



Kerala Ayurved Chikitsalayam

List of Single Herb Tablets :

No.	Sanskrit Name	Latin Name	Traditional Indications
1.	SHATAVARI	ASPARAGUS RACEMOSUS	Diuretic, nutritive, tonic, galactagogue, aphrodisiac, reduces internal heat, pre-menopausal syndrome.
2.	ASHWAGANDHA	WITHANIA SOMNIFERA	Nervine sedative, tonic, puerperal tonic, aphrodisiac, spermatorrhoea.
3.	BALA	SIDA CORDIFOLIA	Tonic and in muscular pain.
4.	GOKSHUR	TRIBULUS TERRESTRIS	Burning micturation, urinary stones, oedema
5.	NEEM	AZADIRECTA INDICA	Burning sensation, dermatosis, fever.
6.	HARITAKI	TERMINALIA CHEBULA	Obesity, splenic enlargement, anaemia, constipation.
7.	ARJUN	TERMINALIA ARJUNA	Cough, cardiac disorders, fracture.
8.	KAVACH BEEJ	MUCUNA PRURIENS	Body weakness, helminthiasis, oligospermia
9.	BRAHMI	BACOPA MONNIERI	Cough, epilepsy, fever, insanity, loss of memory, enhances verbal articulations.
10.	PUNARNAVA	BOERHAAVIA DIFFUSA	Oedema, ascites, cardiac disorders, fever, rheumatoid arthritis, anaemia, obesity.
11.	JYOTISHMATI	CELASTRUS PANICULATA	Body weakness, delayed milestones, leucoderma.
12.	GUDUCHI	TINOSPORA CORDIFOLIA	Anaemia, jaundice, burning sensation, fever, splenic enlargement.
13.	ANANTMOOL	HEMIDESMUS INDICUS	Fever, burning sensation, cough, dermatosis, leucorrhoea.
14.	MANJISHTHA	RUBIA CORDIFOLIA	Stomatitis, dermatosis, amenorrhoea
15.	JATAMANSI	NORDOSTACHYS JATAMANSI	Burning sensation, erysipelas, dermatosis, fever, anxiety, sleeplessness.
16.	GUGGUL	COMMIPHORA MUKUL	Arthritis, obesity, splenic enlargement
17.	BHUMYAMLAKI	PHYLLANTHUS URINARIA	Anorexia, jaundice, fever, cough, body weakness.
18.	VASA	ADHATODA VASICA	Cough, haemorrhagic disorder, fever, dyspnoea.
19.	DARUHARIDRA	BERBERIS ARISTATA	Fever, leucorrhoea, body weakness
20.	YASHTIMADHU	GLYCYRRHIZA GLABRA	laryngitis, hoarseness of voice, burning sensation
21.	KUTAJ	HOLARRHENA ANTIDYSENTRICA	Dysentery, piles, obesity.
22.	PIPPALI	PIPER LONGUM	Cough, dyspnoea, fever, anaemia, abdominal pain.
23.	TULSI	OCIMUM SANCTUM	Common cold, hiccough, fever, boils, dermatosis, cough.
24.	GUDUCHI	TINOSPORA CORDIFOLIA	Antipyretic, diuretic rasayana,
25.	MANJISHTHA	RUBIA CORDIFOLIA	Blood purifier
26.	BHOOMYAMALKI	PHYLLANTHUS URINARIA	Digestive, anti-inflammatory, liver stimulant
27.	TRIPHALA GUGGUL	COMMIPHORA MUKUL	Reduces excessive kapha and meda and tumors
28.	SHILAJIT	BLACK BITUMIN	Rasayana
29.	NIRGUNDIYADI	VITEX NIGUNDO	Rheumatoid arthritis, joint pain
30.	TRIPHALA		Rasayana
31.	TRIVRUTA	MERREMIA TURPETHAM	Constipation, piles, jaundice, fever, ascites, arthritis.