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Therapeutic uses of Kooshmandavaleha – An Experiential and Scientific view

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Abstract

Avaleha formulation are commonly used in clinical practice by Ayurveda physicians in India and Indian subcontinent. They are usually palatable and can be preserved for 1-2 years.

Ashwagandhavaleha, Agasthya Haritaki, Bilvaleha, Dashamoola Haritaki, Jeerakavaleha, Kutajavaleha, Kantakaryavaleha, Madhu snuhi Rasayana, Madana Kameshwari leha, Guda pippali, Rasona pinda, Shatavari Guda, Arshahara leha, Amrita Bhallataka, Brahma rasayana, and Chyavana prashavaleha are few Avaleha preparations which are commonly used in clinical practice. Kooshmandavaleha is used as Medhya rasayana and a general tonic. As it contains Kooshmanda phala, it increase BMR of the tissues in the body. It helps to increases appetite and digestion, useful in Karshya, Anaemia, Epilepsy, Mental retardation and Oligo menorrhoea. It contains Dipana, Pachana drugs like Trikatu, Cinnamon, Tamala patra, Jeeraka and Dhanyaka. As it contain Ghrita, it improves memory and appetite.

The present paper highlights about the therapeutic uses of Kooshmandavaleha based on therapeutic experience.

Keywords – Kooshmandavaleha, Medhya, BMR

Introduction

Kooshmandavaleha is generally prescribed as a general tonic and strength promoter. It is more effective in 15 to 30 years age group.

Aim and Objective

To study the therapeutic effects of Kooshmandavaleha in an experiential and scientific view.

Methods

A compilation and report is prepared on the basis of references from research monographs, research journals, contemporary literature, Samhita granthas, sangraha granthas and from personal experiences.

Ingredients 1.

- 1) Kooshmanda – Benincasa hispida (Fruit) 4.8 kg
- 2) Ghee – 7.68 gms
- 3) Sugar – 4.8 kg
- 4) Pippali – Piper longum – 96 gms
- 5) Maricha – Piper nigrum – 96 gms
- 6) Shunthi – Zingiber officinalis – 96 gms
- 7) Jiraka – Cuminum Cyminum – 96 gms
- 8) Dhanyaka – Coriandrum sativum – 96 gms
- 9) Twak – Cinamomum Zelenica – 24 gms
- 10) Tamala Patra – Cinnamomum tamala – 24 gms
- 11) Ela – Elattoria Cardamomum – 24 gms
- 12) Madhu – Honey – 384 gms

Method of Preparation

Ash gourd is cut into pieces, skin and seeds are removed, boiled in small quantity of water, squeezed to obtain juice. The pulp is fried with ghee. The juice is added with sugar and boiled until paka is got. Then when the mixture gets Tantumata on putting in water and Nischala, the mixture is removed from fire, fried pulp, ghee are added. After the mixture get cool, the powder of the remaining drugs and Ghee, honey are added. The final product is stored in dry and clean bottles.

Actions 2,3,4.

- 1) Dipana
- 2) Pachana
- 3) Balya
- 4) Brimhana
- 5) Snehana
- 6) Medhya
- 7) Rasayana
- 8) Smriti vardhaka
- 9) Dhatuvarhaka
- 10) Jivaniya
- 11) Ojaskara
- 12) Vayasthapana
- 13) Poshaka
- 14) Nutritive 5,6.
- 15) Haematinic
- 16) Increase BMR
- 17) Vibhakta ghana gatravta
- 18) Strength promoting 7,8.

Clinical Indications 9,10.

- 1) Karshya
- 2) Dourbalya
- 3) Ojakshaya
- 4) Jararoga
- 5) Agnimandya
- 6) Menorrhagia
- 7) Metrorrhagia
- 8) Polymenorrhoea
- 9) Dsyfunctional uterine bleeding
- 10) Anaemia 11.
- 11) AIDS
- 12) Apasmara 12.
- 13) Unmada
- 14) Anxiety neurosis
- 15) Hysteria
- 16) Insomia 13.
- 17) Epilepsy
- 18) Mental depression
- 19) Mental retardation 14.
- 20) Alzheimer's disease
- 21) Parkinsonism
- 22) Dementia 15.

