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Scope and Utility of Ayurveda in Rural and Primary Health Care

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ABSTRACT:

The population of India is 1.38 billion, of which 65.07% live in rural areas. Health care injustice is a universal phenomenon in rural India and the condition of rural and primary health care in India remains unsatisfactory even after 75 years of independence. Modern health facilities are very poor in rural areas and about 65% of the population lives in rural areas, using Ayurveda and medicinal plants as their primary health care needs. The holistic approach of Ayurveda can provide most of the health services in rural India from its own resources such as preventive and promotive health care. Non-pharmacological remedies of Ayurveda like *Sadvritta* and *Swasthyavritta*, *Achara Rasayana* and *Yoga* and the use of kitchen spices and common medicinal plants available in rural areas are better alternatives to primary health care in rural areas.

Keywords: Ayurveda, rural, primary, health, disease

INTRODUCTION

The status of rural health care in India is disappointing and this is apparent from the fact that 42 % of Indian Children below three are malnourished and 1.72 million children die before turning one , only 43.5 % are fully immunized ^[1] . Tuberculosis remains undiagnosed, seasonal ailments like malaria, encephalitis, dengue etc. often gets associated with high morbidity and mortality. Primary factors responsible for this are absent or inadequate trained health workers, low perceived need for immunization, infrastructure like, hospital, roads, water and sanitation are also lacking. Shortage of health care providers is another important factor of poor rural health care. Illiteracy, poor economic state for health care affordability and superstitions associated with origin and cure of disease make the situation even worse. Government of India has started many programs aimed at improving the standard of

living in villages or rural areas. The prestigious program of Government of India called "Bharat Nirman" is proposed to provide water , housing , telecommunication and information technology , roads , electricity , hygiene but the health component has been left to separate program NRHM or National Rural Health Mission . This program was launched in 2005 and aims to carry out necessary reforms in basic rural health care delivery system. This mission relates health to segment of nutrition sanitation, hygiene and safe drinking water. It also aims to bring the Indian System of Medicine in the main stream to provoke better health care to Rural India. The operation of this program is based on the availability of adequate infrastructure and trained manpower of State. The participation of local practitioners and trained manpower outside State is negligible. Even the utilization of state



structure of Ayurveda services is minimum and marginalized. The huge potential of Ayurvedic services and therapeutics needs to be genuinely harvested to meet the challenge of inadequate health services.

Keeping these facts in the mind Department of AYUSH, Ministry of Health & Family Welfare Government of India has decided to establish AYUSH Villages for the intervention in health care system with different Indian steams of treatment.

It has been advised that the overall health of the entire population will be examined by AYUSH doctors based on the AYUSH system and they will be provided with basic knowledge for promotion of health and prevention of diseases. The community will be educated about healthy practices and benefits of locally used traditional foods and their medicinal properties.

AYUSH doctors will also organize health check-up camps in schools around selected villages. AYUSH training will also be given to ASHA, Anganwadi workers and school teachers etc. Awareness building activities will be conducted through Gram Panchayats through schools, Anganwadis, Self Help Groups and Community Organizations. Villages having road connectivity with PHC will be selected for these programs^[2].

MATERIALS AND METHODS

Various Ayurvedic classic texts have been used for this study as source materials. Main Ayurvedic classic texts used are *Charak Samhita*, *Sushruta Samhita*, *Astanga Hridaya*, *Astang Samgrah*, *Sarnghadhara Samhita*, *Bhava prakasha*, *Kaiyadeva Nighantu* and various other Ayurvedic literature. Apart this relevant modern medical science book, various review and research articles, Ayurvedic Pharmacopoeia of India and website are also been used for this.

RESULTS

Ayurveda is considered as the traditional health system of India and it is as old as the history of mankind. The primary objective of Ayurveda is "Swasthasya Swasthyarakshanam" and "Aturasya Vikaraprashamanam," which means to maintain the health of healthy Individuals and cures of ailing's^[3].

From the interiors of the Himalayas to the jungles of peninsular India to the tribals, there are more than 3 lakh institutionally trained Ayurveda practitioners serving across the country. Ayurvedic institutions can be found from the desert of Rajasthan to the far North East. There is

a need for proper strategy to make effective use of these. Ayurveda from its own resources can provide most of the health services like preventive and promotive health care in rural India. Non-pharmacological remedies of Ayurveda like *Sadvritta* and *Swasthyavritta*, *Achara Rasayana* and Yoga etc. can also be brought under health care delivery by policy planners. Greater confidence in the services of the state in the public and private sector, especially in the capacity of physicians of the Indian medical system in rural India, will solve the challenge of access, availability, effectively and affordably of health care delivery in rural India. On the basis of utility, the role of Ayurveda can be broadly classified into two categories in rural and primary health care (i) in the prevention and promotion of health (ii) in the management of diseases.

Role of Ayurveda in the prevention and promotion of health in rural area.

We can maintain our health by adopting a healthy lifestyle and using *Rasayana* drugs. Ayurveda advocates an ideal lifestyle for different seasons. A comprehensive set of such descriptions is available in *Swasthavritta*, the preventive and social medicine of Ayurveda^[2]. The noticeable point mentioned in various Ayurvedic literature regarding lifestyle are as follows

***Dincharya and Ritucharya* (Daily and seasonal routines)-**

There are certain habits, diet and lifestyle which are prescribed in Ayurveda to stay healthy during specific seasons and at specific times of the day, for example waking up in Brahma Muhurta, proper exercise and proper body hygiene, quality and quantity of sleep Avoiding sleep during the day, except in summer time. Such healthy seasonal activities are called *ritucharya* (seasonal routine) and healthy daily activities are called *dinacharya* (daily routine). *Ritucharya and Dinacharya* are the main means of preventive medicine.

