

e - HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES

User Manual

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Home page

Home page gives the information about all the features embedded in the e-book. It displays with the title **HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES**.



[User Manual](#)



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Designed and Developed by National Institute of Indian Medical Heritage (NIIMH), Hyderabad

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Horizontal Menu: It has options to browse e-Book home; About us; Read Book; Appendix; Abbreviations, Transliteration Key; Browse by Diseases; Search; User manual.

About us

HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES

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FOREWORD

Handbook of Domestic Medicine and Common Āyurvedic Remedies is one of the most popular publication of CCRAS. It has been published in print editions (1978, 1999 and 2005) till date. The original work was a result of collective efforts of a Committee with Vd. C. P. Shukla, Dr. R. S. Singh, Shri Prajapati Joshi and Dr. V. N. Pandey under the Chairmanship of Kvj. Ashutosh Majumdar constituted by Central Council for Research in Indian Medicine and Homoeopathy (CCRIMH). Now the book is available in Hindi, English, Telugu and Urdu languages.

The book has comprehensive information on 74 Common Āyurvedic Diseases and provides vernacular names of diseases, on symptomatology followed by principles of management, single drugs, simple preparations, compound preparations and dietary regimen. It also provides lucid introduction to basic principles of Āyurveda, Svasthavrtta, Specialities of Āyurveda (Pañcakarma, Rasāyana and Vājikaraṇa) and six appendices. The book is very useful for physicians, academicians and common people alike. The book also serves as a ready reckoner in clinical practice.

It is heartening to note that the book enjoys wide readership and there is public demand to bring out more copies of it from time to time. Considering the need the Council has entrusted e-Book preparation to NIIMH to disseminate the ancient knowledge treasure to the public at large.

I congratulate the efforts of Dr. Ala Narayana, Director, National Institute of Indian Medical Heritage, Hyderabad and his team for their efforts in bringing out Telugu and Urdu Translations of this book earlier and now the e-Book for the benefit of readers.

I sincerely hope the users will take advantage of the features of the e-Book and appreciate the Council's efforts in bringing out good literary works and extending the benefits of Āyurveda to the clinicians and general public.

(RAMESH BABU DEVALLA)
Director General, CCRAS

Dated: 26-03-2012
New Delhi-110 058

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Foreword : Foreword by Director General, CCRAS

Preface : Preface by Director, NIIMH

Project Team : Gives the information of the team worked for the preparation of e-Book of Hand Book of Domestic Medicine and Common Ayurvedic Remedies.

Contact Us : Gives the contact information.

Read Book

Select Chapters

There are 5 chapters in this e-Book. To read the particular chapter user can select Chapter 1 to Chapter 5 by selecting the relevant option from drop down menu. Fourth chapter contains diseases wise description viz., Signs, Symptoms, Treatment etc.,

User can read chapter wise through browsing to & from to previous/ next Chapter by clicking

HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES

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chapter - 1
chapter - 2
chapter - 3
chapter - 4
(Diseases)
chapter - 5

CHAPTER ONE

PRINCIPLES OF ĀYURVEDA

[Table of Contents](#)

Āyurveda, the Indian science of life from the literary point of view, is composed of two words viz. Āyu and Veda. Āyu means life and veda denotes to the science.

Āyu is defined as a combination of Śarīra (body), Indriya (senses), Satva (mind) and Ātma (spirit). Body without senses, mind and spirit is dead and it is not Āyu. Therefore while defining the Svastha it has been mentioned that one having equilibrium of Doṣa and Agni (digestive and metabolic enzymes) with proper functioning of Dhātu (tissues) and Mala (metabolic by products and excretions), and possesses happiness of Ātmā (spirit), Indriya (senses) and Mana (mind) is a Svastha or healthy. Thus Āyurveda deals with diseased person and not solely with his disease. It is a complete science of life and not merely a treatise on some of the medicines or treatment of the diseases.

Āyurveda has mainly three aims viz. first to preserve the health, second to promote the health of the healthy persons and third to cure the disease of the patient. It fulfils these aims through 8 branches viz. Kāyacikitsā (medicine), Śalya Tantra (surgery), Śālākya Tantra (otorhinolaryngology and ophthalmology), Kaumāra bhṛtya (paediatric and obstetric), Rasāyana, Vājīkaraṇa, Agada Tantra (toxicology) and Bhūta Vidya. Out of these generally Rasāyana and Vājīkaraṇa including Svasthavṛtta deal with the preservation and promotion of the health of the healthy persons and the remaining branches deal with the diseased person.

