

# "A DATABASE STUDY ON ARDRAKA (*Zingiber officinale*) USED FOR THE TREATMENT OF VARIOUS DISORDERS AS MENTIONED IN CHARAKA AND SUSRUT SAMHITA"

Dr. Deepak kumar<sup>1</sup>, Dr. Khagen Basumatary<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. of Samhita & Siddhanta, Govt. Ayurvedic College, Guwahati-14, Assam,

<sup>2</sup>Professor & HOD, Dept. of Samhita & Siddhanta, Govt. Ayurvedic College, Guwahati-14, Assam,

## ABSTRACT:

ARDRAKA (Ginger) [*Zingiber officinale* Roxb., family Zingiberaceae] is obtained from underground stem or rhizomes of, an herbaceous tropical perennial plant. Ginger described into two forms one is wet form (ARDRAKA) & another is dry form (SUNTHI). It used for the management of different diseases in classical text as well as modern sciences. ARDRAKA (ginger) is proved a non-toxic highly promising natural anti-oxidant compound having a wide spectrum of biological function (antimicrobial, antitumor, anti-diabetic, anti-inflammatory, immune-modulator etc.). which have been proved by various study and experiments. In **CHARAK SAMHITA**, ardraka is mention in Shirovirechan, Dipaniya; Shitaprashamana Truptighna, Arshoghna, Trishnanigrahana, Shoolprashamana verga/gana. Mention in compound formulation like SHADANGA PANIYA used in Jwara (fever), MISRAKA SNEHAM used in gulma (gas trouble), PANCHKOL GHRITA used in rajayakshma (Tuberculosis), In **SUSRUTA SAMHITA**, ardraka is mention in Pippalyadi Gana, Trikatu verga etc. Mention in compound formulation like NAVAYAS LOHA in prameha rog, SATHPAL GHRITA in udar rog etc.; in **ASTANGA HRYDAYA**; ardraka is mention in Nasyapayogi Dravya, VachadiGana, mention in compound formulation like HINGWADI GHRITA in gulma chikitsa, TALISPATRA churn in rajayakshma etc. It is hoped, this paper will provide many important information related to ardraka which will help further researchers to search data of ardraka and in the treatment purpose.

**Keywords:** Ardraka, Sunthi, Ginger, *Zingiber officinale*, Ayurvedic formulations.

## INTRDUCTION:

ARDRAKA (Ginger) is obtained from underground stem or rhizomes, an herbaceous tropical perennial plant. Botanical name- ZINGIBER OFFICINALE Roxb.

of ZINGIBERACEACE family, is one of the important classical drugs of Ayurveda. Ginger described into two forms one is wet form (ARDRAKA) & another is dry form (SUNTHI). **Ardraka** has Katu (pungent)

ras, GUNA: Laghu, Ruksha (dryness), VIRYA Ushna (Hot potency.) VIPAK Katu and **Sunthi** has RASA katu(pungent) GUNA snigdha VIRYA Ushna(Hot potency.) VIPAK Madhura (Undergoes sweet taste conversion after digestion.) DOSHAGHNATA Kaphavatahara. Its karma(action) is Due to its ushna quality it acts as kapha-vata samak, aam pachak and srotasuddhi-karak.

Main chemical composition of GINGER is 'GINGEROL' along with essential oil resin, nonalol, zingerone, glycine, curcumene, zingiberol, , paradol, gingerenone A, ginger glycolipids A, B, & C; gingerdiol; gingerone B & C, nutrients like Protein, carbohydrates, crude fibre, Vitamin C, E, K, Calcium, Iron, Zinc etc. It used part is rhizome(khanda).it is commonly used as spices in foods, home remedy in cold and arthritis etc. it has antimicrobial, antitumor, anti-diabetic, anti-inflammatory, immune-modulator etc properties. In classical ardraka is mention as an important drug in treatment of different diseases like swelling (sopha), gulma (gas trouble), rajayakshma (Tuberculosis), grahani chikitsa (IBS), Piles (Arsh) etc. In Dhanvantari Nighantu Ardraka comes under Shatapushpadi Gana, In Shodhala Nighantu it comes in Shatapushpadi Varga In Bhavaprakasha Nighantu it comes under Haritakyadi Varga, In Nighantu Adarsha comes under Pippalyadi Varga, In Kaidev Nighantu it comes under Aaysadhi Varga. Likewise, plenty of references are available scattered in various ancient classics

## AIM AND OBJECTIVES:

### AIM:

1. To know the role of ARDRAKA (Ginger) in treatment purpose.
2. To get together the scattered topics of ARDRAKA (Ginger) in Charak Samhita and Susrut Samhita

### MATERIALS AND METHODS:

Classical texts of CHARAKA SAMHITA & SUSRUT SAMHITA.

