



# LEARNING HERBS THROUGH MIND MAPS

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# FAMILY

**Herbs**

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**Rasa:** Katu, Tikta  
**Guna:** Laghu (Light), Rooksha  
**Vipaka:** Katu, Tikta (Bitter)  
**Veerya:** Ushna  
**Dosha:** Kapha, Vata –  
**Seeds:** Pitta  
**Dhatu:** Rakta, Meda, Twak



Use: Seeds, Oil

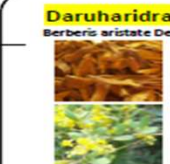
**External:** Skin diseases for wound healing, improves hair growth, leukoderma, dermatoses (skin defect or lesion), alopecia. Bakuchi+Karanj+Lime juice for eczema, Bakuchi+Karanj + Vaseline for chronic skin diseases. Seed oil for Psoriasis and for fungal nails.  
**Karma:** Deepana, Pachana, Anulomana, Krumignna

**Best medicine** → Leukoderma (Seed powder w/honey – internal/external), oil → 3mth



**Uses:** Nervine tonic, Liver Stimulant, Round Worms, Heart & circulatory system, Cough & asthma, Dyspnea, edema, Relieves constipation, Useful in diabetes

**Rasa:** Tikta, Kashaya (Astringent)  
**Guna:** Laghu, Rooksha (Dry)  
**Veerya:** Ushna  
**Vipaka:** Katu  
**Dosha:** Kapha, Pitta  
**Dhatu:** Meda, Rasa, Rakta



Use: Roots, Stem, Fruit

**External:** Paste is applied around the eyes for severe conjunctivitis, chancreoid ulcers (STD), goiter, erysipelas (red skin), vaginal discharge (use as douche)  
**Uses:** Liver Disorders, Large dose as Laxative, Agnimandya, Jaundice, blood purifier, syphilis (STD), cough, uterine inflammations, Daruharida + Amalaki for all types of urinary disorders, vaginal discharges, common / chronic fever, malaria, diarrhea, dysentery

**Formulations:** Darvyadi kwatha, Darvyadileha, Darvyadi taila

**Rasanjanam** – solidified water extract of Daruharidra (decoction of Daruharidra and Milk are boiled in equal quantity till solidification) which is useful for the eyes

**Rasa:** Tikta, Kashaya, Madhura  
**Guna:** Laghu, Tikshna, Snigdha  
**Veerya:** Sheeta  
**Vipaka:** Katu (Pungent)  
**Dosha:** Tridosha, Main Kapha Pitta  
**Dhatu:** Majja (Brain Tonic), Rakta  
**Prabhava:** Bhutaghna (Destroys demons), Manas roga



Use: Root

**Uses:** Brain Tonic, Memory, Headache, gives luster to body and strength, alleviates diseases due to Tridosha imbalance and blood, paste for burning sensation, skin lesions/ diseases, Hot infusion to promote sleep, Good for Epilepsy / Neuro diseases (use with vacha), alopecia, excessive sweating & reducing foul smell of sweat, loss of appetite, all systems of body, infertility, dysmenorrhea

**Formulations:** Mansyadi kwatha, Rakshoghna ghrtam, Sarvoushadhisnan  
**Precaution:** High dose → hyperemesis, griping pain, dysentery and inflammation of kidney (nephritis)

**Rasa:** Katu, Tikta  
**Guna:** Tikshna, Sthira, Sara  
**Veerya:** Ushna  
**Vipaka:** Katu  
**Dosha:** Kapha & Vata  
**Dhatu:** Maja, Rasa  
**Prabhava:** Medhya

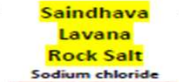


Use: Leaves, seeds, Oil

**Uses:** Oil is used with milk in sciatic pain / epileptic seizures / with purified nuxvomica for peripheral neuritis (pain/numbness/ weakness in hands or feet), externally as an anti-inflammatory and for osteoarthritis / paralysis / backache/ bell's palsy/ arthritis and sciatica, improves memory, morphine addiction → counteracted by leaf juice 60ml daily, abdominal distension, aphrodisiac, infertility (impotency-use oil with milk internally), dysmenorrhea (leaves fried in ghee), skin disorders

**Formulations:** Jyotishmati /Malakangani taila

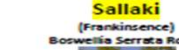
**Rasa:** Lavana  
**Guna:** Tikshna  
**Veerya:** Ushna  
**Vipaka:** Madhura  
**Dosha:** Tridosha (Aggravate Kapha Pitta)



