

ESSENTIAL MEDICINAL PLANTS OF CHIKISTA-KALIKA- A REVIEW

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ABSTRACT

Two major works on *Ayurveda* namely *Charaka samhita* and *Sushruta samhita* have initially formulated the materia medica of *Ayurveda*. Later works like *Ashtanga samgraha*, *Ash-tanga hridaya*, *Vrindamadhava*, *Chikitsakalika*, *Gadanigraha*, *Chakradatta*, *Vangasena*, *Sarangadhara* have utilized the source material of these works to formulate their content. The compendia of medieval works attempted to simplify the *Ashtanga-Ayurveda* (*Ayurveda* with its eight specialties) and made the system suitable to their contemporary times. *Tishata* (10th AD) had documented certain simple herbal recipes for the management of diseases which are easily adoptable by an average general practitioner. The entire work was presented in 400 *shlokas*. His son *Chandrata* has written a commentary in Sanskrit on *Chikitsakalika* which is referred as son's commentary on father's work. *Tishata* has concised the herbal and herbo-mineral groups introduced by *Charaka* and *Sushruta* and also specified certain important single drugs useful in clinical practice. The style of precise and concise expression adopted by the author earned him a notable recognition among medieval compendia of *Ayurveda*.

Keywords: *Chikitsakalika*, *Ayurveda*, *Chandrata*

INTRODUCTION

Chikitsakalika (the bud of medicine) was referred by *Chakrapanidutta* (11th century AD) in his work '*Chakradutta*'. *Chandrata* (son of *Tishata*) who wrote a commentary on *Chikistakalika* referred *Jejjata* (9th AD) in his work. Basing on these external evidences, *Acharya Priyavart Sharma* opines that period of *Chikitsakalika* could be 10th century AD.¹ The total work was presented with 400 *shlokas* distributed in 5 chapters with an introduction consisting of 98 *shlokas* in which fundamental concepts, Physiological concepts and general principles of treatment were dealt in brief.² The author clearly stated that the aim of his work "those with intelligence of low profile cannot understand the ocean like knowledge

deposited in *Sushruta* and other treatises and basing this fact in mind, I have attempted to write this compendium which is useful for both intelligent and average practitioners of *Ayurveda*"³

***Aushadha-gana* (groups of medicinal plants)**

Charaka introduced 50 major groups⁴ and *Sushruta* enumerated 37 groups⁵ basing on the pharmacological activities of drugs. *Tishata* concised these groups into 18 *Ganas*² i.e.

1. *Vataghnagana* (*Rasnadi*)
2. *Kakolyadi* (*Pittaghnagana*)
3. *Krishnadi* (*Kaphaghna*)
4. *Sthiradi* (*Pittavataghna*)
5. *Katphaladi* (*Kaphavataghna*)
6. *Trayantikadi* (*Kaphapittaghna*)

7. *Triphala*
8. *Trikatu*
9. *Panchakola*
10. *Twakapanchaka*
11. *Eladi (sleshmanilaghna)*
12. *Ashtavarga (Pittavyadhihara)*
13. *Trijataka*
14. *Chaturjataka*
15. *Varunadi*
16. *Pruthupanchamoola (Brihat panchamoola)*
17. *Kaneeyapanchamoola (Laghu panchamoola)*
18. *Dashamoola*

Kataphala and *Trayantikadigana* are the novel groups introduced by *Chikitsakalika*. *Triphala*, *Trikatu*, *Dashamoola*, *Trijataka* and *Chaturjataka* are taken from *Su-*

shruta samhita and *Astanga hridaya*. Author has adopted *Rasnadi*, *Eladi*, *Kakolyadi*, *Sthiradi*, *Varunadigana* from *Sushruta samhita* with certain modifications.

Table 1 shows list of 109 medicinal plants which were enumerated by *Tisatacharya*. Among these groups of drug *Chitraka*, *Ela*, *Guduchi*, *Jiraka*, *Nagabala*, *Pippali*, *Shalparni*, *Shatavari*, *Shunthi* and *Twaka* are frequently repeated.