## DISCUSSION:

### ARDRAKA MENTIONED IN CHARAKA SAMHITA:

1. Charaka Sutrasathan. 2/3-6 ardraka comes under (sirovirechak dravya) Head evaculations drugs which can used in order to eliminate dosas from the head in the event of heaviness of head, headache, rhinitis, hemicrania, infectious diseases (of the head), epilepsy, anosmia and fainting.
  - ❖ Charaka Sutrasathan. 2/18 ardraka comes under Gruel for colic pain which stimulates digestion, and cures colic pain.
  - ❖ Charaka Sutrasathan. 2/21 ardraka comes under Gruel for bleeding diarrhoea to cures blood diarrhea
  - ❖ Charaka Sutrasathan. 2/22 ardraka comes under Gruel of aamatisar (diarrhea in its aam stage) used for diarrhoea in its āma stage.
  - ❖ Charka Sutra 4/11 ardraka comes under triptighana mahakasaya to remove the sense of pseudo-contentment
  - ❖ Charka Sutra 4/18 ardraka comes under Galacto-purificator decoction for galacto-purificator
  - ❖ Charak Viman 7/17 ardraka comes under Vamana for patient of Krimi Given it for krimi chikitsa

- ❖ Charak Vimāna 7/142 ardraka comes under KatukaSkandha (drugs of pungent group) to allivate diseases of Kapha.
- ❖ Charak Sarir 8/34 ardraka comes under Drugs to be stored in Sutikagara for garbodhakvaman and ulvaparimarjan
- ❖ Charak Sarir8/48 ardraka comes under Management of Sutika (puerperal woman) for Management of puerperal woman
- ❖ Charak Sarir8/56 ardraka comes under KsheeraDoshā Chikitsa (Treatment of milk disorders) for all these three types of dosha vitiation of breast milk
- ❖ Charak Chikitsa 1.1/77 ardraka comes under Haritakiādi yog to attains a life -span of hundred years free from old age, acquires knowledge, his diseases are alleviated, poison becomes ineffective in his body which is rendered firm as stone and he becomes invincible for the organisms
- ❖ Charaka Chikitsa 2.4/15-16 ardraka comes under Aphrodisiac buffalo meat soup It improves sexual capability and Making the body stronger
- ❖ Charak Chikitsa 3/145 ardraka comes under Sadang paaniya to alleviate thirst and fever.
- ❖ Charak Chikitsa3/237 ardraka comes under Nagaraādi khirpakka for cough, dyspnoea, headache, pain in sides and chronic fever.
- ❖ Charak Chikitsa 3/267 ardraka comes under the agurvādyā taila these drugs should be used for bath and sprinkling to pacify the cold fever
- ❖ Charaka Chikitsa 4/82-84 ardraka comes under Drakshāādi yog for Improve digestive fire And cure raktpitta (internal hemorrhage)
- ❖ Charaka Chikitsa5/65 ardraka comes under Tryūṣaṇādi ghr̥ta for formulations efficacious in gulma.
- ❖ Charaka Chikitsa5/69-70 ardraka comes under hingusauvarcalādyā ghr̥ta to removes colic and hardness of bowels in patient of vātagulma.
- ❖ Charaka Chikitsa5/74-75 ardraka comes under pippalyādyā ghrita to alleviates the vātagulma quickly and also the pain in vaginal tract, headache, piles and intermittent fever.
- ❖ Charaka Chikitsa5/79-84b ardraka comes under Hingwādi cūrṇa and guṭikā to use 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 vāta and kapha, hardness in bowels, pain in anus or vaginal track, disorders of grahani, piles, spleen enlargement, anaemia, anorexia, obstruction in chest, hiccup, cough, asthma and choking of throat.
- ❖ Charaka Chikitsa 5/104 ardraka comes under Nīlinyādyā ghrita to alleviates gulma, leprosy, udara, vyanga (frckles), swelling, anaemia, fever leucoderma, spleen enlargement and insanity
- ❖ Charaka Chikitsa 5/142 ardraka comes under Daśiamūlī ghrita to overcomes the kaphagulma quickly
- ❖ Charak Chikitsa7/65-67 ardraka comes under mustādi chūrṇ edible preparation is a tested remedy for kustha. Apart from this, it alleviates swelling, anaemia, leucoderma, grahaniroga, piles, hernia, fistula, boils, itching and rashes.
- ❖ Charak Chikitsa7/76-79 ardraka comes under Kanakabindv arist to alleviates major skin disorders in a month and minor ones in a fortnight. Moreover, it destroys piles, asthma. fistula, cough,

