

Charaka Samhita

Handbook on Ayurveda

Volume II

Edited by Gabriel Van Loon

Legal Note from the editor: This book is not intended as a substitute for the medical advice of physicians. The reader should consult his or her physician in matters relating to his or her health, and particularly with respect to any procedures or techniques that may be described in this book.

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Dedicated to

Dr. Vasant Lad, my first Ayurvedic teacher; to Sri Punarvasu Atreya, voice of the Charaka Samhita; and to today's Ayurvedic students and future Vaidyas.

Special Thanks to

The five or six elders who have taken time to teach me, and to my dear parents for their loving support.

About the Author

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Vatavyadhi (Paralysis etc.)

Diagnosis

V Sub-types

Symptoms of vitiated V, by location

Various paralysis conditions

V covered with P, K or dhatus

Treatment

General treatment

Treatment by location of V

Diet

General topical treatment

Uncting formulas

On Vata:

“V is life, strength and sustainer of all creatures. V is the entire world, it is the master of all.”

The person whose V is with unimpeded movements and in normal state lives long for 100 years devoid of disorders. -Ci28#3-4

V is of 5 types:

[Each V sub-type is distinguished by location and action/ vector, function.]

[They each have their own portion of the body in which it is located, direction of movement, and functions.]

Prana, Udana, samana, vyana and apana.

V coordinates the body well while moving unimpededly in different places.

Ci28#5

<u>Sub-type:</u>	<u>Locations in the body:</u>	<u>Functions:</u>
Prana	head, chest, throat, tongue, mouth, nose	spitting, sneezing, belching, respiration, digestion, etc.
udana	navel, chest, throat	speech, effort, energy, strength, complexion etc.
samana	channels carrying sweat, dosas and water (fluid) and seated beside the digestive fire provides strength to Agni.	
vyana	being quick-moving pervades the entire body and performs the functions of movements, extension, contraction, like blinking etc.	
apana	testicles, urinary bladder and penis, navel, thighs, groins, anus.	“It releases semen, urine, feces, menses and fetus while situated in intestines.”

Ci28#5-10

About the Sub-doshas:

They all in equilibrium and located in their places perform their normal functions by which the body is sustained free from disorders.

If they move on wrong path or are unbalanced they afflict the body with disorders relating to their location and functions and take away life shortly.

Ci28#11-12

Causes of Aggravation of V:

rough, cold, little and light food, excessive coitus and vigils, faulty therapeutic management, excessive elimination of impurity and blood, excessive movements such as leaping, jumping, wayfaring and physical exercise, wasting of dhatus, excessive emaciation due to anxiety, grief and illness, uncomfortable bed and seat/chair, anger, day-sleep, fear, suppression of urges, amadosa, injury, fasting, injury in vital parts, falling down from elephants, horses and other fast vehicles.

Ci28#15-17

The result of V aggravation due to the above:

V, filling up the vacant channels in the body produces various disorders pertaining to the entire body or one of the parts.

Ci28#18

Purvarupa:

the unmanifested symptoms of these disorders; prodromal signs and symptoms

When the same are manifested they represent the own entity of disorders while their lightness (lessened severity) denotes the subsidence of the disorder.

Ci28#19

Symptoms produced by vitiated V:

contractures, stiffness in joints, tearing in bones and joints, horripilation, delirium, stiffness in hands, back and head, limping, crippledness, humpedness, drying of organs, sleeplessness, destruction of fetus, sperms and ovum, pulsation, numbness in organs, crookedness of head, nose, eyes, clavicular region and neck, tearing, piercing pain, distress, convulsion, mental confusion, exhaustion.

Ci28#20-23

Why V produces peculiar disorders:

Due to difference of cause and location.

Ci28#24

Character of vitiated V, according to location:

<u>Location of V:</u>	<u>Symptoms:</u>
in bowels	retention of urine, stool, Bradhana (hernia), cardiac disorders, gulma, piles and pain in sides.
Generally all over the body	quivering and breaking pain in the limbs and joints which are painful as if cracking
in anus	retention of stool, urine and flatus, colic, tympanitis, calculus, gravels, pain and emaciation in shanks, thighs, sacral region, feet and back.
Amasaya	pain in heart, navel, sides and abdomen, thirst, belching, visucika, cough, drying of throat and mouth and dyspnoea.
Pakwasaya	causes gurgling sound in intestines, colic, meteorism, difficulty in passing urine and stool, hardness in bowels and pain in sacral region.
Sense organs	loss of sensation
Twak	skin is rough, cracked, benumbed, thin, and is associated with piercing pain, stretching, redness and pain in joints.
Rakta	severe pain with heat, abnormal complexion, leanness, anorexia, pimples on body parts and stillness of ingested meal.
Mamsa + Medas	body has heaviness in organs, severe piercing pain as if beaten with sticks or fists, distress and excessive exhaustion.
Majja + Asthi	breaking pain in bones and joints, pain in joints, loss of flesh and strength, sleeplessness and continuous pain.
Sukra	prematurely expels or retains semen or fetus and also causes abnormality.
Snayu	produces opisthotonus, emprosthotonus, cramps, humpedness and other generalized or localized disorders.
Sira (Blood vessels)	the body having mild pain and swelling dries up and quivers with siras as motionless, constricted or dilated.
Joint	swelling like air-filled bladder in [(to the)] touch, and pain during contraction and extension of limbs.

Ci28#25-37

Ardita (Facial Paralysis):Cause:

When V aggravated severely affects one half of the body, it dries up the blood, hand, leg and knee and produces contracture in that half.

Ci28#38

Signs:

Face and also nose, eyebrows, forehead, eyes and jaws get crooked. Thus the morsel of food goes in the mouth in crooked way, the nose is crooked, eyes stiffened and sneezing is suppressed in spite of impulse. Tongue when raised becomes curved, voice becomes feeble and impeded, teeth become loose, hearing is deficient and voice is

hoarse. There is pain in foot, hand, eye, shank, thigh, temple, ear and cheek.

This disease is localized either in one-half of the body or in half of the face.

Ci28#38-42

Manyastambha (stiffness of carotid regions):

occurs when V gets lodged in both the carotid regions and reaches inside.

Ci28#43

Antarayama (emprosthonus):

neck bends inwards and carotid regions also get stiffened excessively. Also, there is gnashing of teeth, salivation, inward bending of back, stiffness of head, yawning and lockjaw.

Ci28#44

Bahirayama (Opisthotonus):

Cause:

The aggravated V drying up the external vessels situated in back, and carotid regions cause “dhanustambha” (archlike stiffness) known as “bahirayama”.

Ci28#45-46

Signs:

The body of the patient is bent downwards like bow, head goes to back, chest gets thrown upwards, carotid region gets stiffened and neck is bent downwards. There is also gnashing of teeth, yawning, salivation, and loss of speech when it comes with force it kills the patient or produces restlessness.

Ci28#47-48

Hanugraha (lock-jaw):

when V is located at the root of the jaw, it causes the jaws to slip down from their bonds and consequent opening of mouth or by stiffening the jaws it causes closing of the mouth.

It is characterized by stiffness and absence of pain. - Ci28#49

Aksepaka:

Vitiated V causes frequent convulsions in the body while drying up hand and feet along with blood vessels, ligaments and tendons.

Ci28#50

Dandaka (plenosthotonus):

When V stiffens hands, feet, head, back and hip the body becomes stiff like a stick.

This is incurable.

Ci28#51

Progress and Prognoses in these cases:

In ardita etc. when the paroxysm of the disorder goes away, the patient feels normal but in case if persists it afflicts him with respective troublesome symptoms.

The physician should not take up these cases.

Ci28#52

If V affects half the body and while drying up the blood vessels and ligaments it

paralyses one side, either left or right, and causes loss of movement, pain and loss of speech.

Ci28#53

Ekanga Roga:

when vitiated V causes contracture in one of the feet or hands with piercing pain and distress.

Ci28#54

Sarvanga Roga:

when affection is generalized.

Ci28#55

Grdhrasi (sciatica):

starts from hip and gradually comes down to waist, back, thigh, knee, shank and foot and affects these parts with stiffness, distress and piercing pain and also frequent quiverings.

These symptoms are of V but when the disorder is caused by V and K it is associated with drowsiness, heaviness and anorexia.

Ci28#56

Khalli:

produces cramps in foot, shank, thigh and wrist.

Ci28#57

The remaining disorders may be known from the symptoms according to location and name.

The 2 Causes of Vitiation of V:

*****!!*****

Vitiatio

n of V takes place due to either

- 1) wasting of Dhatus or
- 2) obstruction in Srotas

Ci28#58-59

V mixed with K and P:

In all these disorders, association of P etc. should be observed.

V, P, and K move in all the channels of the body. Due to subtleness, V itself provokes the other 2 doshas. When aggravated it excites them and carrying them to different places produces different disorders due to obstruction in passage and dries up rasa etc. (the dhatus).

Ci28#58, 60

Symptoms of V covered with P, K or Dhatus:

<u>Dosha or Dhatu covering V:</u>	<u>Symptoms:</u>
P	burning sensation, thirst, pain, giddiness, feeling of darkness, aggravation of burning sensation by the use of pungent, sour, salty and hot things and desire for cold.
K	Coldness, heaviness and pain, suitability of pungent, sour and salty and particular desire for fasting, exertion, rough and hot things.
Rakta	burning sensation with distress, the space between skin and muscle becomes red and swollen and rashes appear.
Mamsa	appearance of hard and decoloured boils, swelling, horripilation and feeling of ant's crawling.
Medas	causes adhyavata which is characterised by shifting, unctuous, soft and cold swelling in body parts along with anorexia. This is curable with difficulty.
Asthi	the patient likes hot applications and kneading. Besides, the body has breaking pain, malaise and piercing pain.
Majja	there are bending, yawning, cramps and pain which ease by pressing with hands.
Sukra	semen is not expelled out or expelled excessively and it causes sterility.
Food	there is pain in abdomen on taking food which subsides on empty stomach.
Urine	there are retention of urine and blowing up of urinary bladder.

Feces	stool is constipated too much, there is cutting pain downwards in anorectum, uncting substance gets digested quickly, the patient suffers from hardness in bowels after meals, due to pressure with food the patient passes hard stool with difficulty and delay, there is pain in hip, groins and back, V moves in reverse direction and heart is ill.
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Ci28#61-71

Prognosis in Vatavyadhi:

The following are curable with difficulty or incurable due to deepness of their location:

They should be treated if they are new, free from complications and in strong patients:

Displacement of joints, lock-jaw, contracture, humpedness, hemiplegia, wasting of body parts, paraplegia, khudavatata, stiffness and the disorders located in majja and asthi.

Ci28#72-74

Treatment of Disorders of Vata:In the case that V is alone and uncovered:

- 1) It should be managed with intake of ghee, muscle-fat, oil and marrow.
- 2) When the patient is tired of uncting substance he should be given some interval and thereafter again uncted with milk, vegetable, soup of domestic, aquatic or marshy meat mixed with uncting substance, payasa (rice cooked with milk), krsara [kitchari] with sours and salt, unctuous enema, snuffing and saturating food and when uncted well should be fomented [[after each day's dose].
- 3) The patient having been massaged well should be subjected to unctuous fomentation by means of tube, bed and bolus or the means according to need.
-After massage and fomentation even a crooked or stiffened limb can be bent gradually as desired like a piece of dry wood.
- 4) After fomentation horripilation, piercing pain, distress, dilatation [what is the definition of this word?], **swelling, stiffness, **seizures etc. are pacified quickly and softening comes forth.***
- 5) The use of uncting substance nourishes the dried body tissues quickly and promotes strength, digestive power, corpulence and vital breath.
- 6) One should administer uncting and sudation frequently. When the bowels are softened with uncting, the disorders of V do not stay further.

Ci28#75-82

In the case that V is accompanied by excess impurity:

- 1) In case, due to excess of impurity, the disorder does not get pacified, the patient should be evacuated with mild unctuous purgatives.

2)The patient should take ghrta prepared with tilvaka or satala or castor oil with milk- this eliminates impurity and is wholesome.

3)Excrement accumulated due to food being fatty, sour, salty, hot etc. checks V by creating obstruction in channels, hence one should carminate V.

4)If the patient is weak and unfit for purgation, he should be managed with non-unctuous enema and digestive or appetizer drugs and food mixed with them.

5)After evacuation and kindling of digestive fire, unction and fomentation should be administered again.

6)Frequent use of sweet, sour, and salty diet, snuffing and smoking should be made in all such cases.

Ci28#83-88

Treatment of General V in Specific Locations:

<u>Location of V:</u>	<u>Treatment:</u>
belly [vs. stomach, below]	one should take alkali and sour things mixed with digestives and appetisers and thus help maturation of impurities
anorectum and colon	apply the measures relieving udavarta (upward moving of V). (See Udavarta, listed presently in beginning of “3 Vital Organs chptr., p.38
Amasaya	1) measures should be adopted after 2) evacuation
generally all over the body	massage, non-unctuous and unctuous enema
twak [skin]	sudation, massage, bath and delicious food
rakta	cold applications, purgation and blood-letting
mamsa + medas	non-unctuous enema and pacificatory measures
asthi + majja	apply unction externally as well as internally
sukra	intensive exhilaration and food promoting strength and semen. If there is some obstruction in seminal passage, one should administer purgative and when patient has taken diet thereafter he should apply the above measures.
Foetus/ infant	if fetus is dried or the child is reduced due to V, milk processed with sugar, kasmarya and madhuka is beneficial for “elevation”*.
Heart	milk boiled with salaparni
umbilical region	fishes cooked with tender bilva fruits
arms and head	snuffing and post-meal intake of ghee [the snuffing is not to be done post meals, but on empty stomach.]
below the navel	enema as well as snuffing with pressed juice

-All above Ci28#89-98

If there is twisting in the body, due to V	poultices with V-alleviating drugs are useful
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If there is contracture, due to V	oil cooked with black gram and rock salt should be massaged
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Sutra #?

General Treatment for some specific V Vyadhi Conditions:

Condition:	Treatment:
facial paralysis	snuffing, head oil, saturation, tubular fomentation and poultices with meat of marshy animals
hemiplegia	sudation combined with unction and purgation
tendocalcaneum + V in ankle	venesection ("Venesection in tendocalcaneum and ankle and cauterization are applied in sciatica")
sciatica	cauterization ("Venesection in tendocalcaneum and ankle and cauterization are applied in sciatica")
Khalli (cramps)	hot poultices with payasa (rice+ milk pudding), krsara (kitchai) or meat mixed with oil and ghee
lock-jaw, where mouth is open	the jaw having been fomented should be pressed with thumbs and raised with index fingers and elevation of chin is recommended.
If jaw is displaced	it should be brought back to it's place
jaw is stiffened	it should be bent after it is fomented

Ci28#99-103

General Treatment of V disorders:

intake of ghee, oil, fat and marrow
 massage
 enema
 unctuous fomentations
 wind-free place
 wrappers [blankets/swaddling]
 meat soups
 mild, sweet, sour and salty edibles
 whatever is bulk-promoting

Ci28#104-105

More Detail on Treatment:

Diet:

Soups:

1) Fatty meat soups prepared with goat's head and

+

decoction of- bala, pancamula or dasamula

Cook the above together.

+

sour curd and trikatu

“perceptable salt”

Add the above together.

2) fatty meat soups prepared with meat of aquatic and/or marshy animals

+

decoction of- bala, pancamula or dasamula

Cook the above together.

+

sour curd and trikatu

“perceptable salt”

Add the above together.

3) fatty meat soups prepared with meat of carnivorous animals

+

decoction of- bala, pancamula or dasamula

Cook the above together.

+

sour curd and trikatu

“perceptible salt”

Add the above together.

The oil formula listed under Massage, below, can be used for intake also.

-all above Ci28#106-107

Poultices:

1) Should be made with the same meats used in diet above

Cook the above meats and remove the bones. Pound them into a paste.

+

ghee, oil

sour things

Mix all of the above together. - Ci28#108

2) Paste of the herbs mentioned in Fomentation, below, is used as poultice.

3) Pastes and poultices should be made of:

oily seeds

+

sours

Pound the above together. Cool well [so it should be cooked also].

4) Pastes and poultices should be made of:

V-alleviating aromatic substances

+

uncting substance

5) payasa [rice cooked with milk]

+

uncting substance

6) kitchari

+

uncting substance

-all the above Ci28#106-112

7) musta, yeast, sesame, kustha, devadaru, salt, tagar

+

curd

milk

“sour fats”

Process all of the above together.

8) A poultice formula and protocol:

Utkarika, vesavara (dietary preparations) milk, black gram, sesame, boiled rice, castor seeds, wheat, barley, jujube, laghu pancamula

+

uncting substance

Mix all of the above together [and cook].

Use: It should be pasted thickly on the painful part and bandaged with castor leaves in the night. In the next morning the bandage should be removed and the part should be sprinkled with milk mixed with water and again covered with the poultice and bandaged with haired leather. This bandage should be removed in the night.

Bath:

Tubs should be filled with decoctions of V-alleviation leaves, milk, and oil.

Sprinklings:

Should also be used, after the patient is well massaged.

Fomentations:

Meat of marshy and aquatic animals

+

dasamula, satavari, kulattha, badara, black gram, sesamum, rasna, barley

and bala

fat, sour curd and sour gruel

Boil all of the above together in an earthen pitcher.

Use: With this, tube fomentation should be applied.

[So perhaps the boiling indicated is actually referring to the fomentation process.]

Massage:

The paste of the drugs mentioned under Fomentation, above, should be added with ghee and oil to be used for massage.

[all of the above from 'More Detail on Trtmnt' is from Ci28#106-117.]

Specific Uncting Formulas:

“Further, I will describe various nectar-like uncting formulations for pacifying various disorders in patients suffering from roughness and pure V.”

Ci28#118

This formula is successful alleviator of pure V and free from complications. Use as intake, massage and enema:

10.24 L- water

160gm.- Dasha Mula

640gm. [each/total]- yava, kola, kulattha

Boil the above till reduced to 1/4.

+

paste of- vitalizer drugs

+

640gm. [each/total]- sarkara, kharjura, d[k]asmarya, draksa, badara, phalgu, milk,

ghee

Cook all of the above together.

Ci28#119-121

An excellent alleviator of V disorders:

Paste of- citraka, sunthi, rasna, puskaramula, pippali, sati

+

ghee

prepare together

Ci28#122-123

The following should be used as snuff in the dose of 20 or 40gm. [@4-5tsp and 8-10tsp!] in V located in the head:

Bala, bilva

+

milk

Boil the above.

+

Scum (supernatant layer) of ghee

Ci28#124-125

Ghee prepared in the following way and used as snuff, massage, intake and enema alleviates quickly V located in blood vessels, joints, bones and belly. This is like nectar and promoter of strength and corpulence for those who have deficiency of marrow, semen and ojas:

bone marrow of domestic, marshy and aquatic animals
 +
 decoction of- dasamula
 +
 paste of- jivaka, rsabhaka, asphota, vidari, V-alleviating and vitalizer drugs
 +
 “double quantity”- milk
 +
 [ghee]
 Ci28#126-128

The following “should be used afresh as snuff and intake”:

the muscle-fat of crocodile, fish, tortoise and porpoise cooked by the above method

Ci28#129

Mahasneha [Ghrta]:

This mahasneha (great fat) should be used for massage in V located in blood vessels, marrow and bone; generalised and localised disorders of V, trembling, convulsions and pain:

640gm.- triphala
 320gm.- horse gram
 200gm. each- sobhanjana bark, adhaki
 80gm.- rasna
 80gm.- citraka
 40gm.- dasamula
 10.24L- water
 Boil the above till reduced to 1/4.
 +
 240gm. [each/total]- urine, sour gruel, sour curd, dadima [pomegranate] and
 vrksamla, oil, fat, ghee, marrow, milk and paste of vitalizer drugs
 Cook all the above together. - Ci28#129-132

The following is beneficial in sinus [what's that?], leprosy, V disorders and skin diseases like pama and scrofula used as intake, massage and dressing:

Oil
+
equal quantity- juice of root and leaves of nirgundi
Cook the above together.
Ci28#133-134

This oil also alleviates V:

Oil
+
decoction of- karpasa seeds, horse gram
Cook the above together.
Ci28#135

* This alleviates V by use as intake and massage:

Step 1):

Juice of- radish
+
milk
Mix the above together.
+
curd
The curd should be kept in the above liquid for 3 days.

Step 2):

Then take 1.92L of this sour liquid
+
paste of (40mg. each)- madhuyasti, sarkara, rasna, lavana, ardraka, sunthi
+
640gm.- oil
Cook the above together.
Ci28#136-137

This alleviates all sorts of V disorders, especially V associated with K:

Oil cake which has been stored for many years [figure out how to get oil
cake.]
+

decoction of- pancamula
Boil the above together. Filter.

+

640gm.- oil
"8 times"- milk

Cook the above together.

Ci28#138-139

* This should be used in cold season by those suffering from severe V disorders:

160gm. each- barley, jujube, horse gram, gajapippali, dried radish, bilva

+

liquid sours (i.e. sour gruel, butter milk, etc.)

Boil the above.

+

paste of- sour fruits (i.e. pomegranite, etc.)

pungents

oil

Cook all the above together.

Ci28#140-141

**All the following oils are useful in the 4 forms (eating, massage, snuff and enema).
They promote life-span, strength, complexion, destroy disorders of rajas and sukra
(female and male reproductive factors) and thus provide fertility.
They are harmless, effective and alleviator of all dosas.**

Ci28#142-143

The following oil should be used in severe V cases:

2.56Kg.- oil

4Kg., juice of- sahacara

400gm. paste of root- sahacara

"Four times"- milk

Cook the above together.

+

720gm. powder of- sarkara

Dissolve this powder into the above.

Ci28#144-145

* The following is useful in all V disorders. When it has been digested by patient, gruel with milk should be taken as diet:

1.28L juice of- swadamstra (goksura)

+

1.28L [1/240gms.]- milk

+

240gms.- sunthi

+

320gms.- jaggery

+
 640gm.- oil
 Cook all the above together.
 Ci28#146-147

Balataila:

This alleviates dyspnoea, cough, fever, hiccup, vomiting, gulma, wasting due to (chest) wound, splenomegaly, consumption, epilepsy, and inauspiciousness and is an excellent alleviator of V-vyadhi. It was given by the teacher Krsnatreya to Agnivesha:

4Kg.- bala
 1Kg.- guduci
 500gm.- rasna
 2.56L- water
 Decoct the above, reducing to 1/10
 +
 2.56L (equal quantity to the oil) each- curd water, sugarcane juice, sukta (vinegar)
 +
 1.28L (half quantity)- goats' milk
 +
 40gm. paste of each- sati, devadaru, ela, manjistha, aguru, candana, padmaka, ativisa, musta, surpaparni, harenu, madhuyasti, surasa, vyaghranakha, rsabhaka, jivaka, exudation of palasa, kasturi, nalika, jatikosa, kumkuma, saileya, jatiphala, katuphala, hribera, twak, kunduru, karpura, turuska, srinivasa, lavanga, nakha, kakkola, kustha, mamsi, priyangu, sthauncya, tagara, dhyama, vaca, tender leaves of madana, nagakesara.
 +
 2.56Kg.- oil
 Prepare oil from the above.
 +
 paste of- aromatic leaves
 Filter the above.
 Ci28#148-156

* Amrta Taila:

The following is one of the best oils, delivered by Krsnatreya and honoured by physicians. It brings back to normalcy the persons with diminished energy, agni and strength and confused mind and suffering from insanity, restlessness and epilepsy, and it is an excellent alleviator of V disorders:

20Kg.- guducci [decoction? Probably not, since water is listed right below]
 81.92L- water
 Boil the above together till reduced to 1/4.
 +
 5.12Kg.- oil [notice the ratio of the oil here to guducci above]
 5.12Kg.- milk
 10gm. paste of each- ela, mamsi, tagara, usira, sariva, kustha, candana, bala, tamalaki, meda, satapuspa, rddhi, jivaka, kakoli, ksirakakoli, sravani, atibala, nakha, mahasravani, jivanti, vidari, kapikacchu, satavari, mahameda, karkatakya, harenu, vaca,

goksura, eranda, rasna, kala, sahacara, vira, sallaki, musta, twak, patra, rsabhaka, saha, ela, kunkuma, sprkka, lavanga

+

30gm.- manjistha

320gm.- madhuka

Cook all the above together.

Ci28#157-164

Basic ratio of Amrta Formula:

Oil 1

Milk 1

Herb 4 (5) [but is this dry herb, or herb

decoction?]

Water 16

Rasna Taila:

It alleviates V disorders:

10.24Kg.- oil

+

40Kg. decoction of- rasna [Note: oil:herb DECOCTION ratio is 1:4 here]

+

paste of- aromatic drugs growing in Himalayas

+

paste of- drugs of the eladi group (mentioned in Amrta Taila)

“Such preparations may also be prepared with aswagandha, prasarini, and two types of bala (bala and atibala). In these cases, separate oils may be prepared with paste of bala etc. along with milk.
- Ci28#165-166

* Mulakadya Taila:

This oil taken destroys even very severe V disorders:

equal quantity of- radish juice, milk, oil, sour curd, sour gruel

+

paste of- bala, citraka, rock salt, pippali, ativisa, rasna, cavika, aguru, sigru, bhallataka, vaca, kustha, goksura, sunthi, puskaramula, sati, bilva, satahva, tagara, devadaru

Ci28#167-168

Vrsamuladi Taila:

This oil should be used in patients broken and shattered by disorders of V. If added with the drugs of the above-mentioned Eladi group [in Amrta Taila, prev. page], it becomes more effective:

2.56Kg.- oil

+
 “decoction of vasa root and guduci 8Kg. (each 4Kg.), citraka and asvagandha
 4Kg. (each 2Kg.)
 +
 milk
 Ci28#169-171

Mulaka Taila (“Oil prepared with roots”):

This alleviates spleen enlargement, retention of urine, dyspnea, cough and V disorders and promotes complexion, life span and strength:

400gm. each- rasna, sirisa, madhuyasti, sunthi, sahacara, guduci, syonaka,
 devadaru, aragvadha, asvagandha, goksura

Make the above into decoction.

+
 540gm.- oil

+
 10gm. paste of each- sarvagandha (group of aromatic drugs)

+
 640ml each- curd, sour gruel, sour liquid of horse gram, radish juice, sugar cane
 juice

Cook all the above together.

Ci28#172-174

General oil ingredients/ general oil notes:

Use the following ingredients to alleviate V disorders:

decoctions of- barley, jujube, horse gram, fishes, sigru, bilva, juice of
 radish,

+
 curd, milk

Ci28#175

The following alleviates V:

Oil
 +
 juice of- garlic

+
 the above drugs

Ci28#176

These oils may be administered [by what rout?] to women having bathed after periods.
 Taking one of these even a sterile woman delivers a son.

Ci28#177

The Agurvadya Taila mentioned under “cold fever” if cooked several hundred times
 alleviates V disorders.

Ci28#179

Also, the oils mentioned under Vatarakta for pacification of V should be used by those who desire success.

Ci28#180

There is no remedy for V disorders better than oil [not ghee, but OIL] due to presence of Vyavayi, usna, guru and snigdha [hot, heavy and oily/ slimy] properties.

Ci28#181

**“Oil becomes more effective after processing.”*

*** Hence having cooked with the drugs of V-alleviating groups 100 or 1000 times it destroys the disorders located even in minute channels quickly.

Ci28#182

Much information from this chapter has already been entered into book I.

The following section has been put into “Treatment of Covering of Doshas, Dhatus and Malas” chart, under Treatment section in Book I.

Here a page of information was entered under chart “Treatment of Blocked Sub-Vatas and Doshas” on last page of assessment section before Treatment section in Book I.

The following information should be appended to the information before/after this chart:

Prana covers udana etc. and the latter also covers prana. Similarly all others udana etc. cover mutually. Thus there are 20 types of mutual covering of the 5 types of V in stage of aggravation. These should be observed properly.

Ci28#199-200

As general observation, in the state of covering there occurs diminution or aggravation in normal function of these types of V.

Thus the 8 types of covering have been mentioned above broadly with symptoms and treatment for adding to the knowledge of the wise.

Ci28#215-216

The physician should also diagnose the other 12 types of covering of V looking to their location and increase or decrease in functions. Accordingly he should decide the line of treatment and apply massage, intake of uncting substance, enema etc. or hot and cold measures alternately.

Ci28#217-218

...All of them (the Vata sub-types) if not diagnosed properly, continue for a year and neglected or managed improperly become incurable.

Due to neglect of covered Vatas, cardiac disorders, abscess, spleen enlargement, gulma and diarrhea appear as complications. Hence the physician should identify the covering of the 5 types of V by V, P or K and then prescribe the proper remedy for the same.

Ci28#235-237

As in Universe the movement of air, sun and moon is difficult to be known so is that of V, P and K in the body.

Ci28#246

Physician knowing diminution, aggravation, equilibrium and covering of V etc. does not get confused in therapeutic action.

Ci28#247

Sleep Disorders

Physiology of sleep:

When the mind is exhausted and the exhausted sense organs detract from their objects, the man sleeps.

Su21#35

Importance of Sleep:

Dependent on sleep are happiness and misery, corpulence and leanness, strength and weakness, potency and impotency, intellect and non-intellect, life and death. Sleep observed untimely, excessively and negatively takes away happiness and life like the other death-night. Sleep, if properly observed, provides happiness and life like the flashed true knowledge [what is this referring to?] providing to a yogin.

Su21#36-38

Indications for “Sleep Therapy”:

** Those who are emaciated on account of singing, reading, drinking, sexual intercourse, evacuative therapy, weight-carrying and travelling on foot, having indigestion, are injured, wasted, old, children and women; suffering from thirst, diarrhea, colic pain, dyspnea and hiccup; are lean, fallen, wounded and insane, exhausted by journey and vigils and also by anger, grief and fear and are accustomed to day-sleep **should observe it in all times**. [They should sleep day and night, as a therapeutic measure.] Thus they are endowed with equilibrium of dhatus and strength, K nourishes their body parts and their life-span becomes stable. *

* In the summer season, because of roughness due to adana, aggravation of V and shortness of nights, day-sleep is recommended.

Su21#39-43

Contra-indications for Day-sleep:

By day-sleep in seasons other than summer, K and P are vitiated, hence day-sleep is not indicated in those seasons.

The obese, those having regular fatty diet, plenty of K, K-type disorders and **suffering from latent poisons** should never sleep during the day.

Su21#44-45

Disorders Caused by Inappropriate Day-sleep:

Halimaka (chlorosis), headache, cold sensation, heaviness in body parts, body-ache, loss of appetite and digestion, plastering of heart, edema, anorexia, nausea, rhinitis, migraine, urticarial patches, pustules, boils, itching, drowsiness, cough, disorders of throat, derangement of memory and intelligence, obstruction of channels, fever, incapability of sense organs, intensity in effect of poisons— these occur by indulgence in unwholesome day-sleep.

Hence, the wise, after knowing the wholesomeness and unwholesomeness of sleep, should sleep happily.

Su21#44-49

** Night vigil [staying awake at night] is rough while day-sleep [sleeping in the daytime] is unctuous.

Sitting is non-rough while movement is non-blocking.

[In other words, sitting still/ being inactive is unctuous and being active is rough or channel-clearing.]

Su21#50

* As wholesome diet is needed for maintenance of body, so is the sleep.

* Obesity and leanness are particularly caused by sleep and diet.

Su21#51

Therapies to Induce Sleep:

Massage, anointing, bath, meat-soup of domestic, marshy and aquatic animals, rice with curd, milk, fat, wine, mental ease, pleasant smell and sound, gentle rubbing, **saturating drops and paste on eyes, head and face**, well-covered bed, comfortable room and **proper time** [including establishing the same time each night]– these bring shortly the sleep which is disturbed by some factor.

Su21#52-54

Therapies to Reduce Sleep:

Purgation, evacuation of head, emesis, fear, anxiety, anger, smoking, exercise, blood-letting, fasting, uncomfortable bed, predominance of sattwa and subduing tamas– these check the unwholesome and excessive occurrence of sleep.

Causes of Insomnia:

These very factors used to reduce sleep, above, may be taken as causes of insomnia, along with (over-)work, time (old age), disorder (V-type/ vatika), constitution (V-type) and aggravation of V itself.

Su21#55-57

Types of Sleep:

Sleep is of the following types–

caused by tamas,

caused by K,

caused by physical exertion,

caused by mental exertion,

adventitious,

as a sequelae [[precursor/ prodromal symptom; look up definition of this word] to a disease,

normally occurring in the night.

Su21#58

The normally occurring sleep in night is that which is regarded as supporting of creatures by the experts. That caused by tamas is known as the root of sin while the remaining ones observed in diseases. Su21#59

Panduroga (Anemia) and Kamala (Jaundice)

Diagnosis

Etiology

Pathology

Symptoms

Doshic types

Type caused by eating earth

Kamala (jaundice)

Treatment

General treatment

Formulas- Ghees, Deocctions, Boluses, Linctuses

Treatment of Earth-eating type

Treatment of Bile Obstruction

Signs and Treatment of “Halimaka”

(Including 5 types of pandu, 2 types of kamala, [one of which is gall-stone attack], their prognosis, their variations and the other great disease called halimaka [I'm not sure of the Allopathic name for this one].)

5 types of Panduroga, according to causative factors:

V, P, K, Sannipata, and due to earth-eating.

Ci16#3

Overview of etiology/ Pathology/ Symptoms:

The person in whom dosas with predominance of P are vitiated in dhatus is affected with laxity of dhatus and heaviness in body. Complexion, strength, unctuousness and other properties also get too much diminished due to morbidity of dosa and dusya. Thus he gets affected with deficiency of blood, fat, ojas, looseness of body-parts and abnormality of complexion.

Ci16#7-8

Etiology -and Pathology:

By intake of alkaline, sour, salty, too hot, incompatible and unsuitable food, excessive use of nispava, black gram, oil cake, tila and oil, day-sleep, exercise and sexual intercourse during burning (indigestion) of food, faulty management of evacuative measures and seasons; suppression of natural urges particularly in persons inflicted with sexual desire, anxiety, fear, anger and grief P situated in heart is aggravated and propelled by the strong V in 10 arteries which spread it in the whole body. This P located in the space between twak and mamsa affects K, V, rakta, twak and mamsa and thereby produces various shades of colors like pale yellow, deep yellow and green in skin. This is called Panduroga.

Ci16#9-11

Premonitory Symptoms:

palpitation of heart, roughness, absence of sweat and exhaustion.

Ci16#12

Symptoms of the disease when manifested:

the patient suffers from tinnitus, loss of digestion, debility, malaise, aversion to food, exhaustion, giddiness, pain in body, fever, dyspnoea, heaviness and anorexia. He feels as if his limbs are kneaded, pressed or churned. Moreover, he has swelling on orbit, green complexion, falling of skin hairs, loss of lustre, irritability, aversion to cold, oversleep, spitting, diminished speech, on exertion by climbing (stairs etc.) he suffers from cramps in shanks, pain in waist, thighs, and legs and lassitude.

Ci16#13-16

Specific Characters:

Vata Type:

V vitiated by V-aggravating diet and other regimens produces blackish paleness, roughness and reddishness in body, body-ache, pain, piercing pain, trembling, pain in sides and head, dryness of stool, distaste in mouth, oedema, hardness in bowels and debility.

Ci16#17-18

Pitta type:

P vitiated by its aggravating factors particularly in a person of P

constitution affects rakta etc. and thus causes panduroga. The patient becomes yellow or with greenish tinge, associated with fever, burning sensation, vomiting, fainting, thirst and yellow urine and stool. He perspires profusely, has desire for cold and aversion to food. He has pungency in mouth, hot and sour things do not suit him. He suffers from acid eructations and burning sensation during burning of food [[digestion]] along with foul odour, loose motions, debility and feeling of darkness. - Ci16#19-22

Kapha Type:

K aggravated by the K-aggravating factors causes panduroga as said above. Thereby it produces heaviness, drowsiness, vomiting, whitish complexion, excessive salivation, horripilation, malaise, fainting, giddiness, exhaustion, dyspnoea, cough, lassitude, anorexia, obstruction in speech and voice, white urine, eyes and stool, desire for pungent, rough and hot things, oedema and sweetness in mouth. - Ci16#23-25

Sannipataja Type:

In those who use all sorts of things, all dosas get vitiated and cause tridosic panduroga exhibiting symptoms of all the 3 doshas. This type is very troublesome. - Ci16#26

Earth-eating Type:

In the person habitually eating earth one of the dosas gets vitiated (according to the type of earth) such as V, P, and K by astringent, alkaline and sweet earth respectively. The earth, moreover, produces roughness in dhatus. It fills up and obstructs the channels without undergoing change and thus by destroying the strength of senses, lustre, energy and ojas produces panduroga which further destroys strength, complexion and power of digestion. The patient suffers from swelling on cheek, orbit, and eyebrows, feet, navel and private parts, intestinal parasites and diarrhoea passing stool with blood and mucus. - Ci16#27-30

Prognosis:

The following conditions are Uncurable:

Panduroga of a long duration having produced excessive roughness is not curable.

The patient developing swelling after a long duration and having vision of objects as yellow is not treatable.

The patient who passes scabulous, scanty stool with mucus and green colour, has anxious expression, white and excessively smeared limbs, suffers from vomiting, fainting and thirst and if he becomes white due to deficiency of blood is incurable. - Ci16#31-33

Etiology, Pathology, and Symptoms of Kamala (Jaundice):

The patient of panduroga who takes P-aggravating things excessively, his P burns blood and flesh and thus gives rise to the disorder. His eyes, skin, nails and face become deep yellow, feces and urine as red and yellow and he looks like a frog. His senses and organs lose their functions and he is associated with burning sensation, indigestion, debility, malaise and anorexia.

It is due to aggravation of P and is known as located in kostha (belly) or sakha (blood etc.).

Kumbhakamala (jaundice located in belly) being established firmly due to

chronicity becomes curable with difficulty.

Ci16#34-36

Prognosis of Kamala:

The patient of jaundice succumbs soon to the disease if feces and urine becomes black yellow, there are excessive swelling, blood in eyes, mouth, vomiting, “feces and urine” (what?), fainting, burning sensation, anorexia, thirst, hardness in bowels, drowsiness, confusion, loss of the power of digestion and consciousness.

Ci16#37-38

Treatment of Panduroga Cases which are Curable:

In Panduroga:

Step 1)unction

Step 2)strong emesis

Step 3)wholesome diet

Ci16#39

In Jaundice:

Step 1)unction

Step 2)mild purgation with bitter drugs

Step 3)wholesome diet

Ci16#39

Wholesome diet for Panduroga and Jaundice:

old sali rice, barley and wheat with soups of green gram, pigeon pea and lentils or meat soup of wild animals and birds.

Ci16#40

Medicament

should be administered to them according to dosa and as specific to the disorder

Ci16#41

Uction:

for unction, pancagavya, mahatikta or kalyanaka ghrta should be given to the patients of kamala and pandu. Ci16#42

Formulas:

Dadimadya Ghrta:

This alleviates heart diseases, anemia, gulma, piles, splenomegaly and disorders of K and V. It is appetiser, alleviator of dyspnoea and cough and is commended in conditions of confounded V and difficult labor. It provides progeny to the sterile women:

160gm paste of- dadima

80gm. paste of- dhanyaka

40gm. paste of each- citraka, sunthi

20gm. paste of- pippali

800gm.- ghee

2.56L- water

Cook all the above.

Ci16#44-46

Katukadya Ghrta:

This alleviates internal hemorrhage, fever, burning sensation, edema, fistula, piles, menorrhagia and eruptions:

40gm. paste of each- katuka, rohini, musta, 2 types of haridra (haridra and daruharidra), kutaja

10gm. paste of each- patola, candana, murva, trayamana, duralabha, pippali, parpataka, nimba, bhunimba, devadaru

640gm.- ghee

four times- milk

Cook all the above.

Ci16#47-49

Pathyaghrta:

This alleviates panduroga and gulma:

640gm.- ghrta

decoction of- 100 fruits of- haritaki

paste of- 50 stalks of the haritake fruits

Cook all the above together.

Ci16#50

Dantighrta:

This alleviates splenomegaly, anemia and edema:

640gm.- ghrta

160ml decoction of- danti

paste of- immature fruits of danti

Ci16#51

Draksa ghrta:

This alleviates jaundice, gulma, anemia, fever, prameha and udara roga:

640gm.- old ghee

320gm. paste of- dried grapes

Ci16#52

Haridra ghrta:

This is an excellent remedy for jaundice:

Buffalow ghee

+

Milk

+

paste of- haridra, triphala, nimba, bala, madhuka

Ci16#53

The following 2 ghrtas are not given a name, but are effective in pandu and kamala respectively:

1) For Pandu:

- 1) 640gm.- buffalow ghee
 double quantity of ghee- cow's urine
 20gm. paste of- daruharidra
 Ci16#54

2) For Kamala:

- 1) 640mg.- buffalow ghee
 200ml. decoction of- daruharidra
 20gm. paste of- kaliyaka
 Ci16#54

It appears that the above formulas are Uncting formulas, and the following formulas are Purgative formulas. Thus this chapter is following the steps listed earlier for treatment of Pandu and Kamala.

Use of Purgative to follow Uncting:

When after administering the above uncting preparations the patient is considered as uncted sufficiently, he should be purged by giving:

Ci16#55

Milk mixed with cow's urine or singly ([the milk?!]) in profuse quantity

Ci16#56

The following should be administered to alleviate panduroga:

Warm decoction of- danti fruits

160mgs. of- kasmarya or "grape fruits" in hot infusion

"In the warm decoction of danti hot infusion of kasmarya should be prepared."

Ci16#57

One suffering from P-type pandu should take:

20gms. powder of- trivrit

+

40gms.- sugar

Ci16#58

One suffering from K-type pandu should take:

fruits of- Haritake

Dip the fruits in cow's urine.

+

Cow's urine

The fruits should be eaten with extra cow's urine.

Ci16#58

To alleviate jaundice:

Aragvadha

+

juice of one of the following- sugar-cane, vidari, or amalaka
Ci16#59

To alleviate jaundice:

trikatu
+
juice of- bilva leaves
Ci16#59

To alleviate jaundice:

20gm. paste of- danti
40gm.- jaggery
Take the above with cold water
Ci16#60

To alleviate jaundice:

powder of- triphala
+
decoction of- triphala
Ci16#60

The following alleviates cough, dyspnea, fever, burning sensation, anemia, anorexia, gulma, hardness in bowels, amavata and raktapitta:

10gms. each- visala, triphala, musta, kustha, devadaru, indrayava
5gms.- ativisa
20gms.- murva

All the above should be taken together and pressed in warm water and the infusion should be filtered.

This should be administered followed by the intake of honey.

Ci16#61

To alleviate jaundice:

Cold juice of- triphala or guducci
Take the above every morning.
Ci16#62

To alleviate jaundice:

Cold juice of- daruharidra or nimba
+
honey
Take the above every morning.
Ci16#62

The anemic person should take the following for 1 fortnight [14 days?]:

Milk

+

urine of- cow or buffalow

Ci16#63

OR, The anemic person should take the following for 1 week:

triphala

+

urine of- cow

Ci16#63

The following alleviates anemia and edema:

sprouts from the plant of- matulunga

The sprouts should be burnt and dipped and pressed in cow's urine and filtered.

Note: the above sounds like standard procedure for making a semi-strong "Ksara".

Ci16#65

The following "should be taken":

Swarnaksiri, trivrit, syama, davadaru, sunthi

+

160ml.- cow's urine

The herbs should be pounded "with" ([in]) the urine, or decocted with it.

Ci16#66

The following "brings down the impurities":

Swarnaksiri, trivrit, syama, davadaru, sunthi

+

milk

Boil all the above together.

After the drug is digested the patient should take food with milk or sweet meat soup.

Ci16#67

The following "brings down the impurities":

Haritake

+

cow's urine

Take the above regularly

After the drug is digested the patient should take food with milk or sweet meat soup.

Ci16#68

For alleviation of panduroga:

iron powder (bhasma)

+

cow's urine

Soak the iron powder in the urine. [Soak for 1 week].

Administer this medicine [for 1 week] along with milk.

Ci16#69

Navayasa powder:

This powder formulated by Krsnatreya alleviates anemia, heart disease, kustha, piles and jaundice:

1 part of each of these powders- trikatu, triphala, musta, vidanga, citraka

+

9 parts powder (bhasma) of- iron

The above should be taken with honey and ghee.

Ci16#70-71

To alleviate anemia:

1 part of each- jaggery, sunthi, tila ([sesame seeds])

2 parts of- pippali

Make the above into pills.

Ci16#72

Mandura-vataka:

These boluses of mandura are life-giving for the patients of panduroga.

Moreover they alleviate kustha, indigestion, edema, urusthamba, K disorders, piles, jaundice, prameha, and splenomegaly:

80gm. each- trikatu, triphala, musta, vidanga, cavya, citrak, daruharidra (bark), swarnamaksika, pippalimula, devadaru

Powder each of the above separately.

+

8 times- cow's urine

Cook all the above till liquid is removed.

Now take:

2 parts of- the above powder

+

“collyrium-like pure mandura”

Make the above into boluses the size of a fig (10gm.).

One should use these boluses with buttermilk according to the power of digestion and with suitable diet after the medicine has been digested.

Ci16#73-77

Here is another formula:

200gms. each- swarnamaksika (bhasma), silajatu, rajata maksika (bhasma),
mandura [bhasma]
40gms. each- citraka, triphala, trikatu, vidanga
320gms.- sugar
Powder all the above together.

This should be taken in dose of 10gm. with ample honey. After digestion the patient should take wholesome and measured diet avoiding horse gram, kakamaci etc. and pigeon.

Ci16#78-79

Yogaraja:

This formulation is like nectar. This in an excellent rasayana, panacea for all diseases and provides overall well-being. It alleviates particularly anemia, poisoning, cough, phthisis, malarial fever, kustha, indigestion, prameha, emaciation, dyspnea, anorexia, epilepsy, jaundice and piles:

3 parts- triphala
3 parts- trikatu
1 part- citraka (root)
1 part- vidanga
5 parts each- silajatu, pure rupyamala (rajatamaksika), swarnamaksika, lauha
bhasma
8 parts- sugar
Powder all the above finely, mix with ample honey and store in a clean iron vessel.

One should take this formula regularly in the dose of one udumbara (10gms.) According to power of digestion keeping on suitable diet and avoiding horse gram, kakamaci and pigeon.

Ci16#80-86

Silajatu vataka:

These wholesome boluses act as panacea and particularly alleviate anemia, kushtha, fever, splenomegaly, bronchial asthma, piles, fistula, heart disease, disorders of semen, urine and digestion, phthisis, poisoning, udararoga, cough, menorrhagia, raktapitta, edema, gulma, throat disorders and all wounds:

320gm- silajatu

+

decoction of- indrayava, triphala, nimba, patola, musta, sunthi

The silajatu is to be impregnated with the decoction for 10, 20 or 30 days.

+

320gm.- sugar

40gm. each- vamsalocana, pippali, amalaki, karkatasrangi

40gm.- kankari (fruits and root)

adequate quantity- trigandha (twak, ela and patra)

Powder all the above together.

+

120gm.- honey

Mix all the above together with the honey.

Make into 10gm. boluses.

One should take it on empty stomach or after meals with pomegranite juice, milk, bird meat soup, water, sura or asava.

Ci16#87-91

Punarnavamandura:

This alleviates all types of pandu, splenomegaly, piles, malarial fever, edema, grahani disorders, kushtha and intestinal parasites:

40gms. powder of each- punarnava, trivrt, vidanga, devadaru, citraka, kushtha, 2 types of haridra (haridra and daruharidra), triphala, danti, cavya, indrayava, pippali, pippalimula, musta

+

“Double quantity of the above powder”- mandura

+

5.12Kg.- cow's urine

Cook all the above together.

Make into pills 5mg. each.

This should be taken as mixed [broken up in? Drink along with?] with ample butter milk.

Ci16#92-95

To alleviate kamala and pandu:

daruharidra (bark), triphala, trikatu, vidanga, lauha bhasma

+
honey, ghee
Take it.

Ci16#96

To alleviate jaundice:

equal parts powder of- lauhabhasma, haritake, haridra
+
honey, ghee

Ci16#97

To alleviate jaundice:

haritake, jaggery
+
honey

Ci16#98

To alleviate jaundice:

powders of- triphala, haridra, daruharidra, katurhini, lauha bhasma
+
honey

Make the above into a linctus.

Ci16#99

Dhatryavaleha:

This alleviates jaundice, disorders of P, pandu, kasa and halimaka:

80gm. each- vansalocana, sunthi, madhuyastika

640gm. each- pippali, draksa

2Kg.- sugar

Powder and mix together all the above.

+

10.24L juice of- amalaki fruits

Cook all the above together and make into linctus.

When it has cooled by itself, add 640gm. honey.

One should take it in the dose of 10gms.

Ci16#100-101

Mandura vataka:

These alleviate splenomegaly, pandu, grahani and piles:

equal parts of each- trikatu, triphala, cavya, citraka, devadaru, vidanga, musta,
kutaja (seeds)

The above is powdered all together

+

in quantity equal to the whole powder above- mandura

+

8 times- cow's urine
 Cook all the above slowly.
 When self-cooled, make boluses 10gm. each.

The patient is kept on diet of buttermilk and barley cakes. The pills [dose] should be taken according to the power of digestion.

Ci16#102-104

Gauda arista:

This should be prepared for those suffering from pandu:

manjistha, haridra, draksa, bala (root), lauha bhasma, lodhra
 +
 jaggery

With these arista should be prepared.

Ci16#105-106

Bijakarista:

This was formulated by Atreya. It alleviates grahani disorder, pandu, piles, edema, gulma, dysuria, prameha, jaundice and sannipata:

640gms.- bijaka

800gms.- triphala

200gms.- draksa

280gms.- laksa

10.24L- water

Boil all the above till water is reduced to 1/4. Then filter.

+

4Kg.- sugar

640gm.- honey

10gm. each- trikatu, vyaghranakha, usira, kramuka, elavaluka, madhuka, kustha

Keep all the above in a ghee [-smeared] vessel within the barley grains [[to keep it from freezing?]] for 10 days in winter.

Ci16#107-110

Dhatryarista:

This arista alleviates jaundice, anemia, heart disease, vatarakta, malarial fever, cough, hiccup, anorexia and dys[p]noea:

(8 parts)- pressed juice of 200 fruits of amalaka

+

1 part- honey

+

80gm.- pippali

2Kg.- sugar

Keep all the above in a jar smeared with ghee for a fortnight [14 days].

One should take this arista in morning in proper dose keeping on wholesome and measured diet on digestion [(don't eat until the drug is digested)].

Ci16#111-113

For those suffering from pandu:

Saliparni, etc. (the Laghu Panca Mulas)

+

water

Boil the above together.

Ci16#114

For those suffering from kamala:

juice of- grapes and/ or amalaka

Ci16#114

Modifying the treatment of pandu according to dosa:

in V the treatment should be dominantly fatty

in P the treatment should be bitter and cold

in K the treatment should be pungent, rough and hot

in sannipatika the treatment should be mixed

Ci16#115-116

Treatment of Pandu Due to Earth-eating:

There are 2 steps:

1) elimination of the ingested earth by administration of strong evacuative
(according to the patient's strength)

2) when the body has been cleansed of the earth, administration of
strength-promoting ghritas

Ci16#117-118

Ghrita to use for earth-eating pandu:

equal quantity- trikatu, bilwa, garidra, daruharidra, triphala, 2 types of punarnava,
musta, lauha bhasma, patha, vidanga, devadaru, vrsikalali, bhargi,
yavaksara

+

ghee

Cook the above together.

Ci16#119

Ghrita to use for earth-eating pandu:

nagakesara, madhuyasti, pippali, yavaksara, durva
 +
 ghee
 Cook the above together.

Ci16#120

Treatment of patient who refuses to stop eating earth:

If the patient does not desist from earth-eating due to greediness, the earth should be given to him amply impregnated with drugs which destroy it's harmful effect such as:

vidanga, ela, ativisa, nimba leavea, patha, brhati (fruits), katurohini, indrayava or murva.

Ci16#121-122

[Gall-Stone] or other bile-duct obstruction:

The patient who passes white stools like sesamum-paste indicates the obstruction to the passage of bile due to K.

This should be relieved by eliminating K.

Etiology:

Due to intake of rough, cold, heavy and sweet food, exertion and suppression of the natural urges

Pathology:

V vitiated and powerful and mixed with aggravated K throws P out of it's own seat

Symptoms:

thus making the person with yellow eyes, urine and skin and white stools associated with gurgling sound and stillness of abdomen and heaviness in cardiac region. Due to diminution of P because of it's sifting to blood circulation patient suffers gradually from debility, poor digestion, pain in sides, hiccup, dyspnea, anorexia and fever.

Ci16#124-127

Treatment of Obstructed Bile Passage/ G.B.:

Diet:

Cereals with rough, sour and pungent meat soups of peacock, partridge

and cock or soup of dried radish and horse gram.

One should use juice of matulunga added with honey, pippali, marica and sunthi.
Thus P returns to it's seat.

Ci16#128-129

General Treatment:

The management of the case with pungent, sharp, hot, salty and excessively sour substances should continue till bile pigments appear in stool and V is pacified.

Ci16#130

Management once the Bile Passage has been cleared:

When P has reverted to it's place, stool is pigmented with bile (recovered it's normal yellowish colour) and the complications are subsided then the case should be managed following instructions for regular jaundice listed in this chapter.

Ci16#131

Signs and Treatment of Halimaka:

Signs:

When the patient of pandu develops green, blackish and yellow complexion associated with loss of strength and energy, drowsiness, poor digestion, mild fever, loss of desire for women, body-ache, dyspnea, thirst, anorexia and giddiness it is known as Halimaka.

Ci16#132-133

Cause:

It is due to vitiation of V and P.

Ci16#133

Treatment:

- 1) the patient should be properly uncted
- 2) he should be purged
- 3) he should use mostly sweet substances alleviating P and V.

Notes on Purgative formulas to use in Halimaka:

- 1) Buffalow's ghee
Juice of- Guducci
Milk
Process the above together.

- Or 2) trivrtā
Juice of- amalaka

Ci16#134-135

Notes on the P and V treatment/ formulas to use in Halimaka:

He should also use regularly draksaleha listed earlier [in this chapter?].

He should use sweet ghrtas, sustaining milk enemas along with unctuous enemas.

In order to improve digestion, he should take arista and mardika (both are grape fermentations)

He should also use according to dosha and strength abhayaleha (described in Kasa chapter) (Agastyaharitaki), pippali, madhuka, and bala with milk.

Ci16#134-137

The 3 Vital Organs (Heart, Head and Urinary System)

Enumeration of Head Diseases

Diagnosis

Treatment

The 3 Vital Parts (including use of Urethral Enema)

Diagnosis

Treatment

The 3 Vital Organs

Diagnosis

Treatment

Enumeration of Head Diseases, Etc.:

How many diseases pertain to the head and heart?
 How many disorders are due to proportional variations of the doshas?
 How many types of wasting diseases are there?
 How many types of boils are there?
 What are the types of movements of the doshas?

Su17#3

Number of Diseases:

Head diseases: 5

heart diseases: 5

Diseases which arise 'due to [all of the] proportional variations of the doshas': 62

Wasting diseases: 18

Types of diabetic boils: 7

Movement of doshas: 3 types

Su17#4-7

Etiology of Head Diseases:

suppression of urges

day-sleep

night vigil

narcosis

loud speech

dew

easterly wind

excessive sexual intercourse, inhalation of unsuitable smell, exposure to dust, smoke, snow and the sun, intake of heavy, sour and salads, drinking of too much cold water, head injury, vitiated ama, weeping, suppression of tears, clouds, mental abnormality, use of those unsuitable for place and time.

Su17#8-10

Pathology of Head Diseases:

These factors vitiate the doshas and also blood in the head, which produces various types of head diseases.

Su17#11

Definition/ Description of the Head:

That where the vital breath of living beings is located and also all the sense organs.

That which is the best of all organs.

Su17#12

[Disorders of the Head Due to the Doshas or Krimis (Organisms)]:

"Pain in half or entire head, coryza, disorders of mouth, nose, eyes and ear, giddiness, facial paralysis, tremors in head, stiffness, in back neck and jaws and other various disorders due to the doshas and krimis."

Su17#13-14

The 5 Types of Head Diseases (plus Etiology and Symptoms):

Etiology [and Pathology] of V-type Head Diseases:

Due to loud and too much speech, sharp drinks, vigil, contact with cold wind, sexual intercourse, suppression of urges, fasting, injury, excessive vomiting and purgation, tears, grief, fear and anxiety; excessive exhaustion due to weight-carrying and travelling on foot V gets aggravated and vitiated and entering into the cranial veins produces the following symptoms.

Su17#15-17

Symptoms of V-type Head Disorders:

There is intense pain due to V particularly in temporal regions and nape, middle of the eyebrows and forehead have burning sensation and excessive pain.

There is dizziness and pain in ears, eyes seem to be coming out (due to pain), the entire head reels about and seems to be broken on sutures, the venous plexuses have excessive throbbing and the neck becomes stiff.

The patient gets relief from unctuous and hot applications.

Su17#18-21

Etiology [and Pathology] of P-type Head Disorders:

By (excessive) use of pungent, sour, salt, alkali, wines, by anger and over-exposure to the sun and fire.

By these, P gets vitiated and being located in the head produces head diseases.

Su17#22

Symptoms:

The head burns as if burns and has pain and is pacified by cold.

The eyes have burning sensation and there are thirst, giddiness and perspiration.

Su17#23

Etiology of K-type Head Diseases:

Due to sedentary habits, too much sleep, over-intake of heavy and unctuous diet.

Pathology: K gets vitiated.

Su17#24

Symptoms of K-type Head Diseases:

The head has dull pain, numbness, cold sensation and heaviness.

There are also drowsiness, lassitude and anorexia.

Su17#25

Symptoms of Tri-Doshic-type Head Diseases:

There are pain, giddiness and tremors due to V; burning sensation, narcosis and thirst due to P; and heaviness and drowsiness due to K.

Su17#26

Etiology of Krimi-Type Head Diseases:

By excessive intake of tila, milk, jaggery; eating during indigestion, putrefied and mixed up food in those people having abundant doshas. - Su17#27

Pathology of Krimi-type Head Diseases:

By above factors, excessive moisture arises in the blood, K and muscles.
Then, due to increase of moisture in the head, the trouble-creating organisms cause head disease with loathsome symptoms.

Su17#28

Symptoms of Krimi-type Head Diseases:

piercing and cutting pain, functional disorders, itching, swelling, difficulty in movement, and observation of the worms.

Su17#29

Types of Heart Disease:

V-Type:

Etiology of V-type Heart Disease:

due to grief, fasting, physical exercise; intake of rough, dry and little food.

Su17#30

Pathology of V-type Heart Disease:

The aggravated V entering the heart produces severe disorders.

Su17#30

Symptoms of V-type Heart Disease:

Trembling, “cramps” [angina?], stiffness, fainting, vacant look, tearing pain and aggravation of pain ‘when food is digested’.

Su17#31

Etiology of P-type heart Disease:

hot, sour, salty, alkaline and pungent food, eating during indigestion, wines, anger and the sun vitiate the P in the heart.

Su17#32

Symptoms of P-type Heart Disease:

burning sensation in the cardiac region, bitterness in the mouthy, bitter and sour eructation, exhaustion, thirst, fainting, giddiness and perspiration.

Su17#33

Etiology of K-type heart Disease:

excessive intake, use of heavy and unctuous substances, little mental and physical work and indulgence in sleep.

Su17#34

Symptoms of K-type Heart Disease:

drowsiness and anorexia and feeling of numbness, cold and weight in the cardiac region as if it is pressed with a stone.

Su17#35

Etiology and Symptoms of Sannipatika (Tridoshic) Type of Heart Disease:

When etiology and symptoms from all the doshas are found together in the case. -

#36

Prognosis of Heart Disease:

* The great sages consider heart disease to be troublesome and hardly curable.

Su17#37

Etiology and Pathology of Krimija Hrdroga (Organism-Caused Type Heart Disease):

The evil-natured person who takes sesamum, milk, jaggery etc. in the heart disease caused by all 3 doshas, suffers from a gland appearing in a portion of the heart.

Moreover, his rasadhatu attains moisture due to which organisms develop, spread in the region and lead to decay of the heart.

Su17#38

Symptoms of Krimija Hrdroga (Organism-Caused Type Heart Disease):

The patient feels pain as if the heart is pierced by needles or cut by weapons, itching and intense pain.

Su17#39

Treatment of Krimija Hrdroga (Organism-Caused Type Heart Disease):

One should take immediate steps to overcome the disorder which is emergent as well as severe.

Su17#40

Treatment of Disorders of the 3 Vital Parts

There are 107 vital parts [These later get used for 'marma chikitsa'] in the body located in the trunk and extremities. -Si9#3

In case of affliction in any of them there is excruciating pain because of the specific attachment of consciousness to them. Si9#3

Of them those located in the trunk are more important than those located in the extremities because the latter are dependent on the former. Si9#3

Of them also the hrt (heart), basti (urinary bladder) and siras (head) are important ones because they are roots of the body.

Si9#3

In the heart, 10 dhamanis (vessels), prana and apana, mind, intellect, consciousness and mahabhutas are established as spokes in the hub.

Si9#4

In the head, senses, channels carrying them [nerves] and vital breath are located as rays in the sun [as sun-rays emanate from the sun].

Si9#4

Basti situated in the middle of rectum, scrotum, 'raphe' [?], vas deferens and ureters is receptacle of urine and stabilizer of all the fluid-carrying channels, just as the sea is the receptacle of all the rivers.

Si9#4

By numerous channels known as vital parts rooted to the above the body is pervaded like the sky by the sun rays.

Si9#5

By breaking of any of the above 3 the body is broken quickly because by destruction of substratum the dependent is also destroyed.

Si9#5

By their affliction, there is appearance of severe disorders.

Hence these should be protected particularly from external injury as well as the doshas (internal factors).

Si9#5

Symptoms When the heart is afflicted:

cough, dyspnea, debility, dryness of throat, traction of kloma, protraction of tongue, dryness of mouth and throat, epilepsy, insanity, delirium, vacantness of mind.

Si9#6

Symptoms When the Head is Afflicted:

stiffness of carotid regions, facial paralysis, rolling of eye balls, mental confusion, cramps, loss of movement, cough, dyspnea, lock-jaw, muteness, stammering, 'ptosis', quivering of cheeks, yawning, salivation, loss of voice, crooked-ness of face etc.

Si9#6

Symptoms When Basti is Afflicted:

retention of flatus, urine and feces; pain in groin, penis and urinary bladder, kundala, udavarta, gulma, vatashila, upastambha (stiffness), spasm in navel, lower abdomen, anus and hip.

Si9#6

Symptoms along with treatment of these affected with the dosas have already been said in the section on therapeutics. (Ch. 2).

Si9#6

However, these should be protected particularly from V.

V is the cause of aggravation of P and K and is also the root cause of vital breath.

That again is most amenable to enema therapy.

Hence there is no other therapy equal to enema for protecting the vital parts.

So in order to protect the great vital parts one should administer the 6 groups of (drugs used in) unctuous enema as said in Vimanasthana and the formulations of enema mentioned here and other remedies applicable in V disorders after considering carefully.

Si9#7

Treatment of Heart:

If the heart is affected by V, one should prescribe the powdered asafoetida added with powder of one of the salts to be taken with juice of matulunga or the palatable sour liquid.

Si9#8

The patient should be advised to take the decoction of laghu pancamula added with sugar as drink and gruel cooked with the decoction of 'rhat' [Brhat] pancamula.

Si9#8

Besides, measures prescribed for heart disease should be adopted.

Si9#8

Treatment of Head:

If head is affected by V, massage, sudation, poultices, intake of unctuous substance, snuffing, juice pressing, smoking etc. are recommended.

Si9#8

Treatment of Bladder:

If urinary bladder is affected by V, pitcher fomentation, suppositorie, non-unctuous enema of one of the following are recommended:

1) non-unctuous enema of syamadi drugs processed with cow's urine

2) non-unctuous enema of bilvadi drugs processed with urine

3) non-unctuous enema of milk boiled with roots of sara, kasa, iksu, darbha and goksuraaka added with paste of the seeds of trapusa, ervaru and kharasva, barley,

rsabhaka and vrddhi:

Unctuous enema with oil cooked with daruharidra and tilvaka ghrta for purgation are recommended. [All the above enemias do purgation.]

[These are good non-unctuous enema formulas to keep in mind generally.]

Si9#8

The following formula alleviates Pain in the Bladder and Other Urinary Disorders:

Oil processed with 4 times decoction of the roots of satavari, goksura, brhati, kantakari, guduci, punarnava, usira, madhuka, both types of sariva, lodhra, sreyasi (rasna), kusa and kasa as well as milk along with the paste of bala, vasa, rsabhaka, seeds of kharasva, upakuncika, kutaja, trapusa and ervaru; sitiavakaka, madhuka, vaca, satapuspa, pasanabheda, varsabhu and madanaphala used as urethral douche or non-unctuous enema in a person evacuated, uncted and fomented alleviates pain in bladder and other urinary disorders.

Si9#8

Protection of the 3 Vital Organs:

The Vital Breath of men resides in the heart, head and urinary bladder.

Hence one should make every effort to protect them.

Si9#9

The protection of vital parts consists of avoidance of impending factors, observance of the code of conduct for the healthy and remedy of disorders if arisen.

Si9#10

Hereafter will be described some of the disorders of the vital parts which are not said in the chapter on treatment of the same (Ci. 26) along with their remedy:

Si9#11

Symptoms of 'Apatantraka':

V vitiated by its own aggravating factors moves upwards from its place reaching the heart and then head and temples, afflicts them and bends the body like a bow, causes convulsions and mental confusion.

The patient breathes with difficulty, has stiff and closed eyes, loses consciousness and groans like a pigeon.

This is known as 'Apatantraka'.

Si9#12-13

Symptoms of 'Apatanaka':

Causing fixed vision and unconsciousness it makes the patients groan.

When the heart is freed he become normal and again gets unconsciousness when it is covered.

This severe condition caused by V is said by some as apatanaka.

Si9#14-15

One should cleanse the channels obstructed by K and V with irritant blowings thus when the obstructions are removed, the patient regains consciousness.

Si9#16

One should also use the fine powder of marica, seeds of sigru, vidanga and phanijjhaka as head-evacuation. - Si9#17

(The powder of) tumburu, haritaki, hingu, puskarāmula, 3 salts should be taken with water boiled with barley in affliction of heart and apatantraka.

Si9#18

Hingu, amlavetasa, sunthi, sauvarcala and pomegranate should be taken.

Si9#19

Besides, other measures alleviating V and K and heart disease are beneficial.

Si9#19

The drastic evacuative enema are not wholesome for the patient wholly.

Hence ghrta cooked with sauvarcala, haritake and trikatu should be given.

Si9#20

When due to regular intake of sweet, unctuous and heavy food, mental work, physical exertion, anxiety and chronic illness K impelled by V overpowers the heart and obstructs intellect etc. located there, stupor arises.

Restlessness in heart, heaviness in speech, movements and senses and unpleasantness in mind and intellect— these are the features of stupor. -#21-23

This should be managed with K-alleviating evacuation, pacificatory measures, physical exercise, blood-letting and diet consisting of pungents and bitters.

Si9#24

Mutraukasada, mutrajathara, mutrakrechra, mutrotsanga, mutrasamksaya, mutratita, vatasthila, vatabasti, usnavata, vatakundalika, granthi, vidghata and bastikundala— these are 13 disorders of urine.

Now listen about their symptoms:

Si9#25-26

The 13 Disorders of Urine:

Disorder:	Symptoms:	Treatment:
Mutraukasada #27-28	When P or K or both are consolidated by V, the patient passes urine as red, yellow and with solids, burning sensation or white precipitates or associated with all symptoms.	measures alleviating K and P.

Mutrajathara #29-31	When urine is obstructed by suppression of urge and reversed by V, it blows up the abdomen which has pain without reason along with the symptoms of indigestion, retention of urine and feces.	Apply diuretic measures. The powder named as 'hingu driruttara' mentioned in treatment of disorders related to the 3 vital parts (Ci.26) destroys mutrodara, hardness of bowels and swelling of anus and penis.
Mutrakrcchra	When one having urge of urination goes into sexual intercourse, the semen dislodged but obstructed by V is discharged before or after urine.	
Mutrotsamga	When due to derangement of channels and spasm caused by V some urine stays at the junction of glans penis and is passed out afterwards with severe pain or painlessly. The patient passes the remnant urine in broken streams and has heaviness in penis.	
Mutrasamksaya	When the urine is dried up due to V with it's symptoms.	
Mutratita	By holding the urge for urination for long when one goes for urination, urine is not passed quickly or is passed slowly.	
	V creating obstruction in urinary bladder and anal region and blowing them up produces a stony mass mobile, protruded, extremely painful and causing obstruction in passage of urine and feces.	
Vatabasti	If one holds the urge of urination, V gets vitiated in the bladder due to suppression and causes retention of urine, distress and itching.	
	V along with P drying up the urine causes one to pass urine as red or yellow, with difficulty and distress and burning sensation in pelvis and perineum.	
Vatakundalika	Due to retention of urine the upward moving V gets vitiated in the seat and passage of urine as torn, pierced and coiled and affects urine along with stiffness, breaking pain, heaviness, cramps, severe pain and retention of urine and feces.	
Mutragranthi	Blood affected by V and K produces a hard nodular mass in the opening of the urinary bladder. Because of it's obstruction the patient pass urine with difficulty and pain as in calculus.	

Vidvighata	When in a rough and debilitated person stool reversed in passage due to V enters into the urinary canal, he passes urine contaminated with feces and having fecal odor and with difficulty.	
Bastikundala	Due to fast travelling, jumping, exertion, injury and pressure of urinary bladder bulges out from it's place and stays blown up like fetus, it suffers from pain, quivering and burning sensation. It passes urine drop by drop but in stream if pressed and has stiffening, cramp and distress. The condition is severe like weapon and poison. It is mostly predominant in V and is uncontrollable by the un-wise.	

Si9#(27-) 32-43

When P is associated there are: burning sensation, pain and abnormal colors in the urine.

Si9#44

When K is associated there is: heaviness, swelling and urine as unctuous, precipitant and white.

Si9#45

Prognosis: The condition of urinary bladder with obstruction of it's duct by K and aggravation of P is incurable.

Si9#46

The condition where the duct is not obstructed and coiling is absent is curable.

Si9#47

In conditions of coiling of urinary bladder thirst; fainting and dyspnea arise.'

Si9#48

Looking to the predominance of doshas, these should be treated with diuretics.

Si9#49

Enema and urethral douche should be given in all of these cases.

Si9#49

Urethral Enema:

Specifications for Urethral Enema Equipment:

The catheter of the urethral douche should be made of: gold or silver.

It should be smooth, of diameter equal to that of jasmine or oleander flower, tapering like cow's tale, with hole fitting to the mustard seed, having 2 ears and 12 fingers in length.

This should be fitted to goat's urinary bladder.

Si9#50-51

Administration of Urethral Enema:

With this the uncting substance in the dose of 20gm or so according to age should be introduced.

This should be applied to a person having taken a bath and food with meat soup or milk, having passed the urges of feces and urine and seated comfortably and straight on a soft, knee-high seat.

His penis should be made erect and a probe smeared with ghee is inserted to see of the passage is unobstructed.

Then the catheter of the size of penis should be introduced into urethra parallel to the 'perineal raphe' like (enema nozzle) in anus.

If over-inserted it may injure the urinary bladder and on the other hand if under-inserted the uncting substance may not reach there.

Thus pressing easily without shaking the catheter should be taken out.

After it comes back, the second and third one should be given (in like manner).

If it does not come back it should be ignored till night is passed.

Si9#52-57

Pippali, salt, soot, apamarga, mustard, juice of vartaka, nirgundi, aragvadha and sahadara pounded with cow's urine and sour liquid along with jaggery are made into a suppository which are should be inserted into the urethra. [!]

This suppository should be the size of the mustard on the tip and of black gram in the latter half; its length should be equal to that of the catheter, it should be smeared with ghee, should be soft but unbreakable.

** For urethra it should be like catheter but for anus it should be size of thumb.

Si9#58-60 [the above line is a general rule. Spell out.]

When the uncting substance comes back, the management, restrictions, complications and signs of proper application are like those in unctuous enema.

Si9#61

Administration for Women During Menstruation:

"This remedial measure should be applied in case of women during the period of menstruation because at that time the uterus is devoid of covering and as such receives the uncting easily thus V having been overcome conception in uterus takes place quickly.

Besides, vaginal douche processed with respective drugs should be given in disorders of urinary bladder, prolapse of uterus, severe pain in genital track, disorders of genital track, menorrhagia, retention or incontinence of urine."

Si9#62-64

Urethral Enema for Women:

Administration of Urethral Enema for Women:

In case of women, the catheter should be 10 fingers long, with circumference like that of urethral canal in which the grain of green gram may pass on.

In genital track, it should be inserted up to 4 fingers,

while in urethra upto 2 fingers

and 1 finger in female child

It should be inserted parallel to the vertebral column.

[The catheter itself should be 10 fingers long, for ease of reach and use, but is never inserted more than 4 fingers (vagina) or 2 fingers (urethra).]

Si9#65-66

Administration of Urethral Enema for Women:

The catheter should be inserted easily while she is lying in supine position, flexing her legs fully.

Thus the uncting should be given through douche twice, thrice or 4 times in 24 hours.

After the douche is given, suppository somewhat thicker should be inserted.

In this way, the treatment should be continued for 3 days gradually increasing the dose of uncting substance.

This should be repeated after 3 days in the same manner.

Si9#67-69

Hereafter some types of the disorder of head will be described:

Rakta, P and V when vitiated are spread to the temple region and cause severe swelling with intense pain, burning sensation and redness.

This having intensity like that of poison blocks the head and throat quickly and kills the patient within 3 days.

This is named as 'sankhaka'.

If the patient survives after 3 days the treatment consisting of head-evacuation, sprinkling etc. and other anti-erysipelas measures should be given after declaring the incurability of the disease.

Si9#70-73

V vitiated due to intake of rough food, over-eating, eating during indigestion, exposure to easterly wind and dews, excessive coitus, suppression of urges, exertion and physical exercise singly or accompanied by K seizes the half of the head and then produces severe pain like cutting and churning in half of the carotid region, eyebrow, temple, ear, eye and forehead.

This is 'ardhavabhedaka'.

If it is far advanced, it may destroy sight and hearing.

Si9#74-76

In this condition, maximum dose of 4 fats, head evacuation, purgation, tubular fomentation, old ghee, enema, unctuous enema, upanaha (poultice), cranial pouch and cauterization are commended along with other measures prescribed in coryza and cranial disorders.

Si9#77-78

Due to suppression of urge, indigestion etc. blood and V get vitiated and then affect the brain which thus affected is gradually liquefied after sunrise due to heat of the sun-rays and headache increases as the day advances and gets subsided at the end of the day when the brain matter is solidified. This is 'suryavarta'.

Si9#79-80

In this condition, intake of ghee after meals, head-evacuation, purgation, application of 3 fats on head, poultice (on head) with meat of wild animals and sprinkling with ghee and milk should be applied.

Moreover, ghee extracted from the milk boiled with peacock, partridge, common quail, etc. and processed with the (paste of) vitalizer drugs and 8 times milk should be given as snuff.

Si9#81-83

Due to indulgence in fasting, grief, rough, cold and little food, the 3 dosas get vitiated and cause intense pain in carotid regions and back neck which stays in eyebrows and temples.

It also causes twitching near the cheeks, eye diseases and lock jaw. This is 'anantavata'.

Si9#84-85

This should be treated with venesection and other measures prescribed in Suryavarta.

Si9#86

V vitiated by the use of rough etc. causes trembling of the head.

This should be treated with the uncting substance processed with guduci, gala, rasna, mahasveta and asvagandha, uncting and sudation and saturation snuffing. -

Si9#87

Disorders of the 3 Vital Organs:

The 3 vital organs are:

basti ("kidney"/[bladder?])

hrdaya (heart)

siras (head)

Ci26#3

Importance of the 3 vital organs:

Of the 107 vital parts mentioned under enumeration of body components, these 3 are regarded as important ones by the experts because they are seat of vital breath.

If the doshas effect these 3, they will also effect the vital breath.

Hence in order to protect them listen about the management of great disorders in them O gentle one!

Ci26#3-4

Etiology, Symptoms and Consequences of Udavarta (upward movement of V):

If apana V in colon gets vitiated due to intake of astringent, bitter, pungent and rough food; suppression of urges, fasting and coitus, it creates obstruction in lower passages because of strength and causes retention of feces, flatus and urine and finally severe udavarta (upward movement of V).

Because of this there starts intense and frequent pain in pelvis, cardiac region, sides and front of abdomen, back and sides of chest.

Besides, due to obstruction in apana V, there are tympanitis, nausea, cutting pain, piercing pain, indigestion, cystitis, retention of stool, enlargement of mesenteric glands and upward movement of V; stool is passed with difficulty, as dry and with delay, body becomes coarse, rough and cold [and] consequently disorders such as fever, dysuria, dysentery, cardiac disorders, grahani disorder, vomiting, blindness, deafness, headache, vatodara, vatasthila, mental disorders, thirst, internal hemorrhage, anorexia, gulma, cough, dyspnea, coryza, facial paralysis and chest pain arise.

Many other severe V disorders are caused by Udavarta.

Ci26#5-10

Treatment of Udavarta:

The patient should be massaged with oil prepared with drugs alleviating cold fever and then fomented (as mentioned in that chapter) till the impurity is dissolved.

When the impurity is dissolved, the patient should be managed with suppositories, non-unctuous and unctuous enema, purgatives and carminative diet.

Ci26#11

The following Suppository may be used:

equal parts of- syama, trivrt, magadhika, danti, nilika
1/10 part- masa

cow's urine

Pound the above plants/powders in the urine.

+

2 parts- salt

enough as is needed- jaggery

Make a suppository the size and shape of one' thumb.

[See my old paper green book for diagram.]

Ci26#12

3 more suppositories may be used:

(Follow same directions for manufacture and use as above)

1) oil cake
sauvarcala (a salt)
hingu, mustard, trikatu
yavaksara
jaggery

Ci26#13

1) vidanga, kampillaka, samkhini
latex of- snuhi, arka
jaggery

Ci26#14

1) pippali, sarsapa, madanaphala
soot
cow urine
jaggery

Ci26#14

[Anal Dusting Treatment]:

or one should blow up [into the rectum/colon] with a pipe the powder of syama, madanaphala, alabu and pippali.

Ci26#15

or,

The following rectal dusting treatment is carminative and removes retention of stool, flatus and urine:

1) smear the anus with some uncting substance

2)blow in the powder of- sarsapa, tumbi, madanaphala, pippali,
devadali, rock salt
Ci26#15

Procedure in case stool, flatus and urine are obstructed:

the physician should administer, after the patient is well massaged and well-fomented, very sharp non-unctuous enema prepared with emetic and purgative drugs, urine, oil, alkali, acid and V-alleviating drugs.

In V predominance:

The enema should be sour, salty and oily.

In P predominance:

The enema should be with milk.

In K predominance:

The enema should be with urine. - Ci26#16

Benefits of this enema [/+blowing/suppositories]:

Relieving retention of urine, stool and flatus it strengthens the anal region along with it's blood vessels.

Ci26#17

Diet in Udavarta:

The patient should be kept on diet of barley-made food with the vegetables of the leaves of trivrt and sunthi, sesamum etc;

meat soup of domestic, aquatic and marshy animals or other articles helping elimination of flatus, urine and stool

followed by drink of prasanna (clear wine) or gudasidhu.

Ci26#18

Treatment of Chronic Udavarta and other complications:

If the disorders continue:

the patient should be purgated with:

Urine, clear wine, curd-scum and sukta [vinegar]

Ci26#19

If the patient is normalised but there is retention of flatus and stool due to roughness:

He should be given unctuous enema.

Ci26#20

* The following powder alleviates hardness of bowels, visucika, colic pain, heart disease, gulma and upward movement of V:

1 part- hingu

2 parts- vaca

4 parts- citraka

8 parts- kustha [kutki]

16 parts- swarjiksara [a bhasma?] [an alkali] [substitute yavaksar]

32 parts- vidanga

Powder all the above together.

This should be taken with warm water.

Ci26#21

[Note: make and keep the above formula in stock. Or substitute Hingastaka or Lavanbhaskar.]

By taking the following powder, one overcomes quickly the hardness of bowels and confounded V:*

powders of- vaca, haritaki, citraka, yavaksara, pippali, ativisa, kustha]

This should be take with hot water. - Ci26#22

The following [powder] alleviates splenomegaly, indigestion and visucika:

1 part- hingu

2 parts- vaca

3 parts- bida

4 parts- sunthi

5 parts- jiraka

6 parts- haritake

7 parts- puskaramula

8 parts- kustha

Ci26#22

The following ghrta is effective in relieving obstructed flatus:

80gm. each- drugs of sthiradi varga (smaller 5 roots), punarnava, aragvadha, putika-karanja

+

enough- water

Decoct the above. +

640gm.- ghee

Cook all the above.

Ci26#23

The following [condiment] should be used with food and drinks and removes hardness of bowels and colic pain:

Fruits and roots mentioned under purgatives (Su. I)

+

hingu, arka roots, dasamula, snuhi, citraka, punarnava

+

Quantity equal to the total of the above herbs- five salts

+

cow's urine

Pound all the herbs, etc. in the urine.

Cook within closed earthen saucers with well-closed joints ([clay-smear]).

When cooked, the salt should be powdered and thereafter used with food and drinks.

Diagnosis of Anaha (hardness of bowels) as caused by Ama:

should be known from cardiac stiffness, heaviness in head and abdomen, retention of eructation and catarrh.

Ci26#26

Treatment of Anaha due to Ama:

it should be overcome with emesis, lightening and digestives.

Ci26#27

Mutrakrcchra (Dysuria):Types of dysuria:

8

Ci26#27

Causes of dysuria:

excessive physical exertion, intake of irritant drugs, rough food and wine, riding on a fast-moving vehicle, overeating meat of marshy animals and fish and indigestion.

Ci26#27

Pathology of dysuria:

doshas vitiate separately or all together get located in kidney or urinary bladder and press upon the urinary passage.

Ci26#28

General Signs of dysuria:

The person urinates with difficulty.

Ci26#28

Signs of V dysuria:

there is severe pain in groins, pelvis and penis and the patient passes urine scanty and frequently.

Ci26#29

Signs of P dysuria:

the patient passes yellow or bloody urine with pain and burning sensation frequently and with difficulty.

Ci26#29

Signs of K dysuria:

there are heaviness and swelling in urinary bladder and penis and the urine is slimy.

Ci26#29

Signs of sannipata dysuria:

all the above symptoms are found.

It is the most difficult type of dysuria.

Ci26#30

Asmari (Calculus):

When V dries up semen or urine, P or K, the calculus arises gradually like gall stone in cow.

Calculus:

When the calculus simulating kadamba flower, stiny, smooth, prismatic or soft comes in the passage of urine, it obstructs the flow of urine and thus causes pain in bladder.

Urine is passed in divided streams and with pain in suture [ureters], penis and bladder.

The patient, with agonizing pain, presses the penis and sometimes passes stool and sometimes urine.

If the passage or bladder is injured by irritation of calculus urine is passed with blood (hematuria).

When calculus shifts from the passage, the patient passes urine with ease.

Ci26#32-33

Sarkara (gravels):

When the calculus is disintegrated by V and comes out of the urinary passage it is known as Sarkara (gravels).

Ci26#34

Blocked discharge of Semen:

Discharge of semen checked by dosas separately situated in urinary bladder produce pain in penis and pelvis, difficult passing of urine mixed with semen.

The patient's pelvis as well as testicles get stiffened, swollen and intensely painful.

Ci26#35

[Cystic Hemolith]:

Due to cut or injury or loss (of semen) blood discharged within the urinary bladder is bound up and causing agonizing pain is converted into a calculus after combining with urine.

When it is accumulated too much there are inflation and heaviness in urinary bladder which is relieved after the calculus passes out.

Ci26#36-37

Treatment of Dysuria:

In V dysuria:

massage, unctuous and non-unctuous enema, unctuous poultice, urethral douche and affusion [?] as well as the diet of meat prepared with sthiradi (laghu pancmula) and other V-alleviating drugs.

Ci26#38

The patients of calculus and dysuria should avoid physical exercise, suppression of urges, dry, rough and floury food, exposure to wind, sun and sexual intercourse, kharjura, lotus root, kapittha, jambu, lotus stem and astringents.

-source of this paragraph is #69

The following formula used in right dose quickly alleviates the painful V dysuria:

oil

fat of- pig, bear

ghee

decoction of- punarnava, eranda, satavari, pattura, vrscira, bala, pasanabheda, dasamula, kulattha, kola, yava

paste of- same drugs above

salt

Ci26#39

Useful Poultice:

May be made by pounding the above drugs or other good drugs.

Also:

Oily seeds, as available, pounded

+

uncting substance

+

sour substance

Apply warm as a poultice

Ci26#40-41

In P dysuria:

Cold affusion and bath

anointings

follow regimen prescribed during summer season

enema

milk

purgatives prepared from the juice of grapes, vidari and sugarcane

ghee

Ci26#42

The following decoction reduces P dysuria:

satavari, kasa, goksura, vidari, sali, iksu, kaseruka
water

Decoct the above.

+

honey, sugar

Take the above at fairly cold temperature.

Ci26#43

The following decoction reduces P dysuria:

lotus, water lily

water

decoct the above.

+

sugar, honey

Take the above at fairly cold temperature.

Ci26#44

The following decoction reduces P dysuria:

srngataka

water

decoct the above.

+

sugar, honey

Take the above at fairly cold temperature.

Ci26#44

The following decoction reduces P dysuria:

Vidari

water

decoct the above.

+

sugar, honey

Take the above at fairly cold temperature.

Ci26#44

The following decoction reduces P dysuria:

roots of- dandairaka
 water
 decoct the above.
 +
 sugar, honey

Take the above at fairly cold temperature.

Ci26#44

The following formula is [P pacifying,] useful in calculus, gravel and all sorts of dysuria:

seeds of cucumber, trapusa, vasa
 saffron
 +
 grape juice

Ci26#45

The following reduces P dysuria:

seeds of cucumber, madhuka, daruharidra
 +
 rice water

Ci26#45

The following reduces P dysuria:

daruharidra
 honey
 +
 amalaki juice

Ci26#46

In K dysuria:

Alkaline, hot and sharp drugs and diet
 sudation
 barley food
 emesis
 non-unctuous enema
 buttermilk
 massage with and intake of oil prepared with bitter drugs

Ci26#47

The following reduces K dysuria:

trikatu, goksura, smaller cardamom ([the green one?]), bones of cranes

The above should be taken in dose of 5gm. added with honey and urine

Ci26#48

The following reduces dysuria:

smaller cardamom
 honey
 juice of- banana plant or kaidarya
 Ci26#48

The following reduces K dysuria:

“seeds sitavara” [with cooling virya]
 +
 buttermilk
 Ci26#49

The following reduces K dysuria:

powder of corals
 +
 rice water
 Ci26#49

The following reduces dysuria:

saptaparna, aragvadha, kevuka, ela, dhava, karanja, kutaja, guduci
 water
 rice gruel
 Cook the rice gruel in water with the above herbs.
 Ci26#50
 Take this rice gruel for reducing dysuria.

The following reduces dysuria:

decoction of- the herbs in the formula above
 +
 honey
 Ci26#50

Treatment of sannipata dysuria:

V. All the above measures should be applied jointly according to the seat of

In case of inequality of 3 doshas, emesis, purgation and enema should be administered according to predominance of K, P or V, respectively.

Ci26#51

Treatment of Gravels:

General Treatment:

The measures beneficial in dysuria caused by K and V should be applied in calculus and gravels as well with specific ones for breaking and felling [flushing out?]

of calculus. Now listen to tested remedy.

Ci26#52

One should take:

powder of- pasanabheda, vasa, goksura, patha, haritaki, trikatu, sati, nikumbha (danti); seeds of himsra, kharahva, sitivaraka, ervaru, and trapusa, utkuncika, hingu, amlavetasa, brhati, kantakari, hapusa and vaca.

Ci26#53

He may also take:

ghrta
pasanabheda
four times- cow's urine
Ci26#54

One should take the following in order to break the calculus:

roots of goksura, iksuraka; eranda, brhati and kantakari
dissolved in sweet curd

Take the above for 7 days.

Ci26#55

The following should be taken in calculus and gravels:

punarnava, aguru, haridra, goksura
tender leaves of phalgu
darbha flowers
+
milk, water, urine, sugarcane juice
Pound the herbs above in the liquids above.

Ci26#56

The following formula is taken for breaking gulma and calculus:

equal parts of each- smaller cardamom, devadaru, kunduru, pasanabheda, kampillaka

equal parts of each- five salts

equal parts of each- yavaksara

equal parts of each- seeds of- goksura, ervaru {cucumber}, and trapusa

equal parts of each- citraka, hingu, mamsi, yavani

Powder all the above.

+

2 parts [twice the total volume of above powders]- Triphala

Take this with sours (except vinegar), meat soup, wine and vegetable soups.

Ci26#57

The following soup is used to break calculus:

40gm. paste of- sigru
ghee
oil

Fry the sigru in the ghee and oil, prepare into a soup and cool well.

This soup should be well-cooled and taken with curd-scum and salt and taken frequently.

Ci26#58

The following is beneficial in calculus and gravels:

Root of- sobhanjana
water

Pound the root with water and cool.

Ci26#59

The following is a remedy for all types of dysuria:

1 part- sugar candy

1 part- yavaksara - Ci26#60

Method of extraction of the calculus:

1) After drinking undamaged wine, the patient should travel on a fast chariot or a horse.

Thus gravels fall out and calculus subsides.

2) Otherwise it should be extracted by surgeon.

Ci26#60

In Dysuria caused by obstruction of Semen:

one should apply remedy after considering the morbidity.

Ci26#60

The following decoction may be used in case of obstructed semen:

decoction of- karpasa root, vasa, pasanabheda, bala, laghu pancamula, gavedhuka, vrscira, punarnava, satavari, madhuparni, asanaparni

Ci26#61

In case of V predominance:

Meat soup should be prepared with this decoction.

Ci26#62

In case of P predominance:

Milk or ghee should be prepared with the same decoction.

Ci26#62

In case of predominance of K:

Food and drinks such as soup etc. should be prepared with this decoction.

Ci26#62

In case of combined doshas:

Measures beneficial for all doshas should be used.

Ci26#63

If the problem does not subside in this way:

Apply:

- 1) old wine or medhukasava and meat of birds for promoting body weight
- 2) and urethral douches for cleaning the seat of semen
- 3) When the patient is cleansed and saturated with aphrodisiacs he should be offered loving and favorite women. [[for inducing intercourse]].

Ci26#64-65

Dysuria caused by Rakta:

formula for rakta dysuria:

Stalk of lily, tala, kasa, iksubala, iksu, kaseruka

+

sugar, honey

Ci26#66

Formula for rakta dysuria:

[chew] sugarcane, vidari and trapasu

Ci26#66

Formula for rakta dysuria:

ghrta

juice of- goksura

8 times- milk

Prepare a ghrta out of the above.

Ci26#67

Formula for rakta dysuria:

Ghrta

single drugs of the sthiradi (laghu pancamula) or kakaddi group (Vi. 8)

Ci26#67

Urethral douche should be used:

- 1) milk prepared with sweet drugs

Or

- 2) milk prepared with oil of sweet fruits (seeds)

Ci26#67

Whatever is prescribed for P dysuria should be applied in raktaja dysuria as well.

Ci26#68

Cardiac Disorders:

Causative Factors:

physical exertion, drastic and excessive purgation and enema, anxiety, fear, terror and faulty management of disorders, suppression of vomiting and ama, reducing and injury.

Ci26#70

Symptoms:

Abnormal complexion, fainting, fever, cough, hiccup, dyspnea, distaste in mouth, thirst, mental confusion, vomiting, excitement of K and consequent distress, anorexia and other various symptoms.

Ci26#71

In predominance of V ([V heart disease]:

There is vacatness in heart, palpitation, wasting, tearing, obstructed movement and mental confusion.

Ci26#72

In predominance of P [P heart disease]:

There are feeling of darkness, distress, burning sensation, mental confusion, terror, heat, pyrexia and yellowishness.

Ci26#72

In predominance of K [K heart disease]:

The heart gets obstructed in movement, heavy and dull associated with salivation, fever, cough and drowsiness.

Ci26#72

In predominance of all 3 doshas [sannipata]:

All of the above symptoms are found.

Ci26#73

In heart disease caused by Karmi (organisms):

There is intense discomfort and piercing pain with itching.

Ci26#74

Treatment of Heart disease:

Treatment of V hrdroga:

Formula for reducing V hrdroga:

Warm oil

+

sauviraka, cured water, buttermilk, salt

This should be taken.

Ci26#74

The following alleviates hardness in bowels, gulma, colic and heart disease:

oil

salts

Prepare the above together.

+

wine

water

Ci26#75

The following alleviates V hrdroga:

decoction of- punarnava, devadaru, pancamula, rasna, barley grains, bilva, kulattha, kola

oil

Cook the above together.

Use this as massage and intake.

Ci26#76

The following is useful in V gulma, painful heart and sides:

Ghrta

+

paste of- haritaki, sunthi, puskaramula, vayahstha (guducci), kayastha (amalaki), salt, hing

Ci26#77

The following alleviates V hrdroga and cutting pain in heart:

paste of- puskaramula, sunthi, sati

+

alkali

water

ghrta

salt

- Ci26#78

The following should be taken:

decoction of- puskaramula, bijapura, palasa, bhutika, sati, devadaru

+

sunthi, jiraka, vaca, yavani, yavaksara, salt

The above should be mixed and slightly heated.

Ci26#79

The following is useful in conditions of pain in heart, sides, back, abdomen and vaginal track:

paste of- haritaki, sati, puskarāmula, pancakola (pippali, pippalimula, cavya, citraka, sunthi), matulunga

+

yamaka (oil and ghee mixed)

Fry the above herbs in the oils.

+

jaggery, clear wine, salt

Ci26#80

The following is useful in dyspnea, cough, anemia, halimaka, heart disease and disorders of grahani:

10gm. each- trikatu, 2 types of triphala (1. Haritake, bibhitake, amalaki; 2. Draksa, kasmarya, kharjura), patha, kantakari, goksura, 2 types of bala, rddhi, smaller cardamom, tamalaki, kapikacchu, meda, mahameda, madhuka, madhuka, salaparni, satavari, jivaka, prsniparni

All the above should be well-pounded.

+

640gm.- ghee

640gm.- buffalow's curd

Cook all the above together.

This should be taken in dose of 40, 20 or 10gm. mixed with honey.

Ci26#81-82

Treatment for P hrdroga:

General treatment for P hrdroga:

Cold anointings, affusion and purgation.

After the patient is evacuated, P-alleviating diet combined with draksa, sugar, honey and parusaka should be used. - Ci26#83

Diet:

The patient should be kept on diet of soup of wild animals or cow milk.

... By this all P as well as raktaja disorders get pacified. - Ci26#85

One should take for P hrdroga:

Paste of- madhuka, katurhini

+

sugar-water

Ci26#84

One should use for P hrdroga:

1) Ghrtas

2) boluses of ghrtas used for Chest wound (Ci. 11)
Ci26#84

This formula is useful in P heart disease:

Buffalow's ghee
+
draksa, bala, sreyasi, sarkara
Take with milk. Ci26#86

This formula is useful in P heart disease:

Buffalow's ghee
+
kharjura, vira, rsabhaka, utpala
Take with milk. Ci26#86

This formula is useful in P heart disease:

Buffalow's ghee
+
kakoli, meda, mahameda, jivaka
Take with milk.
Ci26#86

The following alleviates P hrdroga:

paste of- kaseruka, saivala, sunthi, prapaundarika, madhuka, nodes of lotus stem
Ghee
milk
Cook all the above together.

Take the above with honey. Ci26#87

The following is useful in P hrdroga:

Ghee
paste of- laghu pancamula
Cook the above together.

Take with milk, grape juice or sugar cane juice.
Ci26#88

The following is useful in P hrdroga:

juice of- sweet fruits or sugar cane
Take the above cold.
Ci26#88

Treatment of K hrdroga:

General treatment of K hrdroga:

Treatment should be done after the patient is sudated, vomited and lightened.

Ci26#89

Diet:

Consisting of food prepared of barley with soup of horsegram or meat soup and pungent drinks is wholesome.

Ci26#89

Formulas:

The following formula should be given:

katphala, sunthi, daruharidra, haritaki, ativisa

cow's urine

Boil the above together.

Ci26#90

The following formula is should be given:

Powder of- pippali, sati, puskaramula, rasna, vaca, haritaki, sunthi

Ci26#90

The following linctus alleviates K:

Decoction of- udumbara, asvattha, vata, arjuna

or of- palasa, rohitaka, khadira

+

powder of trivrit, trikatu

Make the above into a linctus.

Take with warm water.

- Ci26#91

Use of Rasayanas for K hrdroga:

“The careful physician may also administer silajatu according to the method prescribed in “rasayana” section (see volume I).”

Chyavanaprasha, agastya, haritake, brahma rasayana or amalaki rasayana may also be used.

Ci26#92

Treatment of Tridoshic hrdroga:

General treatment in Tridoshic hrdroga:

1) first, lightening

2) then, diet useful in all types should be advised.

3) treatment of the 3 doshas should be done after determining their relative degree of predominance.

Ci26#93

If pain is aggravated on taking food, diminished during digestion and relieved on empty stomach, the patient should take:

(powder of) devadaru, kustha, tilvaka, 2 salts (saindhava, sauvarcala), vidanga and ativisa with hot water.

Ci26#94

If pain aggravates on empty stomach:

Unctuous purgatives should be administered.

Ci26#94

If pain aggravates during digestion:

The patient should be purgated with fruits.

Ci26#94

If the pain is intense in all the 3 times:

Drastic root purgatives should be administered.

Ci26#95

Often V obstructed in it's movement vitiates in the stomach.

Hence evacuative measures should be adopted.

Ci26#95

Treatment of hrdroga caused by Krmī:

General Treatment for Krmī hrdroga:

all anthelmintic measures should be applied.

Ci26#96

Supra-clavicular Diseases:

Types and Diagnosis:

Names and Diagnosis of Diseases of the Nose:

causes of Pratisyaya (coryza):

V aggravated in head with massive morbidity due to suppression of urges, indigestion, exposure to dust, excessive speech, anger, seasonal irregularity, discomfort in head, vigils, excessive sleep, intake of water and exposure to dews, coitus, vapors and smoke.

Ci26#97

Signs of V-type pratisyaya:

distress and piercing pain in nostrils, watery discharge, hoarseness of voice and headache.

Ci26#98

Signs of P-type pratisyaya:

inflammation of the tip of nose, fever, dryness of mouth, thirst, hot and yellow discharge.

Ci26#98

Signs of K-type pratisyaya:

cough, anorexia, viscous discharge, excessive salivation, heaviness and itching in nasal passage.

Ci26#98

In Pinasa (coryza) caused by aggregation of the 3 doshas:

all the above symptoms are there, and especially intense pain and distress.

Ci26#99

Cause of dusta pratisyaya (vicious coryza):

Each of the above types will turn into dusta pratisyaya if the patient continues unwholesome diet and negligence.

Ci26#100

The signs of dusta pratisyaya:

sneezing, dryness of nose, pratinaha, parisrava, foul smell in nostrils, apinasa, inflammation, swelling, growth, pus and blood in nose, boils, disorders of head, ear and eye, baldness, greying or whitening of body hairs, thirst, dyspnea, cough, fever, internal hemorrhage, hoarseness of voice and consumption. Ci26#101-102

“... when the nostril are effected with obstruction, injury, discharge, drying and inflammation, the patient does not perceive smell. Mouth emits foul smell and the disorder aggravates frequently. This is known as dusta pratisyaya (vicious coryza).”

Ci26#103

Cause of Sneezing:

V in the head touching the vital organs and moving in random directions causes sneezing.

Ci26#104

Cause of nasavisosana (dry nose):

Vitiated V drying up K in the junction of nose with forehead causes dry nose.

Ci26#104

Pratinaha:

is the condition where K along with V blocks the air passage.

Ci26#105

Parisrava:

is the condition where viscous yellow and mature discharge comes out from the cerebrum.

Ci26#106

Putinasya:

is the condition where, by negligence, abnormal colour and foul odour along with swelling and giddiness arise.

Ci26#107

Apinasa:

the condition where the patient's nose is inflated, dries up, is moistened and fumes and who does not perceive smell and taste.

This is a disorder caused by V and K, and has symptoms similar to those of pratisyaya.

Ci26#107

Grahanipaka:

the condition where heat, redness, swelling and inflammation occur.

It is caused by raktapitta.

Ci26#108

Nasaswayathu:

the condition of nasal swelling.

It is produced by the doshas effecting blood, etc. situated in the nose.

Ci26#108

Polyps:

Dosas in the nose blocking air passage and also due to defect of mamsa and rakta produce growths.

Ci26#109

Puyarakta:

the condition where blood mixed with pus is discharged from nose, ear, or mouth.

Ci26#109

Suppurating boils:

caused by V along with P which effect twak etc..

Ci26#110

Dipta:

the condition where the nose is as if burning.

Ci26#110

“Thus diagnosis of diseases of the nose.”

Diagnosis of Diseases of the Head:

V-predominant Head Disease:

head is intensely distressed and painful and has pulsation.

Ci26#111

P-predominant Head Disease:

head has burning and discomfort.

Ci26#111

K-predominant Head Disease:

head is heavy.

Ci26#111

Tri-doshic Head Disease:

all these symptoms are present.

Ci26#111

Head Disease Due to Organisms:

the head is possessed with itching, foul smell, piercing pain and distress.

Ci26#111

Diagnosing Diseases of the Mouth:

V-predominant Mouth Disease:

there is dryness, hardness, roughness, shifting pain, salivation as black, reddish and cold, drooping, pulsation, piercing and tearing pain.

Ci26#112

P-predominant Mouth Disease:

thirst, fever, eruptions, burning sensation, inflammations, smoky feeling, tearing, other various troubles and appearance of colors except white and reddish.

Ci26#113

K-predominant Mouth Disease:

itching, heaviness, whiteness, sliminess, unctuousness, anorexia, stiffness, excessive salivation, nausea, poor digestion, drowsiness and mild pain.

Ci26#114

Tri-doshic Mouth Disease:

all the above symptoms may be seen.

Ci26#115

Note about further text reference:

“The disorders of mouth according to location, pathogenic substratum, symptoms and name are of 64 types. Their etiology, signs, symptoms and treatment are described in Salakyatantra (treatise dealing with supraclavicular diseases). Here I will describe the treatment of the above-mentioned 4 types of the disorders of mouth (which broadly cover all the 64 types).”

Ci26#116

Etiology and Diagnosis of Arocaka (Anorexia):

General Cause of Anorexia:

the doshas (somatic factors) and grief, fear, overgreed, anger, disgusting food, smell and sight (psychic factors).

Ci26#117

Signs of V anorexia:

the patient becomes sensitive in teeth and has astringency in mouth.

Ci26#118

Signs of P anorexia:

mouth becomes pungent, sour, hot, with abnormal taste, fetid and saline.

Ci26#118

Signs of K anorexia:

mouth is affected with sweetness, sliminess, heaviness, coldness obstruction and stickiness.

Ci26#118

Signs of anorexia caused by grief, fear, over-greed, anger etc. and disgusting food and smell:

mouth is normal but there is loss of desire for food.

Ci26#119

Signs of Tridosha type anorexia:

the mouth gets several tastes.

Ci26#119

Diagnosis of Ear Diseases:

Signs of V ear disease:

tinnitus, severe pain, dried ear wax, thin discharge, deafness.

Ci26#120

Signs of P ear disease:

swelling, redness, tearing, burning and yellow and fetid discharge.

Ci26#120

Signs of K ear disease:

abnormal hearing, itching, stable swelling, white and slimy discharge and mild pain.

Ci26#120

Signs of Sannipata ear diseases:

all the above characters are there with colour according to the predominant dosha.

Ci26#121

Diagnosis of Eye Diseases:

Signs of V eye disease:

scanty lachrymation and redness, absence of dirt, tearing and piercing pain.

Ci26#122

Signs of P eye disease:

burning sensation, intense pain, redness, yellow dirt and excessive hot lachrymation.

Ci26#122

Signs of K eye disease:

there are white dirt, excessive slimy lachrymation, heaviness and itching in the eye.

Ci26#122

Signs of sannipata eye disease:

all the above characters are observed.

Ci26#123

Note:

“In total, eye diseases are 96 in number. Their features and treatment are described in treatise of Salakya. It is not fair to divulge in details in other’s jurisdiction hence I am not making an attempt for that here.

Ci26#124

Diagnosis of Baldness:

Signs of Baldness:

the body heat joined with the doshas burns the hair ground shortly and thus causes baldness.

If the burning is slight, it produces whiteness or greying of head hairs.

Ci26#125

Treatment of Supra-clavicular Diseases:

Treatment of Pinasa and Diseases of the Nose:

Treatment of V pinasa with cough and abnormal voice:

take ghee
+
yavaksara

take:
hot meat soup or milk

Use:
unctuous smoking.

Ci26#127

A useful smoking stick:

satahva, twak, bala
 roots of- syonaka, eranda, bilva, aragvadha
 +
 bee's wax, muscle-fat, ghee
 Make the above into smoking sticks.

Ci26#128

A Method of smoking/ formula for smoking to be used in cases of acute Coryza:

parched gram flour
 +
 ghee
 Mix the above together and keep in space between earthen saucers. [before or during smoking??]

Ci26#129

Treatment of secondary pain in temples, head and forehead:

Fomentation with heated palms and poultices should be used.

Ci26#130

Treatment of secondary sneezing, obstructed discharge, etc.:

Fomentation with bolus type etc. should be done after adequate massage.

The patient should also inhale:

rohisa, jiraka, vaca, tarkari, coraka

or

powders of- twak, patra, marica, ela, upakuncika

Ci26#131

Treatment of secondary dryness of nasal passage, srngataka and eye:

snuffing oil (as mentioned below).

Ci26#132

Also, the following oil is known as Anu-taila:

sesame seeds

goat's milk

Impregnate the sesame seeds with the goat's milk and pound with the

same.

+

madhuka

Heat this paste on mild fire.

Press to extract the oil.

+

decoction of- dasamula

paste of- rasna, madhuka

Cook the above.

+

saindhava.

“This process should be repeated 10 times.”

Ci26#133-134

Treatment of V pinasa:

The impurity should be washed out by non-unctuous enema after uncting the patient.

He should use hot water for bath and drinking, should live in wind-free heated room and should abstain from anxiety, exertion, excessive speech and sexual intercourse.

Ci26#135-136

Dietary treatment in V Pinasa:

light diet with fatty, sour and hot meat soup of animals domestic etc.

Ci26#135

General Treatment of P type of pinasa:

Step 1)

One should take ghee prepared with bitter drugs for digestion of morbidity.

One should take milk boiled with sunthi for digestion of morbidity.

Step 2)

Thereafter, when the morbidity is ripened, head evacuation should be administered.

Ci26#137

Head evacuation formulas:

Snuffing formula to use in ripened type of P pinasa:

Oil

patha, haridra, daruharidra, murva, pippali, tender leaves of jati and danti

Ci26#138

Treatment of Puyarakta:

Decoctions and snuffs useful in raktapitta should be administered.

Ci26#139

Treatment of inflammation, burning sensation etc., and boils:

cold applications and affusions, inhalation and sweet-cold decoctions.

Ci26#140

Treatment of coryza having mild P:

purgation with unctuous drugs.

Ci26#150

Diet [in case of coryza having mild P]:

ghee, milk, barley, sali rice, wheat, meat soup of wild animals, cold and sour articles, bitter vegetables and soup of mudga etc..

Ci26#151

Treatment of K pinasa:

In K pinasa, when there are heaviness and anorexia- lightening should be applied.

For digestion (of impurity)- fomentation and sprinkling should be applied on head smeared with ghee.

Ci26#151

When K is excited, K-alleviating emetic such as garlic, powder of green gram, trikatu, yavakshara and ghee should be administered.

Ci26#152

(In conditions of apinasa, fetid nose, running nose and itching):
smoking and expressed juice of pungent drugs.

Ci26#153

Also:

Inhale the powder of:

Realgar, vaca, trikatu, vidanga, hingu, guggulu

Ci26#154

Also:

blow into the patient's nose:

Powder of- pungent fruits

Ci26#155

Snuff to be used in case of thick, fat-like mucous discharge comes out after ripening:

mustard oil

cow's urine

bhargi, madana, tarkari

drugs of the surasadi group

Boil the above together.

paste of- lac, vaca, bitter gourd, vidanga, kustha, pippali, karanja

Ci26#156

Treatment of K pinasa when the severity is diminished:

The patient should be uncted and vomited with milk boiled with emetics after giving gruel of sesamum and black gram.

Ci26#157

Diet for K pinasa:

soups of vartaka, patola, trikatu, kulattha, adhaki, mudga

K-alleviating cereals

Use of hot water.

Ci26#158

Treatment of dusta pinasa:

the measures overcoming all the doshas should be applied.

Ci26#159

Treatment of swelling of the nose:

anti-swelling measures should be applied.

Ci26#159

Treatment of growths like tumors and polyps:

aplication of alkali.

Ci26#160

Treatment of the remaining disorders of the nose:

steps should be taken according to the condition.

Ci26#160

“Thus treatment of pinasa and other diseases of the nose.”

Treatment of Head Diseases:

Treatment of V head diseases:

General Treatment of V head diseases:

Uction, sudation, snuffing, diet and poultices which alleviate V.

Ci26#151

Ingredients for Poultices:

One should use the drugs of the agurvadya group (Ci.3) fried in oil and serve warm.

Also vitalizer drugs, jati,j fishes and meats.

Ci26#152

The following is an oil which is to be used for smoking in order to alleviate headaches:

Rasna, laghu pancamula

milk

oil

Prepare all the above together.

Ci26#153

The following is an oil which is to be used for smoking in order to alleviate headaches:

rasna, kakoli, ksirakakoli, sarkara

+

oil

Ci26#154

The following is a snuff which alleviates all supraclavicular disorders caused by V and P:

640gm.- oil

bala, madhuka, yasti, vidari, candana, utpala, jivaka, rsabhaka, draksa, sarkara

milk

["2Kg."]- meat juice of wild animals

Ci26#155

Mayura Ghrta:

This ghrta is beneficial in head diseases, facial paralysis, diseases of ear, eye, nose, tongue, palate, mouth, throat and other supraclavicular disorders:

Peacock devoid of feathers, bile, intestines, feces, beak and feet

dasamula, bala, rasna, triphala, madhuka

water

Decoct all the above.

+
 640mg.- ghee
 [640mg.]- milk
 10 mg. paste of each- vitalizer drugs Ci26#156-158

Mahamayura Ghrta:

This ghrta is used as snuff, intake, massage and enema in all head diseases, severe cough and dyspnea, stiffness of neck and back, emaciation, hoarseness of voice, facial paralysis, defects of vaginal track, menstruation and semen and provides fertility to sterile women. Woman taking it after bath in the period delivers son. This ghrta is praised by Atreya:

Peacock devoid of feathers, bile, intestines, feces, beak and feet
 dasamula, bala, rasna, triphala, madhuka
 water
 Decoct all the above.

+
 640mg.- ghee
 four times- milk

10gm. paste of each- jivanti, triphala, meda, mrdvika, rddhi, parusaka, samanga, cavika, bhargi, devadaru, kapikacchu, mahameda, talamastaka, kharjuramustaka, bisa, saluka, srngi, jivaka, padmaka, satavari, vidari, iksu, brhati, 2 types of sariva, murva, goksura, rsabhaka, srngataka, kaseruka, rasna, salaparni, tamalaki, suksmaila, sati, puskaramula, punarnava, tugaksiri, kakoli, dhanvayasa, kharjura, aksota, vatama, munjata, abhisuka (according to availability)

Prepare the above into ghee.

This is used as intake, massage and enema.

Ci26#159-167

“Ghrta may be prepared in this way with rats, cocks, swans and rabbits [substituted for the peacock (mayura)] which alleviates supraclavicular disorders” and is also considered as Mahamayura ghrta.

Ci26#168

Treatment of P Head Diseases:

General Treatment of P Head Diseases:

Ghee
 Milk
 “Affusions”
 Cold pastes
 snuffs
 ghee prepared with vitalizers
 P-alleviating diet

Ci26#169

The following is an anointment which can be anointed on the patient of P head disease:

candana, usira, madhuyasti, bala, vyaghranakha, utpala
milk

Pound the herbs with milk.

Ci26#170

The following is a “sprinkle” which can be sprinkled [like a shower? Or a mist?] over the person with P head disease:

candana, usira, madhuyasti, bala, vyaghranakha, utpala
Water

Decoct the herbs in the water.

Ci26#170

The following is a snuff used in P head disease:

paste of- twakpatra, sarkara
rice water

Pound the above together.

Press out the juice.

Put this in the nostrils followed by ghee as snuff.

Ci26#171

The following is a snuff used in P head disease:

ghee
madhuyasti, candana, ananta,
milk

Cook the above together.

Ci26#172

The following is a snuff used in P head disease:

ghee
sarkara, draksa, madhuka
Cook the above together.

Ci26#172

Treatment of K Head Diseases:

General Treatment of K Head Diseases:

The patient should be fomented
and cleansed with smoking, snuffing and blowing
and then managed with K-alleviating paste and diet, intake of old ghee and

sharp enema.
Ci26#173

Treatment of K and V head diseases:

Cauterization should be applied on temples as well as blood-letting.
The patient should use smoking of the stick prepared of eranda, nalada, ksauma, guggulu, aguru, candana, or aromatic substances of the agurvadi group except kustha and tagara.
Ci26#174-175

Treatment of Tri-Doshic Head Disease:

treatment beneficial in sannipata should be given.
Ci26#176

Treatment of Head Disease due to Organisms:

irritant head evacuation should be applied.
Ci26#177

The following may be used as snuff [for Krmī head diseases]]:

twak, danti, vyaghranakra, vidanga, navamalika, apamarga fruits, seeds of naktamala and sirisa, ksavaka, asmantaka, bilva, haridra, hingu, yuthika, phanijjaka
oil
4 times- sheep urine
Prepare all the above together.
Ci26#178

The following powder may be used for blowing in the nostrils:

twak, danti, vyaghranakha, vidanga, navamalika, apamarga fruits, seeds of naktamala and sirisa, ksavaka, asmantaka, bilva, haridra, hingu, yuthika, phanijjaka
Ci26#179

The following may be put in the nostrils:

pressed liquid of- seeds of sigru and karanja and trikatu

Note: ““Avapidaka” (pressed juice) is applied in the form of decoction, expressed juice, alkali, powder or paste:”

Ci26#179

Treatment of Diseases of the Mouth:

General Treatment of Diseases of the Mouth:

gargling with vinegar, bitters, pungents, honey and astringents

smoking

blowing

purgation

emesis

lightening

diet according to disorders

Ci26#180

Linctus to be kept in the mouth in all diseases of the mouth:

equal quantity of each- pippali, aguru, daruharidra bark, yavaksara, rasanjana, patha, tejovati, haritaki

Powder all the above.

Mix with honey.

Ci26#181

The following Gargle is used in all diseases of the mouth:

equal quantity of each- pippali, aguru, daruharidra bark, yavaksara,
rasanjana, patha, tejovati, haritaki

Powder all the above.

+

sidhu, madhava and madhvika (types of fermented beverages).

Mix all the above together.

Ci26#182

The following tooth powder removes bleeding, itching and pain:

Tejohva, haritaki, ela, samanga, katuka, musta, patha, jyotismati, lodhra,
daruharidra, kustha

Powder all the above.

Ci26#183

The following boluses are like nectar and should be kept in mouth for all throat disorders:

Pancakola, talisa, patra, ela, marica, twak, alkali of palasa, and muskaka
yavaksara

Powder all of the above.

+

“are mixed with two times boiled old jaggery”

Make all the above into boluses the size of small jujube.

Keep them within the ash (alkali) of muskaka for a week.

Ci26#184-185

Kalaka Curna:

This powder alleviates diseases of teeth, mouth and throat:

Powder of- Soot, yavaksara, patha, trikatu, rasanjana, tejohva, triphala,
lodhra, citraka

+

Honey

Mix all the above together.

Ci26#186-187

Pitaka Curna:

This is regarded as excellent one, and is used in diseases of throat and mouth:
(Especially V throat diseases)

Powder of- Realgar, yavaksar, orpiment, rock-salt, daruharidra bark

+

honey

Mix the above.

+

ghee-scum

suspend the above mix in the ghee-scum.

Keep this in the mouth.

Ci26#188-189

The following is to be kept in the mouth for diseases of the throat:
(Especially P throat diseases)

mrdvika, katuka, trikatu, daruharidra bark, triphala, musta
+
ghee-scum

Ci26#190

The following is to be kept in the mouth for diseases of the throat:
(Especially K throat diseases)

patha, rasanjana, murva, tejohva
+
honey

Ci26#191-192

The following is used to alleviate throat disorders:

katuka, ativisa, patha, daruharidra, musta, indrayava
cow's urine
Boil the above together.

Ci26#193

The following is used to alleviate “mouth diseases, blood disorders and sinuses”:

Rasanjana (the decoction of daruharidra boiled and solidified)
+
Honey

Ci26#194

Treatment in case of dryness of palate and polydipsia:

use ghee as intake after meals.

Also: use ghee as snuff.

Diet: sweet, unctuous and cold meat soups.