Drugs for *Panchakarma*²

After furnishing *Gana* (group of medicinal plants), author discussed *Sanshodhana* (purification procedures) and its favorable seasons. *Sanshodhana* should be administered after proper *Amapachana*. Table 2 shows drugs used for *Panchakarma* procedures.

Table 2: Drugs and plants used for *Panchakarma* procedures

Procedure	Drugs
<i>Snehana</i>	For Vata diseases- <i>Rasnataila, Balataila</i> For Pitta diseases- <i>Sahacharataila, Guduchitaila, Prasaranitaila, Vasaghritha</i> For Kapha diseases- <i>Shatpalaghrita, Mahashatpalaghrita</i>
<i>Swedana</i>	<i>Punarnava, Eranda, Yava, Atasi</i> - boil with <i>Kanji</i>
<i>Vamana</i>	Decoction of <i>Madanaphala</i> or <i>Nimba</i> with powder of <i>Indrayava, Vacha, Pippali</i> and <i>Yashtimadhu</i>
<i>Virechana</i>	For Vata diseases- <i>Erandataila,</i> For Pitta diseases- <i>Bindughrita</i> For Kapha diseases- <i>Triphalalkwatha</i> with <i>Guggulu</i>
<i>Niruhabasti</i>	Formed by jeggery, <i>Tintidaka</i> , cow's urine, <i>Shatapushpa, Madanaphala, Hingu, Saindhava</i>
<i>Anuvasanabasti</i>	Formed by <i>Tilataila, Pippali, Yasthi, Kushtha, Bilva, Vacha, Mishi, Pushkaramoola, Chitraka, Shati, Madanaphala, Devadaru</i> and <i>dugdha</i>
<i>Shirovirechana</i>	<i>Shigrubeeja, Tulasi, Arjakabeeja, Sunthi, jiraka, Pippali, Maricha, Krishnajiraka, Saindhava</i> and <i>Tumbaru</i>

Ashtanga Ayurveda

Under *Kayachikitsa* section the author described treatment for 30 disease i.e. *Jwara, Atisara, Grahani, Arsha, Bhagandara, Sopha, Udara, Gulma, Vidradhi, Galaganda & Gandamala, Visphota, Shleepada, Vatarakta, Visharpa, Kushtha, Kilasa,*

Prameha, Pandu, Swasa, Kasa, Raktapitta, Trishna, Chardi, Hikka, Shoola, Udavarta, Mutrakrichchra, Rajayakshma, Krimi and *Vatavyadhi*.

Under *Shalakyas* section the treatment for 5 diseases i.e. *Netraroga, Nasaroga, Karnaroga, Mukharoga* and *Shiroroga* were

described. In the chapter of *Shalyatantra* the indication for *Raktamokshana* were enumerated along with a few recipes. Treatment of *Bhutavidya*, *Kaumaratantra*, *Vishatantra*, *Rasayanatantra* and *Vajeekaranatantra* were summarily disposed off very briefly with a few herbal recipes. A careful review of the treatment profiles discussed in the text clearly indicates that more emphasis was given to *Kayachikitsa* when compared to rest of the branches of *Ashtanga* (8 specialties). It appears that the author is more interested in the enumeration of *Yogas* (formulations), while details about *Nidana* (etiological factors), *Rupa* (signs & symptoms), *Chikīstasutras* (principles of treatment), *Pathya* & *Apathya* (Do's and Dont's) were not included in the text.