leucoderma, pāmcha and pththisis. By taking this kanakabindvarista one regains shining complexion like that gold

- ❖ Charak Chikitsa 7/84-96 ardraka comes under Chitarakaadi lepa to efficacious in mandala kuṣṭha.  
The clear alkali water derived from kadālī, palāṣa, pāṭali (muṣkaka) and nicula should be used in place of water in preparation of meat which together with flower acts as yeast. From this medaka (a type of fermented preparation) is prepared. The yeast taken out from this acts as a good remedy for mandala kuṣṭha (while exposing the patient to the sun) and worms.
- ❖ Charak Chikitsa 7/-108-110 ardraka comes under Tikteksvākvadi taila this oil by massage destroys itching and kuṣṭha and overcomes vata and kapha.
- ❖ Charak Chikitsa 8/114-116 ardraka comes under Balaaadi kshir efficacious in fever, cough and impairment of voice.
- ❖ Charaka Chikitsa 8/141-144 ardraka comes under yavāni sadava powder cleanses tongue, is palatable, relishing, alleviates pain in heart, spleen and sides, constipation, hardness in bowels, cough, dyspnoea, grahami and piles. It also checks diarrhoea.
- ❖ Charaka Chikitsa 8/169 ardraka comes under Panchkoladi ghrita cleanser of srotas.
- ❖ Charaka Chikitsa 9/49-51 ardraka comes under lasunādyā ghṛta to alleviates quickly all types of insanity, innate and exogenous, intermittent fevers and epilepsy
- ❖ Charaka Chikitsa 9/63-74 ardraka comes under Sidharthak agad applied to eyes in epilepsy, insanity caused by evil spirits, fever, possession by evil spirits and gods and in eye diseases.
- ❖ Charaka Chikitsa 10/41-44 ardraka comes under Triphalaadi tail used as blowing snuff alleviates epilepsy
- ❖ Charak Chikitsa 10/46-47 ardraka comes under Kāyasthā varti nectar-like efficacious in epilepsy, insanity, snake-bite, synthetic poison, poisoning and drowning applied in cases of epilepsy, leucoderma, insanity and intermittent fever
- ❖ Charak Chikitsa 11/35-44 ardraka comes under Amrtaprāśa ghṛta. ghṛta 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, dyspnoea, burning sensation, thirst. internal haemorrhage, vomiting, fainting, diseases of heart, female genital track and urine and blesses with son
- ❖ Charak Chikitsa 11/85-87 ardraka comes under saindhavādī cūrṇa relish-improving, appetiser, strength-promoting and alleviator of pain in sides, asthma and cough
- ❖ Charaka Chikitsa 11/88-90 ardraka comes under śādava This should be used with food and drinks as said above in condition of appetite and diarrhoea of the patients of pththisis. This increases digestive fire
- ❖ Charak Chikitsa 12/29-31 ardraka comes under gandirādyarista alleviated swellings, fistula, piles, worms, kusta, pramāi abnormality of complexion, emaciation, vātika disorders and hiccup
- ❖ Charak Chikitsa 12/41-42 ardraka comes under Krishanaaadi churan taken with tepid water alleviates tridoṣa and chronic swelling

- ❖ Charak Chikitsa 12/43-46 ardraka comes under Kṣāra gutikā it alleviates splenomegaly, leucoderma, halīmaka, piles, anaemia. wasting, swelling, choleric disorder, gulma, poisoning calculus, dyspnoea, cough and kustha.
- ❖ Charak chikitsa13/75-85 ardraka comes under pipalyadi churna to alleviates the spleen enlargement quickly and also gulma, udara, dyspnoea, worms, paleness and jaundice
- ❖ Charaka Chikitsa 13/112-114 ardraka comes under Panchkol ghirta to useful in udararoga and alleviates oedema, distension, gulma, and piles. efficacious in gulma caused by kapha and vāta.
- ❖ Charaka Chikitsa 13/124-132 ardraka comes under 'Nārāyaṇa cūrṇa' from abdominal disorders, with badara juice by those suffering from gulma, with urine in hardness of bowels, with prasannā (clear wine) in vātika disorders, with curd-scum in retention of faeces, with pomegranate juice by those suffering from piles, with vōksāmla in cutting pain of anus and with hot water in indigestion.