Amayika Prayoga – When kooshmandavaleha is administered along with suitable disease specific adjuvants, it shows desired outcomes.

Karshyas – It is given with Ashwagandharishta.

Dourbalya – It is given with Draksarishta and Makaradwaja gutika.

Ojaskara – It is given with Ashtavarga kashaya.

Jararoga – It is given with Makaradhwaja gutika.

Agnimandya – It is given with Dashamoolarishta and Lashunadi vati.

Menorrhagia – It is given with Bolabaddha rasa and Lodhrasava.

Metrorrhagia – It is given with Dhataki pushpa choorna and Bolabaddha rasa.

Polymenorrhoea – It is given with Usheerasava, godanti Bhasma and Bolabaddha rasa.

Dysfunctional uterine bleeding – do –

Anaemia – It is given with Navayasa loha and Lohasava.

AIDS – It is given with Guduchi kwatha and Siddha Makaradhwaja.

Apasmara – It is given with Vatavidhwamsana rasa and Saraswatharishta.

Unmada – It is given with Sarpagandha vati and Shankha pushpi syrup.

Anxiety neurosis – It is given with Jatamamsi choorna and Manasa mitra gutika.

Hysteria – It is given with Jatamamsi choorna and Saraswatharishta.

Insomia – It is given with Sarpagandha vati or Tagara tablets and Shirodhara.

Epilepsy – It is given with vatavidhwamsana rasa and Saraswatharishta with gold.

Mental depression - It is given with pooga chorna, shunti ksheerapaka.

Mental retardation - It is given with Swarnamalini vasantha and Brahmi vati.

Alzheimer's disease – It is given with Saraswatarishta and Swarnamalini vasantha.

Parkinsonism – It is given with Vanari kalpa, Kapi kachchu tablets and Tailabhyanga and Matrabasti by using Dhanvantari taila.

Dementia – It is given with Medhyavati, Brahmi ghrita and Swarasa malini vasantha.

Adverse drug reaction –

Usually there is no severe ADRs after the administration of Kooshmandavaleha. Some patients develop sneezing, rhinitis and nasal congestion after its use.

Discussion

Kooshmandavaleha is a nutritive medicine which is commonly given in Karshya (Emaciation) and conditions associated with Dourbalya (Debility). Kooshmanda phala is Dipana, Medhya, Balya, Brimhana, Dhatuvarhdhaka, Buddhivardhaka, Smritivardhaka, Antistress in action. Trikatu, Appetizer, Twak, and Tamala patra are Dipana, Pachana Appetizer, and Amahara. Sita (Sugar) is nutritive, Poshaka, Rasayana and Brimhana in action, Ghrita is Dipana, Medhya, Rasayana and Buddhivardhaka in action. Madhu is Kaphakara and Yogavahi in action. Kooshmanda phala increases BMR in the tissues and also Hb% in the blood.

By increasing Dhaatwagni and Kayagni, this formulation act as Rasayana. It is preferred in conditions with debilitating and long standing diseases. In such conditions it is given with suitable disease specific adjuvant drugs. As it acts on nervous system, it can be given in disorders like epilepsy, Unmada, Mental depression, Mental Retardation, Anxiety neurosis, Parkinsonism, Alzheimer's disease and Dementia conditions.

Conclusion

- 1) Kooshmandavaleha is generally used as Balya, Brimhana, Rasayana and Nutritive medicine.
- 2) It acts better in both male and female patients of age group between 16-25 years.
- 3) With suitable disease specific adjuvants, it shows desired effects.
- 4) In some patients, it produced Nasal congestion, Rhinitis and repeated sneezing.

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