Pañca Mahābhūta

From the Indian philosophical point of view all the matters of the universe are made up of 5 elements, collectively known as Pañca Mahābhūta (five basic elements). These are Ākāśa, Vāyu, Tejas, Jala and Pṛthvī. Each of these can be perceived by its distinctive quality viz. Ākāśa by Sabda (sound), Vāyu by Sparśa (touch), Agni by Rūpa (colour), Jala by Rasa (taste) and Pṛthvī by Gandha (odour).

Puruṣa

Ātma when joins with Pañca Mahābhūta then the matter assumes life and the body is termed as Puruṣa. In Āyurveda the term Puruṣa is specifically used for human beings. Thus Pañca Mahābhūta are the basic elements required for the formation of all the bodily tissues and sensory and motor organs including mind.

Doṣa

The concept of Doṣa has been evolved by the great sages of Āyurveda to differentiate with livings and non-livings. Though Śarīra (human body) is made up of Pañca Mahābhūta, it attains life only when Ātma (spirit), Indriya (senses) and Mana join to it. Doṣa are the biological units of the living body which are responsible for its all functions. Doṣa are three viz. Vāta, Pitta and Kapha, and each of which is also made up of Mahābhūta. Vāyu and Ākāśa Mahābhūta form Vāta, Agni Mahābhūta forms Pitta, and Pṛthvī and Jala Mahābhūta form Kapha Doṣa.

Right/Left/Up arrow buttons located at bottom of the page of selected chapter, user can go to previous/Next/Top of the chapter.

To go Next Chapter



NEXT

To go Previous Chapter



PREVIOUS



To go Top of the chapter



Top



Browsing through a Chapter:

Using Table of Contents

Every chapter contains the Table of Contents option, but by clicking on this option, contents of the chapter are displayed. By choosing any particular content, the details of that section are directly displayed.

CHAPTER TWO SVASTHAVṚTTA

[Table of Contents](#)

Table of Contents
• Means of Achieving health
• Dinacaryā
• Time of Getting Up
• Drinking water
• Excretion (Mala & Mūtra Tyāga)
• Cleaning the Teeth and Mouth
• Oil Massage
• Exercise
• Bath
• Diet
• Tips on diet
• Sleep
• Tips and sleep
• Sexual Act
• Tips on sexual behaviour
• Adhāraṇīya Vega (Non-Suppressible Urges)
• Sadācāra or Good Behaviour
• Tips on Sadācāra
• Social Hygiene
• Rtu-Caryā
• Seasonal Variations of the Dosa

Select Chapter four:

To view a diseases in Chapter four use the drop-down box. By selecting this option user can see all names of the diseases and by selecting any one of disease the details can be read.

HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES

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CHAPTER FOUR TREATMENT OF COMMON DISEASES

Select Disease :

- Select--
- AGNIDAGDHA**
- AGNIMĀNDYA
- Jalavāyu Doṣajanya Agnimāndya
- AJĪRNA
- Alasaka
- Vilambikā
- ATISĀRA
- Jirṇātisāra
- Raktātisāra
- Āntra Śothaja Atisāra
- Jvarātisāra
- Guda-Bhraṇśā
- Pravāhikā
- ĀNTARIKA VIDRADHI
- ĀNTRA-VRDDHI
- Beng. : ĀNTRA-PUCCHA PRADĀHA
- Dogr. : APASMĀRA
- Guj. : AMLAPITTA
- Hind. : AROCAKA
- Hind. : Jalnā
- Kan. : Sutta Gayā
- Maly. : Thīpollal
- Mra. : Agnidagdha, Jalane
- Ori. : Poḍā Griā
- Panj. : Jalanā
- Tam. : Tīpunn
- Tel. : Ollukāluta
- Eng. : Burns and scalds

Regional Name

Injury caused with the contact of excessive heat is known as Agnidagdha. According to the degree of the injury, burns are classified into four groups viz. Pluṣṭa, Durdagdha, Samyagdagdha and Atidagdha.