This purgative formulation should be used as necessary after proper unction in fistula-in-ano, anaemia, asthma, cough, stiffness in throat, cardiac disorders, grahanīroga, kuṣṭha, poor digestion, fever, bite poison vegetable poison, cumulative and artificial poison

- ❖ Charaka Chikitsa 14/62-71 ardraka comes under Triushanaadi churn by this he is relieved of piles, grahanīroga, colic pain and hardness of bowels, or he should be given digestives as mentioned in the context of diarrhoea
- ❖ Charak Chikitsa 14/185-187 ardraka comes under Kuṭajādi-rasakriyā to alleviator of bleeding piles.
- ❖ Charak Chikitsa 14/230-233 ardraka comes under Hriberadighrta to alleviator of three doṣas and an excellent remedy. It should be used in piles, diarrhoea, grahaniroga, anaemia, fever, anorexia, dysuria, rectal prolapse, blowing up of urinary bladder, tenesmus, slimy discharge and pain in piles
- ❖ Charak Chikitsa 15/82-86 ardraka comes under Dasamālādyā ghrta to vāta-alleviating and promotes agni, strength, complexion and digestion of food
- ❖ Charak Chikitsa 15/87 ardraka comes under Tryisanādyā ghrta to one having diminished fire (slow digestion)
- ❖ Charak Chikitsa 16/72-77 ardraka comes under Mandura vataka giving for the patients of panduroga. Moreover, it alleviates kustha, indigestion, oedema, urustambha, kaphaja disorders.
- ❖ Charak Chikitsa16/119-120 ardraka comes under vyosadh ghirta for allivating grahaṇī disorder, pāṇḍu, piles, oedema, gulma, dysuria, prameha. jaundice and sannipāta
- ❖ Charak Chikitsa 17/94-104 ardraka comes under Kantkariyog alleviates hiccup and dyspnea
- ❖ Charak Chikitsa 18/39-42 ardraka comes under Tryāsanadyā ghrta to alleviate cough, fever, gulma, anorexia, spleen \_\_\_enlargement, pain in head, heart and sides, jaundice, piles, vātāsthila, urahksata (chest wound), phthisis and wasting
- ❖ Charak Chikitsa19/80-81 ardraka comes under dadhith ghrta to overcomes even the severe diarrhoea
- ❖ Charak Chikitsa23/70-76 ardraka comes under Gandhahastī agad to counteracts the poison quickly if applied on head (incised scalp). Besides, it alleviates all sorts of fever, seizures by evil spirits and grahas, visūcikā, indigestion and fainting, by application as collyrium, it alleviates insanity, epilepsy, kāca (cataract), paṭāla, nīlikā, head-diseases, suskāṣipāka, pilla, arbuda, arma, itching, vision of

darkness, wasting, debility, alcoholism and confusion. If applied as paste it counteracts poison contaminated through injury with poisoned arrow, licking, biting or ingestion. In piles and hardness of bowels, it is pasted on anus.