Sadvritta and Achar Rasayana (Code of conducts) - Ayurveda has described a code of conduct that can protect us from many diseases. These ethical practices include truthfulness, non-violence, non-stealing and controlled sexual habits.

Dharaniya and Adharaniya Vega- (Suppressible and non-suppressible urges): Many mental disorders can be caused by not suppressing anger, lust, greed etc. So these muscles are properly controlled. While suppression of urination. Stool. Burping, yawning and semen discharge are equally responsible for many disorders so we should behave accordingly.

Ashtavidh Ahar Visheshayatan: (Healthy Eating Habits) - Ayurveda advocates eight principles method of diet intake which needs to follow in order to achieve complete benefit of diet which includes quality, method of preparation, place, time, quantity, combination and how to use according to habit and sate of individuals [4].

Rasayana (Rejuvenation) and Vajikarana (Aphrodiacs) - Ramayana promote longevity by dealaying ageing process and preventing diseases while *Vajikarana* promote sexual health, healthy progeny, treatment of male sexual disorders (erectile dysfunction, premature ejaculation) and infertility. Drugs like *Guduchi*, *Amla*, *Haritaki*, *Shankhapuspi*, *Mandukparni*, *Madhuyasthi* promote physical and mental health whereas *ashwagandha*, *Kapikacchu*, *Musali* promote sexual health.

Panchakarma (Bio Purification) - Ayurveda mentions periodic bio-purification of the entire body at the cellular level with Panchakarma. Panchakarma is a distinctive method of Ayurveda that consists of five specially designed processes of internal purification of the body through the closest possible path. Such purification allows our biological system to bring homeostasis and rejuvenate rapidly and afterward also help in anticipated pharmacotherapeutic effect of the administered drugs. Panchakarma has a full healing role as a stimulating, preventive and curative process.

Role of Ayurveda in the management of diseases in rural area.

Despite tremendous advances in modern medicine, traditional medicine still remains in scope due to its safety, efficacy and easy availability. As per Acharya *Charaka* there is no substance on earth which has no medicinal value. These findings point to the fact that nature has a rich resource of valuable medicines. Plants, animals and minerals are considered as the three resources of Ayurvedic medicine. It is not enough to know the healing power hidden in these resources, but it is equally important to know about the form of use, dosage and timing of administration to get the maximum benefit of these drugs. More than 65% population of our country lives in rural areas and depends on medicinal plants for their regular health problems. Not only this, there are some diseases in which western medicines give only symptomatic relief and their scope is limited, these herbal medicines prove to be beneficial on the current scientific parameters. The common medicinal herbs available in rural area and common kitchen items used as medicines along with their medicinal value are listed below.

Table 1: List of medicinal herbs along with medicinal use

commonly available in rural area Table 2: List of medicinal herbs along with medicinal use commonly available in our Kitchen.

DISCUSSION

The health problems faced by rural people are diverse and range from severe malaria to uncontrolled diabetes, from severely infected wounds to advanced cancer, high postpartum maternal morbidity being some of them. Low morbidity diseases such as thyroid disorders, hypertension, early diabetes, occupational disorder osteoarthritis often go undiagnosed and untreated. Patients often report with advanced complications. More morbid disorders like Malaria, Dengue, Tuberculosis, Diarrhoea, Pneumonia, Hepatitis and encephalitis, on which the health delivery system is still heavily focused, are yet to be eradicated from being under control. Nutritional deficiencies associated with anaemia, low birth weight, avitaminosis, etc. are other challenges [25]. The situation is made worse by the lack of obstetric care and the high burden of geriatric care. Ayurveda, the science of life is as ancient as the history of mankind, and is a comprehensive natural health care system that originated in India more than 5000 years ago. The fundamental aspects of Ayurveda are widely used in India as a system of primary health care. Also today, the most discussed topic in Ayurveda system of medicine is its need, scope and utility. Since the knowledge of Ayurvedic system of medicine is closely related to the oldest source of the Vedas, it is generally accepted that this science has no dearth and has evolved since the existence of man and also deeply connected with Indian philosophy and culture. However, with scientific development and refinement or improvement of old theories, it becomes imperative to have scientific insight into this ancient but most followed system of medicine. In this context, there is a critical need to mainstream Ayurveda in public health care to achieve the objective of better access to health care facilities.

CONCLUSION


Many medicinal plants have been described in Ayurvedic literature with their medicinal value and they have also been found to be effective in controlling many morbid disorders. Therefore, the scope and utility of these plant-based drugs are gradually increasing. Moreover, these medicines are quite safe as they are natural in origin. Considering this treasure trove of medical values, it can be concluded that Ayurveda can play a vital role in establishing a healthy village without investing much of its own resources.

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Table 1: List of medicinal herbs along with medicinal use commonly available in rural area