Ci26#195

Treatment of Stomatitis:

Venesection, head-evacuation and purgation
Gargling with urine, oil, ghee, honey and milk.

Here's another gargle for stomatitis:

triphalala, patha, mrdvika, tender leaves of jati
honey

Ci26#196-197

Also: mouth should be washed with astringent, bitter and cold decoctions.

Ci26#198

Khadiradi Gutika:

This alleviates looseness, displacement, caries and organisms of teeth, stomatitis, foul smell from mouth, stiffness of mouth, anorexia, discharge, coating, sliminess, abnormal voice and dryness of throat. This is a good resort in all diseases of teeth, mouth and throat:

These pills should be kept in the mouth:

4Kg.- heartwood of khadira

8Kg.- [heartwood of] arimeda

The above should be "washed and disintegrated"

+

40.96L- water

Cook all the above, till reduced to 10.24L. Then Strain.

Then heat again slowly till it is thickened.

+

10gm. powder of each- candana, padmaka, usira, manjistha, dhataki, musta, prapaundarika, yasti, twak, ela, kamalakesara, lac, rasanjana, mamsi, triphala, lodhra, balaka, 2 types of haridra (haridra and daruharidra), priyangu, ela, samanga, katphala, vaca, yavasa, aguru, pattanga, gairika, anjana

After it is brought down and cooled, add:

+

40gm. each- lavanga, nakha, kakkola, jatikosa

160gm.- camphor

Then pills should be made and dried.

Ci26#199-207

Khadiradi Taila:

This alleviates looseness, displacement, caries and organisms of teeth, stomatitis, foul smell from mouth, stiffness of mouth, anorexia, discharge, coating, sliminess, abnormal voice and dryness of throat. This is a good resort in all diseases of teeth, mouth and throat:

4Kg.- heartwood of khadira

8Kg.- [heartwood of] arimeda

The above should be “washed and disintegrated”

+

40.96L- water

Cook all the above, till reduced to 10.24L. Then Strain.

Then heat again slowly till it is thickened.

+

10gm. powder of each- candana, padmaka, usira, manjistha, dhataki, musta, prapaundarika, yasti, twak, ela, kamalakesara, lac, rasanjana, mamsi, triphala, lodhra, balaka, 2 types of haridra (haridra and daruharidra), priyangu, ela, samanga, katphala, vaca, yavasa, aguru, pattanga, gairika, anjana

After it is brought down and cooled, add:

+

40gm. each- lavanga, nakha, kakkola, jatikosa

160gm.- camphor

Oil

Prepare the above with the oil.

- Ci26#199-207

Treatment of Anorexia:

General Treatment of Anorexia:

gargles

smoking

mouthwashes

delicious food and drink

gladdening and consolation

Ci26#208

General Treatment of V type anorexia:

enema

Ci26#213

General Treatment of P type anorexia:

purgation

Ci26#213

General Treatment of K type anorexia:

emesis

Ci26#213

General Treatment of Psychic Type of anorexia:

delicious, favorite foods

gladdening the patient.

Ci26#213

Formulas for Anorexia:

Gargle to be used for V type anorexia:

Kustha, sauvarcala, jiraka, sarkara, marica, bida

+

oil, honey

Ci26#209

Gargle to be used for P type anorexia:

amalaki, ela, padmaka, usira, pippali, utpala, candana

+

oil, honey

Ci26#209

Gargle to be used for K type anorexia:

Lodhra, tejovati, haritaki, trikatu, yavaksara

+

oil, honey

Ci26#210

Gargle to be used in tri-doshic anorexia:

Fresh juice of pomegranate

+

jiraka, sarkara

+

oil, honey

Ci26#211

The following [gargle] alleviates all types of anorexia:

karavi, marica, jiraka, draksa, vrksamla, dadima, sauvarcala

+

jaggery, honey

Ci26#212

Treatment of Ear Diseases:

General Treatment of Ear Disease:

V-alleviating treatment listed under Pinasa
such as anointing, drops and snuffing
Uncting substance should be given as drops.
Apply management prescribed for Pinasa.

Ci26#213

Treatment of Suppuration and Discharge:

surgical measures

Ci26#214

Diet:

should be according to dosha

Ci26#214

Specific formulas for Ear Disease:

The following is a good drop for ear ache:

mustard oil

+

hingu, tumburu, sunthi

Ci26#215

The following is a good drop for ear ache:

devadaru, vaca, sunthi, satahva, kustha, rock salt
oil

+

goat's urine

Ci26#216

The following is a good drop for ear ache:

Cowrie ash ("one should collect cowries and burn them in new earthen pot.)

This ash should be washed.

+

paste of- rasanjana, sunthi

With all the above, perfumed oil should be prepared.

Ci26#217-218

** The following ear drops subside deafness, tinnitus, severe discharge of pus, organisms and earache:

ash of- tender raddish

+

1 part of each- hingu, sunthi, satapuspa, vaca, kustha, devadaru, sigru, rasanjana, sauvarcala, yavaksara, svarjika, aubhida, saindhava salts, bhurja nodes, bida, musta

+

4 parts of- madhusukta [a wine/ vinegar?]

+

juice of- matulunga, kadali

Ci26#219-222

Treatment of Eye Diseases:

Stages:

Stage I: Treat new eye diseases with paste on the eyelids

Stage II: Apply collyrium drops into the eye:

Treatment of newly-arisen eye diseases:

Paste should be applied on the lids at the very outset.

It removes burning sensation, lachrymation, swelling and congestion.

Ci26#224

Treatment of V eye disease:

[stage I; pastes for application on the eyelid]

Formulas for treatment of V eye disease:

Sunthi, saindhava should be applied as “Rasakriya” with ghee-scum

Ci26#225

Or- honey, rock salt and red ochre rubbed together are applied [as rasakriya], [with ghee-scum].

Ci26#226

The following paste removes pain:

Sabara lodhra

ghee

fry the [herb] in ghee

Ci26#227

The following paste removes pain:

haritaki

ghee

Fry the haritak in the ghee.

Ci26#228

Treatment of P type Eye Diseases:

Formulas for treatment of P type Eye Diseases:

The following paste is used for P eye diseases:

paste of- candana, durva, manjistha

Ci26#229

The following paste is used for P eye diseases:

paste of- padmaka, madhuyasti, mamsi, kaliyaka

- Ci26#229

Treatment of K type Eye Diseases:

Formulas for treatment of K type Eye Diseases:

The following formula is used as Rasakriya for K eye diseases:

gairika, saindhava, musta, rocana

Ci26#230

The following formula is used as Rasakriya for K eye diseases:

priyangu, realgar

+

honey

Ci26#231

Treatment of Sannipata type Eye Disease:

external application on lids should be made with all the above drugs.

Ci26#232

... When the disease is matured, collyrium [eye drops] should be applied [into the eye] every third day without touching the lids.

Ci26#233

When to apply collyrium:

when the eye disease is matured

Ci26#233

How often to apply collyrium:

every 3 days

Ci26#233

How to apply the collyrium:

“Without touching the lids.”

Ci26#233

Collyrium (eye drop) formulas for eye diseases:

The following eye drop is used in V type eye disease:

bilvadi (brihat pancamula)

eranda

takra

brhati

madhusigru

water

Decoct the above.

Apply while warm as eye drops.

Ci26#234

The following eye drop pacifies rakta-pitta type of eye disease:

prthivka, daruharidra, manjistha, lac, 2 types of madhuka, utpala

+

water

Decoct the above.

+

sugar

Use: fill the eye with this decoction at cold temperature.

Ci26#235

The following eye drop is for K type eye disease:

sunthi, triphala, musta, nimba, vasa

water

Decoct the above.

Use: use warm as eye drop.

Ci26#236

Eye drops in sannipatika eye disease:

All the above formulations mixed together should be used.

Ci26#237

“Sticks” used in treating eye diseases:

The following stick alleviates V eye diseases:

brhati, root bark of eranda, sigru flowers, rock salt

goat's milk

Pound the herbs in the milk. Make into a stick.

Use: Use of this stick as paste (after rubbing) alleviates V eye diseases.

Ci26#238-239

The following stick alleviates rakta-pitta eye diseases:

buds of jati [nutmeg]

conch

triphala

madhuka, bala

rain (distilled) water

Pound the above ingredients in the water.

Ci26#240

The following stick alleviates K eye diseases:

rock salt, triphala, trikatu, sankhanabhi, samudraphena, saileya, sarja (rasa)

Make the above into a stick.

Ci26#241

The following stick alleviates tridoshic eye diseases and clears vision:

320gm.- guduci, lotus stem, bilva, patola, goat's feces, prapaundarika, madhuyasti, daruharidra, kalanusariva

The above should be "washed well and disintegrated".

+

Water

Boil the above and then strain.

Again heat till it is thickened.

+

10gm. powder of- sweta marica

40gm. powder of- fresh jati flowers

Make the above into a stick.

Ci26#242-243

The following stick alleviates all eye diseases:

conch, coral, cat's eye, iron, copper, bones of pelican, srotonjana, sweta marica

Ci26#244

The following is a powder collyrium. It is beneficial in itching, cataract and K eye diseases and eliminates impurities:

1.25gm.- marica

5gm. [each]- pippali, samudraphena

1.25gm.- rock salt

22.5gm.- sauviranjana

Pound all the above finely in citra constellation.

Ci26#245-246

The following powder collyrium "alleviates blurred vision, organisms, pilla (blearedness) and diet":

Cardamom

Goat's urine

Dip the cardamom in the urine for 3 days.

Let the cardamom be well-impregnated and dried.

Ci26#247-248

The following powder collyrium or stick is excellent application in blurred vision etc.:

sauviranjana, tuttha, swarnamaksika, raelgar, caksusya, madhuka, metals, gems, puspanjana, rocksalt, boar's tusk, kataka

Ci26#249

Sukhavati Varti:

This stick alleviates blurred vision, patala (covering), cataract and dirt quickly:

kataka fruit (clearing nut), trikatu, samudraphena, rasanjana, vidanga

realgar

conch

rock salt
 sugar, honey
 crust of hen's egg [egg shell]
 Ci26#250

Drstiprada Varti:

The following stick revives vision even in the blind having completely closed pupils:

Triphala
 crust of hen's eggs
 kasisa
 iron powder
 nilotpala, vidanga, samudraphena
 +

goat's milk

Pound all the above in the milk and impregnate with the same in a copper vessel for 1 week. - Ci26#251

The following collyrium is the best for alleviating blurred vision:

Anjana
 a snake's mouth
 Anjana is kept in snake's mouth for a month.
 Then, after taking it out, one should dry it well and powder it.
 +
 equal quantity of- dried buds of jati
 half quantity- rock salt
 Mix all the above together.
 Ci26#252

The following is applied as "Rasakriya" and alleviates all eye diseases:

pippali, mocarasa
 snake's fat
 rock salt
 old ghee
 Ci26#253

The following applied as rasakriya is beneficial in all eye diseases particularly cataract, growth and dirt:

fat of black snake
 honey
 amalaka juice
 Ci26#253

The following is applied as rasakriya and is beneficial in all eye diseases caused by raktapitta particularly blurred vision and patala:

amalaka
 rasanjana (extract of daruharidra- berberis aristata)

honey
ghee

Ci26#254

The following rasakriya alleviates blindness and patala:

1 part each- amalaka, pippali, white marica
1 part- rock salt
+
honey

Ci26#255

Treatment of Balding and Greying of Hair:

General Treatment of Balding and Greying of Hair:

The case should be managed after evacuation
with snuffs, oils and pastes on head and face.

Ci26#256

Oils which should be used in treatment of balding and greying of hair:

The following snuffs should be used to alleviate baldness and greying of hair:

drugs of vidarigandhadi group
+
vitalizer drugs
+
Oil

Prepare the above together.

Ci26#257

The following should be used as snuff to alleviate baldness and greying of hair:

Anutaila (see section [on head/ nose diseases...])

Ci26#257

The following oil administered properly by the physician alleviates greying of hair:

160gm.- oil
640ml.- milk, juices of sahacara, bhrngraja, surasa
40gm. paste of- yasti
Keep all the above in a container made of sheep horn, etc. and stored within a
stone-like (firm) vessel.

Ci26#258-259

The following snuff is alleviator of grey hair:

dugdhika, karavira
+
milk
Pound the herbs in the milk.

This should be administered as snuff after extracting grey hairs.

Ci26#260

The following snuff alleviates grey hair:

16gm.- oil
 1.28L [each]- juice of bhringaraja, milk
 40gm. paste- madhuka Ci26#261

Mahanila Taila:

This is beneficial for eyes, life-span and in all diseases of the head. It is an excellent remedy for greying of hair:

400gm. each- roots of adityavalli and black saireyaka, leaves of surasa and black sana, bhringaraja, kakamaci, madhuka, devadaru
 200gm. each- pippali, triphala, anjana, prapaundarika, manjistha, lodhra, black aguru, water lily, seeds of mango, black mud, lotus stalk, red sandal, nili, bhallataka nuts, kasisa, madayantika, somaraji, asana, sastra (iron), black types of pindita and citraka, fruits of lotus, arjuna, kasmari, mango and jambu
 Pound all of the above.
 +
 2.56gm. paste of- bibhitaki
 "Four times" juice of- amalaki
 Cook all the above on fire or heat in the sun till the liquid is dried up.
 Then filter and store in an iron vessel.

This is to be used as intake, snuff and head massage.

Ci26#261-268

The following is to be used as Pratimarsa (smearing). According to Krsnatreya, it alleviates all types of head diseases particularly greying of hair:

10gm. paste of each- prapaundarika, madhuka, pippali, candana, utpala
 160gm.- oil
 320ml. juice of- amalaki
 Cook all the above together.

Ci26#269

The following paste removes browning of hair on the face:

milk
 priyala, madhuyasti, pippali
 drugs of jivakadi group
 sesamum

It should be applied as a paste on the face.

Ci26#270

The following paste stimulates growth of hair and also blackens them:

sesamum
 amalaka
 lotus pollens
 madhuka
 honey

[+ _____]

Ci26#271

The following paste causes hair to become black and soft:

Iron powder

Rock salt

rice

suktamla (vinegar)

The solids should be boiled in the vinegar.

This should be pasted on cleansed and roughened head in the night and kept till morning when head should be washed with triphala-water. By this the hair becomes black and soft.

Ci26#272-273

The following makes a good hair dye:

Iron powder

triphala

sour liquid

Pound the powders in the sour liquid.

Ci26#274

“Treatment of the remaining disorders has been said partially in the beginning and will be said further in siddhi-sthana.”

Ci26#275-276

Treatment of Svarabheda (Hoarseness of voice):

Treatment of V type of Svarabheda:

use of ghee after meals

use of balataila, rasnataila and amrtataila (Ci.28) in 4 ways (intake,

massage, gargle and enema)

Ci26#277

The patient should take meat soup of peacock, partridge and cock prepared with pancamula or mayura ghrta or ghee extracted from milk or the trayusana ghrta (Ci.18)

Ci26#278

Treatment of P type of Svarabheda:

purgation

milk boiled with vitalizers

sarpigudas (ci. 11)

Tikta ghrta , jivaniya ghrta (ci.29) and vasa ghrta ((ci 4)

Ci26#279

Treatment of K type of Svarabheda:

irritant head-evacuation

purgation

emesis

smoking

use of barley food and pungents

Ci26#280

Take powder of:

Cavya, bhargi, haritaki, trikatu, yavaksara, citraka, honey

Ci26#281

Take powder of:

Pippali, haritaki

Ci26#281

He should also drink strong wine.

Ci26#281

Treatment of raktaja type of Svarabheda:

meat soup of wild animals added with ghee

juices of draksa, vidari and sugarcane added with ghee, honey and sugar

Ci26#283

The entire treatment for ksayaja kasa and pittaja svarbheda along with venesection are beneficial in raktaja type svarabheda.

Ci26#284

Treatment of Sannipata type of Svarabheda:

all these measures are adopted except venesection.

Ci26#284

Here, at the end of the chapter, are some important general statements:

1) V is situated in basti (pelvic region)

P is situated in hrt (cardiac region)

K is situated in and head respectively

Hence because of nearness of their location they should be eliminated be emesis etc.

[basti, virechana and vaman, respectively.]

Ci26#285

2) The living creatures by V, P and K and the universe by air, sun and moon are inflicted or sustained in states of abnormality and normalcy respectively.

Ci26#286

3) ** Dosas, in spite of having contradictory properties, do not destroy each other because of innate adjustment as even fatal poison does not effect snakes.

Ci26#287

((All the above information from “3 Vital Organs and Udavarta onward comes from chapter 26, Chikitsasthanam, pages 419 to 455))

Treatment of Grahani (Gastrointestinal) Disorders:

Diagnosis

Principles of digestion and tissue nutrition

Wrong eating habits

Types of G.I. disorders, with etiology and symptoms

Treatment

General treatment

Diet for all types

Appetizers

Use of Fat to kindle digestion

Specific formulas for all types of G.I. disorders

Treatment of P-type G.I. disorders, with formulas

Treatment of K-type G.I. disorders, with formulas

Treatment of tri-doshic disorders

Means of kindling agni [perhaps move to 'general treatment section of this chapter, above]

Treatment of Excess Agni

Review of Subjects Covered in this Chapter on Grahani:

Properties of internal fire, how it holds up the body, how the food is digested, the functions of food and how they are performed, types of agnis and the entities nourished and digested by them, successive origin of dhatus etc. and malas, the reason in quick action of aphrodisiacs, time taken in and order of the origin of dhatus, the reason in manifestation of disorder in a part of body, causes of the severe affections of agni and the resultant disorders, description of grahani, and the characters of its disorder, symptomatic treatment, excessive agni and its treatment- all this has been said by the sage in this chapter on grahani disorder.

[#244-249]

The significance of Agni (digestive fire):

Life-span, complexion, strength, health, enthusiasm, corpulence, lustre, immunity, energy, heat processes and vital breath- all these depend on body fire.

One dies if this fire is extinguished, lives long free from disorders if it is functioning properly, gets ill if it is deranged, hence Agni is the root cause of all.

Ci15#3-4

Food can only nourish the dhatus, ojas, strength, complexion etc. by the help of Agni because these things (the dhatus, etc.) can't be produced by undigested food.

Ci15#5

Picture of Sub-Vatas and Agni involved in initial digestion of food:

Prana Vayu (which has receiving function) carries the food to the belly where the food gets disintegrated by fluids (juices) and softened by fatty substances, then gets acted upon by the digestive fire fanned by Samana V.

Thus the digestive fire cooks the timely taken and balanced food properly, leading to promotion of lifespan.

Agni cooks from below the food situated in the stomach for division into rasa (nutritive factor) and mala (excretion) as the same cooks the rice grains with water kept in a vessel into boiled rice.

Ci15#6-8

Stages the food goes through as it is digested:

The food composed of 6 rasas immediately after it is ingested undergoes the stages of "prapaka" (preliminary digestion).

Firstly, due to predominance of sweetness K (mucus secretion) of frothy character arises.

Thereafter during the process of digestion when the food is half-burnt and descending from the stomach due to predominance of acidity P (the bile and other digestive factors) comes forth freely.

Lastly when it reaches the large intestines, it is absorbed by fire and gets converted into a solid mass, V (wind) is formed due to predominance of pungency.

Ci15#9-11

Food and the 5 senses:

The desired food endowed with desired smell etc. nourishes the factors of smell [sense substrata] etc. as well as the olfactory sense [sense organs] etc. individually in the body.

Ci15#12

Digestion of the individual 5 elements within food:

5 Agnis pertaining each to prthivi, ap, tejas, vayu, and akasa digest the respective fractions of the food ([food is nothing more than varying combinations of the 5 elements]).

Ci15#13

Each of the 5 elements in the food nourishes respective similar body tissues:

“In body, the substances and their properties nourish their counterparts respectively such as the fraction of prthivi in food nourishes the respective fractions in the body and so on.”

[So, in other words, the water element in a soup will go to nourish the watery rasa dhatu, while the fire element from the spices in the soup will go to nourish the fiery rakta dhatu.]

Ci15#14

As the dhatus (tissues) are further refined, they undergo further transformation into excretion and essence:

“Further (during the process of metabolism) the dhatus supporting the body undergo twofold conversion into excretion and essence having been acted upon by the respective one of the seven agnis.”

[Each of the 7 dhatus has it’s own agni responsible for this above-mentioned process, relating to it’s own dhatu.]

Ci15#15

Progressive order of transformation of Dhatus:

[Each dhatu nourishes the next dhatu in a linear process.]

“The formation of dhatus takes place in the following order- Rasa, Rakta, Mamsa, Medas, Asthi, Majja and Sukra. Sukra, from it’s pure essence, produces fetus.”

Ci15#16

Nourishment of the “Upadhatus”:

[Upadhatus are other body tissues. Each of the 7 Dhatus has a couple Upadhatus which are said to be produced by it.]

“Food also nourishes the upadhatus in the following manner- Rasa nourishes breast-milk as well as menstrual blood in women.

Rakta nourishes tendons and blood vessels

Mamsa nourishes vasa as well as 6 layers of skin

Medas nourishes the ligaments and joints.”

Ci15#17

Excretions of the G.I. tract and Dhatus:

[Each Dhatu that has an Upadhatu also has a Mala or waste.]

“Excretion of food is feces and urine.

Excretion of rasa is kapha (phlegm).
 Excretion of rakta is pitta (bile)
 Excretion of mamsa is dirt of the external orifices
 Excretion of medas is sweat
 Excretion of asthi is hairs in head and body
 Excretion of majja is smear in eyes, feces and skin

Thus the fractions of essence and excretion formed during the process of metabolism support each other and thus maintain the body by mutual coordination.”

Ci15#18

Time periods for conversion of Dhatus:

“The specific potency of the intake of aphrodisiacs etc. exerts its effects quickly. Some take this process of conversion completed in a period of 6 days. The gradual conversion of dhatus runs incessantly in a cyclic order.”

Ci15#20-21

Explanation of How Each Dhatu is Converted into the next Dhatu:

“...the disciple submitted thus- “How is rakta originated in the body from dissimilar rasa which does not have red colour, and how does it acquire redness? How does the solid flesh (mamsa) originate from the liquid blood (rakta)? How is the origin of medas (fat) from the liquid blood and solid flesh? How is there hardness in bones which are originated from the soft tissues muscle and fat? How does the unctuous and soft marrow arise within the hard bones? Sukra is said to be the product of majja but how does the semen pervading the entire body come out of the marrow situated inside the bone when there are no holes in the bone?”“

””The teacher having been requested thus by the disciple answered as follows:

“Rasa, the essence of food, acquires redness from the colour of the fire-like P.

The same acted upon by vayu, ap and tejas and cooked by its own heat and being predominated by its own heat, ap and unctuous properties is converted into medas.

Further the innate heat combining prthivi, tejas, vayu, etc. together gives rise to hardness and thus produces asthi.

Within the bones vayu creates hollowness which is filled up by the marrow, the essence of medas.

From the essence of marrow, semen is produced.

By vayu, akasa etc. porousness is produced in bones through which semen comes out like water from the new earthen jar. Semen moves through its carrying vessels in the whole body and propelled with force from sexual ecstasy and passionate determination gets displaced and liquefied like ghee by physical exertion comes out of the urinary passage like water flowing towards the lower surface (?).”“ Ci15#22-35

Omnipresence of rasa dhatu:

“Rasa (including rakta) is always, everywhere, continuously and simultaneously thrown (into circulation) in the body by the vyana V performing the function of throwing.”

Ci15#36

How blocked rasa causes disorders:

“Rasa while in circulation if sticks somewhere due to morbidity in channel, it causes disorder there like a cloud in the sky causing rain below it.

Dosas also get aggravated in localized parts in the same way.”

Ci15#37

Preeminence of the Jathar agni among all the agnis in the body:

The agni which digests food [“Jathar” agni, in the stomach/small intestine] is regarded as the master of all agnis because increase and decrease of other agnis depend on the digestive fire.

Hence one should maintain it carefully by taking properly the wholesome fuel of food and drinks because on it’s maintenance depends the maintenance of life-span and strength.

One who eats greedily leaving aside all the rules acquires the disorders due to morbidity in grahani soon.”

Ci15#38-41

Section on Description of Disorders of Grahani:The 3 Wrong Eating Habits:

These 3 cause death or severe disorders:

Samasana: eating wholesome and unwholesome food items mixed together.

Visamasana: eating more or less than the proper amount to eat, or before or after the proper time to eat.

Adhyasana: eating while the previous meal is still undigested.

Ci15#235-237 [perhaps provide examples for the above.]

Difference in over-eating at the Day meal versus the Night meal:

Even on indigestion of the day meal [lunch] the night meal [supper] is not disturbing.

[In other words, even eating too much during lunch will not prevent digestion of supper.]

The reason is that during the day the heart is blossomed like a lotus [open] and because of this all channels remain clear.

Moreover, due to physical exertion, movements and mental activities the dhatus do not get moistened during the day.

So on other food added to the unmoistened previous one does not get effected and becomes homogeneous like fresh milk mixed with un-spoiled milk.

On the contrary, during the night the heart is faded, the channels are covered and the belly is obstructed and consequently the dhatus get moistened.

Another food added while the undigested material is moistened gets affected like hot milk added to spoiled milk.

Hence the wise person in order to protect his strength and life-span should never eat anything if the food taken in night is still undigested. [This goes for late-night snack as well as breakfast or even lunch the next day.]

Ci15#238-243

Causes of Deranged Agni:

fasting, eating during indigestion, over-eating, irregular eating, intake of unsuitable, heavy, cold, too rough and contaminated food, faulty administration of emesis, purgation and unction, emaciation due to some disease, faulty adaptation to place, time and seasons and suppression of natural urges.

Agni thus deranged becomes unable to digest even the light food and the food being undigested gets acidified and toxic.

Ci15#42-44

Symptoms and Consequences of “that indigestion”:

stasis of food, malaise, headache, fainting, giddiness, stiffness in back and waist, yawning, bodyache, thirst, fever, vomiting, griping, anorexia and improper digestion of food.

The severe food toxin when combined with P produces burning sensation, thirst, disorder of mouth, acid gastritis and other P disorders.

When combined with K it gives rise to phthisis, coryza, prameha etc. and other K disorders.

It produces various V disorders if combined with V.

Affecting urine, feces and dhatus it causes disorders of urine, belly and dhatus respectively.

Ci15#45-49

Result of Irregular digestive fire:

causes disequilibrium in dhatus because of irregular digestion of nutrients.

Result of Intense digestive fire:

(if the person has little fuel [food]) dries up the dhatus.

Ci15#50

Result of Normal digestive fire:

in a person taking proper food maintains the equilibrium of dhatus by regular digestion.]

Ci15#50

Result of Weak digestive fire:

burns the food incompletely which goes either upwards or downwards.

When it [the incompletely-digested food] moves out downwards either in ripe [digested] or unripe [undigested] condition, it is known as the disorder of grahani.

In such patients often the entire food is half burnt and the stool is frequent, constipated or liquid.

There is presence of thirst, anorexia, abnormal taste in mouth, excessive salivation and feeling of darkness.

Besides, edema on feet and hands, pain in bony joints, vomiting and fever are there.

Eruclatations have metallic or fleshy odor and bitter sour taste.

Ci15#51-54

Prodromal symptoms are the following ones:

thirst, lassitude, debility, burning of food, delayed digestion and heaviness in body.

Ci15#55

Cause and Symptoms of Excessive Agni:

In the person having diminished K, the aggravated P following the V strengthens the fire in its seat (grahani) by its intrinsic heat.

Then fire getting intensely powerful along with V in the person excessively roughened digests the food forcibly, quickly and frequently due to intensity.

After digesting the food, it also digests [(breaks down)] the dhatus resulting in debility, disorders and finally death of the person.

The patient afflicted by excessive fire gets relief from food but becomes restless soon after it is digested.

Thirst, dyspnea, burning, fainting etc. are the disorders due to excessive fire.

Ci15#217-220

Location and function of Grahani:

Grahani is the seat of Agni and is called so [“graha”] because of holding up the food.

It is situated above the umbilicus [belly button?] and is strengthened by the power of Agni.

Normally, it holds up the food (till it is digested) and releases it from the side after it is digested but when it is deranged due to weak digestive fire it releases the ingested material even in unripe condition.

Ci15#56-57

Types of Grahani [Roga]:

Etiology of V type Grahani:

When V is vitiated due to intake of pungent, bitter, astringent, too rough and cold food articles, little or no food, too much travelling on foot, suppression of urges, sexual intercourse, envelops the agni and thus makes it sluggish.

Because of this food is digested with difficulty and hyperacidity associated with coarseness in body, dryness in throat and mouth, hunger, thirst, blurred vision, tinnitus,

frequent pain in sides, thighs, groins and neck, visucika (piercing pain in abdomen), cardiac pain, emaciation, debility, abnormal taste in mouth, cutting pain in abdomen, greed for every food item, lassitude, tympanitis during and after digestion subsiding after taking meal, suspicion of vatagulma, heart disease or splenomegaly arise.

The patient passes stool as liquid, dried, thin, undigested, with sound and frothy frequently and with difficulty after a long time.

He also suffers from cough and dyspnea.

v#58-63

Etiology of P type Grahani:

By intake of pungent, uncooked, burning, sour, alkaline food etc. P gets aggravated and extinguishes the fire by flooding over like hot water.

Thus the patient having yellowish lustre passes frequently undigested bluish or yellowish liquid stool associated with fetid and sour eructations, burning in cardiac region and throat, anorexia and thirst.

Ci15#64-66

Etiology of K type Grahani:

K aggravated by intake of food which is heavy, too unctuous, cold etc., overeating, and sleeping just after meals extinguishes the fire.

Then effected person digests the food with difficulty and is inflicted with nausea, vomiting, anorexia, sliminess and sweetness in mouth, cough, spitting and coryza.

He feels his heart as stretched, abdomen as still and heavy and has foul, sweet eructations, malaise and lack of desire for women.

He passes stool as broken mixed with ama and mucus and heavy.

Though not emaciated he has debility and lassitude.

Ci15#67-70

Etiology of Tri-Doshic type of Grahani:

When etiology and symptoms of V etc. described separately above join together, the condition is said as caused by 3 doshas.

Ci15#71

Imbalanced Agni is classified under the Grahani disorder:

The 4 types of agnis ((listed in the chapter of classification of diseases (Su. 9))) except the one normal agni type also comes under the grahani disorder.

Ci15#72

Treatment of Grahani:

General Treatment in Grahani:

1) When the morbidity is situated in grahani and is flared up with the “half-burnt” [half-digested] food and if one observes it as associated with the symptoms of ama such as distension, salivation, discomfort, burning, anorexia and heaviness:

It should be eliminated by administering:

warm water or
decoction of madanaphala or
[decoction of] pippali and sarsapa.

[Note: add “Symptoms of Ama in Grahani” from above to Diagnosis

Chptr.]

- 2) Even if the ama is hidden or situated in pakvasaya:
it should be discharged by administering purgations mixed with appetisers.
- 3) If rasa associated with ama has circulated the whole body”
lightening and digestive measures should be adopted.
- 4) When the stomach is cleaned:
the patient should be given light diet like liquid gruel etc. followed by appetizing formulations.
- 5) When the ama is known as digested fully in the grahani disorder caused by V:
the physician should prescribe ghee mixed with appetizers. [In order to kindle Agni.]
- 6) When agni is stimulated slightly but there is retention of stool, urine and flatus:
the patient should be uncted for 2 or 3 days, fomented and massaged and then subjected to non-unctuous enema. [Note: Here is the 1st sentence/place I have seen the charaka mention ‘uncing’ (internal oleation) and massage (using oil formulas externally). So, indeed, they are different entities to Punarvasu. {This has relevance to ‘Oleation’ chptr., and to Pancha karma sequence.}.]
- 7) Thus when V is pacified and the impurity is loosened:
the patient should be purged with:
castor oil [mixed with alkali] or
tilwaka ghrta mixed with alkali.
- 8) When the patient is free from impurity, has rough viscera and is constipated,
unctuous enema with oil [OIL, not ghee, marrow, etc.] prepared with appetizers, sours
and V-alleviating drugs should be administered to him in proper dose.
- 9) After administering A) non-unctuous enema, B) purgative and C) unctuous enema
and D) giving light diet thereafter, the patient should be advised to E) take ghee
regularly.

-this whole page Ci15#73-81

General treatment measures for those suffering from [ALL] types of grahani roga:

unction
 sudation
 evacuation
 lightening
 appetising
 powders
 salts
 alkalis
 madhu [which is what? Honey?]
 arista, sura, asava
 various formulations of buttermilk
 appetizing ghees - Ci15#196-197

**Diet recommended for Grahani:

Pancakola soup (soup of cereal added with pancakola)
 Radish soup added with black pepper
 Spiced meat soup of wild animals added with fat and sour pomegranates and
 butter
 Meat soup of carnivorous animals mixed with appetisers

**Post-meal drink:

Buttermilk [yogurt: water = 1:4 or 1:10 parts]
 Sour gruel
 Wine
 Arista.
 These should be taken as post-meal drink.
 Ci15#115-116

*Benefits of Buttermilk for Grahani:

Buttermilk is efficacious in grahani disorder due to appetising nature, astringency and lightness.

Because of sweet vipaka, it does not vitiate P, is wholesome in K and due to astringent, hot, vikassi (depressant) and rough properties and in V due to sweet, sour and viscous nature (thus it is useful in all 3 doshas).

Buttermilk, if fresh [not fermented?], does not produce burning (or acidity).

Hence the use of buttermilk prescribed earlier in abdominal disorders and piles are all applicable in grahani disorder and should be applied in all ways.

Ci15#117-119

AppetizersSymptomatic Treatment in Grahani Roga by use of appetizers to stimulate Agni:In K predominance:

Spitting, rough and appetizers along with bitters.

Ci15#198

In patient emaciated having plenty of K:

Both rough and unctuous substances should be given one after the other

And the appetizers should also be given mixed with unctuous substances considering first the condition of ama in his body.

Ci15#199

* In excess of P:

Bitters along with sweet substances.

#200

In excess of V:

“It” [bitters? *Appetizers(?)*] should be given along with unctuous substance, salt and sours.

Ci15#200

Use of Fat/ Oil to Kindle Agni:

Sneha (fat) is excellent as a stimulant of weak fire.

Even much heavy food is not able to pacify the fire kindled by fat.

Hence one passing undigested diarrhetic stools due to deficient agni should take adequate dose of ghrta *mixed with appetising drugs*.

The Mechanism by Which Fat/ Oil Kindles Agni:

By this the samana V being normalised and positioned in its normal passage and due to it's movement nearby improves the power of agni *quickly*.

One who passes stool with difficulty due to hardness should take ghee in ample quantity added with salt in mid-meal.

-the above paragraphs Ci15#201-204

If agni is deficient due to roughness:

one should take ghee or oil mixed with appetizers.

Ci15#205

Treatment of other specific complications of Grahani Roga:In case of deficiency of fire due to excessive unction:

powders, aristas and asavas are wholesome.

Ci15#206

In case of diarrhea due to coating in the ano-rectum:

oil, sura [type of wine/vinegar], and asavas are good.

Ci15#206

In case of deficient agni due to udavarta:

non-unctuous and unctuous enema are given.

Ci15#207

In case of deficient agni due to aggravated doshas:

one should first be evacuated and then treated for the particular dosha which is aggravated.

Ci15#207

Stimulation of Agni during convalescence:

During the period of convalescence, the deficient fire should be stimulated by ghee.

Ci15#208

In case of deficient agni due to fasting:

it should be stimulated by taking ghee with gruels.

Ci15#208

Ghee taken in the midst of the meal is promoter of strength, appetite and body weight.

Ci15#208

* Specific Indication for Carnivorous Animal's Broth:

In case patient is debilitated, wasted and emaciated due to chronicity of the disease:

give light diet with soured meat soups of the animals of prey or carnivorous animals. They stimulate the agni quickly due to intense, hot and evacuating properties.

They promote the body weight more quickly because the meat of these animals has itself been nourished by flesh.

Ci15#209-210

Specific Formulas for Treatment of Grahani:

Dasamuladya Ghrta:

This is V-alleviating and promotes agni, strength, complexion and digestion of food:

two pancamulas (dasamula), sarala, devadaru, sunthi, pippali, pippalimula, citraka, gajapippali, sana (seeds), yava, kola, kulattha, rasna
sour gruel, curd, sauviraka (a type of vinegar)

Boil all the above, till reduced to 1/4.

+

2.56Kg. - ghee

swarjika, yavaksara

Cook the above.

+

80gm. powder of each- saindhava, aubhida, samudra, bida, romaka, sauvarcala,
pakya

This should be administered in the dose of 80gm.

Ci15#82-86

** Tryisanadya Ghrta:

This should be used in proper dose by one having diminished fire:

		[parts:]
320gm.- ghee		8 1/4 C
40gm.[each]- trikatu, triphala	1 + 1	1 Tbs
40gm.- jaggery		1 1 Tbs

[Note: I tried this. It was good, and interesting, and easy to make. Perhaps try carefully cooked version.]

Pancamuladya Ghrta:

The following ghrta is an excellent promoter of agni and alleviator of colic, gulma, udara, asthma, cough and other disorders caused by V and K:

ghrta

pancamula, haritaki, trikatu, pippalimula, saindhava, rasna, yava-ksara, svarji
ksara, jiraka, vidanga, sati

+

vinegar, juices of matulunga, fresh ginger, dried radish, sour jujube, cukrika, sour pomegranite, buttermilk, curd water, wine-scum, sauviraka, tusodaka (types of vinegar), sour gruel

Ci15#83-90

The following formula may be taken:

Ghee
juice of- bijapura - Ci15#91

The following may be used for massage:

Oil

+

the above drugs

Ci15#92

Pancamuladya Churna:

The following powder is an excellent promoter of agni and should be prescribed for digestion in V enveloped with K or associated with ama or in K propelled by V:

Powder of the above drugs.

This should be taken within warm water.

Ci15#93

Examining Stool for signs of Ama:

Characters of Stool associated with ama:
sinks in water due to heaviness

Characters of Stool Devoid of Ama:
it floats over [in] the water

Exceptions; Other Causes of Stool Not Floating in the Water:
in cases of excess liquidity, compactness, coldness and affection of K.
[How to differentiate affection of K from Ama?]

Hence by examining the patient beforehand whether he is associated with ama or not, the physician should treat him properly either with digestive or other (pacificatory measures).

Ci15#94-95

Citraka Gutika:

The following pills digests ama and stimulates agni:

citraka, pippalimula, yavaksara, sawarjiksara, 5 salts, trakatu, hingu, ajamoda,
cavya

Powder all the above together.

+

juice of- matulunga or pomegranite

Make all the above into pills. - Ci15#96-97

The following decoction is degestive for ama:

sunthi, ativisa, musta

water

Ci15#98

The following paste if digestive for ama:

paste of- Sunthi, ativisa, musta

Take the above with hot water.

Ci15#99

The following drink should be taken:

devadaru, vaca, musta, sunthi, ativisa, haritaki

varuni (a type of wine) [or the seeds of- jyotismati percolated in warm water]

The powders should be fermented in the liquid.

Ci15#100

The following paste should be taken if the patient passes stool with ama and pain:

paste of- bilva, citraka, sunthi

+
bida salt

Ci15#101

The following powder should be taken in the condition of V associated with ama or K producing pain in abdomen:

Powder of- indrayava, hingu, ativisa, vaca, sauvarcala, haritaki

Ci15#102

* The following powder should be taken “in vomiting, scabulous stool in piles and pain”:

powder of- haritaki, sauvarcala (salt), jiraka [cumin]

+

marica

Take the above with hot water.

Ci15#103-104

The following decoction or powder should be taken in condition of pain in grahani affected with P and K:

decoction or powder of- haritaki, pippalimula, vaca, katurhini, patha, indrayava, citraka, sunthi

Take with warm water.

Ci15#105

The following decoction or powder should be given in condition of ama:

decoction or powder of- ativisa, trikatu, salt, alkali, hingu - Ci15#106

The following formulation alleviates V (wind) formed in the bowels:

powder of- pippali, sunthi, patha, sariva, 2 types of brhti (brhati and kantakari), citaka, indrayava, 5 salts

+

yavaksara, curd, hot water, wine etc. for stimulating agni

Ci15#107-108

Maricadya Curma:

The following powder is useful in grahani affected by V and in anorexia:

160gm. each- marica, kuncika, ambastha, vrksamla

400gm.- amlavetasa

20gm. each- sauvarcala, bida, pakya, yavaksara, saindhava, sati, puskaramula, hingu, hingusivatika

Powder all the above together finely.

Ci15#109-110

The following [condiment] is efficacious in cough, indigestion, anorexia, dyspnea, heart disease anemia and colic:

640gm. [each [total]]- the 4 sours (vrksamla, amlavetasa, dadima and badara)

120gm.- trikatu

160gm. [each/total]- the 5 salts

320gm.- sugar

The powder should be used with vegetables, pulses, cooked cereals, pickles etc.

Editor's Note: "Some take (1) kapittha, cukrika, vrksamla and dadima or (2) vrksamla, matulunga, badara and amlavetasa as the 4 sours. - Ci15#111

[This formula contains sweet, sour, salty and pungent. It is a very simple, yet tasty!]

[Perhaps use this formula as a base for a simple appetizer.]

The following [paste/powder] is useful:

5gm. each- cavya, twak, pippalimula, dhataki, trikatu, citraka, kapittha, bilwa, ambstha, salmala (mocarasa); gajapippali, saileya, jiraka

Powder the above together.

+

ghee

Fry the above powder in the ghee.

This should be used in preparing gruel with curd and juices of kapittha, cukrika, vrksamla and dadima [pomegranate] [these are mostly sours] - Ci15#112-114

**Diet recommended for Grahani:

Pancakola soup (soup of cereal added with pancakola)

Radish soup added with black pepper

Spiced meat soup of wild animals added with fat and sour pomegranates and butter

Meat soup of carnivorous animals mixed with appetisers

**Post-meal drink:

Buttermilk [yogurt: water = 1:4 or 1:10 parts]

Sour gruel

Wine

Arista.

These should be taken as post-meal drink.

Ci15#115-116

*Benefits of Buttermilk for Grahani:

Buttermilk is efficacious in grahani disorder due to appetising nature, astringency and lightness.

Because of sweet vipaka, it does not vitiate P, is wholesome in K and due to astringent, hot, vikassi (depressant) and rough properties and in V due to sweet, sour and viscous nature (thus it is useful in all 3 doshas).

Buttermilk, if fresh [not fermented?], does not produce burning (or acidity).

Hence the use of buttermilk prescribed earlier in abdominal disorders and piles are all applicable in grahani disorder and should be applied in all ways.

Ci15#117-119

* Takrarista:

This wine is appetiser and alleviates edema, gulma, piles, worms, prameha and udara:

120gm. each- yavani, amalaka, haritaki, marica

40gm. each- five salts

Powder the above together.

+

2.56L- butter milk

Ferment the above powders in the buttermilk till it is soured completely.

Ci15#120-121

Treatment of P in Grahani roga:General Treatment of P in grahani roga:

1) Physician observing P as situated in it's own place, agitated and extinguishing the agni should:

eliminate it either by purgation or emesis.

2) Thereafter the agni should be stimulated by administering non-burning light food added with bitters, meat soup of wild animals, soups and khadas (a type of dietary preparation) [patties?] of green gram etc. soured with pomegranate, added with ghee, appetizers and astringent powders and ghee of bitter herbs.

Ci15#122-124

Specific formulas for treatment of P grahani roga:Candanadya Ghrta:

This ghrta should be administered in grahani disorder caused by P:

80gm. each- candana, padmaka, usira, patha, murva, kutannata (editor's note: Cakrapani takes Kaivarta Mustaka instead of kutannata), vaca, sariva; asphota, saptaparna, atarusaka, patola, udumbara, aswattha, vata, plaksa, kapitana (parisa), katurohini, musta, nimba

+

10.24L- water

Boil all the above together till reduced to 1/4.

+

10gm. paste of each- kiratatikta, indrayava, vira, magadhika, utpala

+

Ghee

Prepare all the above together.

Ci15#125-127

Note: Tikta Ghrta (mentioned in chapter on Udara Roga) should be given in P grahani disorder.

#128

Nagaradya Curna:

This curna commended by Krsnatreya is useful in P grahani disorders, bloody stool, piles, anal discomfort and tenesmus:

equal parts- sunthi, ativisa, musta, dhataki, rasanjana, bark and fruit (seeds) of kutaja, bilwa, patha, katu rohini

Powder all the above together.

Take with honey followed by rice water.

Ci15#129-131

Bhunimbadya Curna:

This curna alleviates grahani disorder, gulma, jaundice, fever, paleness, prameha, anorexia and diarrhea:

equal parts- bhunimba, katuka, trikatu, mustaka, indrayava

2 parts- citraka

16 parts- bark of kutaja

Powder all the above together.

Take with cold water added with jaggery.

Ci15#132-133

To treat the same above disorders, one may add the following drugs to Bhunimbadya Curna:

vaca, ativisa, patha, saptaparna, rasanjana, syonaka, udicya, katvanga (aralu); kutaja (bark), duralabha, daruharidra, parpatata, patha, yavani, madhusigru, patola, leaves of mustard, yuthika, jati leaves, seed kernel of jambu and amra, fruitpulp of bilwa, nimba leaves and fruits.

Ci15#134-135

Kiratadya Curna:

This alleviates heart disease, anemia, grahani disorder, gulma, colic, anorexia, fever, jaundice, sannipata and oral diseases:

kiratatikta, vaca, trayamana, trikatu, candana, padmaka, usira, daruharidra bark, katurohini, kutaja bark and seeds, musta, yavani, devadaru, leaves of patola and nimba, ela, saurastri, ativisa, twak, madhusigru seeds, murva, parrpatata

Powder all the above together.

This is taken with honey, urine or water.

Ci15#136-140

Treatment of K type of Grahani Roga:General Treatment of K Grahani Roga:

- 1) Administer emesis
 - 2) Stimulate agni with pungent, sour, saline, alkaline and bitter drugs.
- Ci15#141-142

Diet in K grahani roga:

The patient should be given light cereals with the soup of dried radish or horse gram added with pungent and sour substances, alkali and salt.

Ci15#143-144

After-Drink to use:

After taking meal he should drink sour butter milk, takrarista, madira, madhvarista or undamaged sidhu.

Ci15#145

The following decoction should be used for drinking purposes [for all patients fluid intake] and for preparing gruel [as a base/ broth]:

10gm. each- palasa, citraka, cavya, matulunga, haritaki, pippali, pippalimula, patha, sunthi, dhanyaka

640ml.- water

Boil the above together until reduced to 1/4.

Ci15#143-144

[The above formula is a little like Dr. Lad's Agni Tea]

Formulas to Treat K type Grahani Roga:

Madhukasava:

This wine stimulates grahani, promotes body weight, pacifies K and P and alleviates edema, kushtha, leucoderma and prameha:

10.24Kg.- madhuka flowers

5.12Kg.- vidanga

2.56Kg.- citraka

2.56Kg.- bhallataka

320gm.- manjistha

30.72L- water

Boil all the above together, till reduced to 1/4.

When self-cooled add:

+

1.28Kg.- honey

Keep all the above in an earthen jar pasted inside with ela, mfnala and aguru for 1 month.

When it is fermented will, it should be administered to the patient. - Ci15#146-149

* The following wine (plus keeping on wholesome diet) overcomes all types of grahani disorder:

Juice of- 1) madhuka flowers or 2) grapes or 3) sugarcane or 4) dates

Boil the above till reduced to 1/2.

+

1/4 part- honey

When the juice is self-cooled, add the honey.

The above should be fermented and used.

Ci15#150-151

[So, make grape syrup from frozen concentrate, add 1/4 part honey, and ferment.

Simple.]

[consider breaking the above into 4 formulas.]

Duralabhasava:

This wine alleviates grahani, anemia, piles, kustha, erysipeles, prameha, promotes voice and complexion and removes raktapitta and K:

1.28Kg- duralabha

1.28Kg.- amalaki

80gm. [each]- danti, citraka

100- fresh haritaki fruits

40.96L.- water

Cook all the above till reduced to 1/4. Then let it cool. Then filter it.

+

8Kg.- jaggery

160gm.- honey

160gm. powder of [each]- priyangu, pippali, vidanga

Keep all the above in a ghee vessel for a fortnight [14 days].

Ci15#152-155

Mulasava:

This wine is appetiser, overcomes raktapitta and alleviates hardness in bowels, K, heart disease, anemia and malaise:

200gm. each- haridra, both pancamulas (dashamula), vira, rsabhaka, jiraka

40.96L.- water

Boil all the above till reduced to 10.24L. Filter.

+

8Kg.- jaggery

powder of- priyangu, musta, manjistha, vidanga, madhuka, plava, sabara, lodhra
honey

Allow the above to ferment for 1 month before using.

Ci15#156-159

Pindasava:

This wine is destroyer of the array of diseases. The healthy person may also take it for a month in order to prevent the above [mentioned in previous formulas] disorders keeping on diet of unctuous meat soup:

640gm.- pounded pippali
 640gm.- jaggery
 640gm.- pulp of bibhitaka
 640ml.- water

The above should be kept in the heap of barley grains [in a ghee-smear jar to ferment].

When prepared fully it should be taken in dose of 40ml. mixed with water 160ml. [(1 to 4 ratio)].

Ci15#160-162

Madhvarista:

This wine stimulates the deficient fire and regularises the irregular one. It alleviates heart disease, anemia, grahani disorder, kustha, piles, edema, fever and other V and K disorders:

2.56gm.- honey
 2.56gm.- water

+

80gm. powder of- vidanga
 160gm. powder of- pippali
 40gm. [powder of] each- vansalocana, nagakesara, marica
 10gm. [powder of] each- twak, ela, patraka, sati, kramuka, ativisa, musta, harenu, elavalu, tejohva, pippalimula, citraka

All the above should be kept in a new earthen jar which has been smeared inside with pippali and honey and incensed with aguru. The formula should be kept in this jar for 1 month.

Ci15#163-167

The following churna (powder) is efficacious in K grahani disorder and promotes strength, complexion and digestion:

one part each- pippali, pippalimula, matulunga, haritaki, sati, marica, sunthi
 one part each- yavaksara, swarjiksara
 one part each- five salts
 one part- rasna
 Powder all the above.

This should be taken early in the morning with warm water.- Ci15#168-169

* The following Ghrta is used in V grhanani roga:

equal parts- pippali, pippalimula, yavaksara, swarjiksara, five salts, matulunga,

haritaki, rasna, sati, marica, sunthi

+

ghee

Process the above together.

Ci15#170

Note: Two more ghrta formulas which are useful for V grahani roga are:

1) Satpala Ghrta

2) Bhallataka Ghrta

Both are from chapter on gulma.

Ci15#170

* Ksaraghrta:

This ghee promotes agni:

Bida, Kala Lavana (black salt), swarjiksara, yavaksara, saptala, kantakari, citraka
All the above should be burnt and reduced to alkali by washing 7 times.

+

“With this alkali 5.12kg. ghee 2.56kg. should be cooked.”

Ci15#171-172

The following powder [(alkali?)] alleviates all the disorders caused by V and K and effects of poisons:

10gm. each- pippali, pippalimula, patha, cavya, indrayava, sunthi, citraka, ativisa, hingu, goksura, katurhini, vaca

“40gm. each- five salts”

All the above should be “disintegrated”.

+

1.28kg.- curd

160gm.- oil

160gm.- ghee

Boil all the above together on mild fire.

When it is devoid of fluid it should be burnt in a closed vessel.

This powder should be taken in dose of 10gm. with ample ghee, and followed by sweet food after the drug is digested. - Ci15#173-176

The following alkali alleviates heart disease, anemia, grahani disorder, gulma, udavarta and colic:

80mg. each- bhallataka, trikatu, triphala, three salts (saindhava, bida, sauvarcala)

Burn the above in a closed vessel on the cowdung fire.

This alkali should be taken with ghee or sprinkled on food.

Ci15#177-178

The following alkali should be taken to improve the tone of the grahani:

equal quantity of each- duralabha, two types of karanja (karanja and putika),

saptaparni, kutaja, vaca, madana, murva, patha, aragvadha

Powder all the above.

+

cow's urine.

Burn all the above.

Ci15#179-180

The following alkali improves digestion:

Bhunimba, katurhini, patola, nimba, parpata

+

buffalow's urine

Burn all the above together.

Ci15#181

The following alkali improves digestion:

two types of haridra (haridra and daruharidra), vaca, kustha, citraka, katurhini, mustaka

+

goat's urine

Burn all the above together.

Ci15#181

Ksaragutika:

These pills, formulated by Krsnatreya, digest the food quickly and are wholesome for those suffering from cough, dyspnea and piles. They also pacify visucika, pratisyaya and heart disease:

160gm.- stem of snuhi

40gm. each- three salts (saindhava, sauvarcala, bida)

40gm.- vartaki (brhati)

320gm.- arka

80gm.- citraka

Burn all the above together.

+

juice of- vartaka

Make the above into pills.

Ci15#183-185

“The fourth alkali”:

This alkali should be taken by those suffering from grahani disorder, edema, piles and anemia:

kutaka, ativisa, patha, duralabha, hingu, citraka

Powder all the above.

+

good alkali of palasa washed with cow's urine in an iron vessel.

Cook all the above together, until it is thick.

Dose of 5gm. should be taken with warm water or wine.

Ci15#186-187

“The fifth alkali”:

This alkali is for those suffering from piles caused by K and V, grahani disorder and anemia. It is an excellent promoter of agni and alleviates splenomegaly, retention of urine, dyspnea, hiccup, cough, worms, fever, wasting, diarrhea, edema, prameha, hardness in bowels, cardiac pain and all kinds of poison:

10gm. each- triphala, katabhi, cavya, pupl of bilwa fruits, iron powder, katurhini, musta, kustha, patha, hingu, madhuka, muskaka, trikatu, vaca, vidanga, pippalimula, swarjika, nimba, citraka, murva, ajamoda, indrayava, guduci, devadaru

40gm. each- five salts

480ml.- curd

Dip the above herbs etc. in the curd.

+

ghee

oil

Mix the above herbs etc. [minus the extra curd (?)] with the ghee and oil.

Burn the above in a closed vessel on mild fire.

This should be taken in dose of 10gm. with ghee.

After the drug is digested, the patient should eat with sweet meat soups or milk.

Ci15#188-193

Treatment of Tridoshic type of Grahani Roga:

General Treatment of Tridoshic Grahani Roga:

1) apply the 5 evacuative measures methodically

2) administer ghrtas, ksaras, asavas and arista which improve agni.

Apply remedies collectively described individually under each doshic type of grahani roga.

Ci15#194-195

Method and cause of Stimulated Agni:

The digestive fire is stimulated by neither fasting nor over-eating.

(For example, a fire without kindling, or covered with excessive kindling gets extinguished.)

The power of agni increases with the intake of:

unctuous food

various powders and

aristas

As fire with the fuel of heartwood is stable and lasts for long, the internal fire is stabilized by the application of unctuous food.

One enjoys health for long by taking wholesome diet in proper quantity and after the previous food is digested.

“One should be careful to promote the agni by [not] disturbing the equilibrium of the dhatus.”

When the doshas are in equilibrium the heat of agni ‘located in the mid-portion of the body’ is also normal and the food digested by it leads to promotion of health, corpulence, life-span and strength. If agni becomes deficient or excessive due to imbalanced dosas, it causes disorders.

Ci15#211-216

Treatment of Excessive Agni:

Administer heavy, unctuous, cold, sweet and slimy food and drinks.

(These act like pouring water on fire.)

Even on indigestion he should be fed frequently so that agni without fuel may not get opportunity to kill him [(by breaking down the dhatus)].

The patient should eat rice cooked in milk, rice cooked with pulse, fatty and floury preparations, products of jaggery, fatty meat of aquatic and marshy animals.

One should eat fishes particularly smooth and moving in still water and fatty mutton which destroys the excessive fire.

While hungry he should take gruel mixed with bee’s wax or drink ghee.

Or after venesection he should take churned drink of wheat flour [mantha] or milk boiled with sugar, ghee and vitalizer drugs.

The bolus of powdered oily fruits [dates, figs, etc.] added with sugar and fatty meat soups make the fire mild.

The patient should drink ghee mixed with bee’s wax followed by cold water or wheat flour mixed with ghee followed by milk.

Or he should take three fats (except oil) processed with the meat juice of marshy animals or solid preparations made of fine wheat flour mixed with the 3 fats with milk.

One should take the bark of udumbara mixed with woman’s breast milk or payasa (rice cooked with milk) prepared with these 2.

The patient should be subjected to frequent purgation with milk boiled with syama and trivrt for eliminating the excess of P giving the diet of rice cooked with milk.

The wise physician considering all the aspects should administer the above measures.

Whatever food is sweet, fatty, K-aggravating and heavy is entirely wholesome for the patient of excessive fire along with day-sleep after meal.

The patient who without going into fainting takes fatty diet in excessive fire does not fall a prey to the possible disorders, but on the contrary, attains corpulence.

When K is increased, P along with V is overcome, the normalized fire in one having balanced dhatus digests the food leading to promotion of corpulence, life-span and strength. Ci15#221-234

Chapter on Treatment of Yakshma/ Raja Yakshma (Pththisis) (Wasting/ Flu/ Low Immunity)

Diagnosis

The 4 causes

- over-exertion
- suppression of natural urges
- wasting
- irregular meal times

[prognosis]

symptoms of phthisis

[prognosis]

complications of phthisis

Treatment

General treatment

Treatment of complications

- coryza (cold)
- headaches, pain in sides and shoulders
- fever
- excess salivation
- diarrhea
- tastelessness in mouth

*use of meat soup

*use of wine

more formulas

External Treatments for Phthisis

*bathing

*diet

*general treatment

“He is capable of treating the King who knows in essence, the etiology, symptoms and prodroma of phthisis.”

Ni6#17

Mythical Origin of Yakshma:

The following “puranic” myth full of passionate indulgence about the moon was heard by the sages from the conversing gods abiding in the heaven. The body of the moon because of excessive attachment to Rohini [a god? a food?] was reduced to loss of unctuousness and his carelessness to protection of health. Due to non-enjoyment with the other daughters Prajapati (the lord of progeny) became furious and his anger came out of his mouth in embodiment through expiration. The moon wedded the 28 daughters of the lord of progeny but did not deal with all equally. Thus despised by the great, treating his wives unequally, filled up with rajas and debility the moon was attacked by yaksma (phthisis).

Having been overcome by the severe anger of the great, the lustreless moon went to the refuge of the great accompanied by gods and godly sages. Now, the lord of progeny, knowing the pure mind of the moon, was pleased and as such he was treated by Asvins.

Thus, the moon, having been freed from the obstacles, and having increase of Ojas from Asvins attained particular splendor and pure psyche.

Ci8#3-10

Names of yakshma:

krodha, yaksma, jwara, roga- are all synonyms and known as dukha (unhappiness).

Because it first occurred to the moon, it is known as “Rajayaksma”.

“This yaksma despised with the sound “Hum” was dispatched to the humanly world by Asvins where finding the fourfold etiology it enters into the human beings.”

Ci8#11-12

There are 4 causes of phthisis:

- over-exertion
- suppression of the natural urges
- wasting
- irregular meals

Ci8#13, Ni6#3

Details on Excessive Exertion as Cause of Phthisis:

That over-exertion is one of the causes of phthisis will be explained further.

- When a weak person fights against a strong one,
- or exercises with an excessively big bow,
- or speaks too much
- or carries excessive weight,
- or swims across a long distance in water,
- or is habitually subjected to forceful anointing and kneading with feet,
- or travels fast to a long distance

or is assaulted

or when a person takes up battle, reading, weight-lifting, traveling on foot, leaping, jumping etc or falls down or has injury, or other exertive actions or actions disproportionate to strength or complicated actions

... his lungs/ chest is wounded due to excessive effort and V having been vitiated aggravates the other 2 doshas and runs here and there in the body. -Ni6#4, Ci8#14-16

Situated in the head, it causes headache;

in the throat, it causes irritation in throat, cough, hoarseness of voice and anorexia

in the sides, it causes pain in sides,

in the rectum, it causes diarrhea

in the joints, it causes yawning and fever

in the chest, it causes chest pain

Due to wound in chest:

The patient on coughing expels sputum with blood (hemoptysis) from the hollow chest with difficulty experiencing severe pain in chest.

Thus the phthisis caused by “over-reaction” [over-exertion] is associated with the above eleven symptoms.

Ci8#14-19

Again, due to the above forms of over-exertion, V gets aggravated in the lung wound and located there it takes along K residing in lungs and also affects P and spreads upwards, downwards and obliquely.

It's portion which enters into the body joints gives rise to yawning, body-ache and fever.

That which goes to amasaya produces disease of lungs and anorexia;

that which goes to the throat produces irritation of throat and hoarseness of voice;

that which goes into the channels carrying vital breath causes dyspnea and coryza;

that which is located in head produces distress in head, thus due to wound in lungs, irregular movement of V and irritation of throat, cough arises frequently and because of this lungs having been wounded further hemoptysis starts, and consequently the patient becomes weak.

Thus these complications due to over-exertion afflict the person indulged in it.

Further because of having been afflicted with these wasting complications, he gradually falls a prey to phthisis.

Hence the wise should take up works considering and commensurate to his strength because the body is dependent on strength and the person basically consists of the body.

Ni6#4

One should abstain from over-exertive action in order to protect his life because he will be able to enjoy the desired fruits of the action only if he lives. [a little humor!]

Ni6#5

Details on Suppression of the Natural Urges as Cause of Phthisis:

When due to bashfulness, or disgust, or fear one suppresses the impelled urge of flatus, urine and feces, V, due to obstruction of the impulse propels K and P upwards,

obliquely and downwards and thus produces the disorders having symptoms of all the 3 doshas such as:

coryza, cough, hoarseness of voice, anorexia, pain in sides, headache, fever, pain in shoulders, body-ache, frequent vomiting and diarrhea.

These are the eleven symptoms on account of which the disease is called as great.

Ci8#20-23

Again, that suppression of natural urges is a cause of phthisis will be explained further.

When a person checks the impelled urges of flatus, urine and feces because of attending the king, the master or the preceptors or having joined the society of gambling and nobles in the midst of women;

or while traveling on uneven vehicle;

due to fear, environment, bashfulness or disgust,

... V gets vitiated due to suppression of urges.

Ni6#6

This vitiated V aggravating P and K spreads upwards, downwards and obliquely.

Then, as said earlier, with a portion entering into the specific body parts gives rise to pain, diarrhea or drying up of feces, excessive pain in sides (of chest), pain in shoulder, irritation in throat and lungs, headache, cough, dyspnea, fever, hoarseness of voice and coryza;

then having been afflicted with these wasting complications, the patient gradually becomes a victim of phthisis.

Hence the wise should be particularly careful in observing the ways which promote and protect the body;

body is their substratum and also the base of the person. - Ni6#6

Setting all other things aside, one should protect one's body because in its absence there becomes complete absence of all the body entities.

Ni6#7

Details on Wasting as Cause of Phthisis:

Phthisis due to wasting leads to loss of life.

Excessive reducing due to envy, eagerness, fever, terror, anger and grief and excessive indulgence in sexual intercourse and fasting lead to loss of semen and ojas.

This in turn, due to loss of unctuousness, vitiates V which further aggravates the other 2 doshas and produces these 11 symptoms such as:

coryza, fever, cough, bodyache, headache, dyspnea, diarrhea, anorexia, pain in sides, feeble voice and distress in shoulders.

Ci8#24-27

That wasting is the cause of phthisis will be explained further.

When a person is invaded excessively at the heart by anxiety and grief; or by envy, ambitions, fear, anger, etc; or while being emaciated uses rough food and drinks; or weak by birth is subjected to fasting or malnutrition, his rasa residing in heart gets

diminished and because of this he acquires phthisis.

In case of want of (proper) management, he gets associated with the disease having symptoms to be described later.

Ni6#7.1

Or when a person due to excessive passion and with excessive attachment to woman indulges in excessive sexual intercourse, his semen gets diminished because of this.

In spite of semen being diminished, if his mind is not detracted from women, and he is further engaged in sexual act with excessively determined passion, his semen is not discharged because of its already diminished state so due to physical exertion (during coitus) V enters into the blood vessels and causes blood discharged from them which comes out of the seminal passage, due to loss of semen, along with the symptoms of V.

Now, due to the loss of semen and hemorrhage, his joints become loose, roughness appears, body becomes further weak and V gets vitiated.

The vitiated V spreading in the body devoid of semen and blood and aggravating K and P dries up muscles and blood, expels K and P, causes pain in sides (of chest) and shoulders, irritation in throat, aggravating the K of head, refills it with K, causing pain in joints produces body-ache, anorexia and indigestion, due to stirring up of P and K and taking opposite course V gives rise to fever, cough, dyspnea, hoarseness of voice and coryza.

Due to frequent cough, the lungs are injured and hemoptysis ensues, consequently the patient suffers from debility and having been afflicted with these wasting complications he gradually becomes a victim of phthisis.

Hence the wise protecting his body should protect his semen because it is the final product of food. - Ni6#8

Semen is the best essence of one's food, hence it should be protected because its diminution leads to many diseases or even death.

Ni6#9

*** That irregular dieting is a cause of phthisis will be explained further.

When a person takes usually the food— drinkable, eatable, chewable and lickable—irregularly in terms of nature, preparation, combination, quantity, place, time, rules for dietetic use and suitability, his V, P and K attain imbalance.

** These imbalanced dosas spreading in the body when they stay obstructing the openings of channels whatever food he takes is mostly transformed into urine and feces only and not so into other dhatus.

In this stage he continues on the support of feces, hence feces should be protected particularly in case of the person suffering from phthisis and also of that who is too much lean and weak.

In him devoid of nourishment, dosas aggravated due to irregular dieting produce respective complications and lead to further degradation.

V causes pain, body-ache, irritation of throat, chest pain, pain in shoulders, hoarseness of voice and coryza, P causes fever, diarrhea, internal heat and K produces coryza, heaviness of head, anorexia and cough.

Due to frequent cough lungs are injured and hemoptysis ensues and consequently

debility arises.

Thus these 3 dosas aggravated by irregular dieting produce phthisis.

Having been afflicted with these wasting complications, the patient gradually dries up.

Hence the wise should take food which is not irregular in terms of nature, preparation, combination, quantity, place, time, rules of dietetic use and suitability.

The wise person, heedful of the many troublesome diseases caused by irregular dieting, should eat wholesome, measured and timely food with self-restraint.

Ni6#10-11

Details on Irregular Diet as Cause of Phthisis:

In a person taking various foods and drinks irregularly, the doshas produces severe and difficult disorders.

Due to irregularity the imbalanced doshas obstruct the channels of blood etc. Consequently the dhatus are not nourished and the disease is produced.

Ci8#28-29

Prodromal Symptoms and Symptoms of All Types of Phthisis:

By regular use of these 4 etiological factors of phthisis V, P and K get vitiated.

These vitiated dosas dry up the body with various complications.

Physicians call it Rajayaksma because it is the most troublesome among all the diseases or because in early times it afflicted the Lord Moon, the king of stars.

Ni6#12

The following are the 11-fold manifestation of the king of diseases attended by a troop of disorders:

Caused by K:

coryza, excessive salivation, cough, vomiting and anorexia,

Caused by P:

fever, distress in shoulders and hemoptysis

Caused by V:

pain in sides, headache, hoarseness of voice

Ci8#30-32

Prodromal symptoms of Phthisis:

coryza, frequent sneezing, excessive secretion of mucus, sweetness in mouth, aversion to food, exhaustion during meal time, finding fault with utensils, water, cereals, pulses, flour preparations, spicy preparation, and caterers which are free from fault or have a little fault;

nausea after meals, and intermittent vomiting during meal, swelling on face and feet, frequent looking at the hands, excessive whitishness in eyes, curiosity about measurement of arms, longing for women [lust], loss of disgust, loathsome view of his body, frequent dreams of waterless watery places; deserted village, city, district and region; forests dried, burnt and destroyed; contact with, riding over or using the vehicles drawn by chameleon, peacock, monkey, parrot, serpent, crow, owl etc. or dog, camel, ass

and boar; and riding over heaps of hairs, bones, ash chaff and charcoal.

Ni6#13

Prodromal Symptoms of Phthisis:

Prodromal symptoms of the “multi-formed” phthisis are as follows:

coryza, debility, seeing defects even in defectless things, loathsomeness in body, abhorrence, wasting of strength and flesh in spite of meals, longing for women, wine and meat; desire for veiling, often falling of flies, insects, hairs and straws in food or drink, growing of hairs and nails, striking by birds, locusts and ferocious animals, in dream climbing over the heap of hairs, bones and ashes, vision of water reservoirs, mountains, forests and stars in the state of drying, wasting and falling.

Ci8#33-37

On Srotas, Dhatus and Malas in Pathology of Phthisis:

“Dhatus get metabolized by their respective agni and are nourished by their respective channels.” (Duplicate/ Move this note to the section on Dhatus).

Rajayaksma takes place due to blocked channels, loss of blood etc. and decrease of dhatuagnis.

During this period whatever food in the gastro-intestinal tract is digested by (jathara) agni is converted mostly to malas and only a little is utilized for ojas.

Hence the stool in the patient of rajayaksma should be cared for particularly because in the state of the wasting of all the dhatus, the strength of the stool supports the body. *****

Rasa, because of blocking of channels, accumulates in it’s own place and comes out with the impulse of cough in various forms.

Thereafter 6 or 11 disorders manifest due to congregation of which the disease is known as rajayaksma [[versus just yaksma, which needn’t have all these symptoms?]].

Ci8#38-43

[Symptoms of manifested Phthisis]:

Thereafter 11 symptoms arise such as:

fullness of head,
cough,
dyspnea,
hoarseness of voice,
vomiting of sputum,
hemoptysis,
chest pain,
pain in shoulder,
fever,
diarrhea and
anorexia.

Ni6#14

The 11 Disorders/ Symptoms of Rajayaksma:

cough, distress in shoulders, derangement of voice, fever, pain in sides, headache, hemoptysis, excretion of sputum, dyspnea, diarrhea, anorexia. - Ci8#44

The 6 Disorders/ Symptoms of Rajayaksma:

cough, fever, pain in sides, derangement of voice, diarrhea, anorexia.
Ci8#45

Prognosis of Phthisis:

If the patient is emaciated and weak– he is rejectable for treatment (no matter whether he is having all, half or only 3 of the symptoms)

If the patient is strong– he should be treated (no matter if he even has all the symptoms).

Ci8#46-47

Prognosis:

One having all the symptoms of phthisis should be regarded as curable in case his strength, muscles and blood are not wasted, he is strong and the fatal signs have not appeared.

The strong and well-nourished, because of tolerance to intensity of disease and drugs, should be taken as having a few symptoms in spite of having plenty of them. -#15

On the contrary, the patient who is weak and has excessively diminished strength, muscles and blood should be taken as having numerous symptoms and with fatal signs even if he has [only] a few symptoms and no fatal signs because of intolerance to the intensity of disease and drugs.

Hence his case should be discarded because the fatal signs appear in a moment and without any apparent cause.

Ni6#16

The next sutras (up to the sutras talking about Treatment) describe some of the localized complications/symptoms of yaksma:

Cause of Coryza (common head cold):

In a patient with his head inflated with V, K, rakta or P situated at the root of nose rushes towards V which gives rise to severe and debilitating coryza.

Ci8#48-49

Symptoms of Coryza:

headache, heaviness, olfactory derangement, fever, cough, excessive sputum, hoarseness of voice, anorexia, impairment of senses. “Thereafter yaksma manifests.”

The patient of yaksma while coughing spits out rasa– slimy, viscous, with fleshy

smell, green or white-yellow– following the sputum.

Distress in shoulders and sides, burning sensation in hands and feet and generalized fever- these are the symptoms of rajayakṣma.

Ci8#49-52

Cause and Symptoms of Hoarseness of Voice [In Rajayakṣma]:

Hoarseness of voice is caused by V, P, K, rakta, impulse of cough and chronic coryza.

In V type:

The voice affected by V becomes rough, feeble and unstable

In P type:

Is associated with burning in palate and throat and aversion to speaking

In K type:

The voice becomes slow, obstructed and stertorous.

In Rakta:

The voice obstructed by rakta becomes depressed and rises with difficulty.

In hoarseness due to excessive impulse of cough:

The voice damages the throat.

In hoarseness due to chronic coryza:

The voice has predominance and symptoms of K and V.

Ci8#53-54

Pain in sides is irregularly present and characterized by constriction and expansion.

Ci8#55

Headache in the patient of yakṣma is associated with heat and heaviness.

Ci8#56

Due to irregular diet the patient of yakṣma with his body debilitated spits out blood and sputum agitated and accumulated.

Ci8#57

Rakta due to blocking of channels does not reach mamsa etc. [the solid dhatus] and situated in kaphasaya [stomach] and excited due to imbalance reaches the throat.

The chest being blocked by V and K suffers from dyspnea.

When agni is impaired by doshas the patient passes slimy stool and suffers from diarrhea.

Ci8#58-59

When the doshas jointly or individually are located in tongue and heart, anorexia occurs.

It (anorexia) is also psychic due to disgusting objects.

Anorexia caused by V, P and K should be known by astringent, bitter and sweet tastes in the mouth respectively and the psychic one by finding fault with the objects (the patient complains about the food or thing which is bothering him).

Ci8#60-61

Vomiting caused by anorexia, impulse of cough, excitement of doshas and fear may also take place as complication of other disorders.

- Ci8#62

Note: [“Yakṣma is wholly tridoshic. Hence the physician should examine the predominance or otherwise of each dosha in the concerned stage before treating the

patient.”] - Ci8#63

Treatment of Rajayaksma:

Treatment of Secondary Complications of Rajayaksma:

“Now listen about the various remedial measures for coryza, headache, cough, dyspnea, impairment of voice and pain in sides.”

Ci8#64

Treatment of Coryza:

Sudation

massage

smoking

pastes

sprinkling

bath

yavaka and vatya (dietary preparations of barley)

salty, sour, pungent and hot meat soups of quail, partridge, cock and vartaka added with fat.

Also: fatty meat soup of goat mixed with pippali, barley, horse gram, dry ginger, pomegranates and amalaki fruits.

Thus the 6 disorders of coryza etc. disappear.

Ci8#65-67

Diet for Coryza:

well-prepared soup of dry radish or horse gram, barley, wheat or rice according to suitability.

The food should also be prepared using the water described in “Drink”,
below. - Ci8#68-69

Drink for Coryza:

Clear portion of varuni (a type of alcoholic beverage),
or Water prepared with Pancamula,
or Water prepared with Coriander and dry ginger,
or Water prepared with bhumyamalaki
or Water prepared with 4-leaved herbs (salaparni, prsniparni, mudgaparni,
masaparni)

Ci8#70

Further Detail on Treatment of Coryza:

Throat, sides, chest and head should be fomented by the method of sankara sweda (bolus fomentation) with krsara [kitchari], utkarika and payasa [milk+rice] of black gram, horse gram and barley.

He should be sprinkled with decoction of young leaves of medicinal plants (efficacious in vatavyadhi) or lukewarm water boiled with bala, guduci and madhuka.

Ci8#71-72

These parts [[throat, side, chest and head]] may also be exposed to tube fomentation prepared with the head of goat and fish or milk processed with V-alleviating drugs.

Meat of aquatic or marshy animals, decoction of pancamula or sour gruel added with fat may also be used in tube fomentation.

Ci8#73-74

Treatment of patients with Headache, Pain in Sides and Shoulders:

Well-prepared poultices of jivanti, satapuspa, bala, madhuka, vaca, vesavara, vidari, mulaka, and meat of aquatic and marshy animals added with 4 fats should be used.

Ci8#75-76

The following paste alleviates pain in head, sides and shoulders:

satapuspa [shatavari], madhuka, tagara, candana

+

ghee

Ci8#77

The following ointment is useful for those suffering from pain in head, sides and shoulders, and having combined doshas:

bala, rasna, madhuka, blue water lily

+

sesamum

+

ghee

Ci8#78

The following ointment is useful for those suffering from pain in head, sides and shoulders, and having combined doshas:

mamsi, devadaru, candana, nagakesara

+

ghee

Ci8#79

The following ointment is useful for those suffering from pain in head, sides and shoulders, and having combined doshas:

vira, bala, vidari, sobhanjana, punarnava

Ci8#80

The following ointment is useful for those suffering from pain in head, sides and shoulders, and having combined doshas:

satavari, payasya, kattrna, madhuka

+

ghee

- Ci8#80

Treatment for those suffering from pain in head, sides and shoulders, and having combined doshas:

Snuffing, smoking, fasts taken after meal, oily massages and enema (in addition to the above pastes.)

Ci8#81

Further Treatment for those with pain in head, sides and shoulders:

The impure blood should be eliminated by means of horns, bottle-gourd, leeches or venesection.

Thereafter ointment of padmaka, usira and candana mixed with ghee or durva, madhuka, manjistha and nagakesara mixed with plenty of ghee should be applied.

Prapaundarika, lotus stamens, blue water lily, kaseruka and payasya mixed with ghee should be applied as paste.

Moreover, massage with candanadi taila or 100-Times-Washed Ghee should be applied.

Sprinkling should be used with milk, decoction of madhuka, or rain water well-cooked or boiled with candanadi drugs.

Ci8#82-86

Treatment of Rajayaksma with abundance of Doshas:

Step 1) emesis and purgation [to evacuate the bowels]

Step 2) administer tested formulations

(for curing the cough, dyspnea, weak voice and pain in head, sides and shoulders)

Ci8#87

Necessity of Avoiding Strong Purgation in Rajayaksma:

The patient of phthisis quits his body (dies) even due to simple [mild] purgation, so imagine how deadly purgation can be when the doctor gives a strong purgation to a weak patient.

So, How to Do It:

Administer emesis and purgation with uncting substance and do not let it exert debilitating effect.

Ci8#88

Tested Formulations for cough, dyspnea, weak voice and pain in head, sides and shoulders:

The following snuff is an excellent promoter of voice:

bala, vidarigandha (salaparni) or vidhari or madhuka

+

ghee

Prepare the above together.

+

salt

Mix the salt with the above ghrta.

Ci8#90

The following snuff is an excellent promoter of voice, and alleviates pain in head, sides and shoulders, as well as cough and dyspnea:

parpaundarika, madhuka, pippali, brhati, bala,

+

Ghee extracted from milk

Cook all the above together.

Ci8#91

Other Substances and Formulas useful in the above condition:

1) frequent use of ghee after meals

2) Balaghrta (see chapter on Vatarakta) prepared with dasamula, milk and meat soup

3) Rasnaghrta (see chapter on Cough) taken after meals or during mid-meal

4) Balaghrta taken after meals or during mid-meal

Ci8#92-94

Linctus formulations efficacious in Cough, Derangement of Voice, Dyspnea and Hiccup:

* The following linctus alleviates impairment of voice, cough, dyspnea and fever:

dates, mrdwika, long pepper

+

ghee

Cook all the above together.

+

sugar, honey

Mix all of the above together.

Ci8#95

The following linctus awakens voice and alleviates pain in head, sides and shoulders, cough, dyspnea and fever:

Fresh ghee taken out of milk boiled with dashamula

+

pippali, honey

Ci8#96

The following linctus awakens voice and alleviates pain in head, sides and shoulders, cough, dyspnea and fever:

ghee obtained from milk boiled with “five pancamulas” [just plain old pancamula]

Ci8#97

The following linctus/ghrta “wins over the troop of yakshma consisting of 7 soldiers (6 symptoms plus hiccup)”:

Ghee

+
milk
four times- “juice (decoction)” of “five pancamulas”
Cook all the above together.
Ci8#98

* The following formula alleviates cough, dyspnea, impairment of voice and pain in side:

pippali, haritaki, srngi, duralabha
Kharjura [dates]
draksa [grapes/raisins]
Take with honey and ghee.
Ci8#99

* The following formula alleviates cough, dyspnea, impairment of voice and pain in side:

triphala, pippali, musta, srngataka
jaggery
sugar
Take with honey and ghee.
Ci8#100

The following formula alleviates cough, dyspnea, impairment of voice and pain in side:

Vira, sati, puskaramula, surasa
sugar
jaggery
Take with honey and ghee.
Ci8#101

The following formula alleviates cough, dyspnea, impairment of voice and pain in side:

dry ginger, citraka, pippali, amalaki fruits
parched paddy [is this anything like crackers??]
jaggery
Take with honey and ghee.
Ci8#102

The following linctus is efficacious in dyspnea, cough, fever, benumbed tongue, anorexia, poor appetite and pain in sides:

16 parts- sugarcandy
8 parts- tugaksiri
4 parts- pippali
2 parts- ele
1 part- twak
+
honey
ghee
Make the above into a linctus or a powder.
Ci8#103-104

The following 2 ghrtas [recipes in other chapters?] are very beneficial in burning sensation of hands, feet and other parts, fever and upward hemorrhage:

- 1) Vasaghrta
 - 2) Satavarighrta
- Ci8#105

Duralabhadya Ghrta:

This ghrta alleviates fever, burning sensation, giddiness, cough, pain in shoulders, sides and head, thirst, vomiting and diarrhea:

1 Part total; 40gm. each- duralabha, godsura, 4-leaved herbs (salaparni, prsniparni, mudgaparni and masaparni), bala, parpata

10 parts- water

Boil the above till reduced to 1/10 volume. Filter.

+

10gm. paste of each (well-pounded)- sati, puskarāmula, pippali, trayamana, tamalaki, kiratatikta, indrayava, sariva

640mg.- ghee

1280mg. [ml]- milk

Cook all the above together.

Ci8#106-110

Jivantyadi Ghrta:

This excellent ghee alleviates the 11-fold symptomatology of the king of diseases accompanied by a multitude of disorders:

equal quantity of each- jivanti, madhuka, draksa, indrayava, sati, puskarāmula, kantakari, bala, nilotpala, bhūmyamalaki, trayamana, duralabha, pippali

Powder all the above.

+

ghee

Prepare all the above together.

Ci8#111-113

The following [linctus] is efficacious in fever, cough and impairment of voice:

bala, salaparni, brhati, kantakari

Boil the above together.

+

cow's milk, dry ginger, draksa, kharjura, ghee, pippali

Cook all the above together.

+

honey

[Add honey when the above has cooled.]

Ci8#114-115

** “In diet [for the above-mentioned conditions], the goat's milk, meat soup of wild animals, well-prepared soup of gram, green gram and makustha are recommended.”

Ci8#116

Treatment of Fever in Rajayaksma:

Follow the pacificatory management said earlier in chapter on Fever.
Manage with ghee in fever and burning sensation.

Ci8#117

Treatment of Excess Salivation in Strong Patient of Phthisis:

the patient should vomit by taking milk or decoction of madhuka with madanaphala or gruel having plenty of ghee and processed with emetic drugs.
After emesis, he should take light food along with appetizers.

Ci8#118-119

Overcoming K:

Regular use of barley, wheat, madhvika, arista, sura, asava (types of fermented beverages), meat of wild animals and **roasted meat**.

Ci8#120

By excessive secretion of K, V expels K.

This type of kaphapraseka (excessive salivation) should be overcome by the wise with the application of unctuous and hot remedies.

“The measures beneficial in excessive salivation are also recommended in vomiting.”

Besides, food and drink should be palatable, V-alleviating and light.

Ci8#121-124

****** Treatment of Diarrhea in Phthisis:Cause and symptoms of diarrhea in phthisis:

Often by impairment of agni the patient gets diarrhea with slimy stools, tastelessness in mouth and anorexia.

Treatment of Diarrhea in Phthisis:

*appetizers

*astringents

mouth-cleanings

drugs removing anorexia

[The appetisers and astringents forms the base of the program]

The following should be given:

Sunthi, indrayava [-an astringent? Appetizer? Look this herb up.]

+

rice water

After this is digested, give the following diet:

Diet: Diet with gruel cooked with cangeri, buttermilk and pomegranates.

[pomegranates are sour and somewhat-astringent.]

Drinks: 1) patha, bilwa and yavani should be taken with buttermilk
or 2) duralabha, sunthi and patha should be taken with wine.

-all above Ci8#125-127

The following are appetizer and astringent formulas:

Here is another formula for checking diarrhea:

Seed pulp of jambu and amra
bilva, kapittha, sunthi
+
gruel scum - Ci8#128

** The following is a Khada (food preparation [[balls/ patties/ cakes ??]]) beneficial in diarrhea because of it's excellent astringency:

legumes
cereals
fats
sours
+
Any one of the above 3 formulations.
Ci8#129

The following Khadas are also excellent astringents:

young leaves of vetasa, arjuna, jambu, kamala, sobhanjana, gambhari, mallika,
yuthika, matulunga, dhataki, dadima [pomegranate]
+
fat
sours
salt
Make the above into khadas.
Ci8#130

The following Khadas are also good:

cangeri, cukrika, dugdhika
+
supernatant layer of curd
ghee
pomegranates
Ci8#131

** The Diet treatment in Diarrhea in phthisis:

soups of light meats + astringents should be given along with rice of red sali
Ci8#132

** The Drink for this condition:

sthiradi pancamula [dashamula may be O.K. substitute]
buttermilk

wine
 cukrika or pomegranate juice
 water
 Boil all the above together.
 Serve as drink.
 Ci8#133

Treatment of Tasteless in the Mouth as complication of Phthisis:
 (And Improving Relish):

General Treatment in this case:

Patient should brush his teeth, cleanse and wash his mouth twice a day.
 Similarly he should keep gargles in his mouth.

Thereafter he should smoke and take appetizer and digestive drugs and wholesome food and drinks prepared by the favorites.

Ci8#134-136

Here follows 5 formulas which are each good for mouth wash, relishing and mouth-cleansing.

They may be used in 1 or all of 3 formats:

- 1) These should be put in mouth as tablets, or
- 2) used as powders for cleaning mouth, or
- 3) dissolved in some liquid and kept in the mouth as a gargle

The formulas are:

- 1)
 twak, musta, ela, dhanyaka
- 2)
 musta, amalaka, twak
- 3)
 bark of daruharidra and yavani
- 4)
 tejohva, pippali
- 5)
 yavani, tintidika
 Ci8#137-139

* Gargles may also be made of any combination of the following:

sura, madvika, sidhu (fermented preparations), oil, ghee, honey, milk, or sugarcane juice
 Ci8#140

Yavanisadava:

This [mouth] powder cleanses tongue, is palatable, relishing, alleviates pain in heart, spleen and sides, constipation, hardness in bowels, cough, dyspnea, grahani and piles:

10gm. each- yavani, tintidika, sunthi, amlavetassa, dadima, sour jujube
 5gm. each- dhanyaka, sauvarcala, jiraka, twak
 100gm.- pippali
 200gm.- marica
 160gm.- sugar
 Powder all the above together.

Ci8#141-144

Talisadya Curna:

This powder is an excellent appetiser, alleviates heart disease, anemia, grahaniroga, phthisis, splenomegaly, fever, vomiting, diarrhea, and carminates the confounded V:

1 part- talisapatra
 2 parts- marica
 3 parts- sunthi
 4 parts- pippali
 ½ part- twak
 ½ part- ela
 32 parts- sugar
 Powder all the above together.

Ci8#145-147

Talisadya Gutika:

These tablets have the same properties as Talisadya Curna above, except being energetically lighter, due to the contact with fire (being cooked):

the above powder
 +
 the above sugar candy
 Cook the above together into tablets.

Ci8#145-148

*** Treatment of Wasting and Depletion in Phthisis:

Use of Meat Soup for Wasting:

The patients who are drying up and emaciated should be given well-prepared meats of carnivorous animals which are particularly bulk-promoting.

The meat of peacock should be given to the patient of phthisis and in the name of peacock methodically well-prepared meat of vultures, owls, and blue jay should be given.

Likewise, crow should be given to the patient in the name of partridge, serpents in the name of snakefish and fried earthworms in the name of intestines of fish.

The physician should get meat of fox, large mongoose, cats and jackal-cubs served in the name of rabbit.

One should give the meat of lion, bear, hyena, tiger and other similar carnivorous animals in the name of deer for increasing flesh.

The physician should give the well-spiced meat of elephant, rhinoceros and horse in the name of buffalo for increasing flesh.

The meat of animals nourished on meat only of animals and birds is an excellent flesh-promoting due to its being sharp, hot and light.

The pretext is only taken resort to in cases of undesirable meats which are not in practice because in that way they can be eaten easily.

In case the patient comes to know the reality and is disgusted he should not eat it or vomit if already eaten.

Hence there is advice of giving these meats by way of pretext.

The meats of peacock, partridge, cock, swan, boar, camel, ass, cow and buffalo are excellent flesh-promoting.

In chapter on food and drinks (Su, 27), the 8-fold source of meats has been described.

From these the physician should select and give the suitable meat to the patient of phthisis.

Animals and birds which are snatchers, burrow-dwellers, living in marshy land and water, as moving in water should be given in diet in proper quantity to the patient of "vatika sosa".

Animals and birds which are peckers, gallinaceous and live in forest should be given to the patient of phthisis having predominance of K and P.

These meats which are to be eaten should be well-prepared by prescribed method, favorable, soft, juicy and having good aroma.

By keeping on meat diet, drinking wine after meals and having firm and broad mind, phthisis does not stay in the body for long.

Phthisis does not find place in a person taking the scum varuni regularly, always cleaning his body and not suppressing the natural urges. - Ci8#149-164

* Use of Wine in Phthisis:

After taking meat one should drink prasanna, varuni, sidhu, arista, asava and madhu according to suitability [all types of fermented drinks].

Ci8#165

* Function of Wine to Open the Srotas and Allow Tissue-Bulking:

Wine due to sharpness, non-sliminess and subtle-ness opens the mouth of channels by churning. Consequently, the 7 dhatus revive their process of nourishment (metabolism) and consequently the phthisis succumbs quickly.

Ci8#166-167

Ghrta Formulas [for Wasting] in Phthisis:

The following ghrta is for [wasting in] phthisis:

Juice of meat of carnivorous animals

+

ghee

Cook the above together.

+

Honey

Mix the above together.

Take with gruel or mix with food.

Ci8#168

The following ghrta is for [wasting in] phthisis:

Juice of meat of carnivorous animals

+

ghee

+

10 times- milk

Cook all the above together.

Take with gruel or mix with food.

Ci8#169

** The following ghrta is an excellent alleviator of phthisis:

sweet drugs (vitalizers) [i.e., licorice, satavari, vidari]

decoction of- dasamula

milk

meat juice

ghee

Cook all the above together.

Take with gruel or mix with food.

Ci8#170

*** The following ghrta is cleaner of srotas: ***

pippali, pippalimula, cavya, citraka, sunthi

yavaksara

milk

ghee

Prepare all the above together.

Take with gruel or mix with food.

Ci8#171

The following ghrta alleviates phthisis:

rasna, bala, godsura, salaparni, punarnava, jivanti, pippali

milk

ghee

Cook all the above together.

This should be taken with gruel, or mixed with food.

Ci8#172

** External Treatments Used in Phthisis:

1) massage the patient well

2) dip into a tub full of uncting substance, milk and water [all together, as one formula, vs. sequentially, or as separate bath options] in order to remove the blockage of channels and to improve [... his condition.]

[So, the net effect of the uncting bath must not be too heavy. It is amazing that an uncting bath CAN be channel-clearing!]

3) after he comes out of the tub, he should be uncted again “with the mixed fat and strength.” “Kneaded gently with soft hands while seated comfortably and should be

4) anointed in the same way.”

Ci8#173-174

The following anointment formula promotes nourishment, complexion and strength:

jivanti, satavari, manjistha, punarnava, aswagandha, apamarga, tarkari, madhuka, bala, vidari, sarsapa, kustha

+

rice grains

linseed

black gram

sesamum

yeast

Powder all the above together.

+

3 times total volume of above powder- powder of barley

+

curd

honey

Mix all the above together.

Ci8#175-176

**** Routine for Bathing in Phthisis:**

The patient should 1st: anoint himself with paste of white mustard and the aromatic substances [cinnamon, cardamon, bay leaf, etc.].

2nd: take bath with water boiled with drugs of jivaniya group (vitalizers) and having temperature according to the season [i.e. warm in winter, lukewarm in summer, etc.].

Ci8#177-178

After-Bathing and General Routine in Phthisis:

After the bath he should adorn himself with perfumes, garlands, cloths and ornaments and having touched the touchables and worshiped the gods along with the physician and brahmana he should take wholesome food and drink with favorable color, taste, touch and smell and served by favorite persons comfortably.

Ci8#179-181

**** Diet in Phthisis:**

Cereals which are at least 1 year old (“old grain”) should be prescribed.

The cereals which are light, have not lost their potency, are palatable, fragrant and exhilarating are the most wholesome ones.

Whatever dietary regimen is prescribed in Ksata-Ksina (Ci.11) should be applied in phthisis in order to improve the patient’s strength and flesh. - Ci8#182-184

General Treatment and Conduct in Phthisis:

By massage, anointing, un-torn and favorite dress, bath, dipping and washing according to season, enema, use of milk and ghee, meat, rice with meat soup, favorite wines, use of charming perfumes, look of friends and beautiful ladies, instrumental and vocal music, pleasant and cheered up mood, constant company of the elders, celibacy, thrift, austerity, worship of gods, truthfulness, good conduct, wholesome behavior, non-violence, worship of physicians and brahmanas, the king of diseases goes away. One desiring freedom from the disease should perform the vedic sacrifices by which the king of diseases was defeated in earlier times.

Ci8#185-189

[The vedic sacrifices are described at the beginning of this chapter (?)/ they are probably described in the Upanishads/ Vedas.]

Treatment of Wounded In Chest and Wasted

Diagnosis

Etiology

Symptoms

Complications

Prognosis

Treatment

General Treatment

Treatment of Complications- formulas

Causes of chest wound or wasting:

excessive exertion with bows, carrying heavy weights, falling from uneven and high places, fighting with a stronger person, controlling the running bull, horse or other such beings, throwing strikers of rock, wood or stone, overcoming the enemies, reading very loudly, walking fastly for a long distance, swimming across a big river, running with horsed, jump too much suddenly, dance too much and too swiftly or severe injury by similar other harsh movements.

Also excessive intercourse while taking rough, little and deficient diet.

Ci11#4-8

Signs of Wounded in Chest:

chest aches

chest has tearing and cutting pain

both sides have severe pain

there is emaciation and trembling in body

gradual deterioration of energy, strength, lustre, relish and digestive fire

(Due to loss of digestive fire:)

fever

discomfort

Malaise

Diarrhea

while coughing, patient expels sputum abnormal, blackish, with foul smell, yellow, knotty, copious and mixed with blood.

Due to diminution of semen and ojas: gets emaciated exceedingly

Ci11#9-11

Differentiation of signs between Wounded and Wasted:Pronounced Features in Wounded:

Chest pain

hemoptysis

cough

Ci11#12

Pronounced Features in Wasted:

hematuria

pain in sides, back and waist

Ci11#13

Complication of Chest-wound and wasting:

If the disease gets neglected phthisis gets associated with the same.

Hence prior to this the disease should be controlled.

Ci11#95

Prognosis of Wounded In Chest and Wasted:Features of Curable Case:

newly arisen disease

in patient having few symptoms

in patient having good digestion

Ci11#14

Features of Palliable Case:

disease of a year's standing

Ci11#14

Features of a Rejectable Case:

in disease having all the symptoms.

Ci11#14

Treatment:

General Treatment:

Whatever is said as wholesome for the patients of phthisis, cough and internal hemorrhage should be prescribed for the patients of chest-wound and wasting keeping in view the digestion, disorder, suitability and strength.

Ci11#93-94

Diet in Chest-wound and Wasting:

These patients desirous of happiness should use the food and drink which are:

** saturating, cold, non-burning, light, wholesome

Ci11#93

** Treatment of Wounded in Chest:

* 1) take lac with honey followed by milk immediately.

2) thereafter when the drug is digested he should take food with milk and sugar

Ci11#15

Treatment for pain in sides and pelvis, having diminished P and digestion:

take lac with sura (wine)

Ci11#16

Treatment for diarrhea:

take lac with musta, ativisa, patha, and kutaja

Ci11#16

Treatment in patient with good digestion:

take: lac, ghee, bee-wax, drugs of jivaniya group, sugar, twaksiri, and fine wheat flour.

Ci11#17

* The following [drink] should be taken by the wounded for healing:

iksvaka

lotus root and stamens

candana

milk

Boil all the above together.

+

honey.

Take all the above together. [add the honey when the milk is self-cooled].

Ci11#18

The following [drink/gruel] should be taken in fever and burning sensation:

powder of- barley

plentiful ghee

milk

Cook the above together.

Ci11#19

* The following [drink/gruel] should be taken in fever and burning sensation:

sugar

parched grain flour

milk

honey

[Mix/Cook] the above together.

Ci11#19

The following [linctus] should be taken in cough, pain in sides and bone:

madhuuka, madhuka, draksa, twakksiri, pippali, bala

+

ghee

honey

Mix all the above together.

Ci11#20

* Eladi Gutika:

This saturating and semen-promoting bolus alleviates cough, dyspnea, fever, hiccup, vomiting, fainting, narcosis, giddiness, hemoptysis, thirst, pain in sides, anorexia, phthisis, spleen enlargement, vatarakta, hoarseness of voice, chest-wound, wasting and internal hemorrhage:

5gm. each- ela, patra, twak

20gm.- pippali

40gm. each- sugar, madhuka, kharjura, mrdwika [like a grape?]

Powder all the above together.

+

Honey

Mix all the above together. Form into 10gm. [2 tsp] boluses.

Take one bolus daily.

Ci11#21-24

Treatment of excessive hemorrhage:

Take cock or sparrow's testicle with vegetable soups or water or blood from goat or some wild animal.

Ci11#25

[Parts:]

[1

[4

[8

* Treatment of Hemoptysis:

Take the following [gruel]:

powder of punarnava
 [whole/powder of?]- red sali rice
 sugar
 grape juice
 milk
 ghee
 Cook all the above together.

Ci11#26

or Take this following [gruel]:

tanduliyaka
 madhuuka, madhuka (these are different herbs)
 milk
 Cook the above together.

Ci11#26

* Treatment of patient having confounded V:

Take:

goat's fat
 wine
 Fry the above together.
 +
 rock salt
 Mix the above together.

Ci11#27

* Treatment in case patient is weak, wasted, with chest wound and insomnia and having predominance of V:

supernatant fatty layer of boiled milk
 +
 honey
 ghee
 Sugar
 Mix the above together.
 Take along with food.

Ci11#28

Treatment of patient who is wasted, wounded and emaciated:

jivaka, rsabhaka

sugar

barley

wheat

honey

Mix the above together.

Follow by the intake of boiled milk.

Ci11#29-30

* The following [soup] increases musculature and blood:

Soup of meat of carnivorous animals

ghee

Fry the above together.

+

pippali

honey

Mix the above together.

Ci11#31

The following [gruel] is used in chest wound and diminished semen:

nyagrodha, udumbara, asvattha, plaksa, sala, priyangu, growing end of tala stem,
jambu (bark), priyala, padmaka, asvakarna

+

milk

Boil the above together.

Extract ghee from the milk.

+

sali rice

Cook the above together.

Ci11#32

The following [ghrta] is efficacious in chest wound:

decoction of- yast, nagabala

paste of- payasya, pippali, vamsalocana

1 part- ghee

1 part- milk

Cook all the above together.

Ci11#33

The following [ghrta] is efficacious in chest wound:

decoction of- kola, lac

“8 times”- milk ([8 times volume of ghee, or of decoction?])

paste of- aralu, daruharidra (bark), kutaja (bark and fruit)

ghee

Cook all the above together.

Ci11#34

Amrtaprasa Ghrta:

This nectar-like ghrta is like ambrosia for the men. It promotes the body of those who have loss of semen, chest-wound, are wasted, weak, debilitated by disease, indulged in women, emaciated and devoid of lustre and voice. It alleviates cough, hiccup, fever, dyspnea, burning sensation, thirst, internal hemorrhage, vomiting, fainting, diseases of heart, female genital track and urine and blesses women with son:

10gm. each- jivaka, rsbhaka, jivanti, sunthi, sati, 4-leaved herbs (salaparni, prsniparni, masaparni, mudgaparni), meda, mahameda, kakoli, ksirakakoli, kantakari, brhati, 2 types of punarnava, madhuka, kapikacchu, satavari, rddhi, parusaka, bhargi, bigger type of mrdwika, srngataka, tamalaki, payasya, pappali, bala, fruits like badara, aksota, kharjura, vatama, abhisuka etc.

Make the above into a paste. [do not decoct?] check in book]

+

640ml juice of [each]- amalaki, vidari, sugarcane

640ml.soup of- goat meat

640ml.- milk

640gm.- ghee

Cook all the above together. Let it self-cool.

+

320gm.- honey

2Kg.- sugar

20gm. powder of each- patra, nagakesara, twak, marica

Mix all the above together.

“One should take proper dose of this formulation.”

Ci11#35-43

Swadamstradi Ghrta:

This ghrta alleviates V-P, palpitation and pain in heart, dysuria, prameha, piles, cough, phthisis, wasting and promotes strength and musculature in those exhausted by physical exertion, intercourse, wine, load-carrying and travelling:

40gm. each- goksura, usira, manjistha, bala, kasmarya, kattarna, darbha (root), prsniparni, palasa, rsabhaka, salaparni

water

Boil the above into decoction.

+

4 times- milk

+

paste of- kapikacchu, jivanti, meda, rsabhaka, jivaka, satavari, rddhi, mrdwika, sugar, sravani, lotus root

640mg.- ghee

Cook all the above together.

Ci11#44-47

The following “ghrta” is beneficial for the wounded, wasted and in raktagulma:

320gm.- madhuka

640gm.- draksa

water

Decoct the above.

+

640mg.- ghee

320mg. paste of- pippali

Cook all the above together. Let it self-cool.

+

320mg.- honey

320mg.- sugar

“Equal quantity of”- parched grain flour [equal qty. to what?]

Mix all the above together.

Ci11#48-49

The following ghrta alleviates phthisis, epilepsy, internal hemorrhage, prameha and wasting, maintains age, promotes life, musculature, semen and strength:

[640ml each]- juice of amalaki, fruits, vidari, sugarcane, jivaniya drugs

640ml each- milk of cow, milk of goat

640gm.- ghee

Cook all the above together. Let it self-cool.

+

1.28Kg. [each]- honey, sugar

Mix all the above together.

- Ci11#50-52

Note on Administration of [Plain? Medicated] Ghee/Ghrtas in V and P:

_____ [note: this is probably referring to how to use the ghrta FORMULAS listed here, NOT about using plain ghee especially.]

Administration in P predominance:

Ghee should be licked.

Benefits:

When licked it pacifies P but because of little dose does not disturb digestion.

Ci11#53

Administration in V predominance:

Ghee should be drunk.

Benefits:

When taken as a drink it overcomes V and also checks

heat.

Ci11#53

Sarpigudas:

Use of Ghrtas for those Scorched, Wasted and Emaciated:

** Means of making Ghrtas “Viscous” ([Palatable]) by Turning Into Boluses:

These very ghrtas (listed above) should be administered to those scorched, wasted and emaciated after making them viscous [thick] by adding powders of twakksiri, sugar, and parched paddy [i.e. crackers/ bread croutons] in the form of a bolus.

After taking these boluses of ghee mixed with honey [A)the ghrta formulas have honey in them, B)add honey when making the boluses, or C) eat the bolus along with honey ?] one should drink milk by which he achieves semen, potency, strength and corpulence in a short time.

“Thus Sarpigudas.”

Ci11#54-55

“The second sarpiguda”:

These boluses are beneficial in phthisis, cough, chest lesions, wasting, exhaustion by physical exertion, intercourse or load-carrying, haemoptysis, heat with fluid in the chest, pain in sides and head, hoarseness of voice and derangement of complexion:

40gm. each- bala, vidari, laghu pancamula, leaf0buds of 5 milky trees

water

Boil the above into a decoction.

+

double quantity- milk

“Some quantity”[same quantity?]- vidari juice and soup of goat’s meat

10gm. paste of each- jivaniya drugs

2.56kg.- ghee

Cook all the above together. Let it self-cool.

+

1.28Kg.- sugar

160gm. powder of each- wheat, pippali, vamsalocana, srngataka

160gm.- honey

“This entire viscuous combination should be mixed with a stick and then made into boluses (sarpigudas) which should be wrapped with bhurja patra.

These should be taken in dose of 40gm.

They should be followed by milk.

They should be followed by wine instead of milk in the case of K predominance.

Ci11#56-61

“Third sarpiguda”:

This bolus alleviates cough, hiccup, fever, phthisis, bronchial asthma, internal hemorrhage, halimaka, loss of semen and sleep, thirst, emaciation and jaundice:

40gm. each- twaksiri, sravani, draksa, murva, rsabhaka, jivaka, vira, rddhi, ksirakakoli, brhati, kapikacchu, kharjura (fruits), meda

Powder all the above.

+

640ml.- milk

640ml. juice of each- amalaki, vidari, sugarcane

640gm.- ghee

Cook all the above. Allow to self-cool.

+

2Kg.- sugar

320gm.- honey

Mix all the above together.

Make into Boluses.

Ci11#62-65

** “Fourth sarpiguda”:

These should be taken by wasted, wounded and scorched person, thus he attains corpulence shortly by increase of the dhatus:

400gm. each- fresh amalaki fruits, draksa, kapikacchu, punarnava, satavari,
 vidari, lajjalu, pippali
 20gm.- sunthi
 40gm.- madhuyasti, sauvarcala
 80gm.- marica
 Powder all the above.
 +
 2.56L of each- milk, tila oil
 2.56Kg.- ghee
 4Kg.- sugar
 Boil the milk, oil, ghee and sugar together.
 Then mix all above ingredients together.
 Make into 40gm. boluses.
 Ci11#66-69

“Fifth sarpirmodaka”:

This is efficacious in disorders of V, “rakta pitta”[rakta-pitta/ rakta, P], chest lesions, cough and wasting and is beneficial for those affected with phthisis, deficiency of semen, congestion of blood in chest and who are emaciated, debilitated, old desiring corpulence, lustre and strength, women afflicted with discharges due to genital disorders, desirous of progeny, and those suffering from abortion and fetal death. This promotes strength, semen and blood:

160gm.- madhuka flowers
 160gm.- priyala
 800gm.- vamsalocana
 800gm.- kharjura
 800gm.- bibhitaka
 40gm.- pippali
 1.2Kg.- sugar
 10gm.- madhuka
 20gm. each- drugs of jivaniya group
 juice of- sugarcane
 Pound all the above together into a paste.
 +
 1.28L- cow milk
 640gm.- ghee
 2.56L- sugarcane juice
 640ml.- juice of vidhari
 640ml.- meat soup of partridge
 Cook all the above together. Allow it to self-cool.

+
 640gm.- honey
 40gm. powder of [each]- marica, jiraka [[cumin]]
 Mix all the above together.
 Form into boluses.
 Ci11#70-77

Treatment in case V produces disorders in pelvic region in one indulged in intercourse:

Give V-alleviating, bulk-promoting and semen-promoting formulas.
 Ci11#78

* Treatment in case of cough and fever:

Take milk added or boiled with sugar, powder of pippali, ghee and honey
 Ci11#79

* Treatment of person wasted due to intercourse:

– This following formula is also an excellent vitalizer and bulk-promoting:

sour fruit
 ghee
 Fry the fruit in the ghee.
 +
 vidari, sugarcane juice
 Cook the above together. Make into a soup.
 Ci11#80

Treatment of person suffering from chest wound and wasting but with good digestion:

Take the following saturating drink [mantha]:

parched grain flour sifted through cloth
 +
 honey
 ghee
 [water]
 Prepare the above together into a drink.
 Take the above while keeping on barley diet [for duration of treatment period].
 Ci11#81

Method/Formula to increase relish in the wasted patient:Take the following soup:

Meat soup of wild animals
 ghee
 Fry the above together.
 +
 vitalizer drugs
 Cook all the above together.
 +
 Sugar
 Mix all the above together.
 Ci11#82

Or, he may be given:

Barley diet with milk and meat soup of cow, buffalo, horse, elephant and goat and soups of sour fruits processed with ghee.

(Note: this management ((above)) is applicable only when the digestion is quite stimulated.)

Ci11#83

Treatment in case digestion is poor:

appetizers and digestives should be given, as in treatment of Phthisis.

Ci11#84

Treatment of diarrhea:

administer astringents.

Ci11#84

* Saindhavadi Curna:

This powder is relish-improving, appetizer, strength-promoting and alleviator of pain in sides, asthma and cough:

40gm.- rock salt
 40gm.- dry ginger
 80gm.- sauvarcala
 160gm. [each]- vrksamla, dadima, arjaka leaves
 40gm.- marica
 40gm.- jiraka
 80gm.- dhanyaka
 480gm.- sugar
 Powder all the above together.
 This powder should be used with food and drink.
 Ci11#85-87

Sadava (dietary preparation):

This “sadava” increases digestive fire. It should be “used in condition of appetite and diarrhea of the patients of phthisis”:

40gm.- dhanyaka [coriander]
 80gm. each- jiraka [cumin], ajamoda

160gm. each- dadima, vrksamla
 40gm.- sauvarcala
 10gm.- dry ginger
 20gm.- pulp of kapittha fruit
 Powder all the above together.

+

640gm.- sugar

“Prepare all the above together so as to make a sadava (dietary preparation).”

“This should be used with food and drinks.” - Ci11#88-90

The following herb therapy [rasayana?] is an excellent promoter of corpulence, life-span, strength and health:

Take:

1st day: 5gm.- root of nagabala [[Bala??]]

2nd day 10gm.

3rd day 15gm.

4th day 20gm.

5th day 25gm.

6th day 30gm.

7th day 35gm.

8th day 40gm.

9-30th day 40gm.

(Directions: take the root of nagabala with the initial dose of 5gm. increasing by 5gm. daily up to 40gms. should be taken with milk for a month keeping on non-cereal milk diet [mono diet]]. This application is an excellent promoter of corpulence, life-span, strength and health.)

“In the same way, mandukaparni, sunthi and madhuka may also be used.”***

Ci11#91-92

Treatment of Jwara (Fever)

Diagnosis

Etiology
 Symptoms
 Prodromal Symptoms
 Categories of Fever
 Seasonal Influence on Fevers
 Prognosis
 Remittent Fever
 Satataka Type Fever
 Quotidian Fever
 Tertian Fever
 Quartan Fever
 Fever in The Dhatus (Tissues)
 Dual-doshic Fevers-symptoms
 Tri-doshic Fevers- symptoms
 Exogenous Fevers
 Pathology- all types

Treatment

General Treatment
 Diet
 Gruels
 Formulas- decoctions
 Ghrtas
 Emetic, Purgative drinks
 For Enema
 Topical
 General Treatment of Various Types of Fevers

Fever is the chief among diseases because of afflicting the body, senses and mind and is the oldest of all diseases and is severe.

[[Ci3#3]]

‘First of all, I will describe, in the order of beginning with etiology, the earliest 8 diseases arisen from greed, malice and anger, along with the principles of therapeutics in brief. Later on in the section on therapeutics I will describe the ‘later developed disorders’.’

Ni1#15

Amongst the diseases, fever is described first because of it’s being the earliest (in appearance) of the somatic diseases.

Ni1#16

These words are synonyms of “nidan” [general cause]:

hetu, nimitta, ayatana, kartta, karana, pratyaya and samutthana
[These are etiological factors of any disease, not just fever.]

The 3 types of Nidan [cause of disease]:

unsuitable conjunction of sense organs with their sense objects,
intellectual error and
consequence (of the 1st two above).

Ni1#3

[consider duplicating/ moving the above 2 lines to diagnosis chptr.]

Fever always arises at time of origin and destruction [birth and death].

Ci3#4-10

Synonyms of Jwara:

vikara, roga, vyadhi, atanka

Ci11#11

The Source of Origin of Fever:

The (deranged) doshas of body and mind.

(Fever does not arise in the person devoid of deranged doshas.)

Ci11#12

Again, by nature fever is related to the god of death and is known as ksaya (wasting), tamas (causing loss of consciousness), papma (sinful) and mrtyu (causing death) because it leads the person suffering from their own deeds to fiveness (death when only five mahabhutas remain bereft of consciousness).

Thus is said the prakrti (original source as well as nature of fever.

Ci11#13

Initial appearance of fever is due to parigraha (receiving) and Rudra’s wrath which is already mentioned in the section of diagnosis. (Ch.I).

Ci11#14

Insert here/ to somewhere in this chptr: Vi3#39-40 (On trtmnt of fever with hot water)

[Mythical] Origin of Fever:

In the second age (treta yuga) when Lord Siva was observing the vow of wrathlessness (penance), the demons living on obstacles to penance, created mischief for thousand divine years in order to put obstacles in the penance of the great soul. Daksa Prajapati (Lord of Progeny) though capable ignored even seeing all this. Moreover, he did not give due place to the offerings to Lord Siva in the sacrifice (organized by him) in spite of having been advised by the gods to do so. Thus he made the sacrifice devoid of the mantras relating to the Lord of animals and offerings pertaining to Lord Siva which were necessary for the success of the sacrifice. When after completion of the vow, the god Rudra came to know the lackings of Daksa, he, the knower of the self, came into the wrathful state and by creating a (third) eye in his forehead the potent one, reduced all these demons to ashes and created a boy, heated with the fire of anger, who could destroy the celebrations of the sacrifice. After this the sacrifice was destroyed, the gods were pained and the living beings afflicted with heat and pain were moving here and there in all directions. Then the congregation of gods along with the seven sages praised the omnipresent Lord with incantations till Lord Siva returned to his normal benevolent state. Knowing that he is now in the benevolent mood the fire of wrath, which due to fear holds the weapon of ashes, possesses 3 heads, 9 eyes, is disturbed with burning flames, fierce and gradually has short legs and belly, submitted to the Lord with folded hands– Now, sir! What should I do for you? The Lord replied to him– ‘You will be fever in the world during the birth and death and also in conditions of unwholesomeness.’

Ci11#15-25

Effects of Fever:

pyrexia, anorexia, thirst, bodyache, distress in cardiac region
It is the great darkness during birth and death.

“Thus original source (including nature), initiation and effect (of fever) are said.”

Ci11#26

The 8 Causes of Fever:

are described as follows... [now included into this chapter from Nidanasthana]

Ci11#27

Etiology of V-type Fever: General Vitiation of V:

over-use of rough, light, cold substances
excessive administration of emesis, purgation, non-unctuous enema and head evacuation,

physical exercise, suppression of natural urges, fasting
 injury, sexual intercourse, excitement, anxiety,
 excessive blood-letting, vigils
 uneven postures of the body

Ni1#19

Pathology of V-type Fever:

When this vitiated V enters into the amasaya [stomach] and gets mixed up with heat, accompanying the initial dhatu produced by digestion of food and known as 'rasa', blocking the channels carrying rasa and sweda (sweat) and affecting the agni takes out the heat from the seat of digestion and spreads it all over the body, thus producing fever.

Ni1#20

Symptoms of V-type Fever:

irregular onset and remission
 irregular temperature
 unstable mildness and severity of fever
 emergence or aggravation of fever at the end of digestion (of food), day, night and summer
 particular roughness and reddishness in nails, eyes, face, urine, stool and skin
 excessive tearing of nails, etc. [as above]
 various types of localized or shifting pains in different organs such as:
 numbness of the feet,
 cramps in calf
 laxity in knee joint or all the joints
 lassitude in thighs
 breaking pains in the waist
 aching pains in the sides
 pressing pains in the back
 churning pains in the shoulder
 cracking pains in the arms
 extracting pains in the scapular region
 constricting pains in the chest
 loss of function in jaws
 tinitus
 piercing pain in the temples
 astringent taste or loss of taste in mouth
 dryness of mouth, palate and throat
 thirst
 cardiac pain
 dry vomiting

dry cough
 checking of sneezing and eructation
 aversion to food and tastes
 salivation
 anorexia
 indigestion
 malaise
 yawning, bending, trembling'
 exhaustion
 giddiness
 delirium
 insomnia
 horripilation
 sensation in the teeth
 liking for hot things
 unsuitability of the factors mentioned under etiology
 suitability of things which are opposite to those listed under etiology
 Ni1#21

Etiology of P-type Fever:

excessive use of hot, sour, salty, alkaline, pungent food
 taking meals during indigestion, exposure to the intense sun and fire
 exhaustion, anger,
 irregular meals
 Ni1#22

Pathology of P-type Fever:

The vitiated P when getting into the contact with heat in amasaya, accompanying the initial dhatu formed by digestion of food and known as rasa, blocking the channels carrying rasa and sweda, impairs agni due to liquidity and taking out the heat from the seat of digestion and spreads it all over the body with pain, it produces fever.
 Ni1#23

Symptoms of P-type Fever:

onset or aggravation of fever simultaneously in the whole body particularly during the mid-digestion of food, the mid-day, midnight or the autumn (season);
 pungency in the mouth
 inflammation of nose, mouth, throat, lips and palate
 thirst
 narcosis
 giddiness,
 fainting
 vomiting of bile
 diarrhea
 dislike for food
 malaise
 sorrow
 delirium
 appearance of red patches in the body
 greenishness or yellowishness in nails, eyes, mouth, urine, stool and skin

hyperpyrexia,
 intense burning sensation
 liking for cold
 'unsuitability of the contrary ones'
 Ni1#24

Etiology of 'Slesma jwara' (K-type Fever):

excessive use of unctuous, heavy, sweet, slimy, cold, sour, salty substances
 day-sleep
 'exhilaration'
 lack of physical exercise
 Ni1#25

Pathology of K-type Fever:

When the vitiated K entering into the amasaya, getting mixed up with heat, accompanying the initial dhatu produced by digestion of food and known as rasa, blocking the channels carrying rasa and sweda, impairing agni and taking out the heat from the seat of digestion spreads it all over the body, it produces fever.

