**- The dry cinnamun leaves are *Agnivardhaka*(Appetizer), alleviates *Jwara*(Fever), *Kapha* and *Pitta Dosh*as.

2. **SHUSHKA POOGA PHALA GUNA**- The dry betel nut is *Agnidipaka*(Appetizer), *Kashaya*(Astringent), *Madhura*(Sweet).

3. **PAKWA POOGA PHALA GUNA**- The matured betel nut is *Vatavardhaka*(Increases *Vata Dosh*a), *Ruksha*(Dry), *Bhedana*(Laxative), *Kapha Nashaka*.

4. **APAKWA POOGA PHALA GUNA**- The immature betel nut is *Guru*(Heavy), *Kledakaraka*, *Madhura*(Sweet), *Agninashaka*(Suppress appetite).

5. **TAMBULA PATRA GUNA**- The betel leaf is *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Katu*(Pungent), *Vata-Kapha Nashaka*, *Pittakara*, *Sransana*(Causes looseness of the body), *Viryavardhaka*(Increases semen), *Agnidipaka*(Appetizer), *Bastishodhaka*(Cleanses urinary bladder).

6. **KHADIRA GUNA**- The *Khadira* alleviates *Kustha*(Skin diseases), *Visarpa*(Herpes), *Prameha*(Urinary diseases including diabetes), *Pitta* and *Kapha Dosh*as.

7. **ELA GUNA**- The *Ela* alleviates *Mutravibandha*(Obstruction in urination), *Trishna*(Excess thirst), *Vamana*(Vomiting), *Kapha* and *Vata Dosh*as.

8. **LAVANGA GUNA**- The clove alleviates *Adhmana*(Distention of the abdomen), *Anaha*, *Shoola*(Pain abdomen). It is *Pachaka*(Digestive), *Laghu*(Light).

9. **JATIPHALA GUNA**- The *Jatipahala* alleviates *Trishna*(Excess thirst), *Vamana*(Vomiting), *Shoola*(Pain abdomen), *Vata* and *Pitta Dosh*as.

10. **JATIPATRI GUNA**- The *Jatipatri* is *Laghu*(Light), alleviates *Trishna*(Thirst), *Toda*(Pain), *Durgandha*(Foul smell).

11. **KARPURA GUNA**- The *Karpura* is *Sheetala*(Cold in potency),

*Chakshushya*(Good for eyes), *Kapha Nashaka*(Subsides *Kapha Dosh*).

#### **ATHA PUSHPA GUNA<sup>[12]</sup> -**

1. **MALLIKA PUSHPA GUNA-** The *Mallika Pushpa* is *Tikta*(Bitter), *Vrinaropaka*(Heals wound), subsides *Jwara*(Fever).
2. **BANDHUKA PUSHPA GUNA-** The *Bandhuka Pushpa* is *Kapahakara*(Aggravates *Kapha Dosh*), and *Grahi*(Absorbent).
3. **DHATAKI PUSHPA GUNA-** The *Dhataki Pushpa* is *Sheetala*(Cold in potency), alleviates *Raktapitta*(Bleeding diseases), *Atisara*(Diarrhea).
4. **RANGANA PUSHPA GUNA-** The *Rangana Pushpa* is *Raktapitta Nashaka*(Subsides bleeding diseases).
5. **MUCHAKUNDA PUSHPA GUNA-** The *Muchakunda Pushpa* alleviates *Shiroroga*(Head disorders).
6. **KETAKI PUSHPA GUNA-** The *Ketaki Pushpa* is *Tikta*(Bitter), *Katu*(Pungent), *Vishahara*(Anti poisonous).
7. **RAKTA PADMA GUNA-** The red Lotus is *Kashaya*(Astringent), *Madhura*(Sweet), *Sheetala*(Cold in potency), *Kapha-Pitta* and *Raktadosha Nashaka*(Alleviates *Kapha, Pitta* and Blood *Dosh*s).
8. **CHAMPAKA PUSHPA GUNA-** The *Champaka Pushpa* is *Tikta*(Bitter), *Katu*(Pungent),

*Sheetala*(Cold in potency), *Pitta* and *Kapha Dosh Nashaka*.