List of prime drugs & single drug recipes

Charaka identified certain drugs having broad-spectrum activity and formulated a group entitled 'Agryaushadhi' (prime drugs).⁴ *Vagbhata* has adopted this list by improvising in his two works i.e. *Ashtanga samgraha*⁶ and *Ashtanga hridaya*.⁷ *Sushruta* has taken note of the prime drugs and mentioned in the respective chapters dealing with the management of several diseases. *Tisatacharya* emulated *Charaka* and mentioned certain drug in the chapter 'Prakirnaushadha' based on the *Agryaushadhi* quoted by previous works and furnished a list of single drug recipes with different *Anupana* (vehicles) which are easily adoptable and result oriented. List of prime drugs² as follow:

- 1) **Eranda taila** (castor oil)
 - i) *Erandataila* + *Gomutra* – *Andavridhhi*
 - ii) *Erandataila* with *Kwatha* prepared from *Aragwadha*, *Gudhuchi* and *Vasa-Vatarakta*

- iii) *Erandataila* with *Gomutra* or *Go-dugdha-Udara* & *Sotha*

- iv) *Erandataila* with *Gomutra* or *Go-dugdha-Pakwashayagata Vata*

2) **Guggulu**

- i) *Guggulu* with *Gomutra* or *Kwatha* prepared from *Punarnava*, *Devadaru*, *Haritaki* and *Guduchi-Sotha*, *Pandu* and *Medoroga*

- ii) *Guggulu* with *Gomutra-Sotha*

- iii) *Guggulu* with *Khadirakwatha-kushtha*

- iv) *Guggulu* with *Agnimantha* or *Brihatpanchamoola Kwath-Medoroga*

- v) *Guggulu* with *Triphala Kwatha-Vrana*, *Kushtha*, *Nadivrana*, *Bhagandara*

- vi) *Guggulu* with *Kwatha of Kanchanara*, *Triphala* and *Pippali-Galaganda*

- vii) *Guggulu* with *kwatha of Sunthi*, *Bala*, *Guduchi*, *Rasna*, *Gokshura*, *Eranda* & *Shalparni-Vatavyadhi*

- viii) *Guggulu* with *Guduchikwatha-Vatarakta*

3) **Haritaki**

- i) *Haritaki* + *Guda-Arsha*

- ii) *Haritaki* + *Gomutra-Arsha*

4) **Bhallataka**

- i) *Bhallataka (Vardhamana Prayoga)-Arsha*

5) **Haridra**

- i) *Haridra* + *Amalaki Swarasa – Prameha*

- ii) *Haridra* + *Gomutra – Kushtha*

- 6) **Khadira (Sara)-Kushtha**

- 7) **Bakuchi** with *Kwatha of Vibhitaka & Kakodumbara-Switra*

- 8) **Guduchi**- indicated in *Vatarakta*, *Sleepada*, *Chardi*, *Haleemaka*, *Pandu*, *Kamala* & *Medoroga*

- 9) **Triphala-Netraroga**

- 10) **Kutaja-Atisara**

- 11) **Parpataka** with *Kiratatikta-Jwara*

- 12) **Vasa-Raktapitta**

- 13) **Panchamoola-Trishna**

- 14) **Pippali**
 i) *Pippali* (*Vardhamana Prayoga*)-*Pleeharoga*
 ii) *Pippali* with *Dasamoola/triphala Kwatha*- in *Urdhwabhagaroga*
 15) **Rohitaki**- *Yakritroga*
 16) **Sirisha**- *Visharoga*
 17) **Ankolamoola**- with *Koshataki Kwatha*-*Akhuvisha*
 18) **Gomutra**- *Udararoga*
 19) **Swarna**- *Visha*
 20) **Rasna**- *Vataroga*
 21) **Hingu**-
 i) *Hingu* with *Sunthi, Saindhava lavana & Pushkaramoola*- *Gulma & Shoola*
 ii) With *Jiraka, Tumberu, haritaki, Chitraka, Pushkaramoola, Triphala-Madhyamabhagaroga*
 22) **Brahmi**- with *Vacha, Kushtha, Sankhapushi* and *Suvarna- Unmada, Mada, Apasmara, Bhutabadha*
 23) **Sunthi**- with *Kwath of Rasna or Gokshura or Guduchi*- *Adhobhagaroga*

It is noted that the author for the first time suggested single drugs namely *Pippali, Hingu* and *Sunthi* for the diseases originated from *Urdhwabhagaroga* (Head and neck diseases), *Madhyamabhagaroga* (Diseases of thorax and abdomen) and *Adhobhagaroga* (disease of lower parts including buttocks, lower extremities) respectively.