Ni1#26

Symptoms of K-type Fever:

emergence or aggravation of fever in the whole body simultaneously particularly immediately after meals, forenoon, early night or the spring season
 heaviness in body
 aversion to food
 excessive salivation
 sweetness in mouthy
 nausea
 plastering of heart
 cold sensation
 vomiting
 mildness of appetite
 excessive sleep
 stiffness
 drowsiness
 cough
 dyspnea
 coryza
 cold
 whiteness in nails, eyes, face, urine, stool and skin

excessive appearance of urticarial patches in the body
 liking for heat
 unsuitability of the etiological factors
 suitability of factors opposite to the etiological ones
 Ni1#27

Etiology of Dual- or Tri-doshic Type Fevers:

irregular meals
 fasting
 change in usual food
 seasonal disturbances
 unsuitable smell
 use of poisonous water, poisonous substances
 contact with the mountains
 improper administration of unction, sweating, emesis, purgation, non-unctuous
 and unctuous enema and head-evacuation;
 improper after-evacuative dietetic regimen
 women are particularly susceptible
 abnormal delivery and improper post-partum management
 mixing up of etiological factors mentioned earlier
 (The involved etiology will determine the involved doshas.)
 Ni1#28

Symptoms of Dual-doshic or Sannipatika (Tri-doshic) Fevers:

By observing the said symptoms of fever (caused by single doshas) getting mixed up, one should know of the dual fevers or the sannipatika one.

Ni1#29

The Exogenous Type Fever:

This is the 8th type of fever.

Ni1#30

Etiology, Symptoms, Pathology and Types of Exogenous Types of Fevers:

‘The exogenous one is the 8th type of fever initiated with pain and caused by injury, evil organisms, spell and curse.

It remains as such for a while and later on gets associated with dosas.

Amongst them, that caused by injury is associated with V located in affected blood;

That caused by evil organisms with V and P
 and those by spell and curse with sannipata.”

Ni1#30

‘It’ should be taken as one distinguished from other 7 types of fever because of

having specific symptoms, treatment and etiology.

It is, however, treated with general therapeutic measures.

Ni1#31

Thus eightfold genesis of fever is said.

Ni1#31

Prodromal Symptoms of [All Types] of Fever:

These are the prodromal symptoms which appear before the rise of temperature and also continue in the stage of pyrexia:

loss of taste in the mouth,

heaviness in body parts

aversion to food

congestion in eyes

lachrymation

oversleep

uneasiness

yawning

bending

trembling

exhaustion

giddiness

delirium

vigils

horripilation

sensation in the teeth

(unstable) tolerance and intolerance to sound, cold, wind and sun

anorexia,

indigestion

debility

body ache

malaise

diminished vitality

lethargy

lassitude

diminution in normal activities

aversion to own activities

intolerance to the words of elders, dislike for children

unmindfulness to own duties

feeling difficulty in the use of garlands, paste and food

dislike for sweet edibles

liking for sour, salty, pungent things

Ni1#33

Spiritual Etiology of Fever:

it is caused by the anger of Maheshwara

Ni1#35

Symptoms [and Secondary Complications] of [All Types of] Fever:

it takes away the life of all living beings [charaka describes elsewhere that fever is always present at death]

causes disturbance in body, sense organs and mind

diminishes intellect, strength, complexion, pleasure and enthusiasm

produces tiredness, exhaustion, confusion and difficulty in intake of food

it is called jwara because it brings about unhappiness in the person

no other disease is so severe, complicated and difficult in management as this.

It is the king of all diseases and is known by different terms in various animals.

All living beings are born with fever and die with it, it is the great bewilderment, oppressed by it the living beings do not recollect any event of their previous birth, fever itself takes away the life of the living beings in the end.

Ni1#35

Prodromal Symptoms of Fever:

lassitude, congested eyes, yawning, heaviness, exhaustion, unstable desire and aversion to fire, sun, air and water, indigestion, distaste in mouth, loss of strength and complexion and slight derangement in behavior.

Ci11#28-29

Location of Fever:

the entire body along with the mind

Ci11#30

Time of Exacerbation:

...this has already been said in diagnosis chapter... [now included into this chapter]

Ci11#30

Specific Character of Fever:

“is excessive heat in body as well as mind because there is nobody who is not heated by the rising fever.”

Ci11#31

Etiology [Types] of Fever:

V, P, K, V-P, V-K, P-K, V-P-K and exogenous

Ni1#17

[Enumerations/] Divisions of Fever:

Fever is only 1 (it has the common symptom of pyrexia)

Fever divides into 2 types: patient likes cold

Patient likes hot

Fever divides into 2 types: due to innate cause
 due to exogenous cause

2 types of Innate fever: caused by a single dosha
 caused by multiple doshas

3 types of innate fever: caused by V
 Caused by P
 Caused by K

4 types of innate fever: caused by V, P, K or Sannipatika

7 types of innate fever: Caused by V, P, K, V-P, V-K, P-K, or Sannipatika

Ni1#32

Classification of Fever:

<u>Category:</u>	<u>Number of Classifications:</u>	<u>Classifications:</u>
[Body-Mind]	2 types	Somatic Psychic
[qualitative]	2 types	saymya (predominant in soma) agneya (predominant in agni)
[origin of cause] [NO– see “symptoms of internal/ symptoms of external fever” a few pages below*]	2	internal external
[nature of cause]	2	natural unnatural [due to curses/sprits]
prognosis	2	curable incurable
pattern of fever’s [recurrence]	5	santata (remittent)* satata (rising twice a day) anyeduska (quotidian) [*look these definitions up] trtiyaka (tertian)* caturthaka (quartian)*
according to location in the dhatus	7	rasa rakta mamsa etc.
according to etiology	8	[what would they be? Perhaps they have been/will be listed earlier or later]

-this chart Ci11#32-35

Differentiating Psychic and Somatic [(of the body)] Fevers:

(Though fever is by nature psychosomatic), the somatic fever first arises in the body while the psychic fever starts with the mind.

Ci11#36

Symptoms of Psychic Fever:

Mental detraction, restlessness and malaise are the symptoms of psychic heat (affliction).

Ci11#36

Somatic Fever Causes Psychic Abnormality:

“Pyrexia also causes abnormality in senses.”

Ci11#36

Fever predominant in V and P creates desire for cold

Fever predominant in V and K creates desire for hot

Fever predominant in V, P and K creates desire for both cold and hot.

Ci11#37

Synergistic/ Changeable Nature of V:

“V is a good synergist which exerts both types of action on combination”;

When V is combined with agni (P) it produces HEAT.

When V is combined with “soma” (K) it produces COLD.

Ci11#38

[Duplicate this above paragraph to the section on V.]

Symptoms of Internal Fever:

More internal heat, thirst, delirium, increased respiration, giddiness, pain in joints and bones, lack of perspiration, obstruction in (elimination of) dosas and feces.

Ci11#39-40

Symptoms of External Fever:

Excessive external heat, mildness of thirst, etc. along with easy curability.

Ci11#41

Seasonal Influence On Fever:

The natural [notice the use of this word “natural”] fever arisen in the seasons of spring and autumn is easily curable.

P, being hot itself, gets aggravated further by hot and is thus vitiated in the autumn [which is, according to the calendar of India’s climate, a time of hot weather resurgence].

Likewise, K accumulated in the cold (season) gets aggravated in the spring.

In the rainy season, P is accumulated due to water and plants having amlavipaka (acidity on digestion) and the same being vitiated due to (intense) heat of the autumn gives rise to fever quickly.

Here K associates as a subsidiary factor.

In such condition, there is no harm by fasting because of the nature of visarga (releasing).

On the other hand, K is accumulated due to sweet water and plants during hemanta (early winter) and gets vitiated in spring due to heat of the sun.

Hence the person suffers from fever due to K in spring in the middle of the adana (receiving) period.

Here V and P are associated as subsidiary factors.

Ci11#42-46

The wise physician should treat the case of fever in autumn and early spring by considering strength and weakness of dosas in the beginning, the end and the middle.

Ci11#47

The fever is termed as prakrta (natural) on the basis of prakrti (nature) of time but the V fever even a prakrta one is often troublesome.

The fever arisen in seasons other than that responsible for vitiation of the concerned dosa is known as 'vaikrta' (unnatural) which is troublesome.

"It's various causes [relative to seasonal influence?] have been mentioned in the section on diagnosis."

Ci11#48-49

Prognosis of Fever:

Curable:

if it is free from complications and is in persons having much strength and a little morbidity.

Fatal:

if it is caused by numerous and potent etiological factors, has numerous symptoms and destroys the senses quickly.

The person is killed within 7, 10 or 12 days:

In acute fever associated with delirium, giddiness and dyspnea kills the person in a week, 10 or 12 days.

Incurable:

Deep-seated, long-standing and severe fever and the one which marks the parting line of the hair (particularly) in emaciated and swollen persons is incurable.

Ci11#50-52

Santata Jwara (Remittent Fever):

The heavy dosas spread all over the body through the channels carrying rasa and stiffened give rise to santata jwara.

Being unbearable and quick-acting it gets subsided or kills the patient by the period of 7, 10 or 12 days.

Dosa equal in respect of time, dusya (affected tissue) and constitution and having no counter-acting factor causes the remittent fever and as such is quite unbearable.

In remittent fever, as a rule, the doshas also effect urine and feces simultaneously as the dhatus.

This fever gets subsided or becomes fatal in periods of a week etc. [[[7, 10 or 12 days]]] according to condition whether the dhatus have been purified completely or not.

When they are not purified completely or entirely the remittent fever gets lodged in the 12 entities (7 dhatus, 3 doshas, urine and feces).

Thus even after remission on 12th day, it continues hidden for a long time without responding to any treatment.

Considering all this, the physician should treat the case of fever.

Mostly in such management desaturating remedy is administered at first.

Ci11#53-60

Satataka Jwara:

Dosa often lodged in rakta dhatu and with some counteracting factor causes satataka jwara which rises and falls according to corresponding time.

The satataka jwara rises twice in 24 hours.

Ci11#61-62

Anyeduska Jwara (quotidian fever):

Anyeduska jwara is caused by dosa which getting support from one of the factors such as time, constitution and dusya obstructs the vessels carrying medas in the presence of the counteracting factor.

In this, fever rises once in 24 hours.

The dosha lodged in asthi (bone) and majja (marrow) causes Tertian and Quartan Fevers.

The paroxysm of dosa is at the interval of 2 days, one day or daily.

The others describe otherwise such as– quotidian fever is caused by the dosa even if it is lodged in rakta. If it goes to the channels of mamsa, it causes tertian fever while it gives rise to quartan fever if it is lodged in the channels of medas.

The quotidian fever comes daily, the tertian on a day's interval and the quartan at the interval of 2 days.

Ci11#63-67

Why fever returns/ How doshas hide in the dhatus:

As a seed lies dormant in the soil (for a while) and grows up in (favorable) time, dosas stay in dhatus and get vitiated in opportune time.

The dosa having attained exacerbation and timely strength due to the weakening of the counteracting factor gives rise to the tertian as well as the quartan fever. -#68-69

After paroxysm, the dosas being weakened stay in their respective places and being reinforced in their opportune times again give rise to fever.

Ci11#70

Tertian Fever:

3 Types of Tertian Fever:

- 1) due to K and P starting from trika (sacral region)
- 2) due to V and K starting from the back
- 3) due to V and P starting from head

Ci11#71

The 2 Types of Quartan Fever:

- 1) caused by K and starting from the legs
- 2) caused by V and starting from the head

Ci11#72

The other types of Visama Jwara (remittent fever):

is the reverse quartan fever: which is caused by the 3 doshas separately situated in

2 dhatus (asthi and majja).

Ci11#73

5 Types of Intermittent Fever:

are often due to combinations of all the 3 doshas but practically the dominant one is called as the cause.

Ci11#74

Fever rises in a particular time due to strength or otherwise of the season, day and night, dosas and deeds.

Ci11#75

Symptoms of Fever in the Dhatus:

<u>Dhatu in Which Fever is Located:</u>	<u>Symptoms:</u>
Rasa	heaviness, anxious expression, agitation, malaise, vomiting, anorexia, external heat, body-ache, yawning
Rakta	red and hot boils, thirst, frequent hemoptysis, burning sensation, redness, giddiness, narcosis, delirium
Mamsa	internal heat, thirst, fainting, malaise, diarrhea, foul smell, convulsions
Medas	perspiration, excessive thirst, delirium, frequent vomiting, intolerance to own smell, malaise, anorexia
Asthi	diarrhea, vomiting, tearing pain in bones, groaning, convulsions, dyspnea
Majja	hiccup, dyspnea, cough, darkness before eyes, cutting pain in vital parts, externally cold but internally burning sensation.
Sukra	The fever in sukra liberates semen, destroys the vital strength and departs from the body along with V, agni (P) and soma (K).

Ci11#76-82

Prognosis of Fever According to Involved Dhatu:

The fever located in rasa and rakta is curable;.

The fever located in mamsa, medas, asthi and majja is curable with difficulty.
The fever located in suka is incurable.

Ci11#83

Symptoms of Fevers Caused by Duals (2 Doshas Jointly):

Causative Doshas:	Symptoms:
V and P	headache, tearing pain in smaller joints, burning sensation, horripilation, dryness of mouth, vomiting, thirst, fainting, giddiness, anorexia, insomnia, delirium, yawning
V and K	feeling of cold, heaviness, drowsiness, feeling of wetness, pain in smaller joints, headache, coryza, cough, lack of perspiration, pyrexia and medium intensity.
K and P	frequent alternate feeling of cold and heat, frequent alternate perspiration and non-perspiration, fainting, cough, anorexia, thirst, discharge of mucus and bile, sliminess and bitterness in mouth and drowsiness.

Ci11#84-88

“Now the fever caused by aggregation (of 3 dosas) is being said. I will describe hereafter the symptoms of the 13 types of sannipatajwara (fever caused by aggregate) separately indicated earlier.”

Ci11#89

13 Types of Sannipatajwara, with causative doshas and resultant symptoms:

<u>Severe Causative Dosha(s)</u>	<u>Moderate Causative Dosha(s)</u>	<u>Mild Causative Dosha(s)</u>	<u>Symptoms:</u>
V, P		K	giddiness, thirst, burning sensation, heaviness, excessive pain in head
V, K		P	cold sensation, cough, anorexia, drowsiness, thirst, burning sensation, pain, distress
P, K		V	vomiting, alternating cold and hot sensation, thirst, fainting, pain in bones
V		P, K	pain in joints, bones and head, delirium, heaviness, giddiness, thirst, dryness of throat and mouth
P		V, K	red feces and urine, burning sensation, sweating, thirst, weakness, fainting
K		V, P	lassitude, anorexia, burning sensation, vomiting, restlessness, giddiness, drowsiness, cough
K	P	V	coryza, vomiting, lassitude, drowsiness, anorexia, poor digestion
P	K	V	yellow urine and eyes, burning sensation, thirst, giddiness, anorexia
V	K	P	headache, tremors, dyspnea, delirium, vomiting, anorexia
K	V	P	feeling of cold, heaviness, drowsiness, delirium, excessive pain in bones and head
V	P	K	dyspnea, cough, coryza, dryness of mouth, excessive chest pain

P	V	K	diarrhea, poor digestion, thirst, burning sensation, anorexia, giddiness`
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Ci11#90-104

Symptoms of Sannipatajwara:

momentary sensations of heat and cold, pain in bone joints and head; tearful, dirty, red and crooked eyes, ears with tinnitus and pain, throat as if covered with awns, drowsiness, fainting, delirium, cough, dyspnea, anorexia, giddiness;

tongue as if charred and roughened, excessive laxity in organs, hemoptysis, turning of head, thirst, insomnia, cardiac pain, delayed and little elimination of sweat, urine and feces, limbs not much emaciated, continuous groaning, appearance of rashes and blackish and reddish patches, muteness, inflammation in channels, heaviness in abdomen and delayed digestion of dosas.

Ci11#105-108

Prognosis of Sannipata Jwara:

Sannipata jwara is incurable if dosas are bound up (not eliminated), power of digestion is lost and the symptoms are present in entirety and full.

Otherwise it is curable with difficulty.

Ci11#109

“The specific features of dual and aggregate fevers should be known by the features of the 3 types of individual fever already described in the section on diagnosis” [book 1; add in].

Ci11#110

“The exogenous fever, the 8th one, is mentioned as of four types such as caused by injury, ill attachment, exorcism and cursing.” [what is this the 8th one of?]

Ci11#111

The 4 Types of Exogenous Fever:

caused by injury

caused by ill attachment

caused by exorcism

caused by cursing

Ci11#112

Detail on Fever caused by Injury:

It comes forth where the body is injured with weapon, brickbat, whip, wood stick, fist, slap, teeth or other such means.

In such condition, due to injury V gets aggravated and often affecting blood produces fever along with pain, swelling, abnormality and color and distress.

Ci11#113

Fever caused by ill attachment with passion, anxiety, fear or anger and also by infection of organisms is known as ‘abhisangja jwara’.

Passion, anxiety and fear aggravate P and infection of organisms aggravates all 3 dosas manifesting symptoms according to the organism concerned.

8 types of such syndromes have been described in the context of bhutas (evil spirits or organisms).

Some also take the fever caused by poisonous air as aghisangaja which gets pacified by the anti-poison treatment.

Ci11#114-115

<u>[8] Types of Exogenous Fevers:</u>	<u>Symptoms:</u>	
fever caused by exorcism and cursing of the accomplished persons	is associated with all the doshas vitiated and is very severe and unbearable. It exhibits symptoms of sannipata jwara along with other afflictions of mind, senses and body. The application of exorcism is known by seeing and hearing himself or by inference through it's pacification. Due to various-ness of exorcism and cursing, the symptoms in respective cases are observed differently according to practice and application.	
Fever caused by passion	the symptoms are predominantly with meditation and long breath	
fever caused by anxiety	has predominantly tears in the eyes	
fever caused by fear	has terror	
fever caused by anger	has intense agitation	
fever caused by infection of evil spirit (or organism)	the patient exhibits superhuman or abnormal characters.	
Fever caused by poisonous contact	predominant symptoms are fainting, confusion, narcosis and malaise.	

Ci11#116-124

In some cases, fever rises before, the above symptoms appear while in other cases it comes forth after them or simultaneously with them.

The features of the fevers caused by passion etc. are also found in other diseases caused by them.

(In fact the above symptoms are psychosomatic).

On infliction of mind with passion etc. the fever does not get strength until the body is affected with the doshas.

Similarly, on infliction of the body with the doshas, the fever does not get hold until the mind is affected with passion etc.

Ci11#125-127

“The exogenous fevers are at first un-stinted, but later on get the symptoms combined with those of innate factors. They are also specific in respect of etiology and therapeutics.”

Ci11#128

General Picture of Pathology of Fever:

The vitiated dosas, duals, aggregate or single, associate them with rasa dhatu

while expelling the agni from its place and adding to the body-heat with their own heat and the heat of (displaced) agni, also blocking the channels spread all over the body with aggravation and thus produce pyrexia.

The patient gets his entire body heated and thus is said as suffering from fever.

Ci11#129-131

The patient of fever does not get perspiration due to blocking of channels.

Ci11#132

During the stage of Acute or Immature Fever:

he suffers from anorexia, indigestion and heaviness in abdomen.

Ci11#133

[The following are perhaps the 3 stages that all fevers undergo, with their symptoms]:

Symptoms of ama (immature) fever:

Impurity of heart, drowsiness, lassitude, continuous and high fever, non-elimination of dosas, excessive salivation, nausea, loss of appetite, distaste in mouth, limbs as stiffened, numbed and heavy, polyurea, stool immature and absence of emaciation. -#134-135

Symptoms of pacyamana (maturing) fever:

High fever, thirst, delirium, dyspnea, giddiness, elimination of excrements and nausea. - Ci11#136

Symptoms of nirama (mature) fever:

Appetite, emaciation, lightness in body, mild fever, elimination of dosas, passing of 8 days.

Ci11#137

TREATMENT OF FEVER

***** Things to avoid in Acute fever:

day-sleep,
 bath, *

massage,
 solid diet, *

sexual intercourse,
 anger,
 wind, *

exercise and also
 extracts (of drugs). *

Lightening therapy:

This is recommended as the first step in treatment of fever.

Ci11#139

Contra-indications of Lightning Therapy in Treatment of Fever:

Yet it should not be used in fever caused by wasting, V, fear, anger, passion, anxiety and exertion.

Ci11#139

Benefits of Lightning Therapy:

morbidity is alleviated and (digestive) fire is kindled, consequently “apyreria” [[apyrexia??], lightness and appetite arise.

Ci11#140

Necessity of Doing Lightning Therapy According to the Strength of the Patient:

Lightning therapy which does not conflict with the strength of the patient should be applied because health depends on strength which the therapeutic management is intended for..

Ci11#141

Treatment of acute fever:

In acute fever lightning, sweating, **time** [just waiting; the dosas will be digested by agni in time, while fasting], gruels and bitters are digestive for immature dosas.

Ci11#142

[Treatment of Acute Fever]:

On appearance of prodromal symptoms or in the beginning of fever, light food or saturation is advised because fever originates from amasaya.

Afterwards, intake of extracts, massage, unction, fomentation, pasting, sprinkling, afterpaste, emesis, purgation, non-unctuous and unctuous enema, pacificatory measures, snuffing, fumigation, smoking, collyrium, milk and dietetic regimen are administered properly according to condition.

Ni1#36

[Treatment of Chronic Fever]:

However, in all types of ‘jirna jwara’ (chronic fever), intake of ghee cooked with proper drugs is recommended because ghee pacifies V due to unctuousness, pacifies K due to processing [being processed with drugs], pacifies P and heat due to coldness, hence in all chronic fevers, ghee is wholesome like water is for something being burned by fire.

As they sprinkle water on a burning house to subdue a fire, ghee is administered in chronic fever. - Ni1#37

‘Here are the verses’:

Ghee pacifies V due to unctuousness, P due to cold and even K which is similar in properties due to processing (with drugs).

No other fat receives the properties of Samskara (processing with drugs) as ghee and that is why it is regarded as the best of fats.

Ni1#38-40

‘The idea expressed in prose is again said afterwards in verses. This is so for (further) clarification and as such the repetition is not despised.

Ni1#41

Treatment of Thirst:

Thirst in V-K fever:

give hot water
 Thirst in fever caused by wine or P:
 give cold water boiled with bitters
 Note: both the above types of water are:

appetizer, digestive, anti-pyretic,
 channel-cleansing, strength-
 promoting, producing relish and
 sweating and are wholesome.

Ci11#143-144

To alleviate thirst and fever:

water
 +
 musta, parpataka, usira, candana, udicya, sunthi
 Boil all the above. Allow it to self-cool
 Ci11#145

Use of Emetics:

In fever which is caused predominantly by aggravated K situated in amasaya
 ***"with tendency to come out" and the patient is fit for vomiting the dosas should be
 eliminated by administering emetics.

Ci11#146

Risk of Applying Purgatives in Acute Fever:

If emetic is administered in acute fever when the dosas are not tending to come
 out it is liable to produce heart disease, dyspnea, hardness in bowels and mental
 disturbance.

To make and attempt to eliminate the dosas which are spread all over the body,
 associated with ama, seated in dhatu and extractable with difficulty is risky like making
 an attempt to extract juice from unripe fruits.

Ci11#147-148

Use of Gruels:

After emesis and lightening the patient should be provided with gruels in time
 cooked with respective drugs starting with scum-gruel in the beginning till the fever
 comes down or for 6 days.

By this agni is stimulated like fire by fuel.

Due to medication and lightness, they are appetizer, carminative for wind, urine,
 feces and dosas; due to being hot and liquid they are diaphoretic; due to being liquid they
 alleviate thirst, due to being nutrient they provide strength; due to being laxative they
 produce lightness and due to being suitable in fevers they act as antipyretic.

Hence the wise physicians, from the very beginning, manage the cases of fever
 with gruels.

Ci11#148-152

Contra-Indications of Use of Gruels in Fever:

It is not advised in fever associated with alcoholism, alcoholic addicts, in
 summer, having predominance of P and K or with upward internal hemorrhage
 (hemoptisys, epistaxis, etc.).

Ci11#153-154

Treatment in the Fever Cases Contra-Indicated for Gruel:

In such cases, saturating drinks of parched paddy flour or antipyretic fruit juice should be given along with honey and sugar.

Ci11#155

Diet to be Give in Fever [concurrently with the gruels/ {after the stage of the gruels}/ only in the case of the cases which listed above in “contraindications of use of gruels”]:

Considering suitability and strength, these diets should be given along with green gram soup or soup of the meat of wild animals after the saturating drink is digested.

At the time of meal, the patient should be advised to brush his teeth with a twig which has taste contrary to that of his mouth and is according to his liking.

This produces non-sliminess in mouth, desire for food and drinks and sharpened perception of the taste sensation.

After cleaning his teeth with the plant-twig and washing his mouth many times, he should take meal along with curd-water, sugarcane juice, wine etc. as directed.

Ci11#156-159

In case of fever, after 6 days have passed, the physician after giving light diet should administer digestive or pacifying extract of herbs.

Ci11#160

Contra-Indication of [Astringent] Extracts During Acute Stage of Fever:

If extracts are administered in acute fever they bind up the dosas due to astringency which are held up without being digested and thus cause visamajwara (intermittent fever).

In fact, extract as preparation is not contra-indicated in acute fever but the extract of astringent drugs.

Ci11#160-162

Diet for [first 10 days/ 10 days following period of the use gruels/...]:

One should eat light food along with beneficial vegetable soups, soured or unsoured, or soup of the meat of wild animals till 10 days for alleviation of fever.

Ci11#163

Use of Ghee in [mature fever with] mild K:

Thereafter [after 10 days/ after stage of above diet/ after dosas have been well-digested] in case of fever having mild K and severe V and P and with dosas well digested, intake of ghee acts like nectar.

Ci11#164

Treatment of persistent K in fever:

In case even after 10 days there is predominance of K and the patient is not lightened completely, the physician should not use ghee but should treat him with extracts till lightness is attained along with the diet with meat-soup because strength is necessary to overcome the disorders and meat soup provides strength.

Ci11#165-166

Treatment of:

In case of the fever causing burning sensation and thirst, having predominance of V and P, dosas constipated or discharged profusely and freedom from ama, intake of milk should be advised.

Ci11#167

Treatment with Purgation in...:

If the fever does not subside even by these measures, one should pacify it by purgation if the patient has unimpaired strength, musculature and agni.

Ci11#168

Removal of excrements and dosas in patients reduced [(slightly emaciated)]by fever:

In patients reduced by fever neither emesis nor purgation is beneficial.

In such cases, the excrements should be eliminated by adequate intake of milk or administration of non-unctuous enema.

Non-unctuous enema, if applied on full maturity of dosas, provides strength, digestive power, freedom from fever, happiness and relish quickly.

Ci11#169-170

Role of Purgation and Enema:

Purgation- eliminates P or K-P situated in the pittasaya

Enema- eliminates all 3 doshas situated in the pakvasaya

Ci11#171

In chronic fever when K and P are reduced, appetite is firm and stool is rough and constipated, unctuous enema should be applied.

Ci11#172

In chronic fever if there are heaviness and pain in head and senses are blocked head-evacuation should be applied which also provides relish.

Ci11#173

Use of Massage, Anointing, Sprinkling and Baths:

The physician should advise massage, anointing, sprinkling and bath, cold or hot, as necessary.

By these, the fever situated in external passages is pacified, organs get pleasure and strength and complexion are promoted.

Ci11#174-175

Use of incense and collyrium:

the cases of chronic fever having remnant only in skin and where there is association of some extrinsic factor get relief from 'applications' of incense and collyrium. [locally]

Ci11#176

Drugs Used For Treating Fever:

The old [aged] cereals of red sali, sastika etc. are recommended for use in the forms of

gruel, boiled rice and parched paddy which alleviate fever.

Ci11#177-178

Gruels for use in fever, with specific complications:

In Fever With This Secondary Condition:	Use This Gruel Formula:
poor digestion	he should, at first, take when hungry : gruel made of parched paddy boiled with long pepper and ginger which is easily digestible and alleviates fever.
One fond of sours	may take the same gruel [above] soured with pomegranates [a harmless source of sour taste] and added with ginger.
One having diarrhea and predominance of P	should take the gruel cold and added with honey
one having complications of pain in sides, pelvis and head	gruel of red sali rice cooked with godsura and kantakari.
Fever and diarrhea	soured liquid gruel cooked with prsniparni, bala, bilwa, sunthi, utpala, dhanyaka
having cold, dyspnea and hiccup	gruel cooked with drugs of vidarigandhadi group which is appetizer and diaphoretic.
Constipation	liquid gruel having barley cooked with long pepper and amalaki fruits and added with adequate quantity of ghee.
Constipation and abdominal pain	liquid gruel cooked with mrdwika, pippalimula, cavya and sunthi.
Cutting pain in abdomen	liquid gruel with bilwa and cooked with bala, vrksamla, kolamla (sour jujube), prsniparni and kantakari.
“The patient having no diaphoresis and sleep and having excessive thirst”	liquid gruel fried with ghee and cooked with sunthi and amalaka and added with sugar. This acts as antipyretic.

Ci11#179-187

Use of [bean] pulse soups:

The patient of fever suited to pulse soup should be advised to take the same of green gram, lentils, grams, horse gram and makusthaka.

Ci11#188

Use of vegetables:

Leaves and fruits of patola, karvaellaka, patha, karkotaka and kathillaka- these vegetables are wholesome for those suffering from fever.

Ci11#189

Use of Meat Soups:

Those who are non-vegetarians may take the soup of lava (common quail), kapinjala (grey partridge) ena (a type of deer), cakora, upacakra, kurnaga, kalapucchak, harina, prsata (a type of deer) or sasa (rabbit) unsoured or slightly soured.

Some physicians do not recommend the meat of cock, peacock, partridge, heron and vartaka (a quail) in fever due to their property of heaviness and hotness.

But in Atreya's view if there is severity of V due to lightening the wise physician should administer them as well considering time, dose and preparation.

Ci11#190-193

Use of Hot Water or Wine as After-drink in Thirst:

If there is thirst, hot water should be given for after-drink or wine to those who are addicted to it considering the dosa and strength of the patient.

Ci11#194

Foods to Avoid In Order to Facilitate Maturation of Fever:

One should avoid mostly in acute fever the dietary articles which are heavy, hot, unctuous, sweet and astringent.

Ci11#195

“Thus the accomplished dietetic management for fever is described.”

Ci11#196

Antipyretic Extracts:

The following extract is antipyretic, appetizer, digestive for dosas and alleviates thirst, anorexia and distaste in the mouth:

Musta, parpataka

+

water

Make into an infusion or decoction.

Take cold.

Ci11#197

The following extract is antipyretic, appetizer, digestive for dosas and alleviates thirst, anorexia and distaste in the mouth:

Sunthi, parpataka, duralabha

+

water

Make into an infusion or decoction.

Take cold.

Ci11#198

The following extract is antipyretic, appetizer, digestive for dosas and alleviates thirst, anorexia and distaste in the mouth:

Kiratatika, musta, guduci, sunthi, patha, usira, udicya

+
 water
 Make into an infusion or decoction.
 Take cold.

Ci11#199

Here follows 5 formulas for Alleviation of 5 Types of Fever:

The following decoction alleviates remittent fever:

indrayava, patola leaves, katurohini
 +
 water

Ci11#200

The following decoction alleviates double quotidian fever:

patola, sariva, musta, patha, katurohini
 +
 water

Ci11#201

The following decoction alleviates quotidian fever:

nimba, patola, triphala, mrdwika, musta, kutaja
 +
 water

Ci11#201

The following decoction alleviates tertian fever:

kiratatikta, guduci, candana, sunthi
 +
 water

Ci11#202

The following decoction alleviates quartan fever:

guduci, amalaka, musta
 +
 water

Ci11#203

The following formula should be taken in fever in form of decoction or cold infusion:

kutaja, aragvadha, patha, haimavati, katurohini, murva, ativisa, nimba, patola,
 dhanvayasa, vaca, musta, usira, madhuka, triphala, bala
 +
 water

Ci11#204

The following infusion alleviates fever quickly:

“Madhuka, musta, mrdwika, kasmarya, parusaka (fruits of these 3), trayamana,
 usira, triphala, katurohini
 +

water

All these should be combined and kept overnight in water and taken in the morning.

Ci11#205-206

The following formula should be taken in fever with constipation:

Jati (leaves), amalaka, musta, dhanvayasa

+

jaggery

water

Decoct all the above.

Ci11#207

The following formula is laxative and eliminates P and K:

triphala, trayamana, mrdwika, katurohini

+

water

Make a decoction.

Ci11#208

The following formula is efficacious in P-K fever:

trvrt

+

water

Decoction

+

sugar

Ci11#209

The following formula is efficacious in sannipataja fever:

Brhati, kantakari, kutaja, musta, devadaru, sunthi, cavya

Decoct.

Ci11#210

The following group of herbs is called Satyadi Group. It alleviates sannipataja fever and is commended in cough, cardiac pain, pain in sides, dyspnea and drowsiness:

sati, puskaramula, kantakari, srngi, dhanvayasa, guduci, sunthi, patha, kiratatikta, katurohini

Ci11#211-212

The following group of herbs is called Brhatyadi Group. It alleviates sannipataja fever and is also useful in complicated cough etc.:

brhati, kantakari, puskaramula, bhargi, sati, srngi, dhanvayasa, indrayava, patola, katurohini

Ci11#213-214

The physician may also apply the extracts and gruels prepared from the drugs of thirst-alleviating and anti-pyretic groups mentioned in the chapter of drugs (Su. 4).

Ci11#215

[Here follows a section of Ghrtas]

Ghee:

If the patient is roughened and the fever does not respond to extracts, emesis, lightening or light diet, he should be treated with ghee.

The rough heat causes fever and if there be vayu as and associated factor due to roughened roughened heat that is treatable with ghee.

All these extracts [listed above/ all listed in all this chapter] mixed with ghee should be used for the treatment of fever.

They kindle fire and are wholesome.

Ci11#216-218

The following Ghrta alleviates the chronic fever quickly. It also overcomes wasting, cough, headache, pain in chest, halimaka, discomfort in scapular region and irregular digestion:

pippali, candana, musta, usira, katurhini, indrayava, bhummyamalaki, sariva, ativisa, salaparni, draksa, amalaka, bilwa, trayamana, kantakari

water

Ghee

Prepare a ghrta from the above.

Ci11#219-221

The following Ghrta is efficacious in chronic fever:

Vasa, guduci, triphala, trayamana, yavasaka

+

water

Decoct the above.

+

double quantity- milk

paste of- pippali, musta, candana, mrdwika, utpala, sunthi

ghee

Prepare all the above into a ghrta.

Ci11#222-223

The following Ghrta is an excellent antipyretic. It also removes wasting, cough, headache, pain in sides and discomfort in the scapular region:

Bala, goksura, brhati, prsniparni, kantakari, salaparni, nimba, parpata, musta, trayamana, duralabha

+

water

Decoct the above.

+

paste of- bhumyamalaki, sati, draksa, puskaramula, meda, amalaka
milk
ghee

Prepare all the above into a ghrta.

- Ci11#224-226

[Here follows a few evacuative formulas]

The patients of fever having plenty of impurity should be subjected to timely evacuative therapy, upwards and downwards, to be described in the kalpasthana (section on pharmaceuticals).

Ci11#227

The following [paste/powder] should be administered as emetic for alleviation of fever:

madanaphala and pippali

Administer with hot water.

or-

indrayava

Administer with hot water.

Or-

madhuka

Administer with hot water.

Ci11#228

Emesis may be accomplished with the following drinks:

Honey-water

or

sugarcane juice

or

saline water

or

wine

or

saturating drinks

Ci11#229-230

The following drinks act as purgative as well as antipyretic:

Juice of- grapes and amalaka

or

Juice of-amalaka

+

ghee

Fry the [juice/ whole amalaka fruits] in the ghee

Ci11#231

The following [laxative] formulas alleviate fever:

powder of- trivrit

+

honey, ghee

Ci11#232

or-

decoction of- triphala

+

honey, ghee

Ci11#232

Or-

aragvatha

+

milk or grape juice

Ci11#232

Or-

trivrita

+

milk

Ci11#232

Or-

trayamana

+

milk

Ci11#232

One becomes free from fever by taking one of the following formulas:

Haritaki

+

grapes

or-

grape juice

+

hot milk

Ci11#233

The following formula removes cough, dyspnea, headache, pain in sides and chronic fever:

Milk

+

pancamula (the smaller 5 roots)

Boil the above together.

- Ci11#234

The following formula removes fever associated with cutting pain in the abdomen:

Milk

+

eranda roots

Boil the above together.

Ci11#234

The following formula removes fever associated with cutting pain in the abdomen:

milk

+

tender fruits of bilwa

Ci11#235

The following milk formula alleviates retention of feces and urine, edema and fever:

Goksura, bala, kantakari, sunthi

+

jaggery

milk

Boil all the above together.

Ci11#236

The following milk formula alleviates thirst and fever:

Sunthi, mrdwika, kharjura

+

ghee, honey, sugar

milk

Boil all the above together.

Ci11#237

Even milk alone prepared in the following way is efficacious for fever:

1 part- milk

+

4 parts- water

Boil the above together.

Ci11#237

The fresh warm milk overcomes the fever caused by V and P quickly.

#238

Milk is an excellent pacifier of all types of chronic fever.

It should be taken hot or cold and boiled with respective drugs (according to the condition of the patient).

Ci11#239

[Here follows information and formulas for Enemas in Fever]

If the impurity is located in pakwasaya, one should apply the non-unctuous and unctuous enema useful in fever (which will be described in the siddhisthana section).

Ci11#240

After the passage is cleansed, impurity is removed, dhatus become cheerful, bodyache goes away, organs become light [and thus] the patient becomes free from fever quickly.

Ci11#242

The following formula should be used as antipyretic enema:

patola leaves, nimba leaves, usira, aragvadha, hribera, rohini, tikta, goksura, madana fruits, salaparni, bala

+

equal parts- milk, water

Boil all the above together until water is gone.

+

paste of- madana, musta, pippali, madhuka, kutaja
honey, ghee

Mix all the above together.

Use as enema.

Ci11#241-243

The following formula is an excellent antipyrexia enema:

aragvadha, usira, madanaphala, the 4 parninis (salaparni, prsniparni, mudgaparni and masaparni)

+

paste of- priyangu, madana, musta, satahva, madhuyastika
ghee

jaggery, honey

Ci11#244-246

The following non-unctuous enema is antipyretic which also provides strength, sweating and relish:

guduci, trayamana, candana, madhuka, vasa, salaparni, bala, prsniparni, madana

+

water

soup of meat of wild animals

Boil all the above into a decoction.

+

paste of- pippali, madana, musta, madhuka
a bit of- salt

honey, ghee - Ci11#247-249

The following is an antipyretic unctuous enema:

jivanti, madhuka, meda, pippali, madana, vaca, rddhi, rasna, bala, sunthi, satapukspa, satavari

Pound all the above together.

+

milk

water

ghee, oil

Boil all the above together.

Ci11#250-251

The following is an antipyretic enema:

the fatty substance
 +
 patola, nimba, guduci, madhuka, madana
 Cook the above together.
 Ci11#252

The following is an excellent antipyretic enema:

fatty substance
 +
 candana, aguru, kasmarya, patola, madhuka, utpala
 Cook all the above together.
 Ci11#253

[The following is information on head evacuation]

Whatever drugs for head evacuation are mentioned in the chapter of drugs (su. 4) and in the same context in the section of Vimana (ch 8) should be used properly in case of fever, if necessary.

The oil, useful as snuff (anu taila) and the smoking sticks described in the chapter on the quantity of diet (su. 5) may be applied in fever too.

Ci11#254-255

[The following is information on massage, anointing, sprinkling and bath]

Considering the cold or hot character of the 2 types of fever, massage, anointings and sprinklings should be applied as desired.

Ci11#256

In case of fever with burning sensation, the physician should prescribe ghee washed 100 times and Candanadi Taila (described below) for massage.

Ci11#257

Candanadya Taila:

By massage, this oil alleviates the hot fever quickly:

candana, bhadrasri, kalanusarya, kaliyaka, padma, padmaka, usira, sariva, madhuka, prapaundarika, nagakesara, udicya, vanya, padma, utpala, nalina, kumuda, saugandhika, pundarika, satapatra, bisa, mrnala, saluka, saivala, kaseruka, ananta, kusa, kasa, iksu, darbha, sara, nala, sali (roots of these 7 drugs), jambu, vetasa, vanira, gundra, kakubha, asana, aswakarna, syandana, vatapotha, sala, tala, dhava, tinisa, khadira, kadara, kadamba, kasamarya (fruit), sarja, plaksa, vata, kapitana, udambara, aswattha, nyagrodha, dhataki, durva, itkata, srngataka, manjistha, jyotismati, puskarabija, krauncadana, badari,

kovidara, kadali, samvartaka, arista, sataparva, sitakumbhika, satavari, sriparni, sravani, mahasravani, rohini, sitapaki, odanapaki, kala, bala, payasya, vidari, jivaka, rsabhaka, meda, mahameda, madhurasa, rsyaprokta, trnasunya, mocarasa, ataruska, bakula, kutaja, patola, nimba, salmali, narikela, kharjura, mrdwika, priyala, priyangu, dhanwana, atmagupta and other sitavirya drugs which are available

+

water

Boil all the above into a decoction.

+

paste of the same drugs

double quantity (of the decoction)- milk

½ the quantity (of the decoction)- oil

Cook all the above together.

Ci11#258

The following anointment should be used:

The drugs listed in Candanadya Taila

Pound the above and cook well.

Apply as anointment.

Ci11#258

The following decoction should be used for bath and sprinkling:

The drugs listed in Candanadya Taila

+

water

Boil all the above together.

Cool [and add extra water] and use for bath and sprinkling.

Ci11#258

Other sprinklings Efficacious in Hot Fever:

Sprinkling and bath with honey, sour gruel, milk, curd, ghee and water alleviate the hot fever quickly due to being cold in touch.

Ci11#259

Treatment Through Routine For Hot Fever:

One suffering from burning sensation should lie down comfortably on the bed covered with the cold leaves of puskara, lotus and water lily, banana and clean silk cloth cooled with sandal water or in water-cooled chamber or a room sprinkled with cold water.

He should also have the pleasant contact of gold, conch, coral, jewels and pearls cooled with sandal water.

He should be fanned with garlands, flowers, blue water lily or lotus and other various fans carrying cool air and showering sandal water.

Rivers, tanks, lotus leaves and clean ponds which pacify burning sensation, thirst, malaise and fever should be used for bath.

Such persons should be entertained with passionate movements by charming and favorite women pasted with sandal and wearing jewels and pearls.

Cold food and drinks, gardens, breeze and moon-rays pacify the fever with burning sensation.

Ci11#260-266

[Here follows information on treatment of Cold Fever, for producing Heat]

Agurvadya Taila:

With this lukewarm oil the cold fever subsides:

aguru, kustha, tagara, patra, nalada, saileya, dhyamaka, harenuka, sthauneyaka, ksemaka, ela, varanga, dala, pura, tamalapatra, bhutika, harenuka, sthauneyaka, ksemaka, ela, varanga, dala, pura, tamalapatra, bhutika, rohisa, sarala, sallaki, devadaru, agnimantha, bilwa, syonaka, kasmarya, patala, punarnava, vrscira, kantakari, brhati, salaparni, prsniparni, masaparni, mudgaparni, godsuraka, eranda, sobhanjanaka, varuna, arka, cirabilwaka, tilwaka, sati, puskaramula, gandira, urubuka, pattura, aksiva, asmantaka, sigru, matulunga, piluka, mulakaparni, tilaparni; pituparni, mesasrangi, himsra, dantasatha, airavataka, bhallataka, kandira, atmagupta, kakanda, ekaisika, karanja, dhanyaka, ajamoda, prthvika, sumukha, surasa, kutheraka, kalamalaka, parnasa, ksavaka, phanijjhaka, bhustrna, srngabera, pippali, sarsapa, "aswangadha", rasna, ruha, roha, vaca, bala, atibala, guduci, satapuspa, sitavalli, nakuli, gandhanakuli, sveta, jyotismati, citraka, adhyanda, amlacangeri, tila, badara, kulattha, masa and other such usnavirya drugs, as available

+

water

Decoct all the above.

+

paste of- the above drugs

sauviraka, tusodaka (types of vinegar)

maireya, medaka, dadhimanda (curd scum)

aranala, katvara (types of sour gruel)
 Dissolve the paste of drugs in the vinegar.
 +
 2.56Kg.- oil
 Cook all the above together.
 Ci11#267

The following anointment should be used for cold fever:

the drugs used in Agurvadya Taila
 Pound these finely.
 Apply luke-warm.
 Ci11#267

The following decoction should be used for bath and sprinkling for cold fever:

the drugs used in the Agurvadya Taila
 +
 water
 Boil the above into a decoction.
 Ci11#267

Treatment of Cold Fever with Fomentation and Other Means:

The 13 types of fomentation described in the concerned chapter (su 14) should be applied by the physician according to dose and time to alleviate the cold fever.

The same hut, the cot and the coverings along with dense incense of aguru pacify the cold fever.

Young women with well-constituted body pacify the cold fever by their embracing due to the heat of the youthful age.

Ci11#268-270

Diet for Treatment of Cold Fever:

Diaphoretic food and drinks and those which alleviate V and K overcome cold fever if applied considering the comparative strength of the above 2 doshas in combination [in the particular case of fever concerned].

Ci11#271

[Here follows a few paragraphs information on lightening and light and heaviness]

Contra-indications for Lightening Therapy in Fever Treatment:

Lightening is not indicated in the fever caused by V, exertion, injury and the chronic one.

Ci11#272

Proper Treatment for {the above-mentioned cases}[the light/depletion] fever:

These cases should be managed with pacificatory measures.

Ci11#273

Movement of Dosas and Agni in Amasaya and Dhatus:

As the dosas, having thrown out the gastric fire and circulating along the rasa produce fever, the power of digestion diminishes.

Even the increased fire under the stove with plenty of fuel will not cook food in the cooking pot if the fire is blown aside by a wind. In this same way, when the digestive fire gets thrown out of its normal location by dosas in the patient of fever, it can not digest the food taken or it can only digest light food with difficulty.

It is because of this that management with lightening etc. has been prescribed.

Ci11#274-276

*** Natural Processing of Dosas [by the Dhatu's Agnis] in 7 Days:

*** Dosas entered into the 7 dhatus get digested in the period of a week.

That is why the fever is said as mature on the 8th day. - Ci11#277

Consequence of Heavy Food Intake in Fever:

The patient having diminished agni and aggravated dosas is left suddenly by the vital breath or suffers for long if he takes food particularly some heavy one.

Because of this reason the wise physician should not prescribe diet in large quantity or excessively heavy or fatty from the start or the fever even in V fever.

Ci11#277-278

Treatment Program in Pure, Nirama V Fever:

In V fever, if there is no association of any other dosa, massage etc. should be applied ignoring the usual procedure.

Thereafter he should be given medicinal extract and then diet with meat soup.

Other measures efficacious in chronic fever should also be adopted.

Ci11#279-280

Progress and Treatment of a K fever in a K Patient:

In patients who are constitutionally predominant in K and deficient in V if fever comes with abundant K and low fever it does not mature even in a week due to mild agni.

Hence he should be managed with the said lightening, light diet, etc. till 10 days and thereafter with medicinal extracts.

Ci11#281-282

Treatment of Ama, K or K-P associated with Fever:

Fevers which are associated with ama, or are caused by K or K-P should be subject to lightening measures as described in the concerned chapter (su 22).

Ci11#283

Emesis, Purgation and Enema For Fever:

Fever caused by	K should be treated with -	emesis
	P	Purgation
	V	Enema

Ci11#284

Treatment of Dual or Aggravated Doshas in Fever:

In case of fever caused by dual or aggravated dosas one should prescribe proper drugs considering their comparative predominance or equality.

Ci11#285

Treatment of Sannipataja Fever:

This should be treated by [increasing the diminished dosas, decreasing the

aggravated ones and keeping the condition of the location of K (amasaya) in view.

Ci11#286

Incidence and Treatment of Swelling At the Root of the Ears:

In the end of the aggregated [sannipata] fever, severe swelling occurs at the root of the ears [this could be, but doesn't sound like, anaphylactic shock swelling] from which one rarely survives.

It should be treated with prompt blood-letting, intake of ghee, anointings, snuffings, and gargles which alleviate K and P. - Ci11#287-288

Treatment of Obstinate Cases with Blood-Letting:

Fever which does not subside by treatment with cold, hot, unctuous, non-unctuous etc. and has entered into "sakha" (rakta etc.) is treated with blood-letting.

Ci11#289

Treatment of various other types of fever:

Fever arisen due to erysipelas, injury and eruptions, is treated first with the intake of ghee if it is not predominant in K and P.

Ci11#290

Chronic fever continues because of the debility of bodily dhatus, hence it should be managed with the diet promoting strength and body-bulk.

Ci11#291

The usual procedure should be left in tertian and quartan fever because there is often extrinsic factor associated with the intermittent fever.

Visamajwara which is predominant in V should be treated with ghee, enema (non-unctuous and unctuous) and fatty and hot food and drinks.

Visamajwara ([intermittent fever]) predominant in P should be treated with purgation, milk, medicated ghee, bitter and cold drugs.

Visamajwara predominant in K should be treated with emesis, digestives, rough diet, lightening measures, astringent and hot drugs.

Ci11#292-295

"Now I shall mention the formulations which alleviate intermittent fever." [But it seems that basic treatment for intermittent fever has just been given, above. And the following information intermittent fever is pretty general; not specific formulas].

Concentrated wine for drink, cock, partridge and peacock in diet should be used in intermittent fever.

The patient should take satpala ghrta or haritaki, or decoction of triphala or juice of guduci, or decoction of nilini, ajagandha, trivrtta and katurhini, at the advent of the fever, after unction and fomentation, or he should take the large dose of ghee and then vomit it, or after taking plenty of meal he should vomit, or after a good meal he should take plenty of wine and then go to bed.

In intermittent fever, one should prescribe non-unctuous or sustaining enemas or the patient should take cat's feces along with milk on the same day, or the bull's feces added with rock salt along with curd-scum or wine.

The use of pippali, triphala, curd, buttermilk, pancagavya ghrta and milk is

commended in intermittent fever.

The fever is prevented by wearing gems, auspicious herbs and poison and also by

he should be “detracted” with favorite and surprising objects.

Ci11#323

Signs of Remission of Fever:

During remission of fever, the patient groans, vomits, moves, respire, becomes pale, has perspired organ, trembles, faints frequently, has delirium, whole body being hot or cold, becomes unconscious and as if filled with anger during rise of fever, passes feces with impurity and sound, liquid and with force.

Ci11#324-326

“In case the patient has profuse morbidity and the fever is acute and high, the remission occurs by crisis due to proper management and maturation of dosas.

On the other hand, if the fever is chronic, the fever having risen due to (aggravation of) dosa gradually comes down. This is remission by lysis.”

Ci11#326-328

The patient should be taken as free from fever when exhaustion and pyrexia are gone, there is no distress, senses are clear and the psyche has revived normalcy.

Ci11#329

Items to Abstain from:

The patient during fever or convalescence should avoid burning, heavy, unsuitable and antagonistic food and drinks.

He should also abstain from sexual intercourse, over-work, bath and over-eating.

Thus fever subsides and thereafter does not relapse.

During convalescence one should not take exercise, sexual intercourse, bath and walking till he regains strength.

Ci11#330-332

Consequence of taking these Avoidables during convalescence:

If one takes these avoidable food and activities during convalescence before regaining normal strength, the fever relapses.

It also relapses even with slight mis-management in cases where temperature comes down though the dosas are not eliminated properly.

That relapsed fever kills the patient suffering since long, debilitated and with poor agni in a short time.

Some times dosas get matured in successive dhatus, thus they do not produce fever but cause harm to the body.

They produce anxious expression, swelling, malaise, paleness, anorexia, itching, rashes, pimples and mildness of appetite.

Similarly, other treated disorders too relapse on a slight unwholesome activity if dosas are not eliminated properly.

Hence, even after the fever subsides, dosas should be eliminated or pacified according to condition, strength and vitality (of the patient).

In such cases, evacuation with mild measures, sustaining enemas, light vegetable soup and meat-soups of the wild animals are wholesome.

Massage, anointing, bath, incense, collyrium, bitter ghee are prescribed in relapsed fever.

If the fever relapses due to heavy, channel-blocking and unsuitable diet, management with lightening and hot therapy as mentioned above may be done.

Ci11#333-342

The following decoction, taken regularly, destroys relapsing fever:

kiratatikta, kutaki, musta, parpataka, guduci
+ water

Make a decoction with all the
above.

Ci11#343

The wise physician, considering the management of fever, should treat the case according to the condition.

Ci11#344

Fever is the king of all diseases, destroyer of all creatures and severe, hence a physician should be particularly cautious in treating it.

Ci11#345

((All the above is from Chikitsasthanam, Ch. 3, Pgs.52 to p.86))

Raktapitta (Internal Hemorrhage)

Diagnosis

Etiology

Prodromal Symptoms

Symptoms

Complications

Prognosis

Upward-moving Vs. Downward-moving Types

Rough Vs. Unctous Types

Treatment

Lightening Vs. Saturating Therapy

Drinks

Diet

Gruels

Emetic/ Purgatives

Pacificatory Treatment

Formulas

Topical Treatment

Non-herbal Procedures

The physician knowing causes and symptoms should manage promptly the case of intermittent hemorrhage which is a great disease, greatly forceful and quick-acting like fire.

Ci4#5

“I will further explain how P acquires the name of ‘lohita pitta’ (internal hemorrhage).”

Ni2#3

[Note: ‘Raktapitta’ and ‘Lohapitta’ are both synonyms for internal hemorrhage.]

Etiology:

basically:

Intake of sharp, sour, pungent and salty substances in excess, exposure to the sun and gastric hyperacidity.

Ci4#6

Etiology of ‘Lohita Pitta’:

taking diet consisting mostly of grains such as yavaka, uddalaka and koradusa also other food items excessively hot and sharp added with legume of nispava, black gram, horse gram and alkali;

or with curd, curdwater, buttermilk, sour buttermilk or sour gruel;

meat of pig, buffalo, sheep, fish and cow,

vegetables of oil cake, pindalu (a tuber) and dried potherbs;

upadamsa (chutney or salad) of radish, mustard, garlic, karanja, sigru,

madhusigru, kharabusa, bhustrna, sumukha, surasa, kutheraka, gandira, kalamalaka, parnasa, ksavaka and phanijjaka

after-drink of sura (wine, sauvira, tusodaka (types of vinegar), maireya, medaka,

madhulaka (fermented beverages, sukta (sour beverage), sour preparations of kuvala and badara (types of jujube),

takes preparations of (rice) flour in excess after meals:

or excessively heated (in the sun or fire) takes unboiled milk in excessive quantity or frequently;

eats rohine (vegetable) along with milk,

or takes kanakapota (a type of pigeon) cooked with mustard oil and alkali,

or excessively exposed to heat takes milk along with sour beverages cooked with horse gram, oil cake, fruits of jambu and lakuca,

With such types of regimen his P gets vitiated and blood exceeds its normal measure.

With blood exceeding its normal measure the vitiated P, while circulating in the body, reaches the openings of blood-carrying channels originating from the liver and spleen, obstructs them which are already heavy due to congestion of blood and thus affects the blood morbidly.

Ni2#4

P is called ‘lohita pitta’ because it contacts with blood, affects it and acquires its smell and color.

[[loha means iron; perhaps like rust-colored; red. Perhaps

loha has other meanings]]

Ni2#5

[Pathology]:

P aggravated by these causes reaches rakta and because of similarity in constitution develops further at the same time affecting it (rakta).

Due to heat of P the fluid portion from all the fomented dhatus oozes out which again leads to aggravation of P.

Ci4#7-8

Prodromal Symptoms of Lohitapitta:

aversion to food
 mal-digestion of food
 eructation having smell and taste of sour gruel
 frequent urge for vomiting
 disgusting vomit
 hoarseness of voice
 malaise
 spreading burning sensation
 as if emittance of smoke from the mouth
 smell of metal, blood, fish and mucus in the mouth
 appearance of red, green or yellow color in the body parts, feces, urine, sweat, saliva, nose-secretion, excreta from mouth and ear, and boils;
 body-ache,
 frequent vision of red, blue, yellow, blackish and brilliant objects in dreams

Ni2#6

Complications of Raktapitta/ Lohapitta:

debility
 anorexia
 indigestion
 dyspnea
 cough
 fever
 diarrhea
 odema
 phthisis
 anemia
 hoarseness of voice

Ni2#7

Similarity of P and Rakta:

P itself is called as raktapitta because of “conjunction with” rakta dhatu and affecting the rakta dhatu.

[Explain the above.]

P itself is called as raktapitta because of it’s similarity in smell and color to rakta.

Ci4#9

Significance of Spleen and Liver:

The “P (raktapitta)” [or just ‘rakta’?] stays located in spleen and liver because in persons the blood vessels originate from them.

Ci4#10

Signs of K raktapitta:

viscous, pale, unctuous and slimy blood coming out

Ci4#11

Signs of V raktapitta:

blackish, reddish, frothy, thin and rough blood coming out.

Ci4#11

Signs of P raktapitta:

ochre-like, black, cow-urine-like, shining black, smoky and collyrium-like color of blood coming out.

Ci4#11

Signs of dual-doshic raktapitta:

the symptoms of the involved doshas are combined.

Ci4#12

Signs of sannipata raktapitta:

signs of all 3 doshas are present.

Ci4#12

Prognosis of raktapitta:

Raktapitta associated with 1 dosa is curable.

Raktapitta associated with 2 dosas is maintainable.

Raktapitta associated with 3 dosas is incurable.

Ci4#13

Raktapitta is also incurable if it is severely forceful and invading the person who has poor digestion, is emaciated due to diseases, is old and is under-nourished.

Ci4#14

Delineation of Upwards Vs. Downwards-Moving Raktapitta:

Movement of raktapitta is directed upwards and downwards.

The upwards movement occurs through the 7 orifices in the head.

The downwards movement occurs through the 2 orifices in the pelvis.

Ci4#15-18

The 2 Paths of Internal Hemorrhage:

Upwards

In persons having abundance of K, going upward in contact with K, it bleeds through ear, nose, eyes and mouth. - Ni2#8

Downwards

In persons having abundant V, going downwards in contact with V, it bleeds through the passages of urine and feces.

Ni2#8

Both ways:

In those having abundance of both K and V, in contact with both of them, it follows both the paths and thus bleeds through all the aforesaid orifices.

Ni2#8

Prognosis of Types of Internal Hemorrhage:

upward type: is curable, because of being treatable by purgation and plenty of applicable drugs.

Downwards type: is palliable, because of being amenable to emesis and less number of applicable drugs.

Both ways type: is incurable, because of non-applicability of both emesis and purgation, and want of proper drugs.

Ni2#9

Spiritual-Historical Etiology of Internal Hemorrhage:

Vitiating of raktapitta emerged, in early times, after fever when at the time of destruction of Daksa's sacrifice the living beings were pervaded by the fire of Rudra's wrath.

Ni2#10

Prognosis relative to Direction of Raktapitta:

That coming through the upper passages is curable.

That coming from the lower passages is maintainable.

That coming from both upper and lower passages is incurable.

When raktapitta flows out from all the orifices including the hair follicles it is known as with innumerable movements, and this is fatal.

Ci4#15-18

Further Notes on Prognosis:

Raktapitta passing out excessively through both the passages, having corpse-like smell, exceedingly red or black, associated with K and V, adhering in throat, having all the complications mentioned earlier, possessing deep yellow, blue, green or coppery color and in emaciated and coughing patient is incurable.

The raktapitta which is associated with 2 dosas, which aggravates again and again after subsiding and shifts from one passage to another is maintainable [but not curable].

Raktapitta which has only one passage, is in the strong person, is not very forceful, is recently arisen, in favorable season and without complication is curable.

Ci4#19-22

Other causes of Incurability:

Some curable disease is not treated successfully because of lack of attendants and equipments, uncontrolled self [patient] and fault of the physician.

Omission of the proper remedy also makes some disease incurable.

Incurability is one which comes gradually through curability and palliability.

Ni2#21-22

Types of Raktapitta Which are Incurable:

raktapitta which is black or blue or rainbow colored and 'stains cloth

bleeding which is of excessively fetid smell, in large quantity and associated with all the complications particularly in weak and emaciated patients.

The patient suffering from raktapitta sees the sky as red, the disease is certainly incurable.

Ni2#23-26

The incurable disease should be avoided, the palliable one should be managed with efforts and the curable one should be treated successfully with tried remedies.

Ni2#27

Unctuous-hot and Rough-hot Cause Raktapitta:

Raktapitta is caused by unctuous-hot and rough-hot.

Unctuous-hot: gives rise to upward-moving raktapitta

Is associated with K

Rough-hot: gives rise to downward-moving raktapitta

Is associated with V

(Association of V and K [w/ P] gives rise to upward and downward raktapitta.)

Ci4#23-24

Treatment of Raktapitta:Treatment of Internal Hemorrhage:

In order to pacify this quick-acting and emergent condition which is like a forest fire: prompt action should be taken carefully to treat it with saturating or desaturating soft, sweet, cold bitter and astringent diet and paste, sprinklings, bath, touching, emesis etc. taking due consideration of dose, place and time.

Ni2#11

‘Here are the verses’:

Raktapitta which comes upwards is curable because of applicability of purgation and abundance of useful drugs. - Ni2#12

Purgation is the best remedy for alleviation of P and also not ineffective for K which is associated with it. - Ni2#13

Sweet drugs are also applicable there. - Ni2#13

Hence hemorrhage coming out from the upper part is curable.

Ni2#14

Hemorrhage from the lower parts is decidedly palliable because emesis is slightly applicable here and useful drugs are also a few.

Emesis is not so efficacious for elimination of P and it is also ineffective in alleviation of V which is associated with P.

Moreover, astringent and bitter drugs are not applicable there.

Hence hemorrhage from the lower parts is regarded as palliable.

Ni2#15-17

Raktapitta which comes out from both the parts should be known as incurable from the aforesaid reasons.

Here no evacuative measure is applicable which goes out from the path opposite to that of hemorrhage.

In raktapitta, elimination of dosa from the opposite path is recommended.

‘Likewise, there is no around pacificatory measure for this while in combined dosas the pacificatory measure should be able to pacify all the dosas.’

Thus 3 types of raktapitta have been described according to the different paths.

Ni2#18-20

Importance to not check raktapitta in certain cases:

Internal hemorrhage having much impurity and excited and in a person who is not emaciated and weak and takes normal food should not be checked in the very beginning.

If checked at the very start, it produces choking of the throat, fetid smell from the nose, fainting, anorexia, fever, gulma, spleen enlargement, hardness of bowels, leucoderma, dysuria, leprosy, piles, erysipelas, loss of complexion, fistula-in-ano, obstruction to intellect and senses.

Hence one desiring success should ignore, at first, the internal hemorrhage started in a strong patient considering the strength and condition of the morbidity.

[this last sentence is redundant; remove.]

Ci4#25-28

Ama Involvement and Lightening Therapy:

“Mostly the raktapitta excited by amadosa of the person aggravates, hence he should be managed with lightening measures.”

[translation: In most cases of raktapitta, it is ama which aggravates it. So, the raktapitta should be managed indirectly by managing ama with lightening therapy.]

Ci4#29

Lightening or Saturating Therapy:

The physician should apply in the beginning of raktapitta, lightening or saturating measures according to passage, association of dosa and etiology.

[So, as far as treatment in terms of passage:

Upward-moving raktapitta, being K should be treated with lightening.

Downward-moving raktapitta, being V, should be treated with uncting/
“saturating” (if it is relatively nirama).]

Ci4#30

Drinks to Use:

The patient who feels thirsty should be given this drink:

hribera, candana, usira, musta and prapataka

+

water

Boil the above together. - Ci4#31

Or the patient may be given cooled boiled water.

Ci4#31

One having knowledge of constitution and preparation should prescribe saturating drink in upward raktapitta and liquid gruel in downward raktapitta [note: this contradicts my statement above] considering time, suitability and association of dosas.

Ci4#32

The following is a saturating drink to use:

kharjura

Mrdwika (fruits)

Madhuka (dry flowers)

Parusaka (fruit)

Water

Boil the above together.

+
sugar
Mix all together.
Serve cooled.
Ci4#33

The following saturating “preparation” [not a drink], if taken timely, alleviates the upward-moving raktapitta:

Powder of parched paddy
+
honey, ghee
[but no water/ liquid...]
Ci4#34

These additions may be made to the saturating preparation if the patient has poor digestion and is suited to sour things:

pomegranates
amalaka fruits
Ci4#35

Diet in Raktapitta:

The patient of raktapitta should take meal consisting of the cereals of sali, sastika, nivara, koradusa, prasantika, syamaka and priyangu.

For them, gram, lentils, green grams, makustha and adhaki are commended for the pulse-soup.

The vegetables useful in raktapitta are patola, nimba, tip of vetra, tender leaves of plaksa and vetasa, kiratitkta, gandira and kathillaka.

The flowers of kovidara, kasmarya and salmali are also used as vegetable in diet and also similar substances which alleviate raktapitta.

These vegetables should be prepared by boiling or frying with ghee or like soup and given to the vegetarian patients as vegetable.

Dove, pigeon, common quail, raktaksa (crane), vartaka (a quail), grey partridge, ena, harina and kalapucchaka (types of deer) are wholesome in raktapitta. Their soups are used soured or unsoured, fried with ghee and added with sugar.

In raktapitta associated with K: vegetable soup is good.

In raktapitta associated with V: meat soup is prescribed.

Ci4#36-39

Here Follows a Section On Gruels for Raktapitta:

This gruel may be used:

Stamens of- lotus, water lily
prisniparni, priyangu grains

+

water

Boil the above together.

Make into a gruel [by the addition of {more} cooked grains].

Ci4#40-41

This gruel may be used:

decoction of- candana, usira, lodhara, musta

Prepare a gruel.

Ci4#42

This gruel may be used:

decoction of- kiratatikta, usira, musta

Ci4#43

This gruel may be used:

decoction of- dhataki, dhanvayasa, hrivera, bilwa

Ci4#44

This gruel may be used:

decoction of- masura, prsniparni

Ci4#44

This gruel may be used:

decoction of- salaparni and mudga

Ci4#45

This gruel may be used:

decoction of- harenuka mixed with ghee

Ci4#45

This gruel may be used:

decoction of- bala - Ci4#46

This gruel may be used:

decoction of- meat soup of dove etc.

Ci4#47

Note: all the above gruels are the gruels useful in raktapitta. They should be taken cooled and added with honey and sugar. These gruels [/decoctions] may also be made in meat soups [instead of gruels].

Ci4#48

The following are 5 gruels which may be used if there is raktapitta with constipation due to aggravated V:

- 1) rabbit
vastuka
Cook the above together.
- 1) partridge
decoction of- udumbara
Cook the above together.
- 1) decoction of- plaksa
peacock
Cook the above together.

- 1) decoction of- nyagrodha
cock
Cook the above together.
- 1) decoction of- bilwa, utpala etc.
Vartaka, krakara
Cook the above together.
Ci4#49

The following [drink] may be used in condition of thirst:

bitter or thirst-alleviating fruit juice
water
Boil the above together.
Ci4#50

The following drink may be used in condition of thirst:

Drugs of the vidarigandhadi group
water
Boil the above together. - Ci4#51

The following drink may be used in condition of thirst:

Simply- water, boiled and cooled.
Ci4#51

Volume of water to give to the Patient:

Water should be given to the thirsty patient up to full satisfaction or in small quantity according to the associated dosas, strength as well as diet of the patient.
Ci4#52

Items to Avoid:

Whatever etiological factors of raktapitta have been mentioned should not be used by the patients of raktapitta if they wish to survive and to be free from the disease.
Ci4#53

The Management of Strong Patients having Plenty of Dosas:

Raktapitta arisen due to over-saturation in a strong patient who has no emaciation and debility but the disorder is enormous should be treated with evacuative therapy by purgation (in upward type) and emesis (in downward type). This should be done in a proper time schedule, and only if the patient is fit for such therapy and if the disease has no complication.

Ci4#54-55

[Upward raktapitta may be treated by downward purgation.
[Downward raktapitta may be treated by upward emesis.]

The following is a purgative formula to be used [[in upward r.]]:

Decoction of- trivrta, haritaki, fruit of aragvadha, trayamana, indrayana (roots) or
amalaka (fruits)
+
plenty of- honey, sugar

Mix all the above together.

Ci4#54-55

The following is an emetic to be used in the downward-moving raktapitta:

madanaphala

+

mantha

honey, sugar

Ci4#56

The following is an emetic to be used in the downward-moving raktapitta:

Madanaphala

+

water

sugar - Ci4#57

The following is an emetic to be used in the downward-moving raktapitta:

madanaphala

+

sugarcane juice

Ci4#58

The following is an emetic to be used in the downward-moving raktapitta:

indrayava, musta, madana, madhuka

+

honey

[plus water?]

Ci4#59

Stage II: After the evacuation, dietetic management should be done.

Dietetic Management:

in case of Upward type:

Dietetic regimen starts with saturating drink.

In case of Downward type:

Dietetic regimen starts with gruel (provided V is not dominant).

Ci4#60-61

-Pacifactory Treatment For the Weak Patients of Raktapitta:-

The patient who is not fit for emesis or purgation such as one debilitated, emaciated, reduced by grief, load-carrying or travelling on foot, exposed to heat of the fire or the sun, or emaciated by other disease, pregnant, old, child, taking rough, little and measured diet or associated with phthisis should be treated with pacifactory treatment.

Ci4#62-63

Here follows Formulas for Pacifactory Treatment of Raktapitta:

The following formula alleviates dyspnea, cough and internal hemorrhage:

decoction of- vasa, mrdwika, haritaki
 +
 sugar, honey
 Ci4#64

The following decoction should be taken in raktapitta:

vasa, priyangu, lodhra
 +
 earth
 collyrium
 water
 Decoct all the above and cool.
 +
 honey
 Ci4#65

The following decoction should be taken:

decoction of- padmaka, lotus stamens, durva, vastuka, utpala, nagakesara, lodhra
 +
 [honey, sugar]
 Ci4#65

The following may be taken:

parpaundarika, madhuka
 +
 honey
 +
 liquefied horse dung
 Liquefy the herbs and the honey in the liquefied horse dung.
 This should be administered with rice water.
 Ci4#66

The following may be taken:

roots of- yavasa
 +
 liquefied cow dung
 Dissolve the herb in the liquefied cow dung.
 This should be administered with rice water.
 Ci4#67

The following may be taken:

[roots of-] bhringaraja

+
 liquefied cow dung
 Dissolve the herb in the liquefied cow dung.
 This should be administered with rice water.

- Ci4#68

The following may be taken:

solution of- cow dung, horse dung [plus water]
 +
 honey, ghee
 Ci4#69

The following [paste] may be taken:

powder of the flowers of khadira, priyangu, kovidara, salmali
 +
 honey
 Mix all together.
 Ci4#69

The following [paste] may be taken:

powders of- sringatata, parched paddy, musta, kharjura, lotus stamens
 +
 honey
 mix all together.
 Ci4#70

The following [paste/drink] may be taken:

blood of- wild animals, [wild] birds
 +
 honey
 Ci4#71

** The following [paste] formula should be used “if the blood is clotted” [useful in stroke? Heart attack? Ischemia?]:

excrement of pigeon
 +
 honey
 Ci4#72

** The following quickly alleviates internal hemorrhage, fainting, thirst and burning

sensation:

Any single herb from the following list may be added to the below formula for the above results:

1)usira, 2)kaliyaka, 3)lodhra, 4)padmaka, 5)privangu, 6)katphala, 7)conch, 8)ochre

The formula:

the herb

+

equal part- sandalwood

[equal part-] sugar

rice water

Dissolve the powders in the rice water.

Ci4#73-74

* The following formulas check the internal hemorrhage:

Any single herb from the following list may be added to the below formula for the above results:

1)kiratatikta, 2)kramuka, 3)musta, 4)prapaundarika, 5)kamala, 6)utpala, 7)hribera (root), 8)patola (leaves), 9) duralabha, 10)parpataka, 11)lotus stalk, 12)bark of arjuna, 13)udumbara, 14)vetasa, 15)nyagrodha, 16)saleya, 17)yavasaka, 18)tuga, 19)lata (durva), 20)nagakesara, 21)tanduliya, 22)sariva, 23)mocarasa, 24)lajjalu

The formula:

the herb

+

equal part- sandalwood

[equal part-] sugar

rice water

Dissolve the powders in the rice water.

Note: all the above herbs may be collectively as a group or separately used in the form of cold infusion, juice, paste, hot infusion or decoction for the above results.

Ci4#75-77

** The following formula pacifies even the aggravated raktapitta:

pippali, usira, musta, candana

green gram

parched paddy

+

decoction of- bala

Mix all the above together (but do not cook) and keep overnight before use.

Ci4#78

The following alleviates raktapitta:

water in contact with vaidurya “(cat’s eye)”, pearls, gems, ochre, earth, conch, nagakesara and amalaka

Ci4#79

The following alleviates raktapitta:

honey-water

Ci4#79

The following alleviates raktapitta:

sugar cane juice

Ci4#79

The following formula checks bleeding:

usira, lotus, water lily, sandalwood

+

cooked earthen clod (or brick)

Clear water

Keep the above together [like infusion, but for longer]. Cool well.

+

honey, sugar.

Mix all the above together.

Ci4#80

The following is an excellent hemostatic:

Priyangu, candana, lodhra, sariva, madhuka, musta, usira, dhataki

+

water

Keep all the above together.

Ci4#81

The following is an excellent hemostatic:

water kept with brick [it’s probably not a good idea to use modern bricks; they may have nasty chemicals in them]

Ci4#81

** The following is an excellent hemostatic:

sastika rice water

+

sugar

Mix the above together.

Ci4#81

Here follows a set of formulas for the treatment of nirama V:

In the internal hemorrhage which does not get pacified by the said various extracts after digestive fire being kindled and K being overcome, there may be association of V which should be treated thereafter.

Ci4#82

The above condition is remedied excellently with- goat milk

Ci4#83

The following is excellent for the above condition:

1 part- cow milk

5 parts- water

Boil the above together [and cool].

+

sugar, honey

Ci4#83

The following formula is useful in the above condition:

drugs of the vidarigandhadi group

+

milk

Boil all these together.

Ci4#83

The following formula is useful in the above condition:

Draksa

+

milk

Boil the above together.

Ci4#83

The following formula is useful in the above condition:

nagaraka (musta)

+

milk

boil the above together.

Ci4#83

The following formula is useful in the above condition:

Bala

+

milk

Boil the above together.

Ci4#84

The following formula is useful in the above condition:

goksura
+
milk
Boil the above together.
Ci4#84

The following formula is useful in the above condition:

jivaka, rsabhaka
+
milk
Boil the above together.
+
ghee, sugar
Ci4#84

NOTE: possibly all the above formulas for nirama V may be supposed to be added with ghee and sugar, but it is probably just the last formula that requires these.

** The following formula checks the hemorrhage quickly, particularly that one from the urinary passage and with pain:

satavari, goksura
+
milk
Boil the above together.
Ci4#85

The following formula checks the hemorrhage quickly, particularly that one from the urinary passage and with pain:

the four-leaved herbs (mudgaparni, masaparni, salaparni, prsinparni)
+
milk
Boil the above together.
Ci4#85

The following formula is particularly good for hemorrhage from the rectum:

mocarasa
+
milk
Boil the above together.

“After taking the medicinal extracts with milk the patient should take ghee cooked with these extracts.”

Ci4#86-87

The following formula is particularly good for hemorrhage from the rectum:

hanging roots or leaf-buds of- vata or hribera

+

nilotpala, nagara (musta)

milk

Boil the above together.

“After taking the medicinal extracts with milk the patient should take ghee cooked with these extracts.”

Ci4#86-87

Vasaghrta:

This ghrta taken with honey checks the hemorrhage quickly:

“vasa along with branches, leaves and root”

+

water

Make into a decoction

+

paste of- vasa flowers

Ghee

Cook all the above together into a ghrta.

This should be taken with honey.

Ci4#88

The following formula is good for P fever and is commended in internal hemorrhage:

juice of- stamens of palasa (flowers)

+

paste of- stamens of palasa (flowers)

honey

Liquefy all the above together.

+

ghee

Cook the above into a ghrta [add the honey after the ghrta has been cooked]].

Ci4#89-90

The following formula is good for P fever and is commended in internal hemorrhage:

paste of- kutaja

[honey]

[Liquefy all the above together.]

+

ghee

Cook the above into a ghrta [add the honey after the ghrta has been cooked]].

Ci4#89-90

The following formula is good for P fever and is commended in internal hemorrhage:

[paste of-] samanga (lajjalu), utpala, lodhra

[honey]

[Liquefy all the above together.]

+
 ghee
 Cook the above into a ghrta [add the honey after the ghrta has been cooked]].
 #89-90

The following formula is good for P fever and is commended in internal hemorrhage:

[paste of-] trayamana
 [honey]
 [Liquefy all the above together.]
 +
 ghee
 Cook the above into a ghrta [add the honey after the ghrta has been cooked]].
 Ci4#89-90

The following formula is good for P fever and is commended in internal hemorrhage:

[paste of-] udumbara
 [honey]
 [Liquefy all the above together.]
 +
 ghee
 Cook the above into a ghrta [add the honey after the ghrta has been cooked]].
 Ci4#89-90

The following formula is good for P fever and is commended in internal hemorrhage:

[paste of-] patola leaves
 [honey]
 [Liquefy all the above together.]
 +
 ghee
 Cook the above into a ghrta [add the honey after the ghrta has been cooked]].
 Ci4#89-90
 "... Thus vasaghrta"[remove this line] - Ci4#90

Other Therapies for internal hemorrhage:

All measures which are prescribed for the treatment of P fever (such as massage, sprinklings, baths, beds, room, cooling methods, or enema) should be applied in internal hemorrhage, taking time and dose into consideration.

Sarpigudas (the boluses of ghee) prescribed for the patients of ksata (chest wound) control the internal hemorrhage quickly. [[in nirama type only]]

Ci4#91-92

* The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is “adherent”:

alkali of- the stalk of water lily	[alkali for the ‘adherence’]
+	
honey, ghee	
Ci4#93	

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

alkali of- lotus stalk
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] lotus
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] water lily
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] nagakesara
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] palasa
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] priyangu
+
honey, ghee

* The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] madhuka
+
honey, ghee
Ci4#94

The following formula is good for raktapitta when there is association of K [,] and blood reaching the throat is adherent:

[alkali of-] asana
+
honey, ghee
Ci4#94

* Shatavaryadi Ghrta:

This ghrta alleviates cough, fever, hardness of bowels, constipation, pain and internal hemorrhage:

c[s]atavari, dadima, tintidika, kakoli, meda, madhuka, vidari
+
paste of- the root of bijapura
four times- milk
ghee
Ci4#95

The following ghrta has the same effect as the satavaryadi ghrta, above:

5 root pentads [this the list of 5 groups of 5, not pancamula]
+
ghrta
milk
Cooked as above.

Ci4#96

* Nose Bleeding (but also including other hemorrhages of sinus and brain, etc.):

The internal hemorrhage coming out of the nose should be treated with the above decoctive drugs in the form of awapida (juice snuffing) when the vitiated dosas are eliminated, otherwise [if the vitiated dosas have not been eliminated] if the affected rakta is checked by juice-snuffing it produces obstinate coryza, head diseases, blood with pus and corpse-like smell, loss of smell sensation and maggots.

Ci4#97-98

* The following snuffing formula should be used for the above condition:

nilotpala, ochre, conch, sandal

+

sugar water

Ci4#99

The following snuffing formula should be used for the above condition:

Juice of- mango seed

+

[[juice of]]- lajjalu, dhataki, mocarasa, lodhra

Ci4#99

* The following snuffing formula should be used for the above condition:

Grape juice

Ci4#100

* The following snuffing formula should be used for the above condition:

Sugarcane juice

Ci4#100

* The following snuffing formula should be used for the above condition:

Milk

Ci4#100

The following snuffing formula should be used for the above condition:

juice of- durva

Ci4#100

The following snuffing formula should be used for the above condition:

[juice of-] yavasa roots

Ci4#100

The following snuffing formula should be used for the above condition:

[juice of] palandu (bulbs)

Ci4#100

The following snuffing formula should be used for the above condition:

juice of pomegranate flowers

Ci4#100

The following snuffing formula should be used for the above condition:

Priyala taila
 +
 madhuka
 milk
 Cook all the above together.
 Ci4#101

The following snuffing formula should be used for the above condition:

Buffalo ghee or goat's ghee
 +
 madhuka
 milk
 Cook all the above together.
 Ci4#101

The following snuffing formula should be used for the above condition:

Mango seed, lajjalu, dhataki, mocarasa, lodhra
 +
 milk
 Ci4#101

The following snuffing formula should be used for the above condition:

Sariva, kamala, utpala
 +
 milk

Anointing, Sprinkling, Bath and Etc.:

The following group of herbs, called Bhadrasriyadi group, should be used for anointing, sprinkling, bath and preparation of ghee and oil for alleviation of raktapitta:

Bhadrasri, red sandal, prapaundarika, kamala, utpala, usira, vanira, hribera, mrnala, bigger satavari, madhuka, payasya, root of sali, iksu, yavasa, gundra, nala, kusa, kucandana, saivala, ananta, kalanusarya, grass root, rddhi, roots and flowers of aquatic plants, plaster of pond earth, udumbara, aswattha, madhuka, lodhra and other astringent cold plants.

Ci4#101-103

Other Procedures and Routine for Treatment of Raktapitta:

Quite cool water chamber, underground chamber, beautiful park cooled with cold water- these are used in case of burning sensation.

Moreover, the beds and chairs should be covered with leaves of flowers of aquatic plants, cold silk cloth, banana leaves and leaves of lotus and water lily.

Touches of the charming women anointed with priyangu and candana, and moist and cool breezes from lotus and water lily are commended for use in burning sensation.

Visit to rivers and lakes, glaciers, ponds having water lily and lotus flowers,
favorite and soothing narratives pacify raktapitta.

Ci4#104-109

((All the above is from Chikitsasthana, chptr. 4, pgs. 86 to 97))

Hikka (Hiccup) and Swasa (Dyspnea)

Diagnosis

Etiology

Symptoms

The 5 Types of Hiccup

The 5 Types of Swasa (Dyspnea)

Treatment

General Treatment

Emesis

Treating Strong Vs. Weak Patients

Diet- soups

Formulas

General Treatment

There are many fatal diseases but they do not take away the life so quickly as hiccup and dyspnea. -Ci27#6

Moreover, in the person suffering from the other various disorders, severe hiccup or dyspnea arises at the end.

Ci27#7

Hikka and swasa are predominant in K and V. [both]

They arise from the seat of P [the small intestine?] and dry up the heart and the dhatus.

Hence, both hiccup and dyspnea being similar are regarded as very difficult to overcome and if managed badly they get aggravated further and kill the patients like serpents.

Ci27#8-9

In the chapter on enumeration of diseases (Su. 19) each of them has been said as of 5 types.

Etiology for Hiccup and Dyspnea:

These 2 diseases arise due to dust, smoke, wind, residing in cold place and using cold water, physical exertion, sexual intercourse, traveling on foot, intake of rough food, irregular meals, vitiation of ama, distention of bowels, roughness, oversaturation, debility, injury to vital parts, use of duals (cold and hot etc.) together and excessive evacuation.

They may arise as complications in diseases such as diarrhea, fever, vomiting, coryza, chest injury with wasting, internal hemorrhage, upward movement of V, visucika, alasaka, panduroga and poisoning.

They also arise due to intake of nispava, black gram, oil cake, sesamum and oil, flour preparations, tubers, distending, burning and heavy food, aquatic and marshy meat, curd, unboiled milk, channel-blocking regimens and use of K-aggravating things leading to obstruction in throat and chest and various other sorts of retention.

Ci27#10-16

Pathology:

V situated in chest entering into the channels carrying vital breath is vitiated and enforcing the K further gives rise to hiccup and dyspnea (each of 5 types) which are of severe nature and impede the vital breath in living creatures.

Ci27#17

Prodromal Symptoms of Hiccup:

Heaviness in throat and chest, astringency in mouth and gurgling sound in abdomen.

Ci27#19

Prodromal Symptoms of Dyspnea:

Hardness in bowels, pain in sides, compression in cardiac region, mis-passage of vital breath [what does that mean; breath coming into esophagus instead of larynx?]

Ci27#20

Etiology of Hiccup:

V along with K obstructs the channels of vital breath, water and food and thus produce hiccup.

Ci27#21

5 Types of Hiccup:

<u>Type:</u>	<u>Etiology, Pathology and Symptoms:</u>
Mahahikka (Great Hiccup)	<p>In the person with wasted flesh, vital breath and energy, V along with K seizes the throat suddenly and causes constant hiccup with excessively high sound, once, twice or thrice at a time.</p> <p>Prana V creating obstruction in channels, vital parts and heat-process steals away the consciousness, stiffens the body parts and obstructs the passage of food and drinks.</p> <p>The patient becomes lost of memory, with profuse lachrymation in eyes, stiffness in temples, drooping of eyebrows, mingled voice and delirium and restlessness.</p> <p>This is has deep root, forceful paroxysms, loud sound and severity and takes away the life quickly.</p>
Gambhira Hikka (Deep- Seated Hiccup)	<p>One who hiccups excessively, being emaciated and with anxious expression and shattered chest, with difficulty and deeply with resonance, yawning, drawing in and extending limbs, making indistinct sound while holding his both the sides, associated with stiffness and pain, the hiccup starts from navel or colon producing excessive jerk and bending in the body with fainting and obstructs the respiratory passage with loss of strength and mental power.</p> <p>This is fatal.</p>
Vyapeta Hikka (Post-Meal Hiccup)	<p>This hiccup ensues after taking 4 types of food and drinks [which are?] and gets aggravated after the food is digested.</p> <p>By this, the patient suffers from delirium, vomiting, diarrhea and thirst, mental confusion, yawning, congestion of eyes, dryness of mouth, bending of body and severe tympanitis.</p> <p>This hiccup originates off and on from the root of the neck.</p> <p>It creates obstruction to the vital breath.</p>
Ksudra Hikka (Minor Hiccup)	<p>It is produces “when V ordinarily pressed by physical exercise” moves from belly to throat.</p> <p>This is not very troublesome, does not afflict the vital parts of chest and does not obstruct the passage of respiration and food.</p> <p>It aggravates on physical exertion and subsides after meal in the same way as it starts.</p> <p>It if of mild nature and is located in the heart, kloma [what did this mean again?], throat and palate.</p> <p>This is curable.</p>
Annaja Hikka (Dietetic Hiccup)	<p>V pressed suddenly by over-eating or overdrinking or intake of too much intoxicating wine and also due to excessive anger, speech, travelling on foot, laughing or weight-lifting moves upwards from the belly.</p> <p>V situated in belly being pressed with food and drinks runs upwards and reaching the passages in chest produces this kind of hiccup.</p> <p>By this the person hiccups slowly, without trouble and even sneezing.</p> <p>It does not afflict the vital parts or senses and gets subsided on taking food or drinks.</p>

Prognosis:

Hiccup arisen in a person having great accumulation of dosas, weakened due to discontinuance of food, emaciated due to diseases, old age and indulged in excessive sexual intercourse takes away the life quickly.

Yamika (having double bouts) associated with delirium, distress, thirst and fainting is fatal.

Yamika is curable if the patient is not emaciated, anxious and possesses firm dhatus and senses; otherwise it is fatal.

Ci27#42-44

Etiology of Swasa:

When V preceded by K obstructs the passages and itself being obstructed moves here and there, it produces swasa.

Ci27#45

The 5 Types of Swasa:

<u>Type of Swasa:</u>	<u>Etiology, Pathology and Symptoms:</u>
Mahaswasa	The patient with upward force of V respire highly with obstruction, sound and discomfort constantly like a mad bull. He loses all sorts of knowledge, has rolling eyes and face, retention of urine and feces, fallen voice, anxious expression and excessive respiration known from distance. This is highly fatal.
Urdwha Swasa	The patient takes the breath off but does not bring it in, has mouth and passages covered with phlegm, is afflicted by vitiated V, gazes abnormally with eyes up and rolling eyeballs, has fainting, pain, dryness of mouth and restlessness, due to vitiation of expiration, the inspiration is impeded, the patient faints time and again and becomes unconscious and finally dies.
“Cchinna [check spelling of this in Dash’s book] Swasa”	One who afflicted in entire vital breath respire intermittently or does not respire at all and has pain particularly cutting one in vital parts. Besides, he has hardness in bowels, sweating and fainting, burning sensation in pelvis, with rolling eye balls, is extremely emaciated, panting, having redness in one eye, detraction of mind, dryness of mouth, abnormal complexion and delirium. Cut off by the intermittent respiration he leaves his life instantly.

<p>Tamaka Swasa (Bronchial Asthma)</p>	<p>When V taking severe courses reaches (respiratory) passages seizing neck and head aggravating (secretion of) phlegm it produces coryza which creates obstruction and troublesome dyspnea.</p> <p>The patient due to severe paroxysms faints, coughs with obstruction, while coughing become subconscious frequently, in absence of expectoration becomes too much distressed and after expectoration gets temporary relief.</p> <p>He suffers from hoarseness of voice and can speak with difficulty.</p> <p>In lying posture dyspnea is aggravated and he can't sleep because in that position V seizes the sides of his chest.</p> <p>He feels comfortable while sitting and welcomes hot things.</p> <p>His eyes are elevated, forehead perspiring; he has severe pain, dried mouth, and suffers frequently from paroxysms of dyspnea which aggravates by clouds, water, cold, easterly wind and K-increasing things.</p> <p>This type of swasa can be maintained or can be cured if it is newly arisen.</p>
<p>Pratamaka: Santamaka:</p>	<p>It is associated with fever and unconsciousness.</p> <p>It is caused by Udavarta, dust, indigestion, humidity and suppression of natural urges, aggravates severely in darkness and subsides quickly by cold things is called santamaka because the patient feels as if he is sinking in darkness.</p>
<p>Ksudra Swasa (Minor Dyspnea)</p>	<p>The ordinary V in the belly produced by rough articles and exertion moves upwards and caused this type.</p> <p>It is not so distressing for the body, does not affect the body parts, is not so troublesome as other types of dyspnea nor does it restrict the normal course of food and drinks.</p> <p>It does not produce any discomfort or "pain in senses".</p> <p>It is curable in strong patients [if not manifest fully].</p>

Ci27#46-65

Prognosis:

In strong patients all the types swasas are curable if they are not manifest fully.

Ci27#66

Treatment of Hikka and Swasa:

Of them these fatal ones should be rejected because they are very severe and galloping. - Ci27#68

The other types which are curable and maintainable should be managed by the physician quickly with proper medicaments because if neglected they may reduce the body to ashes like the fire burning the dried tree.

Ci27#69

Identical Management for Hikka and Swasa:

Both hikka and swasa are managed identically due to their identical etiology, location and root.

Ci27#70

General Management:

There are 4 stages: [see notes @ strong vs. weak trtmnt; weak won't get

emesis/ purgation]

- I: massage and Unctuous Fomentation
 - II: Pre-emesis diet for vitiating K in stomach
 - III: Emesis
 - IV: Smoking to remove remaining ama
- Ci27#71-72

Step I; Unctuous Fomentation:

The patient of hiccup and dyspnea should, at first, be managed with unctuous sudation by tubular, bed and bolus methods after he is massaged with salted oil.

Ci27#73

[Note: no oil is given internally.] [Note: oil, not ghee or other heavy substance]

** By this his “inspissated” phlegm into the channels gets dissolved and thereby the passages become soft and V returns to its normal course.

[So here is shown that external oil massage and fomentation -without internal oleation- is sufficient to get ama and doshas to move out of the tissues and back to the main channels.]

** As on hilly forests the snow is liquefied by the heat of sun-rays, the sticky phlegm in the body gets dissolved by the heat of sudation. [This is so simple a concept/ explanation]

Ci27#74

Step II; Pre-emesis Diet:

After full sudation the patient should be given the diet consisting of rice with uncting substance along with meat soup of fish or boar or with the supernatant fatty layer of curd. [moderately heavy, K increasing substances.]

Ci27#75

Step III; Emesis:

In this way, when K is increased, he should be advised to take emesis [emetic formula] mixed with pippali, rock salt and honey [a nice K and V reducing emetic mix] and “which is not very antagonistic to V”.

On elimination of deranged phlegm he gets relief and V also starts moving unimpeded after the channels are cleansed.

Ci27#76

Step IV; Smoking to Remove Remaining [Morbidly/K/Phlegm]:

If some pathogenic material still remains hidden, it should be eliminated by smoking. - Ci27#77

Here follows a few smoking formulas which may be used:

This formula should be smoked:

haridra, patra, eranda (root), lac, realgar, devadaru, orpiment, mamsi

Powder all the above together.

Make into sticks.

To use, smear a stick with ghee and smoke [on a pipe?; see “Dhuman Chart”].

Ci27#77

The following formula may be used:

Barley grains

+

ghee

Mix the above together. [other processing?].

Smoke.

Ci27#78

The following may be used:

“Bee-wax*, sarjarasa and ghee are put together in the closed space between the 2 earthen plates. In this [the closed space between 2 earthen plates/ {with the above formula}] horns, hairs and ligaments of cow (or bull) may be smoked.”[this may be 1 big formula or 2 smaller formulas.]

Ci27#79

The following formula may be used:

“The dried tubular leaf-stalks of syonaka and eranda or kusa or padmaka, guggulu, aguru and sallaki *mixed with ample ghee* should be smoked.” [the tubular stalks may be used as the body of a pipe, like a cigarette. Ghee (and other ingredients) may be smeared on them. I’m also not sure how many of the items above are tubes, and how many are to be powdered to be pasted on the other tubes...]

Ci27#80

Hiccup and dyspnea associated with feeble voice, diarrhea, internal hemorrhage and burning sensation should be managed with sweet, unctuous and cold regimen etc.

Ci27#81

Contraindications of Sudation in Hikka-Swasa:

Sudation should not be applied to those suffering from P, burning sensation, profuse hemorrhaging or sweating, loss of dhatus and strength and those who are roughened, pregnant or of P constitution.

Ci27#82

Detail on Fomentation:

The region of chest and throat should be fomented as desired with warm sprinkling of uncting substance mixed with sugar or with soft poultices of utkarika (a dietary preparation) for a very short period. - Ci27#83

For this, the following formula may be used:

Utkarika prepared of:

Sesamum, linseed

Black gram

Wheat

+

V-alleviating substances

Uncting substances

Sour things or Milk

Ci27#84

In case of acute fever and ama dosa:

Rough sudation and lightening or emesis with salt water should be advised according to condition.

Ci27#85

If V is aggravated due to excessive application of these regimens:

It should be brought to normalcy by administering V-alleviating regimens, meat soup etc, with moderate heat and massages.

Ci27#86

In condition of reverse movement of V and tympanitis:

Food mixed with matulunga and amlavetasa or hingu, pilu and bida (salt) should be taken. This acts as a carminative.

Ci27#87

** There Are Two Categories of Hikka and Swasa:

* Among patients of hiccup and dyspnea, one group consists of strong ones and the other of weak ones.

* The strong group:

is dominant in K while

The weak group:

is rough and is dominant in V.

[Duplicate this valuable info to beginning of this chptr., with diagnosis scntn.]

** Treatment of Hikka and Swasa in the Strong group, predominant in K:

Emesis and purgation should be administered keeping the patient on wholesome diet followed by pacificatory management with smoking and linctus etc.

Ci27#89

** Treatment of Hikka and Swasa in the Weak group, predominant in V:

In patients having predominance of V and debility and in children and old persons, saturating management should be applied with V-alleviating and pacificatory uncting substances vegetable and meat soups etc.

Ci27#90

* Importance of Not Evacuating Depleted Patient:

By administering evacuative treatment to the patients in whom K is not excited and who are unformed and weak, V finds place and by drying up the vital organ takes away life instantaneously. - Ci27#91

Hence those having strength and dominance of K should, at first, be saturated with meat soup of marshy or aquatic animals, fomented and thereafter evacuated. -

Ci27#92

The patients of the opposite group [(weak, V)] should be subjected to promotive measures [skipping the evacuation entirely]. - Ci27#92

* For them, meat of peacock, partridge, cock and wild animals and birds cooked in decoction of dasamula or horse gram is wholesome.

Ci27#93

The following soup, taken in food, is wholesome:

Kantakari, bilwa (fruit pulp), karkatasrangi, duralabha, goksura, guduci, kulattha,
citrika

+

water

Boil all the above into a decoction. Strain.

+

pippali, ghee

Fry all the above together.

+

dry ginger, salt.

Serve as soup.

Ci27#93

The following may also be taken as wholesome soup:

rasna, bala, laghu pancamula, citrika

+

green gram

water

Boil all the above into decoction.

Ci27#94

* The following soup may be used:

Tender leaves of matulunga, nimba and kulaka

+

green gram

trikatu

alkali

water

Make all the above into a soup. [by frying the decoction in ghee?]

Ci27#95-96

* The following soup may be used for alleviating hiccup and dyspnea:

seeds of sigru and marica [black pepper]

+

salts

alkali

Ci27#97

* The following soups may be used:

leaves of kasmari -Make into a soup.

or

leaves of sobhanjana -Make into a soup.

or

dried raddish -Make into a soup.

Ci27#98

The following soup is wholesome:

Vartaka (fruit of vartaki)

+

curd

trikatu

ghee

Ci27#99

The following is wholesome:

old [emphasis on old, i.e. 1+ yr] cereals such as- sali, sastika, rice, wheat, barley

Ci27#100

The following gruel is helpful:

hingu, sauvarcala, pukskaramula, citraka, karkatasrangi

ajaji, bida

Make the above into a gruel. [with addition of a grain?].

Ci27#101

The following may be used as gruel or decoction. It pacifies cough, discomfort in heart, pain in chest, hiccup and dyspnea:

dasamula, sati, rasna, pippalimula, puskarumula, karkatasrangi, tamalaki, bhargi, guduci, sunthi, hribera.

Prepare a gruel or decoction with all the above together.

Ci27#102-103

Items to be Added to [All] Food and Drinks of Patients of Hikka and Swasa:

puskarumula, sati, trikatu, matulunga, amlavetasa along with ghee, bida and hingu.

Ci27#104

The following decoction should be used in case of thirst:

dasamaula

+

water

Ci27#105

The following decoction should be used in case of thirst:

devadaru

+

water

Ci27#105

The following may be used in case of thirst

wine

Ci27#105

The following drink may be given to relieve hikka and swasa:

patha, murva, rasna, sarala, devadaru

Wash and pound all the above.

+

“Concentrated wine (absolute alcohol)”

Keep the pounded herbs in the alcohol.

+

‘Bit of’- salt

Take in the dose of 80ml.

Ci27#106

The following [liquid/paste/powder] may be taken with sour gruel:

hingu, sauvarcala, kola, samanga, pippali, bala

Powder all the above.

+

matulunga juice

Mix all together.

Take with sour gruel. - Ci27#107

**The following alleviates hikka and swasa:

Sauvarcala, sunthi, bhargi

+

double volume- sugar

Take with hot water.

Ci27#108

The following should be taken:

paste of- bhargi, sunthi

Take with water.

Ci27#109

The following should be taken:

paste of-marica, yavaksara

Take with water.

Ci27#110

The following should be taken:

paste of-pitadru (daruharidra), citraka, asphota, murva

Take with water.

Ci27#111

The following [dietary preparation] is efficacious in dyspnea with P:

Utkarika [a dietary preparation]

Cooked in- ghee

With- madhulika, vamsalocana, sunthi, pippali

Ci27#112

The following is useful in dyspnea with V:

Flesh and blood of- porcupine, rabbit

+

pippali
ghee

Ci27#113

The following is useful in dyspnea associated with V and P:

juice of suvarcala
milk
ghee
trikatu

[Cook all the above?]

Take with sali rice water. - Ci27#114

The following is useful in dyspnea with K and P:

Juice of- flowers of sirisa or saptaparna

+

pippali
honey

Ci27#115

The following is good for cough, dyspnea, hiccup and sliminess in the channels:

madhuka, pippalimula

+

jaggery
juice of- cow dung and horse dung
ghee, honey

Mix all the above together.

Ci27#116

The juice of the following dungs may be used in predominance of K:

juice of dung of: ass, horse, camel, boar, sheep, elephant.

These should be taken with honey.

Ci27#117

One should take:

Alkali of- aswagandha

[+ honey, ghee]

Ci27#117

One should take:

[[alkali of- (probably not)]] “The stalk of the peacock’s feet”

[+ honey, ghee]

Ci27#118

One should take:

[[alkali of- (probably not)]] pieces of the flesh of porcupine

+

honey, ghee

Ci27#118

Powders of the following may be taken separately or together; they overcome severe cough, hiccup and dyspnea:

hairs of- porcupine, pole-cat, blue jay or osprey
hide, bones or hoofs of- horny, one-hoofed or 2-hoofed animals
All these or any single one may be taken and burnt into a powder.

+

honey, ghee.

Mix the powder with the honey and ghee. - Ci27#119

Application of Linctuses:

As these disorders arise due to vitiation of prana V because of obstruction in it's movement by K, linctus formulations should be administered to cleanse the passage.

Linctus formulations should not be used if K is not present.

Ci27#120

** Necessity to Keep the Path of V Clear:

“As the flowing water is spilled over excessively due to obstruction in it's passage so is V. Hence its passage [starting first and most importantly with the G.I.] should be cleansed regularly.” - Ci27#121-122

Indications for Emesis:

Administer emesis to patients of cough as well as hoarseness of voice.

Ci27#121

Purgation Treatment for Tamakaswasa:

Administer purgation added with the drugs alleviating V and K to patients of tamakaswasa.

Ci27#121

Satyadya Curna:

This powder should be used regularly in tamaka swasa and hikka:

1 part each of- sati, coraka, jivanti, twak, musta, puskarāmula, surasa, tamalaki, ela, pippali, aguru, sunthi, balaka

8 parts- sugar

Mix well together.

Ci27#123-124

Muktadya Curna:

This powder alleviates hiccup, dyspnea and cough quickly.

By external use as collyrium in eyes, it destroys eye diseases such as defects of vision, cataract, nilika, puspaka (corneal opacity), feeling of darkness, pilla, itching, congestion and pterygium:

equal parts of- pearl, coral, cat's eye [the stone?], conch, rock crystal, galena, sulphur, opal, sunstone, suksma ela, 2 types of salt (saindhva, sauvarcala), powders (bhasmas) of copper and iron, silver, saugandhika (a type of ruby), lead, jatiphala, seeds of sana and apamarga

Powder all the above together.

Use in the dose of 10gm. with honey and ghee for oral use.

Ci27#125-128

The following [powder/linctus] may be taken:

powder of- sati, puskarāmula, amalaka

+

honey - Ci27#129

The following powder/linctus may be taken:

kalaloha (aguru)

+

honey

Ci27#129

The following should be taken orally (eaten) or by nose (as snuff):

bhumyamalaki, draksa

+

juice of- cow dung, horse dung

dry ginger

sugar or jaggery

[equal parts of all the above/ equal parts of just the sugar, jaggery and dry ginger/

equal parts of the cow dung through the jaggery]

Ci27#130

The following should be used as snuff:

cloves of- garlic, onion or grnjanaka (shallot)

+

women's breast milk

Ci27#131

The following should be used as snuff:

candana

+

women's breast milk

Ci27#132

The following should be snuffed:

rock salt powder OR fly's feces

+

lac juice

warm ghee-scum

Ci27#133

The following should be taken orally or by snuff to control hiccup quickly:

woman's milk

+

ghrta

Cook the above together.

Ci27#133

The following should be taken orally or by snuff to control hiccup quickly:

madhuraka (vitalizer) drugs

+

ghrta

Cook the above together.

Ci27#133

The following should be taken orally or by snuff for hiccup:

milk

+

sugar, honey

Mix the above together.
Take this alternately hot and then cold.

Ci27#134

The following controls hiccup quickly:
[[a moderate dose of-]] purgatives

+

ghee

Process the above together.

Ci27#135

The following controls hiccup quickly:
juice of- amalaka, kapittha

+

pippali

honey

Ci27#135

The patient should take:

draksa, pippali

+

parched paddy

juice of horse dung

lac

honey

Ci27#136

The patient should take:

kola, draksa, pippali, sunthi

+

honey

Ci27#136

Shock Therapy for Managing Hiccup:

Sudden sprinkling of cold water, terrorizing, creating surprise, fear, anger, exhilaration and separation from the dear ones stop the hiccup.

Ci27#137

Items To Avoid:

Avoid the etiological factors listed for these diseases.

Ci27#138

Use of Ghrtas in V Chronicity:

Those having continued association of hiccup and dyspnea, dryness of chest, throat and palate and constitutionally rough body should be managed with ghrtas. -

Ci27#139

The following alleviates dyspnea:

decoction of- dasamula

+

curd scum

pippali, sauvarcala, yavaksara, vayahstha, hingu, coraka, kayastha

[all the above is decocted together?]

ghee

Cook all the above together

Ci27#140

Tejovatyadi Ghrta:

By taking this ghee according to strength one overcomes hiccup, dyspnea and also edema, V disorders, piles, disorders of grahani and heart and chest pain:

10gm. of each- tejovati, haritaki, kustha, pippali, katurhini, bhutika, puskaramula, palasa, citraka, sati, sauvarcala, tamalaki, saindhava, bilva fruit-pulp, talisapatra, jivanti, vaca

+

2.5gm.- hingu

640gm.- ghee

4 times- water

Ci27#141-144

Manahsiladi Ghrta:

This ghrta is efficacious in hiccup and dyspnea:

10gm. each- realgar, sarjarasa, lac, haridra, padmaka, manjistha, ela

+

640gm.- ghee

Cook all the above together.

Ci27#145

The following may be taken:

jivaniya drugs

+

ghee

Cook the above together and cool.

Take mixed with honey.

Ci27#146

The following 3 ghrtas may be taken:

tryusana ghrta (Ci. 18)

dadhika ghrta [Ci. 5]

vasa ghrta (Ci. 5)

Ci27#146

* General Strategy:

Whatever drug or diet alleviates K and V, is hot and carminative is wholesome for one suffering from dyspnea and hiccup. - Ci27#147

* Strategy about Lightening or Pacifying:

* Single-sided treatment such as K-alleviating but V-aggravating or V-alleviating but K-aggravating should not be done in these cases.

* However, between these 2 the V-alleviating measures are preferable.

* In all cases, there is little and manageable risk in administering promotive regimen, and in pacifying measures.

* But the risk is too much [a lot] and unmanageable in lightening (or reducing) measures .

* Hence the patients of hiccup and dyspnea evacuated or unevacuated, should be managed mostly with promotive and pacifying measures.

Ci27#148-150

((The above has been copied from Ci. 17, pgs. 286 to pg. 300.))

Disorders of Female Genital Tract

Diagnosis

Etiology

The 20 Types

Treatment

General Treatment

Formulas

Treatment of V-type

Treatment of P-type

Treatment of K-type

Enemas

Treatment of the 20 Types

20 types of female genital disorders are mentioned in the chapter on enumeration of diseases (Su 19).

General Etiology:

These disorders arise in women due to:

Faulty practices, deranged menstrual flow, defect in ovum and fate.

Ci30#8

Etiology of V Yonivyapat:

Occurs in the woman of V constitution following V-aggravating diet and practices.

Ci30#9

Pathology and Symptoms of V Vyapat:

V gets aggravated and having been located in the genital tract produces piercing and other types of pain, stiffness, feeling of crawling of ants, hardness and numbness of vagina, exhaustion and other V disorders.

Due to V her menstrual discharge appears with sound, painful, frothy, thin and rough.

Ci30#10

Etiology of P Yonivyapat:

Is due to excessive use of pungent, sour, salty, alkaline things etc.

Ci30#11

Pathology and Symptoms of P Yonivyapat:

Because of affection with P, the genital tract suffers from burning sensation, inflammation, fever and heat.

The menstrual flow is blue, yellow or black and with excessive, hot discharge having cadaverous smell.

Ci30#12

Etiology of K Yonivyapat:

K gets aggravated by channel-blocking things and thus effects the genital tract.

Ci30#13

Pathology and Symptoms of K Yonivyapat:

Aggravated K makes the track as slimy, cold, itching, with mild pain and pale.

The menstrual flow is pale and slimy.

Ci30#14

Tridoshic Yonivyapat:

When a woman uses excessively all the rasas, all 3 dosas located in the genital tract and uterus produce their symptoms there.

Thus the tract suffers from burning sensation and pain and has discharge as white and slimy. (Typical "Leucorrhoea"***)

Ci30#15

Names and Types of 20 Disorders of YoniVyapat (Female Genital Tract):

<u>Name (Type)</u>	<u>Description:</u>
V type	see above
P type	see above
K type	see above
Tri-Doshic type	see above
Sarja Yoni	Menstrual blood affected by P aggravates rakta-P, and overflows from the genital tract even after conception. Caused by P.
Arajaska [yoni]	If P located in genital tract and uterus affects blood, it produces leanness and abnormal complexion. Caused by P.
Acarana	Organisms arising in the genital tract due to non-washing cause itching therein, by which the woman has frequent desires for intercourse. Caused by V.

Aticarana	Due to excessive coitus, aggravated V causes swelling, numbness and pain in woman's genital tract. Caused by V.
Prakcarana	Due to sexual intercourse in a too premature woman, V affects the genital tract producing pain in back, waist, thighs and groins. Caused by V.
Upapluta	When a woman during pregnancy takes K-aggravating things excessively and suppresses the urges of vomiting and respiration, the vitiated V carrying K to the genital tract affects the genital tract. Because of this it discharges pale fluid with piercing pain or whit mucous while having been invaded by the disorders of K and V. Caused by V.
Paripluta	When a woman of P constitution suppresses the urges of sneezing and eructation during coitus, V combined with P affects the genital tract of the woman. By this the genital tract becomes swollen, tender, painful and having menstrual flow as blue and yellow. The woman suffers from pain in pelvis, groins and back. Caused by V and P.
Udavartini	If natural urges are suppressed, V takes upward course in the genital tract due to which the woman suffering from pain discharges the menstrual blood with difficulty because of it's having taken upward tendency. After discharge of the menstrual blood, she feels relief instantly. Because of the upward course of menstrual blood it is known as 'udavartini'. Caused by V
Karnini	In woman straining untimely (during labor) V gets obstructed by fetus and having combined with K and rakta produces prolapse which obstructs the passage of menstrual flow. Caused by V.
Putraghni	When due to roughness V, because of morbidity in sonita (menstruation or ovum), destroys the fetus formed again and again. Caused by V.
Antarmukhi	If a woman being over-saturated with food has sexual intercourse and also lies in faulty postures, V pressed with food and having been located in genital tract curves the opening of vagina along with causing vatika [vata-type] distress in bones and muscles. By this vagina becomes exceedingly painful and intolerant to coitus. Caused by V.
Sucimukhi	When in female fetus V due to roughness affects the genital tract and thus makes it of minute opening caused by maternal (genetic) defect. Caused by V.
Suska	During coitus if one suppresses the natural urges, the vitiated V causes painful retention of feces and urine and dryness of vaginal opening. Caused by V.
Vamini	Semen having entered into the uterus comes out after 6 or 7 days with or without pain. Caused by V and P.
Sandhi	Due to genetic defect, if in female fetus V destroys the ovary, the woman has aversion to males and is devoid of breasts. This is incurable. Caused by V.

Mahayoni	<p>If on uncomfortable bed one takes abnormal postures in coitus, the vitiated V dilates the opening of uterus and the genital tract. By this the tract becomes with unclosed opening, painful and with rough and frothy menstrual discharge. There also is growth of flesh with pain in joints and groin. Caused by V.</p>
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Ci30#16-36, #39-40

The tract effected with above disorders does not hold semen and as such the woman does not conceive and gets inflicted with various disorders like gulma, piles, menorrhagia, etc. and also severe affliction caused by V etc. - Ci30#38

Treatment of Yonivyapat:

General Treatment of V disorders:

V-alleviating measures such as unction, fomentation, enema etc. should be prescribed.

Ci30#41

General Treatment of P disorders:

Cold measures and those pacifying raktapitta should be employed.

Ci30#42

General Treatment of K disorders:

One should administer rough and hot remedy.

Ci30#42

General Treatment of Sannipata and Dual-Doshic disorders:

Mixed treatment should be given.

Ci30#43

Treatment of Displaced Genital Tract:

It should be brought back to it's normal position after uncting and fomenting it.

Ci30#44

Treatment of the covered genital track:

It should be pressed with the hand.

Ci30#44

Treatment of the Contracted one:

It should be dilated.

Ci30#44

Treatment of the bulged out one:

It should be put inside.

Ci30#44

Treatment of the Dilated one:

It should be manipulated for contraction.

Ci30#44

“Women’s genital tract, if displaced, is treated as foreign body.” [This would come under the jurisdiction of simple surgical procedures; thus look in a text like Sushruta Samhita.]

Ci30#45

All cases of disorders of the genital tract should be managed with mild application of the 5 evacuative measures after unction and sudation.

After she is evacuated the remaining measures should be applied.

Ci30#46

Treatment for V type:

Use the measures alleviating V disorders.

She should be subjected to tube or pitcher fomentation with the meat of aquatic and marshy animals, milk, sesamum seeds and V-alleviating drugs.

The woman should first be massaged with lavanataila (oil processed with salt) and then fomented by stone, bed or bolus methods of fomentation.

Thereafter she should be sprinkled with warm water and fed on V-alleviating meat soups.

Ci30#47-48

Formulas:

The following [ghrta/leha] helps conception by destroying diseases caused by V and P:

20.48L decoction of- bala

paste of- salaparni, payasya, jivanti, vira, rsabhaka, jivaka, sravani, pippali, mudgaparni, piluparni, masaparni, sarkara, ksirakakoli, kakanasa

four times- milk

2.56Kg. [total]-ghee, oil

It should be used according to strength.

Ci30#49-50

The following ghrta alleviates V of the female genital track and is an excellent remedy for helping conception:

Kasmarya [dates], draksa (raisins),

triphalā, kasamarda, parusaka, punarnava, haridra, daruharidra, kakanasa, sahadara, satavari, guduci

640gm.- ghee

Ci30#51

The following formula [leha] alleviates pain in genital track, sides, heart disease, gulma and piles:

Pippali, upakuncka, jiraka, vrsaka, rock salt, vaca, yavaksara, ajamoda, sarkara, citraka

Pound all the above together.

+

ghee

Fry the herbs in the ghee.

This should be administered with clear wine. - Ci30#52

The following formula may be used:

vrsaka, matulunga root, madayantika, pippali, upakuncika

Pound all the above together.
Take with “salted wine”.

Ci30#53

The following formula should be taken in case of pain:

rasna, goksura, vrsaka

+

milk

Boil the above together.

Ci30#54

The following decoction should be sprinkled over the part in case of pain:

Decoction of- guducci, triphala, danti

Ci30#55

The following taila may be used to relieve pain:

equal quantity paste of each- rock salt, tagara, kustha, brhati, devadaru

+

oil

Cook the above together.

This should be administered inter-vaginally.

Ci30#56-57

The following formula may be used:

paste of 10gm. each- guduci, jati, rasna, bala, madhuka, citraka, kantakari,
devadaru, yuthika

1.28L each- cow's urine, milk

640gm.- oil

Cook the above together.

This should be used as a vaginal tampon.

Ci30#58

General Treatment of V Type Yonivyapat:

Sprinkling, massage and tamponing should be done.

Ci30#59

The following V tampon is beneficial:

One suffering from V type should put the warm paste of himsra in after massage.

Ci30#60

Likewise, One suffering from P type should put the paste of pancavalka in [after
massage].

Ci30#61

Likewise, One suffering from K type should put the paste of the drugs of the “syamadi”
group (vi. 8).

Ci30#62

Treatment of P Type Yonivyapat:

General Treatment in P Type:

cold and P-alleviating sprinkling, massage and tamponing should be done along with the use of ghrta for unction.

Ci30#63

Formulas for P type Yonivyapat:

Brhat Satavari Ghrta:

This ghrta alleviates derangements of female genital track, menses, semen and it is aphrodisiac and provides male progeny. It overcomes chest wound, wasting, internal hemorrhage, cough, dyspnea, halimaka, jaundice, vatarakta, erysipelas, stiffness in the heart and head, insanity, restlessness, epilepsy caused by V, P and K:

16Kg.- fresh satavari root

This root should be crushed and the juice extracted.. [Discard the pulp.]

+

equal quantity to the juice- milk

10gm. paste of each- vitalizer drugs, satavari, grapes, parusaka, priyala, 2 types of madhuka (terrestrial and aquatic)

2.56Kg.- ghee

Cook all the above together. Let it self-cool.

+

320gm. each- honey, pippali

400gm.- sugar

This should be taken in dose of 10 gm.

Ci30#64-68

The following ghrta helps conception and is a remedy for P disorders of the female genital track:

vitalizer drugs

+

“Ghee extracted from milk”

Process the above together.

Ci30#69

Treatment of K Type Yonivyapat:

1)

The following suppository may be used:

Cleansing suppository- made of hog's bile should be applied
Ci30#70

2)

The following suppository may be used:

suppository made of barley powder and rock salt impregnated with latex of arka
This should be put in frequently and followed by wash with warm water.
Ci30#71

3)

The following suppository may be used:

Suppository the size of the index finger made of pippali, marica, masa, satahva,
kustha and rock salt.

This should be put in for cleaning of the genital track.