- ❖ Charak Chikitsa 23/77-104 ardraka comes under Mahāgandhahastī' agad to 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 disorders. In hardness of bowels, it is applied as paste mainly on anus, in obstructed labour on vagina and in fainting on forehead.
- ❖ Charak Chikitsa 23/101-104 ardraka comes under Kṣārāgada It alleviates all poisons, swelling, gulma, skin disorder, piles, fistula-in ano, oedema, epilepsy, worms, evil spirits, hoarseness of voice, anaemia, loss of appetite, cough and insanity
- ❖ Charak Chikitsa 26/20-22 ardraka comes under Vaccaadi churn for alleviates hardness of bowels, visūcikā, colic pain, heart disease, gulma and upward movement of vāyu overcomes quickly the hardness of bowels
- ❖ Charak Chikitsa 27/39-46 ardraka comes under Saindhavaadi taila And Aṣṭakaṭvara taila It gives fertility and alleviates sciatica, ūrustambha, and piles, distress and all disorders of vāta. and also alleviates sciatica and ārustambha.
- ❖ Charak Chikitsa 28/142-156 ardraka comes under Balātaila' it alleviates dyspnoea, cough, fever, hiccup, vomiting gulma, wasting due to (chest) wound, splenomegaly, consumption, epilepsy and inauspiciousness and is an excellent alleviator of vāta-vyādhi.
- ❖ Charakchikitsa 29/61-71 ardraka comes under' jīvanīya ghirta' to alleviates anaemia, fever, hiccup, hoarseness of voice, fistula-in-ano, pain in sides, wasting, cough, spleen enlargement, vātarakta, consumption due to chest-wound, epilepsy, calculus, gravels, vātika disorders generalized or localised and retention of urine
- ❖ Charak Chikitsa 29/96-109 ardraka comes under' Sukumāraka taila This should be applied as snuff, massage, intake and enema in all vātika disorders, stiffness of neck, lockjaw, vātageneralised or localised, wasting and fever due to chest wound. This 'Sukumārakataila' alleviates vātarakta, promotes voice and complexion and provides health, strength and corpulence
- ❖ Charak Chikitsa 30/90-95 ardraka comes under' Puṣyānuga cūrṇa It is useful in piles, diarrhoea and bloody stools. It also destroys the diseases of children caused by doṣas or extraneous factor. It removes forcibly the defects of genital track, menses and discharges as white, blue, yellow, blackish and reddish

#### **ARDRAKA MENTIONED IN SUSRUT SAMHITA:**

Susrut Sutar 38/22-23 ardraka comes under' Pippalyādi Gaṇa this group of drugs act that as antiKapha, alleviate cold, Vāta and anorexia, increase appetite, nullify pain due to Gulma and digest Ama, the undigested stuff.

- ❖ Susrut Sutar 38/50-51 ardraka comes under' Trikatu Gana used to clear Kapha and Medas, alleviates urinary diseases and skin diseases, it acts as appetizer and cures rhinitis, Gulma and impaired digestive fire.
- ❖ Susrut Sutar 44/5 ardraka comes under' Purgatives for vatika disorder it is Useful in Vātaroga.
- ❖ Susrut Sutar 46/332-339 ardraka comes under' Bests among all ingredients ,Sunthi in the pungents best
- ❖ Susrut Sutar 46/364-365 ardraka comes under' Veśavāra which is heavy, unctuous, tonic and cures pain caused by Vāta.
- ❖ Susrut Chikitsa 5/28 ardraka comes under' HingvādiVati and churna in all diseases of the aggravated Vāyu. This formulation proves curative in cough, asthma, Gulma, Udara, anorexia, heart disease, flatulence, aching pain at the flanks, abdomen and in the bladder, constipation, dysuria, enlarged spleen, piles, Tūni and Pratitūni.
- ❖ Susrut Chikitsa 7/21 ardraka comes under' Alkali Treatment for asmari It proves curative in cases of stone, Gulma, and gravel.
- ❖ Susrut Chikitsa 9/11-12 ardraka comes under' Lepa for dadru Cure for ring worm Compound given in cases of severe form of ringworm.
- ❖ Susrut Chikitsa 9/27-28 ardraka comes under' Lepa for leucoderma undoubtedly cures the leucoderma various types of Svitra are cured with the application of the following two medicinal
- ❖ Susrut Chikitsa 9/29-33 ardraka comes under' NīlaGhrta attacked the Dhātus, external application if lodged in skin only. Even the Kuṣṭha which are incurable are found to prove amenable to the use of IS medicated ghee,
- ❖ Susrut Chikitsa 9/34-38 ardraka comes under' mahānīla Ghirṭa It cures Kustha. The rubbing of this ghee on the lesions confers a healthy and natural colour to the skin in cases of Śvitra. It also cures diseases like fistula-in-ano, worms in the intestines and Arśas. It is known as the MahānīlaGhrta.
- ❖ Susrut Chikitsa 9/54-63 ardraka comes under' VajrakaTaila it is used as Abhyānga proves beneficial in Kuṣṭha etc., sinus and malignant wounds in general.
- ❖ Susrut Chikitsa 12/5 ardraka comes under' Dhanvantara Ghṛta it destroys Meha (urinary diseases), Sotha (swelling), Kustha, Gulma, ascites, hemorrhoids, enlargement of the spleen, Vidradhi, and Prameha Pidakā.
- ❖ Susrut Chikitsa 14/12 ardraka comes under' Anaha Varti In patients of Udara having Anāha, the Aṅus should be anointed with oil mixed with salt and one, two or three plugs should be inserted. The application of this ĀnahaVarti is done in Udāvarta due to suppression of stool, urine, and Vāta (flatus) and in cases of Adhmāna (flatulence) and Ānāha.
- ❖ Susrut Chikitsa 14/14 ardraka comes under' Śatpalaka Ghṛta It is highly effective in cases of enlargement of the spleen, impaired digestion, Gulma, dropsy, Udāvarta, swelling (Śvayathu), jaundice, cough, asthma, catarrh, Ūrdhvavāta and ViṣamaJvara.
- ❖ Susrut Chikitsa 18/51 ardraka comes under' Compounds for galaganda FOR Treatment of Kaphaja Galaganda Kaphaja type of goiter should be treated with applications of fomentation