Local name	Botanical Name	Part used	Medicinal uses
<i>Aama</i>	<i>Magnifera indica</i> Linn.	Stem bark, leaf, flower, fruit and seed.	Bleeding disorder (Sushruta Samhita Uttar tantra. 45/23), Diarrhoea (Vrinda Madhav03/30), Vomiting (Vrinda Madhav 66/11), Thirst (Vrinda Madhav16/10) Splenomegaly(Bhava Prakash Ci 33/17) etc.
<i>Amalataasa</i>	<i>Cassia fistula</i> Linn	Root bark, leaf and fruit-pulp.	Fever (Charaka Samhita Chikitsa sthana 3/232), Jaundice (Astanga Hridya Chikitsa sthana 16/41), Urinary disorder (Sushruta Samhita Chikitsa sthana 11/09), Skin disease (Charaka Samhita Sutra sthana 03/17), Wound (Sushruta Samhita Chikitsa sthana 08/30) etc.
<i>Amaruda</i>	<i>Psidium guajava</i> Linn.	Flower, fruit, leaf and bark.	Used as Spermatogenic dravya (MadanPÁla Nighantu, Phaladi Varga-61).
<i>Anaara</i>	<i>Punica granatum</i> Linn.	Fruit-seed, fruit-pericarp, root bark.	Anaemia (Charaka Samhita Chikitsa sthana 16/45-46), Alcoholism (Charaka Samhita Chikitsa sthana 24/129), Bleeding disorder (Astanga Hridya Chikitsa sthana 2/41), Bleeding pilesa (Astanga Hridya Chikitsa sthana 8/103), Fever (Vaidyamanorma 1/11), Diarrhoea (Vrinda Madhav 3/39) etc.
<i>Arahara</i>	<i>Cajanus cajan</i> Linn.	Seed and leaf.	Gout (Charaka Samhita Chikitsa sthana 29/51).
<i>Baasa</i>	<i>Bambusa arundinacea</i> willd. (Retz.) Roxb.	Root, leaf, leaf nodes, fruit.	Urinary disorder (Charaka Samhita Chikitsa sthana6/24), Piles (Charaka Samhita Chikitsa sthana 14/45-46), Eye disease(Sushruta Samhita Uttar Tantra 12/49), Amenorrhoea (Siddhabhesajamanimala 4/1105) etc.
<i>Baboola</i>	<i>Acacia arabica</i> Wild. And <i>Acacia nilotica</i> Delile & ssp.	Gum resins and fruit.	Diarrhoea (Chakradatta 3/53), Obesity (Bhava Prakash Chikitsa sthana 39/78-79), Guinea worm(Bhava Prakash Chikitsa sthana 57/6), Abdominal colic (Siddhabhesajamanimala 4/511) etc.
<i>Bael</i>	<i>Aegle marmelos</i> Correa.	Root, leaf and fruit.	Diarrhoea (Charaka Samhita Chikitsa sthana 19/113), Piles (Charaka Samhita Chikitsa sthana 14/47), Deafness (Sushruta Samhita Uttar Tantra 21/35), Abdominal distension (Astanga Hridya Chikitsa sthana 15/45), Irritable Bowel Syndrome (Vrinda Madhav 4/10) etc.
<i>Baragada</i>	<i>Ficus bengalensis</i> Linn.	Leaf, stem bark, fruit and latex.	Bleeding disorder (Charaka Samhita Chikitsa sthana 4/86), Diarrhoea (Charaka Samhita Chikitsa sthana 19/100-101), Wound (Charaka SamhitaChikitsa sthana 25/63), Leucorrhoea, Menorrhagia (Charaka Samhita Chikitsa sthana 30/118) For Male progeny (Sushruta Samhita Sa. 2/32) etc.
<i>Bathuaa</i>	<i>Chenopodium album</i> Linn.	Root, leaf and seed.	Cough (Charaka Samhita Chikitsa sthana 18/81), Bleeding pilesa (Charaka Samhita Chikitsa sthana 14/194), Dysentery (Charaka Samhita Chikitsa sthana 27/27), Bleeding disorder (Sushruta Samhita Uttar Tantra 45/53), Menorrhagia(BS. strÍroga. 41) etc.
<i>Bela</i>	<i>Jasminum Sambac</i> (Linn.) Ait.	Root, leaf and flower.	Diarrhoea (Used as SaBgrÁhika) (Charaka Samhita Chikitsa sthana 8/129-30), Greying of hair (Charaka Samhita Chikitsa sthana 26/271), Burning sensation (Astanga Hridya Sutra sthana 3/40), Eye disease (Astanga Hridya Sutra sthana 24/22), Bleeding disorder (Astanga Hridya Chikitsa sthana2/26-27) Dental disease (Astanga Hridya Uttar sthana 22/107) etc.
<i>Bera</i>	<i>Ziziphus mauritiana</i> Lam.	Fruit and seed kernel.	Piles (Charaka Samhita Chikitsa sthana 14/46-47), Diarrhoea (Charaka Samhita Chikitsa sthana 19/31-33),