Table 3: Single drug recipes mentioned in other chapters

1. <i>Pippali Vardhaman</i>	: <i>Jwara, Swasa, Kasa, Arsha, Vatarakta, Kshaya</i>
2. <i>Musta + honey</i>	: <i>Tivratisara</i>
3. <i>Kutaja</i>	: <i>Pakwatisara</i>
4. <i>Aralu (Putapaka form) or Shyonaka</i>	: <i>Atisara</i>
5. <i>Bhallataka</i>	: <i>Arsha</i>
6. <i>Ardraka + Guda</i>	: <i>Sopha</i>
7. <i>Draksha</i>	: <i>Raktapitta</i>
8. <i>Rajakaseru</i>	: <i>Raktapitta</i>
9. <i>Vasantaduti Kusuma (Patala)</i>	: <i>Hikka</i>
10. <i>Nimbapatrakalka</i>	: <i>Vranaropana</i>
11. <i>Jati-pravala, Kusuma</i>	: <i>Mukhapaka</i>
12. <i>Daruharidra (Rasanjana)</i>	: <i>Gudapaka</i>
13. <i>Haridra</i>	: <i>Visha</i>
14. <i>Sirisha (Panchanga)</i>	: <i>Visha</i>
15. <i>Sarapunkha</i>	: <i>Alarkavisha</i>
16. <i>Dhatra (Beeja)</i>	: <i>Alarkavisha</i>
17. <i>Hastikarna palasha</i>	: <i>Rasayana</i>
18. <i>Eranda, Nimba, Jyotismati, Palasbeeja Taila</i>	: <i>Rasayana</i>
19. <i>Satavari</i>	: <i>Vajikarana</i>
20. <i>Nagabala</i>	: <i>Vajikarana</i>
21. <i>Vidari</i>	: <i>Vajikarana</i>
22. <i>Amalaki</i>	: <i>Vajikarana</i>
23. <i>Gokshura</i>	: <i>Vajikarana</i>
24. <i>Guduchi</i>	: <i>Vajikarana</i>

In addition to 109 drugs mentioned in *Gana* by the author, it appears 13 drugs were mentioned under 'Prakirnaushadha' chapter and 13 drugs were mentioned under *Panchakarma* procedures. In total 135 drugs appears to be the essential drugs identified by *Tishata* in the management of various diseases.

Contribution to Ayurvedic Materia medica

1. Author has indicated *Sarpunkha* for *Alarkavisha*, *Patalapushpa* for *Hikka* which were not mentioned in the earlier works.
2. Indication of certain seed oils namely *Erandataila*, *Nimbataila*, *Jyotismatitaila* and *Palashataila* should be considered as contributions of Tisatacharya.
3. Author suggested *Rohitaka* for *Yakritaroga* though it is referred in *Pliharoga* by other works and Bhavamishra quoted one synonym *Pleehaghna* for *Rohitaka*. Tisatacharya confirmed Vagbhata's version of 'Pleehamayae Pippali' and indicated it for *Pleeharoga*.
4. Charaka considered *Sira*, *Hridaya* and *vasti* as *Trimarmas*, but the author of *Chikitsakalika* considered *Hridaya*, *Guda* and *Nabhi* as *Trimarmas*.
5. The diseases of body and mind are classified as *Karmaja*, *Doshaja* and *Karmadoshaja*, while Ayurvedic classics categorized diseases under two types i.e. *Nija* and *Agantuja*. *Doshaja vyadhis* are curable with *Sodhana* and *Samana* measures but *Karmaja vyadhis* are not curable with these methods.
6. Author suggested *Baladitaila* for *Vataroga*, *Mahatiktakaghrita* for *Pittaroga* and *Dhanvantarighrita* for *Kapharoga*.
7. For the purpose of *Amapachana* the author furnished a list of drugs- namely *Rasna*, *Patola*, *Nimba*, *Sunthi*, *Vasa* and *Triphala*.