- ❖ Susrut Chikitsa 37/19-26 ardraka comes under' Bhūtikadi taila and Jivantyādi Yamaka These oil administered as Basti, would prove beneficial in cases of diseases due to the aggravated Vāyulocalised in the regions of the thighs, legs, Trika (coccyx), Pārśva (sides), Amsa (shoulders) and in the hands, the head and Manyā (neck).
- ❖ Susrut Chikitsa 37/34-42 ardraka comes under' Triphaladi Taila This oil used as Nasya, Gandūsa, drink, anointment or Basti wins over the obesity, laziness, itching etc. Kapha originated diseases. Use of this oil as Anuvāsana Basti destroys all types of diseases due to a aggravated condition of the Kapha.
- ❖ Susrut Chikitsa 37/117-122 ardraka comes under' Vaginal Uttara Basti used in case of burning sensation
- ❖ Susrut Chikitsa 38/60-63 ardraka comes under' Bhadrānimbādi Niruha This would speedily conquer Kāmalā (Jaundice), Pāṇḍu, Prameha, Stoulya, Anagni (weak digestive fire), KaphaRoga, Anna Dveśa, Galaganda (goiter), Gara (slow poisoning), Glāni (fatigue), Ślīpada (elephantiasis), and Udara Roga.
- ❖ Susrut Kalpa Sthan 2/44-46 ardraka comes under' Treatment in b/w Vegāntara (interval between two Vega) it destroys both types of poison
- ❖ Susrut Kalpasathan 5/61-62 ardraka comes under' Mahā Agada This anti-poisonous formulation destroys poison used as intake,
- ❖ Susrut Kalpa Sathan 5/63-64 ardraka comes under' Ajita Agada This anti-poisonous formulation conquers all poisons of non-living and living sources
- ❖ Susrut Kalpasthan 6/14-27 ardraka comes under' MahāSugandhi Agada by this, chief among anti-poisonous formulations, one can pull back the person with drooping shoulders and opened eyes caught within jaws of death. This can ward off forcefully the fire like and difficult poison of even enraged, most powerful Vāsuki, the king of Nāgas
- ❖ Susrut Utar Sthan 10/15 ardraka comes under' collyrium useful as Guṭikāñjana (pill collyrium).
- ❖ Susrut Utar Tantra 11/6-9 ardraka comes under' Añjana Varti Yoga in for slesmaabhisya
- ❖ Susrut Utar Tantra 12/24-27b Collyrium for abhisya for treatment with all measures from bloodletting to Putapāka advocated for Abhişya.
- ❖ Susrut Utar Tantra 12/44 ardraka comes under' Collyrium for aksipaka. This eye drop is indicated in Kapha predominant SaśophaAksipāka
- ❖ Susrut Utar Tantra 13/3-8 ardraka comes under' Procedure of Lekhana Useful in Pūyālasa described separately in management of scrapable diseases.
- ❖ Susrut Utar Tantra 17/17 ardraka comes under' Compound for night blindness. These are beneficial in night blindness
- ❖ Susrut Utar Tantra 21/23-26 ardraka comes under Compound for subside the pain of ear. This removes pain of ear
- ❖ Susrut Utar Tantra 26/23 ardraka comes under Management of anorexia to allivative anorexia



