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Medicinal use of the *Dadima* (Pomegranate) fruit in *Ayurveda*: A comprehensive review

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Abstract

Ayurveda describes *Ahara* (food) as the best preventive medicine and considered *Mahabhaishajya*, the superior medicine in *Ayurveda*. *Dadima* (*Punica granatum* L.) of family Lythraceae is listed among the fruits in the *Phala* category, which is a type of *Ahara Varga*, and is recommended both as an *Ahara* and as *Aushadha* (medicine) for various health conditions. Use of *Dadima* as an *Aushadha* in 530 formulations with indications and a detailed review on the use of *Dadima* in *Ahara Kalpana* (dietetic preparations) mentioned in *Ayurveda* have already been reported. We aimed to review and compile the 530 *Aushadha Kalpana* (medicinal formulations) of *Dadima*. The present study involves a comprehensive compilation and analysis of information related to *Dadima* (*Punica granatum* L.) and its therapeutic uses as documented in 8 *Samhita Grantha*, 23 *Nighantu* and 44 ayurvedic compendias. The therapeutic uses of *Dadima* were then systematically classified based on the *Srotasa* (channels or systems). Among 530 *Aushadha Kalpana* of *Dadima*, *Churna* (159) is found maximum dosages form. A maximum of 158 formulations have been indicated in diseases of *Annavaha Srotas*. Sixteen (16) formulations are indicated in general medical conditions. Twelve formulations are indicated for the management of *Urdhvajatrugata Vyadhi*. One formulation is indicated for its use as *Rasayana*, while eight formulations are indicated for use as *Vajikarana*. *Dadima*, has been used both as food as well as medicine, with a wide range of clinical indications proving it to be a potent nutraceutical.

Keywords:

Ahara, *Aushadha*, *Ayurveda*, *Punica granatum*, *Srotas*

Introduction

Ayurveda, a holistic and comprehensive knowledge system, emphasizes positive health and addresses three major variables when dealing with health and disease: *Aushadha* (medication), *Ahara* (food), and *Vihara* (practices).^[1] *Ahara* is considered paramount and is regarded as the foremost among the three subpillars of life, which also include *Nidra* (sleep) and *Brahmacharya* (celibacy).^[2] *Ahara* not only maintains health but also prevents the emergence of future diseases,^[3]

earning the designation of *Mahabhaishajya* (the ultimate medicine).^[4] *Dadima* (pomegranate), scientifically known as *Punica granatum* L., of the *Lythraceae* family, is a fruit described under *Phala Varga* (group of fruits), a category of *Ahara Varga* (group of foods) referenced in *Ayurvedic classics*.^[5] Traditionally, *Dadima* has been reported to be used in different parts of India and across the globe for its efficacy in treating 41 different disease conditions.^[6]

Various *Ayurvedic* texts mention the use of *Dadima* both as *Ahara* and *Aushadha*.

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Dadima has been recognized as a component in 103 *Ahara Kalpana* (dietary preparations) used for treating 31 different diseases.^[7]

Dadima with its varieties, synonyms, pharmacological activities, and 530 *Aushadha Kalpana* (medicinal formulations) have been documented to be used in 80 various disease conditions, with the most commonly reported indication being *Atisara* (diarrhea).^[8]

We have reported various aspects of *Dadima* as an *Ahara*, including the classification of its indications based on *srotas*. However, a similar classification for its use as an *Aushadha*, detailing the 530 formulations, dosage forms, and their uses, is still lacking.

Consequently, a comprehensive review has been undertaken to create a dedicated database categorizing the *Aushadha Kalpana* of *Dadima* and their indications, as specified in existing Ayurvedic pharmacopoeias and compendiums.