After *Amapachana*, *Rasnaditaila* (for *Vata* diseases), *Vasaghrita* (for *Pitta* diseases) and *Shatpalaghrita* (for *Kapha* diseases) were suggested for *Snehanakarma* before the commencement of *Shodhana* (purification procedures like vomiting, purgation, enemata etc).

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Source of support: Nil

Conflict of interest: None Declared

Table 1: List of medicinal plants categorized in various groups by *Tisatacharya*

Sl. no.	Sanskrit Name	Botanical name	Family
1	<i>Agaru</i>	<i>Aquilaria agallocha</i> Roxb.	Thymelaeaceae
2	<i>Agnimantha</i>	<i>Premna integrifolia</i> Linn.,	Verbenaceae
3	<i>Ajamoda</i>	<i>Trachyspermum roxburghianum</i> (DC.) Craib.	Umbelliferae; Apiaceae
4	<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn.	Euphorbiaceae
5	<i>Aragvadha</i>	<i>Cassia fistula</i> Linn.	Caesalpiaceae
6	<i>Arani</i>	<i>Clerodendrum phlomidis</i> Linn. f.	Verbenaceae
7	<i>Arjuna</i>	<i>Terminalia arjuna</i> (Roxb.) W. & A.	Combretaceae
8	<i>Ashwagandha</i>	<i>Withania somnifera</i> (Linn.)	Solanaceae
9	<i>Aswattha</i>	<i>Ficus religiosa</i> Linn.	Moraceae
10	<i>Atibala</i>	<i>Abutilon indicum</i> (Linn.) Sw.	Malvaceae
11	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> Wall. ex Royle.	Ranunculaceae
12	<i>Bakayana</i>	<i>Melia azedarach</i> Linn.	Meliaceae
13	<i>Bala</i>	<i>Sida cordifolia</i> Linn.	Malvaceae
14	<i>Bharangi</i>	<i>Clerodendrum indicum</i> (Linn) moon	Verbenaceae
15	<i>Bhunimba</i>	<i>Andrographis paniculata</i> Wall. ex Nees	Acanthaceae
16	<i>Bibhitaki</i>	<i>Terminalia bellirica</i> Roxb.	Combretaceae
17	<i>Bilva</i>	<i>Aegle marmelos</i> (L.) Correa ex Roxb.	Rutaceae
18	<i>Brihati</i>	<i>Solanum torvum</i> Sw.	Solanaceae
19	<i>Chanda</i>	<i>Angelica archangelica</i> Linn. var. <i>himalaica</i> (C. B. Clarke)	Umbelliferae
20	<i>Chandana</i>	<i>Santalum album</i> Linn.	Santalaceae
21	<i>Chavya</i>	<i>Piper chaba</i> Hunter non-Blume.	Piperaceae
22	<i>Chirabilva</i>	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	Ulmaceae
23	<i>Chitraka</i>	<i>Plumbago zeylanica</i> Linn.	Plumbaginaceae
24	<i>Choraka</i>	<i>Angelica glauca</i> Edgew.	Umbelliferae
25	<i>Darbha</i>	<i>Imperata cylindrical</i> Rausch.	Poaceae
26	<i>Devadaru (mara)</i>	<i>Cedrus deodara</i> (Roxb.) Loud.	Pinaceae
27	<i>Dhanyaka</i>	<i>Coriandrum sativum</i> Linn.	Umbelliferae
28	<i>Duralabha</i>	<i>Fagonia cretica</i> Linn.	Zygophyllaceae
29	<i>Ela</i>	<i>Elettaria cardamomum</i> Maton.	Zingiberaceae
30	<i>Eranda</i>	<i>Ricinus communis</i> Linn.	Euphorbiaceae
31	<i>Gambhari</i>	<i>Gmelina arborea</i> Roxb.	Verbenaceae
32	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae
33	<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. &Thoms.	Menispermaceae