#### **NANA AUSHADHA VARGA<sup>[13]</sup>-**

1. **BILVA MOOLA GUNA-** The *Bilva Moola* is *Vata, Kapha, Vamana, Raktapittajit*(Alleviates *Vata, Kapha, Vomiting* and Blood diseases).
2. **PATALA MOOLA GUNA-** The root of *Patala* alleviates *Kapha* and *Vata Dosh*s.
3. **SHYONAKA MOOLA GUNA-** The root of *Shyonaka* is *Grahi*(Absorbent), *Dipana*(Appetizer).
4. **GAMBHARI MOOLA GUNA-** The root of *Gambhari* is *Ushna*(Hot in potency).
5. **GANAKARIKA MOOLA GUNA-** The root of *Ganakarika* alleviates *Shotha*(Edema).
6. **ERANDA MOOLA GUNA-** The root of *Eranda* is *Shoola Nashaka*(Analgesic), *Vrishya*(Aphrodisiac), *Vata* and *Kapha Nashaka*(Subsides *Vata* and *Kapha Dosh*).
7. **GOKSHURA MOOLA GUNA-** The root of *Gokshura* alleviates *Mutrakrichra*(Dysuria), *Vata Dosh*. It is *Balakaraka*(Strength promoter), *Vrishya*(Aphrodisiac).
8. **KANTAKARI MOOLA GUNA-** The root of *Kantakari* is *Ushna*(Hot in potency), alleviates *Kasa*(Cough), *Shwasa*(Dyspnoea), *Kapha Dosh*.



9. **BRIHATI MOOLA GUNA-** The root of *Brihati* is *Pachani*(Digestive), *Ushna*(Hot in potency), *Grahi*(Absorbent), alleviates *Vata Dosha*.
10. **SHALAPARNI AND PRISHNIPARNI GUNA-** The *Shalaparni* and *Prishniparni* is *Grahi*(Absorbent), *Kapha* and *Pitta Nashaka*(Alleviates *Kapha* and *Pitta Doshas*).
11. **BALA MOOLA GUNA-** The root of *Bala* is *Snigdha*(Demulcent), *Ruchikaraka*(Tasty), *Balakara*(Promotes strength), *Vrishya*(Aphrodisiac), *Grahi*(Absorbent), alleviates *Vata* and *Pitta Doshas*.
12. **NAGABALA MOOLA GUNA-** The root of *Nagabala* has qualities of *Bala*. It alleviates *Mutrakrichra*(Dysuria), *Kshata*(Injury), *Ksheena Roga*(Emaciation).
13. **ASHWAGANDHA MOOLA GUNA-** The root of *Ashwagandha* is *Balakara*(Strength promoter), *Viryavardhaka*(Increases semen), *Rasayana*(Rejuvenative), *Vatanashaka*(Subsides *Vata Dosha*).
14. **SHATAVARI MOOLA GUNA-** The root of *Shatavari* alleviates *Vata*, *Pitta*, *Prameha*(Urinary diseases including diabetes), *Raktavikara*(Blood diseases).
15. **HASTHI KARNA MOOLA GUNA-** The root of *Hashti Karna* is *Virya Vardhaka*(Increases semen), *Medha*(Intellect), *Ayu*(Life span), *Bala*(Strength).
16. **PRASARINI GUNA-** The *Prasarini* is *Vata-Pitta Nashaka*(Alleviates *Vata Pitta Dosha*), *Ushna*(Hot in potency), *Balakara*(Strength promoter), *Virya Vardhaka*(Increases semen).
17. **MASHAPARNI-MUDGAPARNI GUNA-** The *Mashaparni* is *Viryavardhaka*(Increases semen), *Mudgaparni* is *Chakshushya*(Good for eyes).
18. **VISHAALA GUNA-** The *Vishala* is *Kapha Nashaka*(Subsides *Kapha Dosha*), *Chakshushya*(Good for eyes), alleviates *Mutrakrichra*(Dysuria).
19. **SHYAMA LATA GUNA-** The *Shyama Lata* (*Sariva*) alleviates *Vata*, *Pitta* and *Rakta Vikara*, *Vamana*(Vomiting), *Jwara*(Fever).
20. **ANANTA MOOLA GUNA-** The *Ananta Moola* is *Grahi*(Absorbent), *Sheetala*(Cold in potency), *Raktapitta Prashamana*(Subsides bleeding diseases).
21. **GUNDRA GUNA-** The *Gundra* is *Chakshushya*(Good for eyes), alleviates *Raktapitta*(Bleeding disorders), *Daha*(Burning sensation), *Mutrakrichra*(Dysuria).
22. **LODHRA GUNA-** The *Lodhra* is *Chakshushya*(Good for eyes), alleviates