Ci30#72

The following formula, used with tampon, cleanses in 1 week the slimy, dilated and hard genital track which has been affected for a long time (very chronic). Consequently the woman becomes fertile:

10.24Kg.- young fruits of udumbara

pancavalka, kulaka

tender leaves of- jati and nimba

10.24L- water

Dip the above herbs in the water overnight. [Infusion]. [discard the pulp.]

+

paste of- lac, dhava

paste of- bark and exudation of palasa

paste of- exudation of salmali (mocarasa)

640gm.- oil

Cook all the above together.

Tampon with this oil should be put into the vagina followed by wash with cold decoctions added with sugar.

By this, slimy, dilated and hard genital track affected since long is cleansed by a week and the woman gets progeny.

Ci30#73-75

The following [taila] should be used in the same manner as the above formula:

6 batches of- latex of udumbara

sesame oil

The sesame oil should be impregnated [cold infusion?] with the 6 batches of udumbara, consecutively.

+

decoction of- udumbara

Cook the impregnated oil with the decoction.

Ci30#76

The following formula treats the genital track with slimy discharge and that which is vipluta, upapluta, flattened, swollen and with eruptions and pain:

10gm. paste of each- dhataki, amalaki leaves, srotanjana, madhuka, utpala, seed-pulp of jambu and mango, kasisa, lodhra, katphala, tinduka, saurastrika, fruit-rind of pomegranite, tender fruits of udumbara

double quantity [1280gm.] - goat's urine, milk

640gm. - oil

This should be impregnated (soaked well) into a tampon, which is put into the vagina.

This should be followed by massage of the waist, back and sacral region and unctuous enema.

Ci30#77-79

The following [douche] removes discharge from the vagina:

Decoction of- kasisa, dhava, nimba, arka, buka, pullasa, jambu, roots of jingini and vasa

+

sidhu [wine] of- grapes

sukta (vinegar)

This should be used for [intra-vaginal] washing.

Ci30#80-81

The following [Douche] removes discharge from the vagina:

decoction of- triphala

+

buttermilk

cow's urine

sukta (vinegar)

This should be used for [intra-vaginal] washing.

Ci30#82-83

The following [formula/ individual substances] is useful: [orally? Locally? Both?]

pippali
 lauhabhasma
 haritaki
 +
 honey
 Mix all the above together.
 Ci30#84

**

Use of Enemas In Treating Yonivyapat:

Enemas for K Yonivyapat:

Enemas prepared mostly with pungent drugs and cow's urine are beneficial.

Ci30#85

Enemas for P Yonivyapat:

Enemas prepared with sweet drugs and milk are useful.

Ci30#85

Enemas for V Yonivyapat:

Enemas prepared with oil and sour substances are useful.

Ci30#85

Enemas for Sannipata Yonivyapat:

Enemas prepared of all the measures/ formulas combined are useful.

Ci30#85

*** Treatment of Raktayoni (Vaginal/Uterine Bleeding):

One should administer hemostatic drugs according to dosa.

Ci30#86

Determining the Dosha involved In Uterine Bleeding:

One should determine the dosha involved by observing the color of the blood discharged.

Ci30#86

Treatment of Asrgdara:

The following formula should be used to treat V asrgdara:

Powder of- sesame
 curd
 ghee
 treacle
 lard
 +
 honey

Ci30#87

The following formula should be taken to alleviate V asrgdara:

decoction of- kulattha
+
fatty juice of hog's flesh
Ci30#88

The following formula should be taken in V asrgdara:

madhuyasti, sunthi
Curd
+
sugar, honey
Mix all the above together.
Ci30#88

The following formula should be taken in P asrgdara:

payasya
utpala
lotus root and rhizome, kaliyaka, musta
+
milk
sugar, honey
Mix all the above together.
Ci30#89

Pusyanuga Curna:

This powder, honored by Atreya, is efficacious in piles, diarrhea and bloody stools.

It also destroys the diseases of children caused by dosas or extraneous factor.

It removes forcibly the defects of female genital track, menses and discharges as white, blue, yellow, blackish and reddish:

Equal quantity of the following should be collected in "pusya" constellation- patha, seed-pulp of jambu and mango, saileya, rasanjana, ambastha, exudation of salmali (mocarasa), lajjalu, bark of kutaja, bahluka, ativisa, bilva, musta, lodhra, gairika, aralu, marica, sunthi, mrdvika, red sandal, katphala, indrayava, ananta, dhataki, madhuka, arjuna

Powder all the above together into a fine powder.

This should be taken with honey followed by rice water.

Ci30#90-95 [Someone has this for sale; sushakti? Banyan?]

The following may be taken:

roots of- tanduliyaka

+
honey
Mix the above together

Follow intake of the above with rice water.
Ci30#96

The following may be taken:

rasanjana
+
lac
Take with goat's milk.
Ci30#97

The following may be taken to alleviate P and V:

paste of- leaves of rajadana and kapittha
ghee
Fry the paste in the ghee.
Ci30#97

General Treatment of P type of [asrgdara]:

All substances beneficial in raktapitta should be used,
“particularly madhuka, triphala, lodhra, musta, saurastirka mixed with honey.”

In P type of asrgdara, purgation and thereafter mahatikta ghrta (ci.7) should be used.

Besides, whatever is efficacious in abortion (sa.8) should be given.
Ci30#98-99

The following formula should be used to treat K asrgdara:

Nimba, guduci
Take the above with urine.
Ci30#99

The following ghrta is used as douche for raktayoni, arajaska (amenorrhea) and putraghni:

decoction of- kasmarya [dates], kutaja
+
ghee
Process the above together.
Ci30#100

The following formula should be used for arajaska (amenorrhea):

Blood of- antelope, goat, sheep
+

curd
sour fruit
ghee
Ci30#101

The following formula should be used for arajaska (amenorrhea):

Vitalizer drugs
+
milk
Process the above together.
Ci30#102

The following oil should be given as vaginal douche for karnini, acarana, suskayoni and prakcarana as well as in disorders of K and V:

vitalizer drugs
+
oil
Process the above together.
Ci30#102

The following [tampon] is cleanser of channels and alleviator of itching, moisture and smelling:

21 batches of- bile of cow or fish
+
“A flaxen piece”- [a piece of linen cloth]
The cloth should be impregnated [soaked] in the 21 batches of bile, consecutively.
Then the cloth should be put into the vagina.
Ci30#103

The following [tampon] is cleanser of channels and alleviator of itching, moisture and smelling:

powder of- yeast
+
honey
[Impregnate into a flaxen cloth.]
Ci30#104

Treatment of prakcarana and aticarana:

Administer non-unctuous enema with V-alleviating oils cooked 100 times.
Foment with V-alleviating drugs.

Give uncting substances, unctuous food and poultices properly.

Ci30#105-106

Samyava (a dietary preparation) made with satahva, barley, wheat, yeast, kustha, priyangu, bala, akuparni and srivestaka should be put into the vagina. - Ci30#107

Treatment of Vamini and Upapluta:

The patient should be managed with unction, fomentation etc. followed by applications of unctuous tampon.

Thereafter she should be saturated.

#108

Unctuous tampon prepared with the decoction of bark of sallaki, jingini, jambu and dhava and pancavalkala destroys vipluta yonivyapad.

Ci30#109

Treatment of Karnini yoni:

Suppository made of kustha, pippali, arka, triphala and rock salt pounded with goat's urine should be applied into the vagina.

Besides, all measures alleviating K are useful.

Ci30#110

Treatment of Udavarta yoni and allied V disorders:

Uction with "trivrt [probably trisneha is intended here] (ghee, oil and fat)", fomentation, meat soup of domestic and marshy animals and enema with milk boiled with dasamula are efficacious.

Unctuous enema and vaginal douche should also be given with "traivrta" (ghee, oil and fat).

Ci30#111

Treatment of Mahayoni and Srasta yoni:

The same treatment [listed above] is given in these two.

Fat of bear and hog and ghee boiled with sweet drugs should be plugged into vagina and bandaged with flaxen piece.

Ci30#112

Treatment of Srasta yoni (displaced genital track):

"[[uterus/vagina/external abdomen]] should be massaged" with ghee and after fomentation with milk should be placed inside and bandaged putting bolus of vesavara till the time of urination.

Ci30#113

General Treatment of Yonivyapat:

Whatever remedy is said for V disorders, should be applied in all disorders of female genital track particularly in Mahayoni.

Ci30#114

Importance of Treating V First in Treatment of Yonivyapat:

The genital track of women does not get affected without V.

Hence one should pacify it first and then treat the other dosas.

Ci30#115

Treatment of excessive pale (whitish) discharge:

One should take paste of rohitaka root with water or paste of amalaki seeds with sugar and honey. - Ci30#116

Or she should be advised to lick powder or juice of amalaka with honey. -#117

Or she should take paste of lodhra with decoction of nyagrodha bark in case of discharge or should put flaxen piece impregnated with the above decoction into vagina.

Ci30#118

She should put a bolus made of the powder of plaksa bark with honey into vagina after smearing with some uncting substance.

Ci30#119

She should put the suppository made of lodhra, priyangu and madhuka with honey into vagina to remove discharge.

Ci30#120

Or she should put the suppository made of astringent drugs into the vagina to remove discharge.

Ci30#120

Fumigation:

The vagina should be fumigated with sarala, guggulu, barley, oil and katu matsyaka (a type of fish) mixed with plenty of ghee after smearing it with uncting substance. Ci30#121

Powder:

The powder of kasisa, triphala, saurastri, lajjalu, amra seeds and dhataki mixed with honey removes sliminess and makes the genital track clean.

Ci30#122

In slimy and moist genital track, the paste of the bark of palasa, sarja and jambu, lajjalu, mocarasa and dhataki is applied to check discharge and oozing.

Ci30#122

Treatment of Stiff and Hard Genital Track:

Softening measure should be adopted such as putting local application of vesavara, payasa [rice and milk] or krsara [kitchari].

Ci30#123

Treatment of Genital Track with Foul Smell:

Decoction or paste of tuvaraka should be applied or the powder of the drugs of the sarvagandha (aromatic) group which remove foul smell should be used.

Ci30#124

Relation of Normalization of the Genital Track and Fertility:

“Thus when the genital track is normalized, the women conceive if the seed (sperm and ovum) is normal and undamaged and the consciousness has moved in.”

Ci30#125

TREATMENT OF DEFECTS OF SEMEN:

Diagnosis

Etiology

The 8 Types

Symptoms

Treatment

General Treatment

The man should also be evacuated with 5 measures [p.k.] and after examining his semen involvement of dosa should be known according to color and the derangement should be treated with proper remedy.

Ci30#26[#126]

The 8 defects of semen have been mentioned on the chapter on enumeration of diseases.

This chapter will cover:

Etiology

symptoms of - normal

Abnormal

treatment

“The four-fold impotency”

Ci30#127-132

The seed coming forth due to exhilaration during coitus, and is the manly semen itself.

Ci30#133

Nature and Cause defective Semen:

As seed (of a plant) does not sprout or affected by improper time, water, worms, insects and fire so is the defective semen of man.

Ci30#134

Causes of Defects in Semen:

Due to excessive coitus, exercise, use of unsuitable things, untimely coitus, coitus in non-vagina and absence therefrom [absence of vagina/absence of coitus/..], excessive intake of rough, bitter, astringent, salty, sour and hot things, ignorance about the taste of woman, abnormal discharge, old age, anxiety, grief, suspicion, faulty application, fear, anger, exorcism, emaciation caused by diseases, suppression of urge, wound and morbid affection of dhatus, doshas singly or collectively, having reached the semen-carrying vessels cause defects in semen.

Ci30#135-138

The 8 Types of Defects of Semen:

1) frothy, 2) thin, 3) rough, 4) of abnormal color, 5) fetid, 6) slimy, 7) combined with other dhatus, 8) precipitant

Ci30#139

Symptoms of Semen affected by V:

It becomes frothy, thin, rough and is ejaculated with difficulty and in little quantity.

It has no potency for fertilization.

Ci30#140

Symptoms of Semen affected by P:

Is bluish or yellow, very hot, fetid and is ejaculated with burning sensation.

Ci30#140

Symptom of Semen affected by K:

If semen is obstructed in its passage by K, it becomes exceedingly slimy.

Ci30#141

Symptoms of Semen affected by excessive coitus, injury and wound:

Due to these things, semen comes out often with blood.

Ci30#142

Due to suppression of urges, semen obstructed in its passage by V comes out with difficulty and as knotted and precipitant.

Ci30#143

Thus, the above are the 8 defects of semen and their characters.

Ci30#144

Character of Normal Semen:

Semen which is unctuous, viscous, slimy, sweet, non-burning and white like rock crystal should be taken as pure (normal).

Ci30#145

Treatment of Disorders of Semen:

General Treatment of Disorders of Semen:

When semen becomes defective, it should be treated with aphrodisiac formulations which are easy to use and beneficial, the formulations alleviating raktapitta and those useful in female genital disorders.

Ci30#146

Ghee, milk, meat soup, sali rice, barley, wheat and sastika rice particularly application of enema is beneficial in defects of semen.

Ci30#151

3 Substances For Treatment:

Jivaniya ghrta, cavyanaprasa, and the use of silajatu remove the disorders of semen.

Ci30#148

Treatment of Semen Affected By V:

Non-unctuous enemas are used.

Ci30#148

Treatment of Semen Affected By P:

Rasayana formulations mentioned in chptr. On "abhayamalakiya" (ci. 1.1) are commended.

Ci30#149

Treatment of Semen Affected By K:

Use rasayana formulations of pippali, amrta and loha, or triphala and bhallataka [all are individual formulas].

Ci30#150

Treatment of Semen Accompanied by Other Dhatus:

These should be treated properly, after examination, for dosa as well as dhatu concerned according to morbidity.

Ci30#151

MALE IMPOTENCY

Diagnosis

Etiology

Due to Loss of Semen

Due to Loss of Penile Strength

Due to Senility

Due to Genetic Defect

Treatment

General Treatment

Cause of Impotency:

“As impotency caused by the defect of semen is cured by elimination of the defect itself, now I will describe as it.” - Ci30#153

Due to loss of seed (semen) and penile strength, senility and deficiency of semen, impotency arises.

Ci30#154

General Symptoms of Impotency:

One constantly with firm determination does not cohabit even with beloved and submissive woman because of looseness of penis or if cohabits sometimes he starts panting with profuse perspiration, fruitless determination and effort, depressed penis and without semen.

Ci30#155-157

Causes of Impotency Due to Loss of Seed [Semen]:

Due to intake of cold, rough, little, mixed, incompatible and uncooked food; grief, anxiety, fear and terror, indulgence in women, exorcism, suspicion, deficiency of dhatus, imbalance of doshas, fasting, exertion, ignorance of the taste for women, faulty application of 5 evacuative measures, seed (semen) is impaired

Ci30#158-161

Symptoms of Impotency Due to Loss of Seed [Semen]:

and consequently the person becomes pale, too weak, of low vitality, with little erection to women, affected with cardiac disorder, anemia, bronchial asthma, jaundice, exhaustion, vomiting, diarrhea, colic, cough and fever.

Ci30#158-161

Symptoms of Impotency Due to Loss of Penile Strength:

Swelling, pain and redness in penis; appearance of acute boils, inflammation in penis, abnormal growth therein, appearance of ulcers with discharge like pulaka (rice) water or blackish or reddish in colour, ring-like hardness in circumference of the penis, fever, thirst, giddiness, fainting, vomiting, red, black, blue or violet discharge, burn-like intense sensation with pain “in pelvis, testicles, suture and groins”; sometimes there is slimy or pale discharge, mild swelling with feeling of wetness and little discharge, delayed inflammation and quick recovery; appearance of maggots, moisture, foul odor, necrosis of gland, penis and testicles.

Ci30#169-175

Thus is described the impotency due to loss of penile strength.

Some say it as 5 types.

Ci30#175

Causes of Impotency Due to Loss of Penile Strength: [put this in front of ‘symptoms’]

Due to intake of excessively sour, salty, alkaline, incompatible and unsuitable food; drinking too much water, irregular meals, intake of floury and heavy preparations, regular use of curd, milk, and meat of marshy animals, reduction from illness, coitus with female child and in non-vagina; cohabitation lustfully and ignorantly with woman having chronic illness, left since long, in periods, with foul odour, having defective genital track and excessive discharge, intercourse with quadrupeds, injury to phallus, non-washing of penis, wound in penis by sharp instruments, teeth or nails, or its pressing or striking with

wooden stick, excessive use of awny insects (in order to elongate the organ) and holding back semen.

Ci30#162-168

Cause of Impotency Due to Senility:

Age is of 3 categories: inferior, average and superior.

Often semen is diminished in too old persons particularly due to deficiency of dhatus, not using aphrodisiacs, gradual decay of strength, energy and sensory as well as motor organs, deterioration in life-span, want of nutrition, physical exertion and mental exhaustion. Because of these factors, impotency arises in old age.

Ci30#176-178

Symptoms of Impotency Due to Senility:

The person becomes exceedingly wasted in dhatus, debilitated, devoid of normal complexion, with poor expression and falls prey to disease shortly.

Ci30#179-180

“Now listen about the 4th one caused by deficiency (of semen).”

Cause [and Symptoms] of Impotency Due to Loss of Semen:

Due to excessive mental work, grief, anger, fear, envy, curiosity, intoxication and agitation, regular use of rough diet and drugs by the emaciated one, fasting by the debilitated one and intake of little food:

Rasa, the chief of the dhatus, located in the heart, is diminished quickly resulting in deficiency of other dhatus beginning with blood and ending with semen.

Of them, semen is the excellent resort.

Or, if one indulges in intercourse due to over-exhilaration of the mind [lust], his semen is diminished and he is reduced.

Consequently he falls prey to some severe disease or even death.

Hence one, desirous of health, should particularly protect the semen.

Ci30#181-185

“Thus four-fold impotency is described.”

Ci30#186

Some say 2 types of impotency as incurable and also by excision of penis and castration.

[[There are 2 types of incurable impotency, in addition to excision of penis and castration, which also cause incurable impotency.]]

Ci30#187

Cause and Symptoms of Impotency Due to Genetic Defect:

Due to genetic defect of parents and inauspicious past deeds, when dosas, in fetus, having reached the semen-carrying vessels dry them up resulting in destruction of semen, the man even though endowed fully with all the organs behaves like a non-man.

Ci30#188-189

These [which?] are said as incurable due to aggravation of sannipata.

Ci30#190

Treatment of Impotency:

General Treatment of Impotency:

Whatever remedy is mentioned for the defects of semen as well as wasting due to chest wound should be applied.

Ci30#191-192

One, knowing drugs and time, should apply enemas, ghee extracted from milk, aphrodisiac and rasayana formulations to treat impotency.

Ci30#193-194

Treatment of Impotency Caused by Exorcism:

Spiritual treatment should be given.

Ci30#195

** Detailed Explanation of General Treatment:

1) At first, the patient should be uncted and fomented and then given unctuous purgative.

2) After giving him diet, he should be administered with non-unctuous enema and then unctuous enema.

3) Thereafter non-unctuous enema prepared with the formulation of palasa, eranda (si. 12) and mustadi (one of the sustaining enemas).

4) Then if impotency is due to loss of semen, the aphrodisiac formulations

mentioned earlier should be given.

Ci30#197-198

Treatment of Impotency Caused by Loss of Penile Strength:

Local anointment, sprinkling or blood-letting should be done.

The patient should take uncting substance, then unctuous purgative, unctuous enema and thereafter non-unctuous enema.

Besides, the over-all treatment of wound should be applied. [whether there is an actual wound of the penis or not, apply methods and formulas given in chapter on treatment of wounds.]

Ci30#199-200

Treatment of Impotency Caused by Senility and Deficiency of Semen:

The patient should be given proper unctuous evacuation after unction and fomentation.

Ghee extracted from milk, aphrodisiac and rasayana formulations and sustaining enemas are the remedies for both these types.

Ci30#201-202

PRADARA (UTERINE MENORRHAGIA):

Diagnosis

Etiology

Symptoms

Signs of Normal Menstrual Flow

Treatment

General Treatment

“Menorrhagia has been said earlier.”

Synonyms for Pradara:

“The experts of the treatise named it as ‘asrgdara’ because menstrual flow is increased and discharged excessively.”

Ci30#208

Symptoms of Menorrhagia:

Menstrual flow is increased and discharged excessively.

Ci30#208

Cause of Menorrhagia:

Taking excessively salty, sour, heavy, pungent, burning and fatty things, fatty meat of domestic and aquatic animals, krsara (rice cooked with pulse), payasa (rice cooked with milk), curd, sukta (vinegar), curd water, wine etc. V gets vitiated and blood also crosses its limit of quantity. - Ci30#205-206

Such V reaching the menses-carrying vessels in uterus takes along the blood and increases the quantity of menstrual flow thereby.

Ci30#207

The 4Types of Pradara:

V

P

K

Sannipata

Ci30#209

Cause of V pradara:

When V is vitiated due to intake of rough things etc. “and taking along rakta”.

Ci30#211

Symptoms of V pradara:

The menstrual discharge is frothy, thin, rough, blackish, reddish, “stimulating” [simulating [“ which looks like”] water of palasa flowers; may be with or without pain;

there is intense pain in waist, groin, cardiac region, sides, back and pelvis.

Ci30#212-215

Cause of P Pradara:

When P vitiated by intake of sour, hot, salty and alkaline things cause pradara in the above way.

Ci30#216

Symptoms of P Pradara:

The menstrual discharge is bluish, yellow, very hot, black or deep red; discharge is frequent and painful, associated with burning sensation, redness, thirst, mental confusion, fever and giddiness.

Ci30#218-219

Cause of K Pradara:

When K is vitiated by intake of heavy things etc. it causes K pradara.

Ci30#220

Symptoms of K pradara:

Menstrual blood flows out as slimy, pale, heavy, unctuous, cold, and viscous with mild pain.

This is associated with vomiting, anorexia, nausea, dyspnea and cough.

Ci30#221

Cause And Symptoms of Sannipata Asrgdara:

When a woman exceedingly ill and anemic indulges in all the etiological factors, intensely aggravated V pushes out K with attenuated strength and burnt with the heat of P through the passage of blood (vagina) as fetid, slimy and yellow.

When it [V?/ menstrual flow?] carries away with force muscle-fat and fat and passes out constantly through vagina discharge simulating ghee, marrow and muscle-fat and she herself is anemic, weak and associated with thirst, burning sensation and fever, this is sannipatika type.

Prognosis: This is incurable.

Ci30#222-224

Signs of Normal Menstrual Flow:

Menstrual flow should be taken as normal which:

Comes forth monthly.

Is free from sliminess, burning sensation or pain.

Stays for 5 days duration.

Has neither excessive nor insufficient quantity.

Has color similar to gunja fruit (seed), red lotus flower, lac juice and indragopaka (a red insect).

Ci30#225-226

General Treatment for Pradara:

Whatever treatment is prescribed for the types of the disorders of female genital track such as vatala etc. should be given wholly in 4 types of pradara.

Treatment as prescribed for raktatisara (bloody diarrhea), raktapitta (internal hemorrhage) and raktarsa (bleeding piles) should be given.

Ci30#227-228

Vatsonita / Vatarakta ([Arthritis])

Diagnosis

Etiology

Pathology

Superficial Vs. Deep Types

Doshic Types

Prognosis

Complications

Treatment

Blood-letting

General Treatment

Treatment by Dosha

Formulas

Treatment of Sub-types and Complications

Agnivesha submitted to his teacher “punarvasu” having brilliance like fire and concentration of mind and who, having finished his fire worship, was seated amidst the sages.

Ci29#3

Vatarakta:

It is the combination of V and rakta that is like the combination of fire and wind.

Ci29#4

Synonyms of Vatasonita:

khuda, vatabalasa, adhyavata [and vatarakta].

Ci29#11

Etiology of Vatasonita:

Due to intake of diet consisting of salty, sour, pungent, alkaline, fatty, hot and uncooked articles; moist or dried things, meat of aquatic and marshy animals, oil-cakes, radish, horse gram, black gram, nispava, other (leguminous) vegetables, sesamum paste, sugar cane, curd, sour gruel, sauviraka, sukta (vinegars), buttermilk, sura, asava, incompatible food, eating during indigestion, anger, day-sleep, vigils mostly in delicate persons who eat delicious things at pleasure and are not in habit of walking vata-rakta aggravates.

Besides, due to injury and non-evacuation when blood is affected and the person indulges in food consisting of astringent, pungent, bitter, little and rough items; fasting, journey on carts carried by horses and camels, sporting in water, jumping, leaping; excessive travelling on foot in hot season, sexual intercourse and suppression of the urges the condition is caused.

Ci29#5-10

Pathology of Vatasonita/ Vatarakta:

Due to the above causes, the aggravated V having been obstructed in its passage by aggravated blood affects the entire blood. - Ci29#10

Due to subtleness and pervasiveness of V and liquidity and flowingness of blood it circulates all over the body through the blood vessels.

Being obstructed in joints due to zigzag way it gets located there with agitation.

There may be involvement of P and K also, causing respective afflictions. -

Ci29#13-15

V having obstructed the passage of blood, enters into the joints of the extremities and covering mutually takes away life with pain. - Ci29#35

Seat/ Location of Vatasonita:

The hands, feet, fingers and all joints. - Ci29#12

Progressive Spread of Location:

At first it confirms its root in the hands and feet and then spreads over the body.

Ci29#12

Symptoms of Vatasonita:

Hence it produces pain mostly in those very joints [in which it has located] and as such the patient suffers from respective pain very difficult to tolerate.

Symptoms of P and K may be present if these are also involved.

Ci29#15, 12

Prodromal Symptoms of Vatarakta:

Excess or absence of perspiration, blackness, anesthesia, severe pain on injury, laxity in joints, lassitude, malaise, appearance of boils, piercing pain, quivering, tearing, heaviness, numbness and itching in knee, shanks, thigh, waist, shoulder, hands, feet and joints of body; unstable pain in joints, abnormal complexion and appearance of patches.

Ci29#16-18

The 2 Types of Vatarakta:

Superficial:

Located in twak (skin) and mamsa

Deep:

Located in the deeper dhatus.

Ci29#19-23

Symptoms of External/ Superficial Type:

The skin is blackish, red or coppery and is associated with itching, burning sensation, pain, stretching, piercing pain, quivering and contraction.

Ci29#19-23

Symptoms of Deep Type:

There is swelling, stiff and hard, with severe pain inside, blackish or coppery, having burning sensation, piercing pain, quivering and inflammation, associated with distress and burning in stomach.

V moves with force frequently in joints, bones and marrow as if cutting and making them crooked produces limping or lameness while moving all over the body.

Ci29#19-23

Symptoms of Superficial and Deep Vatarakta Simultaneously:

If all the above symptoms are found, vatarakta should be known as located in both.

Ci29#19-23

Symptoms of V-predominant Vatarakta:

Particularly dilatation of vessels, pain, quivering and piercing pain, blackness, roughness, blackishness, aggravation and diminution, contraction in dhamanis (arteries), fingers and joints, stiffness in body parts, intense pain, contracture and stiffness, aversion to cold.

Ci29#25

Symptoms of Rakta-predominant Vatarakta:

There is swelling with severe distress and piercing pain, coppering, with pricking sensation, not subsiding by either unctuous or rough applications and associated with itching and moistening.

Ci29#26

Symptoms of P-predominant Vatarakta:

There is burning after meals, pain, fainting, sweating, thirst, narcosis, giddiness, redness, inflammation, tearing and dryness.

Ci29#27

Symptoms of K-predominant Vatarakta:

There is a feeling of wetness, heaviness, unctuousness, numbness and mild pain.

Ci29#28

Symptoms of Dual- or Tri-doshic Vatarakta:

These should be known by combined etiology and symptoms.

Ci29#29

Prognosis of Vatarakta:

Curable:

The disease which is new and caused by 1 dosha.

The disease which is free from the complications.

Maintainable:

The disease caused by 2 doshas.

The disease having less than all the symptoms.

Incurable:

The disease caused by 3 doshas as well as having complications.

To Be Rejected:

The disease which is discharging profusely, with deranged colour, stiff, causing growths, contractures and damage to the senses.

Ci29#30-34

Complications Which Make Vatarakta Incurable:

Sleeplessness, anorexia, dyspnea, gangrene, stiffness in head, fainting, narcosis, distress, thirst, fever, mental confusion, trembling, hiccup, lameness, erysipelas, inflammation, piercing pain, giddiness, exhaustion, crookedness in fingers, blisters, burning sensation, stiffness in vital parts, tumors and mental confusion.

Even mental confusion alone can make Vatarakta incurable.

Ci29#31

General Treatment of Vatarakta:

Blood-Letting:

Blood-letting:

In such cases, blood should be let out with horn, leech, needle, bottle-gourd, "sacrifrying" [scarifying (scratching)] or venesection according to morbidity and strength.

Ci29#36

Indications for Use of Leech In Blood-letting:

Use for one suffering from distress, burning sensation, piercing pain and redness.

Ci29#37

Indication for Use of Horns or Bottlegourds In Blood-letting:

Use for patient having numbness, itching and prickly sensation.

Ci29#37

Indication for Use of Venesection or Scarifying In Blood-letting:

Use if the disorder is shifting from place to place.

Ci29#38

Contra-indications for Blood-letting:

If the part is reduced and the patient is rough and with predominance of V.

Ci29#39

Complications of Improper and Excessive Blood-letting:

Due to loss of blood, V produces deep swelling, stiffness, trembling, disorders of ligaments and vessels, malaise and contractures.

If blood is let out excessively, V disorders such as limping etc. and death may occur.

Hence one should administer blood in proper quantity from the patient who is properly uncted.

Ci29#40

General Treatment of Vatarakta:

At first the patient should be purgated after unction with unctuous or rough mild purgatives.

Frequent application of enema should also be done.

Besides, sprinkling, massage, ointment, food and uncting substances which do not cause burning are recommended.

Ci29#41

Treatment of External Type of Vatarakta:

Treat with pastes, massage, sprinkling and poultice.

Ci29#42

Treatment of Deep Type of Vatarakta:

Treat with purgation, non-unctuous enema and intake of uncting substance.

Ci29#43

Treatment of V-predominant Vatarakta:

Intake of ghee, oil, fat and marrow; massage, enema and comfortable hot poultices. -#44

Treatment of rakta pitt predominant Vatarakta:

purgatives, intake of ghee and milk, sprinkling, enema, cold refrigerants.

Ci29#45

Treatment of K-predominant Vatarakta:

Mild emesis, unexcessive unctuous application and sprinkling and warm pastes.

Ci29#46

Complications in K and V types if Cold Pastes are Applied:

burning sensation, swelling, pain and itching aggravate due to checking.

Ci29#47

Complications in raktapitta type if Hot Things are Applied:

burning sensation, moistening and tearing occur.

Ci29#48

..Hence the physician should apply measures after considering the strength of morbidity.

Ci29#48

The Patient Should Abstain From:

day sleep, exposure to heat, physical exertion, coitus, eating of pungent, hot,

heavy, channel-blocking, salty and sour things.

Ci29#49

Diet for Vatarakta:

Cereals: Old cereals of barley, wheat, nivara, sali and sastika rice.

Meat soup: soup of gallinaceous and pecking birds are wholesome.

Soups: soups of pigeon pea, bengal gram, lentils and makusthaka added with plenty of ghee are commended.

Vegetables: those who are suited to vegetables should be given the vegetables of sunisannaka, tip of vetra, kakamaci, satavari, vastuka, upodika and suvarcala fried with ghee and meatsoup in milk, cow's, buffalo's and goat's milk is beneficial.

Ci29#50-53

Specific Treatment of Vatarakta:

Formulas For Treatment of Vatarakta:

The following ghrta alleviates vatarakta:

Equal parts- ghee, sravani, ksirakakoli, jivaka, rsabhaka, madhuka

+

milk

Ci29#55

The following ghrta alleviates vatarakta and also cardiac disorders, anemia, erysipeles, jaundice and fever:

bala, atibala, meda, kapikacchu, satavari, kakoli, ksirakakoli, rasna, rddhi
Pound the above together into a paste.

+

4 times- milk

ghee

Cook all the above together.

Ci29#56-57

Parusaka Ghrta:

This useful ghee is efficacious in vatarakta, wasting due to chest wound, erysipelas and P fever:

Paste of- trayamana, tamalaki, kakoli, ksirakakoli, satavari, kaseruka

+

Decoction of- the same drugs

equal quantity juices of- parusaka, draksa, kasmarya, sugar cane, vidari

+

4 times- milk

ghee

Cook all the above together.

**** Jivaniya Ghrta:**

This ghrta alleviates anemia, fever, hiccup, hoarseness of voice, fistula-in-ano, pain in sides, wasting, cough, spleen enlargement, vatarakta, consumption due to chest-wound, epilepsy, calculus, gravels, vatika disorders generalized or localized and retention of urine.

It promotes strength, complexion, auspiciousness, removes wrinkles and greying of hairs, is aphrodisiac and provides progeny even to a sterile woman:

80gm. each- the 2 pancamulas (dashamula), varsabhu, eranda, punarnava, mudgaparni, mahameda, masaparni, satavari, samkhapuspi, adhahpuspi, rasna, atibala, bala

+

10.24L- water

Boil all the above till reduced to 1/4th.

+

juice of- amalaka, sugarcane

milk

soup of- goat's flesh

2.56Kg.- ghee

[[2.56Kg. is the volume for each of the items from juice of amalaka to ghee]]

+

paste of- meda, mahameda, kasmarya fruits, utpala, twakksiri, pippali, draksa, lotus seeds, punarnava, sunthi, ksirakakoli, padmaka, brhati, kantakari, vira, srngataka, bhavya, urumana, nikocaka, kharjura, aksota, vatama, munjata, abhisuka

Cook all the above together on mild fire. Prepare a ghrta and cool.

+

Honey

Mix all the above together well.

Store well-protected in a clean container after observing the prescribed ritual for protection.

Administer in doses of 10gm..

Ci29#61-70

The following ghrta may be used:

decoction of- draksa, madhuka

+

sugarcandy

Ghee

Cook all the above together.

Ci29#71

The following ghrta may be used:

Juice of- guduci

+

milk

ghee

Cook all the above together.

Ci29#72

The following ghrta alleviates vatarakta and severe V disorders pertaining to the entire body:

decoction of- jivaka, rsabhaka, meda, rsyaprokta, satavari, madhuka, madhuparni, kakoli, ksirakakoli, mudgaparni, masaparni, dasamula, punarnava, bala, amrta, vidari, aswagandha, pasanabheda

+

paste of- the same drugs listed above

ghee

oil

(If available)- fat and marrow of wild, pecking and gallinaceous birds

4 times- milk

Cook all the above together.

Ci29#73-75

The following ghrta should be taken in vatarakta caused by 3 doshas:

decoction of- salaparni, goksura, brhati, sariva, kasmarya fruits, kapikacchu, vrscira, bala, atibala

+

oil, ghee

Cook the oil and ghee separately in 2 batches of the above decoction.

[Now they may be mixed together/ they will be mixed together when eating?.]

+

4 times- milk

paste of- meda, satavari, madhuyasti, jivanti, jivaka, rsabhaka

[Administration:] “Taking adequate dose from it should be mixed in 3 times milk and 1.5 times sugar and the whole thing should be churned with a stick.”

Ci29#76-78

“In the same way” the following formula may be used:

oil, milk, sugar

Mix together.

Ci29#79

“In the same way” the following formula may be used:

Milk + Ghee, oil, sugar, honey

Mix all the above together.

Ci29#79

The following is recommended for drink:

salaparni

+

640ml.- milk

Boil the above together.

+

80gm.- sugar

Ci29#80

The following is recommended for drink:

Pippali, sunthi

+

milk

Boil the above together.

Ci29#80

The following drink alleviates V disorders:

bala, satavari, rasna, dasamula, pilu, syama, eranda, salaparni

+

milk

Boil the above together.

Ci29#81

The following should be taken in case of V covered with P or rakta to eliminate the impurity:

Warm fresh milk

+

cow's urine or powder of trivrit
Mix the above together.

Ci29#82

Procedure for one having much impurity:

- 1) take castor oil with milk for purgation regularly
- 2) after digestion [of the above] take diet of milk and rice.

Ci29#83

One having much impurity should take the following formula:

Decoction of- haritake

+

ghee

Fry the above together.

Ci29#84

One having much impurity should take the following formula:

Powder of- trivrt

+

milk or grape juice

Mix the above together.

Ci29#84

The following decoction should be taken for purgation:

decoction of- kasmarya fruit, trivrt, draksa, triphala, parusaka

+

salt

honey

Mix the above together.

Ci29#85

In predominance of K, take:

decoction of - triphala

honey

Ci29#86

In predominance of K, take:

decoction of -amalaki, haridra, musta

honey

Ci29#86

Treatment in case V is Covered with Feces:

The patient should be purgated frequently with formulations mentioned in kalpasthana, which should be mild and added with some uncting substance.

Ci29#87

Importance of/ Use of Enema for Vatarakta:

Or his excrements should be eliminated by administering milk enemas mixed with ghee.

** There is no treatment of vatarakta equal to enema.

Ci29#88

Non-unctuous and Unctuous enemas are commended in case of pain in pelvis, groin, sides, thighs, joints, bones and abdomen and of udavarta.

Ci29#89

The following oil (taila) formulas listed should be used by the wise physician as enema and also as snuff, massage and sprinkling for pacification of burning sensation and pain:

Ci29#90

Madhuparnyadi Taila:

This oil, used in 4 ways (intake, massage, snuff and enema) alleviates vatarakta associated with complications, pain in body and involving the whole body. It destroys vatarakta, P, burning sensation, distress and fever and promotes strength and complexion:

4Kg.- madhuparni (madhuka)

Decoct the above in water, and reduce to 1/4th.

+

40gm. paste of each- satapuspa, satavari, murva, payasya, aguru, candana, salaparni, hamsapadi, mamsi, meda, mahameda, madhuparni, kakoli, ksirakakoli, tamalaki, rddhi, padmaka, jivaka, rsabhaka, jivanti, twak, patra, nakha, balaka, prapaundarika, manjishta, sariva, aindri, vitunnaka

2.56Kg.- milk

2.56Kg.- oil

Prepare all of the above together.

Ci29#91-95

Sukumaraka Taila:

This oil should be applied as snuff, massage, intake and enema in all V disorders, stiffness of neck, lockjaw, V generalized or localized, wasting and fever due to chest wound.

This taila alleviates vatarakta, promotes voice and complexion and provides health, strength and corpulence:

4Kg.- madhuka

640gm. each- draksa, kharjura, parusaka, madhuka, odanapaki, munjataka

2.56Kg.- kasmarya fruits

+

40.96L- water

Boil all the above together, and reduce to 1/8th. Then filter it.

+

“Equal quantity” [2.56Kg./ equal to the total above] juice of- amalaka, kasmarya, vidari, sugarcane

40.96L- milk

40gm. paste of each- kadamba, amalaka, aksota, lotus seeds, kaseruka, srngataka, sunthi, lavana, pippali, sarkara, and vitalizer drugs

2.56Kg.- oil

Prepare all the above together.

+
640gm.- honey
Mix all the above together.
Ci29#96-102

Amrtadya Taila:

This oil is useful in all ways in vatarakta, wasting due to chest wound, affliction by overload, deficiency of semen, trembling, convulsions, fractures and diseases generalized or localized.

This is the best among oil and alleviates diseases of female genital track, epilepsy, insanity, limping and lameness and makes delivery of fetus easy:

4Kg. each- guduci, madhuka, laghu pancamula, punarnava, rasna, eranda root, vitalizer drugs as available

20Kg.- bala

2.56Kg.- kola, bilva, barley, black gram, horse gram

10.24Kg.- kasmarya fruits, well dried, (well-crushed and washed [the kasmarya fruits?/ all of the above?])

1024L- water

Decoct the above until water is reduced to 40.96L.

+

5 times- milk

120gm. paste of each- candana, usira, nagakesara, patra, ela, aguru, kustha, tagara, madhuyasti

320gm. paste of- manjistha

Prepare all the above into a tailam.

Ci29#103-109

Mahapadma(ka) Taila:

This taila alleviates vatarakta and fever:

200gm. each- padma (padmaka), vetasa, madhuyasti, phenila, kamala, utpala, darbha, bala, candana, kimsuka

+

water

Decoct the above.

+

“6.40gm.” [640gm.] - oil

“Equal quantity” [640gm.] - sauviraka (a type of vinegar)

20gm. paste of each- lodhra, kaliyaka, usira, jivaka, rsabhaka, nagakesara, padmaka, prapaundarika, kasmarya, mamsi, meda, priyangu, kumkuma

40gm.- manjistha

Process all the above into a tailam.

Ci29#110-113

Khuddaka Padmaka Taila:

This taila alleviates vatarakta and burning sensation:

decoction of- padmaka, usira, madhuyasti, haridra

paste of- sarja, manjistha, vira, kakoli, candana

+

oil

Process all the above into a tailam.

Ci29#114

The following tailam alleviates vatarakta:

4Kg.- madhuyasti

10 times [40Kg.]- milk

Boil the above together, reducing to 1/4.

+

40mg. paste of- madhuka -OR- juice of- madhuka, kasmarya

40.96Kg.- oil

Process all the above together.

Ci29#115

Madhuka Taila cooked 100 times:

This taila should be used in vatarakta caused by 3 doshas. It also alleviates dyspnea, cough, cardiac disorders, anemia, erysipelas, jaundice and burning sensation:

40gm. paste of- madhuparni (madhuka)

4 times- milk

+

640gm.- oil

Cook all the above together. [Strain out the madhuka pulp afterwards.]

Repeat this process, using 99 new batches of madhuka.

Thus it is processed with a total of 100 pala (4Kg.) Of madhuka.

Ci29#116-118

Balataila cooked 100 or 1000 times:

This oil alleviates vatarakta and vatika disorders. It is an excellent rasayana, cleanser of senses, vitalizer, bulk-promoting, promoter of voice and alleviator of the defects of semen and ovum:

decoction of- bala
 paste of- bala
 +
 oil
 “Equal quantity”- milk

Cook the above together. Repeat the process with 99 or 999 new batches of decoction and paste.

Ci29#119-120

The following oil alleviates vatarakta:

Juice of- guduci
 +
 milk
 oil
 Prepare the above together.

Ci29#121

The following oil alleviates vatarakta:

Juice of- grape
 +
 oil
 Prepare the above together.

Ci29#121

The following oil alleviates vatarakta:

Juice of- madhuka, kasmarya
 +
 oil
 Prepare the above together.

Ci29#121

The following [oil/gruel/drink/soup] is and excellent alleviator of fever, burning sensation and distress:

2.56L- sour gruel

+

1/4- sarjarasa

oil

+

Churn all the above in plenty of water.

- Ci29#122

** Pinda Taila:

This oil alleviates pain in vatarakta when used for massage:

bee's wax
 manjistha, sarjarasa, sariva

+

oil

Prepare all the above together.

Ci29#123

Treatment of vatarakta predominant in V:

Milk boiled with dasamula removes pain immediately. [presumably taken orally. But perhaps by all means together -oral, sprinkling, enema, nasal]

Also, sprinkling with warm ghee removes pain quickly.

Ci29#124

Treatment of stiffness, convulsion and pain:

Sprinkle over with 4-fats processed with sweet drugs. The formula should be applied warm.

Similarly, the milk of cow, sheep and goat mixed with oil or decoction of vitalizer drugs or pancamula should be used for sprinkling.

Similarly, juice of grapes and sugar cane, wine, curd water, sour gruel, water of rice, honey and sugar are also useful for sprinkling.

Ci29#125-127

Treatment in case of burning sensation [with stiffness, convulsion and pain]:

Sprinkle over with 4-fats with sweet drugs. The formula should be applied cool.

Ci29#125

Treatment in case of burning sensation:

Sponging and contact with flowers of kumuda, utpala (water lily), lotus etc., necklace of gems and sandal pieces immersed in cold water is beneficial.

Also: the patient lying on a bed moistened with dews of moonrays, covered with flax and lotus leaves and fanned with breeze cooled by contact of sandy beach should be attended by beloved and sweet-spoken women with their breasts and hands pasted with sandal and with cold and pleasing touch who remove burning sensation, pain and exhaustion.

Ci29#128-130

Treatment of burning sensation associated with redness and pain:

Blood-letting should be done followed by application of paste of madhuka, aswattha bark, mamsi, vira, udumbara, durva.

Ci29#131

Aquatic flowers (lotus etc.) or barley powder mixed with madhuyasti, milk and ghee, or that of jivaniya drugs mixed with ghee alleviates pain and burning sensation.

Ci29#132

Sesamum, jpriyala, madhuka, lotus rhizome, vetasa root pounded with goat's milk and applied as paste relieve burning sensation and redness.

Ci29#133

Application of paste with prapaundarika, manjistha, daruharidra, madhuka, candana, sugar candy, eraka, parched grain flour, lentils, usira and padmaka alleviates pain, burning sensation, erysipelas, redness and swelling.

Ci29#134

**The above applications are for the disease predominant in P and rakta. [though there are a couple for treatment of V up there]. Now listen about the applicable for the disorder predominant in V.

Ci29#135

Treatment for Vatarakta Predominant in V:

Ksara (rice cooked with pulse [kitchari]) and mudgapayasa (green gram cooked in

milk) processed with V-alleviating drugs and added with uncting substance or bolus made of sesamum and mustard applied as poultice alleviates pain.

Ci29#136

Preparation of vasavara made of the meat of aquatic, snatching and marshy animals, well-processed with vitalizer drugs and added with uncting substance are useful as poultice. These alleviate stiffness, piercing pain, distress, stretching, swelling and immobility of body parts.

Ci29#137

Similar is the fat cooked with vitalizer drugs along with milk.

Ci29#138

Ghee, sahadara root, jivanti and goat's milk are applied as paste.

Ci29#139

Similarly: pounded sesamum seeds roasted and immersed in milk should be applied.

Ci29#139

If there is predominance of V, paste should be applied of linseed pounded with milk, castor seeds and satahva for alleviating pain.

Ci29#140

The following paste is used in bodyache, sandhivata, vatarakta, dislocation, fracture, limping and humpedness:

Decoction of- eranda (whole plant)

40gm. paste of each- vitalizer drugs, cow's milk, goat's milk, haridra, utpala, kustha, ela, satahva, leaves of karavira, flowers of kakubha

1.28Kg- ghee

1.28Kg.- oil

1.28Kg.- marrow derived mainly from marshy animals and birds

Prepare all the above together and cool.

+

320gm.- bee's wax

Mix all the above together.

Ci29#141-142

Treatment of Vatarakta Predominant in K:

Treatment in predominance of K and swelling, heaviness, itching etc.:

Ghee cooked with urine, alkali and wine is useful as massage.

Ci29#143

Ghee cooked with padmaka, twak, madhuka and sariva along with madhusukta (a type of vinegar) is useful as sprinkling and massage in predominance of K.

Ci29#144

Alkali, oil, cow's urine and ghee processed with pungent drugs are beneficial in vatarakta with predominance of K.

Ci29#145

Similarly, paste of mustard, nimba, arka, himsra, milk and sesamum or that of kapittha bark, ghee and milk mixed with parched grain flour is useful.

Ci29#146

Treatment of Vatarakta Predominant in V and K:

Soot, vaca, kustha, satahva, haridra, daruharidra- this paste alleviates pain in vatarakta predominant in V and K.

Ci29#147

Tagara, twak, satahva, ela, kustha, musta, harenuka, devadaru and vyaghranakha- these pounded with sour liquid and applied as pastes alleviate the disorders of rakta associated with V and K.

Ci29#148

Similarly, the seeds of madhusigru pounded with sour gruel are pasted for a while and then washed with sour liquids for treating cases predominant in V and K.

Ci29#149

The following paste is very efficacious in pain of vatarakta even caused by all the doshas [jointly]:

Equal quantity of each- triphala, trikatu, patra, ela, tvakksiri, citraka, vaca, vidanga, pippalimula, kasisa, vasa bark, rddhi, tamalaki, cavya
Pound all the above together.

The paste should be applied on an iron utensil in early morning and then the paste should be eaten at noon.

Ci29#150-153

Curd, sukta (vinegar), alkali and incompatible [heating and channel-blocking] food items should be avoided.

Ci29#154

The above treatment [referring to just the single formula above] should be applied by one conversant in reasoning and variation after considering specific positions and strength or otherwise of dosas. [The above formula might aggravate a pure V type or pure P type pain.]

Ci29#155

Treatment of V vitiated due to Blockage of Passage by Excessive aggravation of Medas and K:

Uction and bulk-promoting measures should not be applied in the beginning.

Instead, K and medas should be diminished with physical exercises, evacuation, intake of arista and urine, purgation and administration of buttermilk and haritaki.

Ci29#156-157

One should take decoction of aswattha with honey. It overcomes shortly even the severe vatarakta caused by 3 doshas [together].

Ci29#158

Besides (K and medas should be diminished) by use of old cereals of barley and wheat, sidhu, arista, sura, asava (fermented beverage), silajatu, guggulu and maksika.

Ci29#159

Treatment of the deep type of the disease, when the blood is affected:

In the deep type of the disease if blood is affected, it should be treated like V.

Thereafter steps should be taken to pacify vatarakta.

Ci29#160

Treatment of joint/ body part with inflammation or torn, discharging blood or immature pus:

The disordered part, due to excessive aggravation of rakta and P, gets inflamed or torn discharging blood or immature pus.

They should be treated with incision, cleansing and healing application.

Ci29#161

Treatment/ Management of the Complications of Vatarakta:

“The complications should be managed according to their respective treatment.”

So, see the other sections in this text pertaining to treatment of those disorders.

Ci29#162

Fainting and Coma

Diagnosis

Etiology

Narcosis- Symptoms

Fainting- Symptoms

Coma- Symptoms

Treatment

Treatment of Coma

Treatment of Fainting and Narcosis

[Note: this chapter was originally in the Charaka with the chapter on blood disorders, so it should be considered as related. One may wish to refer to that “Blood” chapter for more background concepts.]

When in a person indulged in dirty food and having himself covered with rajas and tamas, the vitiated dosas, singly or in combination, obstruct the channels carrying rakta, rasa and consciousness and are located there, they give rise to diseases– “mada” (narcosis) [Note: not “unmada” (insanity)], “murchha” (fainting) and “samnyasa” (coma).

Su24#25-29 [Note: P.V. Sharma has spelled the sanskrit word for fainting alternately as “murchha” or “murcha”.]

Mada (narcosis):

The person should be diagnosed as a case of V-type mada, if his speech is adherent, excessive and fast, movement is unstable and falling, and face is rough, reddish or blackish.

The person with angry and harsh speech, inclination towards beating and quarrels, and red, yellow and black face should be known as a case of P-type mada.

The person affected with K-type mada has little and incoherent speech, drowsiness and lassitude, paleness and continued concentration.

In sannipatika-type mada, all these features are found.

Su24#30-32

This narcosis arises and subsides quickly like the alcoholic narcosis.

Su24#33

All types of narcosis– caused by alcoholic drinks, poisons or blood– do not occur except by the vitiation of the 3 dosas V, P and K.

Su24#34

Murchha (fainting):

In V-type murchha (fainting), the patient becomes unconscious seeing the sky as blue, black or reddish and recovers quickly. Other symptoms are trembling, body-ache, excessive pain in cardiac region, emaciation, blackish and reddish lustre.

In P-type murchha, unconsciousness comes after seeing the sky as red, green or yellow and recovery is with sweating. There are also symptoms like thirst, pyrexia, red or yellow disturbed eyes, loose motions and yellow face.

The patient of K-type murchha, gets unconscious after seeing the sky like clouds or covered with deep darkness and recovers after a long time. He feels his body parts heavy and as wrapped with wet hide. He also suffers from excessive salivation and nausea.

Sannipata-type murchha has got the characters of all the above types and attacks in paroxysm like epilepsy with the difference that in this (murchha)_ the patient falls down without disgusting movement.

Samnyasa (coma):

Mada and murccha subside on their own accord when the dosas finish their attack but samnyasa (coma) does not subside without medicines.

In weak persons, when very strong dosas get located in the abode of vital breath (heart) and affect the movement of speech, body and mind, coma ensues. The person affected with coma looks stick-like and as dead and immediately succumbs to death if the emergency is not managed quickly. As a wise person brings out the utensil drowning in deep water quickly before it settles down to the bottom of the ocean, the physician should manage the patient suffering from coma [expediently].

Su24#42-46

Treatment of Samnyasa (coma):

For arousing him from the deep slumber, collyriums, drops, smokes, blowing, needling, burning, pain in nail bed, plucking the hairs of head and body, biting with teeth, rubbing with hairy fruits of atmagupta are useful. Besides, various types of strong alcoholic liquors added with plenty of pungent substances should be poured into his mouth frequently. Similarly, the juice of matulunga added with dry ginger and sauvarcala salt combined with hingu along with wine, sour juice or vinegar should be administered for arousing consciousness.

When the patient regains consciousness he should be given light diet and during this period he should be entertained with surprising narratives, memoirs, pleasing talks, enchanting songs and playing of musical instruments and colorful scenery [to keep him from falling back into coma]. Moreover, he should be treated with purgation, emesis, smoking, collyrium, gargles blood-letting and rubbing all over the body. Thus his mind should be protected well from the causes of destruction.

Su24#47-53

Treatment of Murchha and Mada:

In murchha and mada, the patients should be subjected to the 5 evacuative measures, after they have been uncted and fomented properly, according to disorder and strength. Likewise, the administration of paniya-kalyana ghrta (having 28 drugs), tikta satpala ghrta or mahatikta ghrta is recommended. The use of triphala with ghee, honey and sugar; silajatu, milk, pippali or citraka with milk, rasayana drugs or kaumbha (10 year old) ghee is also beneficial.

Mada and murchha are alleviated by blood letting and constantly keeping in touch with scriptures, noble and strong-minded persons.

Su24#54-58

Gulma (Abdominal Lump)

Diagnosis

Etiology

Symptoms

Uterine Tumor

Treatment

General Treatment

Treatment of Complications

The 3 Stages: Unripe, Inflamed and Ripened

Surgery

Cauterization

Formulas

Diet

Treatment of P-type Gulma

Treatment of K-type Gulma

Treatment of Uterine/ Vaginal Gulma

Punarvasu, the father-like savior of all beings, master of the past and the present and the best among the professors described the successful treatment to alleviate gulma (abdominal lump).

Ci5#3

the 5 Types of Gulma:

Vatagulma, Pittagulma, Kaphagulma, Nicaya (sannipatika) gulma and Sonita (rakta) gulma

Ni3#3

Knowledge of specific characters:

Specific characters of all diseases are defined on the basis of etiology, prodroma, symptoms, chief complaint and therapeutic suitability.

Ni3#5

Etiology of Gulma:

V gets vitiated in the belly due to excessive discharge of feces, K and P or due to compression [of feces] because of their excessive accumulation or because of suppression of impelled downward urges or external injury or excessive pressure or excessive intake of rough food and drinks or grief or faulty application of evacuative measures or uneven and excessive movements.

Ci5#4-5

Pathology, Symptoms, Means of Diagnosis, and Types of Gulma:

That vitiated V aggravates K and P and obstructing the passages through them [V, pushing P and K, obstructs the passages] produces pain in cardiac region, navel, sides, abdomen and pelvis and does not move downwards due to blocking of the passage, thus located in pakvasaya (colon), pittasaya or kaphasaya, independent or dependent, known by palpation, acquires the name of gulma (lump) due to its lumpy nature according to dosa.

Ci5#6-7

5 Sites of Gulma:

“pelvic region, umbilical region, cardiac region or flanks.” [yes, that’s only 4 listed.]

Ci5#8

Etiology of V Gulma:

Rough food and drinks, uneven and excessive activities, suppression of urges, anxiety, injury, excessive loss of excrements and fasting

Ci5#10

Etiology of V-type gulma:

when a person of V constitution who is particularly emaciated due to one of the reducing factors like fever, emesis, purgation and diarrhea takes V-aggravating food, or excessive quantity of food

or is administered emesis or purgation without prior unction,

propels unimpelled vomiting,

holds up impelled urges of flatus, urine, feces,

or takes fresh water too much after a heavy meal
 or travels by an excessively jerking vehicle,
 indulges in excessive sexual intercourse, physical exercise, alcoholic drinks and
 anxiety,
 is subjected to injury, or uses uneven postures in sitting, sleeping, standing and
 walking,
 or starts some other similar complicated and excessive physical exercise,
 ...by such unwholesome act of his, V gets vitiated.

Ni3#6

Pathology of V-type Gulma:

That vitiated V on having entered into the mahasrotas (G.I. tract), hardens due to
 roughness and being formed into a mass is localized in the region of the heart, urinary
 bladder, sides and [or] navel.

Ni3#7

Symptoms of V Gulma:

The gulma which shows wide variations of location, symptoms and pain, causes
 obstruction in feces and flatus, dryness in throat and mouth, blackish and reddish
 complexion, fever with shivering, pain in heart, abdomen, sides, shoulders and head,
 aggravates in empty stomach and becomes mild on taking food should be taken as caused
 by V. In this case, rough, astringent, bitter and pungent food articles do not suit.

Ci5#11

Symptoms of V-type Gulma:

It causes pain and nodules of various types, remains massified, because of
 massification, it is called gulma (that which forms a bolus).

It sometimes aggravates, sometimes is diminished, having unstable severe and
 mild pain due to instability of V, sometimes there is a sensation of ants crawling in the
 organs [body parts], frequency of various types of pain such as piercing, breaking,
 twitching, extension, contraction, numbness, oversensitivity, the patient feels himself as
 having been pierced with needle or nail, rise of temperature in the evening, dryness of
 mouth respiratory trouble, horripilation at the onset of pain;

occurrence of complications such as spleen (enlargement), distension and gurgling
 sound in abdomen, indigestion, udavarta (upward movement of V), body-ache, pain in
 sternomastoid, head and temples and Bradhna (swelling of inguinal glands), appearance
 of blackness, reddishness and roughness in skin, nails, eyes, face, urine and feces,
 unsuitability of the etiological factors and suitability of the contrary ones. This is
 vatagulma.

Ni3#7

Etiology of P Gulma:

Excessive intake of pungent, sour, irritant, hot, burning, rough substances, anger,
 wine, the sun and the fire; ama dosa, injury and impure blood.

Ci5#12

Etiology of P-type Gulma:

If a person emaciated due to the same reducing factors uses sour, salty, pungent,
 alkaline, hot and sharp things, vinegar, damaged wine, salads and sour fruits and also

acid-producing vegetables, grains, meat, etc; takes food during indigestion, is administered emesis when amasaya (stomach) is quite rough, suppresses natural urges for long, and is exposed excessively to the sun and the wind, his P along with V gets vitiated.

Ni3#8

Pathology and Symptoms of P-type Gulma:

V collecting the vitiated P in a portion of amasaya produces the same types of pain as said in vatagulma.

Due to P, the patient feels burning sensation (with hyperacidity) in the belly, cardiac region, chest and throat, and at the same time he emits out smoky and sour eructations; in the location of gulma there is heat, burning and heating pain, sweating and moistening, laxity, tenderness and slight horripilation;

he is afflicted with complications such as: fever, giddiness, burning pain, thirst; dryness of throat, palate and mouth, fainting and diarrhea; has green or yellow skin, nails, eye, face, urine and feces; etiological factors as mentioned above are unsuitable to him and the contrary ones are suitable. This is Pitta gulma.

Ni3#9

Symptoms of P Gulma:

Fever, thirst, reddishness of face and body, pain aggravating during digestion of food, sweating, burning, tenderness as in abscess.

Ci5#13

Etiology of K Gulma:

Cold, heavy, unctuous food, lack of movement, over-saturation, excessive sleep in day.

Ci5#14

Etiology of K-type Gulma:

If a person emaciated due to the aforesaid reducing factors, takes too much unctuous, heavy, sweet and cold things, habitually takes preparations of (rice) flour, sugarcane, milk, sesamum, black gram and jaggery; uses excessively immature curd and wines, indulges in salads, overeats meat of marshy, aquatic and domestic animals, suppresses natural urges, while hungry takes too much water or is subjected to jerking of the body, his K along with V gets vitiated.

Ni3#10

Pathology of K-type Gulma:

V accumulating that vitiated K in a portion of amasaya gives rise to various types of pain as mentioned in Vatagulma.

Ni3#11

Symptoms of K Gulma:

Feeling of weakness, cold fever, malaise, nausea, cough, anorexia, heaviness, coldness, mild pain, hardness with elevation [locally of the abdominal lump].

Ci5#15

Symptoms of K-type Gulma:

various types of pain as mentioned in Vatagulma

particularly K causes fever with initial cold, anorexia, indigestion, bodyache, horripilation, heart disease, vomiting, sleep, lassitude, cold sensation, heaviness and distress in head; in gulma, there is stability, heaviness, hardness, deepness and numbness;

complications such as cough, dyspnea and coryza and even phthisis in much advanced stage, whiteness in skin, nails, eye, face, urine and feces, unsuitability of the etiological factors and suitability of the contrary ones. Thus Kaphagulma.

Ni3#11

Etiology of Dwidosaja and Sannipatika Gulma:

All of the above factors are causative. 3 dosas = 3 doshic involvement.

When the etiology and symptoms of 2 dosas are found, the dosa is taken as caused by 2 dosas.

Treatment of sannipatika should observe relative severity of involved doshas.

Ci5#16

The Tri-doshic, Incurable Gulma:

Gulma which has intense pain, burning, stony hard and elevated, quickly inflaming, severe and which takes away the strength, body and agni is taken as caused by 3 dosas. This is incurable.

Ci5#17

Sannipatika Gulma:

In case of the combination of etiology and symptoms of 3 doshas, it is said as sannipatika gulma by the experts.

This is incurable due to mutually conflicting of the therapeutic measures.

Ni3#12

Raktagulma:

Rakta gulma is a condition of the uterus, appearing only in women, related to menstrual flow.

Ni3#13

Etiology of Raktagulma:

In women who suppress the impending natural urges because of dependence, want of wisdom or constant attendance to others,

or use of V-aggravating things after abortion, delivery or during menses,

...thus V gets vitiated.

Ni3#13

Pathology of Raktagulma:

this vitiated V, having entered into the mouth of the uterus, checks the menstrual flow. -#14

In every month the menstrual blood being checked enlarges the abdomen.

The patient, consequently suffers from pain, cough, diarrhea, vomiting, anorexia, indigestion, bodyache, sleep, lassitude, cold sensation and excessive salivation.

There is also milk in the breasts, blackness in lips and breasts, excessive malaise in eyes, fainting, nausea, longing for certain things, swelling in feet, slight appearance of line of small hairs, dilatation of vagina along with foul smell and discharge (all symptoms of pregnancy);

there is pulsation in the entire mass of gulma (instead of movement of body parts of fetus), but the confused ones take her as pregnant although she is not so.

Ni3#14

Prodromal Symptoms of All 5 Types of Gulma:

aversion to food, anorexia, indigestion, irregularity of digestion, hyperacidity, vomiting and eructation unusually during digestion, non-emergence of urges for flatus, urine and feces or non-elimination or slight elimination if emerged, pain, distension, gurgling sound, malaise and diarrhea due to V, loss of appetite, debility, 'intolerance to food saturation' [intolerance to heavy, fatty food].

Ni3#15

Role of V in Gulma:

Out of all the types of gulma, no gulma arises without V.

Ni3#16

Uterine Gulmas:

Gulma originated from (accumulation of menstrual) blood in women is caused by fasting during the period of menses, fever, roughening, suppression of urges, astringents, emetics and other uterine disorders.

Ci5#18

That lump which pulses lately only as a lump and not with limbs, has pain and symptoms similar to those of pregnancy is taken as the gulma caused by (menstrual) blood and occurring only in women. This should be treated only after the 10th month has passed.

Ci5#19

Treatment of Gulma:Prognosis and Treatment of Gulma:

Sannipatika is incurable, so should not be treated.

Management of a gulma caused by one dosha [plus V] should be treated by managing that dosha.

Management of a gulma caused by combined doshas should be managed by 'general treatment'.

Ni3#16

Whatever is 'non-contrary' may also be administered according to the severity or mildness of complications.

Ni3#16

The severe complications should be treated quickly and the other complications may be treated later on.

Ni3#16

When a physician in a hurry is unable to distinguish the types of gulma and in emergency conditions he should administer the therapeutic measures as prescribed for V such as proper application of V-alleviating unction and fomentation, unctuous and mild purgation and enema and amla, lavana and madhura rasas.

** Because when V gets pacified the other dosa can also be controlled even with a little effort.

Ni3#16

‘Here is the verse’-

In case of gulma, pacification of V should be done properly with all means because after V is won over, even the small remedy alleviates the other aggravated doshas.

Ni3#17

General Treatment of V Gulma:

The V gulma which is caused by rough articles and exercise and has intense pain with obstruction in feces and flatus should be managed, at first, with unction.

The patient should be uncted with food, massage, drinks and enema- non-unctuous as well as unctuous-.

Then the physician should apply fomentation for alleviation of the gulma.

The application of fomentation in the uncted patient softens the channels, overcomes the aggravated V, breaks down the obstruction (constipation) and thus alleviates the gulma.

Intake of uncting substances is wholesome particularly in the gulma situated in the epigastric region.

Enema is particularly efficacious in the gulma situated in the colon.

Both intake of uncting substance and enema are effective/ must be used together for treating gulma located in jathara (umbilical region and sides).

In V gulma when digestive fire is kindled but flatus and feces are constipated, fatty, hot and bulk-promoting diet should be used.

In V gulma, the intake of uncting substances as well as non-unctuous and unctuous enema should be used now and again protecting the status of K and P.

Ci5#20-26

Management of V Gulma with Alterations/ Complications:

If on V having been overcome, or during it's treatment K, P or rakta gets aggravated, the case should be managed according to predominance of dosa protecting the condition of V althrough.

Ci5#27-28

Treatment of condition where, in V gulma aggravated K subdues digestive fire and thus produces anorexia, nausea, heaviness and drowsiness:

Emesis should be induced.

Ci5#29

Treatment when there is pain, hardness in bowels and constipation in the gulma having predominance of V and K:

Suppositories, pills and powders alleviating K and V are wholesome.

Ci5#30

Treatment of V gulma where aggravated P produces burning sensation:

It should be purged with fatty and carminative drugs.

Ci5#31

Treatment of gulma which does not subside even on applying proper treatment for the involved doshas:

It is pacified by blood-letting.

Ci5#32

Treatment of P Gulma:

Treatment of P gulma which has arisen due to fatty and hot substances:

Purgation is done. - Ci5#33

Treatment of P gulma due to rough and hot excess:

Ghee is an excellent remedy.

Ci5#33

Treatment of P or P gulma situated in pakvasaya (colon):

It should be eliminated in time quickly with milk enemas containing bitter drugs or the patient should be purged with lukewarm milk containing bitter drugs or ghee cooked with tilvaka keeping in view the strength of digestion.

Ci5#34-35

Treatment of gulma where there is also thirst, fever, burning sensation, pain, sweating, mildness of digestion and anorexia:

Blood-letting should be applied..

Ci5#36

** “On their root having been cut [is this related to the sentence directly above on blood-letting, or in general to the broad pacifying measures mentioned so far?], gulmas are not ‘inflamed’ [enlarged? P-aggravated?] and they subside, blood gets free from ‘acidity’ [this is one of the only references in Charaka about acidic blood] and in it’s absence there is no pain.”

Ci5#37

Post Blood-letting Regimen:

After eliminating the impurities (of blood) if the patient has become weak he should be consoled with saturation with the soup of wild animals.

In case there is still some affection remaining, he should take ghee regularly.

Ci5#38

Necessity of Surgery if Blood-letting is Neglected:

If rakta and P are aggravated and gulma gets inflamed in want of blood-letting, then surgical treatment should be performed.

Ci5#39

Characters of Gulma Known as ‘Unripe’:

It is heavy, hard in appearance, deep-seated, without abnormality in colour and stable.

Ci5#40

Characters of Gulma Which is “Inflamed”:

There are symptoms of burning sensation, pain, uneasiness, irritation, insomnia and restlessness.

Ci5#41

Treatment of Inflamed Gulma:

Poultice should be applied on it.

Ci5#41

Characters of Gulma which is “Ripened”:

The gulma , which also [already] has symptoms of inflammation, is protruded outwards, is elevated evenly, is blackish with red margins, is bladder-like on palpation [soft/bulgy], remains elevated on pressure, stiffened and numbed on pressure from sides and with localized pain.

Ci5#42

Three Stages of Gulma:

[the gulma will pass through these 3 stages/ it should be made to pass through these 3 stages]:

Unripe - Inflamed - Ripened

Ci5#43

Surgical Treatment of Gulma:

“n treatment of such cases, there is jurisdiction of the physicians of the Dhanwantari school who have undergone the practical training in puncturing, cleaning and healing.”

Differentiating Signs of External Gulma Vs. Internal Gulma:

The above descriptions were primarily of external gulma.

But the same symptoms apply to internal gulma.

The primary difference is that in internal gulma, [the gulma will be less visible/ palpable and] there will be swelling of the cardiac region while in the external one there will be swelling in the sides [limited to the gulma itself? Or of the whole flanks?].

Again: “This is the sign of the internal gulma too which is under the stage of ripening, particularly in the internal one there is swelling of the cardiac region while in the external one there is protrusion of the sides.”

Ci5#44-45

“Liquefying”, Movement, Resolution, and Treatment of the Gulma After Ripening:

“The gulma, after ripening, moistens the passages [G.I. only? Others?] and goes upwards or downwards [is passed out of rectum or mouth?].”

“In this condition when the disorder is being eliminated itself it should be watched.”

“{In this condition} keep the patient on a wholesome diet only, to be maintained for 10 or 12 days, and protect him from any complications.

Ci5#46

Application of [Uction/Ghee] and Evacuation Once Gulma is Liquefied [and Removed]:

Thereafter intake of ghee is prescribed along with evacuation.

Ci5#47

After-Program to Follow Evacuation:

When the patient is evacuated properly, use of bitter ghee with honey is recommended.

Ci5#47

Treatment of K Gulma:

[The General Treatment Stages for [K] Gulma:]

- 1: lightening
- 2: emesis
- 3: fomentation
- 4: kindle agni well
- 5: ghrta with pungents/ local treatment with cauterization etc.
- 6: evacuative unctuous purgative/ enema

[#]

Indication of Lightening Therapy:

Use if K gulma is caused by cold, heavy and unctuous substances and the patient is not fit for emesis and is having poor digestion.

[The text says “at first”; so in some/ all K gulma cases emesis will be done after lightening.]

Ci5#48

Indication for Emesis:

Use if the patient has poor digestion, mild pain, heavy and “still belly” [!], nausea and anorexia.

Ci5#49

Management of K Gulma After Emesis and Lightening Therapy:

He should be managed with hot measures.

The diet should be processed with pungent and bitter drugs.

Ci5#50

Treatment of Gulma Which is Hard and Elevated with Hardness of the Bowels and Constipation:

First: foment properly

Then: “thereafter it should be dissolved”.

Ci5#51

Use of Ghee and Pungents:

When after lightening, vomiting and fomentation, the agni is well kindled, the patient of K gulma should take ghee processed with alkali and pungents in time.

Ci5#52

Evacuation of the Shifted [loosened] Gulma:

When the kaphagulma is shifted from its location, it should be evacuated by unctuous purgatives or enema prepared from the 10 roots.

Ci5#53

Treatment of K gulma if the digestion is poor and V is obstructed and “the locating organ is uncted”:

Pills, powders and decoctions should be used for the treatment of kaphagulma.

Ci5#54

Treatment of kaphagulma which is deep-rooted, voluminous, hard, immobile and heavy:

It should be treated with alkali, arista and cauterization.

Ci5#55

Indications and Procedure for Use of Alkali for Gulma:

One should use alkali in gulma predominant in K after knowing the dosa, constitution, type of gulma and season and also the extent of morbidity and strength of the patient at interval of 1 day, 2 days, 3 days or after sufficient resting period “with such an expert management that the body-strength should increase while the morbidity should diminish”.

The patient should take diet of meat or milk and ghee.

Then applied alkali scrapes the sweet and unctuous K from the “locating viscera” [the visceral organ which is the site of the gulma-tumor] and “drops it down” [propels it from the g.i. track out of the body/ diminishes it’s size] because of it’s corrosive nature.

Ci5#56-58

Use of Aristas in K Gulma:

If the patient of K gulma who generally takes a fatty diet and is suited to wine has anorexia and poor digestion, aristas should be prescribed for cleansing of passages.

Ci5#59

Indications and Procedure for Use of Cauterization:

In case the K gulma does not subside even after lightening, vomiting, fomentation, intake of ghee, purgatives, enema, pills, powders, alkali and aristas, then cauterization should be done.

Cauterization should be done with “arrow-iron” etc..

It should be done after first doing blood-letting.

Benefits/ Mechanics: Application of fire (cauterization) pacifies K and V in gulma due to hotness and sharpness and consequently the lump of gulma vanishes.

Ci5#60-61

Importance of Trained [surgeon]: In cauterization also there is specific role of the physicians of the Dhanwantari school; similarly in application of alkali the physicians expert in Ksaratantra (specialty of alkali therapy) have the upper hand.

Ci5#62-63

Treatment of Dual-Doshic and Tri-Doshic Gulma:

The treatment should be combined accordingly.

Ci5#64

Formulations for Treatment of Gulma:

* Tryusanadi Ghrta:

This ghrta removes gulma:

Paste of- trikatu, triphala, dhanyaka, vidanga, cavya, citraka
+
milk
Ghee

Ci5#65

another Tryusanadi Ghrta:

This ghrta is an excellent remedy for gulma:

Paste of- trikatu, triphala, dhanyaka, vidanga, cavya, citraka
+
decoction of- panchamula or dashamula
Ghee

Ci5#66

Satpala Ghrta, mentioned in Phthisis chapter, should be used.

Ci5#67

The following ghrta alleviates gulma:

pomegranate
prasanna (a wine) or sura (a wine)
supernatant layer of curd
+
Ghee
Cook all the above together.

Ci5#68

Hingusauvarcaladya Ghrta:

This ghrta removes colic and hardness of bowels in patients of vatagulma:

paste of- hingu, sauvarcala (salt), jiraka, bida (salt), dadima [pomegranite],
yavani, puskarumula, trikatu, dhanyaka, vetasa, yavaksara, citraka, sati, vaca, ajagandha,
ela, tulsi
+
curd
Ghee

Cook all the above together.

Ci5#69-70

Hapusadya Ghrta:

This ghrta is an excellent remedy for vatagulma. It also alleviates colic, hardness in bowels, disorders of female reproductive organs, piles, grahani, dyspnea, cough, anorexia, fever, pain in pelvis, cardiac region and sides:

Paste of- hapusa, trikatu, prthvika, cavya, citraka, saindhava (rock salt), jiraka,
pappalimula, yavani
+

juice of- kola (jube), radish
milk
curd
pomegranite [juice]
Ghee
Cook all the above together.

Ci5#71-73

Pippalyadya Ghrta:

This ghee alleviates the vatagulma quickly and also the pain in vaginal tract, headache, piles and intermittent fever:

15gm.- pippali
80gm.- pomegranite
40gm.- dhanyaka [coriander]
10gm.- sunthi
200gm.- ghee
4 times [of the total, above]- milk
Cook all the above together.

Ci5#74-75

Preparation of Powders, Rectal Suppositories and Extracts:

The drugs which are mentioned above for the preparation of ghrtas may also be used for preparing powders, suppositories and extracts for the patients of gulmas.

These preparations should be taken with the juice of kila (jube) and pomegranate, hot water, concentrated wine and sour gruel or the juice of bijapura.

These alleviate colic and hardness of bowels- these powders impregnated with the juice of matulunga should be made into suppositories and pills for the use in gulma, hardness in bowels and pain.

Ci5#76-78

Hingwadi Curna and Gutika:

This harmless powder should be used in food and drinks before or after meals with wine or hot water.

This is useful in pain in sides, heart or pelvic region, gulma caused by V and K, hardness in bowels, pain in anus or vaginal track, disorders of grahani, piles, spleen enlargement, anemia, anorexia, obstruction in chest, hiccup, cough, asthma and choking of throat:

hingu, trikatu, patha, hapusa, haritaki, sati, ajamoda, ajagandha, tintidika, amlavetasa, dadima, puskaramula, dhanyaka, jiraka, citraka, vaca, 2 alkalis (yavaksara and swarjiksara), 2 salts (saindhava and sauvarcala), cavya

Powder all the above together.

Ci5#79-83

This powder impregnated with the juice of matulunga profusely (for a week) may also be made into pills, by this it becomes more effective.

Ci5#84

The following juice-drink alleviates pain of vata gulma:

Juice of- matulunga, hingu, dadima

+

concentrated wine

Mix all the above together.

Ci5#85

The following powder or pills alleviate gulma, spleen enlargement, hardness in bowels, asthma, cough, anorexia, hiccup, heart disease, piles, various types of headache, anemia, exacerbation of phlegm, pravahika (dysentery) of multiple origin, pain in sides, heart and pelvic region:

sati, puskarmula, hingu, amlavetasa, yavaksara, citraka, dhanyaka, yavani, vidanga, saindhava, vaca, cavya, pippalimula, ajagandha, dadima, jiraka, ajamoda

Powder all the above together.

This powder may be used as is, or the formula may be continued.

Ci5#86-89

The above powder may be impregnated with the juice fo matulunga or madhusukta, and then again powdered finely and made into pills of the size of the jujube fruit.

Ci5#86-89

[write the above into it's own formula]

The following powder/ leha alleviates vatagulma, udavarta (upward-moving V) and pain in the vaginal track:

20gm- sunthi

80gm.- dehusked sesame seeds

Powder the above together.

+

40gm- jaggery

Mix the above together.

This should be taken with hot milk.

Ci5#90-91

The patient of vatagulma with association K should take:

castor oil

+

concentrated varuni (a type of wine) - Ci5#92

The patient of vatagulma with association of P should take:

castor oil

+

milk

Ci5#93

Lasunaksira:

This [milk/drink] alleviates vatagulma, upward movement of V, sciatica, intermittent fever, heart disease, abscess and swelling:

160gm- dehusked garlic

+

milk

8 times- water

Boil all the above together, until only the milk remains.

Ci5#94-95

*** Tailapancaka:

This “5-ingredient-oil” alleviates gulma, udararoga and hardness in bowels:

castor oil

prasanna (clear wine)

cow’s urine

sour gruel

yavaksara

Mix all the above together.

Ci5#96

Use of Silajatu:

One becomes free from vatagulma if he takes the following formula:

Decoction of- pancamula

alkali

+

silajatu

Ci5#97

The following food preparations eliminate udavarta and vatagulma:

vatya (a dietary preparation)

+

fat

Take the above along with soup of:

Pippali or raddish juice

Ci5#98

Use of Fomentation:

The patient of vatagulma having pain, hardness in bowel, and constipation should be fomented by the methods of nadi, prastara or sankara (see Su. 14).

Ci5#99

Use of Enema:

Enema is the best treatment for gulma because, at first, by overcoming V in it’s own location it alleviates gulma quickly.

Hence all types of gulma -V, P and K- are subdued by frequent application of non-unctuous and unctuous enema.

Various types of enema efficacious in gulma are mentioned in the section of Siddhi.

Ci5#100-101

Use of Tailas (Oils):

The oils useful in gulma will be described in the chapter on Vata-vyadhi.

These oils applied in the form of intake, massage and enema succeed in treatment

of vatikagulma because taila (oil) is the excellent remedy for V.
Ci5#102-103

Evacuative-Purgative Formulas:

The following ghrta is to be administered in patients of vatagulma having abundant excrements. This induces evacuation:

Tryusanadi Ghrta (mentioned above)
+
nilini powder
Add the above together.
Ci5#104

The following mixture is useful for evacuation:

Nilini
trivrtta
danti, haritake, kampillaka
+
salt, yavaksara, sunthi
Ghrta
Add all the above together.
Ci5#105

Nilinyadya Ghrta:

This ghee alleviates gulma, leprosy, udara, vyanga (freckles), swelling, anemia, fever, leucoderma, spleen enlargement and insanity:

40gm each- nilini, triphala, rasna, bala, katurhini, vidanga, kantakari
+
2.56L- water
Boil all the above together, reducing to 1/4. [Strain].
+
640gm- ghee
Cook all the above together.
+
[then add??]- 640gm- curd and 40gm.- latex of “sunthi” [snuhi?].

Directions for use:

This ghee should be taken in the dose of 40gm. mixed with the gruel-scum.

After the drug is digested and the patient is purged well, diet of meat-soup should be given.

Ci5#106-109

All the following substances [alone or together] are remedial substances for vatagulma:

Meat of cocks, peacocks, partridges, kraunca and vartaka.
Sali rice, wine and ghee.
Ci5#110

Diet for the patients of vatagulma:

It should be hot, liquid and unctuous.

Ci5#111

Drink for the patient of vatagulma:

Concentrated varuni (a type of wine).

Or- water boiled with coriander (coriander tea).

Ci5#111

Relation of digestion to degree of severity of gulma:

Gulma aggravates when the digestion is poor, while it subsides when digestion is stimulated.

Hence the patient should not indulge either in overeating or under-eating [because even under-eating causes diminished agni by robbing it of fuel it needs].

Ci5#112

Importance of Proper Unction and Fomentation in Treating Gulma:

The treatment employed in all types of gulma succeeds only if the patient is priorly uncted and fomented.

The treatment of gulma does not succeed in the patient who is roughened.

Ci5#113

Treatment of Pittagulma:General Treatment of Pittagulma:

Treat with ghee processed with purgative or bitter drugs.

The pittagulma should be considered an emergency. [there is risk of hemorrhage or infection].

Ci5#114

Rohiniadya Ghrta:

This ghrta alleviates pittikagulma, as well as fever, thirst, pain, giddiness, fainting and anorexia:

10gm. each- rohini, katuka, nimba, madhuka, pulp of triphala, trayamana

40gm. each- patola, trivrtta

80gm- masura

+

8 times- water

Boil all the above together

+

equal portion to the remaining volume of the above decoction- ghee

Cook all the above together.

“.[the herbs]-all together should be boiled in 8 times water remaining equal to ghee e.g. 160 gms.”

Ci5#115-117

Trayamanadya Ghrta:

This excellent ghrta destroys gulma and visarpa (erysipelas) caused by P and rakta, paittika fever, heart disease, jaundice and leprosy:

160gm.- trayamana

+

10 times- water

Boil the above together, until only 1/5 remains. Filter.

+

paste of- rohini, katuka, musta, trayamana, duralabha, bhumyamalaki, vira, jivanti, candana, utpala

+

320gm. juice of- amalaka

320gm. each- milk, ghee

Ci5#118-121

Amalakadya Ghrta:

This ghrta should be taken for the succesful treatment of pittagulma:

Juice of- amalaka

(1/4 portion [1/4 of volume of ghee?])paste of- haritaki

1 pratha (640gm.)- ghee

Ci5#122

Draksadya Ghrta:

This ghrta destroys pittagulma and other P disorders:

40gm. each- draksa, madhuka, kharjura, vidari, satavari, parusaka, triphala

+

2.56L- water

Boil all the above together, reducing to 1/4 volume.

+

“1/4th [quantity of the] paste of haritake”

+

sugarcane juice, milk, ghee

Cook all the above together, and allow to cool.

+

1/4 quantity- sugar, honey

Ci5#123-125

Vasaghrta:

This ghrta alleviates pittagulma along with internal hemorrhage, fever, asthma, cough and heart disease:

“vasa along with root (whole plant)”

Pound the above.

+

8 times- water

Boil the above, until reduced to 1/8th volume.

+

paste of- vasa flowers

ghee

Cook all the above together. Let cool.

+
honey
Mix all the above together.
Ci5#126-127

The following drink [is purgative]; by this the dosa is eliminated and thus the P gulma is pacified:

80gm.- trayamana
+
1.28L- water
Boil the above, reducing to 1/8th. Filter.

This decoction should be taken lukewarm with milk.

Thereafter [right after drinking/ after digestion of the formula] hot milk should be taken again, according to strength [of patient's digestion to digest the extra milk/ to handle the extra purgative effect of the milk].

Ci5#128-129

The following drink/ paste should be used in P gulma for [mild] purgation:

Juice “(decoction)” of- draksa, haritaki
+
jaggery
Mix the above together.
Ci5#130

The following paste should be taken for purgation in P gulma:

Powder of- kampillaka
+
honey

The kampillaka should be “liquefied” with the honey [i.e., mix enough honey in to make it liquid].

Ci5#130

Use of massage for P gulma:

Massage should be used in P gulma if there is burning sensation.

The massage should be done with:

1) ghee, 2) Candanadya taila or 3) Oil cooked with madhuka

This pacifies burning sensation.

Ci5#131

Use of enemas for P gulma:

The milk enemas and bitter enemas prescribed for P jwara are also useful for P gulma.

They will be described in the section on successful management [Siddhisthana].

Ci5#132

Diet for P gulma:

Sali rice, wild meat, cows' and goats' milk, ghee, fruits of kharjura, amalaka, draksa, dadima and parusaka should be given in food.

Ci5#133

Drinks for P gulma:

water boiled with bala and the drugs of vidarigandhadi group.

Ci5#134

Treatment of Ama in association with P gulma or V-K gulma:

- 1) Do lightening.
- 2) Stimulate agni with gruel, khada and soups.

Ci5#135

General Importance of Agni:

In all cases, pacification and aggravation of dosas are dependent on agni;
Hence one should always protect agni and avoid etiological factors.

Ci5#136

Treatment of K gulma:One Procedure for Incision Treatment of K gulma:

- 1) administer emesis (of the patient is fit for it).
This would be preceded by unction and fomentation.
"Thus when the lump (of gulma) is loosened..."

2) It (the lump) should be fitted into the mouth of a jar containing burning grasses like balwaja or kusa.

3) When the lump is held up properly, the jar should be removed and placing a cloth piece on it the wise physician should incise it.

4) Then it should be compressed with vimarga, ajapada (leather pieces of deer or goat) or adarsa (glass piece) as available, taking care that only the lump be pressed, and without touching the intestinal loop.

Ci5#137-140

Fomentation with Iron Vessel:

K gulma may also be fomented with warm [not hot!] iron vessel after anointing it with sesamum, castor seeds, linseed and mustard.

Ci5#141

Dasamulighrta:

This ghrta overcomes the K gulma quickly:

dashamula, trikatu, yavaksara, hingu
bida, saindhava
pomegranites
+

ghee

Cook all the above together.

Ci5#142

Bhallatakadya Ghrta:

This is an excellent remedy for K gulma, as well as for spleen enlargement, anemia, asthma, disorders of grahani and cough:

80gm.- bhallataka

40gm.- vidarigandhadi pancamula (smaller 5 roots)

Pound the above together.

+

2.56L- water

Boil the above together, til reduced to 1/4th.

+

10gm. paste of each- pippali, sunthi, vaca, vidanga, saindhava, hingu, yavaksara, bida, sati, citraka, madhuk, rasna

640ml.- milk

640gm.- ghee

Cook all the above together.

Ci5#143-146

Ksirasatpalaka Ghrta:

This ghrta destroys K gulma along with the disorders of grahani, anemia, splenomegaly, cough and fever:

40gm. paste of each- pippali, pippalimula, cavya, citraka, sunthi, yavaksara

+

640ml.- milk

640gm.- ghee

Cook all the above together.

Ci5#147-148

** "Mixed Fatty Formulation":

This alleviates K gulma. It is used in constipation due to K and V together, leprosy, splenomegaly and particularly in the vaginal tract:

40gm. each- trivrtta, haritaki, bibhitaka, amalaka, danti, and each of the 10 dashamulas

+

4 times- water

Boil the above together, reducing to 1/4th.

+

ghee, castor oil, milk

Cook all the above together.

It should be administered mixed with honey [for K conditions].

Ci5#149-151

Use of Nilinighrta:

This purgative, mentioned in treatment of V gulma, should be used for purgation in K gulma in double quantity [(double the dose for V)].

Ci5#152

The following is a good purgative:

10gm. powder of- trivrta

+

latex of- snuhi

The powder should be impregnated well in the latex of snuhi.

This should be administered with honey and ghee.

Ci5#153

Dantiharitaki:

“One, uncted properly, is purged of the impurities weighing 540gms [!] [how many pounds/ ounces is that!?] easily and without any complication by taking 40gm.

linctus with one haritake.”

“By regular use it alleviates gulma, swelling, piles, anemia, anorexia, heart disease, disorders of grahani, jaundice, intermittent fever, leprosy and splenomegaly.

It’s course is devoid of complications [this is a safer alternative to the surgical incision procedure listed earlier; up to a 540gm. “impurity” {gulma-lump} may be dislodged and passed by use of this formula]]]:

25 fruits- haritaki

1 Kg.- danti

+

10.24L- water

Boil all the above until 1/8 volume remains. Filter well.

+

1Kg- “clean” jaggery

the haritaki fruits used above (put back in)

160gm- trivrtta

40gm. each- pippali, sunthi

80gm.- oil

Cook all the above together well, like a linctus. Let cool well.

+

80gm. (equal to oil”)- honey

40gm. powder of [each]- twak, ela, patra, nagakesara

Mix all the above together.

One should be priorly uncted properly before initiating use of this formula.

Administration of this formula:

One should take 40gm. of this linctus with 1 haritake.

[[It is used once as a drastic/strong purgative to remove the {gulma/”impurities”} in one action.,

while It is used regularly {in smaller dose, without the extra haritaki fruit} for treating the other conditions listed above.

The diet prescribed while taking this formula/ regimen is:

A liquid diet, particularly meat soup with rice.

Ci5#154-160

Use of Enemas in K Gulma:

Enemas for K gulma will be mentioned in siddhithana.

Ci5#161

Use of Aristas for K gulma:

Formulations of aristas useful for K gulma will be discussed in the chapter on treatment of Grahani and Piles.

Ci5#162

Use of Powder and Pills [[oral]] for K gulma:

The powder and pills prescribed for V gulma may be used, with the following change:

Double the quantity in the formulas of the following: yavaksara, hingu, amlavetasa

Ci5#163

Use of Alkalis for K grahani:

The successful and safe formulations of alkali mentioned for the disorders of grahani are also efficacious for K gulma.

Ci5#164

Use of Cauterization for K gulma:

“At last” [as a final step/ if the other efforts do not succeed first], cauterization is recommended.

Ci5#165

Diet for Treatment of K Gulma:

Very old cereals, meat of wild animals and birds, soup of horse gram, long pepper, ginger, dried radish, bilwa, varuna, leaf-buds of cirabilva, yavani and citraka are wholesome.

Vegetables should be prepared with buttermilk after frying them with oil and ghee adding bijapura, hingu, amlavetassa, yavaksara and pomegranates.

Ci5#166-167

Drinks for Treatment of K Gulma:

The patient should use water boiled with smaller 5 roots, old varuni or madhvika (types of wine) in time [“in time”; don’t drink liquids excessively, or when the previous food is still in the stomach/ sml intstn].

He should take buttermilk powdered with yavani and salted with bida. It acts as appetizer and carminative for flatus, urine and feces.

Ci5#168

Signs of Incurable Gulma:

The gulma which is accumulated gradually, covers a wide area, is deep-rooted, covered with veins, is protruded like a tortoise and is associated with debility, anorexia, nausea, cough, vomiting, restlessness, fever, thirst, drowsiness and coryza is incurable.

Ci5#169-170

Associated signs or complications of Gulma which Lead to Fatality:

“The patient of gulma, if afflicted with fever, dyspnea, vomiting, diarrhea and swelling in cardiac region, navel and extremities is dragged (to death).”

Ci5#171

[Uterine/Vaginal Lump (i.e., hematoma, fibroid/myolioma, blocked menstrual flow.)]:

Treatment:

“In gulma caused by blood, fatty purgative should be administered to the woman after proper unction and fomentation at the end of the pregnancy period.”

Ci5#172

Prepare the following formula, which loosens the gulma:

5.12Kg- alkali of palasa

5.12Kg- oil

5.12Kg- ghee

Cook all the above together.

It should be taken in “proper dose”.

Ci5#173

If the gulma is not broken by the above alkali ghee treatment, one should administer uterine evacuatives.

The following are Uterine Evacuative Formulas:

The following is a uterine evacuative formula:

sesame paste

+

alkali or latex of snuhi or katuka matsya (a type of fish)

...impregnated with both of these (alkali and latex of snuhi)

Mix and prepare all the above together.

This formula should be inserted into the vagina.

Ci5#174-175

The following should be used for uterine evacuation:

bile of- boar and fish

+

cotton pieces

Impregnate (soak well) the cotton pieces with the above bile.

These cotton pieces should be inserted into the vagina.

Ci5#176

The following should be used for uterine evacuation:

decoction of- drugs of purgative and emetic groups

honey

+

Cotton pieces

Impregnate (soak well) the cotton pieces with the above ingredients.

These cotton pieces should be inserted into the vagina.

Ci5#177

The following should be used for uterine evacuation:

[decoction of]- yeast, jaggery, yavaksara

+

Cotton pieces

Impregnate (soak well) the cotton pieces with the above ingredients.

These cotton pieces should be inserted into the vagina.

Ci5#178

“Moreover” [in addition to/ alternatively], the woman should take [eat] the following:
alkali efficacious in raktapitta (internal hemorrhage)

+

honey, ghee

Ci5#179

Other foods/ substances which should be eaten to [break the uterine blood gulma]:

She should use garlic, sharp wine and fish.

Ci5#180

Procedure for uterine blood lump when blood is invisible:

When blood is invisible, lump-breaking remedy such as enema of dashamula added with milk, cow's urine and alkali should be applied [rectal].

Ci5#180

Procedure for uterine blood lump when blood is coming out:

When blood is coming out, the patient should be advised to take meat soup with rice, to use massage with ghee and oil and fresh [cow's] urine as drink.

Ci5#181

Procedure for uterine blood lump when there is excessive discharge of blood:

Apply the measures used for treatment of internal hemorrhage.

Also:

Sprinkling with ghee and oil, partridges, cocks, concentrated wine, intake of soured ghee before meals, vaginal douche with jivaniya ghrta and unctuous enema with bitter ghrta should be applied.

Ci5#182

Procedure for uterine blood lump when the patient is afflicted with pain due to V:

Apply the treatment described for V disorders.

Ci5#180

“Now the Summing Up Verses”:

For Vgulma- unction, fomentation, ghrta, enema, powders, saturation, pills, emesis, purgation and blood-letting.For Pgulma- ghee cooked with bitters, milk, purgatives, non-unctuous enema, blood-letting, consolation, pacificatory formulations, poultice, surgical operation of the mature and internally burst one, other evacuative and alleviative measures.For Kgulma- unction, fomentation, incision, lightening, emesis, purgation, ghrta, enema, pills, powders, aristas, alkalis and at last cauterization after blood-letting [, as well as] management of gulma caused by (menstrual) blood in women is also said.

Use of wholesome food and drink, avoiding respective etiological factors, constant vigilance to maintain agni, all remedial measures after unction, etiology, signs and symptoms, successful management incurability and formulations- all this is said about the treatment of gulma to Agnivesa.

Ci5#183-189

Atisara (Diarrhea)

Diagnosis

Etiology

Symptoms

Treatment

Treatment of Ama-type Vs. Clear Type

Diet

Treatment of Complications

Treatment of P-type

Use of Enemas

Bloody Diarrhea

Treatment of Complications

Treatment of K-type

Mythical Historical Origin of Atisara:

In the initial age, though the animals were sacrificeable in yajnas (sacrificial rites), they were actually not sacrificed, but after the sacrifice performed by Daksa when sacrificial rites were performed by the son's of Manu such as Narisyan, Nabhaga, Ikshvaku, Nrga, Saryati etc. the animals began to be sacrificed with their (animal's) own permission. Still later Prsadhra started sacrificing bulls when other animals were not available for his long term sacrificial rite. On seeing this the creatures became shocked and when in this afflicted mental state and consequent loss of agni they ingested the killed bulls, it caused diarrhea due to heaviness, hotness, unsuitability and use of inauspicious thing. Thus atisara originated initially in the sacrificial rite of Prsadhra.

Ci18#4

Etiology of V Diarrhea:

When a person of V constitution is exposed excessively to wind, sun and physical exercise; takes rough, little or deficient food; indulges in sharp things, wine and sex and holds up the urges, V gets vitiated and agni is diminished.

Ci18#5

Pathology of V Diarrhea:

In this state (agni diminished, due to the above) the vitiated V carrying urine and sweat (fluids) to the colon liquefies the stool and causes diarrhea.

Ci18#5

Symptoms of "Amatisara" ("Ama"- "Undigested") Type of V Diarrhea:

In this the stool if ama (undigested) is passed as slimy, spreading, precipitating, rough, liquid, painful, with fishy odor, slight or no sound, and retention of urine and flatus.

The retained V moves within the belly here and there with sound and pain- this is amatisara caused by V.

Ci18#5

Symptoms of "Pakva" ("Digested") Stool Type of V Diarrhea:

In pakva (digested) stool, it is constipated, passed in little quantity with sound, pain, froth, slime and cutting pain in anus, horripilation, increased respiration, dryness of mouth, pain in waist, thigh, sacral region, knee, back and sides, anal prolapse and now and then as scabulous. Some say it is "anugrathita" (scabulous) because of stool being knotted by V.

Ci18#5

Etiology of P Diarrhea:

When a person of P constitution takes sour, salty, pungent, alkaline, hot and irritant things excessively, is afflicted by constant exposure to fire, scorching sun and hot winds and psychologically stressed with anger and envy, his P gets vitiated.

Pathology of P Diarrhea:

In the above condition extinguishes the agni due to fluidity and then reaching the colon breaks the stool due to hotness, fluidity and laxativeness and causes diarrhea.

Ci18#6

Symptoms of P Diarrhea:

The patient passes stool which is yellow, green, blue, black, associated with rakta-pitta (internal hemorrhage) and exceedingly fetid.

He is, at the same time, associated with thirst, burning sensation, sweating, fainting, colic pain, inflammation and suppuration in anus.

Ci18#6

Etiology of K Diarrhea:

When a person of slesma [K? Or 'water'?] constitution takes heavy, sweet, cold and unctuous things excessively, over-saturates himself, is free from mental work, indulges in day-sleep and is idle, his K gets vitiated.

Ci18#7

Pathology of K Diarrhea:

K being heavy, sweet, cold and unctuous in nature while moving down extinguishes the agni, and further due to watery nature affects the colon with excessive fluid and thus caused diarrhea.

Ci18#7

Symptoms of K Diarrhea:

The patient passes stool which is unctuous, white, slimy, thready, ama (undigested), heavy, fetid, mixed with mucus, with frequent colic pain, in little quantity and with tenesmus.

He feels heaviness in abdomen, anus, pelvis and groin, has motions without knowledge, and has horripilation, nausea, oversleep, idleness, lassitude and aversion to food.

Ci18#7

Etiology of Tridoshic Diarrhea:

By intake of too cold, unctuous, rough, hot, heavy, coarse and hard things, irregular meals; intake of incompatible and unsuitable things, fasting, delayed meals, taking whatsoever, drinking defective wine and water, over-drinking, avoiding evacuation, irregular application and mismanagement of remedial measure, excessive exposure to fire, sun, wind and water, want of sleep or oversleep, suppression of urges, seasonal perversions, exertion not in consonance with strength, excessive fear, grief and mental agitation, or due to excessive emaciation in diseases like intestinal worms, phthisis, fever and piles in a person having deranged agni all the 3 doshas get vitiated.

Ci18#8

Pathology of Tri-Doshic Diarrhea:

When the 3 doshas get vitiated, they damage the agni further, and reaching the colon, they cause diarrhea.

Ci18#8

Symptoms of Tri-Doshic Diarrhea [as well as Prognosis of {tridoshic type diarrhea}]:

This has symptoms of all the dosas.

Ci18#8

Besides, by affecting the 7 dhatus deeply they exhibit various colours in stool caused by the nature of dhatus and dosas.

When the dhatus are affected too much, the patient passes stool as yellow, green, blue, red like manjistha and meat-water, black, white like lard, painful or painless, all these combined together or separately, sometimes ama (undigested) and scabulous while sometimes digested, with not too much loss of flesh, blood or strength, having poor

digestion and loss of normal taste in mouth.

Such patient should be known as CURABLE WITH DIFFICULTY.

That having stools with the following colours and other complications should be REJECTED AS INCURABLE such as like cooked blood, liver pieces, fat, meat-water, curd, ghee, marrow, oil, muscle-fat, milk and vesavara (a spicy preparation), exceedingly blue, red and black; clear like water, collyrium-like, too unctuous; green, blue and ochre-colored, variegated, turbid, slimy, thready, ama (undigested) with moony lustre, fetid, putrid and cadaverous odor, having odor of uncooked fish, attacked by flies, containing profuse discharge of necrosed tissues, passing little or no stool associated with thirst, burning sensation, fever, giddiness, feeling of darkness, hiccup and dyspnea, with excessive or no pain, prolapse and suppuration of anus, rectal folds having fallen down, open anal passage, too much wasting of strength, muscles and blood, pain in all the joints and bones, afflicted with anorexia, restlessness, delirium and fainting, sudden relief of symptoms- such a patient of diarrhea should be taken as INCURABLE.

This is sannipatataisara (diarrhea caused by 3 doshas jointly).

Ci18#9

Treatment and Decision on Doshic Type of Diarrhea:

If the diarrhea has not reached the stage of incurability, it should be managed with the measures according to dominance of dosha and by examining etiology, suitability and specific dosa.

Ci18#10

Two Other Types of Diarrhea:

Two types of diarrhea caused by fear and anxiety are psychic and exogenous [respectively].

Their symptoms are the same as those of V diarrhea.

Treatment: V gets vitiated quickly by fear and anxiety. Hence these 2 types are treated with V-alleviating measures and psycho-therapeutic ones like producing exhilaration and consolation.

Ci18#11-12

The 6 Types of Diarrhea:

Thus 6 types of diarrhea are said.

Ci18#13

Treatment of Diarrhea:

The following is the management of the curable type of diarrhea only.

Treatment of Amatisara:

(Treatment of Diarrhea which is caused by dosas which have accumulated due to mixing up with undigested food:)

The accumulated doshas should be eliminated.

Further astringent measures should not be applied in the very beginning in case of amatisara (diarrhea with undigested food-matter) because the doshas held up before they have been eliminated produce a number of disorders such as dandakalasaka (a type of alasaka [indigestion] which stiffens the body), tympanitis, grahani disorder, piles, edema, anemia, splenomegaly, kustha, gulma, udararoga and fever.

Hence one should ignore the excited and self-impelled motions or if there be any difficulty he should administer haritaki to induce it further.

By this when the impurity is eliminated, the abdominal disorder is relieved, body recovers lightness and agni improves.

Ci18#14-17

Treatment of Patients with Moderate Excessive Doshas:

They should be given decoction to improve appetite and digestion.

Ci18#18

Treatment of Patients with Little Excessive Dosha:

Lightening is advisable.

Ci18#19

The following Decoction may be used for Diarrhea:

Pippali, sunthi, dhanyaka, bhutika, haritaki and vaca

+

water

Ci18#20

The following Decoction may be used for Diarrhea:

hribera, bhadrāmūṣṭā, bilva, sunthi and dhanyaka

+

water

Ci18#20

The following Decoction may be used for Diarrhea:

prsniparni, goksura, lajjalu and kantakari

+

water

Ci18#21

The patient should be provided with water boiled with the following group of drugs:

vaca and prativisa

Ci18#22

The patient should be provided with water boiled with the following group of drugs:

musta and parpataka

Ci18#22

The patient should be provided with water boiled with the following group of drugs:

hribera and sunthi

Ci18#22

[Progression] of Diets To Be Used During Diarrhea Treatment, from Beginning to Later:

When he is weakened by hunger, he should be given light food in meal time.

Thus he attains relish, power of digestion and strength quickly.

In the beginning, he should be managed with buttermilk, sour-gruel, saturating drinks, wine and madhu (a particular wine) according to suitability.

Thereafter he should be given gruel, paste gruel, khada, soups, rice with meat-soup added with appetizers and astringents.

Ci18#23-25

The following group of drugs alleviates V and K, is appetizer, digestive, astringent, strength-promoting and relishing and as such is useful for the patients of diarrhea. These should be used with food and drinks prepared properly by the expert cook:

Salaparni, prsniparni, brhati, kantakari, bala, goksura, bilva, patha, sunthi, dhanyaka, sati, palasa, hapusa, vaca, jiraka, pippali, yavani, pippalimula, citraka, gajapippali, vrksamla, sour pomegranate, hingu, bid [bida salt] and rock salt.

Ci18#26-29

Treatment of Diarrhea where ama has been digested [it is "sama"] but still the patient suffers from diarrhea passing stool with retention, pain, slime (mucous) and tenesmus in small quantity but frequently:

The patient should be fed with the soup of radish and badara, or with vegetables of upodika, ksirini, yavani, vastuka, suvarcala, cancu or bakuci or with the dried vegetables of sati, karkaruka, jivanti, cirbhata, lonika and patha cooked with curd and pomegranates and adding with plenty of fat.

Ci18#30-33

[Food] Treatment of Pravahika (Dysentery):

The khaka prepared of the paste of tender bilva fruits and equal quantity of sesame paste, supernatant layer of curd and added with sours and fat destroys parvahika (dysentery).

Ci18#34

Treatment of excessive elimination of stool leading to dryness of mouth (dehydration):

The patient should be fed on sali rice with soup of cereals such as barley, green gram, black gram, sali rice, sesame along with kola and tender fruits of bilva fried in yamaka (ghee and oil combined) added with curd and pomegranate fruit.

In the form of vegetable, supernatant layer of curd fried in ghee and oil combined and added with jaggery and sunthi, or wine fried in ghee and oil combined should be given.

Alternatively, the soup of grnjanaka soured with fruits and fried in twin fats [ghee and oil?] or soured of the meat of fox or fatty and soured meat-soup of tortoise should be given (as vegetable).

Meat-soup of peacock, partridge, cock and vartaka (quail) added with fat and soured along with sali rice are excellent alleviators of complaints caused by excessive loss of feces.

The meat soup of the trunk of sheep duly strained and blood thereof should be cooked separately souring with pomegranate and adding with coriander, uncting substance and sunthi.

The patient should take boiled rice of red sali with the above soup and drink the blood thereafter.

Thus he is relieved of the disorders caused by excessive loss of feces.

Ci18#35-41

Treatment of Prolapsed Rectum with pain, when patient is free from ama:

He should take sour ghrta or unctuous enema.

Ci18#42

Cangeri Ghrta:

This ghrta should be used to alleviate prolapsed rectum:

cangeri, kola, dry ginger

+

alkali

sour curd

ghee

Cook all the above together.

Ci18#43

Cavyadighrta:

This should be taken properly for prolapse of rectum:

cavya, pippalimula, trikatu, dhanyaka, jiraka, citraka,

bida

pomegranites

+

“Soured ghee” [processed with sour drugs, not fermented.]

Cook all the above together.

Ci18#44

Unctuous Enema to use for Prolapsed Rectum:

dasamula and bilva fruits

Prepare into unctuous enema.

Ci18#45

Unctuous Enema to use for Prolapsed Rectum:

sati, satahva and bilva

Ci18#45

Unctuous Enema to use for Prolapsed Rectum:

vaca

Ci18#45

Unctuous Enema to use for Prolapsed Rectum:

citraka

Ci18#45

Treatment of rectum which is stiffened and prolapsed:

At first it should be uncted and fomented and when it is fomented well and softened , it should be put inside with a tampon.

Ci18#46

Treatment of the patient who has retention of flatus and feces, excessive pain and tenesmus, passes blood and mucus and suffers from thirst:

He requires ample saturation with milk.

So, he should drink warm milk “milched over twin fats” or milk boiled with castor root or tender fruit of bilva.

By the use of milk in this way, blood and mucus subside along with pain, tenesmus and constipation.

Ci18#47-49

Treatment of P Diarrhea:Treatment of P Diarrhea with Ama:

If the presence of ama is found, on the basis of etiology, suitability and symptoms, the patient should be managed with lightening and digestive measures according to strength.

Ci18#50

Treatment In case of thirst [(in P diarrhea with Ama)]:

He should be managed with water boiled with musta, parpataka, usira, sariva, candana, kiratatiktaka and udicya.

[Continued Treatment of P Diarrhea with Ama]:

After lightening, at the time of food, he should be given gruel, scum etc. or saturating drink etc. gradually (according to suitability) cooked with the decoction of bala, atibala, surpaparni, salaparni, prsniparni, brhati, kantakari, jsatavari and goksura.

Agni should be stimulated gradually by giving soup of green gram, lentils, harenu, makustha and adhaki or meat-soup of common quail, grey partridge, rabbit, harina, ena, and kalapucchaka (types of deer) slightly or not soured.

If diarrhea continues, appetizing, digestive, pacificatory and astringent formulations should be administered.

Ci18#50

The following [gruel/ drink] should be taken to alleviate P diarrhea:

Seeds and bark of- kutaja

+

ativisa

Pound the above together.

+

honey

Mix the above together.

This formula should be taken with rice water.

Ci18#51

The following formula (1 of 6) may be taken to alleviate P diarrhea:

kiratatikta, musta, kutaja, rasanjana

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet.

Ci18#52

The following formula (2 of 6) may be taken to alleviate P diarrhea:

bilva (fruit), daruharidra (bark), hribera and duralabha

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet.

Ci18#53

The following formula (3 of 6) may be taken to alleviate P diarrhea:
candana, mrnala, sunthi, lodhra, utpala

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet.

Ci18#54

The following formula (4 of 6) may be taken to alleviate P diarrhea:
sesame seeds, mocarasa, lodhra, lajjalu, lotus, water lilly

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet. - Ci18#55

The following formula (5 of 6) may be taken to alleviate P diarrhea:
water lilly, dhataki (flowers), pomegranate (fruit rind), and sunthi

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet.

Ci18#55

The following formula (6 of 6) may be taken to alleviate P diarrhea:
katphala, sunthi, patha, seeds of jambu fruit, seeds of mango fruit, duralabha

Take with honey and water.

When the drug (the formula) is digested, old red sali rice with astringent meat-soups processed according to need is recommended as diet.

Ci18#56

*Treatment of P Diarrhea in patient having good appetite and good digestion:

*Use goat's milk.

Note: this will also improve strength and complexion.

Ci18#57

[goat's milk is more astringent than cow's milk]

Treatment of Patient who is strong and has good digestion but has plenty of impurity (fecal accumulation) with P Diarrhea:

He should be cured with milk.

Ci18#58

The following decoction should be given, according to strength:
decoction of- palasa seeds

+

milk

Mix the above together.

Take the above, followed by intake of warm milk.

Ci18#59

Like palasa, trayamana may be used alternatively for evacuation.

Ci18#60

Thus, by elimination of impurity, the abdominal disorder is pacified.

Ci18#61

Treatment of pain which recurs, during the period of dietetic management after the stage of elimination of impurity:

Enema should be administered to him quickly.

Ci18#61

The following should be used as unctuous enema formula:

satapuspa, satavari, madhuka, bilva

+

milk

1/4 quantity of ghee- tila oil

ghee

Cook all the above together.

Ci18#62

Treatment in case, after administering unctuous enema and dietetic regimen thereafter, diarrhea is still there:

Piccha basti (slimy enema) should be administered.

Ci18#63

The following is a [complex] formula for a [piccha] basti:

This enema, acting as evacuative as well as sustaining, overcomes quickly too advanced disorders of P diarrhea, fever, edema, gulma, chronic diarrhea and grahani disorder:

fresh flower stalks of- salmali

+

kusa grass, black earth.

The kusa grass should be wrapped around the salmali stalks [in 1 big bundle/ in several smaller bundles], and then the whole should be plastered with the black earth.

This/ these should be heated “on” a cow-dung fire.

When the outside earthen plaster is dried well, it should be brought down and the stalks of salmali should be taken out.

Then the stalks are pounded in a mortar and 40gm. collected.

+

Boiled milk

A 40gm. bolus of pounded salmali stalks is “pressed” [soaked, in a press] in the

boiled milk and then filtered.

+

640gm.- tila oil

640gm.- ghee

[Mix] the above together.

+

“Adequate quantity” paste of- madhuka

Mix [/cook?] the above together.

This enema should be administered to the patient who has been previously massaged.

When the enema comes out, the patient should take bath, then should take food with milk or meat soup of wild animals (or birds).

Ci18#64-68

Arisal of Raktatisara (bloody diarrhea) and other Complications in Patients of P Diarrhea who Ignore Proper Regimen:

The patient of P diarrhea who avoiding all these measures indulges in the intake of P-vitiating food and drinks, his P aggravates severely and by affecting blood quickly produces raktatisara (bloody diarrhea) along with thirst, pain, burning and inflammation in anorectum.

Ci18#69-70

Treatment of such Cases:

Goat's milk cooked and added with honey and suga should be used in food, drink ad anal washing.

The patient should be fed on boiled red sali rice with the above milk or the meat soup of pigeon etc. fried in ghee and sugar.

In this condition, blood of deer or goat fried in ghee is beneficial or the soup of kasmarya fruit slightly soured and added with sugar.

Nilotpala, mocrasa, lajjalu and lotus stamens should be given with goat's milk and diet of rice and milk after the drug is digested.

But if the patient is weak, he should be fed immediately after intake of milk.

Or fresh butter mixed with honey and sugar should be given before meal.

Ci18#71-76

By taking ghee extracted from milk followed by intake of milk and keeping on the diet of meat soup of grey partridge or milk, one becomes free from the disease in 3 days.

Ci18#77

By taking the paste of satavari or ghee cooked with the same with milk and keeping on milk diet overcomes the bloody diarrhea. - Ci18#78

Ghee cooked with gruel scum and seeds of kutaja should be taken followed by intake of liquid gruel to pacify bloody diarrhea.

Ci18#79

The following ghrita/ gruel overcomes even the severe tri-doshic diarrhea:

hark of- daruharidra
seeds of - kutaja (indrayava)
pippali, sunthi, draksa, katukarohini

+

scum of- liquid gruel
ghee

Cook all the above together.

Ci18#80-81

The following mix is an excellent hemostatic:

black earth
madhuka
conch
blood
rice-water

Mix all the above together.

Take with rice-water.

Ci18#82

The following paste/ program checks hemorrhage quickly:

paste of- priyangu

Take with honey.

Follow with rice-water.

During this treatment, one should keep on a diet of meat-soup of wild animals.

Ci18#83

The following paste/ drink checks hemorrhage quickly:

1 part: sugar

+

5 parts: paste of: black sesame

Mix the above together.

Use: take with goat's milk.

Ci18#84

The following program eliminates P abdominal disorders quickly:

40gm.- seeds of kutaja

+

water

Decoct the above.

During this treatment, one should keep on a diet of meat soup.

Ci18#85

The following program alleviates burning sensation, thirst, prameha and hemorrhage:

candana
+
sugar, honey
Mix the above together.
Follow with rice-water.

Ci18#86

Treatment of Anal Inflammation by P, Due to Frequent Motions:

It should be sprinkled with very cold decoction of patola and madhuka.
Or it should be sprinkled with very cold decoction of pancavalkala and madhuka.
Or sugarcane juice,
or ghee,
or goat's or cow's milk mixed with sugar and honey.

Ci18#87-88

Or the paste of the above decoctions may be mixed with ghee and applied on the part.

Or the fine powder of the herbs used in the above decoctions may be applied on the location of inflammation.

Thus hemorrhage is controlled, inflammation is relieved and pain subsides.

Ci18#89-90

Treatment of persistent hemorrhage:

If, even on applying the above cold sprinklings, hemorrhage continues excessively, the parts of anus, groin, waist and thighs should be anointed with ghee and then sprinkled on.

The anal regions should also be sprinkled on with a cotton swab with candanadya taila or ghee washed 100 times ["Shata Dhouta Ghrta"].

Ci18#91-92

Treatment of patient who passes blood in little amount but frequently and with pain and V having obstruction does not move or moves with difficulty:

The above-mentioned piccha basti (slimy enema) should be administered to him.
Or unctuous enema of ghee prepared with prapaundarika should be given.

Ci18#93-94

Tendency of Anal Weakness in Chronic Diarrhea; Necessity of Uncting the Anus:

Often those having chronic diarrhea suffer from weakness of the anus.

Hence one should apply unctuous substance [this is strengthening] to their anus frequently.

Ci18#95

Use of Enema to Treat V and P Diarrhea:

V increased too much in it's own place [the colon] attains great strength, so enema is the best measure to overcome V combined with P. - Ci18#96

Treatment of patient who passes blood [rectally] either mixed with, before or after the stool:

Give Shatavari ghrta (Ci.30) as a linctus.

Ci18#97

Also: Take 4 parts fresh butter, 2parts sugar, and 1 part honey mixed together.

During this treatment, one should keep on a wholesome diet.

Ci18#98

The following ghrta alleviates hemorrhage, either upwards or downwards:

Leafbuds of- nyagrodha, udumbara, aswatha

Crush the above. Then keep submerged in hot water for “a day and a night” [24 hrs].

[the water is initially hot, but not maintained at temperature(?).]

Filter to make an extract.

+

ghee

Cook the above together.

+

½ part- sugar

1/4 part- honey

Mix the above together.

Ci18#99-100

Fatal Consequence of Ignoring Proper Regimen in Case of P Diarrhea [with Gastro-intestinal Inflammation or Hemorrhage]:

One who is debilitated in this way, but still continues to take P-aggravating things by ignorance, is inflicted by severe inflammation of the rectal folds and dies quickly.

Ci18#101

Treatment of K Diarrhea:

General Treatment of K Diarrhea:

In K diarrhea, at first, lightening and digestion are desired and for this the said group of drugs which stimulate agni and also alleviate ama and diarrhea (see Ci.19.26-29) should be prescribed.

