



SINGLE DRUGS AND FORMULATIONS MENTIONED IN KAMALA W.S.R. TO SOME SELECTED KERALIYA AYURVEDIC BOOKS

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ABSTRACT

The historical aspects and the literacy contributions by Kerala to the Ayurvedic system are very important. Classical Ayurveda texts rooted in Kerala, still remain a source of useful information on medicinal plants and therapies and formulations to physicians. Single drug therapy and formulations mentioned in this textbook are not found elsewhere making them unique and very much contributory. Some important textbooks like *Alathur manpravalam*, *Yogamrutham*, *Chikitsamanjari*, *Vaidyamanorama*, *Arogyakalpadruma*, and *Sahasrayoga*. In the present review, the above-mentioned regional textbooks were reviewed with special reference to *kamala*. Among these, some drugs are commonly used and clinically proven single herbs like *Bhumyamalaki*, *guduchi*, *Bhrngaraja*, etc. but some are not commonly used, and their effectiveness was not proven. In the case of formulations, *phalathrikadi kwatha*, and *vasaguduchyadi kashaya* are still in practice.

Keywords: *Kamala, Keraliya Ayurvedic book*

INTRODUCTION

Ayurveda has a long history of being enriched by different types of contributions from different stages befitting their geographical, climatic and cultural sit-

uations and based on their thinking and living patterns, especially the practical aspects. Apart from Ayurveda being rooted in India as a whole, tradition-

al herbal healing has been a tremendous contribution from physicians of Kerala.¹ The historical aspects and the literacy contributions by Kerala to the Ayurvedic system are very important. Classical Ayurveda texts rooted in Kerala, still remain a source of useful information on medicinal plants and therapies and formulations to physicians. The knowledge is hidden in these textbooks adopted by the entire science community and brought to mainstream practices for further development of the science. Exclusive single-drug therapy and formulations mentioned in this textbook are not found elsewhere making them unique and very much contributory². The application of such knowledge in clinical practice helps to cure many diseases. All these textbooks are unique to Kerala tradition. Among these regional textbooks, *Sahasrayoga* is a compendium containing around 1000 formulations and has been used by the practitioners of Kerala as a handbook for day-to-day practice. *Aalathur-manipravala* is a traditional medical treatise of formulations that has linguistic as well as historical importance. This describes single drugs and formulations for various diseases. *Yogamrutham* and *Chikitsamanjari* which describes the simple and practical treatments for general diseases throw light on the treatment practices prevalent in the reputed traditional Vaidya families of Kerala³. Eventhough the book *Arogyakalpadruma* is a rich source of Ayurvedic paediatric care, some special preparations are mentioned more than other above textbooks. *Vaidyamanorama* is another notable work that contains clinical knowledge from Ashtavaidya traditions.⁴ Kamala

is an important common clinical condition in Ayurveda, whose description is most comprehensive and incorporates the disorders of the hepatobiliary system of modern medicine. The treatment of kamala usually involves a combination of a modern and contemporary approach. Despite tremendous advances in modern medicine, there is no effective hepatoprotective medicine that can be used at the primary care level for prevention and cure for this. Many Ayurvedic single drugs and formulations are proved to be very effective and are substantiated by various clinical and experimental trials mentioned the action such as *pit-tahara*, *Yakrutejaka*, *deepana*, *srotosodhaka*, and *rasayana* properties etc⁵. Here is an attempt that tried to include some of the single drugs and formulations mentioned in these above textbooks, in the management of *kamala*.

MATERIALS AND METHOD

Single drugs and formulations suggested here are received from some selected Keraliya Ayurvedic textbooks as *Alathur manipravalam* by M R Raghava Varier, *Yogamrutham* and *Chikitsamanjari* of Sreeman Namboothiri, *Vaidyamanorama* by Parameswaran Moosad, *Arogyakalpadruma* of Kaikulangara Rama Varier and *Sahasrayoga* of K.V Krishnan Vaidyan & Anekkaleelil S.Gopala Pillai and. The specialty of these selected books is drugs that are used as single drugs and all others are used in medicinal preparations and are easily available. Also, simple and very effective in the treatment aspects of kamala

