

Shorea robusta

Shala

As pain reliever

Active components: tannic principles

Mode of action in pain: it is astringent in taste. It balances pitta and kapha and also vata. Any kind of pain in the body is mainly related to imbalance of vata along with other doshas. Hence once the vata is balanced it also helps in reduction of the pain. It has the action on nervous system also and thus helps in pacifying the pain. It is effective in traumatic pain or pain due to any wound.

Boswellia serrata

Shallaki

Active components: serratol, boswellic acid, galactose

Mode of action as analgesic and anti-inflammatory: it is pungent, bitter, and sweet in taste. It helps in balancing pitta and kapha and also regulates vata. In arthritic condition most of the times patients complain of pain, swelling and inflammation in the joints. Here the increased vata takes kapha towards the weak joints and creates obstruction over that site resulting in swelling due to obstruction. Pitta also increases at that site resulting in inflammation of the joints. Hence in such a case shallaki helps in pacifying the aggravated vata releasing the obstruction of kapha and helps in reduction of swelling and by pacifying the aggravated pitta at that site it subsides the inflammation of the joint and hence it is good analgesic anti-inflammatory medicine.

Sida cardifolia

Bala

Active components: ecdysterone

Ecdysterone works by increasing nitrogen retention and increasing protein synthesis at the cellular level while also increasing strength and endurance. Since increased nitrogen retention and resistance training will stimulate muscle growth it is without a doubt, that ecdysterone does work. Sida cardifolia contains alkaloids and ephedrine which acts as rejuvenative.

Mode of action in strength: it is sweet in taste and helps in balancing all 3 doshas. Due to its sweet taste it increases the amount of 7 dhatus or tissues in the body. Basically it helps in nourishing the Shukra dhatu (sperm) and mans dhatu (flesh). As the mansa dhatu (flesh) is nourished and as it helps in nourishing and growth of the body. Bala helps in strengthening and rejuvenating the body.

Hemidismus indicus

Sariva

Active components: phytosterols, desinin, rutin, triterpenes

Plant sterols and plant stanols are collectively known as phytosterols. Structurally these compounds are chemically similar to that of cholesterol. However unlike cholesterol derived from animal sources which absorbs easily and raises the body's own cholesterol levels- phytosterols are present only at very low levels in the body because they are difficult to absorb. Interestingly, phytosterols so closely resemble cholesterol that they

can actually block food-based cholesterol from being absorbed into the bloodstream. The result is that both the phytosterols and dietary cholesterol end up excreted in waste matter. Because of their ability to block dietary cholesterol absorption, phytosterols can help lower cholesterol levels.

Specifically, phytosterols may help to:

Prevent heart disease. By lowering total and LDL cholesterol levels.

Ease enlarged prostate.

Calm inflammation in rheumatoid arthritis (RA)

Control blood sugar in diabetes.

Sariva

Mode of action as coolant: it is sweet, bitter in taste and helps in balancing all 3 doshas. Body heat is increased due to imbalance of vata and pitta when body tissues (dhatus) start undergoing combustion the heat in the body is increased. Due to which the burning sensation in body is noticed. Sariva helps in pacifying the increased vata and pitta in the first to dhatus rasa (extra cellular fluid) Rakta (blood) by its sweet and bitter taste and thus acts as a cooling agent in the body.

Andrographis paniculata

Active principles: andrographaloid, andrographin

Andrographaloid, chief constituent extracted from the leaves of the plant, is exhibiting protective effects in hepatopathy. Andrographaloid is also associated with liver protection activities. The hepatoprotective action of andrographaloid is related to activity of certain metabolic enzymes.

Bhunimba

Mode of action on alcoholic liver disease: It is bitter in taste and helps in balancing kapha and pitta. Mainly in alcoholic liver disorder there is imbalance of kapha and pitta. Increase kapha creates the obstruction in the bile duct which obstructs the flow of bile (correlated with pitta). Hence the pitta remains stagnant in the gall bladder and has no space to move which also increases the amount of pitta. Due to this the size of liver is enlarged. Hence bhunimba helps in cleansing the obstruction created by kapha by reducing kapha which in turn facilitates proper flow of pitta. It also acts as laxative and helps in eliminating out the excess pitta in the body through urine and stools and balance the pitta level in the body. As the obstruction is cleared the function of liver is improved and the enlarged liver regains its normal size.

Embelia ribes

Vidanga

Active components: embellin, quecitol, tannin, vilagin

Vidanga

Mode of action as carminative: Vidanga is pungent in taste. Hence it balances vata and kapha. When digestive system is not functioning properly it leads to indigestion and

bloating of stomach which is due to increased vata. As vidanga is pungent in taste it helps in passing the excess of vata trapped in the digestion tract. Thus it has a good carminative action.