If even on lightening and following the dietetic regimen, the K diarrhea is not controlled, it should be treated with K-alleviating measures.

Ci18#102-103

The following decoction (1 of 4) should be used in K diarrhea. It also promotes digestive strength:

bilva-karkatika (dried pieces of bilva fruit), musta, “harikati” [haritake], sunthi

+

water

Decoct the above.

Ci18#104

The following decoction (2 of 4) should be used in K diarrhea. It also promotes digestive

strength:

vaca, vidanga, bhutika, dhanyaka, devadaru

+

water

Decoct the above.

Ci18#104

The following decoction (3 of 4) should be used in K diarrhea. It also promotes digestive strength:

kustha, ativisa, patha, cavya, katurhini

+

water

Decoct the above.

Ci18#105

The following decoction (4 of 4) should be used in K diarrhea. It also promotes digestive strength:

pappali, pippalimula, citraka, gajapippali

+

water

Decoct the above.

Ci18#105

The following juice/ paste/ decoction should be used:

1 part of each- asita (krsna) jiraka, patha, sunthi, marica

2 parts of- dhataki

+

juice of- matulunga

The above [powders] should be dissolved in the matulunga juice.

Ci18#106

The following [paste] may be given:

1 part of each- rasanjana, ativisa, kutaja seeds

2 parts- dhataki seeds

Mix all the above together.

Administer mixed with honey and ginger.

Ci18#107

The following “khada” [liquid food preparation; like a sour, unctuous lassi] (1 of 4) should be used in K diarrhea:

Dhataki, sunthi, bilva, lodhra, kamala-kesara

Sour with- cangeri, kola, buttermilk

+

some uncting substance

salt

Mix all the above together.

Ci18#108

The following “khada” [liquid food preparation; like a sour, unctuous lassi] (2 of 4) should be used in K diarrhea:

Bark of jambu, sunthi, dhanyaka, patha, mocarasa, bala

+

Sour with- cangeri, kola, buttermilk

+

some uncting substance

salt

Mix all the above together.

Ci18#109

The following “khada” [liquid food preparation; like a sour, unctuous lassi] (3 of 4) should be used in K diarrhea:

Lajjalu, jdhatiki, bilva (fruit pulp)

bark of- jambu, amra

+

Sour with- cangeri, kola, buttermilk

+

some uncting substance

salt

Mix all the above together.

Ci18#110

The following “khada” [liquid food preparation; like a sour, unctuous lassi] (4 of 4) should be used in K diarrhea:

Kapittha, vidanga, sunthi, marica

+

Sour with- cangeri, kola, buttermilk

+

some uncting substance

salt

Mix all the above together.

Ci18#111

The following [paste] relieves abdominal disorders:

fruit pulp of- kapittha

+

trikatu

honey, sugar

Mix the above together.

Ci18#112

The following [paste] relieves abdominal disorders:

katphala

+

honey

Mix the above together.

Ci18#112

The following formula alleviates abdominal disorders:

Pippali with honey

Ci18#113

The following formula alleviates abdominal disorders:

Citraka with buttermilk

Ci18#113

The following formula alleviates abdominal disorders:

tender bilva fruits, eaten plain.

Ci18#113

* The following formula is used for pain, tenesmus and obstruction to flatus:

tender bilva fruits

pippali, sunthi

+

jaggery

sesame oil

Mix the above together.

Ci18#114

Diet in K Diarrhea:

Take food with decoction of dashama, and/or decoction of other V-alleviating formulations [decoctions].

Take vegetable and meat soups and “khadas” prescribed for V diarrhea.

Ci18#115

Use of Ghrtas for Improved Strength in K Diarrhea:

One should administer Amla ghrta (see Ci. 19.43) or Satpala ghrta or old ghee.

These should be mixed with gruel scum (in proper dose, etc. according to strength). - Ci18#116

Treatment of K Diarrhea with Association of V, [or in excessive K or in dysentery with pain]:

In case of obstruction due to V and K, or excessive diarrhea due to K or dysentery with pain, one should administer “piccha” basti (“slimy enema”).

Ci18#117

Formula for Piccha Basti [to be used in K type Diarrhea or the above conditions]:

Paste of- pippali, bilva, kustha [kutki], satahva, vaca

+

salt

[+ ghee? Milk? Oil? Sugar? Meat broth? See V Piccha Basti Formula for details]

Prepare the above into a basti

After the above piccha basti comes out, he should be bathed and fed and in the

evening given an unctuous enema. This [unctuous enema/ the duo combo] should be applied frequently. Thus the patient suffering from K and V attains happiness.

The formula(s) for the unctuous enema to be used in this case are as follows:

Formula 1) bilva taila. Apply warm.

Formula 2) sesame oil cooked with the paste of the drugs used in the above piccha basti (except the salt; do not include the salt). [Apply warm.]

Ci18#118-120

Caution About Severity of V Upon Diminution of K in the Colon:

On diminution of K, V positively aggravates in it's own place and thus suddenly kills the patient.

Hence it should be controlled quickly.

[So, after doing lightening in wasted person with K diarrhea, be especially wary of this event.]

Ci18#121

Deciding Priority of Doshic Treatment In Treating Diarrhea, [or Treatment In General]:

1st Treat V

Then Treat P 2nd.

Then Treat K 3rd.

Or, treat the strongest of the 3 first.

Ci18#122

Kustha (Skin Disorders)

[including types of leprosy and types of other skin disorders.]

Diagnosis

Etiology

Prodromal Symptoms

The 7 Types of Leprosy

The 11 Types of Non-leprotic Skin Disorders

Prognosis

Treatment

General Treatment

Cleansing Procedures

Topical Treatment

Formulas

Treatment of Leucoderma

O Agnivesa! Listen well about the etiology, pathogenic materials, signs and symptoms, location and treatment of leprosy and other skin disorders which are particularly damaging for the skin (including touch sensation).

Ci7#3

Seven materials affected morbidly are the causative source of kustha such as the 3 doshas vitiated by etiological factors and the 4 dusya sariradhatus (twak, mamssa, rakta and lasika [rakta]) affected with affliction by dosas.

These 7 materials, in this way, are causative factors of 7 types of kustha.

Arising from this source they afflict the whole body.

Ni5#3

There is no kustha which is caused by vitiation of [only] one dosha.

However, the types of kustha having similar etiological source have difference in pain, color, symptoms, effects, name and treatment according to proportional variation, association and location of doshas.

Thus it is of 7 types, 18 types or innumerable variations in disorders except in case of incurable ones.

Considering the exhaustiveness of variations (of dosas) and resultant disorders I shall describe only the 7 types of kustha.

Ni5#4

In case of vitiation of 3 doshas and affection therewith of the 4 dusyas (twak etc.), if V is predominant kapalakustha arises.

In predominance of P, 'Audumara' arises.

In predominance of K, Mandalakkustha arises.

In V-P, Rsyajihva arises.

In P-K, Pundarika arises.

In K-V, Sidhmakustha arises.

In Sannipatika, Kakanaka arises.

Ni5#5

These 7-fold disorders, in view of comparative and superlative degrees in etiological source attains a larger number of variations of the disorders.

Ni5#5

Etiology of Skin Disorders:

The following people fall prey to skin disorders:

who habitually take incompatible food items and incompatible food liquids

who habitually take unctuous and heavy substances

who suppress the natural urges (particularly of vomiting)

who are exposed to physical exercise and/or intense heat after eating excessively

who use cold, hot, lightening measures and diet against the prescribed order

who apply cold water immediately after intense exposure to the sun, exertion or

fear

who take food during indigestion and when the previous meal is not properly

digested

who use contra-indicated items while undergoing pancakarma therapy

who use excessively new cereals

who use curd, fish, salt and sour substances

who indulge in eating black gram, radish (rice) flour preparations, sesame, milk and jaggery

who have intercourse during indigestion

who sleep regularly during the day

who insult the Brahmanas, teachers (and other respectable persons)

who indulge in sinful activities.

Ci7#4-8

Etiology of Kusthas in General:

In person who uses cold and hot things in contradictory and disorderly manner and also the saturating and desaturating food in contradictory way, takes honey, phanita, fish, lakuca, radish and kakamaci constantly, excessively and during indigestion;

cilacima (a type of fish) with milk, diet consisting mostly of cereals like hayanaka, cinaka, uddalaka and kodo (all inferior grains) combined with milk, curd, butter milk, kola (jujube), horse gram, black gram and oils of linseed and kusumbha; after taking these in excessive quantity indulges in sexual intercourse, physical exercise and intense heat; dips in cold water suddenly after affliction with fear, exertion and intense heat;

without vomiting the burnt (excessively acid) food again takes food of similar nature, suppresses the urge of vomiting, applies too much unction, the 3 doshas are vitiated simultaneously and the 4 dusyas (twak etc.) attain laxity.

Thus the vitiated doshas getting accommodation in those tissues and staying therein affect those twak etc. morbidly and thus give rise to kusthas.

Ni5#6

The 7 Pathogenic Materials of Skin Disorders:

the 3 doshas [[+ sannipata]]

+

skin, blood, lymph [rasa?]

Ci7#9

Multi-Doshic Nature of Skin Disorders:

No skin disorder is caused by a single dosha.

Ci7#10

Categories of Skin Disorders:

There are 7 types of Leprosy proper, and 11 types of other skin diseases.

Ci7#10

Prodromal Symptoms of Kustha [leprosy/ general skin disease]:

loss of touch sensation

excessive or no perspiration

deranged complexion

appearance of rashes, horripilation, itching, piercing pain, exertion, exhaustion,

excessive pain in wounds

wounds appear quickly [easily/ frequently] and heal slowly
 burning sensation
 benumbed organs [i.e. fingers? i.e. the liver?]
 Ci7#11-12

Prodromal Symptoms:

Loss of or excessive perspiration, roughness or excessive smoothness, abnormal color, itching, piercing pain, numbness, general burning sensation, tingling sensation, horripilation, coarseness, heating, smearing in body orifices, excessive pain in suppurated, burnt, bitten, broken, injured and dislocated parts, suppuration and non-healing of even small wounds.

Ni5#7

After this [these prodromal symptoms occur], kusthas manifest.

Ni5#7.1

The 18 Types of Kustha, in 2 Charts:

Chart I, the 7 Types of Leprosy:

<i>Name</i>	<i>Dosha</i>	<i>Symptoms</i>	<i>Prognosis</i>
Kapala Kustha	V predomi nant	It looks like a black and reddish piece of earthen jar. It is rough, coarse, thin and exceedingly painful.	Hardly Curable [curable with difficulty]
Audumbara Kustha	P	It is associated with burning sensation, itching, pain and redness, brown skin hairs. It looks like ripe fruit of udumbara.	
Mandala Kustha	K predomi nant	White, red, stable, extensive, unctuous, with raised patches and jained with each other.	Hardly curable
Rsyajihva Kustha	V-P	It is rough, with red margins, internally blackish, painful. It looks similar to the tongue of rsya (type of antelope).	
Pundarika Kustha	K-P	It is whitish, with red margins, raised, simulating lotus petals and with burning sensation.	
Sidhma Kustha	V-K	It is white, coppery, thin, leaves out dust-like powder on rubbing and simulates flowers of bottle gourd. It appears mostly on the chest.	
Kakanaka Kustha	V-P-K	It looks like gunja sees in colour, does not suppurate and is exceedingly painful. It has symptoms of all 3 doshas.	Incurable.

Ci7#14-20, Ci7#27-28

[The 7 types of Kusthas:]

Their pain, color, symptoms, effect and name are known as follows:

Rough, reddish, coarse, unevenly spread, having coarse edges, with elevated thin periphery, extremely numbed, covered with erect hairs, having excessive piercing pain and little itching, burning, pus and lymph, with fast development, causation and decay, infested with organisms, and having color like blackish red earthen piece is known as

kapalakustha.

Ni5#7.1

Coppery, covered with coppery and coarse hairs, thick, with too much thick pus, blood and lymph; having itching, discharge, sloughing, heat and suppuration, with fast development, causation and decay, associated with temperature and organisms, having color like that of the udumbara fruits is known as audumbura kustha.

Ni5#7.2

Unctuous, heavy, elevated, with smooth, fixed and yellow margins, having white and red appearance, pervaded with white hairlines, with copious, thick, white and slimy discharge, with copious oozing and organisms, having slow development, causation and decay, and circular in shape is known as mandala kustha.

Ni5#7.3

Rough, reddish, blackish in interior and exterior, with blue, yellow and coppery lustre, fast developing and decaying, with little itching, oozing and organisms but intense burning, tearing, piercing (and suppuration) having pain as if injured with bristles, with elevated center and their margins; pervaded with coarse boils, having large circumference and shape like the tongue or white-footed antelope is known as Rsyajihva.

Ni5#7.4

White and red in lustre, with red margins pervaded with red lines and veins, protuberant, with copious blood, pus and lymph, associated with itching, organisms, heat and suppuration, with fast development, causation and decay, similar to petals of lotus is known as Pundarika (kustha).

Ni5#7.5

Rough and reddish, with thin and withered periphery, unctuous internally, with white red lustre, numerous, having little pain, itching, heat, pus and lymph, having slight causation and little decay and organisms, similar to bottle-gourd flowers is known as Sidhmakustha.

Ni5#7.6

Having color like that of gunja seeds initially but later on associated with symptoms of all 'sinfal' [sinful] kusthas and consequently having multiple colors is known as Kakana. This is incurable while others are curable.

Ni5#8

Chart II, the 11 Minor Types of Skin Disease (Non-Leprotic):

Name	Doshas	Symptoms	Prognosis
Ekakusths	V-K	It does not perspire, is extensive and looks like fish scales.	
Carmakhya type	V-K	It is thick-skinned like an elephant	
Kitibha	V-K	It is blackish, rough like a corn and coarse.	
Vipadika	V-K	The term used for [sensation of] the tearing of hands and feet with excessive pain.	
Alasaka	V-K	[the whole patient/the whole location of skin lesion] is covered with itching and red glandular pimples.	
Dadru	P-K	It has raised patch associated with itching, redness and pimples.	

Carmadala	P-K	It is red, associated with itching, eruptions and pain, leaves off flakes and has tenderness.	
Pama	P-K	Consists of pimples which are white, reddish and blackish and having excessive itching.	
Visphota	P-K	It is white and reddish having thin-walled eruptions.	
Sataru	P-K	It is red or blackish, associated with burning sensation and pain and consisting of multiple boils.	
Vicarcika	K	It consists of pimples which are itchy, blackish and with excessive discharge.	

Ci7#21-26, Ci7#29-30

Diagnosis of Predominant Dosha in Skin Disorders:

All types of Kustha are caused by the 3 doshas together, so predominance or minimal role of each dosha must be determined from the respective symptoms (as follows).

Doshas are inferred by the type of skin disease present (i.e., Sataru type is predominant in P and K).

Similarly, the skin disease type may be inferred by the doshas involved.

Also the etiological factors (obtained from oral history of the patient) will indicate the consequent primary dosha involved.

Ci7#31-33

Symptoms of V-, P- and K-predominant Kusthas:

<i>V-predominant</i>	<i>P-predominant</i>	<i>K-predominant</i>
roughness, wasting, piercing pain, other types of pain, contracture, extension, hardness, coarseness, horripilation, blackish and reddish colors	heat, redness, discharge, suppuration, fleshy smell, moisture, "falling down of organs" [i.e., a <u>finger</u> / i.e., the liver]	whiteness, coldness, itching, stability, raising, heaviness, unctuousness, eating away by maggots and moisture

Ci7#34-36

Prognosis:

<i>Prognosis</i>	<i>Skin Conditions</i>
reject [<u>incurable</u>]	if all symptoms are present, plus debility, thirst, burning sensation, loss of appetite and eating away by maggots
is <u>not difficult</u> to treat	Kustha which is predominant in V-K or any single dosha.
<u>Difficult</u> to be treated	Kustha which is predominant in K-P or V-P

Ci7#37-38

Prognosis:

Here, what is incurable does not give up the incurability, however, some of the curables, sometimes transgress their curability due to unwholesome regimen.

The 6 curable ones except Kakanaka attain incurability if they are not treated or the unwholesome regimen is followed which leads them to the condition of 'abhisyanda' by doshas.

Ni5#9

Even the curable ones when neglected give rise to maggots born in the skin, muscle, blood, lymph, slough, discharge and sweat.

They eat up the skin etc. and dosas further affecting cause these complications separately.

Thus, V causes blackish and reddish color, coarseness, roughness, pain, wasting, piercing pain, tremors, horripilation, contraction, exhaustion, stiffness, numbness, decay and breaking down;

P causes heat, sweat, moistening, sloughing, discharge, suppuration and redness,

K causes whiteness, coldness, itching, immobility, heaviness, protuberance, unctuousness and plastering, maggots eat up the 4 skin etc, veins, ligaments and cartilages.

In this condition these complications afflict the patient of kustha such as- profuse discharge, decay of body parts, falling down of body parts along with thirst, fever, diarrhea, burning sensation, debility, anorexia and indigestion.

Such types of kustha should be known as incurable.

Ni5#10

'Here are the verses' -

The person who neglects the disease in early stage considering it as curable is regarded as if dead after a lapse of time.

One who applies remedy properly prior to the disease or in it's early stage, enjoys happiness for long.

As a young tree is cut with a little effort but the same requires great effort when fully grown, Likewise, the newly born disorder is cured easily while the much advanced one is cured with difficulty or becomes incurable.

Ni5#12-15

Treatment of Kustha:General Treatment of Kustha:Treatment of Skin Disorders According to Predominant Dosha:

Treat the most aggravated dosha first, then treat the secondary doshas.

Ci7#39

Treatment of Kustha by Dosha:

In V-type: Intake of ghee

In P-type: purgation followed by blood-letting

In K-type: emesis

Ci7#39

Emetic and Purgative Formulas:

These may be taken from the section on pharmaceuticals. (See [that chapter]).

Ci7#39

Types of Blood-letting to be Done:

In minor types [the 11 non-leprotic types]: do scraping type of blood-letting.

In minor types [the 11 non-leprotic types]: do venesection.

[[perhaps the first one was meant to say major types; see verse 39-42]]

Ci7#40

Use of Evacuation:

The patient having plenty of dosha should be evacuated.

One should take care of his strength, because on excessive elimination of doshas, V ruins the weak patient quickly.

Ci7#41

The 3 Stages [at least in P-predominant Kustha]:

1) evacuate the bowels

2) do blood-letting (“the blood is let out”)

3) intake of ghee

Ci7#41

Use of Ghee:

When the bowels are evacuated and the blood is let out, intake of ghee is prescribed.

This is because in a weak patient after evacuation V takes place quickly.

Ci7#42

Emetics:

The following formula should be used for Kusthas located in upper parts of the body, “when the heart is excited by doshas”:

indrayava, madanaphala, madhuka, patola (leaves)

+

juice of- nimba

Ci7#43

The following drugs are generally recommended for emesis in kustha:

sitarasa, pakwarasa (types of vinegar)

honey, madhuka

Ci7#44

The following drugs are generally recommended for purgation in Kustha:

trivrtta, danti, triphala - Ci7#45

The following drugs are generally recommended as dissolving vehicle [the liquid portion] for purgation in Kustha:

sauviraka, tusodaka (types of vinegar)

asavas and sidhus (types of alcohols)

Ci7#45

After-management of the Patient:

This is according to the purgation which has been done.

Non-unctuous enema, and sometimes unctuous enema may be done after purgation.

Also, snuff and/or smoking may be done. See below:

Ci7#46

Non-unctuous Enema used in Kustha:

This may be done after purgation.

It should be prepared from:

daruharidra, brhati, usira, patola, nimba, madana, aragvadha, indrayava,
musta

+

uncting substance

Ci7#47

Unctuous Enema:

this may be done after non-unctuous enema if the patient has aggravated V.

The following formula may be used:

Madana, madhuka, nimba, kutaja, patola

+

Uncting substance

Ci7#48

Snuff:

The following snuff destroys worms, kustha and disorders of K:

rock salt, danti, marica, phanijjaka, pippali, karanja (fruit), vidanga

Ci7#49

Evacuative Smoking:

The procedure is described in Sutrasthana [see daily routine].

This alleviates worms, kustha and kilasa [what is that?] located in the head.

Ci7#49

Topical Treatment of Kustha:

Note: the medicines applied externally exhibit quick effect after the impurity of blood is eliminated and thus the seat of morbidity is evacuated.

Ci7#53

Diseased spots which are stable, hard and patchy “should be fomented by means of a stone-slab and tubes and thereafter rubbed with a brush”.

In this way, the morbidity of blood should be removed.

Such a spot may also be fomented with the bundle of meat of marshy and aquatic animals slightly heated and then scraped with a sharp instrument so that blood comes out or for this purpose horn or bottle gourd may also be applied.

Ci7#50-51

In case of minor disorder, the spot should be scarified or leeches should be applied for evacuation of (impure) blood.

Ci7#52

In case where surgical interference is not fit and the spots are anaesthetic, alkali should be applied after elimination of blood and the associated dosha.

If the spot which is stony hard, rough, benumbed, stable and old, the patient should be advised to take some antipoison drug and then the spot should be anointed with some poison followed by anti-poison drug.

Ci7#54-55

The leprotic spots which are stiff, exceedingly anaesthetic, without perspiration and itching should be rubbed with the brush of danti, trivrtā, karavira, karanja or leaves of jati, arka or nimba, or some instrument or dried cowdung piece before application of an ointment.

Ci7#56-57

General Treatment of P Kustha:

the same measures that are used for V Kustha, but particularly elimination of K, P and (impure) blood and pacification with bitter and astringent drugs.

Ghee processed with bitters and other external as well as internal measures alleviating raktapitta should be used here.

Ci7#58-59

Specific Formulas for Treatment of Kustha:

** The following formula alleviates Kustha:

daruharidra

+

cow's urine

Ci7#61

** The following formula alleviates Kustha:

rasanjana

+

cow's urine

Ci7#61

** The following formula alleviates Kustha if taken for 1 month:

haritake, trikatu

+

jaggery

tila oil

Ci7#62

The following formula, if taken for 6 days, alleviates kusthas, swellings, grahaniroga,

difficult piles, halimaka, pain in cardiac and pelvic regions and intermittent fevers:

40gm. of each- potola (root), indravaruni (root), triphala (pulp)

40gm. [total]- traymana, katurhini, sunthi

Powder all the above together.

+

water

Take 40gm. total of the above powder and make a decoction with the water.

Use: after digestion of this drug, the patient should take a diet of sali rice along with soup of the meat of wild animals and birds.

#63-64

Mustadi Curna:

This “practically edible preparation” is a tested remedy for kustha.

Apart from this, it alleviates swelling, anemia, leucoderma, grahaniroga, piles, hernia, fistula, boils, itching and rashes:

musta, trikatu, triphala, manjistha, devadaru, both pancamulas (dashamula), bark of saptaparna, bark of nimba, visala, (bigger variety of indravaruni), citraka, murva

Powder all the above.

+

9 parts- saturating preparation [i.e., oily kitchari, or pork soup, etc.]

+

honey, ghee

Ci7#65-67

The following powder is an excellent drug for numbness [i.e./especially that due to leprosy]] [and vascularopathy? Or diabetic neuropathy?]:

8gm. each- triphala, ativisa, katuka, nimba, indrayava, vaca, patola, pippali, both haridras (haridra and daruharidra), padmaka, murva, visala, bhunimba (leaves)

+

160gm.- trivrt

320gm- brahmi

Powder all the above together.

Ci7#68-69

The following formula alleviates all 17 types of Kustha:

juice of- jati [[nutmeg]]

+

fresh butter

honey

Ci7#70

The following formula alleviates all 17 types of Kustha:

Maksika dhatu (copper pyrite)

+

urine

Take the maksika dhatu with the urine.

Ci7#71

The following formula is excellent for relieving all the disorders (as well as the 17 types of Kustha):

juice of- jati
+
sulphur

Ci7#71

The following formula is excellent for relieving all the disorders (as well as the 17 types of Kustha):

juice of- jati
+
suvarnamaksika (copper pyrite)

Ci7#72

The following formula is also a panacea, when taken regularly:

juice of- jati
+
diamond, or shilajatu or yogaraja ([not yogaraja guggulu])

Ci7#72

The following decoction may be used in the place of drinking water during treatment of Kustha:

320gm. each- heartwood of khadira and devadaru
+
water
Make the above into a decoction.

Ci7#73

Madhvasava:

This wine alleviates kustha and kilasa [what is that?]:

Take the khadira-devadaru decoction listed above
+
10gm each- triphala, ela, twak, marica, patra, nagakesara
320gm.- lohabhasma
640gm. each- honey, sugar-candy
Mix all the above together [but do not cook].
Keep in an iron vessel for 1 month [to ferment into wine].

Ci7#74-75

Kanakabindvarista:

This arista alleviates major skin disorders [[leprosy]] in a month and minor ones [[all other curable skin disorders]] in a fortnight [14 days].

Also, it destroys piles, asthma, fistula, cough, leucoderma, prameha and phthisis.
By taking this one regains a shining complexion like that of gold:

10.24L decoction of- khadira
Keep the above in a vessel smeared with ghee.
+

240gm powder of each- triphala, trikatu, vidanga, haridra, vasa, indrayava, bark of nagakesara, guducci

Mix all the above together [still in the smeared vessel].

Keep [the vessel-jar-] in a heap of paddy grains for 1 month.

Ci7#76-79

“This [the above formula only/ all the above formulas have been intended for V-K type or P type kushtha] should be taken in kushtha caused by V and K and also that in P.

In kushtha caused by K, the decoction of aragvadha is particularly efficacious [perhaps this is the start of formulas for K type kushtha].”

Ci7#80

The following asava destroys kushtha:

decoction of- triphala

+

[powder of]- citraka, kramuka, dasamula, danti, twak,

jaggery

honey

Prepare an asava from the above.

Ci7#81

Diet for Treatment of Kustha:

Diet for Kustha:

<i>Recommended Diet:</i>	<i>Contra-indicated Diet:</i>
light cereals bitter vegetables old cereals meat of wild animals green grams [green mung beans] patola [a type of bitter vegetable]	heavy, sour foods milk curd marshy fish jaggery sesame
Also: edibles and ghrtas mixed with bhallataka, triphala, and nimba should be used.	

Ci7#82-83

Topical Applications for Treatment of Kustha:

* The following makes a good paste for kushtha:

ela, kushtha, daruharidra, satapuspa, citraka, vidanga, rasanjana, haritaki

Powder all the above together.

Ci7#84

The following treatment is for spots of mandala kushtha:

alkali of- palasa

+

cow's urine

Prepare the alkali with the cow's urine [and keep it in a liquid format of the urine].

+

powder of- citraka, ela, nimba, vasa, trivrt, arka, sunthi

+

Impregnate the above powders in the alkali-urine for 8 days.

Use: the spots of mandala kustha should be pasted with this paste, and then exposed to the sun.

By this method the spots are torn away and disappear.

Ci7#85

* The following [topical] paste destroys Kustha:

mamsi, marica, salt, haridra, tagara

snuhi

+

soot

cow's urine

cow's bile

alkali of palasa

Mix all the above together. - Ci7#86

The following formula alleviates Mandala type Kustha:

powders of- tin, lead, iron

+

kakodumbara, citraka, brhati

Ci7#87

The following formula is efficacious in Mandala Kustha:

juice of- godha (iguana)

+

salt

Ci7#88

The following formula is efficacious in Mandala Kustha:

cow's urine

+

devadaru

Ci7#89

The following [powdered] yeast is a good [topical] remedy for mandala kustha and worms:

“The clear alkali water derived from kadali, palasa, patali (muskaka) and nicula should be used in place of water in preparation of meat which together with flower acts as yeast.

A medaka (a type of fermented preparation) is prepared from this.

The yeast taken out of this acts as a good remedy for mandala kustha (while exposing the patient to the sun) and worms.”

Ci7#90-91

“The following makes a bath known as siddharthaka.

It may also be used as emetic, purgative, cosmetic and rubbing powder.”

It alleviates leprosy, other skin disorders, edema and anemia:

Musta, madana, triphala, karanja, aragvadha, indrayava, daruharidra, saptaparna
Decoct the above together.

Ci7#93

The following paste alleviates kustha:

kustha, seeds of karanja, [seeds of] cakramarda

Ci7#94

The following paste is efficacious for kustha:

seeds of- cakramarda

rock salt

rasanjana

kapittha, lodhra, root of white variety of karavira

seeds of kutaja and karanja

bark of daruharidra

tender leaves of jati

Mix all the above together.

Ci7#95

The following is used as paste and anointment for kustha:

lodhra, dhataki (flowers), indrayava, karanja (seeds), jati

Mix all the above together.

Ci7#95

Paste of sirisa bark alleviates kustha.

Ci7#95

Paste of the flower of the cotton plant alleviates kustha.

Ci7#96

Paste of the leaves of aragvadha alleviates kustha.

Ci7#96

Paste of kakamaci (the whole plant is used) alleviates kustha.

Ci7#96

“Thus the pastes end.”

Now, decoctions:

The following decoction is useful for bath and intake for kustha:

1) decoction of- daruharidra, rasanjana

The following decoction is useful for bath and intake for kustha:

2) decoction of- nimba, patola

The following decoction is useful for bath and intake for kustha:

3) decoction of- heartwood of khadira

The following decoction is useful for bath and intake for kustha:

4) decoction of- aragvadha, kutaja

The following decoction is useful for bath and intake for kustha:

5) decoction of- triphala

The following decoction is useful for bath and intake for kustha:

6) decoction of- saptaparna

The following decoction is useful for bath and intake for kustha:

7) decoction of- tinisa

The following decoction is useful for bath and intake for kustha:

8) decoction of- karavira

Note: all the above 8 herb formulas may be used as bath, decoction, paste, rubbing powder, powder [for intake], and for preparing oil and ghrtra for treatment of

kustha.

Ci7#97-98

The following decoction alleviates K and P type [K-P type? Or K type and P type?]

kustha:

decoction of- triphala, nimba, patola, manjistha, rohini, vaca, haridra

Ci7#99

The following ghrta overcomes the V predominant kustha:

triphala, nimba, patola, manjistha, rohini, vaca, haridra

+

ghee

Cook all the above together.

Ci7#100

The following decoction alleviates K and P type kustha:

decoction of- khadira, asana, devadaru, nimba

Ci7#101

The following ghrta overcomes the V predominant kustha:

khadira, asana, devadaru, nimba

+

ghee

Cook all the above together.

Ci7#101

The following formula may be prepared with oil for a taila, or used as paste [internal], anointment, rubbing paste and powder [topical] (These are Kustha-alleviating):

kustha, arka, tuttha, katphala, seeds of mulaka, rohini, katuka, indrayava, utpala, musta, brhati, karavira, cakramarda, nimba, patha, duralabha, citraka, vidanga, seeds of bitter bottle-gourd, kampillaka, sarsapa, vaca, daruharidra

Ci7#102-104

Swetakaraviradya Taila:

This oil is a tested remedy for kustha and approved by physicians:

juice of karavira

+

cow's urine

citraka, vidanga

Prepare oil from the above.

Ci7#105

Swetakaravira-pallavadya Taila:

This oil alleviates kustha and itching by massage:

1 part total of the following pastes- white type of karavira (tender leaves, root and bark), kutaja, vidanga, root of kustha, [root of] arka, sarsapa, bark of sigru, rohini, katuka

+

4 parts- oil

16 parts- cow's urine

Ci7#106-107

Tikteksvakvadi Taila:

This oil is used for massage to destroy itching and kustha and overcome V and K:

[1/4 part] total of the following pastes- seeds of bitter bottle-gourd, 2 types of tuttha, rocana, 2 types of haridra (haridra and daruharidra), brhati (fruits), eranda, visala, citraka, murva, kasisa, hingu, sigru, trikatu, devadaru, tumburu, vidanga, langali (root), kutaja (bark), katuka, rohini

+

1 part- mustard oil

4 parts- cow's urine

Ci7#108-110

Kanakaksiri Taila:

“By this the physician may tear off the mandala kustha along with worms and itching by massage:”

paste of- Swarnaksiri, ela, bhargi, danti (fruits and root), young leaves of jati, sarsapa, lasuna, vidanga, karanja (bark), saptaparna (young leaves, root and bark), nimba, citraka, asphota, gunja, eranda, fruits of brhati, mulaka, surasa, arjaka, kustha, patha, musta, tumburu, murva, vaca, sadgrantha, cakramarda, kutaja, sigru, trikatu, bhallataka, ksavaka, orpiment, adhahpuspi, tuttha, kampillaka, amrtasanga, saurastri, kasisa, bark of daruharidra, sarjksira, rock salt

+

mustard or sesame oil

decoction of- karavira (root and young leaves)

4 times- cow' urine

Prepare a taila out of the above.

Keep in a vessel made of the better bottlegourd. [‘bitter’?]

Ci7#111-116

The following mixture if applied properly makes the body pure, removes sidhma [type of kustha?], and removes recently-arisen leucoderma:

Following this program for 1 week makes the body pure and removes sidhma.

Following this program for 1 month removes recently-arisen leucoderma.:

Kustha, tamalapatra, marica, realgar, kasisa

+

oil

Mix the above together.

Keep in a copper vessel for 1 week before use.

Directions for use: anoint the body with this mixture. Then follow with exposure to the sun.

[This sequence must be repeated daily.]

During this period bath is prohibited.

Ci7#117-118

Oils made of any of the following drugs are useful in kusthas:

sarsapa, karanja, kosataki, ingudi, or heartwood of khadira

Ci7#119

The following ghrta/taila cures vipadika.

It is also a remedy for carmakhya, ekakustha, kitibha and alasaka:

jivanti, manjistha, daruharidra, kampillaka (dust), tuttha

+

oil or ghee

Prepare a tailam or ghrta out of the above.

+

sarjarasa, bee's wax

Mix all the above together.

Ci7#120

The following paste alleviates V-K type kustha:

1) paste of- yeast, boar's blood, prthvika, rock salt

Use: it should be applied with curd water.

Ci7#122

The following paste alleviates mandala and V-K type kustha:

2) paste of- fruits of dhanyaka, fruits of kustha

Use: it should be applied with curd water.

Ci7#123

The following paste is a tested application for mandala and V-K type kustha:

3) paste of- putika, devadaru, jatamansi, indravaruni, guduci, mudgaparni, kakanasa

Use: it should be applied with curd water.

Ci7#124

The following paste alleviates V-K type kustha:

4) paste of- citraka, sobhanjana, guduci, apamarga, devadaru, khadira, dhava

Use: it should be applied with curd water.

Ci7#124

The following paste alleviates V-K type kustha:

5) paste of- syama, danti, dravanti

Use: it should be applied with curd water.

Ci7#125

The following paste alleviates V-K type kustha:

6) paste of- laksa, rasanjana, ela, punarnava

Use: it should be applied with curd water.

Ci7#126

By application of cakramarda, kustha, rocksalt, sauviraka (type of sour gruel), sarsapa and other anthelmintic drugs, worms, mandala kustha and dadru are pacified.

Ci7#127

Cakramarda, sarjarasa, seeds of mulaka should be applied as anointing with sour gruel.

Ci7#127

Vasa and triphala- these together are used as intake, bath, anointing and paste.

For the same purposes are used brhati, usira, patola, sariva and rohini.

Ci7#128

Khadira, aragvadhya, kakubha, rohitaka, lodhra, kutaja, dhava, nimba, saptaparna, karavira- these are recommended as bath or intake.

Ci7#129

The following paste treats P-K type kustha:

1 part- hribera

2 parts-kustha
 3 parts-aguru
 4 parts-nagakesara
 5 parts-patra
 6 parts-kaivartamustaka
 7 parts-candana
 8 parts-lotus-stalk
 Mix all the above together into a paste.
 Ci7#130

Decoctions of any of the following herbs are useful as bath and intake for P type Kustha:
 madhuyasti, lodhra, padmaka, patola, nimba, candana

Ci7#131

The following paste is used for P kustha:

priyangu, harenuka, indrayava, ativisa, usira, candana, rohini, katuka
 Mix all the above together.

Ci7#132

Treatment of Skin Disorders Associated with Burning Sensation:

Massage should be done with the following:

bitter ghees
 washed ghees
 oil prepared with candana, madhuka, prapaundarika and utpala

Ci7#133

Treatment in Case of Necrosis, Falling Away of Body Parts, Burning Sensation, Visphotaka and Carmadala Types of Kustha:

Application of cold ointments and sprinklings, venesection, purgation and bitter ghee are prescribed.

Ci7#134

Treatment of Skin Disorders Predominant in Raktapitta [bleeding]]:

Use the following 3 excellent and tested remedies:

Khadira Ghrta
 Nimbaghrta
 Darvighrta

Ci7#135

The following [decoction/ ghrta] alleviates V-P kustha, visarpa [erysipelas], severe vatarakta [arthritis], fever, burning sensation, gulma, vidradhi [what is this?], giddiness and eruptions:

20gm. pulp of each- haritake, bibhitake, amalaki
 20gm.- patola leaves
 10gm. each- katurhini, nimba, madhuyasti, trayamana
 80gm.- “bifurcated seeds of masura (lentils)”
 +
 2.56"Kg"- water
 Boil all the above together, until reduced to 1/8th volume. Filter it.
 Use only 320ml. of the decoction for the remaining formula.
 +
 160gm.- ghee

Cook the ghee and the 320ml decoction until the total remaining volume is 320ml.

Use: this should be taken in proper dose at luke-warm temperature.

Ci7#136-139

Tiktasatpalaka Ghrta:

This ghrta alleviates kushtha, fever, gulma, piles, grahaniroga, anemia, edema, pama [what is that?], erysipelas, boils, itching, narcosis and swollen glands:

20gm. each- nimba, patola, daruharidra, duralabha, tiktrohini, triphala, parpataka, trayamana

+

2.56Kg.- water

Boil all the above together, until reduced to 1/8th volume. Filter.

+

5gm. paste of each- candana, kiratatikta, pippali, trayamana, mustaka, indrayava

240gm.- fresh ghee

Prepare all the above into a ghrta.

Ci7#140-143

Mahatiktaka Ghrta:

This ghee alleviates quickly the kushthas predominant in raktapitta, bleeding piles, erysipelas, amlapitta, vatarakta, anemia, eruptions, pama, insanity, jaundice, itching, heart disease, gulma, boils, menorrhagia, cervical adenitis and other obstinate diseases not responding to hundreds of other formulations, if taken in time and according to strength:

1/4 part of the whole group of powders- saptaparna, prativisa, aragvadha, tiktrohini, pahta, musta, usira, traphala, patola, nimba, parpataka, dhanvayasa, candana, pippali, padmaka, 2 types of haridra, sadgrantha, visala, satavari, both types of sariva, indrayava, vasa, murva, guduci, kiratatikta, madhuyasti, trayamana

Mix all the above into a paste.

+

8 parts- water

2 parts juice of- amalaki

1 part- ghee

Ci7#144-150

Summary of Total Program for Treatment of Skin Diseases:

The kushtha, if curable, does not continue after these 5 steps:

- 1) the pathogenic factors are eliminated [vaman/ virechan/ basti]
- 2) blood is let out
- 3) external remedial measures [pastes/ baths/ scraping/ etc.]

4) internal remedial measures [pastes/ decoctions/ ect.]

5) unction is administered [ghrtas/ tailas]

Ci7#151

Mahakhadira Ghrta:

This ghrta is an excellent formulation for alleviating all types of kustha:

20Kg.- khadira

4Kg. each- simsapa, asana

2Kg. of the total- karanja, nimba, vetasa, parpata, kutaja, vasa, vidanga, 2 types of haridra (haridra and daruharidra), aragvadha, guduci, triphala, trivrt, saptaparna

Powder all the above coarsely.

+

102.4L- water

Boil all the above together until 1/8th volume remains.

+

equal quantity to the final volume of above decoction- juice of amalaka

+

40gm paste of each- “mahatikta (intensely bitter) drugs” [mentioned in the above formula?/ mentioned in book earlier]

2.56Kg.- ghee

Prepare all the above into a ghrta.

Use: for intake and massage

Ci7#152-156

The following formula is used in cases where the body parts are falling away, discharging lymph and are eaten away by organisms:

nimba, vidanga

+

cow's urine

Use: as bath, intake and anointing.

Ci7#157

The following formula treats kustha and worms:

vasa, kutaja, saptaparna, karavira, karanja, nimba, khadira

+

cow's urine

Use: as bath, intake and anointing.

Ci7#158

Vidanga is excellent for anthelmintic action when used for drink, food, sprinkling, fumigation and anointing.

Ci7#159

Khadira is excellent for antileprotic action when used for drink, food, sprinkling, fumigation and anointing.

Ci7#159

The following drugs are eradicators of kustha:

cakramarda, vidanga, aragvadha (roots)

teeth of: dog, cow, horse, boar and camel

Ci7#160

“Cakramarda, vidanga, haridra, daruharidra, aragvadhya (roots) along with peppali and kushtha are excellent eradicators of kushtha.”

Ci7#160

Treatment of Switra (Leucoderma):

- 1) the patient is evacuated fully
- 2) the remedial measures should be administered

- 1) purgative is administered first
- 2) the patient should be uncted in preparation for the next step
- 3) the patient should take the juice of malapu (kakodumbarika) mixed with jaggery and then he should be exposed to the sun.

This is continued for 3 days.

During this period in the event of thers he should take liquid gruel.

- 4) By this treatment the eruptions arisen in the diseased spot should be torn open with a thorn.

- 5) When all the eruptive boils are torn, the patient should take the decoction of malapu, asana, priyangu and satapuspa, the alkali derived from palasa mixed with phanita ever morning for a fortnight.

Ci7#162-163

Whatever is beneficial in kushtha is recommended for the patient of leucoderma.

Ci7#164

Sprinkling with or intake of decoction of khadira is especially recommended for treatment of leucoderma.

The following [topical] paste alleviates leucoderma:

realgar, vidanga, kasisa, rocana, kanaka-puspi (swarnaksiri)

+

rock salt

Use: apply as a paste.

Ci7#165

The following is an effective paste for leucoderma:

burnt bone of ass

+

alkali of- banana

cow's blood

Ci7#166

The following is an effective paste for leucoderma:

alkali of- flower-bud of jati

+

elephant's ichor [look this definition up]

Ci7#167

The following is an effective paste for leucoderma:

nilotpala, kushtha, rock salt

+

elephant's urine
Powder the above [return to dry format].

Ci7#168

The following is an effective paste for leucoderma:
seeds of- raddish, bakuci

+

cow's urine
Powder the above [return to dry format].

Ci7#169

The following is an effective paste for leucoderma:
kakodumbara, bakuci, citraka

+

cow's urine
Powder the above [return to dry format].

Ci7#170

The following is an effective paste for leucoderma:
realgar

+

peacock's bile
Powder the above [return to dry format].

Ci7#170

The following is an effective paste for leucoderma:
seeds of bakuci

lac

cow's bile

2 types of anjana

pippali

loha bhasma

Mix the above together.

Ci7#171

General Cleansing and Dietary Regimen for Leucoderma, as Well as It's Difficult Prognosis:

By evacuation, blood-letting, roughening and intake of parched grain powder, the leucoderma is got rid of in rare cases where the sin [of paste actions] is attenuated.

Ci7#172

“Kilasa [[leucoderma]]is mostly tri-doshic and is of 3 types- daruna, aruna and switra [leucoderma].”

Ci7#173

The diseased spot is red, coppery, and white and the morbidity is located in blood, flesh and fat respectively [daruna, aruna and switra]]. Their severity is in successive order.

Ci7#174

Prognosis of Leucoderma:

<i>Curable</i>	<i>Incurable</i>
The leucoderma which has no red hairs, is thin, pale, not so old and raised upwards in the middle is curable.	The leucoderma spot which is undemarcated mutually, extensive, having red hairs and arisen since many years is not curable.

Ci7#175-176

Etiology of Leucoderma:

False words, ungratitude, abusing the gods, insult to teachers, sinful activity, previous (bad) deeds and incompatible food is the cause of leucoderma.

Ci7#177

The summing up verses—

Etiology, pathogenic materials, various symptoms, predominance of dosas, their symptoms and occurrence of dosas in kusthas, curable, incurable and hardly curable kustha, tested formulations efficacious in kustha, etiology of kilasa and it's symptoms, severity and treatment- all this is said by the sage in the chapter dealing with treatment of kushta for his disciple Agnivesa in order to improve his memory and knowledge.

Ci7#178-180

Shotha (Swelling)

Diagnosis

Innate Vs. Exogenous

Etiology

Symptoms

Prognosis

Treatment

General Treatment

Treatment of Sub-types

Formulas

External Treatments

Localized Swellings; Classification, Symptoms and Treatment

Types of Shoth:

innate and non-innate
 localized and generalized
 V-type, P-type and K-type
 Ci12#4

Categories of Swellings:

3 types: caused by V, P, or K
 2 types: caused by innate or exogenous factors
 Su18#3

Causes of Innate Swelling:

regular intake of alkaline, sour, irritant, hot and heavy substances by those emaciated and debilitated due to evacuation, diseases and undernutrition, excessive use of curd, uncooked food, earth, potherbs, antagonistic, defective and poisoned food,
 piles, lack of movements [i.e., exercise/ i.e., B.M.s], want of evacuation, injury to vital parts,
 difficult labor,
 faulty management of evacuative measures
 Ci12#5,6

Causes of Exogenous Swelling:

Injury with wooden piece, stone, sharp instruments, fire, poisons, “inon-made” articles, etc. affecting the overskin is the cause of exogenous swelling.
 Ci12#7

Etiology of Exogenous-type Swellings:

excision, incision, injury, breaking, hinderance, grinding, heating, stroking, binding, twisting, piercing, pressing, or by contact of the juice of flowers and fruits or bhallataka.

Bristles, kapikacchu and insects, harmful (poisonous) leaves, creepers and shrubs or by sweating, crawling, and urination of poisonous (insects) on body parts, or attacking of poisonous animals with fangs, teeth, horns and nails or exposure to oceanic wind, poisonous wind, snowfall or fire.

Su18#4

Symptoms and Differentiating Exogenous type Swellings:

They are known, in the beginning, by their respective etiology and symptoms which differ from innate symptoms partly.

“These exogenous swellings subside when treated with bandage, mantras, anti-toxic drugs, pastes, heating and cooling etc.”

Su18#5

Etiology of Innate-type Swellings:

improper administration of unction, fomentation, emesis, purgation, non-unctuous and unctuous enema and head evacuation or improper dietetic regimen after evacuative

therapy or excessive emaciation consequent to diseases like vomiting, alaska, cholera, dyspnea, cough, diarrhea, phthisis, anemia, abdominal enlargement, fever, excessive vaginal discharges, fistula-in-ano and piles or due to leprosy (skin diseases), itching, boils, etc. or by suppression of the natural urges as of vomiting, sneezing, eructation, semen, wind, urine and feces or in the debilitated after evacuative therapy, diseases, fasting or traveling on foot, by sudden intake of too heavy, sour, salty, preparations of (rice) flour, fruit, vegetables, pickles, curd, salads, wines, imperfect curd, germinated or fresh awned and leguminous grains and marshy and aquatic animals, by eating earth, mud or brick; by excessive intake of salt, by compression of fetus, abortion or improper postpartum management or due to aggravation of doshas.

Su18#6

Classification of Swelling According to Location In the Body:

- 1) whole body
- 2) half portion of the body
- 3) an organ [or a limb/ body part]

Ci12#7

Pathology of General Swelling:

When V reaching the external channels affects K, rakta and P and becomes obstructed by them in the way, then while spreading it causes swelling with the character of protuberance.

Ci12#8

Cause of Swelling to Occur in Different Parts of the Body:

<i>A swelling in this part of the body:</i>	<i>Is caused by the doshas seated in this location:</i>
Swelling in upper parts	caused by doshas seated in the chest
In the lower parts	doshas seated in the colon
In the middle part of the body	“doshas seated in the middle”
Swelling all over the body	doshas located generally
Localized swelling	doshas located in that particular organ

Ci12#9

Premonitory Symptoms of Swelling:

- heat
- distress
- dilatation of blood vessels

Ci12#10

Doshic Involvement in Swelling:

All swellings are caused by all 3 doshas, but in practice they are labeled by the respective dosha according to predominance of its symptoms.

Ci12#10

General Symptoms of Swelling:

heaviness, instability, protuberance, heat, thin veins, horripilation, change in color of the body part

Ci12#11

V-type Shotha (swelling):

Etiology of V-type Shotha:

cold, rough, light, non-slimy substances;
fatigue, fasting, excessive emaciation and wasting etc.

Su18#7

Pathology of V-type Shotha:

V gets aggravated by the above factors, and overcomes the twak, mamsa, rakta etc., producing swelling.

Su18#7

Symptoms of V-type Shotha:

It is quickly arising and subsiding. [[i.e., anaphylactic shock-type swelling!]]

The part affected becomes blackish or reddish or has normal complexion, moving, pulsating, with skin and hair coarse, rough and broken.

The person feels that part as if excised, incised, pressed, pierced with needles, crawled over by ants, has irritating sensation as if pasted with mustard, contracts or expands.

Su18#7

P-type Shotha:

Etiology of P-type Shotha:

intake of hot, sharp, pungent, alkaline, salty, sour food
eating during indigestion
getting over-heated from the sun or fire [or other heat source]

Su18#7

Pathology of P-type Shotha:

P gets vitiated by the above, overcomes teak, mamsa and rakta and thus produces swelling.

Su18#7

Symptoms of P-type Shotha:

It is quickly arising and subsiding. [[i.e, anaphylactic type]]

The part affected has black, yellow, blue and coppery tinge.

The part affected has is hot, soft and with brown and coppery hairs.

It has burning sensations of various natures, is hot, perspiring, moist and “likes the contact of hot things”.

Su18#7

K-type Shotha:

Etiology of K-type Shotha:

use of heavy, sweet, cold and unctuous food;
oversleep and absence of exercise etc. - Su18#7

Pathology of K-type Shotha:

K, vitiated by the above factors, overcomes twak, mamsa, rakta etc. and thus produces swelling. - Su18#7

Symptoms of K-type Shotha:

It arises and subsides with difficulty.

The part affected is pale, unctuous, smooth, stable, thick, with white hair tips and is tolerant of touch and heat. - Su18#7

Multi-Doshic type Shosha:

By combination of respective causes and symptoms, dwidosaja (2-doshas) swellings occur, which are 3 in number.

Sannipatika swelling arises, which is only 1 in number. - Su18#7

Thus the total # of swelling types is 7.

Su18#7

Other Divisions of Swellings:

2 types: innate, exogenous

3 types: caused by V, P or K individually

4 types: caused by 3 doshas individually + 1 cause being exogenous

7 types: caused by 3 doshas individually + 3 combinations of 2 doshas + 1 tridoshic type.

8 types: caused by the above 7 types + 1 cause being exogenous

Su18#8

“But basically, all swelling share the one symptom of having protuberance [bulging].”

Su18#8

Symptoms of V-type Swelling:

the body parts have swelling, they seem as numbed, are painful and after pressure regain the usual position [(‘non-pitting on pressure’)].

It is reddish, subsides in night [in one day/ subsides every night] and also by unctuous and hot massage.

Su18#9-10

Symptoms of P-type Swelling:

the patient suffers from thirst and fever.

The part has burning pain, perspiration, moisture and smell.

It starts with the middle of the body.

The patient has yellow eyes, face and skin, thin skin and diarrhea.

Su18#11-12

Symptoms of K-type Shotha:

Cold, immobile, itching, pale.

The swelling does not rebound after applying pressure [(‘pitting on pressure’)].

The swelling does not bleed on cutting with sharp weapon or kusa grass but oozes hardly [in little amount] some slimy discharge.

Su18#13-14

Symptoms of Dwi-Doshic and Sannipatika types of Shotha:

Where there is combination of causes and symptoms of 2 doshas, it is dwidosaja.

Where there is combination of causes and symptoms of 3 doshas, it is sannipatika.

[***Use the above lines for my stock lines throughout the book.***]

Su18#15

Symptoms of V-type Swelling:

it is unstable, thin-skinned, reddish or black;
associated with numbness, horripilation or pain,
subsides without any reason,
is restored after pressure
is aggravated during the day

Ci12#12

Symptoms of P-type Swelling:

it is soft, odorous, black, yellow or red,
associated with giddiness, fever, sweating, thirst and narcosis;
has burning sensation, tenderness, redness of eyes, inflammation and suppuration

Ci12#13

Symptoms of K-type Swelling:

it is heavy, stable, pale, associated with anorexia, produces salivation, oversleep, vomiting and poor digestion, is difficult in origin and end, is not restored after pressure and is aggravated during night.

Ci12#14

Prognosis of Fatal Swelling:

Fatal Type:	Easily Curable Type:
The swelling inflicting the person who is thinned and debilitated by diseases, or the swelling attended by complications like vomiting etc., located in vital parts, having streaks generalized with discharge in weak person is fatal.	The swelling is easily curable if it is in the person with no emaciation, is caused by one dosa, new and in strong person.

Ci12#15-16

Prognosis for Shotha:

The swelling which starts from the feet and spreads all over the body is curable hardly [with great difficulty].

The swelling which starts from the face in women is curable hardly [with great difficulty.]

In men or women, if the swelling begins in the genitals, it is “mostly difficult” to be cured.

The swelling having complications is “mostly difficult” to be cured.

Su18#16-17

The 7 Complications of Swelling:

vomiting, dyspnea, anorexia, thirst, fever, diarrhea, debility

Su18#18

Names and Types of [Local] Swellings:

Upajihvika: The quickly emerging swelling caused by K, vitiated and located at the root of the tongue.

Galasundika: The similar swelling caused by K, vitiated and located in kakula (uvula).

Galaganda (goitre): The vitiated K located outside the throat causes swelling slowly which produces goitre.

Galagraha: Produced by vitiated K, firmly located within the throat, causing swelling quickly

Visarpa (erysipelas): Vitiated P along with rakta spreads in the skin it causes swelling with redness.

Pidaka (boils): Vitiated P, located in the skin and rakta, produces swelling and redness appear.

Tilaka, Piplu, Vyanga and Nilika: These types are produced when vitiated P goes to rakta and 'dries up there'.

Sankhaka: Vitiated P is located in temporal regions, severe swelling is produced.

Severe and fatal swelling: arises when, at the end of fever, P gets vitiated and is located at the roots of the ears.

Spleen enlargement: is caused when vitiated V elevates the spleen, producing mild pain in the sides.

Gulma: is produced when vitiated V is located in the regions of [a currently existing] gulma, causing swelling and pain.

Vrddhi: when the vitiated V moves from groins to testicles causing swelling and pain.

Udara: when the vitiated V is located beneath the skin and muscles producing swelling in the abdomen.

Anaha: when the vitiated V stays localized in the belly and moves neither upwards nor downwards.

Rohini: this is produced when all 3 doshas aggravate simultaneously and get located at the root of the tongue. They produce intense burning sensation, swelling and various types of pain. This type is quickly fatal. The maximum life of the patient is 3 days. However, if treated by an excellent physician, one recovers immediately.

Su18#19-36

‘There are other types of swellings, such as Adhimamsa, Arbuda etc. which have specific names and forms.’

Treatment of Swelling:

One knowing strength, pathology and time should treat it with the measures contrary in respect of etiology, dosas and season.

#16

General Treatment of Swelling:

Treatment of Swelling Caused by Ama:

give lightening and digestive measures.

Ci12#17

Treatment of Swelling Caused by Aggravated Doshas:

give evacuative measures.

Ci12#17

[* THIS IS THE SECRET TO UNDERSTANDING LIGHTENING AND ROUGHENING PROCEDURES]

[And the difference between Ama and Doshas.]

[Perhaps the doshas are more liquid, and thus one can evacuate them. But ama is sticky, and thus will not be dislodged safely by evacuation.] [(See trtmnt section of Urustambha, Thigh Stiffening, for details)]

Initial Treatment of Swelling Located in the Head:

treat with head evacuatives.

Ci12#17

Initial Treatment of Swelling Located in the Lower Parts:

treat with purgatives.

Initial Treatment of Swelling Located in the Lower Parts:

treat with emetics.

Ci12#18

Treatment of Swelling Caused by Excess Unction:

Treat with roughening measures.

Ci12#18

Treatment of Swelling Caused by Excess Roughening:

Treat with uncting measures.

Ci12#18

Treatment of Swelling Caused by V and attended by constipation:

give non-unctuous enema.

Ci12#18

Treatment of Swelling Caused by P and V:

give tika ghrta

Ci12#19

Treatment of Swelling with Association of Fainting, Restlessness, Burning Sensation and Thirst:

give milk.

Ci12#19

Treatment of Swelling When Evacuation is Needed:

Cow's urine should be added to milk.

Ci12#19

Treatment of Swelling Caused by K:

Treat with asavas added with alkaline, pungent and hot drugs, cow's urine and butter-milk.

Ci12#19

Food To Be Avoided by Patients of Swelling:

meat of domestic, aquatic and marshy animals which are weak, dried vegetables, new cereals, jaggery preparations, flour preparation, curd, sesamum preparations, slimy substances, wines, sour substances, parched barley etc., dried meat, diet consisting of wholesome and unwholesome items mixed together; heavy, unsuitable and burning diet

Ci12#20

Activities To Be Avoided by Patients of Swelling:

day sleep and sexual intercourse

Ci12#20

Specific Formulas for Treatment of Swelling:

[Formulas for Treatment of K-type Swelling]:

The following formula pacifies K-type swelling:

Trikatu, trivrt, tiktakarohini, iron bhasma

+

decoction of- triphala

Mix the above together and take.

Ci12#21

The following formula pacifies K-type swelling:

haritake

+

cow's urine

Mix the above together and take.

Ci12#21

The following formula may be used:

haritake, sunthi, devadaru

+

tepid water or decoction of punarnava

Ci12#22

The following may be used in all 3 types of swelling:

haritake, sunthi, devadaru

+

tepid water or decoction of punarnava

+
cow's urine

Use: after the drug is digested, the patient should take a bath “and then take food with milk (salt free diet)”.

Ci12#22

Treatment of V-type Swelling:

The following formula treats V-type:

One should take patiently the paste of punarnava, sunthi and musta in the dose of 10gm. [total][one time per day] along with 640ml. of milk.

Ci12#23

The following formula treats V-type:

One should take patiently the paste of apamarga, pippali, pippalimula and sunthi in the dose of 10gm. [total][one time per day] along with 640ml. of milk.

Ci12#23

Treatment of V combined with P:

One should take:

20gm. each- danti, trivrt, trikatu, citraka

+

1.28L- milk

Boil the above together until the milk is reduced by half.

Ci12#24

One may use the following:

decoction of- sunthi, daruharidra

+

milk

Ci12#25

One may use the following:

syama, eranda, marica

+

milk

Boil the above together.

Ci12#25

One may use the following:

twak, devadaru, varsabhu, sunthi

+

milk

Boil the above together.

Ci12#25

One may use the following:

guducci, sunthi, danti

+

milk

Boil the above together

Ci12#25

** The following diet program may be followed:

One may keep on a diet of camel's milk for a week or a month [depending on the severity of the swelling], abstaining from any other food or water.

Ci12#26

** The following diet program may be followed:

One may keep on a diet of cow's milk or buffalo's milk mixed with [cow's] urine.

Ci12#26

** The following diet program may be followed:

One may keep take straight [cow's] urine [for a week or a month [depending on the severity of the swelling], keeping in a milk diet.

Ci12#26

The following formula is for treating swelling with attendant [find a better, simpler word here for attendant] heavy and diarrheic stool:

trikatu

sauvarcala [salt]

honey

+

buttermilk

Mix all the above together.

Ci12#27

The following remedy is for swelling where the patient passes stool which is abnormal, diarrheic, unripe or with constipation:

haritake or sunthi

+

jaggery

Ci12#27

Treatment for Obstruction of Stool and Flatus:

take castor oil with milk or meat soup before meal.

Ci12#28

Treatment of obstruction of channels, loss of appetite and relish:

drink well-prepared wines and aristas.

Ci12#28

Gandiradyarista:

This wine alleviates swellings, fistula, piles, worms, kustha, prameha, abnormality or complexion, emaciation, V disorders and hiccup:

1.28Kg [total volume]- gandira, bhallataka, citraka, trikatu, vidanga, both types of brhati (brhati and kantakari)

+

whey

Cook all the above together "in" [over] cowdung fire, until volume is reduced to

1/3.

Filter well and cool.

+

10.24L- curd water

Cook all the above together “in” [over] cowdung fire, until volume is reduced to

1/3.

Filter well and cool.

+

4Kg.- sugarcandy

Mix the above well.

Keep in an earthen jar pasted inside with citraka and pippali.

The earthen jar should be kept in “an open space”.

This formula should be kept in the jar for 10 days.

Ci12#29-31

** Astasata Arista:

This arista alleviates swellings, constipation, K-V disorders and promotes digestive fire.

The name “Asta+sata” means 8 ingredients which are each 100 palas (4Kg.):

4Kg. each- fruits of kasmarya, amalaki, marica, haritaki, bibhitaka, draksa, pippali

Powder the above together. [dates, raisins, triphala, black pepper, pippali]

+

20.28L- water

Mix all the above together. Keep in a jar which has been smeared inside with honey.

This should be kept for 1 week in the summer or 2 weeks in the winter.

I believe the above formula works out like this:

(That is, if 1Kg = 1L)

1/4 cupdates

1/4 cupraisins

3/4 cuptriphala

1/4 cupblack pepper

1/4 cuppippali

1 1/4 cup water

Ci12#32-33

Punarnavadyarista:

This wine alleviates heart disease, anemia, severe swelling, splinomegaly, fever, anorexia, prameha, fistula, 6 types of udararoga, cough, bronchial asthma, grahaniroga, kustha and itching, V disorders in limbs, constipation, hiccup, leucoderma, halimaka and promotes complexion, strength, life span, immunity and energy:

120gm. each- the 2 types of punarnava, the 2 types of bala, the 2 types of patha, danti, guduci, citraka, kantakari

+

40.96L- water

Boil all the above together, until only 1/4 the original volume remains.

Filter well and cool well.

+

8Kg.- old jaggery

640gm.- honey

Mix all the above together.

Keep in a jar which has been smeared on the inside with ghee.

The jar should be stored inside a heap of barley grains.

This should be stored for 1 month.

+

20gm. powder of each of the following “aromatic substances”- patra, twak, ela, marica, hribera, aguru

Mix all the above together.

Again put the formula into a jar. This one should be smeared on the inside with ghee and honey.

[The jar should be stored inside a heap of barley grains.]

After it is matured [1 month], it is ready for use.

Use: It should be administered according to the severity of the disorder.

The patient should keep on a diet of meat soup and cereals.

Ci12#34-38

* Triphaladyarista:

This wine may be used for the same conditions as Punarnavadyarista:

160gm. powder of each- triphala, yavani, citraka, pippali, lauhabhasma, vidanga

+

320gm.- honey

4Kg.- old jaggery

[water]

Mix all the above together.

Keep in “a vessel of ghee” within the heap of barley grains for 1 month.

Ci12#39

Note on Use of Other Wines:

The aristas mentioned as beneficial for piles and anemia are beneficial for patients of Swelling also.

Ci12#40

The following powder alleviates tridosha and chronic swelling:

powder of each- pippali, patha, gajapippali, kantakari, citraka, sunthi, pippalimula, haridra, jiraka, musta

Use: take with tepid water.

Ci12#41

* The following paste alleviates tridosha and chronic swelling:

paste of- bhunimba, sunthi

Use: take with tepid water.

Ci12#41

* The following powder alleviates tridosha and chronic swelling:

powder of each- lauhabhasma, trikatu, yavaksara

Use: take with decoction of triphala.

Ci12#42

Ksaragudika:

These pills, if used properly, alleviate splenomegaly, leucoderma, halimaka, piles, anemia, wasting, swelling, choleric disorder, gulma, poisoning, calculus, dyspnea, cough and kustha:

40gm. each- the 2 alkalis (yavaksara and sarjiksara)

40gm. each- the 4 types of salt (saindhava, sauvarcala, bida and audbidha)

40gm. each- lauhabhasma, trikatu, triphala, pippalimula, vidanga, musta, ajamoda, devadaru, bilwa, indrayava, citraka (roots), patha, madhuyasti, ativisa

10gm.- hingu

Powder all the above together finely. Dry.

+

10.24Kg.- ash of dried raddish

+

water

Dissolve all the above powders etc. into the water. Cool till it becomes solid, but do not let it become burnt ("uncharred").

Form the solid mass into pills weighing 5gm. each. Allow them to dry.

Ci12#43-46

The following is a program which alleviates gulma, udara, piles, swelling, prameha, asthma, coryza, alasaka, indigestion, jaundice, wasting, mental disorders, cough and other K disorders:

day 1 10gm.- fresh ginger + 10gm.- jaggery (For a total of 20gm.)

day 2 20gm. + 20gm. (40gm. total)

day 3 30gm. + 30gm. (60gm. total)

day 4 40gm. + 40gml (80gm. total)

day 5 50gm. + 50gm. (100gm. total)

day 6 120gm. total

day 7 140gm.. total

day 8 160gm.

day 9 180gm.

day 10 200gm. [[about 5/6 of a cup or about 40 teaspoons]]

day 11-30 200gm.

Use: during the 1 month period of this program, the

patient should remain on a diet of:

A: milk and rice [for P]

B: vegetable soup and rice [for K]

C: meat soup and rice [for V]

Ci12#47-48

For interpretation, here is the original quote for the above program:

"Fresh ginger with equal quantity of jaggery (total of the two 20 gm.) should be taken on the first day. Then in creasing the dose by 20 gm. per day to the maximum of 200 gm., it is taken for a month keeping on the diet of milk, vegetable-soup or meat soup and rice."

Ci12#47-48

* The following may be used:

juice of fresh ginger

Use: this should be taken while keeping on a diet of milk and "solid edibles".

Ci12#49

* The following may be used:

silajatu

+

decoction of triphala

[[Use: this should be taken while keeping on a diet of milk and “solid edibles”.]]

Ci12#49

Kamsaharitaki:

This linctus preparation alleviates advanced swelling and also asthma, fever, anorexia, prameha, gulma, splenomegaly, udararoga caused by 3 doshas, anemia, emaciation, amavata, blood disorders, amlapitta, abnormality of complexion and disorders of urine, V and semen:

100 fruits of- haritake

+

4Kg.- jaggery

2.56L decoction of- dasamula

Mix all the above together. Cook into a linctus (paste). Put into a vessel.

+

160gm. powder of- trikatu

180gm. powder of [total]- trisugandhi [cinnamon, bay leaf and {cardamon}]

Mix all the above together. Allow it to cool well.

+

320gm.- honey

20gm. powder of- yavaksara

Mix all the above together.

Use: the patient should take 1 haritaki fruit followed by 20 gm. of the linctus.

[Note: perhaps Cyavan Prash is similar-enough to work for many of the above conditione, such as asthma.]]

Ci12#50-52

The following [decoction/ ghrta] alleviates erysipelas, burning sensation, fever, sannipata, thirst, poisoning and swelling:

10gm. each- patola (roots), devadaru, danti, trayamana, pippali, haritaki, visala, madhuyasti, tiktarohini, candana, nicula (fruits), daruharidra

+

water

Decoct all of the above together.

+

160gm.- ghee

[cook all the above down?]

Ci12#53-54

The following ghrta alleviates piles, gulma, difficult swelling and promotes digestion:

10gm. each- citraka, dhanyaka, yavani, jiraka, sauvarcala, trikatu, amlavetasa, bilwa (fruit), dadima, yavaksara, pippalimula, cavya

Pound the above into a paste.

+

640gm.- ghee

2.56L- water

Cook all the above together into a ghrta.

Ci12#55

The following is a very potent formulation:

[1/8 part of each; 1/4 part total] citraka, yavaksara

+

1 part- ghee

8 parts- water

Ci12#56

Other Useful Ghrtas for Swelling:

Kalyanaka Ghrta, Pancagavya [Ghrta], Tiktaka [Ghrta] or Mahatiktaka Ghrta may also be used.

Ci12#57

Citraka Ghrta:

This [ghrita/ “buttermilk having ghee”/ i.e. semi-liquid preparation or drink] is an excellent alleviator of swelling.

It also destroys piles, diarrhea, vatagulma, prameha, and promotes digestive power:

Step I: keep milk in a jar which has been smeared on the inside with the paste of chitraka.

Step II: when the milk has curdled, it should be churned (to produce butter and ghee) along with the citraka paste.

Step III: The ghee which has been extracted should be then cooked with [the same buttermilk it came from] and [additional] paste of citraka.

This is the final formula. [It remains in liquid format?, or it is cooked down to a water-free ghee.]

Use: the patient should take food or gruel with the “above buttermilk having ghee”.

Ci12#58-59

Food Preparations for Swelling:

Gruels:

The following Gruel is useful in piles, diarrhea, vatagulma, swelling, heart disease and poor digestion:

5gm. each- jivanti, jiraka, sati, puskaramula, karavi, citraka, bilwa (fruit pulp), yavaksara

+

vrksamla

ghee, oil

Gruel [some grain, vegetable or bean or meat base]
 Fry all the above in the ghee and oil. (“ Process the gruel with [the above herbs],
 added with vrksamla and fried with ghee and oil.”)
 Ci12#60

Gruel which is processed which pancakola by the above method is similar to the above in effect.

Ci12#61

Soups:

The following soup is beneficial:

horse gram soup

+

pippali

Ci12#62

The following soup is beneficial:

Green gram soup

+

trikatu, yavaksara

Ci12#62

The following soup(s) is beneficial:

meat soup of gallinacious and wild birds along with tortoise, iguana, peacock and porcupine.

Ci12#62

Vegetables “for Vegetarians”:

The following vegetables are recommended:

vegetables of suvarcala, grnjanaka, patola, vayasi, mulaka, vetra, nimba

Ci12#63

Grains:

“In food”, the following should be taken:

old barley, old rice

Ci12#63

“Thus internal medicine is said” - the end of formulas for internal use and diet.

Ci12#64

External Applications for Treatment of Swelling:

General External Treatment for V-predominant Swelling:

apply unction, anointing, sprinkling and fomentation.

Ci12#64

The following oil is applied as massage for swelling associated with V:

(Use the following drugs as available.)

saileya, kustha, aguru, devadaru, kaunti, twak, padmaka, ela, gribera, palasa,

musta, priyangu, sthauneyaka, nagakesara, mamsi, talisapatra, plava, patra, dhanyaka, srivedtaka, dhyamaka, pippali, sprkka, nakha

+

oil

Prepare an oil from all of the above.

Ci12#65-66

The following drugs may be used for anointing in treatment of V-predominant swelling:

saileya, kustha, aguru, devadaru, kaunti, twak, padmaka, ela, gribera, palasa, musta, priyangu, sthauneyaka, nagakesara, mamsi, talisapatra, plava, patra, dhanyaka, srivedtaka, dhyamaka, pippali, sprkka, nakha

They should be powdered well, [and then made into a paste with water or liquid].

Ci12#66

The following [decoction/ tea] should be used for fomenting the patient of [V-predominant] Swelling:

vasa, arka, karanja, sigru, kasmarya, patra, arjaka

+

water

Ci12#67

Bathing:

“The patient should be bathed with tepid water heated in the sun”

[The following interpretations may be taken:]

[The patient should be bathed with tepid water which has been heated in the sun]

[The patient should be bathed with tepid water, and the *patient* should be heated in the sun.]

Ci12#67

Pasting:

The patient should be pasted with aromatic substances.

[This should be done after his bathing.]

Ci12#67

The following is a sequence [for treatment of V-type Swelling]:

1) anoint the patient with the following paste:

bark of latex-bearing trees, vetasa, manjistha, durva, usira, candana, padmaka, hrivera

Grind all the above into a paste.

2) massage the patient with oil prepared with the same herbs.

[foment?]

3) after massaging with the oil, bath the patient with the following:

candana, usira, padmaka + water = bathing water

4) after bathing, the patient should be heated in the sun. [alternative interpretation; the bath water, not the patient, is heated in the sun.]

5) apply paste of candana.

Bath-water Formula:

The following may be substituted for the bath-water formula listed in above sequence:

decoction of latex-bearing trees

The following may be substituted for the bath-water formula listed in above sequence:

mixture of milk + water

Ci12#68-69

External Treatment of K-type Swelling:

* The following paste may be used externally for K-type swelling:

pippali, sand, old oil-cake, sigru bark, linseed

Ci12#70

The following sprinkling formula may be used externally for K-type swelling:

decoction of- horse gram, dry ginger

+

cow's urine

Ci12#70

The following "afterpaste" may be used externally for K-type swelling:

candana, aguru

Ci12#70

The following paste alleviates burning sensation and pain in all types of swelling:

paste of- bibhitaka fruit-pulp

Ci12#71

The following paste treats boils which have arisen on the location of swelling [[in all types]]:

paste of- madhuyasti, musta, kapittha leaves, candana

Ci12#71

The following formula [or individual drugs plus the urine] is used for anointing in [K-type] swelling:

rasma, vaca, arka, triphala, vidanga, sigru bark, muskaparni, nimba, arjaka, vyaghranakha, durva, suvarca.a, tiktrohini, kakamaci, brhati, kustha, punarnava, citraka, sunthi

Powder all the above together.

+

cow's urine

Mix all the above together.

Ci12#72

The following sprinkling formula is used for [K-type] swelling: decoction of- radish

Ci12#73

Names, Symptoms and Treatments of Various Localized Swelling Conditions:

Name:	Symptom:	Treatment:
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(no name listed) very severe swelling in the head	produced by the 3 doshas together.	
Saluka (tuber-like growth)	A tuber-like growth inside the throat associated with sterterous sound [[snoring?]] and obstructed respiration.	
Bidalika	“In the joint of the throat, in the chin and throat and in respiratory tubes a severe swelling with burning, redness and intense pain arises. It is fatal if it surrounds the throat as a ring.” [[anaphylactic shock?]]	
Taluvidrudhi (palate abscess)	An abscess of the palate [[roof of the mouth?]]. It has burning, redness and suppuration. It is due to vitiation of the 3 doshas in the palate.	
Upajihvaka	An abscess occurring above the tongue. [Has similar symptoms and cause as Taluvidrudhi]	
Adhijihvika	An abscess occurring below the tongue. [Has similar symptoms and cause as Taluvidrudhi]	
Upakusa	Inflammation of the gums. It is caused by rakta and P.	
Dantavidradhi	A gum abscess. It is the swelling in the gums caused by K and congestion of blood.	
Galaganda (Goitre)	It “is one and in the sides of pharynx” [there is only one bulge of swelling.]	
Gandamala (cervical adenitis)	Consists of several glands [on the side of the pharynx/ neck]. They [gandamala only/ a couple/ <u>all of the above swellings located in the head</u>] are as such curable, but become incurable if attended by coryza, pain in sides, cough, fever and vomiting.	They [gandamala only/ a couple of the above conditions/ <u>all of the above swellings located in the head</u>] are treated with venesection, purgation, head evacuation, smoking of old ghee and lightening measures. In the disorders insides the mouth, rubbing and gargling are used in addition to the above remedies.

Granthi (“nodular growth”)	These arise in parts of the body due to the doshas. Their symptoms relate to the particular dosha involved.	<p>After evacuation, the unripe one should be fomented and pressed with stone, wood, thumb and stick. If there is a pouch within, it should be torn and excised with a knife and thereafter cauterized and treated like a wound.</p> <p>In case it is cauterized slightly and still remains, it grows again gradually, hence it should be excised fully considering the particular body-parts.</p> <p>If there is some remnant, it degenerates by suppuration and thus due to wound erysipelas takes place.</p> <p>The expert physician examining the complications well should ward it off in the very beginning carefully by applying the respective measures (fore erysipelas) and those said above.</p> <p>Then the wound should be treated quickly and systematically by the expert surgeon according to the prescribed method.</p>
Granthi situated in mamsa	It “is a big one” and with venous pulsation.	
Granthi situated in meda	It is painless, exceedingly unctuous and mobile.	
Granthi located in belly and abdomen, neck and vital part and that which is large and rough and also in children, old and debilitated patients.		Prognosis: These are rejectable.

Arbuda (tumor)	Granthi and Arbuda are similar in site, etiology, characters, dosa and dusya.	Due to similarities, treatment of arbuda is along the same lines as for granthi.
Alaji	It is a boil which is coppery, painful, and exudating at the tip.	
Aksata	It is a swelling located at the junction of the skin and the nails [cuticle], affects mamsa and rakta and is prone to intense and quick inflammation.	
Vidarika	It is a painless, hard and stick-like structure which grows in the groin or arm-pit. It is accompanied by fever. It is caused by K and V.	These [[Vidarika on up through Arbuda]] should be treated according to dosas. They should be drained and fomented with solid bolus. If they are suppurated, they should be treated like wound.
Visphotaka	This condition is characterized by blisters erupted all over the body and associated with redness, fever and thirst.	
Kaksya (herpes zoster)	Too many blisters arranged like sacred thread and caused by P and V.	
The other scattered boils of big, medium or small size.	These too are caused by P.	
Romantika (measles)	Characterized by small eruptions distributed all over the body and associated with fever, burning, thirst, itching, anorexia and excess salivation. It is caused by P and K.	
Masurika (Chicken pox)	Characterized by lentil-sized eruptions all over the body. It is caused by P and K.	These [[Masurika on up to Alaji]] should be managed with the measures prescribed for erysipelas and leprosy.
Bradhna (Inguinal hernia)	The condition in which an intestinal loop comes out in the scrotum and again reverts back. It is caused by V, P or K. It's symptoms are associated to the causative dosha.	
Scrotal enlargement due to mutra [urine] (hydrocele)	The swelling is soft.	

Scrotal enlargement due to fat	The swelling is unctuous and hard.	These cases should be treated with purgation, massage, non-unctuous enema and application of pastes. The suppurated ones should be treated like wounds. The enlargements caused by mutra [urine], medas and K should be incised and after removing the pathogenic material should be sutured. In case there is suppuration [in the enlargements caused by mutra, medas and K] they should be treated like wounds.
Bhagandara (fistula-in-ano)	Initially appears externally as a boil in the side of the anus which is very painful and gradually suppurates and breaks open. It is caused by gradual decay of bones by organisms, excessive sexual intercourse, overstraining during defecation, excessive squatting posture and riding a horse.	It is treated by purgation, probing, incision, cauterization with oil after cleaning the passage, application of well-prepared ksara-sutra (alkaline thread) and management like that in wound after cutting it.
Slipada (filaria) [Elephantosis?]	This occurs in shanks starting from feet to the calf muscles. It is caused by vitiation of mamsa, K and rakta.	Use all the measures which alleviate venous congestion and K, as well as application of mustard paste.
Jalakagardabha	Very severe swelling with mild inflammation, of spreading nature and associated with fever and thirst. It is caused by mildly vitiated dosas with predominance of P.	Apply fasting, bloodletting, roughening, evacuation of the body, formulations of amalaki and other cooling ointments.
Other such cases of swelling		One should treat them with the respective dosha-alleviating measures as well as pastes, excision, incision and cauterization after determining doshic involvement.
Injury-induced Swelling	Often by injury V along with rakta produces localized swelling with redness.	Manage with measures alleviating erysipelas and vatarakta.
Swelling caused by Poisons:		The anti-poison measures should be adopted.

Udararoga (Abdominal Diseases)

Diagnosis

Pathology

Etiology

Prodromal Symptoms

Symptoms

Categories

V-type

P-type

K-type

Tri-doshic type

Spleen, Liver Enlargement

“Obstructive” [Obstructed?] Abdomen

Perforated Abdomen

Fluid-filled Abdomen [Ascites]

Complications

Treatment

Treatment of V-type

Treatment of P-type

Treatment of K-type

Treatment of Plihodara

Formulas

General treatment of sub-types

Buttermilk

Formulas

Treatment of Complications

Surgical Treatment

General Description of Udararoga:

“The people suffering from difficult abdominal diseases are seen as having dried mouth, emaciated organs, blown up abdomen and belly, loss of the power of digestion and ingestion, incapability in all activities, poor expression and leaving their last breath like orphans in want of proper remedy.”

Ci13#4-6

Pathology Sequence of Abdominal Diseases:

Many diseases arise from defect of Agni (power of digestion), but Udararoga especially so.

The defective state of agni is due to increases of malas (the excrements, urines and sweat, as well as the 3 doshas).

In this condition of insufficient agni, if unwholesome food is taken, this food is not digested properly and leads to accumulation of dosas.

“These accumulated dosas affect prana, agni and apana, and blocking upward and downward passages reaches the interspace between skin and muscle and blows up the abdomen [ascites].”

Thus udararoga is produced.

Ci13#9-11

The accumulated doshas blocking channels carrying sweat and fluid and affecting prana, agni and apana produce the abdominal diseases.

Ci13#20

Etiological Factors for Udararoga:

Abdominal diseases arise in persons having too much accumulated dosas indulgence in sinful activities particularly with poor state of digestion by
 excessive use of hot, saline, alkaline, burning, sour and poisoned food
 improper dietetic regimen after evacuative therapy
 intake of rough, antagonistic and unclean food
 emaciation due to splenomegaly, piles and grahaniroga
 improper administration of evacuative therapy
 neglecting treatment of these disorders
 roughness
 suppression of natural urges
 morbidity in channels
 ama dosa
 excessive jerking
 oversaturation
 obstruction due to piles, hairs and stool
 perforation and tearing of intestines

Ci13#12-15

[Prodromal] Signs and Symptoms of Udararoga:

loss of appetite
 delayed digestion of sweet, too unctuous and heavy food
 burning of the entire food taken (with hyper-acidity)

absence of feeling of digestion or indigestion
 intolerance to over-eating
 slight edema on feet
 continuous deterioration of strength
 dyspnea even on slight physical exertion
 abdominal enlargement
 accumulation of feces
 pain in pelvic region due to roughness and upward movement of V
 increase of tympanitis
 increasing, tearing and expansion of abdomen even on light and little food
 appearance of streaks
 disappearance of abdominal wrinkles

Ci13#16-19

General Symptoms of Udararoga:

tympanitis
 gurgling sound in abdomen
 edema on hands and feet
 poor digestion
 “smooth cheek”
 emaciation

Ci13#21

Types of Abdominal Diseases:

There are 8 types:

- 1)V
- 2)P
- 3)K-type
- 4)tri-doshic type
- 5)spleen enlargement [splenomegaly]
- 6)intestinal obstruction
- 7)perforation [of intestines/organs; i.e., peritonitis with perforation]
- 8)fluid [[i.e. ascites]]

Ci13#22

Etiology of V-type Udararoga:

V gets aggravated by rough and undernutrition, exertion, suppression of urges and emaciating factors (fasting etc.).

Ci13#23

Pathology of V-type Udararoga:

V aggravated by above etiology reaches the belly, cardiac and pelvic regions and anal passage.

It extinguishes the agni and aggravating K gets obstructed in it's passage and thus enlarges the abdomen by residing in the inter-space between skin and muscle.

Ci13#23

Symptoms of V-type Udararoga:

swelling in belly, hands, feet and scrotum
 tearing of abdomen
 unstable aggravation and recession

(association of) pain in belly and sides
 upward movement of V
 body-ache
 tearing pain in smaller joints
 dry cough
 emaciation
 debility
 anorexia
 indigestion
 heaviness in lower parts
 obstruction in flatus, stool and urine
 appearance of blackish or reddish tinge in nails, eyes, face, skin, urine and stool
 prominence of thin and black streaks and veins on abdomen
 on percussion there is tympanitic sound in the abdomen
 movement of V within the abdomen in all directions with pain and sound
 Ci13#24-25

Etiology of P-type Udararoga:

Pitta gets accumulated by intake of pungent, sour, salty and very hot food items, exposure to intense fire and sun.

Ci13#26

Pathology of P-type Udararoga:

P aggravated by above etiological factors gets vitiated instantly and joining with V and K obstructs the passage and extinguishes digestive fire in the stomach and thus gives rise to P-type udararoga. - Ci13#26

Signs and Symptoms of P-type Udararoga:

association of burning sensation
 fever
 thirst
 fainting
 diarrhea
 giddiness
 pungency in mouth
 appearance of green and yellow tinge in the nails, eyes, face, skin, urine and stool
 prominence of blue, yellow, deep yellow, green or coppery streaks and veins on
 the abdomen
 abdomen has burning sensation, pain, fuming, heating, sweating, moistening
 abdomen is soft on palpation

abdomen is prone to quick inflammation

Ci13#27-28

Etiological Factors of K-type Udararoga:

K gets aggravated by lack of exercise, day-sleep, intake of sweet, too unctuous and slimy food, excessive use of curd, milk, meat of aquatic and marshy animals.

Ci13#29

Pathology of K-type Udararoga:

K gets aggravated by above etiological factors and obstructs the passages, thus V having been blocked in its passage comes out of the intestines and produces K-type udararoga. [note: K-type needs no association of P, whereas all 3 doshic types of udararoga have association of V; hence udararoga seems a condition of primarily V with poor agni inducing K/ama.]

Ci13#29

Signs and Symptoms of K-type Udararoga:

heaviness

anorexia

indigestion

body-ache

numbness

swelling in hands, feet, scrotum and thighs

nausea

sleep

cough

dyspnea

whiteness in nails, eyes, face, skin, urine and stool

prominence of white streaks and veins all over the abdomen

heavy, still, immobile and hard abdomen

Ci13#30-31

Etiological Factors of Sannipata type Udararoga:

The 3 doshas together are aggravated if a person having poor digestion takes unwholesome, uncooked, antagonistic and heavy food, (impure substances such as) menstrual blood, hairs, feces, urine, bone, nail etc. administered by a woman, or slow-acting poisons.

Ci13#32

Pathology of Sannipata type Udararoga:

the 3 doshas getting aggravated by the above etiological factors gradually accumulate in the belly and thus produces sannipataja udararoga.

Ci13#33

Signs and Symptoms of Sannipata type Udararoga:

It exhibits all the symptoms of all the doshas, all things in nails etc., and the abdomen is also pervaded with variegated streaks and veins.

This is known as Sannipatodara

Ci13#34

Etiological Factors of Spleen-enlargement type of Udararoga:

The etiological factors are: excessive jerking, travelling by vehicles, excessive movements, sexual intercourse, load-carrying, travelling on foot, vomiting or debility caused by some disease.

Ci13#35

Pathology of Spleen-enlargement type of Udararoga:(As Well As Signs of Splenomegaly):

Due to the above etiological factors, “the spleen located in the left side gets displaced from its normal place and thus is enlarged or the blood increased (accumulated) through rasa etc. [the dhatus] also enlarge it.”

The (enlarged) spleen is initially hard and like a small stony piece .

It gradually increases and becomes like a tortoise.

If neglected, it gradually overlaps the belly, abdomen and the seat of digestive fire [stomach/solar plexus/ small intestine] and thus produces udararoga.

This type is called Plihodara.

Ci13#36

Signs and Symptoms of Spleen-enlargement type of Udararoga:

debility
 anorexia
 indigestion
 retention of stool and urine
 unconsciousness
 thirst
 body-ache
 vomiting
 fainting
 lassitude
 cough
 dyspnea
 mild fever
 hardness in bowels
 loss of fire
 emaciation

tastelessness in mouth
 tearing pain in smaller joints
 gas formation and pain in belly
 reddish or abnormal tinge in or appearance of blue, green or yellow streaks on
 abdomen

Ci13#37

Liver Enlargement:

Etiology, Pathology and Symptoms of Liver Enlargement:

“In the same way, liver situated in right side produces the above symptoms (when enlarged). Because of similarity in etiology, symptoms and treatment, it is included in plihodara itself.”

Ci13#38

Etiological Factors of Obstructive[ed] Abdomen Type of [caused] Udararoga:

[Clarify this term/ concept above]

Obstruction in anal passage caused by ingestion of eye lashes, hairs etc. with meals.

Reverse peristalsis, piles or “intussuception”.

Ci13#39

Pathology of Obstructive[ed] Abdomen Type of [caused] Udararoga:

Due to the above etiological factors, apana V, because of obstruction in passage, gets vitiated and by extinguishing (digestive) fire and causing retention of feces, retention of P and retention of K produces udararoga.

It is known as Baddhagudodara (obstructive abdomen).

Ci13#40

Symptoms of Obstructive[ed] Abdomen Type of [caused] Udararoga:

Thirst, burning sensation, fever, dryness of mouth and palate, weakness in thighs, cough, debility, anorexia, indigestion, retention of stool and urine, tympanitis, vomiting, sneezing;

pain in head, heart, navel and anus;

abdomen with V confounded, immobile, having reddish tinge, “prominence of blue streaks and veins or no streaks” and often with cylindrical protrusion above umbilicus.

Ci13#41

Etiological Factors of Perforative Abdomen Type of Udararoga:

Perforation of the intestines due to ingestion of gravels, grass, wooden or body piece or thorn with food.

Yawning or over-eating followed by “suppuration” of the intestines may also cause perforated intestines.

Ci13#42

Pathology of Perforative Abdomen Type of Udararoga:

Due to the above etiological factors, the chyle is discharged out of the holes in the intestines, “and filling up the intestinal loop and anus produces udararoga”.

Ci13#43

Symptoms of Perforative Abdomen Type of Udararoga:

[It's location is] below the umbilicus

[in terms of rate of progression] it increases gradually

[in terms of form, it] looks as in ascites

It exhibits the symptoms of dosas according to their predominance

The patient passes stool with blood, or blue or yellow coloring, or which is slimy, having fleshy odor and ama

The patient is attended by hiccup, dyspnea, cough, thirst, polyuria, anorexia, indigestion and debility.

This should be known as “Chidrodra” (perforative abdomen).

Ci13#44

Etiological Factors in Fluid-In-Abdomen/ Ascites Type of Udararoga:

Excessive water intake by one having taken uncting substance

[Excessive water intake by one having] poor digestion

[Excessive water intake by one having] wasting

[Excessive water intake by one having] emaciation

Ci13#45

Pathology in Fluid-In-Abdomen/ Ascites Type of Udararoga:

Due to the above etiological factors, the digestive fire gets extinguished and V gets located in kloma [define this] and K is aggravated by fluid due to obstruction in passage of channels and both contribute to accumulation of fluid from it's normal place into the abdomen.

Ci13#46

Symptoms in Fluid-In-Abdomen/ Ascites Type of Udararoga:

loss of desire for food

thirst

discharge form anus

pain

dyspnea

cough

debility

abdomen full of streaks and veins of various colors

on palpation the abdomen has fluctuation like that in a bag full of water.

This should be known as “Udakodara” (ascites).

Ci13#47

Progressive Stages of [The Few Types of Udararoga Which Have Fluid/ Udakodara(Ascites)/ Udararoga in general]:

1)“In initial stage it is devoid of complications and accumulation of fluid and then itself one should treat it quickly.”

2)If neglected, the dosas moved away from their own place and liquefied due to process of ripening moisten the joints and channels.

3)The sweat too is obstructed in it's passage to outward channels and thus staying obliquely adds to the same fluid.

4)Thus there appears "piccha" (slime)on which the abdomen becomes round, heavy, still, dull on percussion, soft on palpation, streak-less (on inspection) and concentrating on the umbilicus itself.

5)Thereafter fluid appears which exhibits the following signs- excessive enlargement of abdomen, disappearance of veins and feeling of fluctuation on palpation like that in a bag full of water.

[Note: consider working all following info into a "prognosis" chart. The following "complications" paragraph should be duplicated.]

Ci13#48

Complications Which Manifest In [Udakodara(Ascites)/ Udararoga in general]:

vomiting, diarrhea, feeling of darkness, thirst, dyspnea, cough, hiccup, debility, pain in sides, anorexia, hoarseness of voice, retention of urine etc.

Such patient should be declared as incurable.

Ci13#49

Prognosis of Udararoga:

Udararoga caused by V, P, K, spleen, sannipata and fluid are increasingly severe in progressive order (so V type is least, fluid type is most).

The Obstructive Abdomen Type is mostly fatal after a fortnight [[14 days]].

All the types attaining fluid including the Perforative Abdomen Type are mostly fatal after a fortnight [[14 days]].

One should reject the patient having swollen eyes, crooked private parts, moistened thin skin and loss of strength, blood, flesh and digestive power.

Ci13#50-51

For the patient of udararoga, swelling in all the vital parts [simultaneously], dyspnea, hiccup, anorexia, thirst, fainting, vomiting and diarrhea are fatal.

"Udararoga as a whole is often the most difficult [of all diseases] to be treated from the very start."

[It is difficult, even in the early stages to treat udararoga.]

However it can be cured with effort if it is newly arisen, fluid-less and the patient is strong.

That type of Udararoga which is devoid of fluid may be treated (according to strength and dusya, etc.).

Ci13#52-54, Ci13#58

Signs and Symptoms of Udararoga Devoid of Fluid:

the abdomen does not have swelling

the abdomen [is (vs. is not)] reddish, and resonant on percussion

the abdomen is "not very hev'y"

[is] always with gurgling sound

full of venous network

V distending the navel and disappearing after impelling the urge

pain in heart, navel, groin, waist and anus
 passing hard flatus
 digestive fire not very mild [it has not been excessively weakened]
 tastelessness in mouth due to salivation
 scanty urine
 hard stool

Ci13#55-58

Treatment of Udararoga:

Treatment of “Vatodara” (V Type of Udararoga) [The following Information Also Applies To Treatment of Udararoga In General]:

1)V Type Udararoga- (if in a strong patient) treat at first with uncting substances.[time scale is? Earlier in the day that step 2 is done? 2 days prior? Every day for 1-4 weeks prior to step 2?]

2)After unction and fomentation, administer uncted purgations. [time scale is 1 action in 1 day]

When properly done, these purgations should eliminate the dosa and cause the abdomen to recede.

3)Wrap the abdomen with cloth piece (bandage) so that V may not blow it up again due to want of vacuum.

4)Udararoga is originated by excessive accumulations of dosas and obstruction in passage of channels, hence the patient should be purged daily. [time scale is 1 action for several days]

[step 1 through 3 should be repeated every day to satisfy step 4's requirements]

5)After he is evacuated and managed with proper diet, he should be given milk for promoting strength. [time frame is? every day after step 4? only after the last purgative in the sequence of days has been completed? toward the end of the sequence of purgatives? After purgative sequence and after lightening diet period?]

When this purpose is served (patient is strengthened somewhat), the milk should be withdrawn gradually before it produces nausea.

Ci13#59-62

Treatment in case of reverse peristalsis or upward movement of V:

Agni should be stimulated by vegetable or meat soup lightly soured and salted and then again subjected to unction and fomentation followed by non-unctuous enema.

Ci13#63

Treatment in case of twitchings, convulsions and pain in joints, bone, sides, back and sacral region, retention of stool and flatus and roughness (to be used only if the patient has strong digestion):

Give unctuous enema and/ or non-unctuous enema

Ci13#64

Non-unctuous enema formula: dasamula + potent purgatives [trvrt, madanaphala, snuhi]]

Unctuous enema formula: castor oil or tila oil cooked with V-alleviating and sour drugs.

Ci13#65

Treatment of the weak or the old:

Use pacifying measures.

Ci13#66

Indications for Pacifying Measures as Sole Treatment for Udararoga:

in the patient who is considered unfit for purgation, such as the weak, old, infants, those delicate by nature, those who have only a little morbidity (doshic accumulation) or [excessive, not minimal] aggravated V.

Ci13#66

Pacifying Measures for Treatment of Udararoga:

diet: consisting of ghee, vegetable or meat soup and rice
[non-unctuous] enema, massage and unctuous enema
use of milk

Ci13#67

Treatment of "Pittodara" (P Type Udararoga):

The strong patient should be purged in the very beginning.

Ci13#68

The weak patient should be evacuated first by unctuous enema and then by milk enema.

When his strength and digestive power are restored he should be 1) re-uncted by use of milk, and then 2) purged.

Ci13#68

The following purgative formula should be used:

Paste of- trivrt, eranda, satala, trayamana/ aragvadha

+

Milk

Boil all the above together.

Ci13#69

The following purgative formula should be used in case of association of K:

Paste of- trivrt, eranda, satala, trayamana/ aragvadha

+

cow's urine

Milk

Boil all the above together. - Ci13#70

The following purgative formula should be used in case of association of V:

Paste of- trivrt, eranda, satala, trayamana/ aragvadha

+

bitter ghee

Milk

Boil all the above together.

Ci13#70

One administering milk, enema and purgation cautiously in proper order overcomes the pittodara. [possibly move this to the top of this Pittodara section]

Ci13#71

Treatment of “Kaphodara” (K Type Udararoga):

- 1) the patient should be uncted, fomented and evacuated.
- 2) the patient should be managed with K-alleviating diet containing pungent and alkaline substances.
- 3) the patient should be given the following pacifying drugs [this will be concurrent to the dietary management, both of several weeks/ months duration] for internal intake:

cow’s urine

aristas (wines)

powders [of K-reducing herbs]

“ayaskrti (metallic preparations)”

alkalis

oils [medicated]

Ci13#72-73

Treatment of Sannipata Type Udararoga:

All the above measures should be adopted.

But when it gets ‘complicated’ [define, clarify], the case should be rejected.

Ci13#74

Treatment of Plihodara [Enlarged Spleen]:

Symptoms of Various Types of Plihodara:

Symptoms of V Type Plihodara:

upward movement of V, pain and hardness in bowels.

Symptoms of P Type Plihodara:

burning sensation, mental confusion, thirst and fever.

Symptoms of K Type Plihodara:

heaviness, anorexia and hardness [of the abdomen on palpation].

Symptoms of “blood” [rakta? Raktapitta (hemorrhage)?] Type Plihodara:

“ it’s own symptoms” - Ci13#75-76

Treatment of Plihodara [Enlarged Spleen]:

One should treat plihodara as follows, according to it’s involved doshas and

strength of the patient:

Uction, sudation, purgation, non-unctuous and unctuous enema should be administered after due consideration.

Or venesection should be performed in the left arm.

Also, satpala ghee, or pippali or haritaki with jaggery or alkalis and aristas should be administered.

(Thus ends the section on general treatment of Udararoga.)

Ci13#78-79

Specific Formulas For Treatment of Udararoga:

The following powder should be taken [specifically in pliha]:

one part of each powder- pippali, sunthi, danti, citraka, vidanga

+

2 parts powder- haritake

Mix all the above together.

Use: take with hot water.

Ci13#80

The following [alkali ash] alleviates gulma as well as pliha [plihodara]:

vidanga, citraka, sunthi, ghee, rock salt, vaca

Burn all of the above together.

Use: take with milk

Ci13#82

The following alcohol alleviates jaundice, gulma, prameha, piles, pliha, all types of udara-roga and worms:

small pieces of the stem of rohitaka lata

+

decoction of haritake -or- cow's urine

Keep the stem pieces in one of the above liquids for 1 week to ferment.

Use: while taking this drug, the patient should take diet with meat shoup of wild animals after the drug has digested.

Ci13#83

The following ghrta allevivates spleen enlargement quickly and also alleviates gulma, udara, dyspnea, worms, paleness and jaundice:

1Kg.- rohitaka bark

1.28Kg.- kola

+

water

Make all the above into a decoction.

+

40gm. paste of each- "pancakola" (so each of the "5" "kolas")

"Equal quantity"- rohita bark [40gm./ 5X40gm.]

640gm.- ghee

Cook all the above together into a ghee.

Ci13#84

In plihodara with predominance of V and K:

The physician should perform cauterization

Ci13#85

In plihodara with predominance of P:

jivaniya ghrta, milk enema, blood-letting, evacuation and intake of milk are commended.

Ci13#86

General Diet for treatment [all types] of plihodara:

Light diet with vegetable or meat soup added with appetizers.

Ci13#87

General (and Specific Formulas) Treatment of Liver Enlargement:

"All the regimens are like those for spleen enlargement because of similarity."

Ci13#88

General Treatment for Obstructive Abdomen:

The patient should be fomented and thereafter non-unctuous and unctuous enema containing cow's urine and irritant drugs and mixed with oil and salt should be administered to him.

Laxative food items, drastic purgatives and measures which alleviate reverse peristalsis and V should also be prescribed.

Ci13#89-90

General Treatment for Perforative Abdomen:

It should be managed like kaphodara except the fomentation.

Fluid when it appears should be tapped and thus the case should be maintained.

Ci13#91

Symptoms/ Complications of Perforative Abdomen Indicating the Case Should Be Rejected:

The patient is afflicted with thirst, cough and fever;

the patient is deteriorated in flesh, agni and intake of food;
the patient is having dyspnea, colic and weak senses.

Ci13#92

General Treatment of Ascites:

Administer medicines mixed with urine and various alkalis and which are sharp and thus remove the defects of fluid.

Diet: it should be appetizing, and K-alleviating.

The patient should “gradually abstain from all sorts of liquids particularly water”.

Ci13#93-94

General Treatment of Udara-roga:

Udararoga, as a whole is mostly due to congregation of doshas.

Hence in all types of udararoga, measures alleviating the 3 doshas should be applied.

Ci13#95

Diet:

When the belly is filled up with dosas, agni gets diminished, so appetizing and light food should be taken, such as the following:

Red sali rice, barley, green gram, wild animals and birds, milk, urine, asava, arista, madhu, sidhu and sura.

Gruel or boiled rice should be taken with vegetable or meat soup having slightly sour, fatty and pungent ingredients and cooked with pancamula.

Ci13#96-98

Abstain From:

aquatic and marshy meat and vegetables

flour preparations

sesamum seeds

physical exercise

travelling on foot

day sleep

journey on vehicles

hot, salted, sour, burning and heavy food

cereals [all/ those with the above qualities- hot, etc.]

water-drinking [liquids should be moderate, and in the form of the above soups]

Ci13#99-100

Beneficial Characters and Uses of Buttermilk for Udararoga:

Benefits of Buttermilk:

It is like nectar for those suffering from heaviness, anorexia, poor digestion, diarrhea and V-K disorders.

Ci13#106

Characters of wholesome buttermilk:

buttermilk which is not very thick, is sweet and devoid of fat.

Ci13#101

The following buttermilk formula may be taken for “sannipatodara”:

trikatu, yavaksara, salt

+

buttermilk

Ci13#102

The following buttermilk formula may be taken for “vatodara”:

pippali, salt

+

buttermilk

Ci13#102

The following buttermilk formula may be taken for “pittodara”

sugar, madhuka

+

buttermilk

Ci13#103

The following buttermilk formula may be taken for “kaphodara”:

yavani, saindhava, jiraka, trikatu

+

honey

buttermilk

Use: serve warm.

Ci13#103

The following buttermilk formula may be taken for “plihodara”:

vaca, sunthi, satahva, kustha, saindhava

+

honey, oil

buttermilk

Ci13#104

The following buttermilk formula may be taken for ascites:

trikatu

+

buttermilk

Ci13#104

The following buttermilk formula may be taken for obstructive abdomen:

hapusa, yavani, jiraka, saindhava

+

buttermilk

Ci13#105

The following buttermilk formula may be taken for perforative abdomen:

pippali

+

honey

buttermilk

Ci13#105

Treatment of patient afflicted with edema, hardness in bowels, colic, thirst and fainting:
give camel's milk.

Ci13#107

Treatment of patient debilitated after evacuation:

give milk of cow, goat or buffalo.

Ci13#108

[in both of the 2 above conditions/ in general for udararoga] one should do sprinkling over the abdomen with one of the following decoctions:

1)water boiled with vrscikah, vaca, kustha, “pancamuli”, punarnava, bhutika, sunthi, dhanyaka

2)water boiled with palasa, kattrna, rasna

3)any one of “8 types” of urine [see section in {sutrasthana} on urine types]

Ci13#109-110

Intake of Urine [in both of the 2 above conditions/ in general for udararoga]:

any of the above 8 types of urine may be used for intake.

Ci13#110

Ghrta Formulas For Treatment of Udararoga:

The following ghrtas are useful for those having roughness, profuse V and who need evacuation. These ghrtas are appetizing and efficacious in abdominal disorders:

Ci13#111

The following ghrta is useful in udararoga and alleviates edema, distention, gulma and piles:

2L decoction of- dasamula

+

20gm. paste of each- pippali, pippalimula, cavya, citraka, sunthi, yavaksara

2.56L- scum of curd

1.28Kg- ghee

Cook all the above together.

Ci13#112-113

The following ghrta alleviates all types of udararoga and is efficacious in gulma caused by K and V:

“adequate quantity”- curd water

+

640gm. [each]] paste of- sunthi, triphala

2.56Kg. [total volume]- ghee, oil

Cook all the above together.

Ci13#114-115

The following ghrta should be used for patient of udararoga:

40gm. paste of each- citraka, yavaksara

+

“4 times” (4 times 640gm/ml)- water

Decoct the above.

+

“2 times” (2 times 640gm/ml)- cow’s urine

640gm- ghee

Cook all the above into a ghrita.

Ci13#110

The following ghrita may be used for patient of udararoga:

Yava, kola, kulattha

+

decoction of pancamula

sura (wine)

sauviraka (type of vinegar)

ghee

Prepare all the above into a ghrita.

Ci13#117

* [The above section of formulations have been [ghritas] for uncting, preparation for purgation , pacifying V and regaining strength.

The following is a section on purgatives.]

When the patient who is uncted with these preparations [(listed above)] has gained strength, his V is pacified and the locus of morbidity is loosened, purgatives mentioned in the section of pharmaceuticals should be administered.

Ci13#118

Patoladya Curna:

This powder eradicates all types of udararoga even after appearance of fluid.

It also subdues jaundice, anemia and edema:

10 gm. each- patola roots, haridra, vidanga, pulp of triphala, [10gm. each of haritake, amalaki, bibbhitaki]

+

20gm.- kampillaka

30gm.- nilini

40gm.- trivrt

Powder all the above together.

Use: taken in the dose of 40gm. with cow’s urine.

After taking the drug, take rice-scum and liquid gruel.

After these, he should stay on a diet of milk boiled with trikatu for 6 days.

After these 6 days, he should again take a dose of Patoladya Curna [40gm.].

This sequence should be repeated [until patient is cured].

Ci13#119-123

The following short purgative formula may be taken:

indrayava, samkhini, danti, tilvaka bark, vaca

+

grape juice

cow's urine
 sidhu [wine/ vinegar] of- kola, karkandhu (types of jujube)
 Ci13#124

Narayana Curna:

This is destroyer of a group of diseases.

Facing this medicine, no disease continues further, like the demons facing the unconquerable god Vishnu.

This purgative formulation should be used as necessary, after proper unction in fistula-in-ano, anemia, asthma, cough, stiffness in throat, cardiac disorders, grahaniroga, kustha, poor digestion, fever, bite poison, vegetable poison, cumulative and artificial poison:

equal parts of each- yavani, hapusa, dhanya, triphala, upakuncika, karavi, pippalimula, ajagandha, sati, vaca, satahva, jiraka, trikatu, swarnaksiri, citraka, 2 types of alkali (yavaksara, swarjiksara), puskaramula, kustha, 5 types of salt, vidanga

+

3 parts- danti

2 parts of each- trivrt, visala

4 parts- satala

Powder all of the above together.

Use: of Narayana Churna:

<u>For the following Condition:</u>	<u>Narayana Curna should be taken with the following Liquid:</u>
abdominal disorders	butter-milk
gulma	badara juice
hardness of bowels	urine
V disorders	prasanna (clear wine)
retention of feces	curd-scum
piles	pomegranate juice
cutting pain of anus	vrksamla
indigestion	hot water

Hapusadya Curna:

This formula subsides V, P and K quickly by purgation.

It should be taken in all types of gulma, splenomegaly, all types of abdominal disorders, leucoderma, leprosy, pain, predominance of V, irregular digestion, edema, piles, anemia, jaundice and halimaka:

[equal parts]- hapusa, swarniksiri, triphala, katurohini, nilini, trayamana, satala, trivrt, vaca, rock salt, black salt, pippali

Powder all the above together well.

* Use: This formula should be taken with pomegranate juice, triphala decoction, meat soup, cow's urine and tepid water [[together and/ or singly]].

Ci13#133-136

Nilinyadi Curna:

This [purgative] powder is alleviator of abdominal disorders and gulma.

[equal parts]- nilini, nicula, trikatu, yavaksara, sarjiksara, all (5) types of salt and citraka

Powder and mix all the above together.

Use: take mixed with ghee.

Ci13#137

The following purgative ghrta should be used:

320gm.- latex of snuhi

+

10.24L- milk

Mix the above together and allow to curdle.

Extract ghee by churning.

+

Trivrt

Cook the extracted ghee and the trivrt together.

Ci13#138

Snuhiksira Ghrta:

This purgative [ghrta] is efficacious in gulma, cumulative poison and abdominal disorders:

40gm. paste of- snuhi latex

240gm. paste of- trivrt

+

8 times [8x640gm./ml]- milk

640gm.- ghee

Prepare all the above together. [is this prepared as is the above formula? Or not]

[note the title “snuhiksira ghrta” denoting both a milk decoction and a ghrta.]

[Note: observe the ratio of the volume of snuhi to trivrt, 1:6. Perhaps this

indicates the relative purgative strengths of the 2 important drugs, and this can give an idea of the drasticity of snuhi.]

Ci13#139-140

The following is a ghrta formula of snuhi latex, as well as a description of a whole treatment sequence:

40gm.- snuhi latex

+

640gm.- ghee

2.56L- curd-scum

Cook all the above together [into a ghee].

Ci13#141

Use:

Following is a description of use and convalescence for purgative ghrta for treatment of Udararoga and other similar conditions:

1)Take the above-mentioned snuhi ghrta [or one of the other purgative ghrtas].

2)After taking the above ghee one should take liquid gruel [[K]], sweet milk [P] or meat soup [V].

3)After the ghee is digested, the patient is purged.

4)After the patient is purged, he should be given to drink warm water boiled with sunthi.

5)for the next 3 days thereafter his diet should consist solely of liquid gruel and then soup of horse gram.

He should avoid fatty substances.

6)[during the same period as 5/ after the 3 days of 5]He should take the diet of milk and rice.

7)Intake of purgative ghee should be repeated again and again in the above order, following steps 1 through 6 as many times are necessary to remove the accumulated morbidity.

Ci13#142-143

The expert physician should prescribe these prepared ghrtas [listed over the past few pages] for alleviation of gulma, cumulative poisons and abdominal disorders.

The following [purgative] formulas may also be used in above-described fashion:

One may also take the ghee processed with paste of pilu which breaks the hardness of the bowels or Nilini Ghrita or mixed fat efficacious in gulma (see Ci. V).

Ci13#144-145

This is the end of the section describing purgatives.

This is the beginning of the section describing formulas for remaining treatment of Udararoga.

“For the patients whose “morbidity factors” [find better term, i.e. ‘Ama and excess doshas in the channels’] are eliminated in the above way [uncting and purgatives described on previous pages] and who keep on the diet of wild animals, I will say further the formulations to remove the remaining morbidity.

Ci13#146

The following formula should be used:

paste of- citraka, devadaru

+

milk

Mix the above together.

Use: take this formula for 1 month.

Ci13#147

The following formula overcomes enlarged abdomen:

paste of any *one* of the following- gajapippali, sunthi, vidanga, citraka, danti, cavya, trikatu

+

milk

Use: take 5gms. of the paste with milk for each administration.

Ci13#148

One should take the following formula:

Decoction of- triphala, danti, rohitaka

+

trikatu, yavaksara

Mix the above together.

Use: after the drug is digested, take food with meat soup of wild animals.

Ci13#149

Sudhaksira Ghrta:

This following formula may be used:

snuhi latex

+

ghee

Prepare the above into a ghrta.

Use: add to food for 1 month.

Ci13#150

The following may be taken:

haritake

+

cow's urine

Use: take with milk as after-drink.

Ci13#151

One may take:

buffalow's urine

+

buffalow's milk

Use: take for 1 week. Keep on a non-cereal diet.

Ci13#152

** One may take:

camel's milk

+

trikatu

Use: take for 1 month

Ci13#153

** One may take:

goat's milk

+

trikatu

Use: take for 3 months

Ci13#154

[Note the times that each milk takes to succeed. This indicates their ratio of "roughness" quality; camel's milk is 3x rougher than goat's milk. (And goat's milk is probably 3x rougher than cow's milk). Is it possible that goat's milk has a net lightening effect, vs. building effect?

This clarification of the energetic perspective of the camel and it's products reminds me of a story Dr. Lad told of a wealthy woman he treated in India for whom the only cure was fresh urine of a camel; they air-bused a camel to her hospital for him. She must of had a condition of some acute congestion. I find it hard to believe some combination of alkalis, pungents and alcohols would not have sufficed.]

The following program may be followed:

Use a total of 1000 haritake fruits over a period of time [until they are finished].

Keep on a diet of milk during this time.

Ci13#155

The following program may be followed:

Use [a large amount of] silajatu over a period of time [until they are finished].

Keep on a diet of milk during this time.

Ci13#156

The following program may be followed:

Use [a large amount of] guggulu over a period of time [until they are finished].
Keep on a diet of milk during this time.

Ci13#157

The following formula is wholesome:

1 part juice of- fresh ginger
1 part- milk

Ci13#158

The following formula is wholesome:

10 parts juice of- fresh ginger
1 part- oil

Process the above together into an oil.

Ci13#159

The following oil is wholesome in sannipatika udararoga.

It may be taken with curd water, vegetable soup, meat soup etc. for conditions of pain, hardness of bowels and constipation:

oil extracted from fruits of danti and dravanti
(That's the formula)

Ci13#160

The following oils are used for massage and intake in Vatodara (V type Udararoga) for alleviating colic pain:

oils of the seeds of trivrt, madhusigru and mulaka
(That's the formula)

Ci13#161

Treatment of conditions of cold sensation, anorexia, nausea and poor digestion, and for alcoholic addicts and when the abdomen is full and stabilized with K:

Give aristas and alkalis for dissolving K.

(Dose should be proportionate to volume of morbidity).

Ci13#162-163

The following ksara (alkali) alleviates heart disease, edema, gulma, splenomegaly, piles, abdominal disorders, visucika, upward movement of V and vatasthila:

pippali, tilvaka, hingu, sunthi, gajapippali, bhallataka, sigru seeds, triphala, katurhini, devadaru, 2 types of haridra (haridra and daruharidra), trivrt, ativisa, vaca, kustha, musta, the 5 salts

+

curd, ghee, muscle-fat, marrow, oil

Mix all the above together.

Burn into ash [following procedures for making ksaras].

Use: This should be taken in dose of 10gm..

It should be taken after meals.

It should be taken with madira, [written madiraa; some indian thing], curd-scum,

hot water, arista, sura and asava.
Ci13#165

The following [[alkali]] pills should be taken for edema, indigestion and advanced ascites:

* alkali of goats' feces
(“Alkali of goat’s feces should be prepared by washing with urine.” [but no burning...])

+

10gm. each- pippalimula, 5 salts, pippali, citraka, sunthi, triphala, trivrt, vaca, 2 alkalis (yavaksara and sarjiksara), satala, danti, swarnaksiri, visanika
Cook the alkali with the above powders/ pastes.
Form into 5gm. pills.

Use: These pills should be taken with sour gruel.

** The patient should be fed completely [solely] on gruel of sastika rice soaked in cow’s urine and cooked with milk.

Thereafter he should drink sugarcane juice for alleviation of abdominal disorders. **
In this way, P, K and V recede to their respective places.

Ci13#166-167

Treatment of other Conditions in Patient of Udararoga

In this Condition:	Give this Remedy:
scabulous stool	Prescribe vegetables of the tender leaves of sankhini, snuhi, trivrt, danti, cirabilva etc. before meals. When his stool gets softened and moved, give milk + urine which is wholesome and eliminates the remaining morbidity.
If V produces pain in sides, stiffness and constriction in cardiac region	take oil with the alkali of bilva
for alleviation of <u>abdominal disorders</u> , as well as <u>constriction of the cardiac region</u> caused by V in patients of abdominal disorders	administer oil cooked with alkali of all the following: agnimangha, syonaka, palasa, sesamum stalk, bala, kadali, apamarga.
If in a strong patient, K is covered with V and P or V is covered with K and P	castor oil + “respective drugs” [depending on which dosha is covering]

in case tympanitis recurs even after adequate purgation	treat with corrective enema which is quite unctuous, sour and salted
If covered V produces tympanitis	treat with drastic enema containing alkali and cow's urine
If the abdominal disorder is caused by tridosha and is resistant to treatment and does not subside	“The physician should take action while expressing doubt after seeking permission from the family members, friends, wife, brahmanas, king and preceptors. ‘In in-action death is certain while action involves doubt.’ after saying thus and permitted by friends the physician should administer poison mixed with food and drink or he may get the patient fed with fruit poisoned by the bite of an enraged serpent. By this the mass of morbidity, stable, hidden and diverted to wrong path starts moving quickly being disintegrated by the poison because of its quick churning action. After the morbidity is eliminated by poison, the patient should be bathed with cold water and given the diet of milk or gruel according to strength. Then he should be kept on the diet of vegetables such as trivrt, mandukaparni, vastuka or kalasaka cooked with their own juice and water, devoid of sours, salt and fat, boiled or unboiled without any cereal for a month. In case of thirst, he should be given vegetable juice to drink. Thus when the dosa is eliminated by vegetables, one should give, after a month came's milk to the weak patient which acts as life-sustaining.”

Ci13#168-183

Surgical Treatment of Udararoga:

“Now comes the operation by experienced surgeons.

After measuring 4 fingers below the umbilicus on the left side the wise physician should incise with measured instrument.

After opening the abdomen, the intestines should be examined for obstruction or perforation.

By lubricating the loop he should remove the foreign bodies like hairs etc. and relieve the intestines of any obstruction due to interlocking.

Holes of the perforated intestines should be got bitten by big ants and when they are united well the bodies of the ants should be cut and removed and restoring the intestines to their place the wound should be sutured with needles.”

Ci13#184-188

Puncture [[Aspiration]] Treatment for Udararoga with Fluid Present:

The physician should resort to puncturing in all types of abdominal disorder associated with fluid.