Single drugs

Drug	Form	Medium	References
<i>Musta</i> (<i>Cyperus rotundus</i> (L.)) ⁶	<i>Swarasa</i>	<i>Tilataila</i>	<i>Aalathur manipravala</i> - 244
<i>Tripadi</i> (<i>Desmodium triflorum</i> (L.) DS ⁶	<i>Churna</i>	Milk	<i>Aalathur manipravala</i> -244
<i>Pathura</i> (<i>Aerva lanata</i> (L.) Juss.ex Schult.) ⁶	Tender leaves	Tender coconut water	<i>Aalathur manipravala</i> - 245
<i>Pippali</i> (<i>Piper longum</i> L.) ⁶	<i>Churna</i>	<i>Tintrini swarasa</i>	<i>Aalathur manipravala</i> -245
<i>Mrinala</i> (<i>Nelumbo nucifera</i> Gaertn.) ⁶	<i>Swarasa</i>	<i>Madhu</i>	<i>Aalathur manipravala</i> -245
<i>Patra</i> (<i>Cinnamomum tamala</i> (Buch.-Ham) T.Nees & C.H.Eberm.) ⁶	<i>Churna</i>	<i>Chonakanaranga swarasa</i>	<i>Aalathur manipravala</i> -245
<i>Punarnava</i> (<i>Boerhavia diffusa</i> L.) ⁶	<i>Samoola</i>	Tender coconut water	<i>Aalathur manipravala</i> -244

<i>Dadima (Punica granatum L.)</i> ⁶	<i>Swarasa</i>	<i>Madhu</i>	<i>Aalathur manipravala - 241</i>
<i>Pathura (Aerva lanata (L.) Juss.ex Schult.)</i> ⁷		Milk	<i>Yogamrutha – Kamala roga chikitsa-5</i>
<i>Mandooka parni (Centella asiatica (L.) Urb.)</i> ⁷	<i>Swarasa</i>	<i>Dharoshna ksheera</i>	<i>Yogamrutha -Kamala roga chikitsa-7</i>
<i>Kataka (Strychnos potatorum L.f.)</i> ⁷		Tender coconut water, sugar	<i>Yogamrutha -Kamala roga chikitsa-7</i>
<i>Ela (Elettaria cardamomum (L.) Maton)</i> ⁷		<i>Takra</i>	<i>Yogamrutha-Kamala roga chikitsa-7</i>
<i>Sveta paranthi root (Ixora coccinea (L.)</i> ⁷		<i>Takra</i>	<i>Yogamrutha -Kamala roga chikitsa-11</i>
<i>Kattukoval root (Coccinia grandis (L.) Voigt.)</i> ⁷		<i>Takra</i>	<i>Yogamrutha-Kamala roga chikitsa-11</i>
<i>Venkurinji leaf (Barleria courtallica Nees in DC.)</i> ⁷		<i>Takra</i>	<i>Yogamrutha -Kamala roga chikitsa-11</i>
<i>Dronapushpi (Leucas aspera (Willd.)Link)</i>	<i>Swarasa</i>		<i>Yogamrutha- Kamala roga chikitsa-5</i>
<i>Trvrt (Operculina turpethum (L.) Silva Manso)</i> ⁷	<i>Churna</i>	<i>Draksha kashaya</i>	<i>Yogamrutha- Kamala roga chikitsa-5</i>
<i>Svetha paranthi root (Ixora coccinea L.)</i> ⁸		Coconut water/ <i>takra</i>	<i>Chikitsamanjari- Kamala chikitsa -10</i>
<i>Matsyakshi (Alternanthera sessilis (L.) R.Br.ex DC.)</i> ⁸	<i>Kalka</i>	<i>Dharoshnam milk</i>	<i>Chikitsamanjari -Kamala chikitsa -23</i>
<i>Nagaram (Zingiber officinale Roscoe)</i> ⁸		<i>Gokshira</i>	<i>Chikitsamanjari -Kamala chikitsa -26</i>
<i>Aamrapallava (Mangifera indica L.)</i> ⁸		Tender coconut water	<i>Chikitsamanjari- Kamala chikitsa -27</i>
<i>Bhumyamalaki (Phyllanthus amarus Schumach & Thonn.)</i> ⁸		<i>Dharoshnam milk</i>	<i>Chikitsamanjari - Kamala chikitsa -32</i>
<i>Krtamala pallava (Cassia fistula L.)</i> ⁸		Milk	<i>Chikitsamanjari - Kamala chikitsa-45</i>
<i>Dronapushpi (Leucas aspera L.)</i> ⁹	<i>Swarasa as anjanam</i>		<i>Vaidyamanorama- Kamala chikitsa - 31</i>
<i>Kulatha (Dolichos biflorus L.)</i> ⁹	<i>Kashayam as bhojanam as well as pana</i>		<i>Vaidyamanorama- Kamala chikitsa -43</i>
<i>Guduci (Tinospora cordifolia (Willd.) Hook. f. & Thomson</i> ⁹	<i>Satva</i>	Honey	<i>Vaidyamanorama -Kamala chikitsa -40</i>
<i>Mandukaparni (Centella asiatica L.Urb)</i> ⁹	<i>swarasa</i>	<i>Madhu/trikatu</i>	<i>Vaidyamanorama - Kamala chikitsa -37</i>
<i>Haridra (Curcuma longa L.)</i> ⁹	<i>swarasa</i>	<i>Madhu/trikatu</i>	<i>Vaidyamanorama- Kamala chikitsa -42</i>
<i>Vanatinisa moola (Canthium species)</i> ⁹	<i>Kalka</i>	<i>Takra</i>	<i>Vaidyamanorama -Kamala</i>