			Thirst (Charaka Samhita Chikitsa sthana 24/151), Burning sensation (Charaka Samhita Chikitsa sthana 24/160), Excessive hunger (BS. Excessive hunger 9) etc.
<i>Bhaanga</i>	<i>Cannabis sativa</i> Linn.	Leaf, seed.	Fever (Siddhabhesajamanimala 4/97), Diarrhoea and Irritable Bowel Syndrome (Bhava Prakash Chikitsa sthana 2/147), Insomnia (Bhava Prakash Chikitsa sthana 1/325), Skin disease (Vrinda Madhav 51/56-57) etc.
<i>Bhandabhaanda</i>	<i>Argemone mexicana</i> Linn.	Latex, seed and root.	Measels (Chakradatta 54/8), Skin disease (Siddhabhesajamanimala 4/864), Rabies(Siddhabhesajamanimala 4/1168) etc.
<i>Bhangraiya</i>	<i>Eclipta alba</i> (Linn) Hassk.	Whole plant.	Bronchial asthma (Charaka Samhita Chikitsa sthana 18/117), Leucoderma (Astanga Hridya Chikitsa sthana 20/8), Greying of hair (Charaka Samhita Chikitsa sthana 26/267), As Rejuvenating (Astanga Hridya Uttar sthana 39/163), Night blindness (Chakradatta 59/172), Eye disease(Vrinda Madhav 61/211) etc.
<i>Bhatakataiyaa</i>	<i>Solanum surattense</i> Burm.f.	Whole plant.	Piles (Charaka Samhita Chikitsa sthana 14/129), Bronchial asthma(Sushruta SamhitaUttar tantra 51/55), Cough (Astanga Hridya Uttar Tantra 40/56) etc.
<i>Chakavada</i>	<i>Cassia tora</i> Linn.	Seed, Leaf and root.	Skin disease (Charaka SamhitaChikitsa sthana 7/161), Scrofula (Bhava Prakash Chikitsa sthana 44/45-46), Disease associated with vata (Siddhabhesajamanimala 4/461) etc.
<i>Chana</i>	<i>Cicer arietinum</i> Linn.	Leaf, fruit and seed.	Vomiting (Charaka Samhita Chikitsa sthana 20/31), Burning sensation (Bhava Prakash Chikitsa sthana 1/397), Annadrava Abdominal colic (GN. 2/23.142) etc.
<i>Chichida (Latjeera)</i>	<i>Achyranthus aspera</i> Linn	Leaf, spike, seed, root and whole plant.	Basmaka-roga (Excessive Hunger) (Charaka Samhita sutra sthana 2/23), Piles (Sushruta Samhita Chikitsa sthana 6/13), Stone (Astanga Hridya Chikitsa sthana 11/31), Cholera (Bhava Prakash Chikitsa sthana 6/110), Gravels and Dysurea (Vaidyamanorma7/4) etc.
<i>Chilbil</i>	<i>Holoptelea integrifolia</i> Planch.	Leaf-bud, leaf, seed and stem bark.	Abdominal distension (Charaka Samhita Chikitsa sthana 13/167), VÉÆa (Sushruta Samhita Sutra sthana 37/10), Piles (Sushruta Samhita Chikitsa sthana 6/13), Leucoderma (Sushruta Samhita Chikitsa sthana 9/40), Filariasis (Sushruta Samhita Chikitsa sthana 19/58-59), Abdominal lump and Abdominal colic (Sushruta Samhita Uttar Tantra 42/90), Worm infestation (Sushruta Samhita Uttar Tantra 54/29) etc.
<i>Chourai</i>	<i>Amaranthus spinosus</i> Linn.	Leaf, root and whole plant.	Rat bites (Sushruta Samhita Ka. 7/40), Scorpien bites (Astanga Hridya Uttar sthana 36/60), Diarrhoea with blood (BS. Diarrhoea. 137) etc.
<i>Chukandara</i>	<i>Beta vulgaris</i> Linn.	Tap root and leaf.	As Vegetables ĀĀka, Rich source of Vitamins and Iron. (NighaĒŌu Ādarsha Vol-II p 332-33) etc.
<i>Dhaniyaa</i>	<i>Coriandrum sativum</i> Linn	Whole plants, fruit and leaf.	Piles (Charaka Samhita Chikitsa sthana 14/129), Vomiting (Sushruta Samhita Uttar Tantra 49/30), Abdominal lump (Astanga Hridya Chikitsa sthana 14/60), Thirst (Bhava Prakash Chikitsa sthana 18/32) Fever (Vrinda Madhav 1/101), Indigestion (Vrinda Madhav 6/21) etc.
<i>Dhaturaa</i>	<i>Datura metal</i> Linn.	Seed, root, and leaf.	Rabies (Sushruta Samhita Ka. 7/52), Alopacea (Astanga Hridya Uttar sthana 24/28-30), Psychosis (Chakradatta 20/6), Worm infestation (Bhava Prakash Chikitsa sthana 7/24), Fever (Siddhabhesajamanimala 4/109), Catarrh (Siddhabhesajamanimala 4/1005) etc.
<i>Dooba</i>	<i>Cynodon dactylon</i> (Linn.)	Whole plant.	Bleeding pileasa (Charaka Samhita Chikitsa sthana 14/219),