34	<i>Guggulu</i>	<i>Commiphora mukul</i> (Hook. ex Stocks)	Burseraceae
35	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Combretaceae
36	<i>Hingu</i>	<i>Ferula narthex</i> Boiss.	Umbelliferae
37	<i>Indrayava</i>	<i>Holarrhena antidysenterica</i> (Linn.) Wall.	Apocynaceae
38	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i> DC.	Valerianaceae
39	<i>Jiraka</i>	<i>Carum bulbocastanum</i> W. Koch.	Umbelliferae
40	<i>Jivaka</i>	<i>Microstylis musifera</i> Ridley.	Orchidaceae
41	<i>Jivanti</i>	<i>Leptadenia reticulata</i> W. & A	Asclepiadaceae
42	<i>Kakoli</i>	<i>Lilium polyphyllum</i> D. Don.	Liliaceae
43	<i>Kamala (Pundarika)</i>	<i>Nelumbo nucifera</i> Gaertn.	Nymphaeaceae
44	<i>Kantakari</i>	<i>Solanum xanthocarpum</i> S. &W.	Solanaceae
45	<i>Kapikachchu</i>	<i>Mucuna prurita</i> Hook.	Fabaceae
46	<i>Karanja</i>	<i>Pongamia pinnata</i> Pierre.	Fabaceae
47	<i>Karkatashringi</i>	<i>Pistacia integerrima</i> Stewart ex Brandis.	Anacardiaceae
48	<i>Katphala</i>	<i>Myrica nagi</i> Hook. f. non-Thunb.	Myricaceae
49	<i>Katrana</i>	<i>Cymbopogon schoenanthus</i> Linn.	Gramineae
50	<i>Katuki</i>	<i>Picrorhiza kurroa</i> Royle ex Benth.	Scrophulariaceae
51	<i>Keshara</i>	<i>Crocus sativus</i> Linn.	Iridaceae
52	<i>Kshirakakoli</i>	<i>Lilium polyphyllum</i> D. Don.	Liliaceae
53	<i>Kunduru</i>	<i>Boswellia serrata</i> Roxb.	Burseraceae
54	<i>Kushtha</i>	<i>Saussurea lappa</i> (Decne) Sch.-Bip.	Compositae
55	<i>Lavanga</i>	<i>Syzygium aromaticum</i> (Linn.) Merr.	Myrtaceae
56	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i> Linn.	Fabaceae
57	<i>Mahameda</i>	<i>Piper nigrum</i> Linn.	Piperaceae
58	<i>Maricha (Ushana)</i>	<i>Piper nigrum</i> Linn.	Piperaceae
59	<i>Mashaparni</i>	<i>Teramnus labialis</i> Spreng.	Fabaceae
60	<i>Meda</i>	<i>Polygonatum cirrhifolium</i> (Wall.) Royle.	Liliaceae
61	<i>Meshashringi</i>	<i>Gymnema sylvestre</i> B. Br.	Asclepiadaceae
62	<i>Morata</i>	<i>Maerua arenaria</i> Hook. f. &Thoms.	Capparidaceae
63	<i>Mudgaparni</i>	<i>Phaseolus trilobus</i> sensu Ait. & auct.	Fabaceae
64	<i>Mura</i>	<i>Erythrina stricta</i> Roxb.	Fabaceae
65	<i>Murva (Madhuras)</i>	<i>Marsdenia tenacissima</i> Wight & Arn.	Asclepiadaceae
66	<i>Musta (Ambudhara)</i>	<i>Cyperus rotundus</i> Linn.	Cyperaceae
67	<i>Nagabala</i>	<i>Sida veronicaefolia</i> Lam.	Malvaceae
68	<i>Nagakeshara</i>	<i>Mesua ferrea</i> Linn.	Guttiferae
69	<i>Nimba</i>	<i>Azadirachta indica</i> A. Juss.	Meliaceae
70	<i>Parpataka</i>	<i>Fumaria vaillantii</i> Loisel.	Fumariaceae
71	<i>Patala</i>	<i>Stereospermum suaveolens</i> DC	Bignoniaceae
72	<i>Patha</i>	<i>Cissampelos pareira</i> Linn	Menispermaceae
73	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb.	Cucurbitaceae