Signs and Symptoms

1. Pluṣṭa: These are the simple burns where colour of the skin is considerably affected and the skin is shrivelled as a result of scorching.

Appendix

In the Appendix menu by selecting from the drop down box, there are six Appendices,

HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES

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APPENDIX-I

BOTANICAL NAMES OF THE DRUGS USED IN THE BOOK

Sanskṛta Name	Botanical/English Name
Ākārakarabha	<i>Anacyclus pyrethrum</i> D.C.
Akīka	Agate
Akṣoḍa	<i>Juglans regia</i> Linn.
Agnimantha	<i>Clerodendrum phlomidis</i> Linn. F.
	<i>Premna integrifolia</i> Linn.
	<i>P. latifolia</i> Roxb. var. <i>mucronata</i> Roxb.
	<i>Aquilaria agallocha</i> Roxb.
Aguru	<i>Alangium salvifolium</i> (Linn.f.) Wang.
Aṅkoṭha (Aṅkoṭa)	<i>Apium graveolens</i> Linn.
Ajamodā	Ghrta from goat's milk
Ajā Ghrta	Goat's milk
Ajā Dugdha	Goat's meat
Ajā Māmsa	Goat's urine
Ajā Mūtra	Goat's horn
Ajā Śrṅga	<i>Ficus carica</i> Linn.
Añjira	<i>Linum usitatissimum</i> Linn.
Atasi	Oil of <i>Linum usitatissimum</i> Linn.
Atasi Taila	<i>Abutilon indicum</i> (Linn.) Sw.
Atibalā	<i>Aconitum heterophyllum</i> Wall.
Ativiṣā	<i>Hemidesmus indicus</i> R. Br.
Anantamūla (Śveta Sārivā)	<i>Clitoria ternatea</i> Linn.
Aparājita, Śveta	<i>Achyranthes aspera</i> Linn.
mārga (Vaśira)	

Abbreviations

Select Abbreviations button to view abbreviations and their full form in a table form.

ABBREVIATIONS

Asam.	Asamiya
Beng.	Bengālī
cm.	Centimetre
Dogr.	Dogarī
g.	Gram.
Guj.	Gujarātī
Hg.	Mercury
Hind.	Hindī
Kg.	Kilogram
Kan.	Kannaḍa
Maly.	Malayālam
ml.	Milli-litre
mg.	Milli-gram
Mra.	Maraṭhī
Ori.	Oriya (Uḍiyā)
Panj.	Panjābī
Tam.	Tamil
Tel.	Telugu
Eng.	English

Key to Transliteration

By Selecting on the button “Key to Transliteration”, user can see the keyboard and it helps in understanding the Diacritical of Devanagari in turn aids in typing Sanskrit technical terms.

KEY TO TRANSLITERATION

अ	आ	इ	ई	उ	ऊ	ऋ	ॠ	ए	ऐ	ओ	औ	अं	अः
a	ā	i	ī	u	ū	r̥	r̄	e	ai	o	au	aṁ	aḥ
क	ख	ग	घ	ङ									
ka	kha	ga	gha	ṅa									
च	छ	ज	झ	ञ									
ca	cha	ja	jha	ña									
ट	ठ	ड	ढ	ण									
ṭa	ṭha	ḍa	ḍha	ṇa									
त	थ	द	ध	न									
ta	tha	da	dha	na									
प	फ	ब	भ	म									
pa	pha	ba	bha	ma									
य	र	ल	व	श	ष	स	ह						
ya	ra	la	va	śa	ṣa	sa	ha						
क्ष	त्र	ज्ञ											
kṣa	tra	jña											

Browse by Diseases

There are two options provided here to browse the diseases.

1. Select Disease

This option is provided to select a disease listed from the drop down box.

The screenshot shows the website interface for "HAND BOOK OF DOMESTIC MEDICINE AND COMMON AYURVEDIC REMEDIES". The navigation bar includes links for Home, About Us, Read Book, Appendix, Abbreviations, Transliteration Key, Browse by Diseases, and Search. The main heading is "Diseases". Below this, there is a form with a "Select Disease" dropdown menu. The dropdown menu is open, showing a list of diseases including AGNIDAGDHA, AGNIMĀNDYA, Jalavāyu Doṣajanya Agnimāndya, AJĪRṆA, Alasaka, Vilambikā, ATISĀRA, Jirṇātisāra, Raktātisāra, Āntra Śothaja Atisāra, Jvarātisāra, Guda-Bhramśa, Pravāhikā, ĀNTARIKA VIDRADHI, ĀNTRA-VṚDDHI, and ĀNTRA-PUCCHA PRADĀHA. A "GO" button is located to the right of the dropdown menu. The footer of the page includes the text "w Delhi, Hyderabad" and "X 768 resolution".