On the left side below the umbilicus he should drain the fluid with the help of a canula.

Thereafter it should be pressed gently and the abdomen should be bandaged with a cloth piece.

** In case of recession by enema, purgation etc. too the abdomen should be bandaged.[this is without/with first doing puncture.]

After drainage of the fluid, the patient, after a little lightening, should take liquid gruel without fat and salt.

Thereafter for 6 months he should keep on a milk diet.

Thereafter for a further 3 months he should keep on a diet of liquid gruel with

milk.

Thereafter for a further 3 months he should keep on a light diet of cereals of syamaka or koradusa with milk and without salt.

Thus in 1 year one should overcome the abdominal disorder associated with fluid.

Ci13#189-192

After all the remedial measures one should give milk in order to maintain the limit of morbidity and strength of the patient.

For the patients of abdominal disorder who are emaciated due to subjection to various remedial measures and wasted in respect of all dhatus, milk is wholesome nectar as gods.

Ci13#193-194

Arsa (Hemorrhoids/ Piles)

Diagnosis

Characters of Piles

Congenital Piles

V-type

P-type

K-type

Prognosis

Treatment

Surgical Vs. Herbal Treatment

Treatment of Dry-type Piles

Treatment for Associated Poor Digestion

Buttermilk

Diet

Treatment of Bleeding-type Piles

General Treatment

2 types of piles:

congenital and acquired

Ci14#5

Cause of congenital piles:

seed (sperm and ovum combined) having genetic morbidity for the anal folds

This morbidity is also caused by the unwholesome behavior of the parents and the past deeds [of the parents/ individual/ family].

“Congenital ones [piles] are those which manifest along with the body.” [i.e., arise from the time of birth.]

Ci14#5

Characteristic of piles:

growth of polyps

Ci14#5

Site of piles:

The 3 ano-rectal folds situated in the space of 5.5 fingers each at the distance of 1/3 (of the above measurement).

Some say there are more sites of piles, such as the penis, vagina, throat, palate, mouth, nose, ear, eyelids and skin.

These are taken broadly in the sense of fleshy growth but in the sense restricted to the context those situated in the anorectal folds are called piles.

The substratum of all the piles is fat, flesh and skin.

Ci14#6

Characters of Congenital Piles:

Among the congenital piles, some are small and others are big.

Some are long and others are short.

Some are round and others spread unevenly.

Some are bent internally and others are bent externally.

Some are matted together and others are with opening internally.

They have colors according to the doshas involved.

Ci14#7

Characters of the person suffering from congenital piles:

The person afflicted with congenital piles is, from the very birth, too lean, with abnormal, complexion, exhausted, having anxious expression,

having flatus, urine and stool which are copious as well as constipated,

is susceptible to the disorders of gravel and stone [of K.D./ G.B. etc?],

is irregularly constipated and passing ripe and unripe, dry and loose stool,

who from time to time passes stool as white [G.B. stone?], pale, green, yellow, red, reddish, thin, thick, slimy, with fleshy odor and unripe,

having intense cutting pain in the umbilical, pelvic and inguinal regions,

is afflicted with anorectal pain, dysentery, horipillation, polyuria, retention of

(urine and stool), distension of abdomen, gurgling sound in abdomen,
 upward movement of V,
 “plastering of heart and sense organs”,
 excessive and obstructed bitter and acid eructations,
 the person is extremely weak, with extremely poor digestion,
 having scanty semen,
 irritable,
 manageable with difficulty,
 often afflicted with cough, dyspnea, feeling of darkness, thirst, nausea, vomiting,
 anorexia, indigestion, coryza and sneezing,
 with blurred vision,
 having headache,
 with a voice which is feeble, hoarse, depressed, mingled and broken,
 having disorders of the ear,
 swelling in the hands, feet, face and “orbital brim”,
 fever,
 body-ache,
 pain all over the joints and bones,
 in between afflicted with constriction in sides, belly pelvic region, heart, back and
 sacral regions,
 [in between what?]
 always thinking and too idle

Since birth his apana V covered with piles and obstructed in it's passage moves upwards and vitiates other types of V (samana, vyana, prana and udana), as well as P and K.

All the vitiated 5 types of V plus the vitiated P and K inflict the diseased person and produce the above disorders.

This is the description of congenital piles.

Ci14#8

Characters of the person suffering from Acquired piles:

[Cumulative] Etiological Factors for Acquired Piles:

intake of heavy, sweet, cold, channel-blocking or burning food,
 use of antagonistic, uncooked, too little or unsuitable food,
 eating of meat of cow, fish, boar, buffalo, goat and sheep,
 constant use of decomposed, dried and fetid meat, preparations of flour,
 intake of rice cooked with milk
 intake of milk,
 intake of curd-scum

intake of preparations of jaggery,
 use of black gram soup,
 sugarcane juice
 oil cakes, tubers, dried vegetables, vinegars, garlic, “inspissated” milk [what’s that?], solid portion of buttermilk, lotus rhizome and stalk, seeds of water lily, kaseru, srngataka, taruta, germinated or fresh [vs. aged at least 1 year] awned cereals and legumes,
 uncooked raddish,
 intake of heavy fruits [dates, figs, bananas, avocado...] and vegetables,
 intake of pickles, salads
 intake of mardaka (a dietary preparation)
 intake of [animal or vegetable] fat
 intake of the head or feet [of animals], [so, these 2 must somewhat heavy/
 difficult to digest]
 intake of stale, putrefied, cold and “mixed up” [what does that mean?] food,
 intake of immature curd and deranged wine,
 use of defective and “heavy” [how does water become heavy?] water,
 excessive intake of uncting substances,
 avoiding evacuation [i.e., virechana in spring, rakta moksha in fall],
 faulty application of enema,
 abstaining from physical exercise and [abstaining from/ indulging in?]
 intercourse,
 occurrence of day-sleep,
 use of excessively comfortable bed, chairs and seat [causing excessive sedentary nature]

Ci14#9

[Primary/ Immediate] Etiological Factors of Acquired Piles:

Due to the above etiological factors, the agni gets suppressed and the excrements are accumulated in excess.

Thereafter by sitting squatting posture and on uneven and hard seat, journey on irregularly moving vehicle or camel, excessive sexual intercourse, introducing the enema nozzle improperly, tearing in anorectal region, frequent contact of cold water, rubbing with cloth, clod, grass etc., constant and excessive straining, impelling the urge of flatus, urine and stool forcibly, suppression of impelled urges, in women by abortion, fetal pressure and difficult labor

Ci14#9

Pathological Factors of Acquired Piles:

Due to the above Primary Etiological factors, following some of the Cumulative Etiological factors, apana V gets vitiated and coming in contact of the down-tending accumulated excrement carries it to the ano-rectal folds.

Thus the piles manifest in the ano-rectal folds.

Ci14#9

Shapes of Piles, Described by Dosha In Terms of Similar-looking Plants/ Fruits, etc.:

V Piles have a shape similar to:

sarsapa, masura [lentil], masa, mudga, yava [barley {grain}], kalya, pindi

Ci14#10

P piles have a shape similar to:

tintikera, kebuka, tinduka, karkandhu, gunja, bimbi, badara, karira, udumbara, kharjura [date], jambu

Ci14#10

K piles have a shape similar to:

cow's udder, angustha, kaseru, srngataka, srngi, beak and tongue of cock, peacock and parrot, bud and seed-receptacle of lotus

Ci14#10

Features/ Signs and Symptoms of V-predominant Piles:

the growths are dry, faded, hard, course, rough and blackish
 the growths have "painted tips"
 the growths are curved
 the growths have open mouth
 the growths are irregularly spread
 they are attended by pain, convulsions, needling pain, twitchings, pricking and expansion,
 they are suited to [pacified by] unctuous and hot applications,
 there is association of severe dysentery
 there is tympanitis
 there is constriction in penis, scrotum, urinary bladder, groin and heart
 there is body-ache
 there is palpitation of heart
 patient is constantly constipated in his flatus, urine and stool
 this causes pain in thighs, waist, back, sacral region, sides, belly and bladder,
 there is headache, sneezing, eructations, coryza, cough,
 there is upward movement of V
 there is "stretching", wasting, swelling, fainting,
 there is anorexia, tastelessness in the mouth
 there is blurred vision,
 there is itching
 there is pain in the nose, ear and temples
 there is loss of voice
 there is appearance of blackish or reddish tinge and coarseness in nails, eyes, face, skin, urine and stool

Ci14#11-12

Etiology of V Type Piles:

intake of astringent, pungent, bitter, rough, cold and light food items,
 deficient and little food (under-nutrition)
 use of sharp wine,
 excessive intercourse
 lightening
 cold place and time
 over-exercise
 anxiety
 exposure to the wind and sun

Ci14#13

Signs and Symptoms of P Type Piles:

the growths are soft, lax, delicate and tender
 growths are red, yellow, blue or black
 the growths have profuse exudation and moisture
 the growths have a discharge which has a fleshy smell, and which is thin, yellow

or red

the growths are/ may be discharging blood
 the growths are attended with burning itching, discomfort, piercing pain and

inflammation

the growths are suited to [pacified by] cold things
 there are loose, yellow and green stools
 there is excessive excretion of yellow and fetid stool and urine, causing thirst and

fever

[causing/ there is] darkness before the eyes, fainting and aversion to food
 there is a yellow tinge in the nails, eyes, face, skin, urine and stool

Ci14#14-15

Etiology of P Type Piles:

intake of pungent, sour, and salty things and alkali
 exposure to physical exercise, fire, sun and brilliance
 hot place and time [hot season, hot time of day, etc.]
 anger
 wine
 envy
 all drinks, foods and drugs which are burning, irritant and hot

Ci14#16

Signs and Symptoms of K Type Piles:

the growths are massive, developed, smooth
 the growths are not tender
 the growths are unctuous, white, pale and slimy
 the growths are stiff, heavy, wet, be-numbed
 the growths have stable swelling
 the growths have itching
 the growths have discharge which is excessive, constant, brown, white, red and

slimy

there is heavy, slimy and white urine and stool
 the growths are suited to [pacified by] rough and hot measures
 there is association of tenesmus, frequent urge for evacuation and excessive

swelling in groins

there is cutting pain in the anorectal region
 there is nausea, excessive spitting, cough, anorexia, coryza, heaviness, vomiting, dysuria, emaciation, swelling, anemia, fever with shivering, calculus and gravels, plastering of the heart and senses, sweetness of the mouth and prameha [diabetes, etc.],
 the condition continues for a long time
 there is excessive sluggishness of digestion and impotency
 there are severe disorders due to ama
 there is a white tinge to the nails, eyes, face, skin, urine and stool
 Ci14#17-18

Etiology of K Type Piles:

intake of sweet, unctuous, cold, salty, sour and heavy things
 lack of exercise
 day-sleep
 liking for the comfort in bed and seat
 exposure to easterly winds [[which are moist, damp and heavy vs. westerly winds]]
 cold place and time
 lack of mental work
 Ci14#19

Etiology and Symptoms of Piles Caused by 2 and 3 Doshas:

Piles predominant in 2 doshas should be known by the combination of the respective etiology characters.

Ci14#20

Piles caused by tridosa has all the etiological factors and symptoms similar to those of congenital piles.

Ci14#20

Prodromal Symptoms of [All Types] of Piles:

stasis of ingested food
 weakness in bowels along with gurgling sound
 emaciation
 excessive eructation
 weakness in legs
 small quantity of stool
 suspicion of grahaniroga, anemia or abdominal disorders

Ci14#21-22

Involvement of Multiple Dosas:

Piles are caused generally by *all* the 3 doshas combined, and thus the specific types are determined according to *predominance* of dosha.

Ci14#23

Involved Factors and Difficult Prognosis:

“5 types of V, P and K, 3 ano-rectal folds– all these are vitiated in the causation of piles. Hence these piles are distressing, and they are precursors to various further diseases, which afflict the whole body; the piles and the secondary diseases are very difficult to treat.”

So: the “5 types” are: V, P, K, dual-doshic and tri-doshic
the entities which become vitiated in the case of piles are: the above 5 dosha-types, plus the 3 ano-rectal folds.

Due to the involvement of so many factors, piles are associated with pain, are difficult to cure, and frequently lead to further diseases.

Ci14#24-25

Prognosis of Piles:

<u>Condition:</u>	<u>Prognosis:</u>
The patient has edema of the hands, feet, face, navel, anus and scrotum as well as pain in the cardiac region and sides.	Incurable
Pain in cardiac region and sides, fainting, vomiting, body-ache, fever, thirst and inflammation in ano-rectal area.	Is fatal
Hereditary piles, caused by 3 dosas and located in the internal fold of the ano-rectum. If the life-span is remnant, all the 4 parts of management are provided [doctor, drug, nurses, obedient patient], and the digestive fire is stimulated. If the above positives are not present.	Incurable They can be maintained. The case should be rejected.
Piles caused by 2 dosas, situated in the 2 nd fold of the ano-rectum and with duration of more than 1 year.	Curable with difficulty
Piles arisen in the external fold of the ano-rectum, caused by a single dosa and manifested only recently.	Curable easily

Ci14#26-32

Treatment of Piles:

Use of Surgery, Alkali and Cauterization in Treatment of Piles:

Some prescribe treatment of piles by surgical excision, while others prescribe application of alkali and others application of cauterization– all are right if they are performed by a learned, wise and experienced surgeon, but still there are grave risks.

#33-34

Complications of Faulty Surgery, Alkali or Cauterization in Treatment of Piles:

loss of sexual potency
swelling in ano-rectal region
retention of urges
tympanitis
severe colic pain
profuse hemorrhage
relapse of healed wounds
wetting and prolapse of anus
or immediate death

Ci14#35-36

Desirable Nature of Herbal (Non-Surgical Etc.) Treatment of Piles:

It is easy, with less risk and is not harsh.

Ci14#37

2 Categories of Piles:

“Dry Piles”- piles predominant in V and K

“Wet and discharging (bleeding) piles”- piles predominant in rakta-P

Ci14#38

Treatment of Dry Piles:

The piles which are stiff and associated with swelling, itching and pain should do the following:

1) “inunction” [this is not a type-o; this term is used several places in this section; it likely means to unct internally- inside the rectum] the piles with oil prepared from citraka, alkali and bilwa - Ci14#39

2) after having been uncted, foment the piles

The following formula may be used for fomentation:

Grains of barley, black gram and horse gram + pulaka
Bundle all the above together in a piece of cloth.

The following may be used for fomentation:

Dried bolused of the excrements of cow, ass or horse

The following may be used for fomentation:

[bolus] of sesame paste

The following may be used for fomentation:

[bolus of] husk of grains

The following may be used for fomentation:

warm [bolus of] vaca and satahva + fat

The following may be used for fomentation:

bolus of parched gram flour uncted with oil + ghee - Ci14#40-45

The following may be used for fomentation:

bolus of radish or horse radish

The following may be used for fomentation:

warm bolus of rasna or hapusa mixed with fat

The following may be used for fomentation:

vegetables of one of the following- dipyaka, kharahva or

grnjanaka.

+

oil prepared with kustha

Impregnate the vegetable in the oil.

Bundle the oil-soaked vegetable in a piece of cloth. - Ci14#46-48

3) Sprinkle the piles with decoctions.

The following decoction may be used for sprinkling:

Leaves of- vasa, arka, eranda, and bilwa - Ci14#49

4) Bath: if there is pain, the patient should be massaged well and then given a tub bath in the decoction of mulaka, triphala, arka, vamsa, varuna, agnimantha, sigru and asmantaka.

Similarly he should be given tub bath in the warm decoction of kola, sauviraka, tusodaka (types of sour gruel), decoction of bilva, buttermilk, curd-scum, sour gruel or cow's urine after massaging him well. - Ci14#50

[5) Fumigation:

The fats of the following animals are wholesome for piles when used for “inuncting” and fumigation:

Fat of black serpent, boar, camel, bat and cat

The following substances are useful for fumigation of piles:

Human hairs, slough of serpent, hide of cat, arka roots, and sani

leaves

The following formula is useful for fumigation of piles:

Tumburu, vidanga, devadaru, barley grains + ghee

The following formula is useful for fumigation of piles:

Brhati, aswagandha, pippali, surasa + ghee

The following formula is useful for fumigation of piles:

Excrement of boar and bull, parched grain flour + ghee

The following formula is useful for fumigation of piles:

Excrement of elephant, sarjarasa + ghee - Ci14#50-55

[6)]Pastes:

The following formula should be applied as a paste on the piles:

Latex of snuhi + haridra powder

The following formula should be applied as a paste on the piles:

Pippali pounded with cow's bile, mixed with haridra

The following formula should be applied as a paste on the piles:

Sirisa seeds, kustha, pippali, rock salt, jaggery, latex of arka, snuhi

+ triphala

The following formula should be applied as a paste on the piles:

Pippali, citraka, syama, kinva, seeds of madana, mixed with cocks'

excrements, haridra + jaggery - Ci14#56-57

The following formula should be applied as a paste on the piles:

Danti, syama, tuttha + pigeon's excrements, jaggery, elephant bones, nimba and bhallataka

The following formula should be applied as a paste on the piles. It

alleviates pain and swelling:

orpiment + camel fat. Mix together and apply warm.

The following formula should be applied as a paste on the piles. It

alleviates pain and swelling:

Fat of culuki [[+ orpiment]]

The following formula is an excellent paste on the piles:

Latex of arka, stem pieces of snuhi, tender leaves of katukalabu, karanja + goat's urine

Ci14#58-59

All the above measures (step 1)inunction through step 6)pastes) are the treatment sequence/ options for piles which are stiff, with swelling, itching and pain.

These same measures (steps 1-6) discharge the accumulated defective blood [from the piles and rectum] and thus the patient is relieved.

Ci14#60

If the blood is vitiated, the disease does not subside with the pacifactory measures such as cold-hot, unctuous-rough etc. [as applied above in step 1-6].

Therefore the physician should resort to blood-letting.

He should drain the "un-manifesting" blood from the bleeding piles frequently with the help of leeches, instruments or needles. [So, the piles will be naturally bleeding

in this type/ the piles will be bleeding only after the leeches are applied.]

Ci14#61

Treatment of Ama and poor digestion in piles:

By these remedies morbidity in the ano-rectal region is removed and the piles are relieved.

The following formula should be given in case the patient is suffering from swelling and pain in the ano-rectum and has poor digestion. This formula relieves piles, grahaniroga, colic pain and hardness of bowels:

powder of- trikatu, pippalimula, patha, hingu, citraka, sauvarcala, puskaramula, jiraka, bilwa (fruit pulp), bida, yavani, hapusa, vidanga, saindhava, vaca, tintidika

Mix all the above together.

Use: take with rice scum, wine or hot water.

Ci14#62

For the same purpose he should be given digestives mentioned in the chapter on diarrhea (Ci. 19).

Ci14#63

The following formula may be used for the above purpose:

haritake + jaggery. Use: Take together before meals. - Ci14#64

The following formula may be used for the above purpose:

haritake + cow's urine. Impregnate the haritake in the urine. + jaggery. Mix all together.

Ci14#65

The following formula may be used for the above purpose:

haritake, triphala + buttermilk - Ci14#66

The following formula may be used for the above purpose:

sunthi, citraka + sidhu Ci14#67

The following formula may be used for the above purpose:

cavya, jiraka, citraka + sidhu Ci14#67

The following formula may be used for the above purpose:

hapusa, patha, sauvarcala + wine Ci14#68

The following formula may be used for the above purpose:

“One should administer saturating buttermilk mixed with kapittha and bilwa” Ci14#68

The following formula may be used for the above purpose:

saturating buttermilk + cavya, citraka Ci14#69

The following formula may be used for the above purpose:

saturating buttermilk + bhallataka Ci14#70

The following formula may be used for the above purpose:

saturating buttermilk + bilwa, sunthi Ci14#70

The following formula may be used for the above purpose:

saturating buttermilk + yavani, citraka, hapusa, hingu Ci14#71

The following formula may be used for the above purpose:

saturating buttermilk + pancakola Ci14#71

Takarista:

This wine is appetizer, improves relish, promotes complexion, carminates K and V, alleviates swelling, itching and pain of the anorectum [note: the exact characters of stiff/dry-type of piles] and promotes strength:

hapusa, kuncika, dhanyaka, jiraka, karavi, sati, pippali, pippalimula, citraka, gajapippali, yavani, ajamoda

Powder all the above together.

+

buttermilk

Mix all the above together.

“All are mixed together with buttermilk so that it becomes mildly sour and pungent and it should be kept in a jar smeared with ghee.

When sourness and pungency are manifested, it becomes takrarista.”

Use: It is palatable and should be taken in appropriate dose in condition of thirst before, mid and after meals.

Ci14#72-75

The following is a simple buttermilk (not a wine) which should be taken:

bark of- citraka root

Powder this bark, and use it to paste the inside of a jar.

+

curd [yogurt]

Keep the yogurt in the above jar until it ferments into buttermilk.

Ci14#76-77

Use of Buttermilk for Piles:

Benefits of Buttermilk:

For piles caused by V and K there is no better remedy than buttermilk.

The piles destroyed once by buttermilk do not recur.

Buttermilk poured on the ground eradicates even the deep-rooted grasses; needless to say it can also eradicate dry piles in persons having stimulated digestive fire.

Rasa [dhatu] which comes forth in the channels cleared by buttermilk gives rise to corpulence, strength, complexion and pleasure.

Buttermilk also alleviates besides piles the 100 disorders of V and K (80 disorders of V and 20 disorders of K).

Thus there is no remedy better than buttermilk for the disorders caused by K and V.

Ci14#76-88

Use of buttermilk according to Dosa:

In V-predominant type piles: use fatty buttermilk

In K-predominant type piles: use fat-less buttermilk

Ci14#76-88

Time-span for Administration of Buttermilk in Piles:

Depending on condition of strength and time,

1 week, 10 days, a fortnight [14 days] or 1 month

Ci14#76-88

Use of Buttermilk Mono-diet In Case of Extremely Poor Digestion:

the patient should be given only buttermilk, or in the evening linctus of buttermilk prepared with flour of parched paddy [[i.e., crackers]].

After the buttermilk is digested he should be given gruel of buttermilk added with

rocksalt.

After the gruel he should be given rice with buttermilk added with some fat and with post-meal drink of buttermilk.

Or he should be given food with vegetable [soup] or meat soup mixed with buttermilk.

Or thereafter food with the above soup prepared with buttermilk.

Ci14#76-88

Proper Schedule for Introducing and Withdrawing Buttermilk for the Patient's Diet:

Following this order is prescribed for attainment and maintenance of energy, improvement of the digestive power and promotion of strength, development and complexion.

“One knowing the order of time” should not withdraw the buttermilk suddenly.

The use of buttermilk should continue for 1 month.

Then it should be gradually decreased.

The decrease should be in the order followed in its initial increase.

During decrease of buttermilk, there should be no decrease of the other food items.

Ci14#76-88

The 3 Grades of Buttermilk:

1) de-fatted: useful in K condition and poorest digestive strength.

2) semi-de-fatted: useful in P condition and poor digestive strength.

3) fatty: useful in V condition and moderate digestive strength.

Ci14#82-83

The following liquid gruel should be used to alleviate piles:

Gruel

+

ghee, oil

fry the ghee in the oils

+

sour fruits

+

paste of- pippali, pippalimula, citraka, gajapapippali, sunthi, jiraka, dhanyaka, tumburu (fruits of tumburu), bilwa, karkata, patha

Cook all the above together.

Ci14#89-90

The following [khada (food preparation)] should be used:

Khada

+

water

+

paste of- pippali, pippalimula, citraka, gajapapippali, sunthi, jiraka, dhanyaka, tumburu (fruits of tumburu), bilwa, karkata, patha

+

[sour fruits]

+

ghee

Prepare all the above together.

Ci14#91

NOTE: a probable alternate interpretation is that the above is not an intended formula, but that the above drugs (pippali to patha) may be prepared into medicinal Khadas (type of gruel?), water-decoctions or herbal ghrta formulas, which may also be used individually for treatment of piles.

[See original formula, p.235 in charaka, to re-write the above correctly.]

The following gruel may be used for piles:

gruel

+

sati, karcura

+

buttermilk (“soured with buttermilk”)

+

black pepper

Ci14#92

The following gruel may be used for piles:

gruel

+

pippali

+

buttermilk (“soured with buttermilk”)

+

black pepper

Ci14#92

The following gruel may be used for piles:

gruel

+

sunthi

+

buttermilk (“soured with buttermilk”)

+

black pepper

Ci14#92

The following soup should be used for piles:

soup of dried raddish

Ci14#93

The following soup should be used for piles:

soup of horse gram

Ci14#93

The following soup should be used for piles:

soup of kapittha + bilva

Ci14#93

The following soup should be used for piles:

soup of horse gram + makustha

Ci14#93

The following soup should be used for piles:

soup of goat's meat

+

any of the above soups - Ci14#93

The following soup should be used for piles:

soup of Lava (common quail)

+

soured with- fruits or buttermilk

+

astringent drugs

Ci14#93

Wholesome Cereals for the Patient of Piles:

rakta sali (red sali), mahasali, kalama, langala, sita, sarada, sastika

Ci14#94

“Thus is described (above) the management for piles associated with LOOSE MOTIONS.

Ci14#95

Treatment of Patients of Piles with Extremely Hard Stools [will now be given]:

* Give [to drink]:

[small amount]- salt

+

[primary volume ingredient]- prasanna (clear wine)

+

[moderate amount]- parched grain flour

+

[moderate/ small amount]- fat

Mix (not necessary to cook) the above together.

Use: this should be taken after first taking sugar-candy with ginger beforehand.

Ci14#96-97

* Give the following to drink:

juice of- sour fruit

+

jaggery

powder of- dry ginger

+

patha [an herb? An alcohol?]

Ci14#98

* Give the following [paste]:

yavaksara

+

jaggery

+

ghee

Ci14#99

* The following [drink/ ...] should be given to carminate flatus and stool:

yavani, sunthi, patha [a wine? Herb?]

+

jaggery

+

juice of- pomegranate

+

salted buttermilk

Mix (not necessary to cook) all the above together.

Ci14#100-101

The following may be given to alleviate painful piles:

patha

+

any one of the following: duralabha, bilwa, yavani, sunthi

Ci14#102

The following carminates flatus and stool:

tender leaves of- karanja

+

ghee, oil

Fry the leaves in the oils.

+

parched grain flour

Mix all the above together. Then powder all the above together.

Use: take before meals.

Ci14#103-104

The following may be taken:

salted wine

Use: take before meals.

Ci14#105

The following may be taken:

Salt

+

[the primary volume component]- wine or sidhu or sauviraka

+

jaggery

+

dry ginger

Use: take before meals.

Ci14#106

The following should be given:

pippali, sunthi, yavaksara, karavi, dhanyaka, jiraka

+

phanita (treacle)

+

sour fruits

+

ghee

Add all the above together. [Cooking not necessary.]

Ci14#107

The following should be given:]

pippali, pippalimula, citraka, gajapippali, sunthi, yavaksara

+

ghee

Process the above together.

Ci14#108

The following should be taken:

cavya, citraka

+

ghee

Cook the above together.

+

jaggery

yavaksar

Add the jaggery and yavaksar “later”.

Ci14#109

The following should be taken:

pippalimula

+

ghee

Cook the above together.

+

jaggery

yavaksar, sunthi

Add the jaggery, yavaksar and sunthi “later”.

Ci14#110-111

The following alleviates retention of flatus and stool:

pippali, pippalimula

+

pomegranite

dhanyaka

+

curd

+

ghee

Cook all the above together.

Ci14#112

The following ghee alleviates dysentery, anal prolapse, dysuria, anal discharge, pain in anorectum and groins:

cavya, trikatu, patha, yavaksara, dhanyaka, yavani, pippalimula, citraka, bilwa,

haritaki, bida, rock salt

Powder all the above together. (This total volume equals 1 part)

+

4 parts- “good curd”

[+ ghee] [the curd already has a high butter content; it will turn in to ghee on cooking.]

[Cook into a ghrta.]

Ci14#113-114

The following ghrta pacifies K and V and alleviates piles, grahaniroga, dysuria, dysentery, anal prolapse, anal discomfort and hardness in bowels:

[1/4 part of the total] paste of- sunthi, pippalimula, citraka, gajapippli, goksura, pippali, dhanyaka, bilwa, patha, yavanika

+

4 times- cangeri juice

+

[1 part]- ghee

Ci14#115-116

The following ghrta alleviates grahaniroga, piles, gulma, heart disease, edema, splenomegaly, hardness in the bowels, dysuria, fever, cough, hiccup, anorexia, dyspnea and pain in sides.

It promotes strength, corpulence, complexion and digestive power:

120gm. each- pippali, sunthi, patha, goksura

Boil the above together into a decoction. Filter.

+

80gm. paste of each- gandira, pippalimula, trikatu, cavya, citraka

Dissolve the paste into the decoction.

+

1.6Kg.- ghee

1.6Kg. Juice of- cangeri

“6 times” [(9.6Kg.)]- curd

Cook all the above together on a mild fire.

Once completed, the ghee should be stored well.

Use: in diet and medicament.

Ci14#117-118

** The following should be taken for carmination:[IMPORTANT FORMULA; TRY THIS ONE]

haritaki
notes on formula]

[see my old book for ++

+

ghee

Fry the haritaki in the ghee.

+

jaggery

pippali

Mix all the above together.

Ci14#119

* The following should be taken for carmination:

haritaki

+

ghee

Fry the haritaki in the ghee.

+

trivrt, danti

[[I might include pungents and aromatics to improve the

flavor]]

Mix all the above together.

Ci14#120

Statement: [Importance of Carmination:]

[Carmination is defined as-]

By carmination of stool, flatus, mucus and bile, the piles in ano-rectum subside and agni is stimulated.

Ci14#120

The following meat soup should be used for retention of stool and flatus:

sour and well-processed meat soup of peacock, partridge, common quail, cock and vartaka (quail)

Ci14#121

** The following vegetables should be used for retention of stool and flatus:

give vegetables of the leaves of trivrt, danti, karcura, cangeri and citraka.

Preparation: they should be fried in ghee and oil together and then added with curd.

Ci14#122-123

** The following vegetables should be used for retention of stool and flatus:

[one or more of the following vegetables]- upodika, tanduliya, vira, vastuka leaves, suvarcala, lonika, yavasaka, bakuci, kakamaci, ruha leaves, mahapatra, amlika, jivanti, sati and grnjanaka

+

oil, ghee

fry the above vegetables in the oil and ghee

+

pomegranates

curd

dhanyaka, sunthi

Cook all the above together.

Ci14#124-125

Meat soup for use in retention of stool and flatus:

meat soup of iguana, fox, cat, porcupine, camel, bull, tortoise and pangoline should be prepared and used with red sali.

[[It should be prepared with the above ghee, pomegranates etc.]]

Ci14#126

Post-meal drink to use in case of patient with piles who has predominantly aggravated V, is rough and with poor digestion. This carminates wind and stool:

madira (wine)

sarkara
 sidhu
 buttermilk
 tusodaka (sour gruel)
 arista
 curd-scum
 boiled and cooled water
 water boiled with kantakari
 water boiled with dhanyaka and sunthi
 [The above are to be used singly.]

Ci14#127-129

Treatment in case of udavarta (upward-moving V) in client who is excessively roughened, suffering from V in opposite direction and colic:

Give unctuous enema.

#130

The following unctuous enema formula is excellent for those having piles confounded with V:

paste of- pippali, madana, bilwa, satahva, madhuka, vaca, kustha, sati, puskara, citraka, devadaru

+

[1 part]- oil

+

“double”[2 parts] - milk

Cook all the above together [[until all water is gone]].

Ci14#131-132

Applications of Unctuous Enema:

It should be used to overcome the disorders such as rectal prolapse, colic, dysuria, dysentery, weakness in waist, thighs, and back, hard swelling in groins, slimy discharge from anus, anal swelling, retention of flatus and feces and frequent urge for evacuation.

Ci14#133-134

Treatment of Stiff and Swollen Piles:

They should be anointed with the warm paste of the drugs mentioned above in context of unctuous enema [in the unctuous enema directly above] after adding [mixing with the paste of the drugs/ smearing on the piles] fat.

In this way, the piles discharge mucus with blood instantaneously and thereby itching, stiffness, pain and swelling are removed.

Ci14#135-136

Use of Non-Unctuous Enema:

Non-unctuous enema may also be used.

Ci14#137

Formula for Non-Unctuous Enema:

dasamula

milk

cow's urine

fat

salt

+

paste of- “madanaphala, etc.”

Process all the above together.
Ci14#137

Wines:

Abhayarista:

This wine, when used regularly, eradicates piles.

It also alleviates grahaniroga, anemia, heart disease, spleen enlargement, gulma, udararoga, leprosy (including other skin disorders), swelling, anorexia, jaundice, leucoderma, worms, “glands”, tumors, freckles, phthisis and fever.

It promotes strength, complexion and digestion:

320gm.- haritaki
640gm.- amalaki
400gm.- kapittha
200gm.- indravaruni
80gm. each- vidanga, pippali, lodhra, marica, elavaluka

+

40.96L- water

Boil all the above together, till reduced to 1/4th. Filter and allow to cool.

+

8Kg.- jaggery

Mix the above together.

Keep in a “ghee vessel” [jar smeared on the inside surface with ghee] for a fortnight [14 days].

Use: it should be used in proper dose according to strength.

Ci14#138-143

Dantyarista:

When taken regularly in proper dose it removes the piles.

Also, it alleviates grahaniroga, anemia and anorexia.

It carminates flatus and stool, and is appetizer:

40gm. each- danti roots, citraka roots, both pancamulas
Crush the above together.

+

10.24L- water

Boil the above together.

+

120gm. pulp of- triphala
 Boil all the above until only 1/4th volume remains.
 Filter. Allow to cool
 +
 4Kg.- jaggery
 Mix all the above together.
 Keep in a ghee vessel for a fortnight.
 Ci14#144-147

Phalarista:

This wine is useful for treating grahani roga and piles.

It was formulated by Krsnatreya.

It improves digestion.

It is efficacious in heart disease, anemia, spleen enlargement, jaundice, intermittent fever, retention of feces, urine and flatus, mildness of digestive fire, cough, gulma and upward-moving V:

640gm.- haritaki fruits
 640gm.- amalaki fruits
 80gm. each- visala, kapittha, patha roots, citraka
 Crush all the above together.
 +
 20.48L- water
 Boil all the above together until reduced to 1/4th. Filter.
 +
 4Kg.- jaggery
 Mix the above together.
 Store in a ghee vessel for a fortnight [14 days].
 Ci14#148-152

Sarkara Arista:

This wine alleviates piles, grahaniroga, upward-moving V, anorexia, retention of stool, urine, flatus and eructation, sluggishness of digestion, heart disease and anemia:

610gm.- duralabha
 80gm. each- citraka, vasa, haritaki, amalaka, patha, sunthi, danti
 10.24L- water
 Boil all the above together, until reduced to 1/4th. Filter and cool well.
 +
 4Kg- sugar
 Mix the above together.
 Store in a jar which has been smeared with ghee and [then] pasted inside with pippali, cavya, priyangu, honey and ghee.
 (The decoction should be stored for a fortnight.)
 Use: dose according to strength
 Ci14#153-157

Kanakarista:

This popular wine is palatable, cordial and relishing.

It alleviates piles, grahaniroga, hardness in bowels, abdominal enlargement, fever, heart disease, paleness, swelling, gulma, retention of feces, cough, all other severe K disorders and untimely wrinkles, greying of hairs and baldness:

4Kg- crushed fresh amalaki fruits
 160gm. each- pippali, vidanga, marica
 40gm. each- patha, pippalimula, kramuka, cavya, citraka, manjistha, elavaluka,
 lodhra
 20gm. each- kustha, daruharidra, devadaru, both types of sariva, indrayava,
 bhadramusta
 160gm.- fresh nagakesara
 20.48L- water
 Boil all the above together until reduced to 1/4th. Filter and cool.
 +
 5.12L(an equal quantity to the above reduced decoction)- cold decoction of dried
 grapes
 8Kg- crushed sugar
 320gm.- honey
 10gm. powder of each- tvak, ela, plava, patra, hribera, usira, kramuka, nagakesara
 Mix all the above together [but do not cook again].
 Store in a clean ghee vessel smeared with ghee on the inside.
 The ghee vessel should be slightly fumigated with sarkara and aguru [after
 smearing with ghee, but] before adding the decoction.
 The decoction should be kept in the vessel for a fortnight [14 days].
 Ci14#158-168

After defecation, the anal region should be washed with water boiled with certain leaves, or simply with hot water.

Ci14#169

This is the end of 'treatment and formulas for "dry type" of piles' (non-bleeding), given above.

Ci14#169

Treatment of Bleeding Piles:

Hereafter will be a few pages for treatment of bleeding-type piles.

Here there are 2 types of association of dosas- one of K and the other of V.

Ci14#171

Symptoms of V-type of Bleeding Piles:

Stool which is blackish, hard and rough, not passing flatus,
the blood coming out of the piles as thin, reddish and frothy;
pain in the waist, thighs and anorectum,
extreme debility and
[history of] roughening etiological factors [is revealed on questioning]

Ci14#172-173

Symptoms of K-type of Bleeding Piles:

stool is loose, white-yellow, unctuous, heavy and cold;
the blood of the piles is thick, fibrous, pale and slimy,
the ano-rectum is slimy and wet
the etiology of heavy and unctuous things is present

Ci14#174-175

General Treatment of V-type Bleeding Piles:

unctuous and cold

Ci14#176

General Treatment of K-type of Bleeding Piles:

rough and cold

Ci14#177

Treatment of bleeding piles with predominance of P and K:

administer evacuative therapy.

The bleeding should be ignored and lightening measures should be adopted.

Ci14#178-179

Importance of Not Prematurely Stopping Bleeding of Piles:

If the discharged blood is checked at the very outset, that impure blood caused many diseases such as raktapitta, fever, thirst, sluggishness of digestion, anorexia, jaundice, swelling and pain in anorectum and groins; itching, pimples, allergic eruptions, boils, leprosy, anemia, retention of flatus, urine and stool headache, feeling of cold, heaviness in body and other blood disorders.

Hence checking of blood is desirable only after the impure blood is let out.

The physician acquainted with the etiology, symptoms, time, strength and blood colors should ignore it till there is emergency.

Ci14#180

Treatment of Bleeding Piles (after right intervening time):

Thereafter one should manage the case with bitters in order to stimulate digestive fire, to check blood and to help digestion of dosas.

Ci14#181

Treatment of the bleeding which persists in the patient with diminished morbidity and aggravated V:

Manage with unction in the forms of intake, massage and unctuous enema.

Ci14#182

Treatment of Piles with P-predominance, in summer season, with little V or K:

The blood which is predominant in P and comes out in summer should be checked immediately provided there is no association of V and K [i.e., it's a purely-P condition].

Ci14#184

The following decoction may be used to check unctuous blood:

kutaja bark, sunthi

+

water

Decoct the above together.

Ci14#185

The following decoction may be used to check unctuous blood:

dadima bark, sunthi, candana

+

water

Decoct the above together.

Ci14#186

The following decoction may be used to alleviate bleeding piles:

candana, kiratatikta, dhanvayasa, sunthi

+

water

Decoct the above together.

Ci14#187

The following decoction may be used to alleviate bleeding piles:

daruharidra bark, usira, nimba

+

water

Decoct the above together.

Ci14#188

The following checks blood and thirst:

ativisa, kutaja bark, kutaja seeds

+

rasanjana

+

honey

Mix all the above together.

Use: take with rice-water.

Ci14#189

Kutajadi-rasakriya:

“Rasakriya” means solid extract.

This solid extract alleviates immediately the bleeding piles, bloody diarrhea, blood disorders and severe raktapitta directed to both pathways (upwards and downwards):

4Kg.- kutaja bark

rain (distilled water)

Boil the above together until “the entire extract comes out”. Filter.

+

mocarasa, lajjalu, priyangu

[[[more water]]]

This should be cooked again until the entire liquid becomes viscous sticking to the ladle.

[So, like a thick molasses consistency.]

Use: This should be used in appropriate dose and time.

It should be given with goat’s milk or liquid gruel-scum according to digestion.

When the drug is digested, the patient should eat sali rice with goat’s milk.

Ci14#190-192

The following may be used:

nilotpala, lajjalu, mocarasa, candana, tila, lodhra

+

goat’s milk

Take together.

“The diet should be sali rice with (goat’s) milk.”

Ci14#193

Other uses of goat’s milk:

Goat’s milk used with the juice of vastuka or wild animals or birds or soured or slightly soured checks bleeding.

Ci14#194

Treatment of pain in piles:

powder of patha, indrayava, sunthi and bilva should be taken.

Ci14#195

For treatment of excessive hemorrhage and pain, the following hemostatic ghrta should be made:

daruharidra, kiratatikta, musta, dhanvayasa

+

ghee

Prepare a ghrta out of the above.

Ci14#196

The following ghrta may be used for painful bleeding piles:

paste of- kutaja (seeds and bark), nagakesara, nilotpala, lodhra, dhataki
+
ghee

Ci14#197

The following ghrta may be used for painful bleeding piles:

yavaksara
pomegranite juice
+
ghee

Ci14#198

The following ghrta may be used for painful bleeding piles:

kantakari, dugdhika
+
ghee

Ci14#198

[DIET:]

The following liquid gruel checks hemorrhage instantly:

cukrika, nagakesara, utpala
+
liquid gruel of- parched paddy
cook all the above together.

Ci14#199

The following liquid gruel checks bleeding:

bala, prsniparni
+
decoction of- hribera, bilva, sunthi
+
butter
+
sourred with- vrksamla, dadima, amlika, or kola
+
gruel [some solid medium]
Cook all the above together.

Ci14#200

The following liquid gruel subdues bloody diarrhea, pain, dysentery and swelling:

gruel
+
ghee, oil
Fry the gruel in the ghee and oil.
+
grnjanaka
wine

Cook all the above together.

Ci14#201

The following “khada” should be used in excessive bleeding:

khada

+

supernatant fatty layer of curd [as and oil]

[Fry the khada material in the fatty curd.]

+

soured with- fruits of kasmarya, amalaka, karbudara

Mix/ Cook all the above together.

Ci14#202

The following “khada” should be used in excessive bleeding:

khada

+

supernatant fatty layer of curd [as and oil]

[Fry the khada material in the fatty curd.]

+

grnjnaka, salmali

Mix/ Cook all the above together.

Ci14#203

The following “khada” should be used in excessive bleeding:

khada

+

supernatant fatty layer of curd [as and oil]

[Fry the khada material in the fatty curd.]

+

ksirini, cukrika, leaf-buds of nyagrodha, flowers of kovidara

Mix/ Cook all the above together.

Ci14#204

The following vegetable dish may be used in excessive bleeding:

onion

+

buttermilk

Cook the above together.

Ci14#205

The following vegetable dish may be used in excessive bleeding:

upodika

+

soured with- badara

Cook the above together.

Ci14#206

The following pulse (bean) dish may be used in excessive bleeding:

masura [red lentil]

+

soured with- buttermilk

Cook the above together.

Ci14#207

Cereals for use in excessive bleeding:

cereals of sali, syamaka and koda

+

boiled milk

Ci14#207

Soups for use in excessive bleeding:

soup of masura, mudha, adhaki, and makustha

+

sours

Ci14#207

Meats for use in excessive bleeding:

well-cooked meat of hare, deer, quail, grey partridge and black antelope

These should be soured, sweetened or slightly spiced.

Ci14#208

Meat soups to be used for patient having excessively predominant V with profusely-bleeding piles:

Take food with sweet-sour meat soup of cock, peacock, partridge, or two-humped camel and fox.

Ci14#208

Use of Onion with other foods for treatment of profuse bleeding and V:

“Even only onion used with meat soup, khada, vegetable soup or gruel overcomes profuse bleeding and V.”

Ci14#208

Use of Goat meat for Treatment of loss of feces and blood:

“The trunk of the young goat’s body cooked with blood and plenty of onion and sweet-soured should be given alternately in loss of feces and blood.”

Ci14#209

The bleeding piles go away by the constant use of the following:

tila [sesame seeds/ paste] + butter

Ci14#210

The bleeding piles go away by the constant use of the following:

nagakasera + butter + sugar

Ci14#210

The bleeding piles go away by the constant use of the following:

churned supernatant fatty layer of curd

Ci14#210

The following formula stops bleeding:

sastika [rice], sali rice

fresh wine scum

goat’s meat

butter

Prepare all the above into fresh ghee.

Ci14#211

Involvement of V in piles with Excessive Hemorrhage:

Often the piles on excessive hemorrhage become predominant in V even with vitiation of K and P.

Hence V should be known as predominant.

Ci14#212

Indications for Use of Cold Management:

If the symptoms of raktapitta are more pronounced than those of K and V, the cold management as said above or will be said further should be applied.

Ci14#213

The following sprinkling [decoction] should be used in excessive hemorrhage:

madhuka, pancavalka (bark of 5 trees), badari bark, udumbara, dhava, patola

+

water

decoct the above [and filter].

Ci14#214

The following sprinkling [decoction] should be used in excessive hemorrhage:

vasa, arjuna, yavasa, nimba

+

water

decoct the above [and filter].

Ci14#215

Use of Tub Bath and Decoction Formula for excessive hemorrhage with burning and discharge:

Give tub bath with decoction of madhuka, lotus stalk, padmaka, candana, kusa, and kasa.

Ci14#216

Or take tub bath in: sugar cane juice + decoction of madhuka and vetasa

Ci14#217

Or he should 1st) be massaged with some cold oil

2nd) take tub bath in cold water

Ci14#217

The following uncting and sprinkling method stops hemorrhage:

1st: place ghee mixed with sugar on the perineum, anus and sacral region

2nd: use a gentle shower of cold water thereon.

Ci14#218

Leaf Poultice:

The perineum, anus and sacral region should be covered “now and then” with the young leaves of plantain and puskarā sprinkled with cold water.

Also, leaves of lotus and water lily may be used.

Ci14#219

Ointments, Ghee and Cooled Air to check hemorrhage quickly:

Ointment of durva ghee,

or ghee washed 100 times
 or ghee washed 1000 times
 [or singly/ and followed by] cooled air
 each checks hemorrhage quickly.

Ci14#220

In condition of burning, wetting and rectal prolapse, the piles should be painted with lajjalu and madhuka,

or tila and madhuka,
 or rasanjana and ghee,
 or rala and ghee,
 or nimba and ghee
 or honey and ghee,
 or daruharidra bark, candana and ghee
 or utpala and ghee

Ci14#221

* [[Thus the cold/ cooling (sweet, astringent) measures have been listed.]]

In case the above cold measures do not control the hemorrhage, the wise physician should saturate the patient timely with unctuous and hot meat soups.

He should be managed quickly with post-meal ghee, massage with warm ghee and oil and sprinkling with warm milk, ghee and oil.

Ci14#222-223

In predominance of V, the patient should be given the unctuous enema quickly (?) with warm ghee-scum,

or successful piccha basti (slimy enema) should be administered to him.

Ci14#224

Piccha Basti:

This successful slimy enema alleviates dysentery, rectal prolapse, hemorrhage and fever:

80gm. each- roots of yavasa, [roots of] kusa, [roots of] kasa, salmali flowers, leaf-buds of nyagrodha, aswatta

+

640ml- milk

2L- water

Boil all the above together until only the milk [portion of the liquid portion] remains. Strain.

+

paste of- mocarasa, lajjalu, candana, utpala, indrayava, priyangu, lotus stamens
 ghee, honey, sugar [add these last 3 after formula has finished cooking and has cooled down.]

Ci14#225-229

Hriberadi Ghrita:

This ghrita alleviates all 3 doshas and is an excellent remedy.

It should be used in piles, diarrhea, grahaniroga, anemia, fever, anorexia, dysuria, rectal prolapse, blowing up of the urinary bladder, tenesmus, slimy discharge and pain in piles:

paste of- hribera, utpala, lodhara, lajjalu, cavya, candana, patha, ativisa, bilwa,

dhataki, devadaru, daruharidra bark, sunthi, mamsi, musta, yavaksara, citraka

+

juice of- cangeri

ghee

Cook all the above into a ghrita.

Ci14#230-233

Sunisannaka-Cangeri-Ghrita:

This ghrita is free from complications and can be used alone or mixed with various foods and drinks in piles, diarrhea, tridosaja hemorrhage, tenesmus, rectal prolapse, various slimy discharges, frequent urge for evacuation, swelling and pain in anorectum, retention of urine, confounded V, sluggishness of digestion, and anorexia.

It promotes strength, complexion and digestive power:

80gm. each- adhahpuspi, bala, daruharidra, prsniparni, goksura, leaf-buds of nyagrodha, udumbara, aswattha

+

water

Boil the above into a decoction.

+

10gm. paste of each- jivanti, katurhini, pippali, pipplimula, sunthi, devadaru, indrayava, salamali flowers, vira, vandana, utpala, katphala, citraka, musta, priyangu, ativisa, salaparni, stamens of lotus and water lilly, lajjalu, kantakari, bilva, mocarasa, patha

“Here the above decoction should be prepared in water 4 prastha reduced to 1/4th, for this preparation “prastha” should be taken as of 32 palas. (Thus water for decoction will be 5.12L and the extract will be 1.28L) with this decoction and the juice of sunisannaka and cangeri 2 prastha (1.28L), ghee 1 prastha (640gm.) Should be cooked.”

Ci14#234-242

General:

By using sweets and sour as well as cold and hot things alternately always keeping and eye to the condition of agni, one overcomes the disorders caused by piles.

Ci14#243

Three disorders: Piles, Diarrhea, and Grahaniroga – are often of mutual causation.

In these severity increases if the power of digestion is diminished and they are reduced if the digestion is improved.

Hence the power of digestion should be protected particularly in these 3 disorders.

Ci14#244-245

One should overcome piles by the use of various fried vegetables, gruels, soups, meat soups, khadas, milk and buttermilk.

Ci14#246

The patient of piles should always use diet and drugs which are carminative for the wind and promotive of digestive power.

They should never use the substances contrary to the above and those mentioned under the etiological factors.

Ci14#247-248

“Now the summing up verses-

Two types of piles according to origin, their etiology, locations, characters, signs and symptoms, prognosis, massage, fomentation, fumigations, bath, pastes, bloodletting, appetizing and digestive formulations, the wholesome food and drinks carminating wind and stool, pacificatory formulations, various ghrtas, enemas, uses of buttermilk, aristas and sarkaras efficacious in dry piles; the symptoms of bleeding piles, two types according to association of other dosas with management, decoctions, various gruels for checking hemorrhage, unctuous diet, formulations for paint, covering, bath, ointment, sprinkling, management in case of excessive hemorrhage- all this has been said under the treatment of piles.”

Ci14#249-255

Prameha (Diabetes/ Abnormal Discharges in Urine)

Diagnosis

Etiology

Prognosis

Classification

K-type

P-type

V-type

Premonitory Signs

Treatment

Treatment of Weak Vs. Strong Patient

Treatment of K-type, formulas

Treatment of P-type, formulas

Treatment of V-type, formulas

Diet

General Treatment

Diabetic Boils

Classification- the 7 Types

Vidradhi (abscess)

Vidradhi, by Location

Treatment of Vidradhi (abscess)

About the teacher, Punarvasu:

Once upon a time Punarvasu, who was devoid of confusion, conceit, anger and attachment and great in knowledge and penance, described to Agnivesa the types of prameha with etiology, symptoms and treatment.

Ci6#3

Cause of Innumerable Disorders:

Vitiating of the 3 doshas is the cause of innumerable disorders.

Ni4#3

Manifestation of K-type Pramehas:

When the 3 factors (nidana etc.) [1-presence of K-aggravating etiology, 2-increased K dosha and 3-vitiated dusyas (effected tissues- fat, blood plasma , etc.)] are present together in the patient, they cause immediate manifestation of K-type pramehas.

*The primary involved dosha in [all types of] prameha is K, consisting of abundant fluid.

Ni4#6

Etiological Factors (Causes) of Prameha:

idle sitting
 over-sleep
 excessive use of: curd, meat, soup of the domestic, aquatic and marshy animals and milk
 excessive use of: new cereals and drinks, products of jaggery
 all other K-promoting regimens

Ci6#4

‘Here are the verses’-

Prameha approaches immediately like a bird to its nest tree the person who is greedy in eatables and has dislike for bath and walking.

Death, in the form of prameha, takes away immediately the person who is dull in activities, over-obese, over-uncted and voracious eater.

The person who takes food which maintains the equilibrium of dhatus and also practices various physical activities enjoys happy life.

Ni4#50-52

Etiology of Madhumeha (Diabetes Mellitus):

In the person eating heavy, unctuous, sour and saline substances in excessive quantity and also the new grains and fresh drinks, having over-sleep and sedentary habit, having abstained from physical and mental work and also neglecting evacuation.

Su17#78-79

Pathology of Madhumedha (Diabetes Mellitus):

By the above causes, K, P, mamsa and medas aggravate excessively and they all obstruct the path of V which carries the ojas to basti (urinary passage) and thus the obstinate madhumeha arises.

Su17#80

Symptoms of Madhumedha:

It shows the symptoms of V, P and K now and then after diminution again develops.

Su17#81

General Pathology of Prameha:

“Dosha produces respective types of prameha by reaching the urinary bladder and affecting the urine.”

Ci6#6

Etiology of K-type Pramehas:

excessive quantity and prolonged use of new grains like hayanaka, yavaka, cinaka, uddalaka, naisadha, itkata, mukundaka, mahavrihi, pramodaka and sugandhaka; use of new legumes like harenu and black gram, meat of domesticated, marshy and aquatic animals, vegetables, sesamum paste, preparations of (rice) flour, payasa (rice cooked with milk), krsara (preparation of rice and pulse [kitchari]), vilepi (paste-like preparation of rice) and sugarcane products, milk, fresh wine, immature curd and liquids, sweets and fresh substances; abstinence from cleanliness and physical exercise, indulgence in sleep, lying down and sitting, and also other (similar) regimens producing K, fat and urine.

Ni4#5

Dusyas (Tissues) Affected In Prameha:

The particular dusyas involved in prameha are: abundant and non-compact medas [fat] and muscle; as well as body fluid, semen, blood, muscle-fat, marrow, ‘lasika’ [rakta?], rasa and ojas.

Ni4#7

Pathology of [K-type] Pramehas:

By combination of these 3 factors (nidana [etiology], dosha, dusya), K gets vitiated immediately because of the predominance of its aggravating factors.

When vitiated it spreads all over the body immediately due to laxity of the body. [-an important concept to grasp; “laxity” of tissues.]

While spreading at first it gets mixed up with the fat because fat is abundant, non-compact and similar in properties.

While mixing up K affects it morbidly due to its vitiation.

Next that vitiated K associated with fat joins with body fluid and muscle because the latter are increased excessively.

Thus affecting the muscle, it produces boils, saravika, kacchapika etc. due to sloughing of muscle because of abnormalcy.

By affecting the body fluid, transforms it into urine and also blocks the heavy openings of the urinary tubules coming out from vanksana (urinary bladder) and basti (kidney) and associated with fat and fluid.

Thus it (K) produces the (K-type) pramehas and leads to their stability or incurability, due to abnormalcy.

- Ni4#8

Etiology/ Pathology of K-type of Prameha:

K causes pramehas by affecting medas (lipid metabolism), muscles and body fluid

situated in the urinary bladder.

Ci6#5

Etiology/ Pathology of P-type of Prameha:

P causes the same situation, when it is aggravated by hot things.

Ci6#5

Etiology/ Pathology of V-type of Prameha:

V gets aggravated when the other 2 doshas have become relatively diminished.

It then “draws on the dhatus in the urinary bladder and thus caused pramehas.”

[Agnivesha has mentioned twice in this chapter that V has been aggravated because of the diminution of the other 2 doshas. This is somewhat different from the usual concern of plain V increase.]

Ci6#5

Number and Division of Prameha Types:

There are a total of 20 types of Pramehas:

K- has 10 types of prameha

P- has 6 types of prameha

V- has 4 types of prameha

Ci6#7

“Thus 24 types of prameha caused by vitiation of the 3 doshas have been described in this chapter.”

Ni4#46

Prognosis of Prameha:

<u>Dosha</u>	<u>Number of Types</u>	<u>Prognosis</u>	<u>Reason for Prognosis</u>
<i>K</i>	10	curable	“similarity of management” [Since Prameha is basically a K imbalance, treatment of purely-K type Prameha is fairly straight-forward.]
<i>P</i>	6	maintainable	“dissimilarity of management” [Since Prameha is basically a K imbalance, treatment of P with cooling therapies will prevent the underlying K from being removed, and vice-versa.]
<i>V</i>	4	incurable	“due to severity of complications” which typically arise in the V types. [V, because of it’s violent, harsh and depleting nature can cause severe complications with weakness which are not amenable to therapies.]

Ci6#7

“Doshas and Dusyas”

In pathogenesis of pramehas, the dosas are: K, P and V.

The dusyas are: medas, blood, semen, fluid, muscle-fat, lasika (lymph), majja (marrow), rasa, ojas and muscles.

[Note: “dusya” I think means the substratum of the disease; the effected tissue(s). (which has been altered)]

Ci6#8

The 10 Types of K-type Pramehas:

1) the urine is watery

- 2) the urine is like sugarcane juice
- 3) the urine is viscous
- 4) the urine has solid precipitate
- 5) the urine is white
- 6) the urine contains semen
- 7) the urine is cold
- 8) the urine has a slow impulse [[takes a while to be passed/ to start urinating]]
- 9) the urine is saliva-like
- 10) the urine contains gravels

Ci6#9

The 6 Types of P-type Pramehas:

- 1) the urine [looks] like alkali
- 2) the urine is black
- 3) the urine is blue
- 4) the urine is yellow like “haldi” [[[turmeric?]]]
- 5) the urine is red like manjistha
- 6) the urine is deep red

Ci6#10

Classification of V-type Pramehas:

- 1) urine contains majja
- 2) urine contains ojas
- 3) urine contains vasa [what is vasika?]
- 4) urine contains lasika [what is lasika?]

Ci6#11

Sub-types of K-type Pramehas:

The body fluid mixed with K and fat while entering into the urinary bladder is transformed into urine and is associated with 10 properties of K in abnormal state such as: white, cold, formed, slimy, transparent, unctuous, heavy, sweet, viscous, clear and slow.

Then it acquires the similar secondary name according to it's association with one or more of these properties.

Ni4#9

Differentiation of Symptoms of the 10 Types of K Pramehas:

Type:	Symptoms:
udakameha	by vitiation of K, he excretes urine which is transparent, abundant, white, cold, odorless and water-like
Iksuvalika / Iksuvalikarasameha	by vitiation of K, he excretes urine which is excessively sweet, cold, slightly slimy, turbid and like the juice of iksuvalika
sandrameha	due to vitiation of K when the urine is kept over-night in an pot, there are precipitants [sediment] found
sandrprasadameha	due to vitiation of K his urine partly precipitates and is partly clear
Suklameha	due to vitiation of K he passes urine frequently. It is white and flour-like.

Sukrameha	due to vitiation of K. he passes urine frequently. It is like semen or mixed with semen.
Sitameha	due to vitiation of K. he passes urine frequently. It is excessively sweet and cold.
Sikatameha	due to vitiation of K. he passes small particles 'situated morbidly in the urine'.
Sanairmeha	due to vitiation of K. he passes urine with difficulty and slowly without any urge.
Alalameha	due to vitiation of K. he passes urine which is [as if] bound with threads, saliva-like and slimy

Ni4#12-23, Ni4#10

Prognosis of K-type Pramehas:

These 10 types of prameha are curable because they are located in fat having similar properties, K is predominant and similarity in treatment.

Ni4#11

Description of P-type Pramehas:

Etiology of P-type Pramehas:

In a person who uses hot, sour, salty, alkaline and pungent food and food during indigestion, is exposed to very intense heat of the sun and fire, exertion, anger and irregular diet, and having similar body [a P constitution], P gets vitiated immediately and by the same mechanism [described a couple pages ago- the pathology of K-type prameha] gives rise instantaneously to P-type prameha.

The 6 Sub-types of P-type Pramehas:

Each of their names are based on the specific properties of pitta such as: ksaramaha, kalameha, nilameha, lohitemaha, manjisthameha, and haridrameha.

They are associated with 6 properties of P, which are [respectively]: alkalinity, sourness, salinity, pungency, fleshy smell, and hotness
... Ni4#24-26

Prognosis of the P-type Pramehas:

All these are palliable [but not curable] because of their causation by combined doshas, location in medas and contradictory treatment.

Ni4#27

Differential Symptoms of the 6 Types of P Prameha:

Type:	Etiology:	Symptoms:
ksaramaha	vitiated P	urine is like alkali in respect of smell, color, taste and touch
kalameha	“	he passes urine constantly which is hot and black-colored

nilameha	“	urine is sour and has color like the feather of the casa (bird)
raktameha (lohitameha) “Lohita” = “Rakta”	“	urine has fleshy smell, saline, hot, and red
manjisthameha	“	he passes urine frequently which is like the decoction of manjistha (red herb root) [pale blood red] and has fleshy smell
haridrameha	“	urine is like the decoction of haridra (yellow) and is pungent

Ni4#28-35

Etiology of V-type Pramehas:

In the person who uses astringent, pungent, bitter, rough, light, cold, sexual intercourse, physical exercise;

emesis, purgation, non-unctuous enema and head evacuation in excess;
suppression of natural urges, fasting, injury, the sun, excitement, anxiety,
excessive blood-letting, vigils and uneven body postures;

and having similar body [V constitution],

... V gets vitiated immediately.

Ni4#36

Types/ Names of the 4 Sub-types of V Pramehas:

Their names are also according to specific properties such as:

vasameha, majjameha, hastimeha and madhumeha

Ni4#39

The 4 Sub-types of V Pramehas:

Type:	Pathology	Symptoms	Prognosis
Vasameha	Caused when vitiated V, while spreading in the person with V body type, takes vasa (muscle fat) along and enters into urinary channels.	One passes urine frequently mixed with vasa (muscle fat) or similar to it.	It is incurable.
Majjameha	Caused when vitiated V extracts majja to	One passes majja (marrow) alongwith	It is incurable.

	mutrabasti (bladder).	urine frequently.	
Hastimeha	Vitiated V carries lasika (lymph) to mutrasaya (bladder) and causes continuous excretion of urine due to abundance of lasika and frequent urination with obstruction due to its dispersing nature, the person passes urine constantly without any urge like an excited elephant.	One passes urine excessively and constantly like an excited elephant.	It is incurable.
Madhumeha (diabetes)	Ojas is of sweet nature but when due to roughness of V it gets associated with astringency and is carried to the urinary bladder it produces this disorder.	One passes urine as astringent-sweet, pale and rough.	It is incurable.

Ni4#37, Ni4#40-45

Prognosis of V-type Pramehas:

these 4 types are incurable because of: great severity and contradictory treatment.

Ni4#38

Symptoms of Various Types of Pramehas:

Prameha acquires the color, taste, touch (texture) and smell according to the respective dosha involved.

So, K prameha would be[fill in]

P would be[fill in]

And V would be ...[fill in]

Prognosis of one type of V Prameha:

Prameha caused by V which is associated with pain, has blackish or reddish urine and similarity with majja etc. is incurable. [What is similar to majja etc.? The discharge in the urine?] - Ci6#12

Prodromal Symptoms [of All Types of Pramehas]:

The 3 doshas vitiated and about to produce pramehas exhibit these prodromal symptoms-

sweating

foul smell in the body

fleshy smell in body

slackness in the body

liking for the comfort of lying down, sitting and sleeping

frequent sleep and drowsiness

“smearing in the heart” [congestion of those blood vessels/ circulation]
 dirt in the body
 “smearing” in eyes, tongue and ears and body orifices
 heaviness in body parts (overweight)
 excessive increase of hairs and nails mating of hairs
 liking for cold
 dryness in the throat, palate and mouth
 thirst
 sweetness in the mouth
 numbness and burning sensation in the hands and feet and in body parts
 ants and bees are attracted to the person’s body and urine
 lassitude
 morbidities in urine
 Ci6#13-14, Ni4#47

Complications of Prameha:

Pramehas, on chronicity [when allowed to continue] give rise to these complications- thirst, diarrhea, fever, burning sensation, debility, anorexia, indigestion, boils due to sloughing of muscles, like alaji, vidradhi etc.
 Ni4#48

Two Classes of Prameha Patients:

- 1 type: is obese and strong
 - 1 type: is lean and weak
- Ci6#15

Treatment of Pramehas

Treatment of Pramehas:

Amongst them, the curable types of prameha should be treated with evacuative and pacificatory measures, as required.
 Ni4#49

Treatment of the Lean and Weak Type Patient:

promotive treatment should be given
 Ci6#16

Treatment of the Obese and Strong Type of Patient (having abundance of dosha):

Evacuation should be given.
 Ci6#16

General Stages of Evacuative Treatment for Strong Patient of Pramehas:

- 1) unction
- 2) various formulations for evacuation (mentioned in Kalpasthanam)
 (To eliminate dosha from upward -vamana- and downward -virechan- passages)

3) saturation therapy

Ci6#16

Importance of using Saturating Therapy in cases of Prameha:

The evacuative measures are de-saturating. By de-saturating, the patient of prameha is effected with gulma, wasting, pain in the penis and bladder and obstruction of urine.

Ci6#17

Use of Saturating measures According to Digestion:

the measures of saturation should be applied according to the patient's digestive strength.

(Over-saturation will likely aggravate the prameha.)

Ci6#17

General Treatment of the Lean and Weak Patient of Prameha:

He should be subject to the following pacificatory measures:

mantha (churned drink)

extracts [decoctions]

linctus [lickable paste] made of- barley powder and light edibles

Ci6#18

Food for the weak patient:

Rough food articles such as boiled barley, barley cakes, flour of parched grains and apupa (a dietary preparation)

These should be eaten with palatable meat-soup of wild birds particularly gallinaceous birds and pecker birds.

He should take sali rice with soup of mudga etc. and bitter vegetables added with oil of danti and ingudi or linseed and mustard.

IN cereals, he should use sastika and wild rice.

The diet should consist mainly of barley. - Ci6#19-20

In K-type prameha:

eat various preparations of barley added with honey.

Barley grain dipped in a decoction of triphala for the whole night makes a saturation food when taken with honey.

Ci6#21

The patient may also take them regularly mixed with vinegar for alleviation of prameha.

Ci6#22

He should use flour of parched grains, bolus, parched grains and other various edibles made of barley impregnated with decoctions of drugs prescribed in the treatment of K prameha.

Ci6#23

For non-vegetarians, various preparations of barley mixed with the meat of ass, horse, bull, swan and spotted deer should be prescribed.

Ci6#24

The seeds of bamboo and wheat may also be used in forms similar to those of barley

Ci6#24

General Treatment of K Prameha:

Evacuation, emesis and lightening applied in time overcome the K pramehas.

Ci6#25

General Treatment of P Pramehas:

purgation, saturation and pacificatory measures subdue the P pramehas.

Ci6#25

Decoctions for Use in Treatment of Pramehas:

The following decoction should be used:

daruharidra, devadaru, triphala, musta

Decoct the above.

Ci6#26

The following paste/ drink should be used:

powder of- haridra

+

honey

+

juice of- amalaki fruits [[a nice amalaki decoction may be substituted here.]]

Mix all the above together.

Ci6#27

The following are 10 decoctions to be used:

The following decoction should be used:

haritake, katphala, musta, lodhra

Ci6#28-29

The following decoction should be used:

patha, vidanga, arjuna, dhanvana

Ci6#28-29

The following decoction should be used:

both haridrads (haridra and daruharidra), tagara, vidanga

Ci6#28-29

The following decoction should be used:

kadamba, sala, arjuna, yavani

Ci6#28-29

The following decoction should be used:

daruharidra, vidanga, khadira, dhava

Ci6#28-29

The following decoction should be used:

devadaru, kustha, aguru, candana

Ci6#28-29

The following decoction should be used:

daruharidra, agnimantha, triphala, patha

Ci6#28-29

The following decoction should be used:

patha, murva, goksura

Ci6#28-29

The following decoction should be used:

yawani, usira, haritaki, guduci

Ci6#28-29

The following decoction should be used:

cavya, haritaki, citraka, saptaparna

Ci6#28-29

The following are 10 decoctions for P types:

The following decoction should be used for P types:

usira, lodhra, arjuna, candana

Decoct the above.

+

honey

Ci6#30-32

The following decoction should be used for P types:

usira, musta, amalaka, abhaya

Decoct the above.

+

honey - Ci6#30-32

The following decoction should be used for P types:

patola, nimba, amalaka, guduci

Decoct the above.

+

honey

Ci6#30-32

The following decoction should be used for P types:

musta, haritaki, padmaka, kutaja

Decoct the above.

+

honey Ci6#30-32

The following decoction should be used for P types:

lodhra, hribera, kaliyaka, dhataki

Decoct the above.

+

honey - Ci6#30-32

The following decoction should be used for P types:

nimba, arjuna, amrataka, haridra, utpala

Decoct the above.

+

honey - Ci6#30-32

The following decoction should be used for P types:

sirisa, sarja, arjuna, nagakesara

Decoct the above.

+
honey - Ci6#30-32

The following decoction should be used for P types:
priyangu, kamala, utpala, palasa flower
Decoct the above.

+
honey - Ci6#30-32

The following decoction should be used for P types:
aswattha, patha, asana, vetasa
Decoct the above.

+
honey - Ci6#30-32

The following decoction should be used for P types:
daruharidra, utpala, mustaka
Decoct the above.

+
honey
- Ci6#30-32

The above formulations are useful in all types of prameha.

The above decoction formulas may also be used in the following forms:

mantha
impregnation of barley
impregnation/ for cooking of foods
as drink
they may also be taken alone
Ci6#33

Adaptation of the above Decoction Formulas for Use for V type Prameha:

The decoctions should be cooked with oils and ghritas.

By so doing, the drugs in the decoctions diminish medas and K, yet the oils pacifies V.

Ci6#34

The following formula should be used in prameha caused by K and P:

powder of- flowers of kampillaka, saptacchada, sala, bibhitaka, rohitaka, kutaja, kapittha

Use: after the drug is digested, take food of old cereals + delicious meat soup of wild animals.

Ci6#35-36

The following formula should be used in prameha caused by K and P:

paste of- flowers of kampillaka, saptacchada, sala, bibhitaka, rohitaka, kutaja, kapittha

+
amalaki juice

Mix the above together.

Use: Take in dose of 10gm. [alternate interpretation: the above paste should be 10gm. in the formula.]

after the drug is digested, take food of old cereals + delicious meat soup of wild animals.

Ci6#35-36

Treatment of Prameha with V and K or V and P:

give/ “apply” unction [internally].

Ci6#37

Unctuous formula for V with K prameha:

an anti-K decoction

+

oil

Cook the above together.

Ci6#37

Unctuous formula for V with P prameha:

an anti-P decoction

+

ghee

Cook the above together.

Ci6#37

The following formula should be used for K-V prameha:

goksura, asmantaka, somavalka, bhallataka, ativisa, lodhra, vaca, patola, arjuna, nimba, musta, haridra, padmaka, yavani, manjistha, aguru, candana

+

oil

Cook the above together.

Ci6#38

The following formula should be used for P [-V] prameha:

goksura, asmantaka, somavalka, bhallataka, ativisa, lodhra, vaca, patola, arjuna, nimba, musta, haridra, padmaka, yavani, manjistha, aguru, candana

+

ghee

Cook the above together.

Ci6#39

The following formula should be used for Tri-doshic [w/ V dominant] prameha:

goksura, asmantaka, somavalka, bhallataka, ativisa, lodhra, vaca, patola, arjuna, nimba, musta, haridra, padmaka, yavani, manjistha, aguru, candana

+

oil + ghee

Cook the above together.

Ci6#39

The following [decoction/ paste] should be taken with aggravated pramehas:

decoction of- triphala, daruharidra, visala, musta, haridra

+

paste of- haridra [/all of the above herbs]

+

honey

Mix all the above together.

Ci6#40

Madhvasava:

This wine alleviates K and P pramehas quickly.

It is also efficacious in anemia, piles, anorexia, grahaniroga, leucoderma and various types of leprosy:

10gm. of each- lodhra, sati, puskarāmula, ela, murva, vidanga, triphala, yavani, cavya, priyangu, kramuka, visala, kiratātikta, katurōhini, bhāngi, tagara, citraka (root), pippalimula, kustha, ativisa, patha, indrayava, nagakesara, indravārūni, nakha, patra, marica, plava

+

10.24L- water

Boil all the above together until reduced to 1/4th. Filter. [allow to cool well.]

+

“1/2 quantity”- honey

Mix all the above together.

Store in a ghee-smearred vessel for a fortnight [14 days].

Use: Dose: 80ml

Ci6#41-44

Dantyasava:

the above decoction (from madhvasava)

+

320gm.- danti [added in with the herbs to be decocted]

+

320gm.- sugarcandy

same amount as in above formula- honey

Ci6#45

Bhallatakasava:

the above decoction (from madhvasava)

+

160gm.- bhallataka [added in with the herbs to be decocted]

+

320gm.- sugarcandy

same amount as in above formula- honey

Ci6#45

The following liquids may be used for drinking:

- 1) water processed with the drugs of the salasaradi group
- 2) water processed with kusa
- 3) honey water [honey + water]
- 4) triphala water
- 5) undamaged sidhu [a wine]

6) old madhwika [a wine] of good quality

Ci6#46

Foods may be used:

roasted meat of animals and birds

various preparations of barley - Ci6#46

Treatment of Pramehas caused by Over-Saturation:

evacuation, aristas, decoctions and linctus

Ci6#47

Use of Parched Grains:

Pramehas do not stand (remain) if one takes parched barley and dry parched grain flour regularly.

Ci6#47

* Use of Green Gram [green mung beans] and Amalaki:

Likewise, one becomes free from obstinate leucoderma and K leprosy [and skin conditions in general] [as well as from Pramehas] by the regular use of green gram and amalaka.

Ci6#48

Other formulas to use for K and P types of Pramehas:

Those used in treatment of obesity in context of diseases caused by over-saturation (see that chapter).

Ci6#49

Other Therapies for Treatment of Pramehas:

Pramehas disappear quickly by using the following therapies:

1) physical exercise “(including yogasanas) [probably the previous editor’s note here]”

2) profuse annointings

3) [profuse] baths

4) [profuse] sprinklings

5) [profuse] pastes of- usira, twak, ela, aguru, candana, etc.

Ci6#50

Importance of Primarily Treating Body Fluid, Fat and K:

Body fluid, fat and K are the causes of prameha.

Therefore, the first step in treatment of K and P types of prameha should be de-saturation measures.

Ci6#51

Avoidance of Etiological Factors:

the treatment of a disease starts with avoiding the etiological factors.

So, avoid the etiological factors in treatment.

Ci6#53

[move the following paragraphs to the beginning of this Prameha chapter.]

Diagnosis:

Differentiation of Prameha and Raktapitta:

One who passes deep-yellow or bloody urine without exhibiting premonitory symptoms of prameha should be diagnosed as raktapitta instead.

Ci6#54

Differentiation of V-type Prameha and K prameha:

If the urine is sweet, slimy and honey-like, then either of the following are possibilities:

A) it is V-type prameha (this type is caused by diminution of the doshas)

[Here the sliminess in the urine is the diminishing soft tissues exiting via the urine.]

B) it is K-type prameha (this type is due to over-saturation)

[Here the sliminess in the urine is the excess soft doshas welling over from the blood stream into the urine.]

Ci6#55

Prognosis:

“K and P pramehas having premonitory symptoms, and V pramehas developed by their own factors are incurable.

The P pramehas (without premonitory symptoms) are maintainable, and if fat is not excessively affected.

Ci6#56

Prognosis of Congenital Prameha:

congenital diabetes, or one inheriting the disease from his diabetic father is incurable because of the genetic defect.

Ci6#57

General Prognosis of “familial” [congenital/ hereditary] diseases:

they are incurable

Ci6#57

Treatment of the 7 Types of Boils which inflict the patients of Prameha:

These have been [listed/ described] in the quadruplet of diseases (Su. 17).

They should be treated by the expert surgeons with surgical operations and with cleansing and healing remedies.

Ci6#58

Diagnosis and Treatment of the 7 Types of Diabetic Boils:

Diabetic Boils as Complication of Madhamedha:

If treatment of madhamedha [[or perhaps any of the pramehas]] is neglected, the 7 severe [types/ literally, 7 boils] pidakas (boils) arise in muscular areas, vital parts and joints.

Su17#82

The 7 pidakas (boils):

saravika, kacchapika, jalini, sarsapi, vinata, vidradhi[(only 6 are listed here.

Perhaps vidradhi is counted as 2 types; internal and external).]

The 7 pidakas (boils):

Type:	Symptoms	
Saravika boils	raised at margins, depressed in the centre, blackish in color, has moisture and pain and looks like an earthen saucer	
Kacchapika boils	has deeper pain particularly of piercing nature, covers a wide area, is smooth and similar to the back of a tortoise	
Jalini boils	is stiff, has venous network, unctuous discharge, big base, excessive pain particularly of piercing nature and minute openings	
Sarsapi boils	is not very big, quickly suppurating, very painful and having mustard[-seed]-like (small) boils	
ALAJI BOILS	at the time of appearance, causes burning sensation in the skin, thirst, fainting and fever; spreads over and constantly produces terrible burning pain like fire	
Vinata type boils	has deep pain and thick discharge, appears in back or abdomen, is big, depressed and blue	
[Vidradhi] boils	These will be further described below.	

Su17#83-89

The 2 Types of Vidradhi (Abscess):

- 1) external and
- 2) internal.

The external one: is located in skin, ligament and muscle, resembles tendon and is very painful. - Su17#90

The internal one: [[will be described below]]

Etiology and Pathology of Vidradhi:

By intake of **winter cereals [these presumably would be especially dry and rough, vs. heavy and damp]**, burning, hot, rough and dry food, taking antagonistic foods, eating during indigestion, 'mixed up', irregularly and unwholesome diet; drinking damaged and plenty of wine, suppression of urges, fatigue, complicated physical exercise and sleep, excessive weight-carrying, travelling on foot and sexual intercourse,

when dosas in body affect mamsa and rakta,

deep-seated, painful and severe gland-like node appears in cardiac region, kloman [pancrease], liver, spleen, lumbar region, kidneys, navel, groins or urinary bladder.

Su17#91-94

Because of having impure blood in abundance it gets quickly inflamed and that is why it is called as 'Vidradhi' (that which caused 'vidaha'- inflammation [burning sensation]).

Su17#95

Symptom of V-type Vidradhi:

In vidradhi predominant in V, perforating and cutting pain, giddiness, distension, sound, throbbing and spreading characters are there.

Su17#96

Symptom of P-type Vidradhi:

thirst, burning sensation, fainting, narcosis and fever are there.

Su17#96

Symptoms of K-type Vidradhi:

yawning, nausea, anorexia, stiffness and shivering are there.

Su17#96

Common Symptom In all types of Abscess:

Intense pain is the main symptom.

The pain may be of various natures such as cutting, burning or stinging.

Su17#97

Characters of the Discharge of V-type Vidradhi:

it is thin, rough, reddish or blackish and foamy

Su17#98

Characters of the Discharge of P-type Vidradhi:

resembling soup of sesamum, soup of black gram or soup of kulattha.

Su17#98

Characters of the Discharge of K-type Vidradhi:

white, slimy, thick and abundant.

Su17#99

Characters of the Discharge of Sannipatika-type Vidradhi:

Has all of the above symptoms.

Su17#100

Symptoms of Vidradhi According to Location:

Location	Symptoms	
Heart	palpitation, feeling of darkness before the eyes, cough and dyspnea	
Kloman [Pancreas]	thirst, dryness of mouth and obstruction in the throat.	
Liver	Dyspnea	
Spleen	Difficult inspiration	
Lumbar Region of Abdomen	pain in sides of abdomen, chest and scapular region	
Kidneys	stiffness in back and waist	
Umbilical [area/ 'Umbilica']	hiccup	
Groin	weakness in the legs	
Bladder	difficulty and foul odor in urine and feces	

Su17#101

Symptoms of Vidradhi located in Upper Parts:

when they ripen and burst the discharge comes out of the mouth

Su17#102

Symptoms of Vidradhi located in Lower Parts:

when they ripen and burst, the discharge comes out of the anus

Su17#102

Symptoms of Vidradhi located in the Navel (mid-region of the abdomen):

when they ripen and burst, the discharge comes out of both the mouth and the anus.

Su17#102

Prognosis of Vidradhi, by Location:

These are fatal: Those located in cardiac region, navel, urinary bladder

The Ripened ones

Those caused by tridoshas.

All the remaining types and locations of abscess/ vidradhi are amenable to treatment if some expert and swift-handed physician is found.

Su17#103

Treatment for Abscess/ Vidradhi:

Hence, abscess should be treated immediately with unction and purgation because it is disastrous like recently appeared weapon, serpent, lightning and fire.

Su17#103

Treatment for Abscess/ Vidradhi:

It should be treated similarly to treatment for gulma.

Su17#103

These boils arise even without prameha (diabetes) in persons with deranged medas (fat).

[Often,] they do not become noticeable until they acquire a large area.

Su17#104

Saravika, kacchapika and jalini types of boils are hardly tolerable and severe and arise in person having abundance of K and medas. - Su17#105

On the other hand, sarsapi, alaji, vinata and vidradhi are curable ones. They are dominant in P and occur in persons with little medas. - Su17#106

The diabetic who develops boils in vital organs, shoulder, anus, hands, breast, joints and feet does not survive.

Su17#107

Diagnosing Other Types of Boils:

Apart from the above types, there are other types of boils such as:

Some have red, yellow, black, reddish, pale, yellowish, ash-like or deep black color.

Some are soft while others are hard.

Some are big while some are small.

Some are slow-growing, while others are fast-growing.
Some are mildly painful, while others are intensely painful.

Su17#108-109

After observing them, one should diagnose according to the respective causes and symptoms of V etc. and treat them immediately before any complication develops.

Su17#110

The complication of boils:

dyspnea, gangrene, fainting, hiccup, narcosis, fever, metastasis and obstruction in vital organs.

Su17#111

Unmada (Insanity)

Diagnosis

Etiology

V-type

P-type

K-type

Exogenous type

Influence of Gods and Spirits

Prognosis

Treatment

V-type

P-type

K-type

Exogenous

Formulas

Old Ghee

Formulas

General Measures

The teacher Punarvasu, the abode of intellect, memory, knowledge and penance, and savior of living beings, described the etiology, symptoms and treatment of insanity to Agnivesa concisely as queried.

Ci9#3

Definition of Insanity:

Excessive wandering of intellect, mind and memory.

Ci9#8

Insanity is defined as wandering about of mind, intellect, consciousness, knowledge, memory, inclination, manners, activities and conduct.

Ni7#5

Etiological Factors of Insanity:

antagonistic, defective and impure food
insulting the gods, teachers or brahmanas
mental shock due to gear or exhilaration
difficult postures

Ci9#4

Etiology of Insanity [doshic or non-exogenous type]:

The 4 types caused by doshas arise shortly in persons like these such as- in timid, those with distressed mind and aggravated doshas, who use dirty, damaged, and unsuitable food items irregularly observing the rules for dieting, apply tantrika practices improperly, practice other body postures in a complicated way, are extremely emaciated, having giddiness due to intensity of (other) diseases, whose mind is inflicted by passion, anger, greed, exhilaration, fear, confusion, exhaustion, grief, anxiety, excitement etc. and in those who are frequently injured or whose mind gets damaged and intellect becomes unstable, in this state the aggravated dosas spreading to the heart and obstructing the mind-carrying channels give rise to insanity.

Ni7#4

Pathology of Insanity:

The causative factors vitiate the doshas in the person.

Those people with only a small proportion of Sattva (guna) are most susceptible to this.

The aggravated doshas affect hrdaya, the seat of intellect.

From the heart, the doshas reach the mind-carrying channels.

Thus the doshas quickly derange the mind of the person.

Ci9#5

Prodromal Symptoms ('of insanity cause by doshas'):

vacantness of head, excitement in eyes, dizziness in ears, increase in inspiration, excessive salivation, aversion to food, anorexia and indigestion, stiffness in cardiac region, meditation, exhaustion, bewilderment and excitement without occasion, constant horripilation, frequent fever, abnormalcy in mind, urticarial patches, facial expression as if affected by facial paralysis; frequent appearance in dreams of rolling, moving, unstable and inauspicious visual objects, riding over the wheel of oil press, being churned by whirl winds, drowning in a whirl of turbid waters and divergence of eyes.

Ni7#6

General Symptoms of Insanity:

perverted intellect
 psychic [mental] agitation
 restless eyes
 impatience
 incoherent speech
 “vacant hrdaya (mind)”

The person with deranged mind does not know pleasure, pain, ethics or religion.
 Therefore he can find no mental peace.

Due to loss of memory, intellect and perception he lets the mind loose to wander
 here and there. Ci9#6-7

Two Types of Insanity:

- 1) innate
- 2) exogenous - Ci9#8

5 Types of Insanity:

There are also 5 divisions of insanity, according to it's origin.
 - Ci9#9

The 5 Types of Insanity:

V, P, K, Sannipatiaka, and Exogenous-caused
 Ni7#3

Etiological Factors of V-type Insanity:

intake of rough, deficient and cold food
 excessive evacuation
 wasting of dhatus
 fasting
 Ci9#9

Pathology of V-type:

In the person who is already afflicted with anxiety etc, these causes effect the
 mind, thus producing derangement of memory and intellect quickly.
 Ci9#9

Signs of V-type Insanity:

inopportune laughing, smiling, dancing, singing, speaking, movement of body
 parts, weeping
 roughness
 emaciation
 reddish complexion
 aggravation of the disease after digestion of food [[on empty stomach]]
 Ci9#10

Symptoms of V-type Insanity:

it arises just after the prodromal symptoms.
 Constantly moving about, sudden movement of eyes, eyebrows, shoulders, jaw,
 forearms, legs and other parts; constant and incoherent speech, foaming of the mouth,
 frequent and inopportune smiling, laughing, dancing, singing, playing musical

instruments, imitating uncalmly the sounds of lute, flute, conch, samya and tala, moving on non-vehicles, decorating with non-adorning materials, longing for non-available eatables while disregard and strong dislike for the available ones, emaciation, roughness, projected and reddish eyes, unsuitability of things opposite to the suitability for V.

Ni7#6.1

Etiological Factors of P-type Insanity:

intake of **uncooked**, pungent, sour, burning or hot edibles

Ci9#11

Pathology of P-type Insanity:

P, intensely aggravated by above causes, when in a person without self-restraint, causes violent insanity quickly.

Ci9#11

Signs of P-type Insanity:

intolerance

agitation

nakedness

terrorizing

excessive movement

heat

wrath

desire for dense shade, cold food and drink

yellowish lustre

Ci9#12

Symptoms of P-type Insanity:

intolerance, anger, inopportune excitement, inflicting injury to own people or others with weapons, brickbats, whips, wooden sticks and fists, running about, desire for shade, cold water and food, excessive heat for long; coppery, greenish, yellowish and congested eyes and unsuitability of things opposite to the suitability for P.

Ni7#6.2

Etiological Factors of K-type Insanity:

excessive saturation

slow activities

Ci9#13

Pathology of K-type Insanity:

By the above causes, **K along with P** gets increased in the mind and impairs intellect and memory, thus producing insanity.

Ci9#13

Symptoms of K-type Insanity:

slow speech and movements

anorexia

liking for women and loneliness

excessive sleep

vomiting

salivation

aggravation on taking meals

whiteness of nails, etc.

Ci9#14

Symptoms of K-type Insanity:

Standing in one place, observing silence, little walking, oozing of saliva and nasal mucus, aversion to food, liking loneliness, loathsomeness, dislike for cleanliness, frequent sleeping, swelling on face; white, moist and dirty eyes, unsuitability of things opposite to the suitability for K.

Ni7#6.3

Etiological Factors of Sannipata type Insanity:

It is caused by the combined above etiological factors.

Ci9#15

Symptoms of Sannipata type Insanity:

It is exceedingly terrific. It bears the above characters.

Ci9#15

Symptoms of Sannipatik-type Insanity:

In case of the combination of the 3 doshas, it should be known as sannipatika which is said as incurable by the experts.

Ni7#7

Prognosis of Sannipata type Insanity:

Because of necessary antagonistic treatment, the case should be rejected.

Ci9#15

Causes of Exogenous type Insanity:

insult to the gods, sages, gandharvas, pisacas, yakshas and forefathers
unmethodical performance of religious duties and vows etc.

Past deeds

Ci9#16

Etiology of Exogenous Type Insanity:

The type of insanity which is different from the types of the same caused by the doshas in terms of etiology, prodroma, symptoms, complaints and suitability is said as exogenous.

Some say the inauspicious action done in the previous life is its cause.

That also is caused by intellectual error thus said Punarvasu Atreya.

Ni7#10

Due to intellectual error, the person disregarding the gods, sages, forefathers, gandharvas, yakshas raksasas, preceptors, elders, accomplished persons, teachers and other respectable persons behaves unwholesomely, or performs other such inauspicious activities.

Having been inflicted by his own self he is further inflicted by gods et. and thus made insane.

Ni7#10

Prodromal Symptoms of Exogenous Type Insanity:

These are the prodromal symptoms of the patient of insanity caused by the wrath of gods etc.:

inclination to violence on gods, cow, brahmanas and ascetics, angriness, cruel disposition, uneasiness, impairment of ojas, complexion, lustre, strength and body, in dreams reproaching and incitement by gods etc. thereafter manifestation of insanity.

Ni7#11

These are the different features of initiation of insanity in the subject by the insanity-producing agents such as the gods produce insanity by their looking, preceptors, elders, accomplished persons and the great sages by cursing, forefathers by exposing (themselves), gandharvas by touching, yaksas by entering, riksasas by getting their odor smelled and pisacas by riding and driving.

Ni7#12

It has these symptoms: supernatural strength, energy, manliness, prowess, acquisition, retention, knowledge, speech and understanding and uncertain time of paroxysm.

Ni7#13

Signs of Insanity Caused by Evil Spirits:

the person has superhuman speech, valor, power and movements
the person has superhuman knowledge, understanding, strength, etc.
there is irregular time of aggravation of the disease.

Ci9#17

Pathology of Insanity Caused by Evil Spirits/ Gods, etc.:

Gods, etc. invisible as they are, enter into the body of the person swiftly without defiling it by the influence of their own qualities like image and the sun are able to enter a mirror and the "sun-stone".

Ci9#18

Symptoms of Insanity Caused by Evil Spirits/ Gods, etc.:

"Prodroma coincides with the entry of gods, etc."

Ci9#19

"Now listen about the symptoms of various types separately, time of aggravation and accessible persons.":

Character of Insanity Caused by Gods:

calm look, serous, unassailable, unwrathful, having no desire for sleep or food,
having only a small quantity of sweat, urine, stool and flatus
auspicious smell
face like a blossomed lotus flower

Ci9#20

Characters of a Person Maddened by the Gods:

one having movements, diet and speech corresponding to curse, magical spell or meditation of teachers, elders, accomplished persons and sages.

Ci9#20

Characters of a person maddened by Forefathers:

the eyes are unclear, with no vision
there is excessive sleep
obstructed speech
loss of desire for food
anorexia

indigestion

Ci9#20

Characters of a person maddened by Gandharvas:

fondness for musical instruments played by mouth

fondness for dance, music, food and drink, bath, garland, incense and perfumes

fondness of red apparel, as well as offerings, funny tales and [questioning], and auspicious smell

Ci9#20

Characters of a person maddened by Yaksa:

sleeping frequently

weeping and laughing

fondness for dance, vocal and instrumental music, recitation, tales, food and drinks, baths, garlands, incense and perfume

red and agitated eyes

speaking ill of brahmanas and physicians

telling secrets

Ci9#20

Characters of a person maddened by Raksasa:

insomnia

aversion to food and drink

very strong in spite of wasting

desire for weapons, blood flesh and red garland

the person is terrorizing

Ci9#20

Characters of a person maddened by Brahmaraksasa:

the person is engaged frequently in loud laughter and dance

the person expresses aversion and contempt to the gods, brahmanas and physicians

the person quotes praises, vedic incantation and other scriptures

self-inflicts with sticks etc.

Ci9#20

Characters of a person maddened by Pisaca:

impaired mind

does not find peace

dances, sings and laughs frequently

is delirious with incoherent speech

is fond of climbing on garbage, dirty lanes, cloth, grasses, stones and wood

has a hoarse and rough voice

remains naked,

“running not standing at a place” [2 items, to be separated by a comma?]

proclaims his sorrows

has lost his memory

Ci9#20

Days of the Month on which the Gods will Invade:

Gods attack the person with pure conduct and engaged in austerity and study by finding a loophole often on the 1st or 13th day of the “bright fortnight”.

Ci9#21

Days of the Month on which the Sages will Invade:

Sages possess the person who is fond of bath, purity and loneliness and is conversant with the religious scriptures and vedic sentences often on the 6th or 9th day of “the fortnight”.

Ci9#21

Days of the Month on which the Forefathers will Invade:

Forefathers enter into the person who is engaged in the service of mother, father, teacher, elders, accomplished persons and preceptors often on the 10th day of “the dark fortnight or new moon”.

Ci9#21

Days of the Month on which the Gandharvas will Invade:

Gandharvas enter into the person (who is fond of praising verses, vocal and instrumental music, has liking for other’s wife, perfume and garlands, and good conduct) often on the 12th or 14th day of the fortnight.

Ci9#21

Days of the Month on which the Yaksas will Invade:

Yaksas possess the person well-endowed with psychic [mental] stability, strength, handsomness, ego, and prowess; fond of garlands, after-paste, and jokes and excessively [talking] often on the 11th or 7th day of the bright fortnight.

Ci9#21

Days of the Month on which the Brahmaraksasas will Invade:

Brahmaraksasas will enter into the person who has dislike for study, austerity, religious practices, fasting, celibacy and worship of gods, ascetics and preceptor; lost interest in cleanliness, whether brahmana or not says himself as brahmana, regards himself as brave, has fondness for playing in temples and water tanks [swimming pools] often on the 5th day of the bright fortnight or full moon.

Ci9#21

Days of the Month on which the Raksasas and Pisacas will Invade:

Raksasas and Pisacas attack the person who has inferior psyche, is a “back-biter”, thief, greedy and wicked – often on the 2nd, 3rd or 8th day of the fortnight.

Ci9#21

“Thus the 8 prominent among innumerable grahas (seizures) are described.”

Periods of Susceptibility:

The persons become susceptible to the gods, sages, forefathers, gandharvas, yaksas, raksasas, pisachas; and preceptors, elders and accomplished persons as would be producers of insanity during certain periods or occasions. These periods or occasions are listed here:

- in the beginning of a sinful act,
- at the time of maturation of the previous deed,
- on lonely residence in a deserted house or staying at cross roads,
- incautiousness during evenings and twilights,
- sexual intercourse in the new moon and full moon days;

approaching a woman during menses;
 defective application of recitation, offerings, auspicious rites and oblations;
 breaking rules, vow and celibacy,
 great wars;
 destruction of country, family or city;
 eclipses,
 at the time of delivery of women;
 inauspicious and unclean touch of various creatures;
 during emesis, purgation and blood-letting;
 approaching religious places and temples while unclean and carelessly;
 while leaving remnant of meat, honey, sesamum, jaggery and wine,
 in naked condition;
 visiting town, corporation, crossroads, gardens, cremation grounds and slaughter
 houses at night,
 insulting brahmanas, preceptors, gods, ascetics and respectable persons;
 failure in narration of religious scriptures,
 performance of any other inauspicious act
 -thus are described the times of affliction.

Ni7#14

Prognosis:

Incurable type:

One who strikes at others or himself without hesitation, raising his hands with wrath and agitation should be declared as incurable. Ci9#22

Rejectable Type:

One who has tearful eyes, hemorrhage from the penis, wounded tongue, running nose, "abraised skin" [abraided? Bruised?], "uncounteractable hands" [they do not respond to other persons stimuli/ restraint], constantly groaning, deranged complexion, excessive thirst and foul smell should be known as maddened by a violent one and should be rejected.

Ci9#22

Sings of Insanity caused by Longing for Pleasure or Worship:

Those maddened by longing for pleasure or worship should be know by their liking [so just ask them].

Ci9#23

"There is 3-fold object in insaning by insanity-producing agents" [clarify the preceding]. such as: violence, pleasure and worship."

Their specific object should be known by observing the specific behavior of the insane.

If inflicted with the violent one, the patient enters into fire, sinks into water, falls into a pit from the ground; strikes himself with weapon, whip, wooden stick, brickbats and fist; and takes other suicidal action. He should be known as incurable, while the other 2 are curable.

Ni7#15

Treatment:

Remedial measures for the curable 2 types are as follows:

recitation of mantras, wearing of roots and gems, auspicious rites, offerings, gifts, oblations, religious rules, vow, propitiation, fasting, blessings, prostration, visit to religious places etc.

Ni7#16

Thus the 5 types of insanity are described. - Ni7#17

Although 5 they are in fact 2 while being divided as innate in exogenous, and curable and in-curable.

They, however, associate with each other by combination of respective causes.

Then they have combined prodroma as well as symptoms.

Amongst them, combination of incurable ones, and curable and incurable ones should be known as incurable while the combination of curable ones is curable. It's treatment also consists of the combination of therapeutic measures.

Ni7#18

Neither the gods, nor the gandharvas, nor pisacas, nor raksasas, nor others inflict a person who is himself unaffected (by his own deeds).

When these associate with the person afflicted by his own deeds, that affliction is (evidently) not caused by them nor is there any sense of accomplishment by them.

Ni7#19-20

One should not implicate infliction from the gods, forefathers or raksasas in case of a disease caused by one's own deeds through intellectual error.

One should regard himself as the doer of happiness and unhappiness, hence one should follow the propitious path without any fear.

Worship of the gods etc. and use of wholesome things, the gods etc. and antagonism with them— all this depends on one's own self.

Ni7#21-23

Treatment:

“Now I will describe in brief and in detail the treatment of both the innate and exogenous types of insanity.” Ci9#24

Treatment of Insanity:

The therapeutic measures for the 3 curable types of insanity are:

unction, fomentation, emesis, purgation, non-unctuous and unctuous

enema, pacification, snuffing, smoking, fumigation, collyrium, inhalation of herbal juice, blowing (into the nose), massage, paste, bath, after-paste, striking, tying, confinement, frightening, inducing surprise and forgetting, desaturation and bloodletting, proper dietetic regimen according to dosas, and other remedial measures which are contrary to etiological factors.

Ni7#8

Treatment of V-type Insanity:

- 1) intake of unctuous substances
 - 1-B) if there is obstruction of channels, give mild unctuous evacuative
 - 2) dietetic regimen
 - 3)A- non-unctuous and
B- unctuous enema
 - 4) head evacuation
- Ci9#24-25

Treatment of K-type Insanity:

- 1-a) unction, sudation
 - 1) give emesis
 - 2) dietetic regimen
 - 3)A- non-unctuous and
B- unctuous enema
 - 4) head evacuation
- Ci9#26

Treatment of P-type Insanity:

- 1-a) unction, sudation
 - 1) give purgation
 - 2) dietetic regimen
 - 3)A- non-unctuous and
B- unctuous enema
 - 4) head evacuation
- Ci9#26

Repeated Use of Above Steps:

According to predominance of dosas, one or the other of the above measures should be repeatedly applied.

Ci9#27

Benefits of the Above Steps:

When heart, senses, head and bowels are evacuated with the cleansing therapies, the patient attains mental peace, memory and consciousness.

Ci9#28

Further Treatments:

In case even after the evacuation there is abnormal behavior, the following is used:

(They work because they are agitating to the mind, intellect and body [and thus stir the person out of the insanity].):

irritant snuff

[irritant collyrium]

beating

Ci9#29

Treatment of Patient who is Un-submissive:

he should be bound with firm and soft cotton bandage and isolated in a dark room.

The room should be free from items with which he could hurt himself.

Threatening, terrorizing, gifts, gladdening, consolation, frightening and astonishing restore the mind to normalcy by diverting it.

Ointment, anointing, massage, smoking and intake of ghee should be administered to arouse mind, intellect, memory and consciousness.

Ci9#30-31

Treatment of Exogenous Type of Insanity:

“intake of ghee, etc.” [is this implying that all of the evacuative measures etc. listed above should be done?] along with chanting of hymns etc. is recommended.

Ci9#32

Formulas for Treating Insanity:

The following formula is a tested destroyer of insanity:

80gm. each- hingu, sauvarcala, trikatu

+

2.56Kg.- ghee

+

“4 times”- cow’s urine

Ci9#33-34

Kalyanaka Ghrta:

This ghee is useful in epilepsy, fever, cough, phthisis, poor digestion, wasting, vatarakta, coryza, tertian and quartian fevers, vomiting, piles, dysuria, erysipelas, itching, anemia, insanity, poisoning, prameha, mental affection by evil spirits, **stammering voice [stutter], loss of consciousness**, female sterility, promotes life-span and strength, alleviates inauspiciousness, sins and micro-organisms including all the grahas (seizures). It is also excellent for pumsavana (formation of a male fetus):

10gm. each- visala, triphala, harenuka, devadaru, elavaluka, salaparni, tagara, two types of haridra (haridra and daruharidra), two types of sariva, priyangu, nilotpala, ela, manjistha, danti, dadima, nagakesara, talispatra, brhati, fresh flowers of jati, vidanga, prsniparni, kustha, candana, padmaka

(The above is a total of 20 drugs. [though actually it looks like 25 drugs])

+

640gm.- ghee

+

“4 times”- water

Cook all the above together.

[**Note:** the water will be 4 times the volume of the ghee -about 1.6L-. The total weight of the 20 herbs will be 200gm., or aprox. **1/3** of the portion of the ghee. **This is a higher proportion of herbs than even the 1/4th ratio I have been using.**]

Ci9#35-41

Mahakalyanaka Ghrta:

This ghrta is particularly bulk-promoting and an excellent alleviator or sannipata:

“In the same way, the 21 drugs beginning with ‘sthira’ (salaparni)” are used.

+

water

Boil the above together. [Filter.]

+

paste of- vira, two types of masa (masa, rajamasa), kakoli, kapikacchu, rsabhaka, rddhi

+

“4 times”[4x the volume of ghee]- milk of “primipara cow”

+

ghee

Cook all the above together.

Ci9#42-44

Mahapaisacika Ghrta:

This ghrta is like ambrosia and alleviates quartan fever, insanity, seizures and epilepsy and promotes intellect and memory and development of children:

jatamansi, haritaki, bhutakesi, carati, kapikacchu, vaca, trayamana, jaya, vira, coraka, katurohini, vayastha, varahi, chatra, aticchatra, palankasa, satavari, kayastha, two types of nakuli (nakuli and gandhanakuli), katabhi, vrscikali, salaparni

+

ghee

Process all the above together.

Ci9#45-48

Lasunadya Ghrta:

This ghrta applied in the form of intake, massage and snuffing alleviates quickly all types of insanity, innate and exogeneous, intermittent fevers and epilepsy:

100 bulbs of- garlic

30 fruits of- haritake

40gm.- trikatu

640gm.- ash of cow hide

+

5.12Kg- milk

5.12Kg.- urine [cow’s]

640gm.- old ghee

Cook all the above together. Allow to cool.

+

40gm.- asafoetida

320gm.- honey

Mix all the above together.

Ci9#49-51

The Other Lasunadya Ghrta:

This ghrta alleviates collic, gulma, piles, udara, inguinal hernia, anemia, spleen

enlargement, female genital disorders, fever, worms, disorders of V and K, and all types of insanity:

200gm.- undamaged garlic, decorticated

100gm.- dashamula

5.12L- water

Boil all the above together, until reduced to 1/4th.

+

20gm. paste of each- triphala, devadaru, rocksalt, trikatu, ajamoda, yavani, cavya, hingu, amlavetasa

320ml juice of each- kola (jajube), radish, vrksamla, natulunga, fresh ginger, pomegranites

320ml each- sura, curd-water, sour gruel

640gm. juice of- garlic

640gm.- ghee

Cook all the above together.

The following ghee is useful:

hingu, hinguparni, kayastha, vayahstha

+

ghee

Prepare the above together.

The following ghee is useful:

vayahstha, hingu, coraka

+

ghee

Prepare the above together

Ci9#52-56

Old Ghee:

Use of Old Ghee:

Old ghee alone may be used to treat insanity.
 It is particularly effective for patients of insanity.
 It may be used alone, or cooked with the above drugs.

Use: after administering the maximum dose, the patient should be kept in isolation in some ditch or room.

Ci9#57

Benefits of Old Ghee:

It alleviates tridosha, particularly destroys seizures because of being pure.
 It destroys all grahas [[demonic possessions]]
 It promotes intellect.

It is an excellent purgative.

Ci9#58

Characters of Old Ghee:

By intake it is more potent in properties.
 It is pungent-bitter in taste.
 It is irritant in smell
 It has appearance like lac-juice [lacquer– varnish!!!]
 it is **cold** [energetically]

Ci9#59

Definition of Old Ghee:

Ghee which has been stored for 10 years.

Ci9#60

“Prapurana” (Extremely Old Ghee):

Ghee which has been kept beyond 10 years is known as Prapurana (extremely old).

Ci9#61

Benefits of 100 Year Old Ghee:

There is nothing incurable for the ghee which is 100 years old.
 It destroys all the grahas by seeing [being looked at], touching [being touched] or inhaling.
 It is particularly recommended for those suffering from epilepsy, grahas and insanity.

Ci9#62

“If the patient does not come under control, the following formulations should be used as collyrium, anointing, paste, snuff, etc.”

The following may be used for snuff and collyrium:

sirisa, madhuka, hingu, lasuna, tagar, vaca, kustha

+

goat's urine

Powder all the above together. [grind the herbs to a powder in the goat's urine.]

Ci9#64

The following may be used as snuff or collyrium to alleviate insanity, grahas and epilepsy:

trikatu, two types of haridra, manjishta, hingu, sarsapa, sirisa (seeds)

[powdered with goat's urine.]

Ci9#65-66

The following collyrium sticks are used in epilepsy, insanity caused by evil spirits, fever, possessions by evil spirits and gods, and in eye diseases:

equal quantity of each- apamarga, hingu, haratala, hingupatrika

½ quantity- marica

+

bile of- cow, jackal

Powder all of the above together.

Form into a stick.

Ci9#67-68

The following collyrium is useful in defects of vision and in loss of memory caused by doshas and spirits:

marica

+

“(the above)” bile

“Mix” [not cook] the above together.

Keep in the sun for 1 month.

Ci9#69

The following may be used as collyrium, snuff, paste bath or anointing.

It is an anti-poison formula.

It alleviates epilepsy, poisoning, insanity, magical spells, inauspiciousness and fever.

It averts fear from the spirits and also “protects in royal place”:

equal quantity- white mustard, vaca, hingu, karanja, devadaru, manjistha, triphala, sveta, katabhi (bark), trikatu, priyangu, sirisa, two types of haridra

+

goat's urine

Powder all the herbs with the urine.

Ci9#70-71

The following ghrita may be used in the same ways for the same purposes [but for more V conditions] as the above formula:

equal quantity- white mustard, vaca, hingu, karanja, devadaru, manjistha, triphala, sveta, katabhi (bark), trikatu, priyangu, sirisa, two types of haridra

+

cow's urine

+

ghee

Cook all the above together.

Ci9#72-73

Use of Smoking Stick for Treatment of excessive Salivation and Coryza:

In these conditions, the smoking stick which has been made of aromatic substances or “sweta etc.” said under evacuative smoking (see Sutrasthana chapter 5) added with hingu should be used.

Ci9#74

Topical Treatments for V-K-type Insanity:

Mostly in insanity caused by V and K sprinkling, collyrium, blowing, snuffing and smoking should be applied with urine, bile, feces, skin, hairs, nails and hide of porcupine, owl, cat, jackal, wolf and goat.

Ci9#75

Treatment of P-type Insanity:

In P type, tiktaka and jivaniya ghrta (ghee cooked with bitters and vitalizers) and “mixed fat” are efficacious.

Also, the patient should be given cold, sweet and soft food and drinks.

Or, the physician should let out some blood from the vein situated in the joining of the temple and the end of the hair limit [hair line] in insanity, irregular fever and epilepsy.

Ci9#76-77

Treatment of Insanity caused by Longing for Pleasure or Worship:

They should be treated with hymns and drugs mixed with the respective gifts and offerings.

Ci9#23

General Restrictions in Insanity:

The patient should be kept in wind-free place .

Ghee and meat should be restricted [minimal] in his diet.

Thus by getting rid of the loss of intellect and memory he regains sense and recovers.

Ci9#78

A friend should console him with religious and purposeful words or tell him the loss of some favorite person or thing or show him some astonishing thing.

Or, after massaging with mustard oil he should be tied up, and lain prostate in the sun.

Or, he should be touched/ brushed with bristles of kapikacchu or heated iron rod, oil or water.

Or, he should be tied well, and then beat with whips, and then put into a lonely room.

Thus his perturbed mind gets pacified.

He should be terrorized by a snake (who’s fangs have been first removed).

He should be terrorized by a trained elephant or lion.

He should be terrorized by armed thieves or enemies.

Or the royal servants should tie him up well and then take him out [to a deserted location] and terrorize him with threats to kill him by the king’s orders.

Ci9#79-84

The fear of life is above that of [greater than] the bodily affliction and as such it

leads to pacification of the mind deranged wholly.

Ci9#84

If loss of mind is affected due to the loss of some favorite possession, then it should be pacified by consoling and assuring him to provide a similar thing.

Ci9#85

Insanity caused by passion, grief, fear, anger, exhilaration, envy and greed should be pacified by antagonizing them mutually. [Induce the opposite emotion.]

Ci9#86

The physician should administer this treatment in insanity caused by spirits or doshas after examining place, age, suitability, morbidity, time and strength or otherwise.

Ci9#87

Importance to not use harsh measures in Insanity caused by gods, etc.:

In insanity caused by gods, sage, fore-fathers or gandharvas, the wise physician should avoid irritant collyrium etc. and other harsh measures.

Instead, he should use intake of ghee and other mild medicaments.

Moreover, worship, offerings, gifts, recitation of hymns, collyriums, pacificatory acts, sacrifices, oblations, repetition of hymn, blessings, vedic rites and expiations should be done.

One worshipping daily and sincerely the all-powerful god (Siva), the master of spirits and the lord of the world, overcomes the fear of insanity.

Pramathas, the attendants of Rudra who moved about in the world, if worshiped, help recovery from insanity.

Ci9#88-92

Treatment of Exogenous-type Insanity:

It is pacified by offerings, auspicious acts, oblations, **wearing roots and anti-poison drugs**, good conduct, austerity, knowledge, gifts, religious duties, vows, worship of gods, cows, brahmanas and preceptors and unfailing hymns and drugs.

Ci9#93-94

Similarity of Treatment for Insanity and Epilepsy:

Because of similarity in etiology and substratum or morbidity between the two, the treatment measures are also similar.

So, the treatment measures for epilepsy may be used for treating insanity also.

Ci9#95

Measures for Prevention of Insanity:

The person who has significant sattwa nature

abstinence from meat and wine

take wholesome diet

be sincere and pure

-this person does not get innate or exogenous insanity.

-#96

Signs of Recovery from Insanity:

Clarity (in perception) of sense objects and also of intellect, self and mind, as well as

Normalcy of the dhatus

Ci9#97

Apasmara (Epilepsy)

Diagnosis

Etiology

Symptoms

V-type

p-type

k-type

Cycles of Attacks

Treatment

Purgation

Internal Formulas

Topical Formulas

Etiology

Pathology

General Treatment

prognosis

Historical/ Mythical Cause of Diseases:

In early times during destruction of Daksa's sacrifice when the human beings fled in various directions, Epilepsy arose due to impure contact of various creatures.

Ni8#11

Definition of Apsmara:

It is defined as departure of memory associated with entering into darkness (unconsciousness) and loathsome appearance [[convulsions]] due to derangement of intellect and mind.

Ci10#3

Epilepsy is defined as the transient appearance of unconsciousness with loathsome expression due to derangement of memory, intelligence and mind.

Ni8#5

Epilepsy is caused by V, P and K and the 4th one by Sannipata which is rejectable.

The wise physicians treat the curable ones cautiously with strong evacuative measures and respective pacificatory ones.

When there is association of exogenous factor with that caused by dosa, there the wise physicians prescribe the general treatment (suitable for it).

Ni8#12-14

Etiological Factors of Epilepsy:

having a perverted [distorted/ disturbed] mind

abundant morbidity due to intake of unwholesome and unclean foods

infliction of the mind with rajas and tamas

masking of the heart with doshas and injury of the mind by anxiety, passion, fear, anger, grief, agitation, etc.

Ci10#4-5

Etiology of Epilepsy:

Epilepsy arises shortly in such human beings as— those whose mind is disturbed by rajas and tamas, who have scattered, abnormal and plenty of dosas; use dirty, damaged and unclean eatables observing the dietetic rules improperly, apply tantrika practices improperly, practice other uneven bodily postures or due to wasting, dosas get vitiated and, in those having mind disturbed by rajas and tamas, spread over to hrdaya, the best seat of inner self, and also the seats of sense organs and stay there dominantly.

While staying there when they are excited by (emotions such as) passion, anger, fear, greed, confusion, exhilaration, grief, anxiety, agitation, etc. and fill up the hrdaya and seats of sense organ suddenly the person is attacked by epilepsy.

Ni8#4

Pathology of Epilepsy:

Due to the above factors, the doshas get carried to the heart and afflict it.

Consequently the patient "suffers stupefied with wandering mind".

Ci10#6

These are the prodromal symptoms of epilepsy:

throwing aside of eyebrows, frequent abnormal movements of eyes, hearing of sound in its absence, excessive oozing of saliva and nasal mucus, aversion to food, anorexia, indigestion, stiffness in cardiac region, distension of abdomen, debility, tearing

pain in bones, body-ache, mental confusion, darkness before the eyes, fainting, frequent giddiness and dreams of narcosis, dancing, piercing, aching, trembling, falling etc.

- Ni8#6

Immediately thereafter epilepsy arise.

Ni8#7

Symptoms of Epilepsy:

The patient “suffers stupefied with wandering mind”.

He sees non-existent things (visual hallucinations)

falling down

twitching of the tongue, eyes, eyebrows

excessive salivation

convulsions in the hands and feet

after the paroxysm is over, the patient wakes as if from sleep.

Ci10#7

4 Types of Epilepsy:

V, P, K and Sannipatika

Ni8#3, Ci10#8

Symptoms of V-type Epilepsy:

the patient trembles, bites his teeth, emits froth, respire excessively and sees things as rough, reddish and black.

Ci10#9

Symptoms of V-type Epilepsy:

frequent fits, regaining consciousness instantaneously, protruded eyes, crying recklessly, emitting froth from the mouth, excessively swollen neck, puncturing pain in head, irregularly contracted fingers, unstable hands and feet, reddish, rough and blackish nails, eyes, face and skin, vision of unstable fickle, coarse and rough objects, unsuitability of V-aggravating things and suitability of otherwise.

Ni8#7.1

Symptoms of P-type Epilepsy:

the patient has yellow froth, yellow limbs, yellow face and yellow eyes

the patient sees things as yellow or red

sensations of thirst and excessive heat

the patient’s surroundings appear to him as though caught on fire

Ci10#10

Symptoms of P-type Epilepsy:

frequent fits, regaining consciousness instantaneously, groaning sound, striking against the earth; greenish, yellowish and coppery nails, eyes, face and skin, vision of bloody, agitated, fierce, luminous and irritated objects, unsuitability of P-aggravating things and suitability of otherwise.

Ni8#7.2

Symptoms of K-type Epilepsy:

Delayed fits and also delayed recovery, falling down, expression not very loathsome, emitting saliva, white nails, eyes, face and skin, vision of white, heavy and unctuous objects, unsuitability of K-aggravating things and suitability of otherwise.

Ni8#7.3

Symptoms of K-type Epilepsy:

the patient has white froth, white limbs, white face and white eyes
 the patient is cold
 there is horripilation [[goose-bumps]]
 the patient is heavy [with ama-congestion]
 the patient sees things as white
 he recovers after a long period [slowly].

Ci10#11

Symptoms of Sannipatika-type Epilepsy:

In combination of all the symptoms, the epilepsy should be known as sannipatika which is said as incurable.

Ni8#7.4

Symptoms of Tridoshic-type Epilepsy:

there will be symptoms from all 3 above types

Ci10#12

A [5th.] Exogenous Type of Epilepsy:

Sometimes exogenous factor also becomes associated there which will be described later on .

That can be known from the symptoms in addition to those described above and also some ones in accordance with the symptoms of doshas.

Ni8#9

Prognosis of Epilepsy:

Incurable types of epilepsy: tri-doshic type of epilepsy
 epilepsy in a wasted person
 epilepsy in an old person

Ci10#9-12

Cycles of Epilepsy:

The vitiated doshas give rise to the paroxysmal fits of epilepsy at the following intervals, with a slight variation:

a fortnight [2 weeks]

12 days

1 month

[are these supposed to correspond to doshic types? Probably

not...]

Ci10#13

Treatment of Epilepsy:Treatment of All Types Epilepsy:

Beneficial for the epileptics are the strong evacuative measures, pacificatory measures according to dosas and in case of the exogenous factor mantras etc.

Ni8#10

Use of Purgations to “Awaken” the Heart and Channels:

First, one should **“awaken the heart, the channels and the mind”**.

These have been blocked by the doshas.

So, one should apply drastic emesis, etc.

V-type should be treated mostly with enema

P-type should be treated mostly with purgation

K-type should be treated mostly with emesis

So, the patient has been **“cleansed by all means”**.

Then he should be consoled well, so as to make him comfortable and at ease again.

Then drug formulations should be administered.