74	<i>Patra</i>	<i>Cinnamomum tamala.</i>	Lauraceae
75	<i>Pippali</i>	<i>Piper longum</i> Linn.	Piperaceae
76	<i>Pippalimoola</i>	Root of <i>Piper longum</i> Linn.	Piperaceae
77	<i>Plaksha (Vati)</i>	<i>Ficus infectoria</i> Roxb.	Moraceae
78	<i>Prishniparni</i>	<i>Uraria picta</i> Desv.	Fabaceae
79	<i>Priyangu (Phalini)</i>	<i>Callicarpa macrophylla</i> Vahl.	Verbenaceae
80	<i>Punarnava</i>	<i>Boerhavia diffusa</i> Linn.	Nyctaginaceae
81	<i>Rasna</i>	<i>Pluchea lanceolata</i> Roxb.	Compositae
82	<i>Renuka (kaunti)</i>	<i>Vitex agnus-castus</i> Linn.	Verbenaceae
83	<i>Riddhi</i>	<i>Habenaria intermedia</i> D. Don	Orchidaceae
84	<i>Rishabhaka</i>	<i>Microstylis wallichii</i> Linn.	Orchidaceae
85	<i>Saireyaka</i>	<i>Nilgirianthus ciliatus</i> (Nees) Bremek.	Acanthaceae
86	<i>Sarshapa</i>	<i>Brassica campestris</i> Linn. var. <i>rapa</i> (L.) Hartm.	Brassicaceae
87	<i>Shalaparni</i>	<i>Desmodium gangeticum</i> DC.	Fabaceae
88	<i>Shatavari</i>	<i>Asparagus racemosus</i> willd.	Asparagaceae
89	<i>Shigru</i>	<i>Moringa pterygosperma</i> Gaertn.	Moringaceae
90	<i>Shilarasa (Turushka)</i>	<i>Liquidamber orientalis</i> Miller	Hamamelidaceae
91	<i>Shriveshtaka</i>	<i>Pinus roxburghii</i> Sarg.	Pinaceae
92	<i>Shyonaka</i>	<i>Oroxylum indicum</i> Vent.	Bignoniaceae
93	<i>Sprukka</i>	<i>Anisomeles malabarica</i> (Linn.) R. Br. ex Sims	Lamiaceae
94	<i>Sthauneyaka</i>	<i>Taxus baccata</i> Linn.	Taxaceae
95	<i>Sunthi</i>	<i>Zingiber officinale</i> Rosc.	Zingiberaceae
96	<i>Tagara</i>	<i>Valerianawallichii</i> DC.	Valerianaceae
97	<i>Trayantika</i>	<i>Ficus heterophylla</i> Linn. f.	Moraceae
98	<i>Twaka (Chocha)</i>	<i>Cinnamomum zeylanicum</i>	Lauraceae
99	<i>Uchchata</i>	<i>Abrus precatorius</i> Linn.	Fabaceae
100	<i>Udumbara</i>	<i>Ficus racemosa</i> Linn.	Moraceae
101	<i>Vacha</i>	<i>Acorus calamus</i> Linn.	Araceae
102	<i>Vansalochana</i>	<i>Bambusa bambos</i> (L.) Voss.	Poaceae
103	<i>Varuna</i>	<i>Crataeva nurvala</i> Buch.-Ham.	Capparidaceae
104	<i>Vasa</i>	<i>Adhatoda vasica</i> Nees.	Acanthaceae
105	<i>Vata</i>	<i>Ficus benghalensis</i> Linn	Moraceae
106	<i>Vetasa</i>	<i>Salix caprea</i> Linn.	Arecaceae
107	<i>Vidanga</i>	<i>Embelia ribes</i> Burm. f.	Myrsinaceae
108	<i>Vidarikanda</i>	<i>Pueraria tuberosa</i> DC.	Fabaceae
109	<i>Vridhhi</i>	<i>Habenaria intermedia</i> D. Don	Orchidaceae