- Raktavikara*(Blood diseases), *Kapha-Pitta Doshas*, *Shotha*(Edema).
23. **SHABARA LODHRA GUNA-** The *Shabara Lodhra* is *Chakshushya*(Good for eyes), *Mridurechana*(Mild laxative).
24. **MANJISTHA GUNA-** The *Manjistha* alleviates *Kustha*(Skin diseases), *Swarbhanga*(Horseness of voice), *Shotha*(Edema), *Mutrakrichra*(Dysuria).
25. **LAKSHA GUNA-** The *Laksha* is *Bhagna*(Heals fracture), *Visarapahara*(Cures herpes), *Balakara*(Strength promoter), *Twag Dosh Nashaka*(Subsides skin diseases).
26. **PRAPAUNDARIKA GUNA-** The *Prapaundarika* is *Chakshushya*(Good for eyes), *Sheetala*(Cold in potency), *Vrinaropana*(Heals wound).
27. **JIVANTI GUNA-** The *Jivanti* is *Swarya*(Improves voice). It alleviates *Kasa*(Cough), *Shwasa*(Dyspnoea), *Kshaya*(Emaciation).
28. **ASTHAVARGA GUNA-** The *Jivaka*, *Rishabhaka*, *Meda*, *Mahameda*, *Riddhi*, *Vridhhi*, *Kakoli*, *Kshirakakoli* all together constitute the *Asthavarga*. These drugs alleviate *Raktapitta*(Bleeding diseases), *Vrina*(Wounds and Ulcers), *Vatapitta Nashaka*.
29. **MADHUKA GUNA-** The *Yasthimadhu* is *Guru*(Heavy), *Swadu*(Sweet), *Viryavardhaka*(Increases semen), improves voice, and complexion. It alleviates *Raktapitta*(Bleeding diseases), *Vrina Shodhaka*(Cleanses wound), *Shoshaka*(Absorbent).
30. **ARJUNA VRIKSHA GUNA-** The *Arjuna* is used in *Bhagna*(Fractures), *Kshata*(Injury), *Raktastambha*(Bleeding disorders), *Mutrakrichra*(Dysuria).
31. **ASTHISAMHARA GUNA-** It is *Balakara*(Strength promoter), *Bhagna*(Heals fracture), and *Vatahara*(Subsides *Vata Dosh*).
32. **BHRINGARAJA GUNA-** The *Bhringaraja* is *Chakshushya*(Good for eyes), *Keshya*(Good for hair), alleviates *Pandu*(Anemia), *Kapha Dosh*.
33. **DANDOTPALA GUNA-** The *Dandotpala* is *Dipana*(Appetizer), alleviates *Shwasa*(Dyspnoea), *Kasa*(Cough).
34. **RUDANTI GUNA-** The *Rudanti* is *Agnivardhana*(Stimulates appetite), *Viryajanaka*(Aphrodisiac), *Pittagni*(Subsides *Pitta Dosh*), *Rasayani*(Rejuvenate the cells).
35. **TAALA MOOLI GUNA-** The *Taalamuli*(Mushali) is *Grahi*(Absorbent),