- ❖ Susrut Utar Tantra 39/217 ardraka comes under Compound for Management of fever It alleviates intermittent fever.
- ❖ Susrut Utar Tantra 39/240-242 ardraka comes under PancagavyaGhrta by its intake alleviates intermittent fever.
- ❖ Susrut Utar Tantra 39/256 ardraka comes under LaksadiTaila it destroys fever.
- ❖ SU. Utar Tantra 40/47-59 ardraka comes under Pācana Yoga for VātajaĀmā atīsāra Intake of this removes Āma and griping.
- ❖ Susrut Utar Tantra 41/46-48 ardraka comes under Dasamāladi Ghrta This ghrta destroys emaciation, abdominal enlargement, prameha and vatika disorders.
- ❖ Susrut Utar Tantra 41/50-54 ardraka comes under Eladi Ghrta This Ghrta promotes intellect, vision, life-span, and renown, is very auspicious and alleviates consumption in no time and also anemia, fistula-in-ano, dyspnoea, hoarseness of voice, cough and disorders of heart, spleen, Gulma and Grahaṇi. There is no restriction while using it and it acts as Rasāyana if used regularly.
- ❖ Susrut Utar Tantra 42/25-26 ardraka comes under Citrakādi Ghrta It should be taken in order to destroy VātaGulma, weak digestion, borborygmi and pain in abdomen.
- ❖ Susrut Utar Tantra 42/31-33 ardraka comes under RasonādiGhṛta It alleviates Gulma, GrahaniRoga, piles, dyspnoea, psychosis, emaciation, fever, cough, and epilepsy, sluggishness of digestive fire, splenomegaly, colic, and Vātika disorders.
- ❖ Susrut Utar Tantra 47/38- ardraka comes under Treatment of Pānātyaya (alcoholism) To relieve alcoholism etc.

## RESULTS:

It will provide knowledge of ARDRAKA in better manner and will help further researchers to search data of ARDRAKA.

## CONCLUSION

ARDRAKA is an important herbal medicine, which occupied a special place in Ayurveda. it is commonly used as spices in foods, home remedy in cold and arthritis etc. it is mention as an important drug in treatment of different diseases like swelling (sopha), gulma (gas trouble), rajayakshma (Tuberculosis), grahani chikitsha (IBS), Piles (Arsh) etc. This paper will help to provided newer knowledge and better updates of ARDRAKA (*Zingiber officinale*) and will able to manage many different diseases by knowing various formulations mentioned in Charaka Samhita and Susrut Samhita. It will help further researchers to search data of ARDRAKA in a better manners,as one can easily get any information regarding ARDRAKA, using in a particular criteria.

## References:

1. Charak Samhita-1 sutar sthan Chapter-2,4,13,24,25,27
- 2 viman sthan-7
- 3sarir sthan- 8

4chikitsasthan1,2,3,4,5,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22, 23,24,26,27,28, 29,30

**2. Susruta Samhita-** sutar sathan Chapter-14,37,38,39,44,46

Sarir Sathan -2,10

Chikitsa sthan-5,6,7,8,9,10,11,12,14,15,16,17,18,19,22,23,24,37,38

Kalp sathan-2,5,6,7,8,

Utartantra-9,11,12,13,15,17,19,21,23,24,26,39,40,41,42,43,

44,46,47,50,51,52,53,55,56,57,58,59,60,61,62.

**3. Prof.D.Shanth kumar Lucas,Dravyaguna Vijnana** page no 363,364,365

**4. Dr.K.Nishteswar, Text book of Dravyaguna P.No-307**

**5. Dwivedi. Dr. Laxmidhar -Charak Samhita, vol. 1, 2, 3, 4, Varanasi, Chowkhamba Krishnadas Academy, EDITION: 2016**

**6. Thakral Dr. keval Krishna -Susruta Samhita, vol. 1,2,3, Varanasi, Chowkhamba Krishnadas Academy, EDITION: 2014**

**7. Bhavaprakasha nighantu of Bhavanisra commented by Dr.Bulusu Sitaram, Chaukhamba Orientalia Varanasi, reprint 2012, Haritakyadi varga,**

**8. Kaiyadeva nighantu edited and translated by Priyavat Sharma, Chaukhamba Orientalia Varanasi, reprint 2009, Aushadhi varga,**