2. Search disease by Regional Name

In this option user can select the diseases by the Regional name (Language) i.e., by selecting in the drop down box, the disease details are displayed in Sanskrit with the name related to the selected language. The disease names are displayed in Asamiya, Bengali, Dogari, Gujarati, Hindi, Kannaḍa, Malayalam, Marathi, Oriya, Panjabi, Tamil, Telugu, English languages.

Diseases

Select Disease : --Select--

Search disease by Regional Name :

Select Language : Select Disease : --Select--

Regional Name	
Asam.	: Aruci
Beng.	: Aruci
Dogr.	: Arocaka-Dokhi
Guj.	: Aruci
Hind.	: Aruci
Kan.	: Aruci, Hasivunāsa
Maly.	: Ruciylāyma
Mra.	: Annadveṣa
Ori.	: Aruci
Panj.	: Bhukha Nāsa
Tam.	: Ruciṅmai, Aruci
Tel.	: Aruci
Eng.	: Anorexia

Arocaka is a condition in which the patient does not have desire to eat.

Signs and Symptoms

In addition to loss of appetite the patient may have sensitiveness of teeth and Kaṣāya taste in the mouth due to Vāta; sour or acidic (Amla) taste and foul smelling in the mouth due to Pitta; and salty or sweet taste and feeling of sliminess, heaviness and stiffness in the mouth due to Kapha.

Search

For the search purpose there are Diacritical letters listed above the search option.

Any technical term of Ayurveda should be typed in Diacritical only, (to know how to type in Diacritical letters, click **KEY TO TRANSLITERATION** button).

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Search Here

Click below for Diacritical letters

[ā](#) [Ā](#) [i](#) [ī](#) [u](#) [ū](#) [R](#) [Ṛ](#) [Ṡ](#) [Ṣ](#) [M](#) [Ṃ](#) [h](#) [ḥ](#) [Ḍ](#) [Ṇ](#) [ṅ](#) [t](#) [I](#) [d](#) [D](#) [n](#) [N](#) [ś](#) [ś](#) [S](#) [S](#)

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List of Corrections (From Printed book to e-Book) [User Manual](#)

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For Example, to search a word **grahaṇī**, type the word in Diacritical in a search box and click on search button, The search results are displayed in the order of the web page.

The screenshot shows the top navigation bar with links: Home, About, Read, Appendix, Abbreviations, Transliteration Key, Browse by Diseases, Search. Below is a search box with the text "grahaṇī" and a "Search" button. A link "Click below for Diacritical letters" points to a row of diacritical characters: ā, Ā, ī, Ī, ū, Ū, r, R, m, M, h, H, ṅ, Ṇ, ṅ, ṅ, t, T, d, D, n, N, ś, Ś, s, S. Below the search box are links for "List of Corrections (From Printed book to e-Book)" and "User Manual". A blue banner at the bottom reads: "Best Viewed in Latest version of Firefox Browser or Google Chrome with atleast 1024 X 768 resolution".

The search results are the displayed in the order in the web page.

The screenshot shows the search results for "grahaṇī". The results are listed in the following order:

- Title: GRAHAṆĪ-ROGA
Found in Adam : [grahaṇī](#)
Unk [View Page](#)
- Title: GRAHAṆĪ-ROGA
Found in Beng : [grahaṇī](#)
Unk [View Page](#)
- Title: GRAHAṆĪ-ROGA
Found in Kan : [grahaṇī](#)
Unk [View Page](#)
- Title: GRAHAṆĪ-ROGA
Found in Mar : [grahaṇī](#)
Unk [View Page](#)
- Title: GRAHAṆĪ-ROGA
Found in Mra : [grahaṇī](#)
Unk [View Page](#)
- Title: GRAHAṆĪ-ROGA
Found in Intro : [grahaṇī](#) is a disease in which patient is unable to digest his food properly and passes it out frequently through motions in the undigested or digested form with foul smell. The consistency of the stool changes frequently i.e. sometimes it is loose and some time it is formed.
Unk [View Page](#)
- Title: Pānīdyā Adāṣṭra
Found in Intro : Visitors to hill stations suffer from a malady where in symptoms of [grahaṇī](#) or Adāṣṭra are exhibited.
Unk [View Page](#)
- Title: Pānīdyā Adāṣṭra
Found in simple_pre : 1. Śuṣṭhā Gairika (codrre) – 250 to 500 mg. to be taken with sufficient honey to make a paste thrice a day.
2. Cut Nimbo (lemon) into two halves, sprinkle Bhṛta (fried) fruit powder of Jīraka (cumin) and common salt – 1 g. Its juice to be sucked after warming the Nimbo (lemon).
The use of boiled water and Takra (butter milk) in diet are useful. If symptoms persist medicines indicated for [grahaṇī](#) or Adāṣṭra may be taken according to the condition of the patient.
Unk [View Page](#)
- Title: Āntre-Kāṣṭya
Found in Pāṭhya : Boiled water should only be taken for the drinking purposes. Purīṣa Śāllī (old red rice), Vilepi (gruel) prepared from Mugga (phaseolus bean) and rice, soup of Masūra (lentil); cow's milk, Takra (butter milk), curd and butter; flower and fruit of Kāṣṭhi (plantain), fruit rind of Haritaki (chebulic myrobalan), Jambīra (lemon), fruits of Kapraṭa (wood apple), Bīva (date) and Bāḍima (pomegranate), stem of Kamala (lotus) are the useful articles of diet for the patients of [grahaṇī](#), Pānīdyā Adāṣṭra and Āntre-Kāṣṭya.
Unk [View Page](#)
- Title: Chapter 1
Found in Pitta : Pīṭhaka Pitta is located in the [grahaṇī](#) (stomach and intestine). Its main function is digestion and it also augments the other Pitta situated in the body. Seats of function of Pīṭhaka Pitta are liver and spleen. Its main function is to convert Rasa into Rakta (blood). Bhṛtaṣṭya Pitta is found in the skin and it provides pigment to the skin, hair etc.
Unk [View Page](#)

By selecting the **Link: View Page** option, the information of **grahaṇī** will be displayed in the new web page.

CHAPTER FOUR

TREATMENT OF COMMON DISEASES

Select Disease :

ग्रहणी-रोग

GRAHAṆĪ-ROGA

Regional Name

Asam.	:	Grahaṇī
Beng.	:	Grahaṇī
Dogr.	:	Saṅgrāṇī
Guj.	:	Saṅgrāṇī
Hind.	:	Apāvaśōṣaṇa
Kan.	:	Grahaṇī
Maly.	:	Grahaṇī
Mra.	:	Grahaṇī
Ori.	:	Lai Jhāḍā
Panj.	:	Saṅgarahaṇī
Tam.	:	Kirani
Eng.	:	Sprue, malabsorption syndrome

Grahaṇī is a disease in which patient is unable to digest his food properly and passes it out frequently through motions in the undigested or digested form with foul smell. The consistency of the stool changes frequently i.e. sometimes it is loose and some time it is formed.

Signs and Symptoms

In this condition, the patient passes sometimes loose and sometimes formed motions. Other symptoms are flatulence, loss of weight and energy, indigestion, depression, chaffing of skin, dryness of throat and mouth, thirst, ringing in the ear, and aversion to sexual intercourse.

Treatment

SYSTEM REQUIREMENTS:

Hardware Requirements :