	Pers.		Wound (Charaka Samhita Chikitsa sthana 25/93) Bleeding disorder (Sushruta Samhita Uttar Tantra 45/20) etc.
<i>Gadahapurnaa</i>	<i>Boerhaavia diffusa</i> Linn.	Root and leaf.	Anaemia (Charaka Samhita Chikitsa sthana 16/93-96), Oedema (Charaka Samhita Chikitsa sthana 12/23), Stone and Gravels (Sushruta Samhita Chikitsa sthana 7/26), As Rejuvenating (Astanga Hridya Uttar sthana 39/155), Haemoptysis (Charaka Samhita Chikitsa sthana 11/26) etc.
<i>Gehu</i>	<i>Triticum aetivum</i> Linn.	Seed.	Gout (Charaka Samhita Sutra sthana 3/23), Urinary disorder (Charaka Samhita Chikitsa sthana 6/24), Skin disease (Sushruta Samhita Chikitsa sthana 10/5), As Aphrodisiac (Sushruta Samhita Chikitsa sthana 26/30), Cough (Sushruta Samhita Uttar Tantra 52/36), Heart disease (Vrinda Madhav 31/13) etc.
<i>Gendaa</i>	<i>Tagetes erecta</i> Linn.	Flower and leaf.	Bleeding pilesa (Siddhabhesajamanimala 4/229), Gonorrhoea (Siddhabhesajamanimala 4/812) etc.
<i>Ghavapattaa (Pattharchata)</i>	<i>Bryophyllum pinnatum</i> (Lam.) Kurz	Leaf.	Bleeding disorder and Wound (Sharma P. V. Dravyaguna Vigyana Part-II (p 787).) etc.
<i>Giloya</i>	<i>Tinospora cordifolia</i> (Willd.) Meers ex Hook f. & thoms.	Stem.	As Rejuvenative (Charaka Samhita Chikitsa sthana 1/3/30-31), Jaundice (Charaka Samhita Ci 16/134), Gout (Sushruta Samhita Chikitsa sthana 05/08), Piles (Sushruta Samhita Chikitsa sthana 6/13), Skin disease (Sushruta Samhita Chikitsa sthana 10/16), Fever (Sushruta Samhita Uttar Tantra 39/170), Urinary disorder (Astanga Hridya Chikitsa sthana 12/16), Hyperacidity (Bhava Prakash Chikitsa sthana 10/16) etc.
<i>Gudahala</i>	<i>Hibiscus rosa-sinensis</i> Linn.	Flower.	Amenorrhoea (Chakradatta 62/22), Used as contraceptive drug (Bhava Prakash Chikitsa sthana 70/34), Greying of hair (Vrinda Madhav 57/91) etc.
<i>Gulab</i>	<i>Rosa centifolia</i> Linn.	Flower.	Burning sensation, Skin disease, Bleeding disorder, Stomatitis (Anonymous 2001).
<i>Gular</i>	<i>Ficus racemosa</i> Linn. Syn. <i>Ficus glomerata</i> Roxb.	Stem bark, fruit and latex.	Diarrhoea (Charaka Samhita Sutra sthana 27/105), Bleeding disorder (Sushruta Samhita Uttar Tantra 45/23), Menorrhagia (Bhava Prakash Chikitsa sthana 68/16) Diabetic carbuncles (GN.2/30/97) etc.
<i>Gvarapathaa</i>	<i>Aloe barbadensis</i> Mill.	Leaf and root.	Splenomegaly (SG.2/1/15), Epilepsy (Siddhabhesajamanimala 4/453), Jaundice (Bhava Prakash Chikitsa sthana 8/44), Abdominal lump (Bhava Prakash Chikitsa sthana 32/44) etc.
<i>Harasingaara</i>	<i>Nyctanthes arbotrisis</i> Linn	Leaf and stem bark.	Urinary disorder (Sushruta Samhita Chikitsa sthana 11/9), Sciatica (Chakradatta 22/43), Osteoarthritis (RM. 22/4) etc.
<i>Imali</i>	<i>Tamarindus indica</i> Linn.	Flower, fruit and seed.	Bleeding pilesa (Charaka Samhita Ci 14/200-201), Anorexia nervosa (Vrinda Madhav 14/06), Abdominal lump (B.P. Chikitsa sthana 32/64), Diarrhoea (Vaidyamanorma 6/5), Ring-worm (V.D. 11/62) etc.
<i>Jaamuna</i>	<i>Syzygium cumini</i> (Linn.) Skeels.	Fruit, stem bark, seed and leaf.	Diarrhoea (Charaka Samhita Chikitsa sthana 8/127), Vomiting (Charaka Samhita Chikitsa sthana 20/30), Bleeding disorder (Sushruta Samhita Uttar Tantra 45/32), Diarrhoea with blood (Chakradatta 3/68), Maggots in ear (GN. 2/66) etc.
<i>Jambiri nimbu</i>	<i>Citrus limon</i> (L.) Burm.	Fruit, stem bark and leaf.	Hyperacidity (Chakradatta 52/21), Indigestion (Bhava Prakash Chikitsa sthana 6/129), Chicken pox (Vaidyamanorma 11/19), Earache (Vaidyamanorma 16/61) etc.
<i>Jhada bera</i>	<i>Ziziphus nummularia</i> (Burm.f.) W & A	Leaf and fruit.	Burning sensation (Bhava Prakash Chikitsa sthana 1/171), Leucorrhoea (GN. 6/1/51).