All salts produce more secretions in the tissues, enters into minute pores, helps soften feces. They are used for anointment, fomentation, purgation, emesis, Niruha/Anuvasana basti, massage, elimination of doshas from head, surgical measures, suppositories, collyrium, indigestion, constipation, treatment of diseases (abdominal tumors, colic pain and ascites)-Charaka. Salt imparts taste to food, appetizer, digestant and is light, enhances taste perception, cooling, aphrodisiac, minutely penetrating, good for the eyes and alleviates all 3 doshas, easily digestible, kindles digestion, does not cause burning sensation during digestion-Ashtanga

3 Varieties of Salts – Saurvecala (Sochal Salt), Saindhava (Rock Salt), Vit (Ammonium chloride), Audbhida (Salt from Earth), Samudra (Sea Salt)

**Rasa:** Tikta (Bitter), Madhura, Kashaya  
**Guna:** Laghu, Rooksha  
**Veerya:** Sheeta  
**Vipaka:** Katu  
**Dosha:** Kapha, Pitta  
**Dhatu:** Meda, Shukra, Manas



Use: Resin

**Uses:** Suppresses diseases caused by Pitta and Kapha. Used for Diarrhea, Hemorrhages and use ointment for chronic ulcers. Considered a nutritive / nourishing drug. Paste is applied in Rheumatoid arthritis, cervical adenitis (inflammation of lymph nodes in the neck). Eye diseases mix with honey. Good for digestion, bad breath, loss of appetite, dysentery, chronic cough, gonorrhea, and sexual weakness.

**Rasa:** Tikta, Katu  
**Guna:** Laghu, Snigdha, Sara  
**Veerya:** Ushna  
**Dosha:** Tridosha

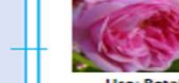
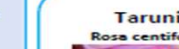


Use: Root

**Uses:** Stimulant and sleep promoting agent, externally for wound healing, fractures, Rheumatoid Arthritis, Analgesic (pain reliever). Useful in Bell's palsy, hemiplegia (paralysis), epilepsy, osteoarthritis, gout, reduces pain, convulsions, nourishes the central nervous system, antispasmodic, debility, poisoning, skin disorders and chronic fever. Cardio stimulant but in large doses causes hypotension.

**Overdose Symptoms:** Fainting, Hiccups, Vomiting  
**Antidote** → Dried Black Grapes

**Rasa:** Tikta, Katu, Kashaya, Madhura  
**Guna:** Laghu, Snigdha  
**Veerya:** Sheeta  
**Vipaka:** Madhura  
**Dosha:** Tridosha  
**Dhatu:** Shukra, Majja, Rakta  
**Prabhava:** Heart Tonic



Use: Petals

**Uses:** Cordial (warm and friendly), absorbent, aphrodisiac, spermatogenic, impotency, cures diseases of the 3 doshas and rakta, enhances complexion, acts as a digestant and increases the tone of the gastrointestinal tract, all digestive disorders, cardio-tonic – good for diseases of the heart, wound healing, deodorant, anti-inflammatory, brain tonic, bleeding disorders and other blood diseases, fever, burning sensation. Petals eaten with sugar to relieve constipation.

**Rasa:** Madhura  
**Guna:** Laghu, Snigdha  
**Veerya:** Sheeta  
**Dosha:** Vata, Pitta  
**Dhatu:** Rasa, Shukra



Use: Root

**Uses:** Local application with honey in stomatitis (sore/inflamed mouth), diarrhea, dysentery, flatulence, cardiotonic, aphrodisiac and diuretic, intestinal inflammation



**Rasa:** Tikta, Madhura  
**Guna:** Rooksha, Laghu  
**Veerya:** Sheeta  
**Vipaka:** Katu  
**Dosha:** Kapha, Pitta  
**Dhatu:** Rasa, Rakta, Medo



**Uses:** Stops loose bowels, controls vertigo, drowsiness & pacifies kapha and pitta, relieves thirst, disease due to blood, poisonous effects, herpetic lesions (above), difficulty in micturition, dysuria (burning urination), burning sensation and heals wounds/ulcers, reduces gastric secretion in acid-peptic disease, tuberculosis, antipyretic (reduce fever)

**Formulation:** Ushiraseva, Ushiradi kwatha, Ushiradi churma, Shadanga Paniya



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