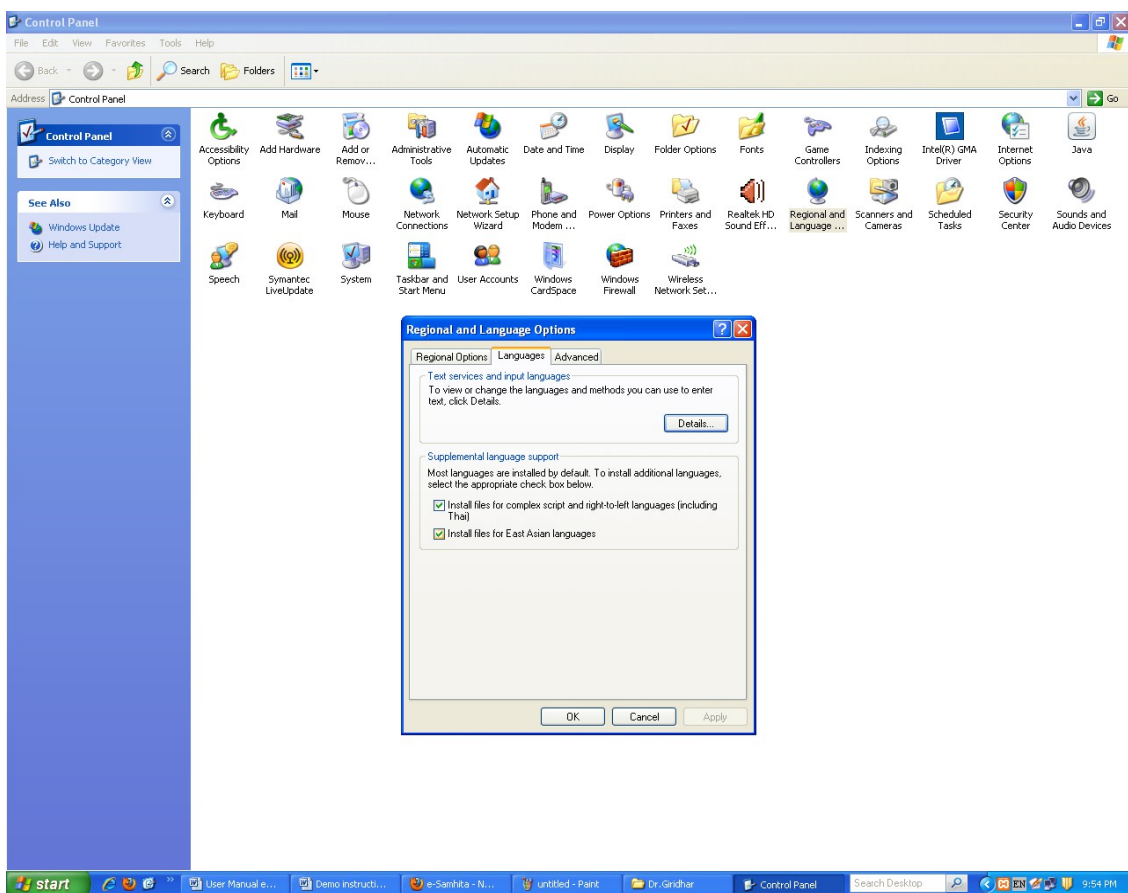
- ◆ Pentium IV Processor or Later (or Other Equivalent Processors)
- ◆ CD or DVD Drive
- ◆ Minimum 256 MB RAM
- ◆ Best view in 1024×768 Resolution

Software:

- ◆ WindowsXP SP2 or Later with Unicode, Indic & Complex scripts enabled.
(See below for enabling Unicode)
- ◆ For Ubuntu or Linux or any other OS: (See Below)
- ◆ Better viewed in Mozilla Firefox 3+ (portable Firefox is available in the CD).
If interested in viewing in other browsers (Internet Explorer 8 etc) opened browser should be kept open (i.e. **Default Browser window should not be closed**)