Ci10#14-15, 16

Formulas for Treatment of Epilepsy:

There are 2 parts: Part I) internal formulas

Part II) external formulas

All of the internal formulas listed below are ghrtas.

Pancagavya Ghrta:

This ghrta alleviates epilepsy, jaundice and fever:

1 part- cow’s dung juice

1 part- sour curd [yoghurt]

1 part- milk

1 part- urine [cow’s]

+

1 part- ghee**Cook all the above together.**

Ci10#16-17

Mahapancagavya Ghrta:

This ghrta is like ambrosia, and is effective for epilepsy, insanity, edema, udara, gulma, piles, anemia, jaundice, halimaka, inauspiciousness, disorders of grahas and quartan fever:

80gm. each- both pancamulas, triphala, both types of haridra, kutaja bark, saptaparna, apamarga, nilini, katurohini, aragvadha, phalgu root, puskaramula, duralabha

10.24L- water

Boil all the above until reduced to 1/4th volume.

+

10gm. paste of each- bhargi, patha, trikatu, trivrt, nicula, gajapippali, adhaki, murva, danti, kiratatikta, citraka, two types of sariva, rohini, bhutika, madayantika

+

640gm- cow's dung juice

640gm- sour curd [yoghurt]

640gm- milk

640gm- urine [cow's]

640gm- ghee

Cook all the above together.

Use: this should be taken daily.

Ci10#18-24

The following ghrta alleviates insanity, inauspiciousness, epilepsy and sins:

vaca, kustha, samkhapuspi

+

juice of- brahmi

old ghee

Cook all the above together.

Ci10#25

The following ghee alleviates epilepsy, heart disease and disorders caused by grahas:

asafoetida

rock salt

+

old ghee

+

"4 times"- urine of bull and goat

Ci10#26

The following ghrta is effective for V and K predominant epilepsy:

vaca, aragvadha, kaitarya, yavahstha, hingu

+

ghee
Cook the above together.
Ci10#27

The following ghrta is effective for V and K predominant epilepsy:

coraka, palankasa
+
ghee
Cook the above together.
Ci10#27

The following ghrta/ tailam alleviates epilepsy:

drugs from the Jivaniya (vitalizer) group
+
10.24L- milk
640gm- oil
640gm- ghee
Cook all the above together.

[Do not decoct the herbs in the milk first].

Ci10#28

The following ghrta is effective for V and P predominant epilepsy:

10gm paste of each- jivaniya drugs
2.56L- milk
2.56L- sugarcane juice
"8 times" [8 X 2.56L]- kasmarya juice [date juice]
640gm- ghee
Cook all of the above together. [do not decoct out the herbs.]

Ci10#29

The following ghrta is effective for V and P predominant epilepsy:

decoction of- kasa, vidari, iksu, kusa
+
ghee
Cook the above together.

Ci10#30

The following ghrta is a good remedy for P type epilepsy:

80gm paste of- madhuka
+
10.24L juice of- amalaka
640gm- ghee
Cook all of the above together.

[it looks like in most of these formulas the herbs are not decocted out.]

Ci10#31

Topical Applications- bath, anointing, massage, sprinkling, incense, etc.:

The following [oil] is good for massage:

1 part- mustard oil
+
4 parts- goat's urine
Ci10#32

The following is used for bath and anointing:

cow dung
Ci10#32

The following is used for bath and anointing:

cow's urine
Ci10#32

The following [oil] is recommended for massage:

bark juice of katabhi, nimba, katvanga, madhusigru
+
1 part- cow's urine
1 part- oil
Cook all the above together.
Ci10#33

The following oil is used as massage to alleviate epilepsy:

palankasa, vaca, haritaki, vrscikali, arka, sarsapa, jatila, putanakesi, hingu, coraka,
lasuna, atirasa, citra, kustha
+
stool of- carnivorous birds "as available"
"4 times"- goat's urine
Cook all the above together.
Ci10#34-36

The same drugs from the above formula may also be used for incense (by burning) and for paste application. [the urine and oil would/ would not be included for these purposes?]

Ci10#34-36

The following is used for anointing and incense:

pippali, lavana (fruits of lavana), citra, hingu, hingu sivatika, kakoli, sarsapa,
kaitarya, candana +
+
dog's shoulder bone, dog's claws, dog's ribs
urine of- goat
Pound all the above together [but do not cook] in Pusya constellation.
Ci10#37-38

The following formula should be used for anointing:

apetaraksasi, kustha, putanakesi, coraka

+

urine

Powder all of the above together.

Use: after the patient has been anointed with this formula, he should be sprinkled with plain urine.

“Similar application is used of excrement of leeches, or burnt goat’s skin, hair, bones of ass, nails of elephant and skin hairs of the cow’s tail.” [they may be used individually, as several formulas, combined with the urine and powdered as described in the formula above. Then after being anointed, the patient should be sprinkled with urine.]]

Ci10#39-40

Effective Urines to Use for Snuff for treatment of Epilepsy:

urine of brown cow

urine of dog

jackal

cat

tiger, etc. [[see list of meats under category under which these animals appear.]]

Ci10#41

The following formula is used for snuff:

bhargi, vaca, nagadanti [[snakes’ tooth?]]

+

urine

Pound the above together.

Use: Dose: 5 or 6 drops [[in each nostril]].

Ci10#42

The following formula is used for snuff:

sweta, sweta visanika

+

urine

Pound the above together.

Use: Dose: 5 or 6 drops [[in each nostril]].

Ci10#42

The following formula is used for snuff:

jyotismati, nagadanti

+

urine

Pound the above together.

Use: Dose: 5 or 6 drops [[in each nostril]].

Ci10#43

The following snuff may be used:

triphalā, trikātu, daruharidra, yavadsara, phanijjhaka, syama, apamarga, karnja
(fruits)

+

goat's urine

oil

Cook all of the above together.

Ci10#44

The following powder is used as a "blowing snuff" for epilepsy:

pippali, vrsicikali, kustha, bhargi

salts

Powder the above together.

Use: [the physician puffs the powder in to the patient's nostril via a straw.]

Ci10#45

The following collyrium sticks are nectar-like and efficacious for epilepsy, insanity, snake-bite, "synthetic poison", poisoning and drowning:

kayastha, musta, ushira, yava, trikātu

green gram reaped in autumn

+

goat's urine

Powder all of the above together.

Form into sticks for collyrium.

Use: [touch onto the surface of the eye.]

Ci10#46-47

The following collyrium sticks are used for epilepsy, leucoderma, insanity and intermittent fever:

musta vayahstha, triphala, kayastha, hingu, durva, trikātu

black gram

barley

+

urine of- goat, sheep and bull

Powder all of the above together.

Form into collyrium sticks.

Ci10#48-49

The following is used as collyrium [eye drop]:

"Application as collyrium of 'dog's bite' extracted in pusya constellation is alleviator of epilepsy.

[This is [venom from inside the tooth of the dog? Dog saliva? Other?]

Ci10#50

The following makes an excellent fumigation for epilepsy:

"'Dog's bite' extracted in Pusya constellation"

+

ghee

Mix the above together. [the ghee helps the [[dried]] dogs' saliva to burn.]

Use: burn and [inhale the fumes like incense/ the room should be fumigated/ the body should be exposed to the smoke/ other].

Ci10#50

The following should also be used to fumigate with:

beaks, feathers and feces of : the mongoose, owl, cat, vulture, insects, snakes and crow.

“With these tested applications the heart awakens,” the channels are cleansed **and thus the patient regains consciousness.**

[It is interesting to try to figure out– what is their understanding of how the heart is the seat of the mind, of consciousness?]

[Note: an alternate interpretation of “the heart awakens” is that it goes from {a-systoly}; not beating, to beating once again, as in heart attack, or in severe unconsciousness. But this is probably not the intended meaning here, as syncope, with stopped heart, is discussed in another place {chapter on 3 vital organs?}.]

“In case where there is association of exogenous factor having symptoms more than those of the dosas, one should apply remedial measures prescribed for insanity.”

[So, when it appears that the cause of the epilepsy is exogenous (such as influences of curses or gods) and not particularly caused by aggravated doshas, then one should follow the treatment outlined for this under insanity.]

Ci10#51, 52, 53

Etiological Factors of “the great disease known as attachment to unreality” [epilepsy/ insanity]:

dirty food

suppressing the impelled urges

using cold-hot, unctuous rough things in excess [explain this]

-

Ci10#54

-55

Pathology of “the great disease known as attachment to unreality” [epilepsy/ insanity]:

By above causes, the doshas reaching the heart affect the channels connected with mind and intellect and get seated there in the one who is already shrouded with rajas and tamas.

Thus in masking of intellect and mind by increased rajas and tamas and bewilderment of heart by the doshas, the patient confused and having little sense interprets eternal-non-eternal and wholesome-non-wholesome wrongly.

“This is known as attachment to unreality or great disease.”

Ci10#56-57

Management of “the great disease known as attachment to unreality” [epilepsy/ insanity]:

the patient should be evacuated with emesis, etc. after unction and sudation.

Thereafter, proper dietetic regimen should be given.

Give Pancagavya Ghrta + Brahmi juice.

Give samkhapuspi and other intellect-promoting rasayanas.

Very close, trusted and favorite friends speaking about righteousness and purpose should make him devoted to understanding, perseverance, memory and concentration.

Take: oil + garlic

Take: satavari + milk

Take: brahmi juice

Take: kustha juice

Take: vaca + honey

Ci10#58-63, 64

Prognosis of Epilepsy:

Epilepsy is treatable with difficulty.

It is of chronic nature.

It is placed firmly. [well-seated; difficult to dislodge from the body]

Ci10#65

Importance of use of Rasayanas in Treatment of Epilepsy:

** Because epilepsy is treatable with difficulty, is of chronic nature and is placed firmly, it should be treated mainly with rasayana measures. [an interesting clue about rasayanas]

Ci10#65

Situations which Epileptics and Insane persons should be Kept Away From:

They should be kept away from risky situations like water, fire, tree and hills because these things can take away the life immediately.

Ci10#66

Kasa (Cough)

Diagnosis

Symptoms

V-type

P-type

K-type

Due to chest wound

Due to wasting

Prognosis

Treatment

[V-type:]

Ghees

Linctus

Smoking

Diet

General treatment and formulas for P-type

General treatment and formulas for K-type

General treatment and formulas for cough due to chest wound

General treatment and formulas for cough due to wasting

[General formulas]

Divisions of Cough Types:

there are 5 types:

Vata, Pitta, Kapha, due to Chest Wound, and due to Wasting.

Ci18#4

Prognosis of Cough:

All of these types are fatal when they are advanced.

Ci18#4

Prodromal Symptoms of Cough:

the throat and mouth feel like they are covered in “awns”

itching in the throat

difficulty in swallowing of food [dysphagia].

Ci18#5

Pathology of Cough:

V impeded from below [Udavarta; upward-moving V; due to constipation/ alasaka] moves to the upper channels.

There, it “attains the character of Udana V” and sticks in the throat and chest.

Further, it advances to -and fills- all the orifices of the head.

Ci18#6-7

Symptoms of Cough:

When V fills all the orifices of the head, it produces breaking pain and jerking in the whole body.

It particularly causes strain and stiffness in the jaws [TMJ disorder], carotid region, orbits, eye balls, back, chest and sides.

Thus dry or phlegmy [‘mucoïd’?/ ‘productive’] cough arises. [In other words, both/ all types of cough share this same initial pathology stages.]

“‘Kasa’ is so called because of producing the above movements and affliction.”

Ci18#8

Cause of Loud Cough [as in whooping cough/ croup]:

The cough attains specific distress [[pain]] and sound due to a specific cause which impedes V, which is forceful, thus producing sound.

Ci18#9

Etiology of V-type Cough:

intake of rough, cold, astringent, little and deficient food

fasting

excessive intercourse

suppression of urges

exertion

Ci18#10

Symptoms of V-type Cough:

dry cough

the cough causes intense pain in the cardiac region, sides, chest and head
 hoarseness of voice
 dryness of chest, throat and mouth
 horripilation
 feeling of darkness
 “sound like that of conch or clouds”
 anxious expression
 debility
 irritation
 fainting
 the paroxysm diminishes after expectorating
 The phlegm is dry and expectorated with difficulty
 condition is relieved after intake of unctuous, sour, salted and hot food and drinks.
 After the food is digested (on empty stomach) and the wind is directed upwards,
 V becomes forceful.

Ci18#11-13

Etiology of P-type Cough:

pungent, hot, burning, sour and alkaline substances
 anger
 heat of fire and sun

Ci18#14

Symptoms of P Cough:

yellowness in sputum and eyes
 bitterness in the mouth
 disorder of the voice
 “fuming in the chest”
 thirst
 burning sensation
 fainting
 anorexia
 giddiness
 while coughing, the patient constantly sees as if stars
 “while coughing, he expectorates phlegm mixed with P” [[bile/ other]].

Ci18#15-16

Etiology of K-type Cough:

heavy, slimy, sweet and unctuous food and drink
 over-sleep
 sedentary habit

Ci18#17

Pathology of K-type Cough:

Above factors obstruct V, and thus produce K-type cough. [So, V is still 50% of all coughs.]

Symptoms of K-type Cough:

loss of appetite
 anorexia

vomiting
 coryza
 excitement
 heaviness
 horripilation
 sweetness in the mouth
 moistening
 malaise
 the patient feels as if his chest is filled up
 while coughing he expectorates profuse, sweet, unctuous and viscous phlegm.
 He has no pain while coughing or expectorating.

Ci18#18-19

Cause of Cough Due To Chest Wound:

in a rough (undernourished) patient of urahksata (chest wound), V which has been aggravated by excessive intercourse, weight lifting and combat with horses and elephants reaches the site of the disorder and produces cough.

Ci18#20

Symptoms of Cough Due to Chest Wound:

In this type, initially the patient has a dry cough, but later on expels sputum with blood.

There is intense pain in the throat and excruciating, piercing and breaking pain with tenderness in the chest.

He is afflicted with pain in the joints
 there is fever, dyspnea, thirst
 the voice is abnormal
 when coughing, he makes a cooing sound like a pigeon does.

Ci18#21-23

Cause of Cough Due to Wasting:

irregular meals
 intake of unsuitable food
 excessive intercourse
 suppression of urges

Ci18#24

Pathology of Cough Due to Wasting:

In the person already affected with disgust [disgust of what?] and anxiety, the above causes result in loss of digestive power and produce cough.

This, in turn, leads to further wasting of the body.

Ci18#24

Symptoms of Cough Due to Wasting:

sputum which is fetid, green, red and pus-like
 “when coughing, the patient feels as if the heart has fallen down from it’s normal place”

he suddenly feels heat and cold again
 the patient eats too much but is weak and emaciated
 complexion of skin and face is unctuous and clean
 eyes are pretty

the sole of hands and feet is smooth
 he is always envious and disgustful
 occurrence of fever of mixed characters
 pain in sides
 coryza [head cold]
 anorexia
 liquid or solid stool
 hoarseness of voice without any apparent cause
 Ci18#25-27

Prognosis of Cough:

Cough caused by wasting, in [very] wasted patients- is fatal
 Cough caused by wasting, in strong patients - is curable
 Cough caused by chest wound, in a wasted person- is fatal
 Cough caused by chest wound, in strong patients- is curable
 Cough caused by wasting or chest wound, which is of recent origin [less than 1 yr/ 2 months] and if the management is perfect- are sometimes curable
 (Perfect management includes: 1)doctor, 2)nurse, 3)drugs and 4)patient)
 Cough in a patient of not recent origin, in a patient of old age- is “entirely maintainable”
 V-type cough- is curable
 P-type cough- is curable
 K-type cough- is curable
 cough caused by wasting- is maintainable with wholesome management
 cough caused by chest wound- is maintainable with wholesome management
 Ci18#28-31

Treatment of Cough:

The rough (undernourished) patients with V-type cough:
 _____ should be treated , first of all, with unctuous applications such as ghrtas, enemas, gruels, vegetables, soups, milk, meat soup, etc.
 Give uncting preparations etc. processed with V-alleviating drugs,
 give smoking, linctus, massage, sprinkling and unctuous fomentations

Retention of stool and flatus should be treated by enemas.
Dryness of the upper parts of the body:
 _____ should be treated by giving ghee before meals.
Excess P and/ or K:
 _____ should be treated by giving unctuous purgation.

Ci18#32-34

Specific Formulas for Treatment of Cough:Ghrta Formulas:Kantakari Ghrta:

This alleviates kasa and promotes digestion:

1.2L decoction of- kantakari

1.2L decoction of- guduci

+

640g- ghee

Cook all of the above together.

Ci18#35

Pippalyadya Ghrta:

This ghrta was formulated by Atreya, and alleviates dyspnea, cough, diseases of the heart, sides, grahani, and gulma:

5gm paste of each- pippali, pippalimula, cavya, citraka, sunthi, dhanya(ka), patha, vaca, rasna, madhuyasti, yavaksara, hingu

+

2.56L- dasamuli

640gm- ghee

Cook all of the above together.

Use: Dose: this should be taken in the dose of **40gm.** and followed by gruel scum.

[If this formula weighed 5gm per teaspoon, then 40gm. would be 8tsp. 9tsp =

3 Tbsp. That's nearly 1/4 Cup.*]

[Note #2: the ratio of the paste herbs to ghee is about 1:10, which is much milder than some ghrtas listed for grahani roga, etc.]

Ci18#36-38

** Tryusanadya Ghrta:

This ghrta is very popular. It alleviates cough, fever, gulma, anorexia, spleen enlargement, pain in the head, pain in the heart, pain in the sides, jaundice, piles, vatasthila, urahksata (chest wound), phthisis and wasting:

10gm past of each- trikatu, triphala, draksa [grape], kasmarya [date], parusaka, two types of patha, devadaru, rddhi, atmagupta, citraka, sati, vyaghri, tamalaki, meda, kakanasa, satavari, goksura, vidari

+

“4 times”- milk [probably 4 times volume of the ghee]

640gm- ghee

Cook all of the above together.

Ci18#39-42

[The above formula is easy to make; Just use the underlined herbs, 10gm each.

Looks like an interesting formula: pungents + triphala + grapes, dates + jivan herbs + milk + ghee.]

Rasna Ghrta:

This should be used in V disorders.

It alleviates the 5 types of cough, as well as trembling of the head, pain in the groins, pain in the vaginal track, paralysis involving the entire body or some part of the body, splenomegaly and upward-moving V:

40gm each- rasma, dasamula, satavari

320gm each- kulattha, badara, barley grains

2Kg- goat's flesh

10.24L- water

Boil all of the above together, until reduced to 1/4th volume.

+

40gm paste of each- 10 drugs from the Jivaniya (vitalizer) drug group

2.56L[perhaps less; it should be an equal quantity to the ghee]- milk

2.56Kg- ghee

Cook all of the above together.

Use: use for snuff, intake and enema, according to the condition.

Ci18#43-46

The following [powder/ paste/ ghrta] should be taken in V-type cough with phlegm, dyspnea, hiccup and derangement of agni:

vidanga, sunthi, rasna, pippali, hingu, bhargi

rock salt

yavaksara

Powder all of the above together.

Use: take with ghee. [[they should be cooked together into a ghrta]]

Ci18#47

The following is used in V-type cough:

yavaksara, swarjiksara,

the five salts

pancakola, sati, musta, udicya

Powder all of the above together. Sieve through a cloth.

Use: mix with ghee.

Ci18#48

The following linctus is for V-type cough:

duralabha, sati, draksa, sunthi

karkatasringi

sugar-candy

+

oil

[[cook all the above together.]] Make into a paste-linctus.

#49

The following linctus should be used:

powder of- duralabha, pippali, musta, bhargi, karkatasringi, sati

+

old jaggery
oil

#50

The following linctus subdues cough, hiccup and dyspnea:
vidanga, rock salt, kustha, trikatu, hingu, manahasila
+
honey
ghee
[Mix the above together, but do not cook.]

#51-52

Citrakadi Leha:

This linctus alleviates cough, heart disease, dyspnea and gulma:

2L decoction of- kantakari

+

10gm past of each- citraka, pippalimula, trikatu, hingu, duralabha, sati,
puskaramula, gajapippali, surasa, vaca, bhargi, guduci, rasna, karkatasrangi, draksa
800gm- sugar-candy

160gm- ghee

Cook all of the above together. Allow to cool.

+

160gm powder of each- pippali, vamsalocana

160gm- honey

Mix all the above together well.

[Note: the ratio of ghee to the total formula above is only about 1:12. The sugar makes up more than half of the formula.]

Ci18#53-56

Agastya Haritaki:

This linctus was formulated by Agastya, and removes wrinkles and greying of hairs and promotes complexion, life-span and strength.

It alleviates the 5 types of cough, wasting, dyspnea, hiccup, intermittent fever, piles, grahani disorder, heart disease, anorexia and coryza:

80gm each- dasamuli, kapikacchu, samkhapuspi, sati, bala, gajapippali, apamarga,
pippalimula, citraka, bhargi, puskarumula

2.56Kg- barley grains

100 fruits of- haritaki

1.28L- water

Boil all of the above together, until the barley grains are cooked. [1 hr, if the water is already hot.]

Filter it.

Add the haritake fruits back into the decoction, but discard the other decocted herb pulp.

+
 4Kg- sugar
 Cook all of the above together.
 +
 160gm powder of- pippali
 160gm each- tila oil, ghee
 Add the pippali and oils “at the end” [so they are cooked a little/ not cooked].
 Allow the formula to cool.
 +
 160gm- honey
 Add the honey in and mix together well.
 Use: Dose: take 2 haritaki fruits from this linctus ‘regularly’ [i.e., daily]
 Ci18#57-62

The following should be used:
 pippali, bhargi, sunthi, duralabha
 saindhava

+
 juice of- sour pomegranate
 Ci18#63

The following should be used:
 bhargi, sunthi
 take with warm water Ci18#63

The following should be used:
 heartwood of khadira
 take with: wine or curd water Ci18#64

The following should be used:
 paste of- pippali + ghee
 Fry the above together.
 + rock salt
 Ci18#64

Use of Smoking: Treatment of Cough with Coryza, etc.:
Plus important directions for smoking apparatus using earthen saucers
which has been briefly mentioned elsewhere in the text:

The physician should advise smoking to the patients of cough and coryza in conditions of headache, nasal catarrh and weakness of the heart.

“The patient of cough should apply evacuative smoking orally [by mouth] by putting a “curved pipe” 10 or 8 fingers [[finger widths]] into the hole of [[2] earthen saucer[s] joined together closely.”

The smoke having reached the entire chest should be exhaled from the mouth.

[Exhalation through the nose causes eye damage.]

Due to sharpness, the smoking detaches the phlegm situated in the chest and brings it out, and thus it relieves cough caused by V and K.

Ci18#65-68

[The following is a single formula, not individual ingredients to be used in several formulas]:

“One should apply smoking of realgar, orpiment, madhuka, mamsi, musta and inguda followed by drinks of warm milk added with jaggery. This smoking alleviates V, P, K and sannipatika types of cough **even which are not cured by other 100 formulations.**”

Ci18#69-70

The following “smoking stick” [smoking tube] should be used:

prapaundarika, madhuka, sarngesta, realgar, marica, pippali, draksa, ela, flower-stalk of surasa

Powder all of the above together.

+

a piece of linseed [organic linen] cloth

Roll the above powder [made into a paste] with the piece of cloth to make “smoking sticks”

[if the stick is made hollow like a straw, it can be puffed on like a cigarette. If it is not hollow, it would have to be held near/ under the mouth like a stick of incense.]

[The stick and paste has to be allowed to dry fully, so that all the water is evaporated and the stick is stiff.]

Use: smear the stick with ghee [so that it will stay lit, and for pacification of V] before smoking it.

After smoking, drink some milk or water + jaggery.

Ci18#71-72

The following “smoking stick” [smoking tube] should be used:

realgar, ela, marica, yavaksara, anjana, kutannata, vamsamlocana, saivala, rohisa

Powder all of the above together.

+

a piece of linseed [organic linen] cloth

Roll the above powder [made into a paste] with the piece of cloth to make “smoking sticks”

Use: smear the stick with ghee [so that it will stay lit, and for pacification of V] before smoking it.

After smoking, drink some milk or water + jaggery.

Ci18#73

The following “smoking stick” [smoking tube] should be used:

realgar, orpiment, pippali, sunthi

Powder all of the above together.

+

a piece of linseed [organic linen] cloth

Roll the above powder [made into a paste] with the piece of cloth to make “smoking sticks”

Use: smear the stick with ghee [so that it will stay lit, and for pacification of V] before smoking it.

After smoking, drink some milk or water + jaggery.

Ci18#73

The following smoking formula may be used [in exactly the same format as the above smoking formulas]:

bark of ingudi

2 types of brhati

+

talamuli, realgar, karpasa seeds, aswagandha

Ci18#75

Diet:

He should be kept on a wholesome diet.

It should consist of sali and sastika rices, barley and wheat with meat soup of domestic, marshy and aquatic animals.

Ci18#76

In V-type cough, take: liquid gruel processed with yavani, pippali, bilva (fruit pulp), sunthi, citraka, rasna, jiraka, prsniparni, palasa, sati and puskaramula added with fat, sour substances and salt.

It alleviates pain of the waist, heart, sides and belly, as well as dyspnea and hiccup.

Ci18#77

In V-type cough, he may also take: liquid gruel cooked with the decoction of dasamula along with pancakola and jaggery.

Or: the liquid gruel cooked in milk with equal quantity of sesamum.

Or: the liquid gruel cooked with milk and added with rock salt.

Or: the liquid gruel prepared with the meat of fish, cock and boar and added with ghee and rock salt.

Ci18#78-79

The following vegetables may be used: Vastuka, vayasi, mulaka and sunisannaka [in their vegetable forms].

Ci18#80

The following various foods may also be used:

fats such as oils, etc.

Edibles prepared with milk, sugarcane juice and jaggery and other sweet, sour and salty substances

Ci18#81

The following may be used for drinks:

curd

sour gruel

sour fruit juice

clear wine

Ci18#82

All the above are the foods etc. for treatment of V-type Kasa.

“Thus the treatment of V kasa.”

Treatment of P-type Cough:

Treatment of P-type with Profuse Phlegm:

emesis to evacuate the doshas , and then follow with cold and sweet regimen.

Ci18#83-84

Formulas for emesis in P-type with profuse phlegm:

1) ghee may be used [as adjunct ingredient]

2) decoction of- madana, kasmarya, madhuka

3) paste (or powder) of- madhuyasti, madana + juice of- vidari, sugarcane

Ci18#83

Treatment of P-type with Thin [but not profuse] Phlegm:

[do purgative with P-soothing secondary ingredients.

trivrt mixed with sweets

The general program should be unctuous-cold.

Ci18#85

Treatment of P-type with Thick [but not profuse] Phlegm:

[do purgative with K-reducing/ roughening secondary herbs.

Trivrt mixed with bitters.

The general program should be rough-cold.

Ci18#86

Specific Formulas for Treatment of P-type Coughs:

The following is useful for P-type Cough:

srngataka, lotus seeds, nili, gajapippali

+

ghee, honey

Mix all of the above into a linctus

Ci18#88

The following is useful for P-type Cough:

pippali, musta, madhuyasti, draksa, murva, sunthi

+

ghee, honey

Mix all of the above into a linctus

Ci18#88

The following is useful for P-type Cough:

parched paddy, amalaki, draksa, vamsalocana, pippali, sugar

+

ghee, honey

Mix all of the above into a linctus

Ci18#88

The following is useful for P-type Cough:

pippali, padmaka, draksa, juice of brhati fruits

+

ghee, honey

Mix all of the above into a linctus

Ci18#90

The following is useful for P-type Cough:

karjura (dates), pippali, vamsalocana, goksura

+

ghee, honey

Mix all of the above into a linctus

Ci18#90

The following linctus is useful for P-type Cough:

amalaka fruits

candana, utpala

draksa

+

sugar

honey

Ci18#91

The following linctus should be used for P-type cough with association of K:

amalaka fruits

candana, utpala + **musta, marica**

draksa

+

sugar

honey

Ci18#92

The following linctus should be used for P-type cough in association with V:

amalaka fruits**candana, utpala****draksa**

+

sugar**ghee****honey**

Ci18#92

The following linctus may be used [in P-type]:

50- dried grapes [raisins]**30- [dried fruits/seeds of] pippali****40gm- sugar**

+

honey**Mix all of the above together. [no cooking necessary.]**

Ci18#93

The following [drink/ paste/ decoction/ linctus] may be used [in P-type]:

Cow's dung

+

cow's milk

Cook the above together.

Ci18#93

The following linctus alleviates cough [esp. P-type], dyspnea, hiccup, wasting and heart disease:

twak, ela, trikatu, mrdwika, pippalimula, puskaramura, parched paddy, must, sati, rasna, amalaka fruits, bibhitaka

+

sugar, honey, ghee

Ci18#94

The following linctus is for P-type cough:

pippali, amalaka, draksa**lac****parched paddy [i.e., crackers]****sugar-candy**

+

milk**Boil all of the above together until the milk is thickened. Allow to cool.**

+

1/8th quantity- honey

Mix all of the above together.

Ci18#95-96

**The following linctus is an excellent formula for P-type cough:
juice of the following- vidhari, sugarcane, lotus stalk**

+

milk

sugarcandy, honey

Mix all of the above together.

Ci18#97

Food for Treatment of P-type Cough:

The following foods are wholesome in the condition of P-type with thick phlegm:

Cereals of syamaka, barley and kodo with sweetened meat soup of wild animals (or birds) or soup or green gram etc. along with bitter vegetables taken in proper quantity.

Also, lickables prepared of bitters and added with honey.

Ci18#98

The following foods are wholesome in the condition of P-type with thin phlegm:

Sali and sastika rice should be taken with meat soup etc..

After drink should be used; sugared water, juices of grapes and sugarcane juice, milk and other sweet, cold and non-burning things.

Ci18#99

General foods for [all] P-type Coughs:

meat soup, milk and vegetables should be processed with the pairs of kakoli, brhati and meda along with vasa and sunthi.

One should take milk boiled with decoction of saradi (trna) pancamula, pippali and draksad and added with honey and sugar.

Ci18#100

Formula for the treatment of cough, fever, burning sensation and wasting due to chest wound:

salaparni, sita (sarkara), prsniparni, 2 types of sravani, brhati, jivaka, rsabhaka, kakoli, tamalaki, rddhi, vrddhi

+

milk

Boil all of the above together.

Ci18#101

The following boluses [bon-bons] treat disorders of semen and ovum, phthisis, cough, wasting and chest wound:

salaparni, sita (sarkara), prsniparni, 2 types of sravani, brhati, jivaka, rsabhaka, kakoli, tamalaki, rddhi, vrddhi

+

milk

Boil all of the above together.

Produce ghee from this milk.

+

30gm. paste of each- drugs of the jivakadi sweet group (vitalizers) and fruits such

as abhisuka etc.

sugarcane juice

milk

Cook all of the above together. Filter. Cool

+

powder of- pippali, vamsalocana, marica, srngataka

sugar

Mix all of the above together.

+

wheat flour [raw? Dry roasted?]

Mix the above together.

Form into boluses and fill the inside of each one with honey. [!]

Use: take regularly, and keep on a wholesome diet.

Ci18#102-105

The following should be used:

equal quantity of each- sarkara, sunthi, udicya, kantakari, salik

Powder all of the above.

“And the juice strained through the cloth piece”

Use: take mixed with ghee.

Ci18#106

The following [ghrta] alleviates P-type cough:

1 part milk of each- buffalow, goat, sheep and cow

+

1 part juice of- amalaka

+

1 part- ghee

Cook all of the above together.

“Thus the treatment of P cough.”

Ci18#107

Treatment of K-type Cough:

Treatment of K-type cough in Strong Patient:

do evacuation by emesis

give K-alleviating food and drugs

Ci18#108

Foods to use for K-type cough:

foods made of barley, which are pungent, rough and hot

He should take light food with vegetable soup of kulattha (horse gram) and radish containing alkali of pippali or with meat soup of wild and burrow-dweller animals processed with pungent substances and with oils of sesamum, mustard and bilva.

This should be followed at the end of the meal by drink of pure honey, sour, hot water, buttermilk or wine.

Ci18#109-110

The following drink should be taken:

[fresh/ dried] puskaramula, aragvadha root, patola

+

water

“Dip” [infuse] the herbs in the water overnight. [Filter.]

+

honey

Mix the above together.

Use: take at the “3 times of the meal (before, during and after)”.

Ci18#111

The following decoction [should be taken as a drink] for cough caused by V and K, as well as throat disorders, swelling of the mouth, dyspnea, hiccup and fever:

katphala, kattrana, bhargi, musta, dhanyaka, vaca, haritaki, sunthi, parpataka, karkatasringi, devadaru

Decoct the above in water.

+

asafoetida

honey

Mix all of the above together.

Ci18#112-113

The following should be used:

patha, sunthi, sati, murva, indravaruni, gajapippali

+

hot water

Pound the above together.

+

asafoetida, rock salt

Mix the above together.

Ci18#114

“In the same way”, the following may be taken:

sunthi, ativisa, musta, karkatasrangi, haritaki, sati

The following [paste/ drink] alleviates K-type cough:

10gm paste of- pippali

+

oil

Fry the pippali in the oil.

+

sugarcandy

+

decoction of- horse gram

Mix [cook] all of the above together.

Ci18#115

The following juice/ liquid alleviates K cough:

juice of- kasamarda, aswavit, bhringaraja and vartaka

+

honey

Ci18#116

The following alleviates K cough:

juice of- black tulsi - Ci18#116

The following linctus treats K cough associated with V:

devadaru, sati, rasna, karkatasrangi, duralabha

+

honey, oil

Ci18#117

The following linctus treats K cough associated with V:

pippali, sunthi, musta, haritaki, amalaki

sugarcandy

+

honey, oil

Ci18#118

The following linctus alleviate K cough:

pippali, pippalimula, citraka, gajapippali

+

honey

Ci18#118

The following linctus alleviate K cough:

haritaki, tamalaki, amalaki, bhadramusta, pippali

+

honey

Ci18#119

The following linctus alleviate K cough:

devadaru, haritaki, musta, pippali, sunthi

+

honey

Ci18#120

The following linctus alleviate K cough:

visala, pippali, musta, trivrtta

+

honey

Ci18#121

The following [paste/ linctus/ powder/ ghrta] should be taken for V-K cough:

powder of- sauvarcala, haritake, amalaki [and sunthi]

alkali of- pippali , [and alkali of- sunthi]

Ci18#122

Dasamuladi Ghrta:

This ghrta should be used for K cough, as well as all types of dyspnea and disorders caused by K and V:

2.56L decoction of- dashamula

+

paste of- puskaramula, sati, bilwa, tulasi, trikatu, hingu

+

640gm- ghee

Cook all of the above together.

Ci18#123-124

Kantakari Ghrta:

This ghrta alleviates all disorders caused by K and is recommended in all types of cough, hiccup, and dyspnea:

2.56L decoction of- kantakari (with root, fruit and leaves)

+

paste of- bala, trikatu, vidanga, sati, citraka, sauvarcala, yavaksara, pippalimula, puskaramula, vrscira, brhati, haritaki, yavani, dadima, rddhi, draksa, punarnava, cavya, duralabha, amlavetasa, srngi, tamalaki, bhargi, rasna, goksura

+

640gm- ghee

Cook all of the above together.

Ci18#125-127

Kulatthadi Ghrta:

This ghrta should be used for K cough, hiccup and dyspnea:

decoction of- horse gram [kulattha]

+

pancakola [[paste]]

+

Ghee

Cook all of the above together.

Ci18#128-129

Therapeutic Smoking for Treatment of K-type Cough:

The same formulas listed for treatment of V-type cough should be used for K-type as well.

Ci18#130

The following smoking formula may also be used for K cough:

fruit pulp of- kosataki

+

realgar

Mix the above together.

Use: [use as described for smoking for V-type.]

Ci18#130

Treatment in case of feeling of darkness in K-type cough due to association of P:

Apply the regimens of P cough, according to condition.

Ci18#131

Treatment of [[[feeling of darkness in] K-type cough with association of V:

Apply K-alleviating measures.

Ci18#131

Treatment of [[[feeling of darkness in]]] cough with association of P with V and K:

Apply P-alleviating measures.

#131

Treatment of V-K cough:

“roughening and unctuous food and drinks are recommended in wet and dry stages respectively.”

Ci18#132

Treatment of K cough with association of P:

Give food and drinks mixed with bitters.

Ci18#133

Treatment of Cough Caused by Chest Wound:

This should be considered as an emergency case.

So, it should be overcome quickly.

The therapy is to administer drugs which are sweet, vitalizing and promote strength and

musculature.

Ci18#134-135

The following [linctus/ paste] alleviates cough caused by chest wound, as well as alleviating dyspnea, heart disease, emaciation, old age and diminution of semen:

10gm paste of each- pippali, madhuka, sugar-candy

640ml of each- cow's milk, goat's milk and sugarcane juice

80ml of each- flour of barley, flour of wheat, mrdvika [juice], amalaka juice, tila

oil

Cook all the above over a mild fire. Allow to cool.

+

ghee, honey

Mix all of the above together.

Ci18#136-137

Similarity of Treatment of Cough due to Chest Wound and Treatment of P-type Cough:

the management is similar; it predominates in use of milk, ghee and honey.

“In case of association of these dosas [the other dosas; V or K], the specific treatment is given.”

[So, if doshas are also involved in the chest wound case, use the respective programs for management.]

Ci18#138-139

Treatment of Breaking Pain in the Body Due to V and P:

massage with ghrtas.

Ci18#141

Treatment of Affliction due to V:

massage with oils alleviating V disorders.

Ci18#141

Treatment if V is powerful and the patient spits out blood with burning sensation and has pain in the heart and sides:

prescribe intake of jivaniya ghrtas. - Ci18#142

Treatment of the patient who is emaciated and requires nutrition with flesh:

give meat soups of common quail etc. that are wholesome.

Ci18#142

Treatment of patient afflicted with thirst:

give goat's milk boiled with saramula etc. (panca trnamula)

Ci18#142

Treatment of hemoptysis, hematemesis or hemorrhage from other passages:

give ghee extracted from milk as snuff or for oral intake (eating.)

Ci18#143

Treatment of the patient who is exhausted, emaciated and with loss of digestive power:

give gruel.

Ci18#143

Treatment of “contraction or expansion”:

give ghee in maximum dose.

Or: the measures alleviating V disorders but which are not antagonistic to P and rakta should be adopted. [What is this condition? Swelling?]

Ci18#143

Treatment for when the morbidity of the wound has been eliminated but due to aggravation of K the chest and head are aggravated painfully during bouts of cough:
administer smoking of certain formulas.

Ci18#144

Following are Smoking Formulas to be used for Cough due to Chest Wound:

The following should be used for smoking:

“meda-mahameda”, madhuka, 2 types of bala (bala, atibala)

Pound the above together.

+

linseed cloth.

Make into sticks. [the paste pasted on the cloth strips].

Use: after smoking, take jivaniya ghrta.

Ci18#145

The following should be used for smoking:

realgar, palasa, ajagandha, twakksira, sunthi

+

linseed cloth

Impregnate the cloth with [decoction/ juice of the above drugs].

Make into a stick.

Use: after smoking, take sugarcane juice or jaggery water.

Ci18#146

The following should be used for smoking:

1 part- realgar

+

1 part- fresh leaf-bud of vata

Pound the above together.

+

ghee

Mix the above together.

Use: after smoking, take diet [a meal] of partridge meat.

Ci18#147

The following should be used for smoking:

decoction of- jivaniya drugs

-or-

extract of- testicles of kulinga (sparrow)

+

linseed cloth piece

Impregnate the cloth piece in the decoction or extract. Make into a stick.

Use: after smoking, take drink of milk boiled with iron balls.

Ci18#148

Thus ends the treatment of cough caused by chest wound:

Treatment of Cough [due to wasting, not [Sannipata]-type]:

Prognosis:

Cough having the entire picture [of symptoms] in a debilitated patient should be rejected.

In strong patients and if the disease is newly arisen, treatment should be started, while declaring it's difficult nature.

Ci18#149

Treatment:

1st- administer the measures promoting body weight and digestive power.

If the patient has plenty of impurity, give unctuous and mild purgation.

The wasted patient should take evacuative ghrta cooked with aragvadha, trivrtta, grape juice, decoction of tilvaka and juice of vidari (in such condition, protection of his body and strength is desirable).

When P and K are diminished and the dhatus are wasted [they will be, both from the disease and from the purgation], take ghee cooked with karkatasrngi, milk and 2 types of bala.

Ci18#150-153

Treatment of discoloration of urine or dysuria:

ghee and milk cooked with vidari, dakamba and talasasya (mastaka) should be used.

Ci18#154

Treatment of pain with swelling in penis, anus, hip and groin:

give unctuous enema with a little ghee-scum or mixed fat.

[What is the cause of swelling here? V and K?]

Ci18#155

Diet for Cough [due to wasting, not Sannipata]:

If the patient is non-vegetarian, first give meat of wild animals.

Then gradually give meat of quail etc. burrow-dwellers and beast or bird of prey.

These help following out of phlegm from the channels due to their hot and churning nature and thus after the channels are cleansed rasa circulating well nourishes the body properly.

Ci18#156-157

Formulas for Treatment of Cough [Due to Wasting, NOT Sannipata Cough]:

Dvipancamuladi Ghrta:

This should be taken for cough caused by wasting:

decoction of- the 2 pancamulas (dasamula), triphala, cavika, bhargi, citraka, kulatttha, pippalimula, patha, kola, yava

+
equal parts paste of- sunthi, duralabha, pippali, sali, puskarāmula, karkatasrṅgi

+
ghee

Cook all of the above together.

+
powder of- the 2 alkalis (yavaksara and swarjiksara), the 5 salts

Mix all of the above together.

Use: take in proper dose.

[alternate interpretation: there are equal parts of decoction, paste and ghee, or/...]

Ci18#158-160

Guducyadi Ghrta:

This ghrta alleviates gulma, dyspnea, wasting and cough:

guduci, pippali, murva, haridra, rasna, vaca, kantakari, kasamarda, patha, citraka,
sunthi

+
“4 times”- water

Decoct the above, until reduced to 1/4th volume. [Filter.]

+
ghee

Cook all the above together.

Ci18#161-162

The following [[ghrta] is wholesome and alleviates phthisis, fever, splenomegaly and all types of cough:

10gm paste of each- kasamarda, haritaki, musta, patha, katphala, sunthi, pippali,
katuki, draksa, kasmarya, surasa

+
2.56Kg [L]- grape juice

2.56Kg [L]- milk

640gm- ghee

Cook all the above together.

Ci18#163

The following ghrta is administered to those suffering from cough caused by wasting in order to improve the agni and for cleansing in case of sticking of dosa (impurity) in the channels of the belly and chest:

amalaka fruits

milk

“double quantity”- pomegranite juice

+

[paste of-] trikatu

ghee

Cook all of the above together.

Use: take after meals.

Ci18#164-165

The following ghrta is administered to those suffering from cough caused by wasting in order to improve the agni and for cleansing in case of sticking of dosa (impurity) in the channels of the belly and chest:

Ghee

+

yavaksara

Process together.

Use: take after meals.

Ci18#166

The following ghrta is administered to those suffering from cough caused by wasting in order to improve the agni and for cleansing in case of sticking of dosa (impurity) in the channels of the belly and chest:

Ghee

+

goat's milk

+

pippali

jaggery

Use: take after meals.

Ci18#167

Linctuses:

The following linctus alleviates dyspnea and cough:

20 fruits of- haritaki

5.12Kg. [L]- water

Boil the above [until reduced to 1/4th].

“When cooked well they should be kneaded.”

+

240gm- old jaggery

10gm- realgar

5gm- rasanjana

5gm- pippali

[Note: this formula is useful for giving relative safe doses for realgar {and rasanjana}.]

Ci18#168

The following [paste] alleviates dyspnea and cough:

the thorny hairs of porcupine [quills]

Burn these.

+

sugar

honey

ghee

Mix all the above together [(do not cook)].

Ci18#169

The following [paste] alleviates dyspnea and cough:

feet of peacock.

Burn these

+

sugar

honey

ghee

Mix all the above together [(do not cook)].

Ci18#170

The following may be used:

alkali [burnt ash] of- castor leaves

+

trikatu

oil

jaggery

Ci18#171

The following may be used:

alkali [burnt ash] of- tulasi and castor leaves

Mix the above together.

Ci18#172

The following may be used:

draksa, padmaka, vartaka, pippali

+

honey, ghee

Ci18#173

The following may be used:

trikatu

+

old jaggery

[[old]] ghee

#174

The following may be used:

citraka, triphala, jiraka, karkatasrangi, trikatu, draksa

+

honey, ghee

Mix together.

Use: this should be licked.

Ci18#175

The following may be used:

citraka, triphala, jiraka, karkatasrangi, trikatu, draksa

+

jaggery

Mix together.

Use: this should be licked.

Ci18#176

The following linctus is wholesome and alleviates all types of cough:

1 part total; equal parts of each- padmaka, triphala, trikatu, vidanga, devadaru, bala, rasna

Powder the above finely.

+

1 part- honey

1 part- ghee

1 part- sugar

Mix the above together “by churning” [like egg beating?].

Ci18#177

Padmakadi Leha:

This leha alleviates all 5 types of cough:

equal parts of each- jivanti, madhuka, patha, twaksiri, triphala, sati, musta, ela, padmaka, draksa, two types of brhati, vitunnaka, sariva, puskaramula, karkatasrangi, rasanjana, punarnava, iron powder (bhasma), trayamana, yavanika, bhargik tamalaki, rddhi, vidanga, dhanvayasa, yavaksara, citraka, cavya, amlavetasa, trikatu, devadaru

Powder all of the above together.

Use: give with honey and ghee. Dose: 10gm.

Ci18#178-179

The following linctus is for hoarseness of voice and cough:

powder of- black pepper

+

ghee, honey, sugar

Ci18#180

The following linctus is for hoarseness of voice and cough:

paste of- badari leaves

+

ghee

Fry the leaves in the ghee.

+

salt

Ci18#181

The following alleviates vomiting, thirst, cough, ama dosa and diarrhea:

paste of- leaves of tilvaka

+

ghee

Fry the leaves in the ghee.

+

sugar

Ci18#182

The following alleviates vomiting, thirst, cough, ama dosa and diarrhea:

[paste of- leaves of] utkarika

+

[ghee

Fry the leaves in the ghee.]

+

sugar

Ci18#182

The following gruel should be used for cough, hiccup, dyspnea, coryza, panduroga,

wasting, phthisis and earache:

decoction of- white mustard, gandira, vidanga, trikatu, citraka, haritaki

+

gruel

Use the decoction for the cooking liquid for the gruel.

+

salt

ghee

Ci18#183

The following soup treats all types of cough:

decoction of- kantakari

+

soup of green grams

Use the decoction for the cooking liquid for the soup.

+

soured with- amalaka fruit

+

white mustard.

Ci18#184

Treatment of Ksayaja Kasa [cough due to wasting]:

give: intake of decoction of V-alleviating drugs

milk

vegetable soups

meat soups

meat of gallinaceous, pecking and burrow-dwelling birds and animals.

Ci18#185

All appetizer, bulk-promoting, channel-cleansing and strength-promoting measures are beneficial for Ksayaja Kasa.

Note: these measures should be applied alternately [(so they balance each other out: light-heavy, unctuous-rough)].

Ci18#187

Smoking Treatment for Ksayaja Kasa:

use those prescribed for Ksata Kasa [chest wound-caused cough].

Ci18#186

After-Drink Treatment for Ksayaja Kasa:

use those prescribed for Ksata Kasa [chest wound-caused cough].

Ci18#186

Ksayaja Kasa and Sannipata:

“Ksayaja Kasa is also caused by sannipata, which is very severe.”

“Hence, always treatment useful in sannipata should be adopted.”

Ci18#188

**”The severity of all these types of coughs increased in successive order.”

[so: V – I am surprised that V-type is less severe than K-type

P

K

Chest-Wound

Wasting

Sannipata[-caused wasting]] - Ci18#189

“Thus the pharmacopoeia of cough consists of edibles, drinks, ghrtas, linctus, syups, milk, ghee boluses and smokings.” - Ci18#190

Chardi (Vomiting)

Diagnosis

V-type

P-type

K-type

Tri-doshic type

Other types

Treatment

Pacifying formulas

Emetic formulas for K-type

Treatment of Psychic type

Treatment of complications

On Punarvasu:

Agnivesa, the disciple, submitted to Punarvasu, the son of Atri, full of renown, illuminated by the lustre of spiritual knowledge and penance, having influence like that of the fire and the sun and engaged in the well-being of creatures.

Ci20#3

Vomiting is of 5 types.

It has been described earlier in the Charaka in Sutrasthana 19 [add this in later].

Ci20#4

The 5 Types of Vomiting:

V

P

K

Tri-doshic

Due to contact with disgusting object

Ci20#6

Prodromal Symptoms of Vomiting:

nausea, **excessive salivation** and aversion to food.

Ci20#6

Etiology of V-type Vomiting:

in a person emaciated due to physical exercise, irritant drugs, grief, illness, fear, fasting etc.

Ci20#7

Pathology of V-type Vomiting:

due to above etiological factors, V gets aggravated in mahasrotas (G.I. tract) and excites and throws the doshas (impure contents) upwards and thus causes vomiting due to gastric irritation .

It also produces discomfort pressing the cardiac region.

Ci20#8

Symptoms of V-type Vomiting:

pain in cardiac region

dryness of mouth

pain in head and navel

cough

hoarseness of voice

pricking pain

patient vomits with loud sound of eructation

vomit is frothy, having broken up black color, thin and astringent material
 patient vomits with difficulty
 vomit is in little quantity
 patient vomits little quantity but with severe impulse and great distress.

Ci20#9

Etiology of P-type Vomiting:

intake of food during indigestion and ingestion of pungent, sour, burning and hot food

Ci20#10

Pathology of P-type Vomiting:

Due to the above etiological factors, P gets aggravated in the stomach and spreads through **rasayanis** (vessels) and pressing on the heart comes upwards and causes vomiting.

****[Note the word “rasayanis”-vessels; this supports the argument that “Rasayana therapy” is to clear the smaller {blood} vessels of the body, and not so much to do direct anabolic tissue generation.]**

Ci20#10

Symptoms of P-type Vomiting:

fainting
 thirst
 dryness of mouth
 burning in head, palate and eyes
 feeling of darkness and giddiness
 patient vomits yellow, green, too hot, bitter and smoky material
 vomit is accompanied with burning sensation

Ci20#11

Etiology of K-type Vomiting:

intake of unctuous, too heavy, uncooked and burning food, oversleep, etc.

Ci20#12

Pathology of K-type Vomiting:

K gets aggravated by the above etiological factors, and covers [obstructs] the chest, head, heart and all vessels and thus causes vomiting.

Ci20#12

Symptoms of K-type Vomiting:

drowsiness
 sweetness in the mouth
 excessive salivation
 contentment
 sleep
 anorexia
 heaviness
 patient vomits unctuous, solid, sweet and white material

there is horripilation
 there is slight discomfort [very moderate; the least of the 3 types]
 Ci20#13

Etiology of Tri-doshic-type Vomiting:

eating all sorts of things constantly
 excessive defect of ama
 seasonal perversions
 Ci20#14

Pathology of Tri-doshic Vomiting:

due to the above etiology, all the dosas get vitiated simultaneously and thus cause tri-doshic vomiting.

Ci20#14

Symptoms of Tri-doshic-type Vomiting:

severe pain in abdomen
 indigestion
 anorexia
 burning
 thirst
 dyspnea
fainting
 patient vomits constantly
 patient vomits salty, sour, blue, viscous, hot and red material.

Ci20#15

Description of a Severe V Type of Vomiting:

V gets obstructed in the channels carrying feces, sweat, urine and water.

Thus it moves upwards.

Thus it throws up the accumulated dosas out of the belly in the person having excited dosas.

Then the patient vomits defective material with color and odor like those of feces and urine with severe impulse and associated with thirst, dyspnea, hiccup and distress.

Having been inflicted like this, the patient dies instantaneously.

[So, perhaps the differentiating symptoms here are the vomiting of feces- and urine-like matter, as well as the severe impulse.]

Ci20#16-17

Etiology of Psychological-type Vomiting:

factors inflicting psyche, such as:
 smelling, seeing or eating disgusting, antagonistic, unclean, putrefied, un-pious
 and loathsome objects

Ci20#18

Prognosis of Vomiting:

In a wasted person and which is too sever, complicated and associated with blood
 and pus and moon-like lustre is known as incurable.

The vomiting which is curable and is not associated with complications should be
 treated.

Ci20#19

Treatment of Vomiting:General Treatment of Vomiting:

All types of vomiting are caused by gastric irritation.

So, the first step of treatment should be lightening measures.

The exception is V-type Vomiting, or after vomiting has been done intentionally to
 eliminate excess K or P.

Ci20#20

The following formula brings down the doshas which have been impelled upwards:

powder of- haritake

+

honey

Ci20#21

The following formula brings down the doshas which have been impelled upwards:
suitable purgatives

+

wine or milk

Ci20#21

The following may be used for emesis:

valliphala (cucurbitaceous fruits) etc.

Ci20#22

[[mark here: start of Treatment for V-type Vomiting:]]

Treatment of the Debilitated Patient:

treat with pacificatory measures

give favorite meat soups, as well as light and dry food and various drinks.

Ci20#22

[More] Foods which alleviate V-type Vomiting:

well-processed meat soups of partridge, peacock and common quail

soup of kola, kulattha, paddy, bilvadi (pancamula) and barley

Ci20#23

Treatment of V-type with palpitation of the heart:

take ghee added with rock salt

-or-

ghee cooked with dhanyaka and sunthi + curd and pomegranite juice

-or-

ample quantity of ghee + trikatu and three salts

Ci20#24

Diet for V-type Vomiting:

unctuous and favorite food

meat soup or vegetable soup soured with curd and pomegranates.

Ci20#25

Treatment of P-type Vomiting:

Use trivrt for a laxative.

It should be used with : juice of- draksa [grape juice], vidhari, or sugarcane

Ci20#26

Treatment of P increased excessively in the stomach:

eliminate with emesis with sweet drugs.

Ci20#26

After evacuation:

Give timely diet of:

churned drink [“mantha”]

-or-

liquid gruel made of parched paddy [crackers- crumbled to powder for the gruel]

with honey and sugar

-or-

sali rice with soup of green gram
 -or-
 meat soup of wild animals
 Ci20#26

Formulas:

The following linctus should be used:

boiled grains, parched paddy, parched barley flour and boiled barley, kharjura fruit pulp, coconut, grapes or jujube fruits mixed with sugar candy, honey and pippali.

Ci20#27

The following [powder/ linctus] should be taken:

powder of- galena, parched paddy, water lily, seed pulp of jujube fruit
 +
 honey

Ci20#28

The following [powder/ linctus] should be taken:

haritake
 +
 honey

Ci20#28

The following may be used:

seed-pulp of jujube, galena, excrement of fly, parched paddy, sugar or grains of pippali

Ci20#29

One may drink:

too cold [iced] grape juice
 Ci20#30

One may drink:

water dipped with earth or heated clod.
 Ci20#30

One may drink the following decoction:

decoction of the tender leaves of jambu and amra
 +
 honey

Use: this should be taken "too cold" [iced]

Ci20#30

The following should be kept overnight [infused overnight]:

water
 +
 green gram
 pippali

Ci20#31

The following should be kept overnight [infused overnight]:

water

+
usira, dhanyaka - Ci20#31

The following should be kept overnight [infused overnight]:
water

+
Bengal gram
Ci20#31

The following should be kept overnight [infused overnight]:
water

+
root of- gavedhuka
Ci20#31

The following should be kept overnight [infused overnight]:
water

+
guduci
Ci20#31

The following should be kept overnight [infused overnight]:
sugarcane juice

Ci20#31

The following should be kept overnight [infused overnight]:
milk

Ci20#31

The following [[powder/ drink]] alleviates thirst and vomiting:

usira
+
honey
Use: follow by taking rice-water
Ci20#32

The following [[powder/ drink]] alleviates thirst and vomiting:

swarnagairika, balaka
+
honey
Use: follow by taking rice-water
Ci20#32

The following [[powder/ drink]] alleviates thirst and vomiting:

“best (white) sandal”
+
honey
amalaki juice
Ci20#32

The following should be used:

paste of- candana, cavya, mamsi, draksa, balaka, gairika
Use: take with cold water.
Ci20#33

The following should be used:
 powder of- gairika, sali rice
 +
 rice water
 Ci20#33

The following should be used:
 powder of- murva
 +
 rice water
 Ci20#33

Treatment of K-type Vomiting:

Give Emesis.

Emetic Formulas:

These should be used for cleaning the seat of K and ama, the stomach.
 Ci20#34

The following should be used for emetic for K-type:
 decoction of- pippali, sarsapa and nimba
 Ci20#34

The following should be used for emetic for K-type:
 pinditaka added with rock salt.
 Ci20#34

Diet for K-type Vomiting:

Grains:

old wheat, sali rice and barley - Ci20#35

Vegetables/ Soup:

take with- soup of patola and nimba cooked with buttermilk and
 soured with fruit and spiced with pungent substances. - Ci20#35

Meats:

Meat soups
 roasted meat of wild animals Ci20#36

Drinks/ Wines:

old madhu, sidhu and arista (fermented beverages) - Ci20#36

Syrups:

syrups made of grapes, kapittha and bijapura
Ci20#36

Formulas:

The following should be used for K-type vomiting:

powder of- fried green gram, lentil, bengal gram and peas
[all of these dry grams should be fried in oil (but not cooked in water),
and then powdered together.]

Ci20#37

The following should be used for K-type vomiting:

powder of- triphala, vidanga

Ci20#37

The following should be used for K-type vomiting:

powder of- vidanga, plava

+

sunthi

honey

Ci20#37

The following should be used for K-type Vomiting:

powder of- jambu and badara fruits

Ci20#38

The following should be used for K-type Vomiting:

powder of- musta and karkatasrangi

Ci20#38

The following should be used for K-type Vomiting:

powder of- duralabha

+

honey

Ci20#38

The following Stops Severe Vomiting:

powder of- realger

+

juice of bijapura

Ci20#39

The following stops Severe Vomiting:

powder of- pippali

+

juice of- kapittha

Ci20#39

The following stops Severe Vomiting:

powder of- marica [black pepperd]

+

honey

Ci20#39

Treatment of Sannipata/ Tri-doshic Type of Vomiting:

Use the measures for treatment of individual doshic-types of vomiting, after deciding the relative proportion of each.

Ci20#40

Treatment of Vomiting Due to Psychic Stress/ Contact of Disgusting Thing:

Interaction:

favorite talk [tell them the things they love to hear]
 consolation
 exhilaration
 common stories
 friends
 amorous movements

Ci20#41

Aromas:

various favorite odors such as: of earth, flower, fermented beverage, sour fruits, etc.

Ci20#42

Foods:

The following foods endowed with smell, color and taste pacify vomiting:

vegetables
 edibles
 syrups
 well-processed sadava, raga and leha (types of lickables/ linctus)
 vegetable soups, meat soups
 kamalika, khada
 meat
 parched grains
 various chewables
 fruits
 roots - Ci20#43

Whatever smell, taste, touch, sound and vision is liked by him, though unsuitable, easily controls the vomiting.

Ci20#44

Treatment of Complications of Vomiting:

Treat with the respective remedies for those conditions.

Ci20#45

Loss of Dhatus Due to Chronic Vomiting:

On continuance of vomiting, V also gets aggravated definitely due to loss of dhatus.

Treatment of Loss of Dhatus in Chronic Vomiting:

Apply sustaining and bulk-promoting.

Ci20#46

** **The following control the chronic vomiting:**

Sarpiguda, tryusana and jivaniya, semen-promoting meat-soups and lehas (Cyavanaprasa etc.) control the vomiting continuing since long.

Ci20#47

Visarpa (Erysipelas)

Diagnosis

Etiology

External Vs. Internal Types

V-type

P-type

K-type

Agni Visarpa (V-P type)

Kardama Visarpa (K-P type)

Granthi Visarpa (K-V type)

Complications

Prognosis

Treatment

Treatment according to location

Formulas

Purgative formulas

Blood-letting

Topical formulas

Instructions on applying external pastes

Diet

Treatment of granthi visarpa

Treatment of “glands”

Treatment of “galaganda” (goiter)

Agnivesha Asked Lord Punarvasu about Visarpa:

O Lord! We observe a severe disease like serpent's poison spreading all over the body of the persons who attacked suddenly by this quick-acting disease die if not managed properly.

Ci21#3-4

About the Name "Visarpa"

This disease is known as 'visarpa' because of its spreading ['sarpa'] in various ways [[vi]].

It is also known as 'parisarpa' [[great spreading]] due to its extensive spreading.

Ci21#11

The 7 Types of Visarpa:

V

P

K

Tri-doshic type

Agneya (inflaming) type, caused by V + P

Granthi (glandular) type, caused by K+ V

Kardamaka (muddy) type, caused by P + K

Ci21#12-14

The 7 Pathogenic Materials Responsible for Visarpa:

The 4 'Dusyas' ('substratum') [Effected Tissues] of Visarpa:

rakta (blood)

lasika (lymph)

twak (skin)

mamsa (muscle)

Ci21#15

The 3 Pathogenic Factors [what is causing the damage, by vitiating the above tissues] in Visarpa:

the doshas; V, P and K

Ci21#15

Etiological Factors of Visarpa:

excessive intake of salt, sour, pungent and hot things

sour curd

curd-water, vinegar, wine and sour gruel

damaged wines

raga and sadava (pickles) made of hot things

vegetables, green salads

burning thing
 kurcika, kilata (inspissated and coagulated milk)
 immature curd
 fermented preparations like Sanki (a type of sour gruel)
 sesame, black gram, horse gram, oils
 (rice-) flour preparations
 domestic, marshy and aquatic meats
 garlic
 decomposed, unsuitable and incompatible food items
 over-eating
 day-sleep
 eating during indigestion
 eating frequently
 wound
 falling of the bandage of the wounds
 excessive work in the sun
 damage with poisonous air
 fire

Ci21#16-22

Pathology of Visarpa:

All of the above etiological factors vitiate the doshas, which then affects the dusyas (the effected tissues), and thus causes visarpa in those who indulge in unwholesome diet.

Ci21#22

The 3 Types of Visarpa, according to situation:

1) externally situated

This is curable

It is caused by doshas which were vitiated outwards, and thus spread outwards.

Symptoms:

Symptoms are contrary to that for internal-type Visarpa.

This “may be known by symptoms contrary to [internal-type visarpa] and also by their other specific symptoms.” - Ci21#23-27

2) internally situated

This is sever and very difficult to cure.

It is caused by doshas which were vitiated inwards, and thus spread inwards.

Symptoms:

Dis-functioning of the heart, fainting, compression of vessels, excessive thirst, irregularity in release of urges, and quick loss of digestive fire. -

Ci21#23-27

3) situated both externally and internally

This is incurable.

It is caused by doshas which were vitiated outwards and inwards, and thus spread both outwards and inwards.

Symptoms:

“The erysipelas which has all the symptoms, which has a potent etiology, difficult complications and which has effected the heart, is fatal. -

Ci21#23-25, 28

Details on V-type Visarpa:Etiology of V-type Visarpa:

vitiated by rough and hot things

or- covering with over-saturation

Ci21#29

Pathology of V-type:

Due to above etiology, it affects the ‘dusyas’ and spreads according to strength.

Ci21#29

Symptoms of V-type Visarpa:

giddiness
 burning sensation
 thirst
 pricking pain
 colic pain
 body-ache
 cramps
 shivering
 fever
 feeling of darkness
 cough
 breaking pain in bones
 looseness in joints
 trembling
 anorexia
 indigestion
 congestion in eyes
 lachrymation

feeling as if ants are crawling over one's body

the part where the disease spreads looks blackish or reddish, has swelling,
 intense pain with cutting, tearing, expansion, contraction, horripilation and quivering
 if not managed, it [the surface location of manifestation] gives rise to quick-
 bursting, small, blackish or reddish eruptions, with thin clear, reddish and scanty
 discharge.

retention of flatus, urine and stool

the etiological factors are dis-liked/ aggravate the condition

items contrary to the etiological factors are liked/ pacify the condition

Ci21#30

Details on P-type Visarpa:Etiological Factors of P-type Visarpa:

hot regimens and intake of burning and sour foods

Ci21#31

Pathology of P-type Visarpa:

P, aggravated by above etiology, effects the 'dusyas' and while filling up the vessels [srotas] also spreads.

Ci21#31

Symptoms of P-type Visarpa:

fever
 thirst
 fainting
 confusion
 vomiting
 anorexia
 breaking pain in limbs
 excessive sweating
 internal heat
 delirium
 headache
 congestion of eyes
 sleeplessness
 restlessness
 giddiness
 intense desire for cold air and water
 deep green and yellow color in eyes, urine and stool
 vision of green and yellow objects
 the part where the disorder spreads has any of the coppery, green, yellow, blue,
 black and red colors
 the part where the disorder spreads is filled with raised eruptions having intense
 burning sensation and tearing pain, suppurating quickly and discharging fluid of similar
 color.
 the etiological factors are dis-liked/ aggravate the condition
 items contrary to the etiological factors are liked/ pacify the condition
 Ci21#32

Details on K-type Visarpa:Etiological Factors of K-type Visarpa:

sweet, sour, salty, fatty and heavy food.

Ci21#33

Pathology of K-type Visarpa:

K, aggravated by above etiology, effects the 'dusyas' and spreads all over the body slowly.

Ci21#33

Symptoms of K-type Visarpa:

feeling of cold

cold fever (fever with shivering)
 heaviness
 sleep
 drowsiness
 anorexia
 sweetness of mouth
 sliminess in mouth
 spitting
 vomiting
 lassitude
 feeling of wetness
 loss of digestive power
 debility

the part where the disease spreads becomes swollen, pale and reddish, associated with unctuousness, numbness, stiffness, heaviness and slight pain

the part where the disease spreads is attended by eruptions which suppurate hardly, continue for long, have copious smearing in skin and are white-pale, when burst they discharge white, slimy, thready, viscous, continuous and unctuous fluid.

Later on big, stable, membranous, unctuous wounds with copious smearing on skin appear and re-appear.

There is whiteness in nails, eyes, face, skin, urine and stool

the etiological factors are dis-liked/ aggravate the condition

items contrary to the etiological factors are liked/ pacify the condition

Ci21#34

About Agni Visarpsa (V-P-type Visarpa):

When V and P are jointly vitiated severely by their respective causes and strengthened mutually, they spread producing burning sensation in the body.

Ci21#35

Symptoms of V-P-type Visarpa:

the patient feels his body as scattered over by flaming charcoals
 vomiting
 diarrhea
 fainting
 burning sensation
 mental confusion
 fever

feeling of darkness
 anorexia
 breaking pain in the bones and joints
 thirst
 indigestion
 tearing of body parts etc.

The part where the disease spreads looks like extinguished charcoal or red and is attended by pimples as in burns.

Due to quick-moving it reaches the heart and on affection of the heart, V becoming very strong produces tearing in the body parts and excessive unconsciousness. Besides, it causes hiccup and dyspnea and sleeplessness.

Thus having lost his sleep and getting mental confusion and affliction he does not find solace anywhere.

Being restless from standing he moves to sitting and then falls upon the bed, being afflicted enormously he falls asleep instantaneously and the weak one is aroused with difficulty.

Such patients should be known as afflicted with Agni Visarpa.

Ci21#35-36

Prognosis:

It is incurable.

Ci21#36

About Kardama (K-P-type) Visarpa:

Pathology of Kardama (K-P-type) Visarpa:

Powerful K and P aggravated jointly by their respective causes spread to localized part and produce moistening in the body.

Ci21#37

Symptoms of Kardama Visarpa:

cold fever
 heaviness in had
 burning sensation
 feeling of wetness
 depression in body parts
 sleep
 drowsiness
 mental confusion
 aversion to food
 delirium
 loss of digestive power
 debility
 breaking pain in bones
 fainting
 thirst

smearing within the vessels
 inaction of the senses
 mostly sitting
 throwing of the limbs
 body-ache
 restlessness
 anxiety

Often it spreads to amasaya (stomach) being slow and localized.

The part where the disease spreads looks as if filled with red, yellow and pale pimples shining black, dirty, unctuous, too hot, heavy, with slow but continuous pain, swelling, deep, suppuration, nondischage, quick moistening, sweated, moistened and putrefied muscle and skin, gradually less pain when touched, it bursts and gives space on pressing, throws out decomposed and putrefied flesh, shows blood vessels and ligaments and has cadaverous smell

it also destroys consciousness and memory.

Ci21#38

Prognosis:

this is incurable.

Ci21#38

About Granthi (K-V-type) Visarpa:

Etiology of Granthi Visarpa:

intake of solid, heavy, hard, sweet, cold and fatty food and drinks and other channel-blocking things

avoiding physical exercise, evacuation etc

Ci21#39

Pathology of Granthi Visarpa:

due to the above causes, K and V get deranged, aggravated and too strong and thus damage the dusyas and cause Visarpa.

Here V obstructed in its passage by K disintegrates K itself in many ways [[into many directions]] and gradually gives rise to a chain of glands hardly suppurating and curable, which are in the kaphasaya (stomach).

In the person having aggravated rakta, it effects blood and thereby produces chain of glands, which are exceedingly painful, big or small, or long, round and red, located in blood vessels, ligaments, flesh and skin.

Due to their affliction complications appear such as fever, diarrhea, cough, hiccup, dyspnea, consumption, mental confusion, abnormal complexion, anorexia, indigestion, excessive salivation, vomiting, fainting, breaking of body parts, sleep, restlessness, malaise etc., the patient associated with these complications goes beyond the reach of all remedial measures and as such is rejectable.

This is granthi visarpa.

Ci21#39

Symptoms (and Complications) of Granthi Visarpa:

a chain of glands hardly suppurating and curable, which are in the kaphasaya (stomach).

In the person having aggravated rakta, it effects blood and thereby produces chain

of glands, which are exceedingly painful, big or small, or long, round and red, located in blood vessels, ligaments, flesh and skin.

Due to their affliction complications appear such as fever, diarrhea, cough, hiccup, dyspnea, consumption, mental confusion, abnormal complexion, anorexia, indigestion, excessive salivation, vomiting, fainting, breaking of body parts, sleep, restlessness, malaise etc., the patient associated with these complications goes beyond the reach of all remedial measures and as such is rejectable.

This is granthi visarpa.

Ci21#39

Complications of Granthi Visarpa:

fever, diarrhea, cough, hiccup, dyspnea, consumption, mental confusion, abnormal complexion, anorexia, indigestion, excessive salivation, vomiting, fainting, breaking of body parts, sleep, restlessness, malaise etc., the patient associated with these complications goes beyond the reach of all remedial measures and as such is rejectable.

Ci21#39

Prognosis of Granthi Visarpa:

The initial stage with the hardened glands only is [[‘hardly’]] curable.

The second stage, with all the complications, is rejectable.

Ci21#39

Definition/ Explanation of Upadrava (Complication):

“Upadrava (complication) is the disorder itself, big or small, manifesting in the later period of a disease and rooted in the same.

“Upadrava is so named because it appears ‘after’ the ‘disease’.”

Thus the disease is primary while the complication is secondary.

The complication is often pacified when the main disease is pacified.

The complication inflicts greater suffering because it appears in addition to the primary disease which is already present.

Hence one should overcome the complications quickly.

Ci21#40

[Move the above to {Diagnosis} chapter in Book I.]

About Sannipataja (Tri-doshic) Type Visarpa:

Etiology of Sannipataja Visarpa:

it is caused by all the etiological factors of all the doshas combined.

Ci21#41

Symptoms of Sannipataja Visarpa:

It has all the symptoms, spreads to all the dhatus, is quick-acting and great disastrous.

Ci21#41

Prognosis of Sannipataja Visarpa:

It is incurable.

Ci21#41

Prognosis of All the Visarpa Types:

V-type: curable

P-type: curable

K-type: curable

Agni Visarpa which has not effected the heart or reached the stage of moistening of the blood vessels, ligaments and flesh: is pacified by regular treatment with general measures, but if managed with negligence any of the two [[V and K?/ Agni and Kardama types?]] can kill the patient quickly like serpent.

Kardama Visarpa which has not effected the heart or reached the stage of moistening of the blood vessels, ligaments and flesh: is pacified by regular treatment with general measures, but if managed with negligence any of the two [[V and K?/ Agni and Kardama types?]] can kill the patient quickly like serpent.

Granthi Visarpa, before complications have arisen: treatable

Granthi Visarpa, after complications have complications have arisen: rejectable

Sannipataja Visarpa (because of it's spreading to all dhatus, quick acting and contradictory treatment): incurable

Ci21#42

Treatment of Visarpa (Erysipelas):

General Treatment of Visarpa:

Treatment if the disease is associated with ama and is located in kaphasthana (stomach):

apply lightening, vomiting, use of bitters and pasting with rough and cold drugs

Ci21#44

Treatment if the disease is associated with ama and is located in the pittasthana (small intestine):

follow the above treatment, as well as/ particularly blood-letting and purgation.

Ci21#45

Treatment of the disease arisen from vatasaya (colon):

roughening measures should be adopted from the very beginning.

Ci21#46

Treatment when there is only a little dosa (impurity):

use tiktaghrta (ghee cooked with bitter drugs)

Ci21#47

Treatment when there is profuse impurity in the P-type Visarpa:

use purgative

Ci21#47

Importance of Avoiding Non-Evacuating Ghrta in Patient with Profuse Impurity:

Do not give this, because the impurity gets retained in the body, and thus causes decomposition of skin, flesh and blood.

Ci21#48

Importance of Blood-Letting in Visarpa:

The disorder is located in blood tissue.

So, first purgation and then blood-letting should be done.

Ci21#49

Detailed Treatment of Visarpa:

Formulas for Treatment of Visarpa:

The following formula should be used for emesis for K-type and P-type [for K-P-type ; Kardama]:

madana
+
madhuka, nimba
kutaja seeds
Ci21#51

The following should be used for emesis:

patola, nimba, pippali, madana, indrayava
Ci21#52

The formulations which have been listed in kalpasthana for treatment of K-P should be used, because they eliminate the impurity and are beneficial.

Ci21#53

The following decoction should be used:

decoction of- musta, nimba, 'potola' [patola]
Ci21#54

The following decoction should be used:

decoction of- candana, utpala
Ci21#55

The following decoction should be used:

decoction of- sariva, amalaka, usira, musta
Ci21#56

The following decoction should be used:

decoction of- kiratatikta, lodhra, candan, 'duralaha', sunthi, padmakesara, utpala, bibhitaka, madhuka, nagakesara

Ci21#57

The following decoction should be used:

decoction of- prapaundarika, madhuka, padmakesara, utpala, nagakesara, lodhra
Ci21#58

The following [drink/ decoction] alleviates thirst and erysipelas:
 draksa, parpataka, sunthi, guduci, dhanvayasa

Keep the above for a whole night in water [infuse].

Ci21#59

The following should be given [in any form] to alleviate visarpa:

patola, nimba, daruharidra, katurohini, madhuyasti, trayamana

Ci21#60

The following [paste/ decoction] should be used:

decoction of- patola

+

triphala

Ci21#60

The following [cooked dish/ paste] should be used:

'grains of lentils' [i.e. just the lentils]

+

ghee

[Note: the above 2 formulas may have been in fact 1 formula, added together.]

Ci21#61

The following drink should be used:

juice of- patola leaves, mudga, amalaka

+

ghee

Ci21#61

The following ghrtas should be used to treat Visarpa:

Mahatikta Ghrta, given in chapter on P-type Kustha (skin disorders).

Trayamana Ghrta, given in chapter on Gulma (abdominal tumor).

Ci21#62-63

Purgatives:

The following should be used for purgation:

powder of- trvrt

Use: dissolve in ghee or milk or hot water or grape juice

Ci21#64

The following should be used for purgation:

trayamana

+

milk

Boil the above together.

Ci21#64

The following should be used for purgation to eliminate Visarpa and fever:

decoction of- traphala

+

trivrt
 ghee
 Mix the above together.
 Ci21#65

The following should be used for purgation:

juice of- amalaka fruits
 +
 ghee
 Mix the above together.
 Ci21#66

The following should be used for purgation in case of heavy bowels:

juice of- amalaka fruits
 +
 powder of- trivrt
 ghee
 Mix the above together.
 Ci21#66

“Thus these measures above should be adopted when the dosa is situated in the bowels.”

Ci21#67

Treatment of Visarpa when the Blood is effected and doshas are situated in the ‘sakhas’ (periphery):

1st do blood-letting.

[[this is assuming that purgation, if necessary, has already been done, using the above formulas.]]

Ci21#68

Directions on Blood-Letting:

Instruments to use for blood-letting:

horn [i.e., a bull’s horn]- for association of V

leeches- for association of P

pumpkin- for association of K [the pumpkin would draw out the most blood, suitable to strong K constitutions and heavy congestion.]]

Ci21#69

Use of Venesection:

Or, he should resort to venesection in the area adjacent to the disorder.
 [simply cutting a surface vein, without applying suction.]

Effects of Avoiding Blood-Letting:

skin, flesh and ligaments are decomposed due to moistening of the blood.

Ci21#70

[Blood-letting section may be duplicated to blood-letting section in Book I.]

Treatment of External Aspect of Visarpa:

“When the body from within is cleansed” “and the morbidity is located in the skin and flesh”,

the following should be done:

give external applications

If the morbidity of the disease is little, even at the start of treatment, than external applications may be given from the start of treatment. - Ci21#71

Specific External Formulas:

The following should be applied as a paint:

bark of udumbara, madhuka, padmakesara, utpala, nagapuspa, priyangu

+

ghee

Mix the above together.

Ci21#72

The following is applied as a paste:

tender offshoots of vata

interior of kadali-stem (or root)

lotus rhizome nodes

+

‘100 times washed ghee’ [Shata Dhouta Ghrta]

Mix all of the above together.

Ci21#73

The following paste is used:

kaliya, madhuka, nagakesara, vanya, candana, padmaka, ela, mrnala, priyangu

+

ghee

Mix the above together.

Ci21#74

The following paste is used:

durva, mrnala, sankha, utpala, roots of vetasa

+

rice grains

Make into a paste.

Ci21#75

The following paste should be used:

sariva, padmakesara, usira, nila, utpala, manjistha, candana, lodhra, haritaki
Ci21#76

The following paste should be used:

nalada, harenu, lodhra, madhuka, padmaka, durva, sarjarasa
+
ghee

Ci21#77

The following paste should be used:

flour of- parched paddy
+
ghee

Ci21#78

The following paste should be used:

madhuka, vetra
+
flour of- parched barley
ghee
Mix all of the above together.

Ci21#78

The following paste should be used:

bala, utpala, lotus root, vira, aguru, candana, lotus stalk, lotus root
Ci21#79

The following paste should be used:

powder of- barley
+
madhuka
ghee
Mix the above together.

Ci21#80

The following paste should be used:

one or all of the following- peas, lentils, green grams, white rice
+
ghee
mix all of the above together.

Ci21#81

The following paste should be used:

'cold' [not 'clod of'...?] mud clinging to the root of the lotus plant
+
ghee

Ci21#82

The following paste should be used:

powdered pearl
+
ghee

Ci21#82

The following paste should be used:

conch
+
ghee
Ci21#82

The following paste should be used:

coral
+
ghee
Ci21#82

The following paste should be used:

oyster-shell
+
ghee
Ci21#82

The following paste should be used:

ochre
+
ghee
Ci21#82

The following paste should be used:

‘prapauandarika’, madhuka, bala, lotus root, utpala, vata leaves, dugdhika
+
ghee
Ci21#83

The following paste should be used:

lotus root, lotus stalk, kaseruka
+
ghee
Ci21#84

The following paste should be used:

roots and tubers of- satavari, vidari
Wash the above. [powder/ grind.]
+
ample ghee
Ci21#85

The following paste should be used:

saivala, nala roots, gojihva, vrsakarnika, indrani saka
+
ghee
Ci21#86

The following paste should be used:

sirisa bark, bala
+
ghee
Ci21#87

The following paste should be used:

powdered tender leaves of vata, usumbara, plaksa, vetasa, asvattha

+

ample ghee

Use: apply cold

Ci21#88

All of the above pastes are for Visarpa predominant in V and P.

Ci21#89

The following pastes are for Visarpa predominant in K:

Ci21#89

The following paste should be used:

triphalā, padmaka, usira, samanga, karavira, nala rootsssss, ananta

Ci21#90

The following paste should be used:

khadira, sasptaparna, musta, aragvadha, dhava, kurantaka, devadaru

Ci21#91

The following paste should be used:

(The individual drugs may be applied singly, dually or colleciviely):

aragvadha (leaves), slesmataka (bark), indrani saka, kakahva, sirisa flowers, triphala, madhuka, 'vira and sirisa flowers', prapaundarika, hribera, daruharidra (bark), madhuka, bala

Ci21#92

A note on Addition of Ghee According to Dosha:

All these pastes for K-type should be added with only a little quantity of ghee.

Pastes for V-type and P-type should be added with profuse amounts of ghee.

Ci21#93

Topical Treatment of Visarpa predominant in V, rakta and P:

frequent applications of:

'100 times washed ghee'

Or

sprinkling with cold ghee-scum

sprinkling with [cold] milk

sprinkling with [cold] decoction of madhuka

sprinkling with [cold] decoction of pancavalkala

Ci21#94-95

Use of the above Paste Formulas for Other Formulas:

the paste formulas may be also used to make sprinkling formulas, or ghrtas, or powders.

Ci21#94-95

Powders:

powders are used for 'powdering the wound of erysipelas'.
Ci21#95

The following [ghrta] may be used [topically only] to promote healing of wounds:

juice of- durva

+

ghee

Ci21#96

The following Powder may be used:

bark of daruharidra, madhuka, lodhra, nagakesara

Ci21#97

The following is used as lotion, ghrta, powder and paste:

patola, nimba, triphala, madhuka, utpala

Ci21#97

Description on Using External Pastes:

All these pastes should be applied for soothing.

The paste should be applied immediately after removing the old, previous paste.

One should not wash the area in between removing the old and applying the new paste.

In K-type Visarpa, the old paste should be removed and then washed before applying the new paste.

The paste should be thick [in K-type only].

The paste should be made of pounded drugs.

The thickness of the paste should equal 1/3 of the thumb [[width, not length]]. [that would be about 1/4" - 1/2".]

The paste should be not too oily nor too rough.

It should be not too solid [dry] nor too liquid, but of average consistency.

The stale paste should not be applied, nor should a paste be applied more than once, because these produce moisture and pain on the diseased site due to absence of heat.

Paste should not be applied over a bandage because that [a word is missing here... may be 'sudates' ...] the wound and consequently pimples and itching are produced.

Do not add a new paste on top of an old one, because this produces the same

defects as applying the paste over a bandage.

Paste which is too oily or liquid does not stick to the skin, and thus doesn't work.

Paste which is too thin becomes 'like a pouch' [puffing out from the skin] when it dries.

Also, insufficiently-thick paste dries up before the active agents can reach the site of the disorder.

Paste which is applied too dry has the same defects as insufficiently-thick paste, but even more-so.

Paste which is devoid of unctuous substance 'exerts pressure on the site'. [Why is that? What is that?]

Ci21#98-107

Diet for Treating Visarpa:

After lightening, intake of rough mantha (churned drink) added with honey and sugar and sweet or lightly soured with pomegranates or amalaka is wholesome.

[write the above into a recipe-formula.]

Ci21#108

The following **mantha** should be used:

[[a base of powdered grain for the mantha]]

paruska, mrdvika,

kharjura [dates]

+

boiled water

Ci21#109

Paste:

Avalehika (paste-like rice preparation) + slight amount of fat should be taken with:

mantha of- barley + salt

When it is digested, one should take:

old sali rice

With

soups of- green grams, lentils or bengal grams

prepared with- patola and amalaka

and un-soured or soured with- pomegranates
Ci21#110-111

Other soups:

He may also take meat soup of:
wild animals without fat [don't add any fat to this soup/ also remove the
animal fat from the soup]
+
parusaka, amalaka
draksa [grapes]
dadima [pomegranates] - Ci21#112

Cereals:

old red, old white and old mahasali types of rice and [old] sastika rice should be used.

These should be 'well-drained' before use. [perhaps this refers to draining the rinse-water before frying the grains./ maybe-perhaps it refers to the growing field which should be well-drained.]

Ci21#113

Cereals for K People:

People who have predominance of K and are not suited to sali (rice) should be given the suitable preparations of:

Barley, wheat and sali

[So: "Sali" = "Rice".]

[Even sali may be used for patients with K aggravation, when in the suitable format, such as fried, roasted, or parched rice-powder in soup.]

Ci21#114

Food to Avoid:

that which causes burning
antagonistic foods

Ci21#115

Activities and Entities to Avoid:

day-sleep
anger
physical exercise
the sun
fire
winds

Ci21#115

Further Summary of Treatment and Potpourri of Treatments:

The measures for P should be predominantly:

cold
Ci21#116

The measures for K should be predominantly:

rough
Ci21#116

The measures for V should be predominantly:

unctuous

Ci21#116

Treatment of Agni Visarpa [V-P-type]:
give measures which pacify V and P.

Ci21#117

Treatment of Kardama Visarpa [K-P-type]:
give measures pacifying K and P.

Ci21#117

Treatment of Granthi Visarpa [V-K-type]:

[Here follows one or 2 pages on treatment of Granthi Visarpa.]

Treatment of Granthi Visarpa [V-K-type] which is predominant in rakta-pitta:

the time-knowing physician should manage the case with roughening, lightening, sprinkling, pastes of pancavalka, blood-letting by leeches, emesis, purgation and astringent-bitter ghrtas.

Ci21#118-119

When the patient of Grahani Visarpa is cleansed upwards and downwards [by emesis and purgation], and blood-letting has been performed, then measures alleviating V and K should be done.

Ci21#120

When there is pain in Granthi visarpa:

poultice of hot and unctuous utkarika or vesavara [dietary preparations: gruel-pastes] should be applied on the painful part.

Also, it should be sprinkled with hot oil prepared of dasamula, hot kutha taila + cooked alkali or cow's urine or hot decoction of leaves. [Those are separate sprinkling applications.]

The part should be pasted on with pounded and hated asvagandha, paste of dried radish, bark of naktamal or the hot paste of bibhitaka bark.

The following is a paste for Granthi Visarpa:

Bala, nagabala, haritaki, bhurja-granthi (nodule formed in bhurja tree), bibhitaka, vamsa leaves, agnimantha

Ci21#121-124

**** The following paste can break even a stone, so needless to say it can dissolve a gland caused by K and seated in [an/the] external passage:**

Danti or citraka root

+
 latex of sunthi [should this be snuhi?] and arka
 jaggery
 bhallataka nut
 kasisa
 Mix all of the above together into a paste.
 Ci21#125

The granthi of long duration [chronic] should be broken by the following effective medicaments:

soup of- horse gram, radish

+

yavaksara
 dadima [pomegranate]
 Ci21#126

diet of- wheat and barley

+

sidhu [an alcohol/ vinegar]
 honey
 sugar
 Ci21#127

also- varuni scum

+

honey
 juice of- matulunga
 Ci21#128

also- paste of- triphala

+

pippali
 honey
 Ci21#128

also- Mustasaktu [a wine?] (see formula in Ci. Chapter 7)

Ci21#128

Also- Bhallatakasaktu [a wine?] (see Ci. Chapter 1)

Ci21#128

Also- swarnamaksika, devadaru and guduci, silajatu

Ci21#128

also- smoking

head evacuation

swelling].
gulma-breaking measures, as said earlier [in chapter on gulma and shotha;

Compression of the gland with- iron, salt, stone gold or copper.
Ci21#129

Use of Cauterization for Glands:

If the strong, firm and stony hard granthi does not subside by the above remedies, then it should be cauterized with alkali, iron arrow or gold.

Ci21#130

Use of Surgery for Glands:

Or, after making the gland suppurate by applying suitable drugs, one should open it [by scalpel] and extract the growth.

Ci21#131

Blood-letting for Granthi Visarpa:

Besides the above measures, the ‘excited blood’ should be eliminated frequently. This should be followed by administration of drugs to pacify both V and K.

Ci21#132

Other Therapies to use if Granthi is Still Not Responding to Above Therapies:

One or more of the following may be used:

smoking
head evacuation
sudation
compression
suppuration

Ci21#133

Treatment when the site is decomposed, with inflammation and suppuration:

use external and internal cleaning and healing measures as is done for treatment of wounds. (See chapter on treatment of wounds.)

Ci21#134-135

The following oil is efficacious for treatment of Granthi Visarpa:

kampillaka, vidanga, daruharidra, karnaja fruit
Pound all of the above together.
Cook into an oil formula.

Ci21#136-137

The wise physician knowing place and time should manage the wounds of erysipelas with measures prescribed in the chapter of ‘dvivraniya’. [Look this up.]

Ci21#138

Thus the treatment of Granthi Visarpa.

Treatment Galaganda (Goiter):

Treatment of K-type Galaganda (goiter)

Treatment measures for granthi visarpa are used for treatment of K-type Galaganda (goiter).

Ci21#139

Treatment of V-types Galagana associated with K:

These are destroyed by regular use of ghrtas, milk and decoction s.

Ci21#140

Importance of Blood-Letting:

“All the remedial measures for visarpa are on one side and blood-letting alone on the other.”

[interpretation: blood-letting is as effective as all the other remedial measures put together.]

[though this may have a different intended meaning.]

Ci21#141

Association of Rakta-pitta [hemorrhage] with Visarpa:

“Visarpa does not arise without association of rakta-pitta, hence entirely general management has been described.”

[interpretation: for management of raktapitta, see the chapter on that condition.]

Certain variations of Visarpa have been discussed briefly in this chapter, but the wise physician will find the information here in sufficient detail.

Ci21#142-143

Trsna (Polydipsia/ Excessive Thirst)

Diagnosis

Etiology

Symptoms

V-type

P-type

Ama-type

Thirst as a complication of other diseases

Treatment

General treatment

Drinks

Foods

Snuff, gargle, topical pastes

Treatment of V-type

Treatment of P-type

Treatment of Ama type

Treatment of thirst due to alcoholism

Treatment of other types of thirst

Benefits and Contra-indications of Water

About sri Punarvasu:

The son of Atri, famous for this knowledge, serenity and penance and engaged in welfare of the world said the treatment for pacification of 5 types of trsna.

Ci22#3

Types of Trsna:

there are 5 types.

Ci22#3

Etiology of Trsna:

excitement

fear

exertion

grief

anger

excessive lightening

wines

habitual intake of alkaline, sour, salty, pungent, hot, rough and dry food

depletion of dhatus

emaciation by disease

excessive application of emesis etc. [the Pancha Karmas]

intense heat of the sun

Ci22#4

Pathology of Trsna:

Due to the above etiology, P and V get aggravated, and thus dry up the ‘**saumya**’ (‘**soft**’) **dhatus** [this is an important term and concept which has not been mentioned elsewhere] and also dry up the blood vessels of the root of the tongue, of the throat, palate and kroman [[pancreas]], and thus, being very strong, cause trsna.

Ci22#5

Symptoms:

The patient drinks water frequently but as they (V and P) absorb it quickly, he does not get solace.

Ci22#6

Trsna as a Complication of Wasting:

Trsna appears as a complication in people who are emaciated due to severe diseases.

Ci22#7

Prodromal Symptoms of Trsna:

dryness of the mouth

Ci22#8

Specific Characters [Symptoms] of Trsna:

longing for water

Signs that Trsna is being Diminished:

the symptoms diminish.

Ci22#8

Symptoms of ‘manifested’ Trsna:

dryness of the mouth

hoarseness of voice
 dryness of lips, throat and tongue
 'loss of mind (concentration)'
 protrusion of the tongue
 anorexia
 deafness
 affliction in the heart
 lassitude

Ci22#9-10

Etiology and Pathology of V-type Trsna:

When vitiated V dries up the fluid portion of the body, the weakened patient is dried up and consequently suffers from trsna.

Ci22#11

Symptoms of V-type Trsna:

sleeplessness
 giddiness
 dryness and distaste in the mouth
 obstruction in the channels

Ci22#12

Etiology and Pathology of P-type Trsna:

P is regarded as 'agneya' (of fiery nature) and so when it gets vitiated it heats the fluid portion of the body which produces thirst predominant in burning sensation.

Ci22#13

Symptoms of P-type Trsna:

bitterness in the mouth
 heat in the head
 patient welcomes cold
 fainting
 yellowness of the eyes, urine and stool

Ci22#14

Etiology and Pathology of Trsna Due to Ama:

Thirst caused by ama is also agneya (fiery) in nature because it is produced by ama and P together.

Ci22#15

Symptoms of Trsna Caused by Ama:

anorexia
tympanitis
excessive salivation

Ci22#15

[this Ama-type Thirst is important; it is one of the most common types seen in the clinic today. Differentiation is possible by looking carefully for it's symptom set, and a recent history of ama-vitiating etiology, as well as heaviness and ama presence at time of symptoms.]

The body is Produced from Water:

The body is a product of rasa [(blood plasma tissue)], which is itself produced

from water.

Ci22#16

Relation of Rasa Dhatu [blood plasma] and Thirst:

Due to diminution of rasa, one is inflicted with thirst.

Ci22#12

Further Symptoms of Thirst/ [Symptoms More Specifically of Diminution of Rasa Dhatu]:

febleness of voice

feeling of darkness (or fainting)

'dryness of the heart'

dryness of the throat and palate

[the fainting and dryness of the heart I believe are somewhat particular to diminished rasa dhatu.]

Ci22#16

Thirst as a Complication of Certain Diseases:

Thirst which appears as a complication in fever, prameha, wasting, phthisis "etc." is troublesome and leads to further emaciation.

[I do not know what other diseases "etc." is supposed to imply; perhaps any disease which has been described to have thirst or lead to thirst as a complication.]

[Note: this line may be one of the few stated connections between Prameha ('Diabetes') and thirst, and the fact that diabetes which has advanced to the stage of causing excess thirst will be debilitating and emaciating.]

Ci22#17

Prognosis of Trsna:

All types of trsna are taken as fatal if they are one of the following conditions:

-occurring continuously

-occurring in a person reduced by some disease (particularly constant vomiting)

-associated with a severe complication

Ci22#18

[Re-Iteration of the] Involvement of P and V in the Pathology of All Types of Thirst:

[Combine with above Sections.]

There is no thirst without P or V because they are the agents of absorption of body fluid.

So, when they get aggravated too much they lead to loss of fluid and consequently produce thirst.

Even thirst due to heavy food, milk and fatty substances, the agents of thirst are P and V.

Even in thirst due to 'burning' [turning to sour/ acid] of food by obstruction in the passage [G.I. tract], the agents of thirst are P and V. -

Ci22#19-20

How Wine Causes Thirst [[only in Alcoholics]]:

Wine has sharp, hot and rough nature.

This aggravates P and V, which thus absorb the body fluids ‘in alcohol addicts’.

‘As water poured over the sand is absorbed quickly, the above patients heated too much find solace by drinking cold water.’

Ci22#21-22

Importance of Not Giving Cold Water To Person Exhausted by Heat:

“In a person having bathed with cold water the heat blocked gets into the belly and causes thirst.

Hence one should exhausted with heat should not come in contact with cold water suddenly.”

[Interpretation: in a person who is exhausted with heat then goes and takes a cold bath, the existing heat in the body gets blocked in the belly and causes drying of the rasa, thus causing thirst.

So, one should not give a person exhausted by heat cold water to drink or bathe with.]

Ci22#23

“In all types of trsna the symptoms pertain to V, loss of fluid and P.

However, because of their different causes of origin, I will describe their treatment.”

Ci22#24

About Thirst Due To Excessive Loss of Fluid:

Excessive thirst due to loss of fluid dries up the patient and kills him instantly.

Ci22#25

Treatment of Trsna:

“Excessive thirst due to loss of fluid dries up the patient and kills him instantly.

Hence one should:

#25

General treatment of Trsna:

Use of Rainwater:

Take ‘rainwater (distilled water)’

+

honey

Mix the above together. -#25

This rainwater or other similar water may be used.

Ideal Characters of Groundwater for Use:

ground water which is astringent in after-taste, thin, light, cold, fragrant, of good taste and non-blocking for channels should be considered like rain water [as the ideal

option].

#26

Drinks:

give the following [decoction/ water]:

water

+

saradi pancamula

Boil the above together. Allow to cool.

+

sugarcandy

Mix the above together.

#27

Give the following mantha (churned drink):

rain water

+

parched paddy flour

sugar

honey

#28

Foods:

Give the following 'Vatya (cakes)':

unripe barley grains 'cold'

+

honey

sugar

[interpretation: 'cold' indicates the above are ground together, but not cooked.]

Ci22#28

Give the following Liquid Gruel:

liquid gruel of- sali rice or kodo

Ci22#29

Food should be added with the following things:

honey

sugar

+

boiled milk

Ci22#29

The following meat soup may be given:

meat soup of- dove, etc. [see that category of meats]

+

fried with- ghee

This should be Un-salted and Un-soured

Ci22#30

The following Meat Soup may be used:

trnapancamula, munjataka, priyala

+

meat soup of- wild animals

Process (cook) the above together well. [Allow to cool mostly.]

+

sugar, honey

Add all above together.

Ci22#30

The following Milk may be used:

trnapancamula, munjataka, priyala

+

milk

Process (cook) the above together well. [Allow to cool mostly.]

+

sugar, honey

Add all above together.

Ci22#30

A Massage and Bathing Procedure:

1) massage the patient with “100 times-Washed Ghee” [Shata Dhouta Ghrta]

2) then he should take a dip in cold water.

3) then he should drink some milk. [pre-boiled.]

Ci22#31

More Foods:

Bean Soups:

Soups of green gram, lentils and bengal gram should be fried in ghee and then may be used.

Ci22#32

The following milk is recommended for drink, massage and sprinkling:

sweet, vitalizing, cold and bitter drugs

+

milk

Boil the above together. [Allow to cool.]

+

honey, sugar

Mix the above together.

Ci22#33

The following **ghee may be used for drink**, massage or snuff:

sweet, vitalizing, cold and bitter drugs

+

milk

Make ghee from the above mixture.

Ci22#33

The following may be used for snuff in Trsna:

woman's milk

+

sugar

The following may be used for snuff in Trsna:

camel's milk

+

sugar

Ci22#33

The following may be used for snuff in Trsna:

sugar cane juice

Ci22#33

Gargles:

Any of the following gargle may be used to alleviate dryness of the palate:

milk, sugarcane juice, jaggery-water, sugar candy, honey, sidhu, mardvika, vrksamla, matulunga,

Ci22#34

Topical Pastes:

The following drugs may be used [singly or jointly] as paste to alleviate **fainting**, giddiness and thirst:

jambu, amrataka, badari, vetasa, pancavalkala, pancamla (5 sours)

+

ghee

Use: apply on the cardiac region, face and head. - Ci22#35

The following paste may be used to alleviate fainting, giddiness and thirst:

dadima, dadhittha, lodhra, vidari, bijapuraka

Use: apply on the head

Ci22#36

The following paste may be used to alleviate fainting, giddiness and thirst:

White mustard

+

ghee

Mix the above together.

Use: apply on the head

Ci22#36

The following paste may be used to alleviate fainting, giddiness and thirst:

saivala, lotus flowers

flour of- parched grains

mud

+

sours

ghee

Mix the above together.

Use: apply on the head

Ci22#37

Other Items and Actions Which Pacify Trsna:

contact of curd water [yogurt-water/ buttermilk], sour gruel, wet cloth, garland of lotus or gems

touch of [a woman's] breasts, the sole of hand or other body parts wet well with cold water and sandal

embracing lovely and charming women wearing 'ksauma (silk)' and wet clothes

recollection and narration of places having beautiful cold water reservoirs

exposure to cold breezes of snow glaciers, forests, rivers, lakes and lotus flowers

exposure to moon rays

[This is basically P-pacifying therapy.]

Ci22#39

Treatment of V-type Trsna:

food and drink should be taken which are V-alleviating

food should be soft, light and cold.

Ci22#40

Ghees to use:

ghee extracted from milk and boiled with drugs useful in ksaya ja kasa (cough caused by wasting)

will alleviate 'urdhvavarta (udavarta)' and trsna.

Ghee boiled with vitalizers is useful in thirst caused by V and P.

Ci22#40

Treatment of P-type Trsna:

The following water should be taken:

draksa [raisins], candana, kharjura [dates], usira

+

water

+

honey

Ci22#41

The following should be taken:

grains of- red sali rice

kharjura, parusaka, utpala, draksa

+

water

Keep the above in the water [over-night/ longer, to infuse].

+

honey

Use: serve cold.

Ci22#42

The following should be used:

cooked clod [[a brick piece]]

+

water

Keep the clod in the water [1 night/ days/ weeks].

+

honey

Use: serve cold.

Ci22#42

The following drink is used:

640gm- red sali [rice]

+

lodhra, madhuka, anjana, utpala

Crush all of the above together.

+

water

honey

Put all of the above together in an earthen jar.

[the herbs are “crushed and then put in an earthen vessel in water of cooked unripe cold added with honey.]

[Interpretation: ‘cold’ should read ‘clod’, and the earthen vessel should be made of kiln-dried but not completely dried clay. Other ideas?... Also, the 3rd option in the formula below may give a clue.]

Ci22#43

The following ‘clear water’ is used:

black earth -or- sand -or- **heated new earth pieces**

“heat fire-like” [[molten]]

+

boiling water

tender leaves of vata, matulunga, vetasa, roots of kusa, kasa and madhuyasti

Dip the earth or the sand in the boiling water decoction.

[The water should then be carefully strained.]

Ci22#44

The following drink alleviates thirst:

decoction of- guduci

+

sugar

Ci22#45

The following drink alleviates P-type Trsna:

cold infusion of- latex-bearing, sweet and cold drugs

+

heated clod
 Keep the above together [overnight/ for several days].
 +
 sugar, honey
 Ci22#46

Treatment of Ama Trsna:

The following drugs alleviate Ama Trsna:

trikatu, vaca, bhallataka, bitter and astringent drugs
 Ci22#47

Use of Remedies for K-type Trsna in Treatment of Ama Trsna:

These remedies should be used also for Ama Trsna.
 Ci22#47

Treatment of K-type Trsna:

Symptoms of K-type Trsna:

stiffness, anorexia, indigestion, lassitude, vomiting
 Ci22#48

General Treatment of K-type Trsna:

give emesis

Adjuvant Substances with to Administer the Emetic in K-type Trsna:

with curd, honey, saturating drinks, salt and hot water
 Ci22#48

Other Drugs/ Therapies for Treatment of K-type Trsna:

The following should be taken:

dadima -or- other sour fruit
 +
 astringent drugs
 Ci22#49

The following should be taken:

dadima -or- other sour fruit
 +
 haridra
 sugar
 Ci22#49

On Treatment of Ksayaja (Wasting-type) Trsna:

This type is severe, just like ksayaja kasa (cough due to wasting).

Hence it should be pacified with medicaments useful in wasting, chest wound and phthisis.

Ci22#50

Treatment of Thirst Due to Alcoholism:

the patient afflicted to thirst due to alcoholism should do the following:

1) take a cold bath

2) then take one of the following 2 drinks:

A) an alcoholic drink:

2 parts alcohol

+

1 [2?] part water

+

sours

salt

aromatic substances [i.e., cinnamon, cardamom,

nutmeg]

B) an alcoholic drink:

wine

+

jaggery

+

water

Ci22#51

Treatment of Thirst Due to Anorexia or Excessive Intake of Fat:

Give the patient a thin gruel. [More watery than past-y.]

Ci22#52

Treatment in Thirst Due to Intake of Heavy Food:

The food should be evacuated with emesis.

Ci22#52

If the patient is strong, he should do the following:

1) Take one of the 2 following formulas for preparing to vomit:

A) wine + water [50:50]

or-

B) just warm water

2) vomit after drinking one of these

3) cleansed his mouth with magadhika [[an alcohol/ would be like gargling with Listerine]

4) take churned drink (mantha):

Churned drink

+

sugar

Ci22#53

[Once the excess food and ama has been removed] the strong patient should take ghee and other thirst-alleviating edibles fried with ghee. - Ci22#54

The weak patient should take milk and unctuous meat soups.

Ci22#54

Treatment for Thirst in very rough and debilitated patients:

milk quenches the thirst quickly in these patients.

So does cold, sweet [added with a little sweetener] and palatable goat's meat soup fried with ghee.

Ci22#55

Treatment of Thirst Due to Intake of Fatty Food:

it "should be quenched with jaggery".

Ci22#56

Treatment of Thirst with **Fainting**:

Give drugs used for Raktapitta. [hemorrhage].

Ci22#56

Benefits and Uses of Water:

Benefits of 'Naturally Cold' Water:

It is recommended for:

thirst

burning sensation

fainting

giddiness

exhaustion

poisoning

raktapitta

Ci22#57-58

Preparation of Water for Sannipata:

It should be first boiled, but served cooled [room temp.].

Ci22#59

Conditions In Which Hot Water Is Beneficial:

hiccup

dyspnea

acute fever

coryza

after intake of ghee

diseases of the chest and throat

K diseases
 V diseases
 unctuousness
 just after evacuation
 Ci22#60

Conditions In Which Intake of Water is Not Beneficial:

pandu [anemia/ jaundice]
 udara [abdominal diseases]
 coryza [colds]
 prameha [diabetes]
 gulma [abdominal lump]
 poor digestion
 diarrhea
 spleen enlargement

– However, if the desire is intolerable, one should take water in little quantity.

If afflicted with severe previous disease, the patient is exhausted and desires water because of excessive thirst, he may die or be inflicted with some chronic disorder.

Hence, he should drink **coriander-water + sugar + honey** or some other suitable and favorite preparation.

Ci22#60-61

On Treatment of the Complications of Thirst:

It becomes easy to control the complications when the thirst itself is alleviated.

Hence, one should over-come the thirst before so many other disorders.

[This will apply to treatment of many other primary disorders, not just treatment of thirst.]

Ci22#62

Visha (Poisoning)

Diagnosis

Types of poisons

Symptoms of Animal Vs. Plant poisons

The 8 Impulses of the poisoned person

10 properties of poison

Effect of poison, by body constitution

Prognosis

Treatment

The 24 measures

Treatment of local bite

Treatment of poisoned blood

Treatment of ingested poison

Resuscitating formulas

Treatment of various types and locations of poisoning

Fumigating formulas

Means of testing food etc. for poison

Description of poisonous snakes

Description of poisonous insects and other poisonous animals

Symptoms and treatment of V-type, P-type and K-type poisons

Treatment of poisoning according to location

Formulas for snake and spider bites

General treatment

This chapter discusses the early origins, properties and sources of poison. It also discusses the ‘impulses’ [[onset/ convulsions]], symptoms and treatment of poisoning.

Ci23#3

Historical/ Mythical Origin of Poison:

“While the ocean was being churned by gods and demons for [making] nectar, a human form which was fierce-looking and brilliant, with four large teeth, brown hairs and fiery eyes appeared before the origin of the nectar. The creatures were afflicted just by looking at him, and thus he was called ‘Visa’ (poison).”

Ci23#4-5

Types of Visa and Types of Treatment:

“Brahma (the creator) placed him [‘Visa’] in **two sources**– mobile and immobile.

“That **originates from water**, is of **2 types** and **fire-like** and has **8 impulses**, **10 properties** and **24 remedial measures**.

Ci23#6

“Because of its watery source, it gets liquefied and flows like jaggery in rains but thereafter it is destroyed by Agastya (appearance of Agastya constellation in the sky) and as such **poison becomes mild in action after the rainy season (in autumn)**”.

Ci23#7-8

The following are known as ‘Jangama’ (of Animal Source):

poison of serpents, insects, rats, spiders, scorpions, house lizards, leeches, fishes, frogs, hornets, lizards, dogs, tigers, jackals, hyenas, mongooses and other fanged animals.

Ci23#9-10

The following are known as ‘Sthira’ (of Vegetable Origin):

mustaka, pauskara, kraunca, vatsanabha, balahaka [balathaka], karkata, kalakuta, karaviraka, palaka, indrayudha, taila, meghaka, kusapuspaka, pundarika, langalaki, anjanabha, sankoca, markata, srngivisa, halahala and other similar root poisons.

Ci23#11-13

‘Gara’ (Poisonous Combination of Substances):

‘Gara’ is a toxic combination of substances, non-poisonous or poisonous, which exerts a toxic effect after interval of some time and as such does not kill the patient instantly.

Ci23#14

Symptoms of Animal-type Poison:

sleep
drowsiness
exhaustion
burning sensation
inflammation
horripillation

edema
diarrhea

Ci23#15

Symptoms of Vegetable-type Poison:

fever

hiccup

sensitiveness of the teeth

spasm in the throat

frothy saliva

vomiting

anorexia

dyspnea

fainting

Ci23#16

[Different Sources/ Body-Location Affinity of Animal vs. Vegetable Poisons]:

“The animal poison is situated below while the vegetable poison is situated above.

Hence one counteracts the other.”

Ci23#17

[[Use of Animal Poison for Treating Vegetable Poison and Vice-Versa]]:

“The animal poison is situated below while the vegetable poison is situated above.

Hence one counteracts the other.”

Ci23#17

Description of the Successive Impulses Which Occur Due to Poisoning:

<u>Impulse Number:</u>	<u>Symptoms:</u>
1 st Impulse:	During the 1 st impulse, the poison exhibits symptoms such as thirst, mental confusion, sensitiveness of teeth, excessive salivation, vomiting and exhaustion due to morbidity of rasa.
2 nd Impulse:	Symptoms are- abnormal complexion, giddiness, trembling, fainting, yawning, irritating sensation and feeling of darkness due to morbidity of rakta.
3 rd Impulse:	In the 3 rd impulse, mamsa is effected which gives rise to circular patches, itching, swelling and urticaria.

4 th Impulse:	Burning sensation, vomiting, body pain, fainting, 'etc.' arise due to vitiation of the doshas.
5 th Impulse:	One sees objects as blue, etc. and has vision of darkness.
6 th Impulse:	There is hiccup.
7 th Impulse:	'One shoulder falls down'.
8 th Impulse:	The patient dies.

Ci23#18-22

[Signs of Poisoning in Animals]:Number of Impulses in 'Animals' [mammals/ non-birds]:

there are 4 impulses

Ci23#22

Number of Impulses in Birds:

there are 3.

Ci23#22

Stages of Impulses of Poisoning of '4-hooved' (animals):1st Impulse:

lassitude and giddiness

[2nd Impulse:]

trembling

3rd Impulse:

becomes vacant and with diminished ingestion of food

4th Impulse:**the animal dies of dyspnea.**

Ci23#22

Stages of Impulses of Poisoning of Birds:1st Impulse:

looks anxious

2nd Impulse:

feels giddy

3rd Impulse:

looks slackened, and then dies.

Ci23#23

The 10 Properties of Poison:**light****rough****quick-acting****non-slimy****quickly-absorbed****sharp****"vikasi (depressant)"****suksma (minute)****having undefinable taste**

Ci23#24-25

Pathology/ Action of Poison:

It vitiates V due to roughness

It vitiates P due to hotness

It vitiates rakta due to minuteness (quality of entering into fine channels)

It vitiates K and ‘annarasa (chyle)’ due to undefined taste.

It is absorbed quickly due to vyavayi [mobile] property.

It pervades the entire body due to ‘asu’ (quick acting) property.

It effects the vital organs due to sharpness.

It effects the vital breath due to vikasi [“depressant” – but what is the definition I know for this word?] property.

It is difficult to manage due to lightness.

It does not adhere to dosas due to non-slimy-ness. [and thus can not be evacuated along with dosas.]

And yet it aggravates/ vitiates any of the dosas due to it’s location and patient’s constitution.

Ci23#26-27

Effects of Poison in a Person of V Constitution:

the poison effecting the location of V [[colon/ others such as joints, vital organs/ a diseased area with V dosa] shows the symptoms of K and P slightly.

Thirst, confusion, restlessness, fainting, spasm of throat, vomiting, frothing etc. are the symptoms in this condition.

Ci23#28

Effects of Poison in a Person of P Constitution:

The poison effecting the seat of P exhibits symptoms such as thirst, cough, fever, vomiting, exhaustion, burning sensation, vision of darkness, diarrhea ‘etc.’.

The symptoms of K and V are exhibited less.

Ci23#29

Effects of Poison in a Person of K Constitution:

The poison effects the seat of K and shows the symptoms such as dyspnea, spasm of throat, itching, excessive salivation, vomiting ‘etc.’ and the symptoms of V and P are less.

Ci23#30

Symptoms of “Dusivisa” ‘(latent poison)’:

This produces pustules, kitibha [look this up] and urticarial rashes due to disorder of blood.

Ci23#31

Pathology/ Mechanics of Poisoning:

The poison effects each dosa, [which creates great weakness of the dhatus and organs].

Ci23#31

Prognosis of Poisoning:

“The poison takes away the life very soon by affecting each dosa.”

Ci23#31

Movement/ Circulation of Poison Once It Has Entered the Body:

“Blood flows down due to heat of poison and it kills the man by blocking the channels.”

“The poison which has been ingested (swallowed) stays in the heart of the dead.”

[It goes to the heart directly upon being swallowed, and stays there even after death.]

“The poison entering the body by a bite or sting is located at the particular site.”

Ci23#32

Signs of [Approaching/ Current] Death:

blueness of the lips and teeth (cyanosis)

prostration

falling of the hair

loss of movement and ‘[thrown] out limbs’ [flailing the limbs]

no horripilation with cold [chilling the person does not produce goose-bumps]

beating the person with a stick does not produce any marks (redness/ bruise).

No bleeding on injury (making a cut /incision in the skin).

[No mention of pulse or respiration!]

“These are the signs of death.

“In the absence of them, the patient should be treated.”

[So, even if heart beat and respiration are not present, if the above signs are not present, there is hope of resuscitation.]

Ci23#33-34

Treatment of Visa (Poisoning):

The 24 Remedial Measures for Poisoning:

1) Mantra

2) Aristaa (binding)

3) Utkartana (incision)

4) Nispidana (compression)

5) Cusana (sucking)

6) Agni (heating)

7) Pariseka (sprinkling)

8) Avagaha (bath)

9) Raktamoksana (blood-letting)

10) Vamana (emesis)

11) Vireka (purgation)

12) Upadhana (Medication on incised scalp)

13) Hridayavarana (protection of the heart)

14) Anjana (collyrium)

15) Nasya (snuffing)

16) Dhuma (smoking)

17) Leha (linctus)

18) Ausadha (other medicaments)

19) Pradhamana (blowing powders up through the nose)

- 20) Pratisarana (local application)
 - 21) Prativisa (antidotes)
 - 22) Sanjnasamsthapana (resuscitation)
 - 23) Lepa (pastes)
 - 24) Mrtasamjivana (revivation)
- Ci23#35-37

Treatment of Local Poisoning by Bite, etc.:

In case of the bite-poison which has not spread (is localized), the physician should:

- 1) bind a tourniquet above bitten point and
- 2-A) compress it fully
- or
- 2-B) should extract the fang (through incision) except in vital part
- or
- 2-C) should suck the poison out through his mouth

Preparation for the physician who will suck out poison from a patient's bite:
He should first fill his mouth with barley powder or dust.

[Note: the above may not be a fully accurate interpretation of the options for this life-or-death procedure, so review the original text sutra here.]

Ci23#38

Elimination of Poisoned Blood:

Therefrom blood should be eliminated through scraping, application of horn or leech or venesection because blood being affected by poison, the constitution is deranged and thus the patient expires.

Hence, if blood is not coming out, it should be impelled by application of rubbing powders such as of trikatu, soot, haridra, five salts, goracana [[cow's bile]] and vartaka.

When the bleeding is excessive, paste of cold drugs like vata etc. should be applied.

“Blood blows up the poison as air blows up the fire, by application of cold paste or sprinkling blood drops down and as such the force of poison goes away.”

[Try to interpret the above sentence.]

Due to force of poison, narcosis, fainting, affliction and palpitation of heart arise. These should be averted with cold applications.

Moreover, the patient should be fanned till there is horripilation [goose-bumps].

[So that the patient is refrigerated sufficiently that the poison will not cause burning problems.]

Ci23#39-43

Benefits of Some Topical Treatments [for Localized Poisoning (Bites/ Stings)]:

Poison does not advance after excision [removal] of the bite, just like a tree whose roots have been cut does not grow.

“Sucking is taking out and aristaas (bindings) are like water bundhs.”

Application of heat (cauterization) burns the poison situated in twak (skin) and

mamsa (flesh).

Blood-letting eliminates poison from the blood.

Ci23#44-45

Treatment of Poisoning Due to Ingestion:

Treatment in the 1st Phase:

The ingested poison should be eliminated by emesis.

In the 2nd Phase:

The ingested poison should be eliminated by purgation.

“First of all, the heart should be protected and for this the medicines covering it [listed in this book for treatment of heart conditions] should be taken immediately as available”,

such as the following:

Ci23#45-46

[the following may be used for protecting the heart during ingested poison {immediately after ingestion of poison/ after emesis and purgation have been done/ during the 2nd impulse}]:

honey

ghee

+

marrow

milk

gairika

[Mix all of the above together.]