<i>Kaasha</i>	<i>Saccharum spontaneum</i> Linn.	Root.	Dysurea (Charaka Samhita Chikitsa sthana 26/50), Epilepsy (Astanga Hridaya Uttar sthana 7/28) etc.
<i>Kakoraa</i>	<i>Momordica dioica</i> Roxb.	Root, fruit.	Fever (Sushruta Samhita Uttar Tantra39/152), Jaundice (Vrinda Madhav08/13), Stone and Gravels (GN.2/27/46) etc.
<i>Kanera (Peeta)</i>	<i>Thevetia nerifolia</i> Juss. Ex steud.	Root, root bark, leaf.	Headache (Kaiyadeva Nighantu Ousadhi Varga 1545)
<i>Karaundaa (Jangali)</i>	<i>Carissa spinarum</i> Auct.BI	Root, fruit and leaf.	Bleeding disorder (Bhāvaprakāśa ÀmrÁdiphala Varga. 69).
<i>Karondaa</i>	<i>Carissa carandas</i> Linn.	Root, fruit and leaf.	Hédya (Charaka Samhita Sutra sthana04/10), Bleeding disorder, Oedema , Urinary disorder, Ùkragata roga (Sushruta Samhita Sutra sthana 38/73) etc.
<i>Kasaundi</i>	<i>Cassia occidentalis</i> Linn.	Seed, leaf and root.	Hiccups and Dyspnoea (Charaka Samhita Chikitsa sthana 17/99), Cough (Charaka Samhita Chikitsa sthana 18/117), Skin disease (Vrinda Madhav 51/19), Filariasis (BS. shlipada 10) etc.
<i>Katahala</i>	<i>Artocarpus hetrophyllus</i> Lam.	Fruit, stem bark and leaf.	Bleeding disorder, as Spermatogenic and Strenght promoting (Kaiyadeva NighaÆÔu, OÒadhi uarga, 462.) etc.
<i>Kelaa</i>	<i>Musa paradisiaca</i> Linn.	Fruit.	Dysurea (Charaka Samhita Chikitsa sthana 26/55), GrahaÆi-roga (Siddhabhesajamanimala 4/179), Bronchial asthma(Bhava Prakash Chikitsa sthana 14/37) etc.
<i>Kevaancha</i>	<i>Mucuna prurita</i> Hook.	Seed, root and fruit.	As aphrodisiac dravya (Sushruta Samhita Chikitsa sthana 26/30), Disease associated with vata (Chakradatta 22/27) etc.
<i>Kunduru</i>	<i>Coccinia indica</i> W. & A	Leaf and Root.	Lock jaw (BS. Disease associated with vata. 101), Worm infestation (GN. 2/6/41) etc.
<i>Kusha</i>	<i>Desmostachya bipinnata</i> stapf.	Root.	Dysurea (Charaka Samhita Chikitsa sthana 26/50), Stone and Gravels (Chakradatta 32/4), Piles (BS. Piles 75), Leucorrhoea (Vrinda Madhav 63/8) etc.
<i>Lisorha</i>	<i>Cordia dichotoma</i> Forst. f.	Stem bark and fruit.	Erysipelas (Charaka Samhita Chikitsa sthana 21/89-92), Poisoning (Charaka Samhita Chikitsa sthana 23/187-88), Bleeding disorder (Sushruta Samhita Uttar Tantra 45/16-17), Greying of hair (Chakradatta 55/137-38), Blister (Vrinda Madhav 55/10), Soft chancre (Siddhabhesajamanimala 4/799), Chicken pox (BS. Measels. 90) etc.
<i>Louki</i>	<i>Lagenaria sciceraria</i> Standl	Fruit, seed and leaf.	Oedema (Sushruta Samhita Chikitsa sthana 23/12), Piles (Chakradatta 05/07), Leucorrhoea (Bhava Prakash Chikitsa sthana 68/17) etc.
<i>Madaara</i>	<i>Calotropis procera</i> (Ait) R.Br.	Root, latex, leaf, flower.	Piles (Charaka Samhita Chikitsa sthana 14/49), Dantal caries infestation (Astanga Hridaya Uttar sthan22/20), Loss of appetite (Siddhabhesajamanimala 4/254), Cholera (Siddhabhesajamanimala 4/228), Cough (Siddhabhesajamanimala 4/334) etc.
<i>Mahuaa</i>	<i>Madhuca indica</i> J.F.Gmel.	Flower, Stem bark, fruit and seed.	Bleeding disorder (Charaka Samhita Chikitsa sthana 4/49), Irritable Bowel Syndrome (Charaka Samhita Chikitsa sthana 15/146-50), Eye disease(Sushruta Samhita Uttar Tantra 12/41), Eczema (Siddhabhesajamanimala 4/849) etc.
<i>Makoya</i>	<i>Solanum nigrum</i> Linn.	Whole plant.	Skin disease (Charaka SamhitaChikitsa sthana 7/ 96), Cough (Charaka SamhitaChikitsa sthana 18/81-82) , As rejuvenative (Vaidyamanorma4/3), Eye disease(Vrinda Madhav61/24) etc.
<i>Meethi neem</i>	<i>Murraya koenigii</i> (L.) Spreng.	Leaf.	Piles, Diarrhoea, Vomiting, Burning sensation, Fever, Itching, Worm infestation, Skin disease, Urinary disorder ,