- Rasayana*(Rejuvenate the cells), used in *Vata* diseases.
36. **DRONAPUSHPI GUNA-** The *Dronapushpi* alleviates *Kapha*, *Arsha*(Haemorrhoids), *Kamala*(Jaundice), *Krimi*(Worms), *Shotha*(Edema).
37. **GIRIKARNIKA GUNA-** The *Girikarnika* is *Kanthya*(Good for throat), alleviates *Kasa*(Cough), *Shotha*(Edema), *Visha*(Poison effect).
38. **VRISCHIKALI GUNA-** The *Vrischikali* alleviates *Visha Vikara*(Poisonous effect), *Kasa*(Cough), *Vata Dosh*.
39. **AHIMSRA AND SUDARSHANA GUNA-** The *Ahimsra* and *Sudarshana* alleviates *Visha*(Poison) and *Shotha*(Edema).
40. **BHARANGI GUNA-** The *Bharangi* alleviates *Shwasa*(Dyspnoea), *Kasa*(Cough), *Kustha*(Skin diseases), *Vrina*(Wounds and Ulcers).
41. **SOORYAVARTA AND SAIRAPA GUNA-** The *Sooryavarta* alleviates *Vibandha*(Constipation) and *Sairapa* alleviates *Kapha-Vata Dosh*.
42. **KOKILAKSHA AND KETAKI GUNA-** The *Kokilaksha* and *Ketaki* alleviates *Amavata*(Rheumatic conditions) and *Vata Dosh*.
43. **HALINI AND KARAVIRA GUNA-** The *Halini* and *Karavira* subsides *Kustha*(Skin diseases), and *Dusthavrina*(Chronic wounds and Ulcers).
44. **KOSHATAKI GUNA-** The *Koshataki* purifies the *Pakwashaya*(Intestine) and *Amashaya*(Stomach). It alleviates *Kapha Dosh* and *Arsha*(Haemorrhoids).
45. **JYOTISHMATI GUNA-** The *Jyotishmati* is *Medhya*(Brain tonic), *Teekshna*(Penetrating), heals *Vrina*(Wounds and Ulcers).
46. **BRAMHI GUNA-** The *Bramhi* is *Vayasthapaka*(Anti ageing), *Medhya*(Brain tonic), *Ayu* and *Balavardhaka*(Increases life span and strength promoter).
47. **VACHA GUNA-** The *Vacha* is *Ayu* and *Smritivardhaka*(Increases life span and intellect), subsides *Kapha*, *Vata* and *Trishna*(Excess thirst).
48. **VIJAYA GUNA-** The *Vijaya*(*Bhanga*) is *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Mohaka*(Sedative), *Kusthanashaka*(Subsides skin diseases), *Balavardhaka*(Strength promoter), *Medhya*(Brain tonic), *Agnivardhaka*(Increases appetite), *Kapha Nashaka*(Subsides *Kapha Dosh*), *Rasayana*(Rejuvenating the cells).

49. **SHANKHAPUSHPI GUNA-** The *Shankhapushpi* is *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Medhya*(Brain tonic), *Krimi* and *Vishanashaka*(Subsides worms and poison effects).
50. **SHIRISHA VRIKSHA GUNA-** The *Shirisha Vriksha* alleviates *Visha*(Poison), *Visarpa*(Herpes), *Sweda*(Excess perspiration), *Twakdosha*(Skin disorders), *Shotha*(Edema).
51. **DURVA GUNA-** The *Durva* subsides *Raktapitta*(Blood diseases), *Kandu*(Itching sensation), *Twagroga*(Skin disorders).
52. **HARIDRA GUNA-** The *Haridra* alleviates *Kapha*, *Pitta Dosh*a, *Kandu*(Itching sensation), *Twag Roga*(Skin diseases), *Pandu*(Anemia), *Shotha*(Edema), *Meha*(Urinary diseases including diabetes), *Kustha*(Skin diseases) *Vrina*(Wounds and Ulcers).
53. **DARU HARIDRA GUNA-** The *Daruharidra* is *Kapha Dosh*a and *Kleda Nashaka*(Absorbent).
54. **AVALGUJA GUNA-** The *Avalguja* is subside *Vata-Pitta-Kapha Dosh*a and *Twak Roga Nashaka*(Skin diseases).
55. **EDAGAJA GUNA-** The *Edagaja* cures *Gulma*, *Udararoga*(Abdominal diseases), *Arhsa*(Haemorrhoids), *Kustha*(Skin diseases), It is *Katu*(Pungent).
56. **KARANJA AND NIMBA PHALA GUNA-** The *Karanja* and *Nimba Phala* subsides *Krimi*(Worms), *Kustha*(Skin diseases), *Prameha*(Urinary diseases including diabetes).
57. **VIDANGA GUNA-** The *Vidanga* is *Tikta*(Bitter), It subsides *Krimi*(Worms), *Visha*(Poison).
58. **RENUKA GUNA-** The *Renuka* is *Kapha-Vata Nashaka*, *Dipana*(Appetizer), *Pittakaraka*(Aggravates *Pitta Dosh*a), *Laghu*(Light).
59. **BHOORJA AND SHINSHIPA GUNA-** The *Bhoorja Patra* is *Balakara*(Strength promoter), *Kaphanashaka*(Subsides *Kapha Dosh*a), *Asraghna*(Subside blood diseases), *Shinshipa* is *Vata Nashaka*(Subsides *Vata Dosh*a).
60. **ASPHOTA AND TINISHA GUNA-** The *Asphota* subsides *Visha*(Poison), *Kustha*(Skin diseases). *Tinisha* alleviates *Daha*(Burning sensation), *Pitta*.
61. **DHATAKI PUSHPA GUNA-** The *Dhataki Pushpa* is *Sheetala*(Cold in potency), cures *Raktapitta*(Bleeding disorders), and *Atisara*(Diarrhea).