			chikitsa - 35
<i>Svetha paranthi (Ixora coccinea L.)</i> ⁹		Takra	Vaidyamanorama- Kamala chikitsa - 35
<i>Varshabhu (Boerhavia diffusa L.)</i> ⁹	Kalka	Narikela jala	Vaidyamanorama- Kamala chikitsa - 34
<i>Yashti (Glycyrrhiza glabra L.)</i> ⁹	Churna	Mahisha takra	Vaidyamanorama- Kamala chikitsa - 30
<i>Nagaram (Zingiber officinale Roscoe)</i> ⁹		Gokshira	Vaidyamanorama- Kamala chikitsa - 29
<i>Bhumyamalaki samoola (Phyllanthus amarus Schumach & Thonn.)</i> ¹⁰	Kalka for smell		Aarogyakalpadruma – 8/71
<i>Bhrngaraja (Eclipta alba (L.) Hassk.)</i> ¹⁰	Swarasa –dhara in moordha		Aarogyakalpadruma-8/71
<i>Dronapushpi (Leucas aspera L.)</i> ¹⁰		Dharoshnam milk	Aarogyakalpadruma-8/71
<i>Neelamundaya (Geophila repens (L.) I.M.Johnst.)</i> ¹⁰	Swarasa	Milk	Aarogyakalpadruma-8/72
<i>Viramoola (Coccinea grandis (L.) Voigt)</i> ¹⁰	Kalka	Takra	Aarogyakalpadruma-8/73
<i>Bhadra (Aerva lanata (L.) Juss.ex Schult.)</i> ¹⁰	Kalka	Takra	Aarogyakalpadruma-8/73
<i>Badari patra (Ziziphus mauritiana var.fruticosa (Haines) Sebastien & A.N.Henry)</i> ¹⁰		Mahisha takra	Aarogyakalpadruma 8/76

Formulations

Drug	Form	References
<i>Trikatu, amalaki, loha bhasma, haridra Sita/ghrta/Madhu/Guda</i> ⁶	Churna	Aalathur manipravala-247
<i>Tartaval, Tripadi, bhumyamalaki</i> ⁶	Mukkudi	Aalathur manipravala- 240
<i>Ardraka, haridra, milk, badara, trvrt, nagadanti</i> ⁶	Ghrta	Aalathur manipravala -242
<i>Shadanga</i> ⁷	Kashayam	Yogamrutha- Kamala roga chikitsa-3
<i>Kakkathondi, bhumyamalaki</i> ⁷	Mukkudi	Yogamrutha -Kamala roga chikitsa-3
<i>Tharthaval root, salaparni root, paranthi root</i> ⁷	Peya	Yogamrutha-Kamala roga chikitsa-4
<i>Sathavari</i> ⁷	Lehya	Yogamrutha-Kamala roga chikitsa-7
<i>Pathyadi</i> ⁷	Lehya	Yogamrutha-Kamala roga chikitsa-7
<i>Trnpanchamoolam</i> ⁷	Kashayam	Yogamrutha-Kamala roga chikitsa-9
<i>Varahyadi</i> ⁷	Churna	Yogamrutha-Kamala roga chikitsa-15
<i>Tharthaval, Tripadi, bhumyamalaki</i> ⁷	Mukkudi	Yogamrutha-Kamala roga