			Dysentery, Abdominal colic, Tuberculosis, Oedema , Leucoderma (Anonymous 2008)
<i>Mehandi</i>	<i>Lawsonia inermis</i> Linn.	Leaf, flower, seed.	Urinary disorder (AS. Chikitsa sthana 14/7), Fever (SG. 2/1/10), Bleeding disorder (GN. 2/8/64) etc.
<i>Methi</i>	<i>Trigonella foenum-graecum</i> Linn.	Whole plant, seed.	Puerperal disease (Bhava Prakash Chikitsa sthana 70/158-62), Disease associated with vata (BPN. 1-95-96) etc.
<i>Mircha</i>	<i>Capsicum annum</i> Linn.	Fruit.	Cholera, Obesity, Wound (Sharma P. V. Dravyaguna Vigyana Part-II (p 314).
<i>Narkata</i>	<i>Arundo donax</i> Linn.	Stem, leaf and flower.	Erysipelas (Charaka Samhita Chikitsa sthana 21/90-92), Fever (Sushruta Samhita Uttar Tantra 39/204), Retention of urine (Bhava Prakash Chikitsa sthana 36/27) etc.
<i>Neema</i>	<i>Azadirachta indica</i> A.juss.	All part.	Skin disease (Charaka Samhita Chikitsa sthana 7/97-99), Urinary disorder (Sushruta Samhita Chikitsa sthana 11/9), Fever (Sushruta Samhita Uttar Tantra 39/282), Bleeding disorder (Bhava Prakash Chikitsa sthana 9/18), Wound (Bhava Prakash Ci 7/24), Bleeding piles (Siddhabhesajamanimala 4/238) etc.
<i>Nenuaa</i>	<i>Luffa cylindrica</i> Linn.	Fruit, leaf and flower	Used as vomiting agent (SS Sutra sthana 39/02).
<i>Paakara</i>	<i>Ficus lacor</i> Buch-Ham	Stem bark and leaf.	Wound (Charaka Samhita Chikitsa sthana 25/87), Menorrhagia(Charaka Samhita Chikitsa sthana 30/119), Diarrhoea with blood (Sushruta Samhita Uttar Tantra 40/119), Bleeding disorder (Bhava Prakash Chikitsa sthana 9/18) etc.
<i>Paalaka</i>	<i>Spinacia oleracea</i> Linn.	Leaf and seed.	Mada, Bleeding disorder (Sushruta Samhita Sutra sthana 46/257) etc.
<i>Papitaa</i>	<i>Carica papaya</i> Linn.	Fruit, leaf latex and Seed.	Dyspnoea, Cough, Splenomegaly, Hepatomegaly (Nighantu Adarsha Vol-I p-615) etc.
<i>Phaalsa</i>	<i>Grewia asiatica</i> Linn.	Fruit, leaf and root.	Gout (Charaka Samhita Chikitsa sthana 29/58-60), Abdominal colic (Sushruta Samhita Uttar Tantra 42/108), Obstructed labour (BS. strfroga. 229) etc.
<i>Pipala</i>	<i>Ficus religiosa</i> Linn.	Stem bark, leaf, fruit and leaf bud.	Wound (Charaka Samhita Chikitsa sthana 25/95, 113), Gout (Charaka Samhita Chikitsa sthana 29/158) As aphrodisiac (Sushruta Samhita Chikitsa sthana 26/27), Vomiting (Bhava Prakash Ci 17/23) etc.
<i>Pudinaa</i>	<i>Mentha spicata</i> Linn.	Fruit.	Loss of appetite (Siddhabhesajamanimala 4/263) etc.
<i>Pyaja</i>	<i>Allium cepa</i> Linn.	Bulb and seed.	Hiccups and Dyspnoea (Charaka Samhita Chikitsa sthana 17/131), Epistaxis (Charaka Samhita Chikitsa sthana 4/100), Bleeding piles (Charaka Samhita Chikitsa sthana 14/204), Disease associated with vata (Astanga sangraha. Uttar Tantra 49/135), Cholera (Siddhabhesajamanimala 4/273) etc.
<i>Redi</i>	<i>Ricinus communis</i> Linn.	Root, leaf, seed.	Fever (Charaka Samhita Chikitsa sthana 3/235), Abdominal lump (Charaka Samhita Chikitsa sthana 05/92), Piles (Charaka Samhita Ci 14/44), Diarrhoea (Charaka Samhita Chikitsa sthana 19/48), Gout (Charaka Samhita Chikitsa sthana 29/140), Rheumatoid arthritis (Vrinda Madhav 25/11) etc.
<i>Sadaabahara</i>	<i>Lochnera rosea</i> Linn.	Whole plants, root and leaf.	Blood Cancer (Sharma P. V. Dravyaguna Vigyana Part-II p. 831).
<i>Sagavana</i>	<i>Tectona grandis</i> Linn.f.	Heart wood, seed and stem bark.	Miscarriage (Sushruta Samhita Sa. 10/59), Stone and Gravels (Sushruta Samhita Ci 7/17) etc.
<i>Sahijana</i>	<i>Moringa oleifera</i> Lam.	Root bark, fruit and seed.	Oedema (Charaka Samhita Sutra sthana 1/117), Piles (Charaka Samhita Chikitsa sthana 14/45), Hiccups and Dyspnoea (Charaka Samhita Chikitsa sthana 17/99),

			(Charaka Samhita Chikitsa sthana 26/66-67), Skin disease (Sushruta Samhita Chikitsa sthana 9/53), Abdominal distension (Sushruta Samhita Chikitsa sthana 14/13), Stone and Gravels Eye disease (Astanga Hridya Uttar sthana 16/9), Abdominal colic (Siddhabhesajamanimala 45/14), Worm infestation (Vrinda Madhav 55/19) etc.
<i>Saraso</i>	<i>Brassica campestris</i> Linn.	Seed and leaf.	Cholera (Sushruta Samhita Uttar Tantra 56/15), Skin disease (Charaka Samhita Chikitsa sthana 7/119), Gout (SS Chikitsa sthana 5/19), Filariasis (Sushruta Samhita Chikitsa sthana 19/60), Eczema (Astanga Hridya Chikitsa sthana 21/50) etc.
<i>Banda Gobhi</i>	<i>Brassica oleracea var. capitata</i> Linn.	Leaf, seed.	Rheumatoid arthritis, Gout, Oedema (Nighantu Adarsha (Vol-I) Rajikadi Varga p. 83) etc.
<i>Sema</i>	<i>Dolichos lablab</i> Linn.	Fruit	Used as galactagogue (Nighantu Adarsha Vol. I p. 409).
<i>Semala</i>	<i>Bombax ceiba</i> Linn. Syn. <i>Salmella malabarica</i> (DC.) Schoot and Endl.	Root, flower and stem bark.	Bleeding disorder(Charaka Samhita Chikitsa sthana 4/39), Wound (Charaka Samhita Chikitsa sthana 25/63), As Aphrodisiac (HS. 3/47/15), Diarrhoea (Sushruta Samhita Uttar Tantra 40/98), Splenomegaly (Bhava Prakash Chikitsa sthana 33/18), chloasma (Vrinda Madhav 57/38), Leucorrhoea (Bangasen. strīroga. 77-78) etc.
<i>Sharifaa</i>	<i>Annona squamosa</i> Linn.	Fruit and root.	Fever (Siddhabhesajamanimala 4/96).
<i>Shataavara</i>	<i>Asperagus racemosus</i> Willd.	Root.	Bleeding disorder (Charaka Samhita Chikitsa sthana 4/95-96), As aphrodisiac (Charaka Samhita Chikitsa sthana 2/3/18), Rejuvenating (Astanga Hridya Uttar sthana 39/157), Diarrhoea (AS Chikitsa sthana 11/25), Gout (Vrinda Madhav 23/25), As galactagogue (YR. P. 440) etc.
<i>Shisham</i>	<i>Dalbergia sissoo</i> Roxb.	Leaf, stem bark, and root.	Urinary disorder (Sushruta Samhita Chikitsa sthana 11/9), Fever (Sushruta Samhita Uttar Tantra 39/203), Diarrhoea (Astanga Hridya Chikitsa sthana 9/95-96), Sciatica (Bangsen. vata. 608-609) etc.
<i>Soaa</i>	<i>Anethum sowa</i> Kurz.	Fruit and leaf.	Gout (Charaka Samhita Chikitsa sthana 29/140), Piles (Charaka Samhita Chikitsa sthana 14/41).
<i>Tilli</i>	<i>Sesamum indicum</i> Linn.	Seed.	Piles (Charaka Samhita Ci 15/227), Disease associated with vata (Charaka Samhita Chikitsa sthana 28/188), Diarrhoea (Sushruta Samhita Uttar Tantra 40/115), Gout (Astanga Hridya Chikitsa sthana 22/33-34), Abdominal colic (Vrinda Madhav 26/12), Abdominal distension (Vrinda Madhav 37/47), Haematuria (Siddhabhesajamanimala 4/577) etc.
<i>Tulasi</i>	<i>Ocimum sanctum</i> Linn.	Leaf, flower, seed and root.	Cough (Charaka Samhita Chikitsa sthana 18/117), Earache (Sushruta Samhita Uttar Tantra 21/32), Worm infestation (Astanga Hridya Chikitsa sthana 20/27), Fever (SG. 2/1/10) etc.
<i>Urada</i>	<i>Phaseolus mungo</i> Linn.	Fruit and seed.	As Aphrodisiac (Charaka Samhita Chikitsa sthana 2/147), Haedache (Astanga Hridya Uttar sthana 24/2), Disease associated with vata (Vrinda Madhav 22/21) etc.