62. **SHALA GUNA-** The *Shala Vriksha* is *Kapha Pitta Nashaka*(Subsides *Kapha* and *Pitta Doshas*)
63. **NIMBA VRIKSHA GUNA-** Alleviates *Pitta, Kapha, Vamana*(Vomiting), *Vrina*(Wounds and Ulcers), *Kustha*(Skin diseases).
64. **MAHANIMBA GUNA-** The *Mahanimba* is *Grahi*(Absorbent), *Kashaya*(Astringent), *Amla*(Sour), *Sheetala*(Cold in potency).
65. **BHUNIMBA GUNA-** The *Bhunimba* is *Vata kara*(Aggravates *Vata Dosh*), *Ruksha*(Dry), *Kapha-Pitta* and *Jwara Nashaka*(Subsides *Kapha-Pitta Dosh* and Fever).
66. **PARPATA GUNA-** The *Parpata* subsides *Pitta, Daha*(Burning sensation), *Jwara*(Fever), *Kapha Shoshaka*(Absorbs *Kapha*).
67. **PATHA GUNA-** The *Patha* alleviates *Atisara*(Diarrhea), *Tridosha*(*Vata-Pitta-Kapha Dosh*s). It is *Laghu*(Light).
68. **KUTAJA GUNA-** The *Kutaja* alleviates *Kapha, Raktapitta*(Blood diseases), *Twak Vikara*(Skin diseases), *Arsha*(Haemorrhoids), *Atisara*(Diarrhea).
69. **INDRAYAVA GUNA-** The *Indrayava* is *Tikta*(Bitter), subsides *Jwara*(Fever), *Raktapitta*(Bleeding diseases), *Atisara*(Diarrhea).
70. **HRIBERA GUNA-** The *Hribera* subsides *Vamana*(Vomiting), *Trishna*(Excess thirst), *Atisara*(Diarrhea).
71. **MUSTHAKA GUNA-** The *Mustha* is *Tikta*(Bitter), *Katu*(Pungent), *Vataghna*(Subsides *Vata Dosh*), *Grahi*(Absorbent), *Dipana*(Appetizer).
72. **ATIVISHA GUNA-** The *Ativisha* is *Pachaka*(Digestive), *Tikta*(Bitter), *Grahi*(Absorbent), *Tridoshanashaka*(Subsides *Vata-Pitta-Kapha Dosh*s).
73. **ARDRAKA GUNA-** The *Ardraka* alleviates *Vata Dosh*, *Shwasa*(Dyspnoea), *Kasa*(Cough), *Hikka*(Hiccough), *Jwara*(Fever).
74. **KATPHALA GUNA-** The *Katphala* subsides *Kapha Roga, Shwasa*(Dyspnoea), *Kasa*(Cough), *Jwara*(Fever).
75. **KUSTHA GUNA-** The *Kustha* alleviates *Vata, Kapha, Shwasa*(Dyspnoea), *Kasa*(Cough), *Hikka*(Hiccough), *Jwara*(Fever).
76. **SHOBHANJANA GUNA-** The *Shobhanjana* is *Katu*(Pungent), *Tikta*(Bitter), Subsides *Kapha, Vidradhi*(Abscess).
77. **YAASHA GUNA-** The *Yaasha* is alleviates *Jwara*(Fever), *Vamana*(Vomiting), *Kapha, Pitta*, and *Visarpa*(Herpes).