Ci23#46

[the following may be used for protecting the heart during ingested poison {immediately after ingestion of poison/ after emesis and purgation have been done/ during the 2nd impulse}]:

cow-dung juice

Ci23#46

[the following may be used for protecting the heart during ingested poison {immediately after ingestion of poison/ after emesis and purgation have been done/ during the 2nd impulse}]:

‘pressed juice of cooked sugarcane or crow’

Ci23#46

[the following may be used for protecting the heart during ingested poison {immediately after ingestion of poison/ after emesis and purgation have been done/ during the 2nd impulse}]:

‘Blood of goat etc.’ [blood of other animals of a certain category, which would be.../ other decoctions]]

Ci23#46

[the following may be used for protecting the heart during ingested poison {immediately after ingestion of poison/ after emesis and purgation have been done/ during the 2nd impulse}]:

ash -or- earth

Ci23#46

Treatment [[of ingested-type poison only]] during the 3rd Impulse:

1) use of: ksaragada (alkaline antidotes)

2) also do reducing with- anti-swelling drugs
+
honey-water

Ci23#47

Treatment [[of ingested-type poison only]] during the 4th Impulse:

give- cow-dung juice

+

kapittha

honey, ghee

Mix all of the above together.

Ci23#47

Treatment [[of ingested-type poison only]] during the 5th Impulse:

apply- drops and collyrium in the eyes

apply- snuffing with- the juice of kakanda and sirisa

[the kakanda-sirisa juice should be used for eye drops and collyrium also.]

Ci23#48

Treatment [[of ingested-type poison only]] during the 6th Impulse:

1) do resuscitative measures:

2) give- A) haridra + cow’s bile

or

B) manjistha, marica + pippali

Ci23#49

Treatment [[of ingested-type poison only]] At the End/ during the 7th Impulse:

The patient suffering from [animal] bites should ingest vegetable poison.

The patient suffering from ingestion of vegetable poison should receive a poisonous animal bite.

Ci23#50

During the 8th Impulse, the following acts as a good resuscitative anti poison in almost-dead patients:

1 part- palasa seeds
+
[1/2 part]- peacock's bile
Mix the above together.
Ci23#51

During the 8th Impulse, the following acts as a good resuscitative anti poison in almost-dead patients:

vartaku
+
phanita [a form of sugar]
soot
cow's bile
Mix the above together.
Ci23#51

The following pills are commended like nectar:

Surasa, granthi, haridra, daruharidra, madhuka, kustha
+
cow's bile
Make the above into pills.
Ci23#52

The following pills works similarly:

juice of- sirisa flowers
+
kakanda
Make the above into pills.
"These are like nectar."
Ci23#52

The following are used as paste, applications on incised scalp, snuffing and intake in cases of **apparent death by hanging or strangulation, poisoning or drowning:**

kakanda, surasa, indrayana, punarnava, vayasi, sirisa, madanaphala
'Combine together' all of the above. Make into a paste.
Ci23#53

Mrtasamjivana Agada:

This [['agada']] alleviates all poisons, gives victory, **revives the apparently dead** by poisoning and destroys fever.

A house-holder, by using it as snuff, paste, amulet and smoking destroys evil spirits, poisons, organisms, in-auspiciousness, evil incantation, charms, fire, thunderbolt, enemies, bad dreams, evils caused by women, fear of untimely death, floods and thieves.

This anti-poison formulation is revealed by Brahma 'before the appearance of nectar' and gives success in wealth, agriculture and other efforts, promotes auspiciousness, corpulence and life-span and is commendable:

equal quantity of each- sprkka, plava, sthauneya, kamksi, saileya, rocana, tagara, dhyamaka, kumkuma, mamsi, surasa, agryaila (sthula ela), ala (orpiment), khadira, brhati, sirisa flowers, srivestaka, padma carati, visala, devadaru, padmakesara, sabaraka, realgar, kaunti, jati flowers, arka flowers, rasa (bola), haridra, daruharidra, hingu, pippali, lac, balaka, mudgaparni, candana, madhuka, madana, sindhuvara, aragvadha, lodhra, mayuraka, gandhaphala, makuli, vidanga

All the above should be collected in the 'pusya' constellation. [A particular season.]

They should be pounded together. Then form into pills. - Ci23#54-56

Other General/ Various Treatments to Be Done:

binding of vessels, rubbing the site 'in reverse direction' [counter-clockwise?] and self-protection should be done.

Dosa in the place of which the poison is situated should be overcome first.
[before ... is done.]

Of the poison is in the site of V [the colon], one should foment it and administer intake of the paste of tagara and kustha with curd.

If [dosa] is in the site of P [small intestine]- ghee, honey, milk and water as intake, bath and sprinkling are prescribed.

If the poison is situated at the site of K [stomach], fomentation and venesection are applied.

In case of 'dusivisa' or the poison is situated in the blood- venesection and the five evacuative measures should be done.

Thus the physician should prescribe medicines taking all aspects into consideration.

"However, he should, first of all control the (dosa at) [it's base] site without antagonizing the one (poison) situated there."

[So generally/ in some instances, if there is aggravated dosas in addition to poison in the body, the dosas should be removed 1st, but very carefully.]

Ci23#61-64

If the patient with the passage of K affected by poison and blockade of V due to obstruction in channels respire as if dead and is devoid of symptoms of incurability, one should do the following:

Apply the paste of-

Carmankasa

Use: Dose: apply 40gm.

Use: this should be applied after making an incision in the scalp.

He should also-

blow up the patient's nostrils:

Powder of- katabhi, katuka + katpala

Or-

he may apply flesh of goat, cow, buffalo or cock [chicken] on the incised scalp.

“Thus the poison is absorbed out.” - Ci23#65-68

Treatment if there is obstruction in the nose, eyes, ears, tongue and throat:

do- snuffing with-

Paste of- vartaku, bijapura, jyotismati, etc.

Ci23#69

Treatment of Distress of the Eyes:

use the following collyrium-

devadaru, trikatu, haridra, karavira, karanja, nimba, surasa (tulasi)

+

goat's urine

Pound the above herbs in/ with the urine.

Ci23#69

Gandhahasti:

This counter-acts poison quickly if applied on head (incised scalp).

Besides, it alleviates all sorts of fever, seizures by evil spirits and grahas, visucika, indigestion and fainting.

By application as collyrium, it alleviates insanity, epilepsy, kaca (cataract), patala, nilika, head diseases, suskaksipaka, pilla, arbuda, arma, itching, visions of darkness, wasting, debility, alcoholism and confusion.

By application as a paste it counteracts poison contaminated through injury with poisoned arrow, licking, biting or indigestion.

In piles and hardness of bowels, it is pasted on the anus.

Similarly, **in obstructed or abnormally presented fetus in women**, it is applied on the vagina.

In coryza, it is applied on the forehead.

[there must be a clue for the successful treatment of abnormal presentation of fetus if this same formula is used both as a paste for this purpose and for coryza. Look into this.*]

It is applied in cases of scrotal enlargement, kitibha, kustha, leucoderma, eczema etc..

This anti-poison formula destroys the toxic effects of poisons as an elephant

destroys the trees [powerfully]:

equal parts of each- sveta, **vaca**, **asvagandha**, **hingu**, **guduci**, **kustha**, **saindhava**, **lasuna** sarsapa, kapittha (fruit pulp), seeds of syonaka and karanja, **trikatu**, sirisa flowers, two types of **haridra** (haridra and daruharidra), **vamsalocana**

+

goat's urine

Pound all of the above together.

[Most of these drugs look to be available. What was 'sveta' again?]

-

Ci23#70

-76

Mahagandhasti agada:

[this formula is perhaps the longest (given the most sutras) in the whole Charaka]

This anti-poison formulation containing 60 drugs and with un-failing effect was revealed by Tryambaka (Rudra) to Kubera.

When applied as intake, collyrium and local paste it performs all the functions.

By constant use with observance of wholesome and measured diet it destroys eye diseases (pilla, itching, timira, night-blindness, cataract and arbuda), irregular fever, indigestion, skin diseases (ringworm, itching, eczema and pimples).

It destroys quickly the poisons of all rats, spiders, serpents and also of roots and tubers.

If one smears his body with it, he can hold the snakes and ingest poisons.

Even destined by death, he lives always free from the disorders.

In hardness of bowels, it is applied as a paste mainly on the anus.

In obstructed labor it is applied as a paste on the vagina.

In fainting it is applied on the forehead.

Musical instruments like bheri, mrdanga and pataha (types of drums) and banners should be pasted with this medicine and sounded or shown for counter-acting the snake poison.

Wherever this formulation is present, no child's seizures, no demons, no inflicting vetalas and no Atharvanic mantras (magic spells) can stand.

Where there is mahagandha hasti none of the grahas (seizures), fire, weapons, king or thief can succeed and prosperity abides there.

Patra, aguru, musta, ela, five exudations, candana, sprkka, twak, nalada, utpala, balaka, harenuka, usira, vanya, nakha, devedaru, nagakesara, kunkuma, dhyamaka, kustha, priyangu, tagara, five parts of sirisa, trikatu, ala (orpiment), realgar, white katabhi, karanja, raksoghni, sindhuvara, haridra, surasa, anjana, gairika, manjistha, nimba (exudation), vamsa (bark), asvagandha, hingu, kapittha, amlavetasa, lac, honey, madhuka, somaraji, vaca, ruha, rocana, tagara

+

cow's bile

In Pusya constellation, the above should be pounded together and made into pills.

While pounding the formulation, one should recite the following accomplished hymn:

'Mother is Jayaa and my father is Jaya, so being the son of Jaya and Jayaa I come out victorious. My salutation is offered to Visnu who is lion among the persons, creator of the entire universe, Krsna, the eternal one and Bhava (Rudra), the omnipresent one. The powerful lustre of sun as well as Brahma and Indra is in the god of death. I do not know it as possible like the defeat of Vasudeva (Krsna) mother's marriage and absorbing the ocean. By this truthful statement may this formulation succeed. O the best among all the medicaments! Conjoined by 'hilimili' protect me, I call upon you.'

Use: this formula should be applied as intake, collyrium and local paste. -

Ci23#77

-93

The following formula should be taken [internally only]] as a potion to relieve dyspnea, fever, etc.:

rsabhaka, jivaka, bhargi, madhuka, utpala, dhanyaka, kesaraja, jiraka

+

sugar

fruit pulp of- wild jujube

Ci23#94

The following alleviates fever, hiccup, dyspnea and cough:

hingu, pippali

juice of- kapittha

+

rock salt

Mix the above together.

Use: take with honey and sugar.

Ci23#94

The following linctus [reduces/ induces] vomiting:

seeds of jujube

anjana, parched paddy, water lilly

+

honey

ghee

Ci23#95

The following smoking stick alleviates hiccup:

two types of brhati [leaves]

+

[2 types of] adhaki leaves

Ci23#96

The following fumigation alleviates poison from the house, beds, chairs, cloths etc.:

feathers of- peacock

bones of- crane
mustard, sandal

+

ghee

Mix all of the above together.

Ci23#97

The following is a 'dhumagada' (anti-poison fumigation) which alleviates all types of poison and swelling:

tagara, kustha

+

ghee

'head of the king serpent'

sirisa

Mix all of the above together.

Ci23#98

The following is an excellent 'fume' [fumigation/ aroma] to destroy serpents, rats, insects and tiny insects:

lac

+

usira

patra

guggulu

bhallataka

kakubha flowers

sveta

[Mix all of the above together. / They may be used singly or jointly.]

Ci23#99

Ksaragada:

These pills alleviate all poisons, swelling, gulma, skin disorders, piles, fistula-in-ano, edema, epilepsy, worms, evil spirits, hoarseness of voice, anemia, loss of appetite, cough and insanity:

alkali prepared from- young palasa tree

+

equal quantity of each of the following powders- ochre, haridra, daruharidra, flower stalk of white tulasi, madhuka, laksa, rock salt, mamsi, harenu, hingu, both types of sariva, kustha, trikatu, and kunkuma

Cook all of the above together 'till it sticks to the ladel' [that's a while].

Ci23#100-104

'Facts about the cases of poisoning by ingestion, bites, piercing and contamination have been said in general, now listen in details.'

Ci23#105

Information about Poisoning:

The King is in danger of poisoning via foods and other items interfered with by enemy agents, kinsmen or women.

Therefore he should watch the attendants carefully.

Ci23#106

Signs of an Agent Who Is Poisoning the Food:

he is utterly suspicious, talking too much or too little, devoid of lustre and having derangement of his normal behavior.

Ci23#107

Use of Flame Test for Food:

This should be used to reveal poisoned food.

Signs:

The flame acquires various abnormal colors on contact of poisoned food.

The flame becomes variegated color, like the colors of a peacock feather with intense, intolerable and rough smoke with cadaverous odor, bursting with sound, having 'one-sided' movement ' and is diminished in intensity. - Ci23#108

Other Tests for Poison:

if poisoned food is kept in a utensil, it becomes devoid of normal color and it kills flies, makes the crows feeble-voiced and de-pigments the (red) eye of Cakora.

Ci23#109

Alcohol/ Drink Test:

If the poison is put in (alcoholic) drink it develops blue lines, abnormal color, one does not see his image or sees deformed image in it.

Ci23#110

Salt Test:

There is excessive frothing when salt is added to it.

Ci23#110

Symptoms Produced When the Poison is Smelled:

By smell of poisoned food and drinks, one gets headache, cardiac pain and fainting.

Ci23#111

Symptoms Produced When the Poison is Touched:

By touch of the same, there is swelling in hands, numbness, burning sensation and piercing pain in fingers, tearing of nails.

Ci23#111

Symptoms Produced When the Poison is Put In the Mouth:

When the poisoned food goes into the mouth, there is pricking sensation in the lips, swelling, stiffness and discoloration of the tongue, sensitivity of teeth, lockjaw, burning sensation in the mouth, salivation and throat troubles.

Ci23#112

Symptoms Produced When the Poison Enters the Stomach:

there are abnormality in complexion, excessive sweating, lassitude, nausea, dysfunction of the eyes and heart and appearance of hundreds of spots on the body.

Ci23#113

Symptoms Produced When the Poison Enters the Colon:

fainting, narcosis, confusion, burning sensation and debility.

Ci23#113

Symptoms Produced When (“if”) the Poison ‘Stays’ in the Abdomen:

drowsiness and paleness.

Ci23#113

Signs of a Poisoned Tooth-Brush:

the brushing portion is dis-integrated [in those days a tooth brush was a fresh tree twig] and swelling appears in the gums and lips.

Ci23#114

Signs of Poisoned Hair Oil:

the hairs begin to fall out, there is headache and ‘glands’ [swelling lymph glands].

Ci23#115

Signs of Poisoned Collyrium:

burning, discharge, sliminess, swelling and redness [of the eyes].

Ci23#116

Signs of Poisoned Edibles:

The G.I. tract is effected first.

Ci23#117

Signs of Poisoned Touchables:

The skin is effected first.

Ci23#117

Signs of Poisoned Bath, Massage, Anointing, Clothing, Ornaments or Cosmetics:

itching, discomfort, rashes, boils, horripilation, pricking sensation and swelling.

Ci23#118

Signs of Contact With Poison Earth, Shoes, Slippers, Horse back, Elephant back, Armor, Banner, Bed or Chairs:

burning and piercing pain in hands and feet, exhaustion and indigestion, in addition to the signs caused by poisoned bath etc. above.

Ci23#119

Signs of Poisoned Garland:

it loses it’s fragrance, withers up and caused headache and horripilation.

Ci23#120

Signs of Poisoned Smoke:

it blocks the channels [of the body] and destroys the function of the nose and eyes.

Ci23#120

Signs of Water Wells, Ponds, etc. which have been Poisoned:

they become fetid, dirty and discolored.

When the water is drunk, it causes swelling, rashes, boils and finally death.

Ci23#121

Treatment:

The following measures should be applied along with the other remedial measures, according to severity:

at first- emesis - in gastric poisoning

at first- paste, sprinkling, etc. - in skin poisoning

“Thus the details about the root poisons (vegetable poisons) have been said.”
 [I didn’t know that all of the above section only referred to root/ vegetable poisons.]
 Ci23#122

Animal Poisons:

‘now listen about animal poisons.’

Treatment of Snake Poisons:

The 3 Types of Snakes:

- 1) darvikara (hooded)- aggravates V
 It is identified from it’s hood
 The poison is- rough and pungent
 Signs of the bite-mark: has minute mark of fangs, is black, congested with blood, tortoise-like and produces V disorders.
- 2) mandala (coiled)- aggravates P
 Identified by a ‘coiled hood’.
 The poison is- sour and hot.
 Signs of the bite-mark: has big mark of fangs, is swollen, yellowish or yellow-red and causes all sorts of P disorders.
- 3) rajiman (streaked)- aggravates K
 Identified by variegated spots and streaks on the body.
 The poison is- sweet and cold.
 Signs of the bite-mark: the bite is slimy, with stable swelling, unctuous, pale, and having viscous blood and causes disorders of K.

Ci23#123-129

Identifying the Sex of the Snake:

Male: is round-coiled, huge-bodied, with remarkable respiration, upward eyes, large head and even organs.

Female: has the [opposite] characteristics from the male

Eunuch Snake: ‘is terrorized’ [i.e. very fearful of humans/ hopefully not ‘will terrorize’ - attack.]

Ci23#130

Symptoms of Person Bitten by a Female Snake:

The person looks downwards, has feeble voice and trembles.

Ci23#131

Symptoms of Person Bitten by a Male Snake:

Characteristics are contrary to the above. - Ci23#131

Symptoms of Person Bitten by a Eunuch Snake:

Symptoms are mixed, from both above.

Ci23#132

Signs of Person Bitten by a Pregnant Snake:

palleness of face, swelling in lips and blackness of eyes.

Ci23#133

Signs of Person Bitten by a Puerperant Snake:

yawning, anger, upajihvika, hematuria.

Ci23#133

Quadruped Serpent:

There is a quadruped serpent born by 'godha (alligator)' which is known as 'gaudheyaka'.

This is similar to black snake.

Besides, there are several other cross-breeds.

Ci23#134

Distressing and Mild Bites:

The very troublesome bites:

is deeply performed, elevated, painful, placed length-wise and having marks of fangs and inflammation.

The mild bites:

'The other ones' [bites without the above conditions] are not very distressing.

Ci23#135

The most/ Some Very Poisonous Snakes:

The following are like 'asivisa' (dreadful snakes with poisoned vision and breath):

black snakes in young age

gonasa in old age

rajiman in middle age

Ci23#136

About the Fangs of the Snake:

The fangs are 4 in number.

The upper left one is- white.

The lower left one is- yellow

The lower right one is- red

The upper right one is- blackish

Ci23#137-139

Quantity of poison contained in the lower left fang:

the quantity of a drop of water which falls from a cow hair when it is dipped in a cup of water and pulled out.

"The bites caused by fangs have the quantity of poison increased in progressive order and are similar to the fangs in color."

"The latter ones have profuse poison and are very troublesome."

[[So, the upper left has the least poison, and it is colored white.

Then the lower left has the second-least poison (1 drop, above) and it is yellow-colored.

Etc.]]

[The 2 right fangs are the most troublesome.]

Ci23#138-139

Bites of Insects Born In Snake Feces or Urine:

from the feces and urine of snakes themselves, insects arise which are of 2 kinds:

Dusivisa (chronic poison)

Signs of a bite from this kind of insect:

The part becomes red, white, black or blackish, covered with boils, associated with itching, burning, spreading and inflammation and gets necrosed.

and

pranahara (deadly poison)

Signs of [a bite from this kind of insect]:

The swelling increases as in snake-bite, the bitten spot contains blood with intense odor, there are heaviness in the eyes, fainting, pain, dyspnea, thirst and anorexia.

Ci23#140-143

Signs of the Bite of Dusivisa (Spider):

The bite is black or blackish in the center, covered with a membrane, burn-like, exceedingly inflaming and associated with moistening, swelling and fever.

Ci23#144-145

General Symptoms of Spider Bite:

swelling, boils, white, black, red or yellow, fever, terrible dyspnea, burning sensation, hiccup and stiffness in the head.

Ci23#146

Symptoms of dusivisa rats:

pale blood (coming out) in the region of the bite, rashes, fever, anorexia, horripilation and burning sensation.

Ci23#147

Symptoms of Incurable Rat Poisoning:

fainting, swelling in the part, discoloration, moistening, deafness, fever, heaviness in the head, salivation and hemetemesis.

Ci23#147

Symptoms of Bite by Lizard:

blackish-ness, black-ness, other various colors, mental confusion and diarrhea.

Ci23#148

Symptoms of Scorpion Bite:

at fist the part feels as if it is burning like fire, and the poison moves upwards quickly with tearing pain and later on becomes stationed in the bitten part.

Ci23#149

Symptoms of Scorpion Bite with Incurable Poison:

the patient loses the senses of vision, smell and taste, has flesh falling off excessively, suffers from intense pain and finally dies.

Ci23#149

Symptoms of Hornet Sting:

'spreading affection', swelling, pain, fever, vomiting, and decomposition of the bitten part.

Ci23#150

Symptoms of Uccitinga Bite:

horripilation, stiffness of penis, intense pain and feeling as if the body parts are sprinkled over by cold water.

Ci23#151

Symptoms of Poisonous Frog Bite:

the part is pierced with a single fang, is swollen, painful and yellow associated with general symptoms like thirst, vomiting and sleep.

Ci23#152

Symptom of Poisonous Fish Bite:

burning, swelling and pain.

Ci23#153

Symptoms of Poisonous Leech Bite:

itching, swelling, fever and fainting

Ci23#154

Symptoms of Poisonous House Lizard Bite:

burning, piercing pain, sweating and swelling.

Ci23#155

Symptoms of Poisonous Centipede Sting:

sweating, pain and burning in the site of the sting.

Ci23#156

Symptoms of Mosquito Sting:

the site is affected with itching, slight swelling and mild pain.

Ci23#157

Symptoms of Sting of Incurable Mosquito Poison:

It causes symptoms similar to those in incurable insect bites.

Ci23#157

Symptoms of Bee Stings:

there is a pimple which oozes quickly and is blackish, associated with general symptoms such as burning, fainting and fever. - Ci23#158

About 'Sthagika' Bee:

Of the bee stings, this bee sting is fatal.

Ci23#158

Prognosis:

Fatal Times and Locales:

The person bitten in cremation ground, religious tree, ant hill, sacrifices, hermitage, temple, on the last days of the fortnight, in noon and on the 8th day of the fortnight, in midnight, and also in places of tantrika practices do not recover.

Ci23#159-160

Fatality of Asivisa Snakes:

People inflicted by asivisa serpents with poisons through vision [being looked at by the snake], breath, excrements and touch and also bitten in all vital parts die soon.

[[if the person is bitten in any of the vital parts (i.e., heart, head, bladder) he will die soon. But if he has been bitten on a non-vital part (i.e., a leg) he may recover.]]

This rule is true of both snakes as well as insects born of them [[including spiders, centipedes and scorpions]].

Ci23#161

Conditions Which Magnify the Effects of the Poison:

poison aggravates in persons who are afraid, drunken, weak.

Poison aggravates in the persons who are afflicted with heat, hunger and thirst.

Poisons aggravates in the persons when/where 'body constitution and time are similar'.

[I.e, P constitution in Summer season.]

Otherwise (in the absence of these conditions) the poison has a mild effect on the person.

Ci23#162

Snakes Which Have Mild Poison:

Those which are 'effected with water', are weak, terrorized, defeated by mongoose, old of tender age, and 'sloughened'.

#163

Movement and Release of Poison in the Snake's Body:

the poison is normally situated in the whole body of the snake.

When the snake is angry, the poison is released (through the fangs).

When the snake is hungry or fearful, the poison is not released.

Ci23#164

Doshic Predominance of Poisonous Insects:

Uccitinga and Scorpion are predominant in- V

Insects are predominant in- V and P

Hornets 'etc.' are predominant in- K

Ci23#165

Treatment:

Treatment is given with the measures having qualities contrary to those of the dosa exhibiting predominant symptoms.

Ci23#166

Symptoms of V-Type Poisoning:

cardiac pain

upward movement of V

stiffness
 dilation of blood vessels
 pain in bone joints
 giddiness
 twisting of the body
 blackish-ness of the body

Ci23#167

Symptoms of P-type Poisoning:

loss of consciousness
 hot expiration
 heart-burning
 pungent taste in the mouth
 tearing down of flesh
 swelling red or yellow

Ci23#168

Symptoms of K-type Poisoning:

vomiting
 anorexia
 nausea
 salivation
 excitement
 heaviness
 cold
 sweetness of the mouth

Ci23#169

Treatment:

Treatment of V-type Poisoning:

local application of khanda (brown sugar), oil massage, fomentation with tubular method or pulaka (inferior cereals) and bulk-promoting regimens.

Ci23#170

Treatment of P-type Poisoning:

very cold sprinklings and anointments.

Ci23#171

Treatment of K-type Poisoning:

scraping, excision, fomentation and vomiting.

Ci23#172

General Treatment of All Types of Poisons:

In all poisons and those located in all parts (except in cases of scorpion and uccitinga):

cold measures should be used.

Ci23#172

Treatment of Scorpion Sting:

fomentation, massage with ghee and salt, hot sprinklings, and intake of ghee with edibles or singly. Ci23#173

Treatment of Uccitinga:

Apply the same treatments as for scorpion.

In addition: Rubbing with dust in direction reverse to that of the skin hair

Intake of tepid water

Covering of the part with hot and thick layer of dust. -

Ci23#17

4

Pathology and Symptoms In a Dog Which Has Itself Become Sick/ Poisonous:

‘Dog, due to vitiation of tridosa and contrariety of dhatus, suffers from headache, salivation and drooped face.’

[Think about Rabies. Rabies should come under the context of this chapter.]

Ci23#175

Dog and Other Animals, and the Poisoning Symptoms In Humans They Produce:

‘Other such animals too vitiate K and V and cause- cardiac pain, headache, fever, stiffness, thirst and fainting.’

Ci23#175

Symptoms of the Poisonous Bite [of any origin-source]:

itching

piercing pain

discoloration

numbness

moistening

drying

heat, redness, pain, suppuration, swelling, formation of cysts, shriveling, tearing down of flesh, boils, growths, rashes and fever. -#176

Symptoms of the Non-Poisonous Bite: Symptoms are contrary to the above symptoms.

Ci23#177-178

Treatment Measures:

Treatment of Poisoning with Heart-burning or Salivation:

1st) purgation or emesis should be given frequently according to the condition.

2nd) After this evacuation, ‘the dietetic order should be followed’ [i.e., rice-water, then rice-gruel, etc.]

#179

Treatment of Poison situated in the Head:

1) use snuff of the roots of bandhujiva, bhargi and black tulasi

2) Apply the following [as paste] on an incision:

flesh and blood of- cock, crow and peacock

Use: if the poison is ‘below’, the incision should be on the scalp.

If the poison is 'above', the incision should be on the feet.

Ci23#180-181

Treatment of Poison in the Eyes:

The following collyrium destroys poison in the eyes:

pippali, marica, yavaksara, vaca, rock salt, sigru

+

bile of- rohita fish

Pound all of the above together.

Ci23#182

Treatment of poison in the Throat:

The following formula should be taken for poison in the throat:

unripe fruit of- kaphittha

+

sugar, honey

Take all of the above together.

Ci23#183

Treatment of Poison in the Stomach:

The following formula should be used for poison located in the stomach:

40gm powder of- tagara

+

sugar, honey

Ci23#184

Treatment of Poison in the Pakwasaya (Colon):

The following formula should be used for poison in the colon:

equal quantity of each- pippali, haridra, daruharidra, manjistha

+

cow's bile

Pound all of the above together.

Ci23#185

Treatment of Poison located in Rasa:

The following formula should be used in poisoning in rasa dhatu:

blood and flesh of- alligator

This should be dried and powdered.

+

juice of- kapittha

Ci23#186

Treatment of Poisoning of Flesh:

The following formula should be used in poisoning of flesh:

roots of khadira, nimba and kutaja

+

honey

Mix all of the above together.

Use: take with water.

Ci23#187

The following is a Treatment of All Types of Poisoning:

two types of bala (bala, atibala), madhuuka, madhuka, tagara
[these should be taken all together/ these may be taken singly or jointly.]
Ci23#188

The following is a topical application for poisoning with aggravation of K:

pippali, sunthi, yavaksara
+
fresh butter
Mix the above together.

Ci23#189

The following formula counter-acts all poisons when applied as potion, snuff, collyrium
ad paste:

mamsi, kunkuma, patra, twak, haridra, tagara, candana, realgar, vyaghranakha,
surasa (tulasi)

+
water

Pound all of the above together.

Ci23#190

The following [[paste]] destroys all poisons like Indra's thunderbolt kills demons:

candana, tagara, kustha, haridra, daruharidra, twak, realgar, tamala, juice of
nagakesara, vyaghranakha

+
rice-water

Pound all of the above together.

Ci23#191

The following is efficacious for snake bite when taken as snuff, potion and collyrium:

white (decorticated) marica

+

juice of- sirisa flowers

Impregnate the marica in the juice for 1 week.

Ci23#192

The following potion gives relief even in bites by Taksaka (king of the snakes):

80gm each- tagara, kustha

+

160gm each- ghee, honey

Mix all of the above together.

Ci23#193

The following potion is for the bite by darvikara type of snake:

sindhuvara root, sveta + girikarnika

Ci23#194

The following snuff is for the bite by darvikara type of snake:

kustha

+
honey

Ci23#195

The following is a formula for the bite by mandali type of snake:

manjishta, madhuyasti, jivaka, rsabhaka, sveta, kasmarya + leaf buds of vata

Ci23#196

The following formula destroys the poison of rajiman type of snakes:

powder of- trikatu, ativisa, kusthaa, soot, harenuka, tagara, katuka

+

honey

Mix all of the above together.

Ci23#197

The following formula is for bite by Vasuki (snake king):

soot, haridra, daruhardra, tanduliyaka with [it's own] root

+

plenty of honey and ghee

Ci23#198

[Treatment of Insect Poisoning:]

After evacuating the patient of insect-poisoning, paste of the bark of latex-bearing trees should be applied which acts as anti-poison.

Ci23#199

The following paste alleviates swelling, burning sensation, piercing pain and fever:

paste of- mukta

Ci23#199

The following formula is an excellent application for spider poisons.

It may be applied as paste, etc. according to the condition:

candana, padmaka, usira, sirisa, sindhuvarika, ksirasukla, tagara, kustha, patala, udicya, sariva

+

juice of- slesmataka

Pound all of the above together.

Ci23#200

The following formula destroys spider poisoning:

madhuuka, madhuka, kustha, sirisa, udicya, patala, nimba, sariva

+

honey

Ci23#201

The following [topical] formula destroys the growth on the site of insect and spider poisoning:

kusumbha flowers, svarnaksiri, danti, trivrt

+

rocksalt

cowteeth

feces of- pigeon

Ci23#202

The following formula, used as decoction, paste and powder, destroys the wounds caused by insects and spiders:

barks of katabhi, arjuna, sirisa, slesmataka

+

bark of- latex-bearing trees

Decoct all of the above together.

Ci23#203

The following formula destroys the poison of all sorts of rats:

1 part- twak

+

1 part- sunthi

Pound the above finely.

Use: take with hot water.

Ci23#204

The following formula, used as potion, nasal blowing etc. alleviates poison of scorpion, rat, spider and snake.

It is like nectar and also destroys the immaturity of garavisa:

indravaya, tagara, jalamalini + bitter iksvaku

Ci23#205

Treatment of Chameleon-Bite Poisoning:

All of the above anti-poison formulas may be used in 'cameleon' poisoning according to dosa.

Ci23#206

[** Pages 386 and 387 in the book have not been copied down.]

[These need to be entered. **]

Veterinary Treatment of Poisoned Animals:

The Symptoms of a Quadruped Bitten by Some Poisonous Animal:

frequent drooping of the head, swelling, hanging down of the lips and ears, fever, stiffness of the eyes and body parts, tremors in the jaw, body-ache, falling of the body hairs, malaise, restlessness, shivering, giddiness.

Ci23#229-230

The following is a universal anti-poison formula for use on animals who have been bitten/poisoned:

powder of- devadaru, haridra, daruharidra, sarala, candana, aguru, rasna, gorocana, jiraka, guggulu, idsuraka, tagara

+

rock salt

ananta

+

cow's bile

honey

Mix all of the above together.

Ci23#231

Other Circumstances of Intentional Poisoning:

1) A woman who wishes to captivate her beloved may do so by mixing his food with her own sweat, menstrual blood or the excreta of different organs [stool, urine, saliva, etc.].

2) A person's enemies may add poisonous substances to his food, etc.

Ci23#232-233

Symptoms that a Person Has Been Poisoned By the Above Manner:

the person becomes pale, emaciated and with poor digestion and suffers from hypertrophy and dilatation of the heart, edema in the hands and feet, udararoga, grahani disorder, phthisis, gulma, wasting, fever and other such disorders.

In dreams, he mostly sees cats, jackals, fierce animals, mongoose, monkey, dried rivers and trees.

In dream, having lost his sense organ, he sees himself as fair-complexioned though actually being dark-complexioned or devoid of ears and nose.

Ci23#234-236

Treatment of This Above Conditioning of Poisoning:

1st) On seeing him the physician should ask as to what, when and with whom he has eaten.

2nd) After obtaining the information, he should administer emesis with:
fine powder of copper + honey (for cleaning the heart).

3rd) When the heart is cleansed, he should be given:
one 'sana' (4gm) of the powder of- hema (nagakesara)

Ci23#237-238

Importance of Hema (Nagakesara) for Treatment of Poisoning:

Hema controls all poisons and poisonous combinations.

Poison does not adhere in the body of the person taking hema, just like water does not adhere to the surface of a lotus leaf, but rolls right off.

Ci23#239

The following [purgative] ghrta formula is effective for alleviation of poisons of snakes and insects and toxic formulations:

nagadanti, trivrt, danti, dravanti

snuhi latex

madanaphala

+

buffalow ghee

+

2.56L- cow's urine

Process all of the above together.

Ci23#240-241

Amrtaghrta:

This excellent ghrta is anti-poison and excellent in all poisons.

It alleviates epilepsy, wasting, insanity, seizures of evil spirits and grahas, dusyodara, anemia, worms, gulma, splenomegaly, urustambha, jaundice, stiffness of the jaw, shoulder, etc, (when used as potion, massage and snuff).

It also revives the person almost dead due to poisoning and hanging:

10gm paste of each- sirisa bark, trikatu, triphala, candana, utpala, bala, atibala, sariva, asphota, surabhi, nimba, patala, bandhujiva, adhaki, murva, vasa, surasa, vatsaka patha, ankola, asvagandha, arka root, yastyahva, padmaka, visala, brhati, lac, kovidara, satavari, katabhi, danti, apamarga, prsnaparni, rasanjana, sveta bhaundi, asvakhuraka, kustha, devadaru, priyangu, vidari, madhuka-sara, karanja (fruit and bark), haridra, daruharidra, lodhra

+

7.68L- water

7.68L each of- cows urine, goat's urine

2.56L- ghee

[the herb paste will be 46herbs x 10gm each = 460gm, nearly-
aproximately ½ Liter.]

[so the ratio of herbs : ghee will be @ 1:5 or 1:6]

Ci23#242-249

Other Preventative Routines:

One should always walk with a umbrella and a rattle in hand day and night.

By the shade of the umbrella and the sound of the rattle, the serpents get frightened and flee away.

One should wear diamond, emerald, sara, picuka, visamusika, ruby, snake's gem, cat's eye, elephant pearl and anti-poison stone or excellent anti-poison herbs.

Birds such as sarika, demoisella crane, peacock, swan, parrot etc. should be kept.

[Perhaps these birds kill snakes and poisonous insects, or alert their owners about these intruders.]

Ci23#250-253

Further Emergency Treatment for Bites [by Snake]:

If bitten, one should immediately bite the same serpent.

[Yes, apparently this says to bite the snake back who just bit.]

Or he should bite a clod of earth.

He should also bind a tourniquet above the sight of the bite.

He should also excise the part or cauterize it.

Ci23#252-253

The summing up Verse:

The wise physician on reading, understanding and applying this chapter becomes insurmountable by the intolerable effects of poisons.

Ci23#254

Madatyaya (Alcoholism)

Use of Wine

Benefits

Proper consumption

Qualities of wine

The 3 stages of Intoxication

Alcoholism

Drinking party

Diagnosis

V-type

P-type

K-type

Treatment

Treatment of alcoholism with wine

Pathology and treatment of a “hang-over”

V-type

P-type

K-type

Use of milk

Treatment of relapse

Honored Role of Wine:

Sura (wine) which has been worshiped by gods led by their king since long ago.

It is offered as oblation in sautamani sacrifice.

It is honored by priests.

It carries [carried] the sacrifice by the use of which Indra (who had been 'depressed' [wasted] too much and was devoid of energy and covered with ignorance due to excessive intake of soma) was extricated from the difficult condition.

It is useful in sacrifices, and as such is looked at, touched and processed by the sacrificing sages according to vedic rites for the success of the sacrifice.

Though wine has many variations according to source, processing and name, etc., it is only characterized by one thing: producing narcosis.

Wine is excellent solace to the gods as [who call it] nectar.

Wine is excellent solace to the forefathers, [who call it] as 'svadha'.

Wine is excellent solace to the 'twice-born' [who call it] as '**soma**'.

Wine is the splendid brilliance of the Asvin twin gods.

It is the power of Sarasvati, the prowess of Indra.

It is the accomplished Soma in sautamani sacrifice.

It is 'the great potent'.

It destroys grief, restlessness, fear and agitation.

It is the symbol of love, enjoyment, speech, corpulence and contentment.

It is called enjoyable 'sura' (wine) by the gods, demons, gandharvas, yaksas, raksasas and human beings.

Wine must be used carefully.

Ci24#3-10

The Proper Set-up for Drinking Wine:

He should have previously processed his body (with external as well as internal procedures) and should be pure.

He should be perfumed, wearing clean apparel scented strongly according to the season.

He should be wearing various attractive garlands, gems and ornaments.

He should have worshiped the gods and brahmanas and have touched good auspicious things.

Then he should sit or recline comfortably on a bed or seat which is well covered with bed sheet and which has a pillow.

This location should be in a prominent place suited for the season, endowed with flowers, liked by friends and filled with fragrance of incense.

Then he should drink wine from vessels of gold, silver, precious stones or other clean and well made vessels.

He should be attended by favorite ladies who are proud of their beauty and youthfulness, particularly trained, are adorned with dress, ornaments and garlands according to season and endowed with sincerity and affection and are moving here and there.

After having worshiped the gods, chanted the blessing hymns and pouring the wine mixed with water in the ground meant for other needy beings.

Ci24#10-16

Food Which Should Be Eaten When Drinking Wine:

“One should always drink best wine along with various suitable fruits, wholesome green vegetables, salted and seasoned seasonal food items; various roasted meat of terrestrial, aquatic and flying animals and birds and various edibles prepared by the team of cooks.

Ci24#16-20

How To Take Wine, Depending on Dosis Constitution:

V Constitution:

Before drinking wine, he should get massage, anointing, bath, ‘dressing’ [get dressed], incense and after-paste, and he should eat unctuous and hot food.

Ci24#21

P Constitution:

Before drinking wine, he should do various cooling regimens, and take sweet, unctuous and cold food.

Ci24#22

K Constitution:

Before drinking wine, he should observe hot regimens, eat preparations of barley and wheat and also meat of wild animals which have been flavored with black pepper.

Ci24#23

Wine should be drunk in proper quantity according to necessity.

“This [the above paragraphs] is the method prescribed for the rich or would be rich.’

Ci24#24s

Types of Wine to Use According to Dosis Type:

V types: wine should be made of- jaggery [sugar]

K types: wine should be made of- flour

P types: wine should be made of- grapes and honey - Ci24#25

The Variable Merit of Wine:

Wine made of many ingredients possessed of many properties and actions and characterized by intoxication has both merits and demerits.

Ci24#26

Indications for the Use of Wine:

It is like nectar for people who drink according to prescribed method, in proper quantity, in proper time, with wholesome food, according to strength and with exhilaration.

Ci24#27

Contra-Indications for the Use of Wine:

On the contrary, it acts like poison for the people who indulge in drinking unwholesome wine, who accept whatever type of wine is presented to them, who observe rough regimens and physical exertion constantly.

‘Madya (wine)’ having entered into the heart counteracts the 10 properties of ojas with it’s corresponding 10 properties and thus upsets the mind. - Ci24#28-29

The 10 properties are: light, hot, sharp, finely entering, sour, quickly absorbed, quick-acting, rough, ‘depressant’ [[reducing]] and non-slimy. - Ci24#30

The 10 properties of Ojas are: heavy, cold, soft, smooth, viscous, sweet, stable, clear, slimy and unctuous.

Wine counteracts the properties of ojas by it’s own properties such as heaviness by lightness, coldness by hotness, sweetness by sourness, softness by sharpness, clarity by quick action, unctuousness by roughness, stability by quick absorption, smoothness by depressant action, sliminess by non-sliminess and viscosity by subtleness.

Thus disturbing ojas, the mind gets affected quickly, which causes narcosis [unconsciousness].

Ci24#31-34

The heart is the seat of the channels of rasa, vata etc., psyche, intellect, senses, self and primary ojas.

Hence by excessive drinking and consequent damage of ojas thereby, the heart as well as the dhatus located there get effected.

Ci24#35-36

The Stages of Intoxication:

1st Stage: This starts when the heart is stimulated but the ojas is not affected.

2nd Stage: This starts when the ojas is damaged.

3rd Stage: This starts when the ojas is damaged severely. - Ci24#37

Wine Made of Flour Does Not (Severely) Damage Ojas:

Note: ‘Such severe damage of ojas is not affected [caused] by wine made of flour, because the properties of depressentness, roughness and non-sliminess are not so aggravated therein.’

Ci24#37-38

Process of Intoxication:

When the heart is overpowered by the properties of wine, the following arise: exhilaration, thirst, enjoyment, happiness and other peculiar rajasic and tamasic mental aberration.

This culminates in narcosis.

The derangement caused by wine is called ‘mada’ (narcosis or intoxication).

Ci24#39-40

The 3 Stages of Intoxication:

the First Stage:

exhilaration

person pronounces the merits of the food and drinks

he invokes instrumental and vocal music, laughter and anecdotes
 intellect and memory are not effected
 the senses are still mostly functional
 sleep and waking are normal
 Thus it is pleasure-giving.

the Middle Stage:

‘There are memory and confusion’
 distinct speech followed by indistinct speech
 proper and improper excessive talk
 excessive movements
 incoherence in standing, food and drink and talk

The people predominant in rajas and tamas having crossed the limit of the middle stage, but not yet reached the 3rd stage show the following in addition:

behaving unwholesomely
 not sparing anything
 -Anyone who would let themselves get to this stage, which is like severe insanity, is foolish.

the Last Stage:

the person becomes motionless like a piece of wood.
 His mind is covered and with narcosis and confusion.
 Though alive, he appears as though he is dead.
 He does not perceive the pleasurable perceptions.
 He doesn't recognize his friends.
 He is not enjoying himself at this point (which is the point of wine after

all).

-Why would a person want to go to this stage?
 He becomes ill-spoken, despicable and unwelcome by all beings.
 Because of addiction he acquires painful diseases as a consequence.

Ci24#41-45

Importance of the Mind Being Able to Concentrate:

The well-being in this life and the here-after [next life or heaven], as well as highest bliss which is in liberation [samadhi] all depend on the mind being able to concentrate.

Ci24#52

The Agitating Effect of Wine On the Mind:

Wine creates a great agitation of the mind, just like a terrific storm does to the tree on a river bank.

Ci24#53

Tendency of Rajasic and Tamasic Minds to Become Alcoholics:

The fools overcome by rajas and tamas [see book I for definitions] take addiction to wine.

This wine has great drawbacks, and is a severely toxic form of pleasure.

Ci24#54

‘The persons having their understanding affected by wine are bereft of sattvika qualities.

Those who are blinded due to intoxication and still hankering [for wine/ other unwholesome things] thereafter are deprived of all well-being.

In wine, there is etiology of confusion, fear, grief, anger, death along with insanity, narcosis, unconsciousness, epilepsy and convulsion.

Where there is only derangement of memory there is everything ignoble.

That is why those knowing the defects of wine despise it with all efforts.

Truly these great defects of wine are said, there is no doubt about them if wine is taken as unwholesome, in excess and without prescribed method.

But wine by nature is just like food.

It causes disorders if taken improperly, and is wholesome like nectar if it is used properly.

Food is like vital breath for the living beings, but food can also become fatal due to indigestion.

On the other hand, poison is fatal, but becomes health-promoting when used appropriately.

Wine if taken regularly gives pleasant intoxication and produces exhilaration, energy, contentment, corpulence, freedom from disorders, sexual potency and strength.

Ci24#55-61

Benefits of Wine:

Wine improves relish and appetite, is cordial, promotes voice and complexion, is saturating, bulk-promoting, strength-promoting, alleviator of fear, grief and exertion, is 'hypnotic' [what is the intended meaning here?; this word has been used in the section on the '8 despicables' and sleep. Oh! It says after all:] ... is hypnotic for the sleepless, raises the voice of the dumb [those who do not speak], awakens those who oversleep, relieves constipation, and anesthetizes those pained with corporal punishment or imprisonment.

Even the disorders caused by wine are counteracted by wine itself.

Ci24#62-65

* **Wine creates enjoyment, liking and attachment to the sense objects in the elderly people** and "produces ceremonial pleasure".

[** Perhaps wine for geriatrics is a new application for modern medicine.]

Ci24#66

Use of Wine for Relief of Pain and Grief:

Wine used properly is the resting place for the living people who are inflicted with intense pain and are marred with grief.

Ci24#67

[How to Drink]:

One should drink always keeping in view the 6 triads of: food, drinks, age, disorder, strength and time, as well as the 3 dosas and the 3 types of psyche.

Correct planning of these 8 Triads is said as 'yukti' (proper way).

If one takes wine in this proper way, one does not receive its defects.

The person who is predominant in sattva qualities of the psyche is able to enjoy wine without causing loss of virtue or wealth.

Ci24#68-70

State of the Psyche in the 3 Stages of Narcosis:

ordinarily the psyches are stimulated in the 1st stage of narcosis.
 During the 2nd stage they descend toward the sub-conscious level.
 In the last stage they drop totally into the sub-conscious level.

Rains stimulate the growth of the crop and fire exposes the nature of gold.

Wine does likewise to humans; just as fire shows the nature of gold, such as superior, average and inferior, so does wine show the nature of men.

Ci24#70-73

Description of a Sattvic Drinking Party:

The drinking party of perfumes, garlands and music, well-arranged, uncrowded, provided with delicious food and drinks, clean, always engaged in sweet talks, having comfortable drinking, offering desirable intoxication, promoting exhilaration and pleasure, with good participants and not inducing the third stage of intoxication is known as a sattwika one [party].

The persons predominant in sattva do not get affected suddenly by the untoward effects of wine because their psyche is strong.

Ci24#74-76

Description of a Rajasic Drinking Party:

it is mostly full of mild or harsh talks, clean or un-clean in movements, having various colors and often crowded with bad people.

Ci24#77

Description of a Tamasic Drinking Party:

it is devoid of exhilaration, pleasure, there is little talk, people are dissatisfied with the food, and everyone ends with excessive stupor, anger and sleep.

In a drinking party one should identify the sattvic, rajasic and tamasic people and avoid the negative types there.

Ci24#78-79

The Right Drinking Companions:

those companions are pleasure-giving in drinking who are of pleasant disposition, sweet speech, good-looking, approved by the noblemen, not inconstant in arts, clean, and adept in senses, mutually submissive, one with friendship, increasing festivity in drinking party, more than a festival on mutual meeting one feels happy while drinking with them.

Those are fortunate who drink with pleasing vision, smell, taste, touch and sound with good companions.

One should drink with pleasing and favorite fine sense objects in proper place and time with exhilarated self.

Ci24#80-85

The People who do not get intoxicated suddenly:

Those having firm psyche [let's just start saying 'Mind' instead of 'psyche', O.K.?] and body, have taken food before-hand, are born in a family of drunkards and who are used to plenty of wine.

Ci24#86

The people who get intoxicated Quickly:

The people who are stricken with hunger and thirst, weak, predominant in V and P, taking rough, little and deficient food, having hardness in the bowels, mental weakness,

anger, who are not used to drinking, are wasted, tired and affected by narcosis get intoxicated quickly even by a small quantity of wine.

[[Perhaps– a lot of the above information should be merged, sorted, and perhaps reduced 30% in content, as it's repetitive.] - Ci24#87

Finally, here is Etiology, Pathology, Symptoms and Treatment of Alcoholism Proper:

Etiology of V-type Alcoholism:

If a person who is emaciated too much due to the following, it causes alcoholism predominant in V:

- excessive intercourse
- grief
- fear
- load-carrying and traveling
- taking rough, little or deficient food or drinks
- taking rough and **old** wine in excessive quantity
- [so old wine is indeed rougher than new wine.]
- taking wine during the night
- getting insufficient sleep

Ci24#89-90

Symptoms of V-type Alcoholism:

- hiccup
- dyspnea
- tremors in the head
- pain in the sides
- vigil [not sleeping]
- frequent delirium.

- Ci24#91

Etiology of P-type Alcoholism:

intake of sharp, hot and sour wine in large quantity
 while using sour, hot and sharp items in the diet
 while taking irritant substances
 who likes exposure to fire, heat and the sun

Ci24#93-94

Prognosis of P-type Alcoholism in a V Constitution Person:

P-type alcoholism occurring in a person of V constitution either gets pacified quickly [is easy to pacify/ must be pacified quickly] or it becomes fatal.

Ci24#94

Symptoms of P-type Alcoholism:

thirst
 burning sensation
 fever
 sweating
 fainting
 diarrhea
 giddiness
 greenish complexion

Ci24#95

Etiology of K-type Alcoholism:

intake of fresh (new) and mostly sweet wine made of jaggery or flour in excessive quantity

predominance of sweet, unctuous and heavy diet
 lack of exercise
 sleeping in the day time
 spending the day lying in bed or sitting in a comfortable chair

Ci24#96

Symptoms of K-type Alcoholism:

vomiting
 anorexia
 nausea
 drowsiness
 stiffness
 heaviness
 feeling of cold

Ci24#97

All Wine Vitiates All 3 Dosas, Similar to True Poison:

The properties of poisons that vitiate all the dosas simultaneously are also present in wine.

The only difference is that this effect is more powerful in the case of true poisons. Some poisons are fatal immediately, while others cause some non-fatal disorder.

The last stage of intoxication should be considered [and treated] like a case of poisoning.

Hence, aggravation of all the dosas will be found in all the types of alcoholism.

Therefore, treatment will depend on the predominant dosa by each case.

Ci24#98-100

General Symptoms of Alcoholism:

severe physical distress
mental confusion
cardiac pain
anorexia
continued thirst
fever characterized by cold and heat
pain like electric shock in the head, sides and bone joints
severe yawning
twitching
tremors
exertion
obstruction in the chest
cough
vomiting
diarrhea
nausea
symptoms of V, P and K
giddiness
delirium
visual hallucination
the person covers himself with grasses, ash, creeper, leaves and dust
the person has unstable mind and thinks he is assaulted by birds
the person sees terrible and inauspicious dreams .

Ci24#101-106

Treatment of Alcoholism:General Treatment of Alcoholism:Tri-dosic nature of Alcoholism: _____

All types of alcoholism are tri-doshic, so first treat whichever dosa is predominant.

Ci24#107

General Rule to Treat K First:

'In alcoholism the treatment should be for K because K is predominantly situated flanked by P and V.'

Ci24#108

Use of Wine In Treatment of Alcoholism:

The disorder which is caused by improper drinking, excessive drinking or deficient drinking is in fact pacified by taking wine, but in proper quantity.

After digestion of ama and the demerits of [the previous batch of] wine and the kindling of appetite and lightness, the patient should be given wine of the correct form that is suitable for him.

This wine should be added with: sauvarcala, bida and rock salt along with matulunga and fresh ginger, mixed with water and in proper quantity.

Ci24#109-111

When sharp, hot, sour and burning wine is taken in excessive quantity the excited chyle is burnt and acquires alkaline character.

This produces internal burning, fever, thirst, mental confusion, giddiness and narcosis.

For pacifying this syndrome, one should prescribe intake of wine itself.

Alkali gets neutralized immediately in combination of acid and wine is the best among the acidic substances.

[[Here is the most direct reference in the text about **Acid-Base** Balance in the body. This is also an important reference to the bile being/ producing alkaline substance. And they understood that wine is highly acidic. This suggests that they were aware of the acid-base issue, but felt that it was not so important as a basic factor of health in internal medicine, as is being suggested in the present times.]

Wine is: sour, with 4 subsidiary (secondary) tastes, which are: sweet, astringent, bitter and pungent.

These added with the 10 properties (mentioned earlier in the chapter) become 14 [qualities] which are present in wine.

Because of this, wine stands at the top of all the sour substances.

Ci24#112-116

Treatment:Symptoms of V Which Is Obstructed In the Channels Due to Dosa Which Has Been Excited by Wine:

intense pain in the head, bones and joints.

[is this a hang-over?]

Ci24#117

Treatment for This Obstruction of V:

for liquefying of the dosa, wine is the best thing to give

This is because of it's qualities of quick-absorption, sharpness and hotness 'in spite of other remedial measures.' [?].

Ci24#118

Benefits of Wine (Even in Treating Narcosis):

Wine removes the obstruction of the channels, carminates wind, improves relish, stimulates digestive fire and becomes suitable by practice.

On removal of obstruction in the channels and carmination of wind, the pain subsides, the disorders are alleviated and narcosis with it's complications is pacified.

[According to western/ modern medicine, in most of the conditions of narcosis/ fainting one should not use wine, since wine is vaso-dilator, causing reduced blood pressure and thus reduced blood flow to the brain, and thus aggravating the passed-out condition. This would include fainting due to blood-loss, shock, heat-stroke, postural hypotension, hypotension, and possibly alcohol intake also.]

Ci24#119-120

Treatment of V [In General/ V-type Alcoholism]:

administer old wine made of flours

+

salt

sours like- bijapura, vrksamla, kola and dadima

powders of- yavani, hapusa, jiraka, sunthi

Mix all of the above together.

Use: before drinking this wine, one should eat foods having:

parched gram flour + an uncting substance

Ci24#120-121

General Treatment of V-predominant Alcoholism:

*** Foods:

Soups:

Unctuous and sour meat-soup of common quail, partridge, cock and peacock

Grains:

Sali rice along with seasoned meat soup of marshy birds, animals and fishes as well as terrestrial and beast or bird of prey;

Unctuous, hot, salty and sour as well as palatable vesavara (a seasoned preparation),

Various wheat preparations along with the varuni [[a type of alcohol]] scum;

Pupavartti [[dumplings; 'vartti' = pills]] quite which are quite fatty, and filled with flesh and ginger.

Pupalika [a dietary preparation] filled with black gram.

The above meat of fatty animals should be processed with a moderate amount of fat, and with no sours, and spiced only with black pepper and fresh ginger or with pomegranate juice, 'trijata' (3 aromatic substances) [bay leaf, cinnamon, and cardamom]], separately and dhanyaka, marica and ardraka.

And having thick soup should be given with warm pupa (a dietary preparation).

Ci24#122-131

After meals the patient should be given any of the following drinks if he has thirst:

varuni scum

pomegranate juice

water boiled with- pancamula

water boiled with- dhanyaka and sunthi

scum of curd

scum of sour gruel

vinegar water [[1 part water : 1 part vinegar]]

If this regimen is followed according to dosa and time, the disorder is pacified and strength and complexion are promoted.

Ci24#131-132

Other General Treatments for V-type Alcoholism:

Alcoholism predominant in V is pacified quickly by using the following:
 various relishing ragas and sadavas (pickles)
 meat preparations
 vegetables
 flour preparations
 barley, wheat and sali rice
 massage, anointings, hot baths, thick wrappers, thick aguru pastes
 thick incense of aguru
 merciless embracings of women with warmth of youthfulness, loads of hips,
 thighs and breasts which are warm and pleasing due to holding up
 warm beddings and covering
 warm and comfortable inner chambers.

Ci24#133-135

Treatment of P-type Alcoholism:

give the following wine drink:

well-suited wine prepared of sarkara or mrdvika (grapes)

+

sugar

**juice of- bhavya, kharjura [dates], mrdvika (grapes) and parusaka, or
 pomegranate**

parched grain flour [barley/ wheat/ rice -perhaps aged 1+ yr.]

Mix all of the above together.

Use: serve this cold/ chilled.

[This formula may serve as a template for my use of wine for P
 constitution and P conditions in general in the clinic.]

Ci24#135-136

Diet for Treatment of P-type Alcoholism:**Meat:**

meat of rabbit, grey partridge, ena (deer), common quail, asita pucchaka (a type of deer).

These should be sweetened and soured.

Grains:

take the meat along with sali and sastika rice.

Soups:

The following soup is beneficial:

goat's meat soup

+

peas and green grams, -or- dadima (pomegranate) and
amalaka

The following soup is beneficial:

Soup

+

Juice of- draksa, amalaka, kharjura, parusaka

Saturating Drinks:

Saturating drinks should be made with the juice of- draksa, amalaka, kharjura and parusaka

Ci24#137-141

Treatment of P-type alcoholism where P and K are located in the stomach and are aggravated, and the patient has much impurity and suffers from burning and thirst:

Step 1) give wine

or give grape juice

or water

or saturating drink

Step 2) he should be made to vomit fully

Thus he is relieved of the illness quickly.

Step 3) When desire (appetite) appears, saturating drinks 'etc.' may be given in time [moderation].

This stimulates digestive fire, which in turn digests the remaining impurity of the food material.

Ci24#141-146

Treatment of alcoholism with cough, haemoptysis, pain in the sides and breasts, thirst, burning, excitation of the dosas in the heart and chest:

administer one of the following:

decoction of- guduci, devadaru, musta

Use: follow with diet of partridge.

-or-

decoction of- patola, sunthi

Use: follow with diet of partridge

Ci24#147-148

Treatment of alcoholism with severe thirst and aggravated V and P:

Step 1) give- cold grape juice.

This helps elimination of impurities, in addition to pacifying the V and P.

Step 2) after digestion [of the grape juice] the patient should be fed on:

sweetened and soured goat's meat

Use: follow with wine to quench one's thirst

Ci24#149

How to Drink Wine To Quench the Thirst [In case of Alcoholics]:

Drink to quench the thirst should not be in such a quantity that it effects the mind.

The wine should be diluted with plenty of water.

This should be given repeatedly in small quantity, so that it pacifies the thirst, but not causes intoxication. - Ci24#150

A non-alcoholic alternative drink to quench the thirst:

cold juice of- parusaka and pilu fruits

cold water boiled with- 'four-leaved herbs'

[cold] decoction of- musta, dadima and parched paddy

Ci24#150-152

The following paint alleviates thirst quickly:

juice of- the 'pancamlaka' (group of 5 sours): kola, dadima, vrksamla, cukrika, cukrika

Use: apply as a paint to the inner surface of the mouth.

Ci24#153

Other Therapies for Treatment of P-type Alcoholism:

cold food and drinks

cooled chambers

contact with cold air and water

cooled parks

cold touch as of moon rays

flaxen cloth

lotus and [water-]lily flowers

gems and pearls

substances cooled with sandal water

golden, silver or bronze vessels filled with cold water
 the air from ice bags [like localized air conditioning]
 women bathed with sandal water
 cool breeze from the sandal trees
 in brief: whatever is 'sitavirya' (cold in potency) should be used.

Ci24#154-156

Treatment of burning sensation developed in alcoholism:

beautiful leaves of lotus and water lily sprinkled with sandal water should be applied on the body.

Various picturesque narratives, auspicious voice of peacocks and 'sounds of cloud' [sounds of gentle breezes?] pacify alcoholism.

Shower chambers should be prepared. These should have 'mechanical showers and fans'.

Ci24#157-158

The following [paste] may be used [internally/ in all ways] for burning sensation:
 priyangu, usira, lodhra, hriviera, nagakesara flowers, syonaka

+

juice of- kaliyaka

Ci24#159

The following formula is useful for burning sensation:

[fresh] leaves of- badari, nimba, phenila

Pound the above together.

A froth will develop. Collect this froth for use, and discard the rest.

Use: [topical/ in all ways?]

Ci24#160

The following formula is useful for burning sensation:

wine scum

+

sour curd

juice of- matulunga

honey

sour gruel

Mix all of the above together.

Use: use as sprinkle and paste.

Ci24#161

Use of Cold Water for Pacification of Burning Sensation and Thirst:

Cold water should be used for sprinkles, baths and 'airing with fan' for this purpose.

"By following these regimens according to quantity and time, P alcoholism of the wise and the obedient to the physician subsides quickly."

Ci24#162-163

Treatment of K-type Alcoholism:

General Treatment of K-type Alcoholism:

it should be overcome with emesis and fasting

Ci24#164

Treatment of K-type with Thirst:

give:

Water + hribera, bala Boil these together.
Ci24#165

Or give:

Water + prsniparni Boil these together.
Ci24#165

Or give:

Water + kantakari Boil these together.
Ci24#165

Or give:

Water + any of the above drugs + sunthi Boil these together. Then cool
well.

Ci24#166

Or give the following, which also digests the morbidity.

This formula may be used for all types of alcoholism, as it is safe, and alleviates
thirst and fever:

Water +duralabha, musta Boil these together.
Ci24#167

Or give the following, which also digests the morbidity.

This formula may be used for all types of alcoholism, as it is safe, and alleviates
thirst and fever:

Water + musta, parpata Boil these together.
Ci24#167

Or give the following, which also digests the morbidity.

This formula may be used for all types of alcoholism, as it is safe, and alleviates
thirst and fever:

Water + musta Boil these together.
Ci24#168

The following should be used when the patient is free of ama and has appetite:

wine prepared from sarkara or madhu [+ honey]

-or-

old arista [a wine type] + honey

-or-

sidhu [an wine/ vinegar type] + honey

Ci24#169

Diet for Treatment of K-type Alcoholism:

he should eat food of barley or wheat added with rough parched grain flour and
yavani and sunthi with rough vegetable soup

or with the soup of horse gram
 or with well-dried raddish soup which is thin, in small amount, light, spiced and soured, and with only a little ghee.

Other Soups:

soured soup of patola + profuse pungents

Use: take with barley food [dishes].

Or

soup of amalaka + profuse pungents

Use: take with barley food [dishes].

Soured soup of trikatu

Or

soup + amlavetassa

or

rough meat soup of goat

or

soured meat soup of wild animals

Meat:

Meat roasted in a utensil or an earthen piece without adding any liquid and added with pungent, sour and salt.

Use: follow with madhu (a type of wine).

Meat roasted while adding profuse black pepper, matulunga juice, other pungents in ample quantity, yavani and sunthi, and + souring with- pomegranate

Use: this should be taken with: hot pupa and plenty of ardraka pieces (according to the power of digestion and in right timing.)

These should be followed by drink of undamaged wine.

Ci24#170-176

Appetizers:

The following appetizer is known as 'Astanga Lavana':

It is an excellent appetizer and cleanser of channels.

As such, it should be given in K-type alcoholism:

1 part- sauvarcala

1 part each- jiraka, vrksamla, amlavetassa

+

½ part each- twak, ela, marica

1 part- sugar

Mix all of the above powders together.

Ci24#177-178

cooking: The following is an appetizing liquid for to use [as a marinade/ sauce] for

(This very powder (Astanga Lavana) can be made into a liquid by adding sweet and sour juices properly.)

(It should be used as an adjuvent to preparation of wheat and barley as well as meat to make them palatable.)

Ci24#179

appetite: The following 'raga' [pickle] an excellent promoter of relish and

white seedless grapes

+

pungents

juice of- matulunga or pomegranate

Pound the above together.

+

sauvarcala

ela, marica, jiraka, twak, yavani

honey

Mix all of the above into a 'raga' [chutney/ pickle]

Ci24#180-181

The following 'raga' [chutney] is appetizing and digestive, and may be used:

Karavi

+

Vinegar

Sugar candy

Mix all of the above together. - Ci24#182

The following 'raga' makes the food palatable and digests it well:

Pulp of- amalaka

+

Dhanyaka, jiraka, karavi, marica

sauvarcala

jaggery

Madhusukta (a type of vinegar)

Add all of the above together 'so that it becomes clearly sour and

sweet'.

Ci24#183

General Treatment Therapies for K-type Alcoholism:

it subsides quickly by the use of the following:

rough and hot food and drinks

hot bath

physical exercise

lightening measures

vigils

rough bath and anointings

rubbing of the body which improves strength and complexion

heavy garments

aguru (as a paste and incense)

embracing women having organs which are pleasing and who are pasted

with kumkuma

gentle pressing of the body by women who have soft and trained hands

Ci24#188

Treatment of Dual- or Tri-dosic Types of Alcoholism:

The above treatments for the single dosas should be applied in the appropriate combinations and proportions according to the condition 'for the other 10 types of sannipata'.

Ci24#189-190

General Treatment Therapies for All Types of Alcoholism:

beautiful parks
 ponds with lotus flower
 good food and drinks
 pleasing companions
 garlands
 perfumes
 washed cloths
 melodious music
 entertaining parties
 ample arrangement of talks, jokes and songs
 beloved and submissive women

Ci24#191-193

The Necessity of Inducing Exhilaration:

‘Wine produces narcosis without unagitating the mind and unaffecting the body hence exhilarating measure is necessary.’

[This is probably an important concept, but I do not yet fully grasp it. I believe much of the list directly above is aimed at producing exhilaration for this purpose, but the reason why is not yet fully clear to me from this sentence.]

[What it probably means is when someone is in narcosis due to wine (a stupor) his mind and body are un-responsive and sunken. Thus one should apply measures which revive him and re-engage him externally.]

Ci24#194

When to Use Milk Treatment Only:

If the above tested measures do not subside the alcoholism, the physician should administer the intake of milk [as diet/ medicine regularly], and stop using any other remedies listed for alcoholism.

Ci24#195

Benefits of Using Milk for Alcoholism:

After discontinuing wine when K is diminished and debility and lightness arises due to lightening, digestives, evacuative and pacificatory measures and V and P become predominant in the patient inflicted with wine.

In this case, milk acts as a boon, just like rains do for a tree parched in the summer sun.

Ci24#196-197

Schedule for Milk Use:

When (by using the milk program) the disorder has been removed and strength is recovered, the milk should be discontinued.

Then wine should be resumed in small doses and gradually.

[[This is only for K constitution people/ K-type alcoholism.]]

Ci24#198

Symptoms of “Dhwamsaka” and “Viksaya”:

When a person who has discontinued drinking wine starts taking it in excessive amounts again, it is called ‘dhwamsaka’ and ‘viksaya’.

Prognosis of these 2: they are difficult to cure, especially in the person who is

debilitated by disorders.

Ci24#199-200

Symptoms of 'Dhwamsaka':

excessive salivation
dryness of the throat and mouth
intolerance to sound
excessive drowsiness as well as sleep

Ci24#201

Symptoms of 'Viksaya':

abnormality in the heart and throat
mental confusion
vomiting
pain in the body
fever
thirst
cough
headache

This arises in people who are emaciated and debilitated.

Ci24#202

Management of 'Dhwamsaka' and 'Viksaya':

It is the same as for V-type Alcoholism.
Enemas, intake of ghee, use of milk and ghee
massage
bath
food and drink which are V-alleviating

Ci24#203-205

The wise who keeps away from all narcotics and has controlled his senses does not get affected with physical or mental illness.

[So what should be done for other drug addictions? For Opium? For Heroine? For Crack, etc.? Will {some of} these same procedures be appropriate? My guess is that Yes they will, with some adjustments. Also, the Poison Treatment chapter may also be applicable to these other narcotics.]

Ci24#206

Now the summing up verses:

How influential the goddess of wine is, how it is to be taken, what are the pre-requisites, the types of wine suited, proper use, mechanism of narcotic action, properties of wine, definition of narcosis, the 3 stages of narcosis with characters, merits and demerits of wine, threefold drinking party, features according to psychic disposition, good companion in drinking, persons intoxicated quickly or after delay, cause and symptoms of alcoholism, wine itself alleviating disorders caused by wine, the therapeutic management- all this has been said.

Ci24#207-2

Vrana (Wound)

Diagnosis

Exogenous Vs. Innate types

V-, P-, and K-type wounds

Examination

Locations

Wound discharges

Prognosis

Treatment

The 36 measures for wound care

General care

Treatment of associated inflammation

Ripening and incising inflammations

The 6 types of surgery

Treatment of various types of wounds

Treatment of bone fractures

Cleansing formulas

Wound healing formulas

Bandaging

Cauterization

Hardening and softening of wounds

Skin and hair regeneration

Two types of wound have been listed earlier (see the section on enumeration of disorders).

They are:

1)Innate

This arises from the dosas within the body.

2)Exogenous

This is due to from external causes.

Ci25#5-6

Etiology of Exogenous Wounds:

blowing

binding

falling down

injury with fangs, teeth or nails

poisonous contact

fire

weapons

Ci25#7

Uniqueness of Treatment of Exogenous Wounds:

‘These are different from the innate ones in respect of treatment with incantations, anti-poison pastes, etc. etiology and partially symptoms.’

Ci25#8

Treatment of Internal Secondary Cause of Chronic Un-healing Exogenous Wounds:

If an exogenous wound does not get pacified, one should look for dosic imbalance which may be upholding it.

In this case, it should be treated like an innate wound, according to predominance of dosas.

Ci25#9

Etiology of Innate-type Wounds:

The dosas get vitiated in the **external passages** and thus cause wound.

Ci25#10

About the Wound Types:

	<u>V-type</u>	<u>P-type</u>	<u>K-type</u>	<u>Sannipata-type</u>
<u>Etiology:</u>				

<u>Symptoms:</u>	it is stiff, hard it has slow exudation it has excruciating pain, piercing pain it has throbbing it has blackish-ness	thirst confusion fever sweating burning sensation impurity tearing foul smell discharge	it has much sliminess it is heavy it is unctuous, wet it has only mild pain it is pale of color it has little fluid [it is slow to develop and slow to recover]	
<u>Treatment:</u>	Saturation Intake of uncting substance Unctuous fomentation and poultices, ointments and sprinklings	anointing and sprinkling with cold, sweet and bitter drugs intake of ghee purgation	anointing and sprinkling with astringent, pungent, rough and hot drugs lightening digestive measures	

Ci25#11-16

Other Classifications of Wounds:

The above 2 types of wounds are further classified into 20 types- according to distinctive features

There is 3 types of examination of wounds.

Defective wounds are of 20 types.

There are 8 locations of wounds.

The types of discharges of wounds are 14.

The number of types of complications of wounds is 16.

The number of defects of wounds is 24.

The therapeutic measures for wounds are 36.

[The above sort of list may have served as an aid to memorizing the text information.]

Ci25#17-19

The 20 Types of Wounds:

1,2) incisable - unincisable

3,4) defective - undefective

5,6) situated in vital parts - not situated in vital parts

7,8) closed - open

9,10) severe - mild

11,12) discharging - non-discharging

13, 14) poisoned - non-poisoned

15,16) unevenly located - evenly located

17,18) pouchy - non-pouchy
 19,20) elevated - depressed [sunken]
 Ci25#20-21

The 3 Types of Examination of Wounds:

- 1) inspection
- 2) interrogation
- 3) palpation

Ci25#22

The Items To Be Examined by Inspection:

age
 complexion (and color)
 body parts
 sense organs

Ci25#22

Items to Be Known Via Interrogation:

etiology
 pain
 suitability
 power of digestion

Ci25#23

Items to Be Known Via Palpation:

softness - hardness
 coldness - hotness

Ci25#23

The 12 Types of Defective Wounds:

white
 with depressed (narrow) passage
 very wide passage
 much greyish
 very bluish
 very blackish

covered with numerous boils
 red
 black
 very fetid
 non-healing
 bottle-necked - Ci25#24-25

The 8 Locations of Wounds:

- 1) skin
- 2) blood vessels
- 3) flesh

- 4) fat
- 5) bone
- 6) ligaments
- 7) vital parts

8) viscera - Ci25#26

The 8 Types of Odors of Wounds:

like ghee
like oil
like muscle-fat
like pus

like blood
like a cadaver
sour
fetid - Ci25#27

The 14 Types of Discharges of Wounds:

1) lymph
2) water
3) pus
4) blood
5) yellow
6) brown
7) reddish

8) ochre-colored
9) blue
10) green
11) unctuous
12) rough
13) white
14) black
Ci25#28

The 16 Complications of Wounds:

1) erysipelas
2) paralysis
3) occlusion in blood vessels
4) tetanus
5) mental confusion
6) insanity
7) pain in the wound
8) fever
9) thirst
10) lockjaw [[rabies/ tetanus?]]
11) cough
12) vomiting
13) diarrhea
14) hiccup
15) dyspnea
16) trembling
Ci25#29-30

The 24 Defects of Wounds, According To Etiological Factors:

(Due to these factors, wounds do not get pacified.)

- 1) moistening of ligaments
- 2) excess of fluid in the blood vessels
- 3) deepness
- 4) eating by maggots
- 5) cracking of bones
- 6) presence of foreign body
- 7) presence of toxins
- 8) spreading
- 9) excessive tearing with nails or wooden piece
- 10) friction of skin
- 11) friction of body hairs
- 12) faulty bandage
- 13) over-application of uncting substance
- 14) excessive emaciation due to overdrugging [excessive drug dosages]
- 15) [excessive emaciation due to] indigestion
- 16) [excessive emaciation due to] over-eating
- 17) [excessive emaciation due to] intake of incompatible food items
- 18) [excessive emaciation due to] unsuitable food
 - 19) [excessive emaciation due to] grief
 - 20) [excessive emaciation due to] anger
 - 21) [excessive emaciation due to] day-sleep
 - 22) [excessive emaciation due to] physical exercise
 - 23) [excessive emaciation due to] intercourse
 - 24) [excessive emaciation due to] inactivity

Ci25#31-34

Prognosis:

Poor Prognosis of Wounds With Much Impurity:

These become difficult to cure, due to presence of discharges, odors, defects and complications.

Ci25#35

Wounds Which Are Easily Cured:

If it is arisen in the skin and muscle
 if it is in an easy place [location on the body]
 if the person is young
 if the wound is without complications
 if the patient is wise
 if the wound is recent in origin

Ci25Ci25#36

Wounds Which Are Curable With Difficulty:

wounds which lack a few of the above characters.

Ci25#6

Wounds Which Are Incurable:

wounds which do not have any of the above characters.

The physician should reject these cases.

Ci25#37

Treatment of Wounds:

General Treatment of Wounds:

first: evacuation with emesis, purgation, **surgery** and enema

These should be done 'according to the facilities' because the wounds get pacified quickly in those whose body has been cleansed.

[Interesting to put surgery in the context/ category of 'cleansing'.]

Ci25#38

The 36 Therapeutic Measures for Treatment of Wounds:

- 1) anti-swelling measures
- 2-7) 6 types of surgical operations
- 8) pressing
- 9) refrigerating
- 10) uniting
- 11) fomentation
- 12) pacification
- 13) probing
- 14) cleansing
- 15) healing
- 16) cleaning paste
- 17) healing paste
- 18) cleaning oil
- 19) healing oil
- 20-21) 2 types of covering with leaf
- 22-23) 2 types of bandaging
- 24) diet
- 25) elevation
- 26-27) 2 types of cauterization
- 28) depression
- 29) hardening fumigation
- 30) softening fumigation
- 31) hardening paste
- 32) softening paste
- 33) powdering
- 34) 'colorisation' ['re-pigmentation']
- 35) healing
- 36) 'repilatory'

Ci25#39-43

Treatment of [Inflammation/ When Inflammation is a Prodromal Sign]:

Where inflammation is a prodromal sign:

The physician should apply in the beginning of treatment:

blood-letting

(This will prevent manifestation of the wound).

Ci25#44

Treatment of Patients with Plenty Vs. Little Impurity:Treatment of Patients with Plenty of Impurity:

do evacuation - Ci25#45

Treatment of Patients with Little Impurity:

do lightening measures

Ci25#45

Treatment of V-type Wound:

give decoctions and ghrtas

Ci25#46

Specific Formulas for Treatment of [[V-type]] Inflammation with Wounds:

The following paste is an excellent topical cooling formula for inflammation:

paste of- bark of nyagrodha, udumbara, aswattha, plaksa, vetasa

+

ghee

Mix all of the above together.

Ci25#47

The following paste is a good topical cooling formula for inflammation:

vijaya, madhuka, vira, bisagranthi, satavari, nilotpala, nagapuspa, sandal

[+ ghee]

Mix all of the above together.

Ci25#47

The following paste is a good topical cooling formula for inflammation:

parched grain flour

madhuka, sasrkara

+

ghee

Mix all of the above together.

Ci25#47

Food for Treatment of Inflammation:

‘Non-burning food is the best remedy for inflammation.’

Ci25#48

Surgical Treatment of Inflammation:

If the inflammation does not subside with the above measures, the following should be done:

1) apply a poultice topically, until it ‘ripens’.

2) incise the swollen wound [and drain the liquid].

Ci25#49

Poultices to Be Used for Ripening Inflammations:

** Warm poultice of the bolus of parched grain flour mixed with oil or ghee or both is useful for ripening of inflammation.

Ci25#50

The following poultice formula ripens the inflammations:

parched grain flour

+

sesamum

linseeds [flax seeds]

sour curd

yeast

kustha

salt

Mix/ grind all of the above together.

Use: apply warm.

Ci25#51

Symptoms of Ripe and 'Vidagha' (under-ripened) Inflammations:

<u>Type:</u>	<u>Vidagha (under-ripened)</u>	<u>Ripened</u>
Symptoms:	pain burning sensation redness piercing pain	It is like a water-bag on palpation. It rises on pressure.

Ci25#52

Herbs Which Therapeutically Tear Open the Ripened Inflammation:

There is the group of drugs which help tearing of the inflammation-wounds which have just been ripened.

Ci25#53

Use of Tearing Herbs Vs. Surgical Incision:

The tearing herbs are to be used in the delicate patients, who cannot bear the use of surgical measures.

The patients who are strong enough to receive surgery should be treated with surgical incision for the ripened inflammation.

Ci25#54

The List of Herbs Which Therapeutically Tear Open the Ripened Inflammation:

The following is the group of drugs which help tearing of the inflammation-wounds which have just been ripened.

Linseed [flax seeds]**guggulu****latex of- snuhi****feces of- cock and pigeon****alkali of- palasa**

[alkali of-] svarnaksiri

[alkali of-] mukulaka

Ci25#54

The 6 Types of Surgical Operations:

- 1) incision
- 2) puncturing
- 3) excision
- 4) scraping
- 5) scarification
- 6) suturing

Ci25#55

Indications for Each of the 6 Types of Surgical Operations:

<u>Surgical Operation Type:</u>	<u>Indications for Using This Type:</u>
Incision:	sinsuses ripened inflammations 'wounded and obstructed abdomen (intestines)' swellings having foreign body within them other similar conditions

Puncturing:	ascites ripened gulma raktaja [[bleeding] gulma 'blood disorders such as erysipelas, boils etc.'
Excision: [Removal]	wounds which are protruded wounds which have thick margins wounds which are elevated and hard piles 'etc.' other growths
Scraping:	leucoderma skin diseases 'and other such disorders which need scraping'
'Scarification':	vatarakta granthi (glands) pimples urticarial rashes red patches skin diseases injured parts swellings
Suturing:	Bowels, abdomen, etc. which are subjected to deep surgery should be sutured.

Ci25#56-60

Indications for Pressing of Wounds:

Wounds which have a small opening.

Wounds which have a 'pouch'. [abscess/ air pocket/...]

Ci25#61

The following paste should be applied and used for pressing the wound:

kalaya

+

masura

wheat

peas

Pound all of the above together.

Ci25#62

Indications for Refrigeration of Wounds:

wounds predominant in raktapitta [bleeding]

[perhaps other wound conditions also/ perhaps not]

Ci25#64

Treatment of Wounds Predominant in Raktapitta:

It should be refrigerated by applying [one/ all of the following]:

very cold- '100-times-washed ghee' ['Shata Dhouta Ghrta']

very cold- milk

very cold- decoction of madhuka

Ci25#64

The Group of Refrigerant Drugs:

The following group of drugs is known as ‘Nyagrodhadi’ or ‘Baladi’.
These act as refrigerant.

They should be applied as paste and sprinkling:

bark of- salmali
root of- bala
tender laves of- nyagrodha

Ci25#63

Treatment of Long Wounds:

They should be:

- 1) paste with honey and ghee
- 2) unite the edges evenly
- 3) bandage
- 4) When they are evenly set [before bandaging] apply the following powder:

Thus the wounds heal properly.

Ci25#65-67

The following powder is to be applied in [long wounds only/ most wounds] to encourage proper healing:

powder of- priyangu, lodhra, ketphala, lajjalu, dhataki

Mix all of the above together.

Ci25#66

The following powder is to be applied in [long wounds only/ most wounds] to encourage proper healing:

powder of- pancavalka

+

powder of- sukta (**nakha**) [**finger nails/ animal’s hoof? I.e., Gellatin?**]

The following powder is to be applied in [long wounds only/ most wounds] to encourage proper healing:

powder of- dhataki, lodhra

Mix all of the above together.

Ci25#66-67

Treatment of Bone Fractures and Dislocated Joints:

- 1) these should be set evenly

for comparison, one should observe the positioning of the opposite healthy limb.

2) then set with firm pad-bandages and splints, so as to immobilize without any discomfort by binding with cloth pieces dipped in plenty of ghee.

- 3) diet: keep on non-burning edibles made of flour.

“Depression is not at all desirable for him which causes dislocation of joints.”

‘The physician, according to time, should treat the complications such as erysipelas etc.

In patients having dislocation and injury with their own remedial measures.’

Ci25#68-71

Treatments of Wounds Which are Dry, Intensely Painful, Stiffened and Predominant in

V:

foment by: bolus fomentation with: krsara [kitchari] and payasa [milk and rice]
 foment with : seasoned vesavara made of meat of domestic, burrow-dwelling,
 aquatic and marshy animals
 foment with: hot utkarika.

Thus the patient gets relief.

Ci25#72-73

Treatment of Wounds Predominant in V which have Burning Sensation and Pain:

paste them topically with:

linseeds

+

sesame seeds

Roast the above together.

+

milk

‘Dip’ the seeds in the milk. [briefly/ overnight.]

Now pound the seeds in the same milk.

Ci25#74

Sneha Sarkara:

This [paste] is relieves pain:

bala, guduci, madhuka, prsniparni, satavari, jivanti, sarkara

+

milk

oil

fish fat

ghee

bee’s wax

Cook all of the above together.

Ci25#75

The following sprinkling formula should be used:

decoction of- 2 pancamula (dasamula)

+

milk

ghee

oil

Mix all of the above together.

Use: apply warm.

Ci25#76

The following paste should be should be applied for burning sensation and pain:

barley powder

madhuka

tila

+

ghee

Mix all of the above together.

Ci25#77

The following payasa [[milk and rice gruel]] should be applied for pain and burning sensation:

payasa prepared of- mudga + tila

Ci25#78

Treatment of Wounds with Minute Opening, Profuse Discharge and a Pouch and which are Not Situated in the Vital Parts of the Body:

probing is beneficial.

Ci25#80

The 2 Types of Probing:

Soft Type:

Uses soft stalks of plants.

Indications: in non-deep and non-muscular parts of the body.

Hard Type:

Use iron rods.

Indications: in deep and muscular parts of the body.

Ci25#81-82

Symptoms of Un-clean Wounds:

foul odor

abnormal color

profuse discharge

intense pain

Ci25#83

Treatment of Un-clean Wounds:

cleansing.

Ci25#84

Cleansing Decoctions:

The following are cleansing decoctions:

triphala

khadira

daruharidra

nyagrodhadi group

bala

kusa

leaves of- nimba

[leaves of-] badara

Ci25#84

The following [paste] formula is wound healing:

tila [sesame] paste

salt

haridra, daruharidra, trivrt, madhuka, nimba leaves

ghrta

Ci25#85

Symptoms of the Wound which is Clean and Worth Healing:

not very red

[not very] pale

[not very] blackish

[not very] painful

[not very] elevated

[not very] protruded

Ci25#86

Wound-Healing Decoctions:

The following are wound-healing decoctions:

nyagrodha
udumbara
asvattha
kadamba
plaksa
vetasa
karavira
arka
kutaja

Ci25#87

The following [decoction] formula is wound-healer:

candana, lotus stamens, daruharidra bark, blue water lily, meda, mahameda, murva, lajjalu, madhuyasti

[Decoct] all of the above together.

Ci25#88

The following paste is wound-healer:

prapaundarika, jivanti, gojihva, dhataki, bala
sesame

+

ghee

Mix all of the above together into a paste.

Ci25#89

The following oil heals wounds:

Kampillaka, vidanga, kutaja, triphala, bala, patola, nimba, lodhra, musta, priyangu, khadira, dhataki, sarja, ela, aguru, candana

Pound all of the above together.

+

[water]

oil

Cook all of the above together into an oil.

Ci25#90

The following oil is an excellent wound healer:

1 part each- prapaundarika, madhuka, kakoli, ksirakakoli, candana, rakta candana

+

[water]

oil

Cook all of the above into an oil

Ci25#91

The following oil is an excellent wound healer:

juice of- durva

+
oil
Cook the above together into an oil.
Ci25#92

The following oil is an excellent wound healer:
kampillaka

+
oil
Cook the above together into an oil.
Ci25#92

The following oil is an excellent wound healer:
paste of bark of- daruharidra

+
oil
Cook the above together into an oil.
Ci25#93

Formulas for Treatment of Wounds Predominant in P and Rakta:

The above formulas may be used, but substitute ghee where oil is used.
Ci25#94

Covering the Wound:

The following leaves are used for covering [bandaging] the wounds:
leaves of kadambara
leaves of arjuna
leaves of nimba
leaves of patali
leaves of pippala
leaves of arka

[Perhaps the leaves are meant to be applied on top of the wound, and under the bandage.]

Ci25#95

Bandaging the Wound:

The following materials are used for bandaging the wound:
plant bark
deer hide
flaxen cloth

Ci25#96

The 2 Types of Bandages:

‘Bandage of wounds is of 2 types– left and right.’
[[wrapping clockwise or counterclockwise?]]

Ci25#96

Food and Activities that Wound Patients Should Abstain from:

salty, sour, pungent, hot, burning, or heavy food, drinks or substances.
intercourse

Ci25#97

Food and Activities Which are Beneficial for Wound Patients:

food and drinks which are not too cold, heavy, and fatty,
food and drinks which are non-burning

food and drinks which are balancing according to the nature of the wound
 day-sleep
 Ci25#98

Treatment to Raise the Depressed Wounds:

Give:
 galactogogues
 vitalizers
 bulk-promoting substances
 Ci25#99

Treatment to Depress [Reduce] the Overly-Raised Wounds:

bhurjagranthi (nodes of the tree of bhurja)
 asmakasisa
purgatives
guggulu
excrement of- sparrow, pigeon
 Ci25#100

Indications for Use of Cauterization:

excessive hemorrhage after excision
 excisable growths
 K-type nodules
 glands
 stiffness
 disorders due to V
 wounds with hidden pus and lymph
 'deep and firm' [wounds]
 after amputation of a body part.
 Ci25#101-102

Materials To Be Used for Cauterization:

The expert in cauterization should cauterize the spot with:
 bee-wax
 oil
 marrow
 honey
 muscle-fat
 ghrta
 or various heated metallic sticks.
 Ci25#102-104

Indications for Cauterization with [the oils] [the unctuous materials]:

Wounds which are deep.
 Wounds which are predominant in V.
 In the patients who are rough.
 In the patients who are delicate.

These should be cauterized with fat [oil/ marrow/ muscle-fat/ ghrta] or
 bee-wax.

Ci25#103-104

Indications for Cauterization with [the rough materials]:

Wounds which are not deep.

Wounds which are not predominant in V.

In the patients who are over-saturated.

In the patients who are strong.

These should be cauterized with iron stick or honey.

Ci25#105

Contra-Indications for Cauterization:

children

debilitated persons

old persons

pregnant women

patients suffering from internal hemorrhage [so cauterization will aggravate bleeding.]

suffering from thirst

fever

weak persons

poisoned persons

in wounds situated in ligaments

wounds situated in vital parts

[in wound due to] poisoned foreign body

ophthalmic wounds [wounds of the eye]

leprotic wounds

Ci25#106

Use of Alkali Application [Instead of] Surgery or Cauterization:

‘The physician conversant with dose, time and agni may apply alkali in cases amenable to surgical operation and cauterization according to severity of the disease and morbidity.’

Ci25#107

Method of Hardening Wounds:

wounds attain hardness by the following method:

fumigation with- aromatic substances and heart woods

Ci25#108

Method of Softening Wounds:

wounds get softened by the following method:

fumigation with- ghrta, marrow or muscle-fat

Ci25#108

Benefits of Fumigation of Wounds:

pain, discharges, odors, maggots, [excessive] hardness and softness of the wounds are removed.

Ci25#109

The following paste formula provides looseness and softness in the wounds:

lodhra, leafbuds of nyagrodha, khadira, triphala

+

ghrta

Mix all of the above into a paste.

Ci25#110

Treatment of wounds which are painful, hard, stiff, and without discharge:

A) They should be pasted frequently with the following formula:

barley powder

+

ghee

Mix the above together.

Ci25#111

B) They may also be saturated by applying the following paste formulas frequently:

1) paste of- payasa (cereals cooked with milk) made of- mudga, sastika, and sali rice

-or-

2) paste of- jivaniya drugs mixed with ghee

Ci25#111-112

Treatment to Help Wounds Acquire Skin Quickly:

powder the wound with the powders of the barks of: kakubha, udumbara, asvattha, lodhra, jambu and katphala

Ci25#113

The following paste is an excellent cleanser of the skin:

realgar

orpiment

manjistha

lac

haridra

daruharidra

+

honey

ghee

Mix all of the above together into a paste.

Ci25#114

Re-Pigmentation of Wounded Skin:

The following paste provides blackness in the new skin quickly:

[to be used by dark-skinned people.]

iron powder [bhasma]

kasisa, triphala

Flowers (of dhataki)

[Pound/ mix] all of the above together into a paste.

Ci25#115

The following [paste] 'produces color':

roots of dyamaka, asvattaha, and nicula, lac, ochre, nagakesara, tuttha and

kasisa

[Pound] all of the above together into a paste.]

Ci25#116

[[‘Repilatory’ Therapy]]; Re-growth of Hair [Follicles] in Wounded Skin:

The following process ‘reproduces hairs’:

step 1) smear the spot with oil

step 2) powder with the following formula:

Ash of- skin, hairs, hoof, horns, and bones of quadrupeds

Ci25#117-118

‘The treatment of the 16 complications of wounds has been mentioned in their respective contexts.’

Summing up:

‘2 types of wounds, kinds of wounds, examination, defects, locations, odors, discharges, complications and treatment– these 9 topics after query have been described in brief as well as details by the sage to the wise Agnivesa in the chapter on treatment of wound.

Ci25#120-121

Urustambha ([Stiffness of the Thighs]):

Diagnosis

Etiology

Pathology

Symptoms

Prognosis

Treatment

General treatment

Diet

Formulas

Topical formulas

Use of Exercise

Irrelevance of Pancha Karmas for Urustambha:

Urustambha is not amenable to the 5 evacuative measures, neither singly nor collectively.

Ci27#4-5

Etiology of Urustambha:

Eating fatty, hot, light and cold food when the previous food is only partially digested and mostly undigested,

Eating liquid or dry food, curd, milk, meat of domestic, marshy and aquatic animals, flour preparations, damaged wine, excessive day-sleep and vigil, under-eating, over-eating, exertion, fear, suppression of urges and unctuousness,

Ci27#6-8

Pathology of Urustambha:

Due to the above etiological factors, ama accumulated in the bowels and accompanied by medas obstructs the dosas and due to heaviness proceeds shortly to the thighs through the lower blood vessels etc. and pervading the legs, shanks and thighs, the morbidity aggravated by the strength of medas makes them out of volition and with restricted movements.

Ci27#9-10

As still water in a full and deep big lake remains stable and without agitation, so K resides in the thighs and producing heaviness, exhaustion, contracture, burning sensation, pain, numbness, tearing pain, quivering and piercing in the body takes away life.

The disease is called Urusatambha because K with medas subduing V and P stiffens the thighs with immobility and coldness.

Ci27#11-14

Symptoms of Urustambha:

[heaviness, exhaustion, contracture, burning sensation, pain, numbness, tearing pain, quivering, piercing, [death], immobility and coldness]

Ci27#11-12

Premonitory Symptoms of Urustambha:

'brooding over'

sleep

excessive feeling of wetness [of what body part/ mental ?]

anorexia

fever

horripilation

vomiting

lassitude in shanks and thighs - Ci27#14-15

Urustambha as Complication of Improper Uction in Treatment of Vatavyadhi [paralysys etc. disorders]:

Due to ignorance when under suspicion of vatavyadhi, one applies unction: it further aggravates and causes lassitude, numbness and difficult lifting of the legs.

[This may be the most common manifestation of urustambha we ayurvedic practitioners in north America will see.]

Ci27#16

excessive malaise of shanks and thighs
 continuous burning sensation
 continuous pain
 feet ache when put on the ground
 feet are unable to perceive cold touch
 patient is quite incapable of standing, pressing, moving
 [when the therapist moves the patients' legs] movement causes sensation as if the
 thighs were broken off and are born by someone else.

Ci27#17-18

Prognosis of Urustambha:

Incurable type:

the patient trembles and is affected with burning sensation, distress and
 piercing pain.

Curable type:

When the above are not present.

When the condition is very recent.

Ci27#19

Reasons Why Purgation Measures Will Not Help Urustambha:

In this disease, none of the unction, enema, purgation and emesis is applied
 because of the following reasons, listen:

Uction and enema lead to aggravation of K.

Purgation is not able to extricate K situated there [the small intestines].

It is easy to eliminate K and P situated in kaphasthana (stomach).

K and P can be eliminated by purgation if they are situated in 'amasaya'
 [stomach].

Even all the dosas situated in 'pakvasaya' [I thought this was colon] can be
 eliminated with enemas by striking at the root of morbidity.

But when the two (ama and K) are located in the seat of V [Pakvasaya/ colon] as
 they are stiffened due to it's [their] coldness, they can not be extricated easily, just as
 water from a low ditch is hard to extricate.

Ci27#20-24

Treatment of Urustambha:

General Treatment of Urustambha:

Apply constant diminishing and drying measures as pacificatory treatment.

This is to address the abundance of K and ama.

Ci27#25-26

Diet for Treatment of Urustambha:

One should give this diet 'invariably'.

Barley, syamaka, kodo

with-

salt-free vegetables such as- tender leaves of sunisannaka, nimba, arka, vetasa and

aragvadhā, vayasi, and other bitters like karavellika etc. cooked with water and oil
while-

keeping the patient on roughening measures

Ci27#27

Food-Drugs Which Alleviate Urustambha:

alkalis

aristas

haritaki

honey-water

pippali

Ci27#8

Specific Formulas for Treatment of Urustambha:

The following paste formula should be ingested:

samanga, mocarasa, bilva

+

honey

Ci27#29

The following paste formula should be ingested:

srivestaka, udicya, devadaru, tagara

+

honey

Ci27#29

The following paste formula should be ingested:

candana, dhataki, kustha, talisa, nalada

+

honey

Ci27#29

The following paste formula should be ingested to alleviate urustambha:

musta, haritaki, lodhra, padmaka, tiktrohini

+

honey

Ci27#30

The following paste formula should be ingested to alleviate urustambha:

devadaru, haridra, daruharidra, vaca, katurhini

+

honey

Ci27#30

The following paste formula should be ingested to alleviate urustambha:

pippali, pippalimula, sarala, devadaru

+

honey

Ci27#31

The following paste formula should be ingested to alleviate urustambha:

cavya, citraka root, devadaru, haritaki

+

honey

Ci27#32

The following paste formula should be ingested to alleviate urustambha:

bhallataka, pippali pippalimula

+

honey

Ci27#32

The following [paste] should be taken:

powder of- sarngesta, madana, danti, indrayava, vaca, murva, aragvadha, patha, karanja, kulaka

Mix the above together.

Use: 1) mix with an equal part of honey, or

2) mix with water and honey, or

3) mix with curd-scum and honey

Ci27#33

The following [paste] should be used:

murva, ativisa, kustha, citraka, katurohini

Ci27#34

The following [paste] should be used:

guggulu

+

cow's urine

Soak the guggulu in the urine overnight.

Ci27#35

The following [powder/ paste] should be used:

powder of- swarnaksiri, ativisa, musta, tejovati, vaca, devadaru, citraka, kustah, patha, katurohini

Use: 1) take with honey, or

2) take dissolved in water added with honey

Ci27#36

The following powder/ paste should be used:

'phali (vata)', vyaghranakha, nagakesara

+

honey

Ci27#37

The following powder/ paste should be taken:

powder of- triphala, pippali, musta, cavya, katurohini

+

honey

Ci27#38

Treatment of morbidity which is caused by Desaturation:

The patient should be saturated reasonably with meat of wild animals and old sali rice.

Ci27#39

Treatment of Insomnia and Distress due to Roughening-induced Vitiation of V:

The patient should be managed with V-alleviating measures such as unction and sudation.

Ci27#40

The following oil formula should be used [for urustambha with above condition]:

piluparni, payasya, rasna, goksura, vaca, sarala, aguru, patha

+

[water]

oil

Cook all of the above together.

Use: **Dose: 80 or 160gm.**

Take added with honey.

Ci27#41-42

The following oil should be used in proper dose:

kustha, srivestaka, udicya, sarala, devadaru, nagakesara, ajagandha, asvagandha

+

[water]

Mustard oil

Cook all of the above together.

Use: 'take in proper dose.'

Take with honey.

Ci27#43-44

The following oil should be used to treat female infertility, sciatica, urustambha, piles, distress and all disorders of V:

80gm- rock salt

200gm- sunthi

80gm- pippalimula, citraka

20 nuts of- bhallataka

5.12L- sour gruel

+

640gm [ml]- oil

Cook all of the above together.

Ci27#45-46

Astakatvara Taila:

This oil alleviates **sciatica** and urustambha:

80gm- pippalimula, sunthi

+

640[gm/ ml]- curd

'8 times' [5x640= 5120gm/ 5120ml/ 5.12L] - sour gruel

+

640gm [ml]- oil

Cook all of the above together.

Ci27#47

Thus internal remedies for urustambha has been described.

External Treatments for Urustambha:

These external remedies are for diminishing K.

The following should be applied frequently as anointment:
 powder of- earth from an anthill [any particular type?]
 powder of- root, fruit and bark of karanja
 powder of- brick
 Ci27#49

The following anointing should be done for urustambha:
 roots of- aswagandha or devadaru
 +
 honey
 Mix the above together.
 Use: apply thickly.
 Ci27#50

The following anointing should be done for urustambha:
 mustard
 +
 earth from an ant hill
 Mix the above together.
 Use: apply thickly.
 Ci27#51

The following anointing should be done for urustambha:
 danti, dravanti, surasa, mustard
 Mix the above together.
 Use: apply thickly.
 Ci27#52

Sprinkling Treatment for Urustambha:

The following sprinkling should be done topically:
 decoction of- leaves and fruits of tarkari, sigru, surasa visva, kutaja, nimba

Use: apply hot
Ci27#53

The following anointment should be used:

mustard

+

cow's urine

Pound the above together.

Then the mustard should be soaked in the cow's urine overnight.

Ci27#54

The following anointment should be used:

kutaja, surasa, kustha, tumburu, sigru, himsra, arka root, kutheraka

aromatic drugs

earth from ant-hill

+

curd

rock salt

Mix all of the above together.

Ci27#55

The following sprinkling should be used:

syonaka, khadira, bilva, brhati, kantakari, sarala, asana, sobhanjana, tarkari,

surasa, goksura, arjaka, agnimantha, karanja

Boil the above in water. Decoct.

Ci27#56

The following anointment should be used:

syonaka, khadira, bilva, brhati, kantakari, sarala, asana, sobhanjana, tarkari,

surasa, goksura, arjaka, agnimantha, karanja

+

urine

Pound all the above together.

Ci27#56

Use of Exercise to Treat K and Urustambha:

One should engage the patient in physical exercise in order to diminish K.

For instance, he should be advised to cross over the lands, gravels and sands in the early morning.

He should swim against the current on an auspicious river having cold water.

Or he should swim in a clean cold lake with stable water.

He should do these again and again.

Thus when K gets dried up, the urustambha gets pacified.

Ci27#57-58

The program should be to reduce K but not aggravate V:

All the treatments which diminish K but do not aggravate V should be applied always in urustambha at the same time safeguarding the body, strength and agni.

Ci27#59-60

Parasites

Diagnosis

The 20 types of parasites

The 4 types of parasites

Those grown in external excreta

Those grown in blood

Those grown in mucus

Those grown in feces

Treatment

The 3 steps of treatment

Extraction

Destruction of their source

Abstinance of etiological factors

formulas

Now will be discussed the topic of parasites inhabiting the persons in respect of etiology, location, form, color, name, effect and treatment.

Vi7#8

20 types of pathogenic parasites have been mentioned earlier [[I may need to track this down and copy it from the book]] from various points of view except the normal (non-pathogenic) ones.

Vi7#9

The 4 types of Parasites:

Parasites are divided according to their 4 material sources [body location within the host person where they lodge and grow]:

- Parasites which grow in feces,
- Parasites which growing in mucus,
- Parasites which grow in blood and
- Parasites which grow in external excreta.

Vi7#9

Excreta are of 2 types– external as well as internal. By the word “malaja” the parasites growing in external excreta are taken.

Vi7#10

<u>Parasite Class</u>	“malaja” (parasites growing in <u>external excreta</u>)
<u>Cause</u>	Avoiding cleanliness of the body
<u>Location</u>	in the hairs, beards and mustaches, small hairs, eyelashes and clothings
<u>Form</u>	minute, sesame seed-shaped and multipede
<u>Color</u>	black and white
<u>Name</u>	“yuka” (lice), and “pipilika”
<u>Effects</u>	itching, urticarial patches and pimples
<u>Treatment</u>	consists of extraction of the parasites from the body, removal of excreta and avoiding factors which promote excreta

Vi7#10

<u>Parasite Class</u>	Those <u>grown in blood</u>
<u>Cause</u>	similar to that for leprosy
<u>Location</u>	blood vessels
<u>Form</u>	minute, round and having no feet, some of them are invisible because of their subtleness
<u>Color</u>	coppery
<u>Name</u>	– “kesada”, “lomada”, “lomadwipa”, saurasa, audumbara and jantumata

<u>Effects</u>	falling of hairs, beard and mustaches, nails, small hairs, eyelashes, when they infect a wound, (they cause) oversensitivity, itching, piercing pain and creeping sensation, when excessively grown, they eat away skin, blood vessels, ligaments, muscles and cartilage
<u>Treatment</u>	is also similar to that for leprosy which will be described later in chapter on treatment of skin diseases

Vi7#11

<u>Parasite Class</u>	The parasites <u>grown in mucus</u>
<u>Cause</u>	food consisting of milk, jaggery, sesame, fish, meat of marshy animals, (rice) flour preparations, rice cooked in milk, oil of kusumbha, uncooked, putrefied, stale, infected, antagonistic and unsuitable items
<u>Location</u>	amasaya (stomach); when developed they move upwards or downwards or both ways
<u>Form + Color</u>	some are white and broad tape-like; some are round like earthworms, white and coppery; some are small, long, threadlike and white
<u>Name</u>	the names of all these 3 types of worms are- “antrada”, udarada, hridayacara, curu, darbhapuspa, saugandhika, mahaguda
<u>Effects</u>	nausea, salivation, anorexia, indigestion, fever, fainting, yawning, sneezing, hardness in bowels, body ache, vomiting, emaciation and roughness
<u>Treatment</u>	the same drugs described later in this chapter under general and specific formulas should be used, but given in high doses mostly by the route of head-evacuation, emesis and pacification

Vi7#12, Vi7#27

<u>Parasite Class</u>	Worms <u>grown in feces</u>
<u>Cause</u>	similar to that for those grown in mucus
<u>Location</u>	is pakwasaya (intestines); when developed they move downwards, but in case they tend towards stomach, eructations and breath of the patient have fecal odor
<u>Form + Color</u>	some are minute, cylindrical, white, long, like wool fibers; while others are gross [larger], cylindrical, blackish, blue, green and yellow
<u>Names</u>	kakeruka, makeruka, leliha, sasulaka, saukurada
<u>Effects</u>	diarrhea, emaciation, roughness, horripilation; when they reach the anus they produce piercing pain and itching there; when they are exhaled, they come out of the anus frequently
<u>Treatment</u>	the same drugs described later in this chapter under general and specific formulas should be used, but in lower doses and mostly by the route of non-unctuous and unctuous enema and purgatives

Vi7#13, Vi7#27

Treatment of Parasites:

Their treatment will be mentioned first briefly, and then described in detail further in the chapter.

Vi7#14

The 3 Steps in Treatment of All Types Parasites:

Step I: the parasites should be extracted from the body.

Step II: the source of their origin and development (impure mucus etc.) should be destroyed

Step III: thereafter the patient should abstain from the etiological factors.

Vi7#14

General Therapeutic Application of the Above Concept:

The 3-fold management which is mentioned in respect of parasites is applicable for controlling all disorders as well. **Evacuation, pacification and avoidance of etiological factors— these 3 should be applied properly in every disease.**

Vi7#28-30

Step I- Extraction of the Parasites:

Extraction is removal effected by hands with or without the help of instruments as necessary. Parasites located inside the organs are extracted, as a rule, by the (eliminative) therapy [part or all of the pancha karma sequence]. This is of 4 types such as head evacuation, emesis, purgation and non-unctuous enema. This is the method of extraction.

Step II- Destruction of the source of their origin:

Destruction of the source of their origin and development consists of the use of pungent, bitter, astringent, alkaline and hot drugs, and other measures which are contrary to K and feces. This is about destruction of the source.

Step III- Abstinance from the etiological factors:

Thereafter abstinance from the etiological factors— whatever is mentioned as causative factor and similar other substances should be avoided.

Thus the principle of treatment by 3 stages has just been summarized. Treatment will now be described in detail:

Vi7#15

[Step I- Extraction of the Parasites:]

The patient infested with worms should be first treated with unction and fomentation for 6 or 7 nights [i.e. 6 or 7 days].

A day before administering the evacuative therapy he should be given a diet [meal] in morning and evening consisting mainly of milk, jaggery, curd, sesame, fish, meat of marshy animals, (rice) flour preparations, rice cooked in milk and kusumbha oil in order to stimulate the worms and impel them to the digestive tract. The next morning, when the patient is comfortably seated and has his meal [from the previous evening] properly digested, the evacuative therapy– non-unctuous enema, emesis and purgation– should be administered to him on the same day after examining all the aspects properly.

Vi7#16

Next the patient should be administered the following enema for 3 or 7 days:

mulaka, sarsapa, lasuna [garlic], karanja, sigru, madhusigru, kharapuspa, bhustrna, sumukha, surasa, kutheraka, gandira, kalamalaka, parnasa, ksavka phanijjaka– all or whichever are available

Cut the above into pieces, wash well with water, and put in a well-cleaned cooking pot.

+

equal parts of- cow's urine, water

Cook the above together, stirring constantly with a ladle.

When the water is mostly consumed and the drugs are well-extracted the cooking pot should be brought down [off the fire].

Filter properly.

Cool the decoction so it is still tolerably warm but not hot.

+

paste of- madanaphala pulp, vidanga

oil

swarjika salt

Mix all of the above together.

Use: put into an enema pot and with this non-unctuous enema should be administered to the patient properly.

It should be administered to the patient for 3 or 7 days

Note: Charaka says “the patient should be asked to bring the [above] drugs, all or whichever are available”.

Vi7#17

The following is an alternate enema formula:

The above enema may be prepared also with decoction of- arka, alarka, kutaja, adhaki, kustha and kaidarya

Vi7#17

The following is an alternate enema formula:

The above enema may be prepared also with decoction of- sigru, pilu, dhanyaka, katuka and sarsapa

Vi7#17

The following is an alternate enema formula:

The above enema may be prepared also with decoction of- amalaka, srngabera,

daruharidra and nimba
Vi7#17

After the last enema has come back the patient should be assured and on the same day evacuative drugs acting both ways [emesis and purgation] should be administered to him properly.

Vi7#18

For this purpose, one should use the following emetic-purgative formula:

One aksha (10gm.) paste of- trivrt

+

½ anjali (80ml) decoction of- madanaphala pulp

Mix the above together.

Use: this formula should be administered to the patient; this eliminates the noxious material well from both ways.

Vi7#18

Creating other emetic-purgative formulas:

In the same way as the above formula, emetics and purgatives mentioned in the kalpa section [see section on emetic and purgative herbs] may be administered after taking into consideration all the aspects.

Vi7#18

When the patient is purged well, he should be bathed with the warm decoction of vidanga and he should use this for all purposes external as well as internal in place of water constantly; if it is not available, decoction of other pungent, bitter and astringent drugs or urine or alkalis may be used for bath. After bath he should be admitted to a room which is free from wind and should be managed with dietetic regimen starting with yavagu (liquid gruel) cooked with pippali, pippalimula, cavya, citraka and sunthi. In this way when he reaches the stage of vilepi (paste gruel) unctuous enema should be administered to him with vidangataila twice or thrice on alternate days [every other day].

Vi7#19

If too much aggravated worms (maggots) creating trouble in the head are observed and sometimes moving in that, then after applying unction and fomentation to the head the patient should be administered head evacuation with the seeds of apamarga etc.

Vi7#20

Now will be described some medicated food preparations for destroying the environment for growths of the parasites:

the whole plant of mulakaparni along with root, top and branches

Cut the above into pieces, then pound in a mortar.

Extract the juice out of it by pressing with the hands.

+
flour of- red sali rice
Make the above into “pupalika” (cake [patty]).
These should be cooked on smokeless charcoal.

Use: these cakes alongwith vidanga, oil and salt should be given to the patient infested with parasites for eating.

Afterwards he should be given to drink the sour vinegar or diluted buttermilk mixed with 5 drugs of the pippalyadi group (pippali, pippalimula, cavya, citraka, sunthi) with a little salt.

Vi7#21

In the same way, cakes may be prepared in the juice of one of these drugs— bhrngaraja, arka, sahadara, nipa, nirgundi, sumukha, surasa, kutheraka, gandira, kalamalaka, parnasa, ksavaka, phanijjaka, bakula, kutaja and suvarnaksiri.

Vi7#21

Moreover, cakes may be prepared in the juice of kinihi, kiratatikta, suvaha, amalaka, haritaki and bibhitaka. Vi7#21

The juice of these drugs should also be administered alone or in combination with another drug or all mixed together with honey to the patient on an empty stomach in the morning.

Vi7#21

The following powder should be given to the patient:

fresh horse dung

Spread the above over a big mat to dry up in the sun.

Then fine powder is made by pounding in a mortar and again grinding on stone slab.

+

decoction of- vidanga or triphala

The powdered horse dung should be dipped well [soaked] in the above decoction, and again dried well in the sun.

This process is repeated 8 or 10 times.

Finally, grinding it on stone slab fine powder is made and stored in a new jar in a protected place.

Use: take in dose of 10gm, or whatever is appropriate, mixed with.

Vi7#22

The following powder/ oil may be given. This entails an interesting heat-extraction procedure:

One kalasa (10.24kg)- stony fruits of bhallataka

Crush the above and keep in a strong jar smeared inside with ghee having many fine holes in the bottom and wrapped all over with clay (and dried).

This jar having been covered with a lid is put on another strong and ghee-smeared

jar which is buried under ground up to its neck.

Now it should be covered with cow-dung from all sides and ignited.

When it is observed that the cow dungs are well-burnt and the stony fruits of bhallataka are freed from oil, the (upper) jar is taken out.

Now from the lower jar the oil is collected.

+

double quantity powder of- vidanga seeds

Mix the above oil and powder together. They should be dried up in the sun for the whole day.

Use: A dose of it is administered to the patient by which he is purged well. The after-management should be as said above.

Then, at appropriate time, unctuous enema should be given.

[** This method of extracting Bhallataka oil by fire; the editor observed this procedure used for extracting oil of coconut shells at the Gujarat Ayurveda University. The only difference in their procedure was that the upper jar containing the shells to be extracted had a normal solid bottom. But its top was covered with a filter-cloth which was tied with twine around the mouth of the jar. The jar was then placed upside-down over the jar below it, and the junction between them was [wrapped with cloth strips and then] further sealed with clay slip. Add this description to the text, with credit to Gujarat A.U. and also include a simple diagram with the 2 layouts.]

Vi7#23-24

By the same method, following instructions for the above powder/ oil formula, the oil obtained from the wood of devadaru and sarala may be administered.

Vi7#23-24

The following oil should be used:

new [not aged] sesame seeds (these should be of best quality and harvested in the autumn)

Winnow and clean the seeds.

+

lukewarm decoction of- vidanga

Immerse the seeds in the decoction "till the noxious material comes out".

Then again cleaning them well, they should be dipped in the decoction of vidanga and dried in the sun.

The process should be repeated 21 times.

Thereafter pound the seeds in a mortar and again grinding finely on a stone slab.

Place the resulting paste in a tub and sprinkle fresh vidanga decoction over it again and again, while pressing it with hands.

During this process, whatever oil comes out should be collected by hands.

This oil should be kept in a clean and strong jar which should be stored in a protected place.

Note: the patient is asked to collect new sesame seeds and bring them to the doctor.

Vi7#25

The following oil may be used:

[The following contains a good general description of preparing a medicated oil by cooking; -signs of when it is ready. Duplicate this to section on general preparation of formulas- preparation of oils.]

2 boluses of 40gm weight of the finely made paste of tilwaka and uddalaka with the decoction of vidanga

+

2 similar boluses in half quantity (20gm) of the finely made paste of syama and trivrtta with the decoction of vidanga

+

2 boluses in further half quantity (10gm) of the finely made paste of danti and dravanti with the decoction of vidanga

+

2 boluses in further half quantity (5gm) of the finely made paste of cavya and citraka with the decoction of vidanga

+

1.28L- vidanga decoction

640ml- vidangataila

Mix all the above together well.

Then put it in a big vessel which should be put over fire. A person sitting comfortably on a seat and keeping eye constantly on the oil from all sides should cook it on mild fire while stirring with a ladle constantly. When one observes that sound is stopped [[bubbling from released water vapor]], foam is subsided, oil is clarified [easy to see through], proper smell, color and taste appear, the drug-paste when pressed with the fingers is made into a wick [it sticks together and can be rolled into balls or pencil shape], does not adhere to the fingers and is not too soft or too hard. This is the time for bringing down the vessel [taking off the fire].

After the vessel is brought down and cooled, the content should be filtered through undamaged cloth.

It should be kept in a clean and strong jar closed with lid and covered with a piece of white cloth and tied well with threads and stored in a protective place.

Use: Appropriate dose of this should be administered to the patient by which he gets purged well.

After proper elimination of the noxious material he should be managed as said before.

Then at appropriate time, unctuous enema should be administered to him.

Thus he becomes free from the disorders.

Note: the patient is asked to bring the above required boluses to the doctor/ pharmacist to make the formula.

Vi7#26

The following oils may be prepared in the same way as the above formula:

By the same method one should prepare oils of sarsapa, atasi, karanja and kosataki and administer to the patient considering all the aspects.

Vi7#26

Summary:

Of course, one should be particularly cautious in avoiding the respective etiological factors that cause infestation by parasites.

Vi7#27

The remedy of the parasites is firstly their extraction, then destruction of their favorable environment [in the body], and finally avoidance of etiological factors

Vi7#28-30

Thus 20 types of parasites along with their cause etc. have been described.

Vi7#31

Animal Care/ Veterinary Procedures

Treatment

Enema apparatus

Enema dosage

Formulas

Here is described treatment for elephant, camel, cow, horse and sheep.

Si11#19

Virtue of Enema in Veterinary Care:

Enema is one of the best therapies for treatment of these animals.

Si11#19

Construction of the enema pouch for Veterinary Use:

<u>Animal</u>	<u>Material to use for Making Enema Pouch</u>	<u>Length of Enema Nozzle:</u>
elephants	the urinary bladder of goat and sheep is used	one cubit long
camels	the urinary bladder of goat and sheep is used	18 fingers long
cows and horses	the urinary bladder of buffalo should be used	16 fingers long
goat and sheep	the urinary bladder of an old bull should be used	10 fingers long

Si11#20-21

Dose of Non-Unctuous Enemas for Veterinary Use:

for goat and sheep- 640ml

for cow- double (1.28 L) (according to the strength of the animal)

For horse- triple (1.92 L) (according to strength of the animal)

For camel- 5.2 L

For elephant- 10.24 L

Si11#22

Dose of Unctuous Enemas for Veterinary Use:

The uncting substance should be given in 1/8th of the above dose, so as follows:

for goat and sheep- 80ml

for cow- double (160ml) (according to the strength of the animal)

For horse- triple (240ml) (according to strength of the animal)

For camel- 650ml

For elephant- 1.28 L

Si11#22

Veterinary [Un-unctuous Enema] Formulas:

The following formula is useful for all animals. It may be tuned for particular animals by

adding the drugs listed further down this page, under the specific animal:

Indrayava, kustha, madhuka, pippali, vaca, satahva, madanaphala, rasanjana, dasamula

+

jaggery

rock salt

Prepare the above together.

[administer as un-unctuous enema.]

for elephants, asvattha, vata, asvakarna, khadira, aragvadha, sala (fruit), salaparni, prsniparni, dhava, sigru, patali, madhukasara, nikumbha and citraka are additional drugs which may be added.

For cow- decoction of palasa, bhutika, devadaru and rohini may be added.

For horses- palasa, danti, devadaru, kattrna and dravanti are additional drugs which may be added.

For asses and camels- pilu, karira, khadira and leaves of the plants of aragvadha and bilvadi groups are additional drugs.

For goats and sheep- triphala, parusaka, kapittha, karkandhu, bilva and kola are additional drugs.

-all above Si11#23-26