Table 2: List of medicinal herbs along with medicinal use commonly available in our Kitchen.

Name of spice	Latin Name	Medicinal uses
<i>Adharak</i>	<i>Zingiber officinalis</i> Rosc.	Fresh ginger juice along with honey cure cough, bronchial asthma, and coryza [5].
<i>Pyaj</i>	<i>Allium cepa</i> Linn.	Juice of Onion removes Cholera [6].
<i>Jeera</i>	<i>Cuminum cyminum</i> Linn.	Ghee cocked with paste of <i>J Cuminum</i> and <i>Coriandrum</i> removes anorexia, improves digestion and check vomiting [7].
<i>Dhaniyaa</i>	<i>Coriandrum sativum</i> Linn.	The cold infusion of <i>Coriandrum</i> along with sugar and taken in morning alleviates even severe burning sensation immediately [8]. Water boiled with <i>Coriandrum</i> reduces abdominal lump [9].
<i>Lahasun</i>	<i>Allium sativum</i> Linn.	Garlic boiled with milk and intake of this milk alleviates abdominal lump, abdominal distension, sciatica, malarial fever, cardiac disorder and oedema [10].
<i>Dalchini</i>	<i>Cinnamomum zeylanicum</i> Breyn.	Dried inner bark powder is effective in dryness of mouth, thirst, disease of throat and mouth, catarrh, disease of urinary bladder, piles, cardiac disease [11].
<i>Tejapatta</i>	<i>Cinnamomum tamala</i> (Buch. Ham.) Nees & Eberm.	Dried mature leaves is used in piles, anorexia, nausea and catarrh [12].
<i>Kali mircha</i>	<i>Piper nigrum</i> Linn.	Fully mature dried fruit powder is used in dyspnoea, cough, worm infestation and in skin disease [13].
<i>Pippal</i>	<i>Piper longum</i> Linn.	Dried immature fruits is used in dyspnoea, cough, worm infestation, skin disease, splenomegaly, fever, diabetes, piles, tuberculosis, abdominal desension, hiccough, thirst, abdominal colic, rheumatoid arthritis and indigestion [14].
<i>Kallounji</i>	<i>Nigella sativa</i> Linn.	Seeds of <i>Nigella sativa</i> Linn. is used in worm infestation, diarrhoea, abdominal lump and in flatulence [15].
<i>Methidana</i>	<i>Trigonella foenum-graecum</i> Linn.	Seeds of methi is used in anorexia, fever, irritable bowel syndrome and in diabetes [16].
<i>Haldi</i>	<i>Curcuma longa</i> Linn.	Powder of haldi is used in skin disease, wound, diabetes, anaemia, filarial and catarrh [17].
<i>Hinga</i>	<i>Ferula foetida</i> Regel.	Olio-gum resin is used in abdominal colic, flatulence, abdominal lump, abdominal distension, cardiac disorder, worm infestation and in loss of appetite [18].
<i>Ajwain</i>	<i>Trachyspermum ammi</i> (Linn.)	Dried fruit is used in abdominal colic, flatulence, abdominal lump, abdominal distension, indigestion, worm infestation and in loss of appetite [19].
<i>Soupha</i>	<i>Foeniculum vulgare</i> Mill.	Dried fruit is used in abdominal colic, cough, dysentery, disorder of blood, piles and in loss of appetite [20].
<i>Lounga</i>	<i>Syzygium aromaticum</i> (Linn.)	Dried flower bud is hyperacidity, dyspnoea, vomiting, flatulence, hiccup, cough and in thirst [21].
<i>Choti elaichi</i>	<i>Elettaria cardamomum</i> (Linn.)	Seeds of dried fruits is used in anorexia, dyspnoea, vomiting, cough and in dysuria [22].
<i>Badi elaichi</i>	<i>Amomum subulatum</i> Roxb.	Dry seeds is used in dyspnoea, cough, disease of mouth, thirst, vomiting, nausea and in itching [23].
<i>Sarso dana</i>	<i>Brassica campestris</i> Linn.	Dried seed is used in itching, skin disease, and in abdominal worms [24].