78. **KATUKA GUNA-** The *Katuki* is *Saraka*(Laxative), *Ruksha*(Dry), *Pitta-Kapha* and *Jwaranashaka*(Subsides *Kapha*, *Pitta* and Fever).
79. **RAASNA AND TRAYANTI-** The *Rasna* cures *Shotha*(Edema), *Amavata*(Rheumatic conditions), *Trayanti* cures *Kapha* and *Vata Doshas*.
80. **VARUNA VRIKSHA GUNA-** The *Varuna* is *Ushna*(Hot in potency), *Bhedi*(Laxative), cures *Vata*, *Shoola*(Pain), *Ashmari*(Calculi).
81. **PARAIBHADRA GUNA-** The *Paribhadra* cures *Vata-Kapha Doshas*, *Shotha*(Edema), *Krimi*(Worms).
82. **VASA GUNA-** The *Vasa* alleviates *Shwasa*(Dyspnoea), *Kasa*(Cough), *Swarya*(Improves voice), *Raktapitta*(Bleeding disorders).
83. **GUDUCHI GUNA-** The *Guduchi* is *Grahi*(Absorbent), *Balya*(Strength promoter), *Tridoshagni*(Subsides all the three *Doshas Vata*, *Pitta* and *Kapha*), *Rasayana*(Rejuvenating the cells), *Agnidipana*(Appetizer). It cures *Jwara*(Fever), *Trishna*(Excess thirst), *Vamana*(Vomiting), *Kamala*(Jaundice), *Vata* and *Pitta Doshas*.
84. **PIPPALI MOOLA GUNA-** The *Pippalimoola* is *Dipana*(Appetizer), *Bhedana*(Laxative), *Kaphanashana*(Subsides *Kapha*).
85. **CHITRAKA GUNA-** The *Chitraka* is Appetizer, cures *Shotha*(Edema), *Arsha*(Haemorrhoids), *Krimi*(Worms), *Kustha*(Skin diseases).
86. **DANTI GUNA-** The *Danti* cures *Asthila*, *Adhmana*(Distention of the abdomen), *Gulma*, *Udararoga*(Abdominal diseases).
87. **SNUHI KSHEERA GUNA-** The *Snuhi Ksheera* is alleviates *Dushivisha*, *Udararoga*(Abdominal diseases), *Pleeha*(Spleen diseases), *Gulma*, *Kustha*(Skin diseases), *Prameha*(Urinary diseases including diabetes), It is *Dipana*(Appetizer).
88. **ARKA KSHEERA GUNA-** It subsides *Krimi*(Worms), *Kustha*(Skin diseases), *Udararoga*(Abdominal diseases), *Arsha*(Haemorrhoids).
89. **ARAKA VRIKSHA GUNA-** The *Arka Vriksha* is *Kriminashaka*(Subsides worms), *Teekshna*(Penetrating), *Saraka*(Laxative), *Kaphanashaka*(Subsides *Kapha Doshas*).
90. **JAYAPALA GUNA-** The *Jayapala* is *Kaphanashaka*(Subsides *Kapha Doshas*), *Kledakaraka*, *Teekshna*(Penetrating),

*Ushna*(Hot in potency),  
*Virechaka*(Laxative).

91. **DHATTURA GUNA-** The *Dhattura* produces *Mada*(Intoxication), *Murcha*(Giddiness), It is *Kapha Nashaka*, *Agni Vardaka*(Appetizer), *Pittakaraka*(Aggravates *Pitta*).

92. **BHALLATAKA GUNA-** The *Bhallataka* is *Snigdha*(Demulcent), *Kriminashaka*(Subsides Worms), *Arsha*(Haemorrhoids), *Dantasthairyakara*(Gives stability to the teeth). It is *Grahi*(Absorbent), *Kashaya*(Astringent), *Madhura*(Sweet).