		chikitsa-15
Trvr ⁷	Lehyam	Yogamrutha-Kamala roga chikitsa-17
Aamrapallavadi ⁷	Kashayam	Yogamrutha- Kamala roga chikitsa-23
Draksha, amruta, ikshu, bhadra ⁸	Kashyam	Chikitsamanjari - Kamala chikitsa -12
Vasa, nimba, Amrutha, yashti, dhatri, kataka, gokshura, valaka ⁸	Kashayam	Chikitsamanjari- Kamala chikitsa -13
Varahi,tugakshiri,pippali,daruharidra,trut ⁸	Churna with honey	Chikitsamanjari- Kamala chikitsa-15
Thartaval,tripadi,bhumyamalaki,amalaki,mandukaparni ⁸	Mukkudi	Chikitsamanjari- Kamala chikitsa -25
Chitraka,haridra,musta,puanakitta,jeeraka ⁸		Chikitsamanjari- Kamala chikitsa -27
Pippali moola, thuadaliverinmel tholi in takra ⁸		Chikitsamanjari - Kamala chikitsa- 28
Bhrngaraja Swarasa,urukkupodi (loha bhasma) make into paste and dried and taken with ikshurasa,honey and 1/4 th sugar ⁸		Chikitsamanjari - Kamala chikitsa -33
Triphalapichumandadi ghrta ⁹		Vaidyamanorama- Kamala chikitsa - 45
Harithaki lehyam ⁹		Vaidyamanorama- Kamala chikitsa - 44
Dhatryadi lehyam ⁹		Vaidyamanorama- Kamala chikitsa - 44
Nisa ghrtam ⁹		Vaidyamanorama- Kamala chikitsa - 42
Phalathryadi kashyam ⁹		Vaidyamanorama- Kamala chikitsa - 38
Krsanwadi kashayam ⁹		Vaidyamanorama- Kamala chikitsa - 36
Haridradi mahisha ghrta ⁹		Vaidyamanorama -Kamala chikitsa - 33
Rajani ghrtam ⁹		Vaidyamanorama -Kamala chikitsa - 33
Dhatriphaladi lehyam ⁹		Vaidyamanorama -Kamala chikitsa - 32
Sahadevyadi kashayam ⁹		Vaidyamanorama -Kamala chikitsa - 28
Draksha, Amrutha, ikshu with honey and sugar ¹⁰	Kwatham	Aarogyakalpadruma-8/69
Draksha, vrischika, pathya with honey ¹⁰	Kwatham	Aarogyakalpadruma-8/70
Madhuka, amalaka with honey ¹⁰	Kalka	Aarogyakalpadruma-8/76
Harithaki, Trvrth with honey and sugar ¹⁰	Churna	Aarogyakalpadruma -76
Sreshyadi ¹⁰	ghrta	Aarogyakalpadruma-8/77- 78
Lohachurnadi ¹⁰	gulika	Aarogyakalpadruma-8/79-

		82
Vasaguluchyadi ¹¹	kashayam	Sahasrayoga
Phalatrikadi ¹¹	kashayam	Sahasrayoga
Vasadi ¹¹	kashayam	Sahasrayoga

CONCLUSION

In this review article, it has been prepared to accumulate the simple - single drugs and formulations which can be helpful in the management of *kamala*. Among these, some are commonly used and clinically proven single herbs like *Bhumyamalaki*, *guduchi*, *Bhrngaraja*, etc. but some are not commonly used, and their effectiveness was not proven. In the case of formulations, *phalathrikadi kwatha*, and *vasaguduchyadi kashaya* are still in practice but others are not familiar. So, this work helps to familiarise single drugs and formulations used in *kamala* which are unexplored and are expected to be a good suggestion for clinical practice in the management of *kamala*.

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