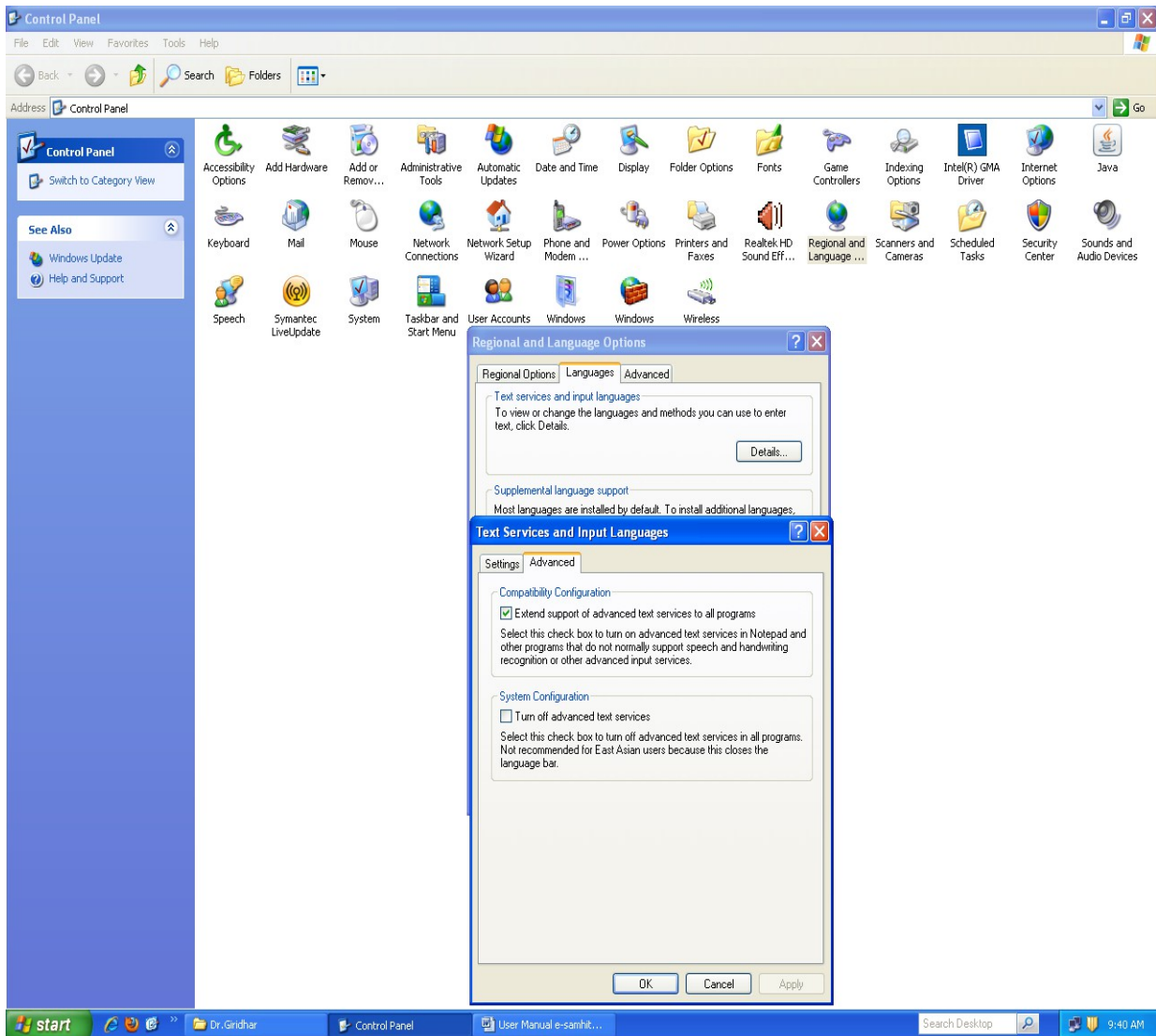
How to Enable Unicode fonts and Install Indian scripts in Windows Operating System only.

(1). Start → Control Panel → Regional & Language Options → Languages → Select 'Install files for complex scripts and right to left languages' & Select 'Install files for East Asian languages'.



(2). Start → Control Panel → Regional & Language Options → Languages → Details → Advanced → select 'Extend support of advanced text services to all programs' (& Do not Select 'Turn off advanced text services')

Note: Both of these require Windows Installation CD. Restart is needed after installation.



How to RUN the software:

1. Insert CD.
2. User will be asked to OPT for Running the Application DIRECTLY from CD or INSTALL on the LOCAL MACHINE and RUN.
3. While installing on local machine user has to chose the destination path. eg C:\Program Files.
4. Once installed on the local machine, the user can run the application without CD.

Points to Remember:

1. Closing Default opened Browser window will automatically shutdown the server.
2. For advanced users & on other Operating Systems :
 - The application uses port 4001 by default. You may change (if necessary) this setting in the file pms_config.ini in the server folder.

For Ubuntu/ Linux/ Mac:

- For OS other than Windows you need to have a working Apache web server configured for PHP, XML.
- If you already have an Apache server running - you want to host Madhavanidana, put the contents of server/htdocs/Madhavanidana in your web server root. Now the application is ready to be viewed on intranet.

For Further Help :

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