93. **GUUGULU GUNA-** The *Guggulu* is *Dipana*(Appetizer), *Tikta*(Bitter), *Rasayana*(Tissue vitalizer), *Katu*(Pungent), It is *Laghu*(Light), *Swadu*(Tasty), *Ushna*(Hot in potency), *Sheeta Sparsha*(Cold to touch), *Ruksha*(Dry), *Teekshna*(Penetrating), *Snigdha*(Demulcent), *Suvarna*(Yellow in colour), It alleviates *Meda*(Obesity), *Vata*, *Kapha Dosha*, *Kustha*(Skin diseases), *Pidaka Nashaka*, *Swarashodhaka*(Clears the voice), *Krimi*(Worms), *Shotha* (Edema).

94. **RAKTA TRIVRUTTA GUNA-** The *Rakta Trivrutta* is *Swadu*(Sweet), *Kashaya*(Astringent), *Mrudu rechi*(Mild laxative), *Ruksha*(Dry), *Katu*(Pungent),

*Tikta*(Bitter), *Kapha Nashaka*(Subsides *Kapha Dosha*).

95. **SHWETA TRIVRUTTA GUNA-** The *Shweta Trivrutt* cures *Jwara*(Fever), *Hridayaroga*(Cardiac ailments), *Vatarakta*(Gout), *Udavarta*.

96. **RAJA VRIKSHAKA GUNA-** The *Raja Vriksha* is *Mridu*(Soft), *Madhura*(Sweet), and *Sheetala*(Cold in potency).

97. **ROHITA VRIKSHA GUNA-** The *Rohita Vriksha* subsides *Yakrit*(Hepatic ailments), *Pleeha*(Spleen diseases), *Gulma*, *Udararoga*(Abdominal diseases), It is *Saraka*(Laxative).

98. **VRIDDHADARU GUNA-** The *Vridhdhadaru* is *Rasayana*(Rejuvenating), It cures *Shotha*(Edema), *Amavata*(Rheumatic conditions).

99. **APAMARGA GUNA-** The *Apamarga* is *Teekshna*(Penetrating), *Kledaka*, *Sramsana*.

100. **SINDHUVARA GUNA-** The *Sindhuvara* alleviates *Visha*(Poison), *Kapha Dosha*, *Kustha*(Skin diseases), *Vrina*(Wounds and Ulcers).

101. **TULASI GUNA-** The *Tulasi* is *Pittakaraka*,(Aggravates *Pitta Dosha*), Cures *Krimi*(Worms), *Durgandha*(Foul smell), *Parshwashoola*(Backache),

*Arati*(Restlessness), *Shwasa*(Dyspnoea),  
*Kasa*(Cough), *Hikka*(Hiccough).

102. **MURVA GUNA-** The *Murva* is *Vajikara*(Aphrodisiac), *Balya*(Strength promoter), Subsides *Vata* and *Kapha Doshas*.

103. **VAMSHA LOCHANA GUNA-** The *Vamshalochana* is *Kashaya*(Astringent), *Madhura*(Sweet), *Ruksha*(Dry), *Vatanashaka*(Subsides *Vata Dosh*).

104. **SWARNAKSHEERI GUNA-** The *Swarnaksheeri* alleviates *Kshaya*(Emaciation), *Shwasa*(Dyspnoea), *Kasa*(Cough), It is *Madhura*(Sweet), *Sheetala*(Cold in potency).

#### CONCLUSION-

By the above discussion it is concluded that the above mentioned drugs are elaborated strictly on the basis of *Raja Vallabha Nighantu*. The *Raja Vallabha Nighantu* is divided in to six *Pariccheda*(Sections). The first *Pariccheda* starts with salutation to the Lord *Govinda* the God almighty, and introduction of the *Nighantu*. This *Nighantu* was written by *Sriman Raja Vallabha Vaidyaraj*. Each *pariccheda* contains group of drugs divided on the basis of *Phala*(Fruits), *Moola*(Roots), *Shaka*(Vegetable), *Pushpa*(Flowers), *Niryasa*(Latex) etc. Most of the drugs possess the various pharmacological

activities. Viz; anti-viral, analgesic, anti pyretic, anti epilepsy, Wound healing property, anti depressant activity, anti anxiety activity, anti-tubercular activity, etc . Therefore it's a need for to evaluate these drugs on the basis of modern pharmacological actions through modern parameters to know the exact actions of these drugs.

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