Materials and Methods

Search criteria

Information about *Dadima* and its medicinal formulations used in various disease conditions has been compiled from the printed form of *Nighantu*, *Samhita*, *Chikitsagrantha*, *Rasagrantha*, and the online source of e-Nighantu with the search word *Dadima* and its 32 synonyms such as *Dantabeeja*, *Atipatra*, *Madhubeeja*, *Lohitapushpaka*, and *Shukapriya*.^[8] In this review, information from various treatise and compendias such as *Samhita Grantha: Charaka Samhita*,^[9] *Sushruta Samhita*,^[10] *Ashtanga Samgraha*,^[11] *Ashtanga, Hridaya*^[12] *Kashyapa Samhita*,^[13] *Bhela Samhita*, and^[14] *Harita Samhita*^[15]; *Samgraha Grantha, Chikitsa grantha*, and *Rasa Grantha* such as *Bhavaprakasha*,^[16] *Vrindamadhava*,^[17] *Chakradutta*,^[18] *Gadanigraha*,^[19] *Vangasena*,^[20] *Sharangdhara Samhita*,^[21] *Yogaratanakara*,^[22] *Bhaishajya Ratnavali*,^[23] *Sahashra Yoga*,^[24] *Kalyanakarakam*,^[25] *Bharata Bhaishajya Ratnakara*,^[26] *Siddhabhaisajya Manimala*,^[27] *Vaidya Ratnam*,^[28] *Yoga Chintamani*,^[29] *Vaidya Chintamani*,^[30] *Basavarajiyam*,^[31] *Vaidya Rahasya*,^[32] *Anupana Manjari*,^[33] *Rajamartanda*,^[34] *Rasarnava Nama Rastantrama*,^[35] *Rasendra Chudamani*,^[36] *Rasa Prakasha Sudhakara*,^[37] *Rasa Ratna Samucchaya*,^[38] *Rasa Paddhati*,^[39] *Ananda Kanda*,^[40] *Rasa Chintamani*,^[41] *Rasa Manjari*,^[42] *Rasendra Chintamani*,^[43] *Rasendra Sara Sangraha*,^[44] *Rasa Kamadhenu*,^[45] *Yoga Tarangini*,^[46] *Ayurveda Prakasha*,^[47] *Brihata Rasa Raja Sundara*,^[48] *Rasa Raja Mahodadi*,^[49] *Rasa Jala Nidhi*,^[50] *Rasayoga Sagara*,^[51] *Rasopanishada*,^[52] *Rasamrutam*,^[53] *Rasendra Sambhava*,^[54] *Abhinava Navajivana*,^[55] *Rasa Sanketa Kalika*,^[56] *Rasayana Sara*,^[57] *Chikitsa Kalika*,^[58] *Rasa Chandansu*,^[59] *Vaidyaka Chamatkara Chintamani*,^[60] *Nighantu Adarsha*,^[61] *Ashtanga Nighantu*,^[62] *Paryayaratnamala*,^[63] *Dhanavanatari Nighantu*,^[64] *Shabda chandrika*,^[65] *Shodhala Nighantu*,^[66] *Nighantushesa*,^[67]

Madhava Dravyaguna,^[68] *Hridayadipaka Nighantu*,^[69] *Madanapala Nighantu*,^[70] *Kaiyadeva Nighantu*,^[71] *Sarasavati Nighantu*,^[72] *Bhavaprakasha Nighantu*,^[73] *Raja Nighantu*,^[74] *Shivakosha Nighantu*,^[75] *Rajavallabha Nighantu*,^[76] *Shaligrama Nighantu*,^[77] *Madanadi Nighantu*,^[78] *Saushruta Nighantu*,^[79] *Siddhamantra*,^[80] *Paryayamuktavali*,^[81] *Laghu Nighantu*, and^[82] *Dravyaguna Sangraha*^[83] has been compiled.

Formulations containing *Dadima* or its components as an ingredient were thoroughly investigated and documented in a specifically constructed data sheet. To keep the presentation brief, multiple abbreviations were generated for different dose forms such as *Anjana* (collyrium) (An), *Asava* (As), *Arishta* (Ar), *Avaleha* (confection) (Al), *Churna* (powder) (Cr), *Dhooma* (fumigation) (Dm), *Ghrita* (medicated ghee) (Gr), *Guggulu* (Gu), *Kalka* (paste) (Kl), *Kvatha* (decoction) (Kv), *Leha* (Lh), *Lepa* (Paste) (Lp), *Masi* (Ms), *Rasa Kalpana* (Rk) (mercurial preparation), *Sneha* (oil preparation) (Sn), *Svarasa* (juice) (Sv), *Taila* (oil) (Tl), *Vati* (pills) (Vt), and *Varti* (wick) (Vr).

The NAMASTE Portal^[84] was used to interpret classical Ayurvedic terminologies and their nearest English equivalents, and any terms that were not available were sourced from conventional dictionaries^[85] and the Ayurveda Formulary of India.^[86] Internal and external administrations were classified based on their *Srotas* of origin,^[87] indicated in *Urdhvajatrugata Vyadhi* (diseases of head and neck), *Rasayana* (rejuvenation), and *Vajikarana* (aphrodisiac). Diseases that could not be classified according to *srotas* have been categorized under *Samanya Sansthanika Vyadhi* (general medical conditions).

Inclusion criteria

This review encompasses Ayurvedic texts available in both printed and electronic formats.

Exclusion criteria

Samhita, *Nighantus*, and *Rasagranthas*, which are available in the manuscript form, were excluded from the present research study.

Methodology

The data are systematically presented in a precise tabular format, detailing the indications for various disease conditions. Texts containing information related to *Dadima* were considered to be the source material. Repetition of a single formulation noted in more than one text was considered one.

Result and Discussion

Formulation containing *Dadima* as an ingredient

Out of 530 medicinal formulations, the majority are in *Churna* form (159), followed by *Ghrita* (74), *Kalka* (59), *Vati* (47), *Kvatha* (38), *Lepa* (37), *Rasa Kalpana* (31),

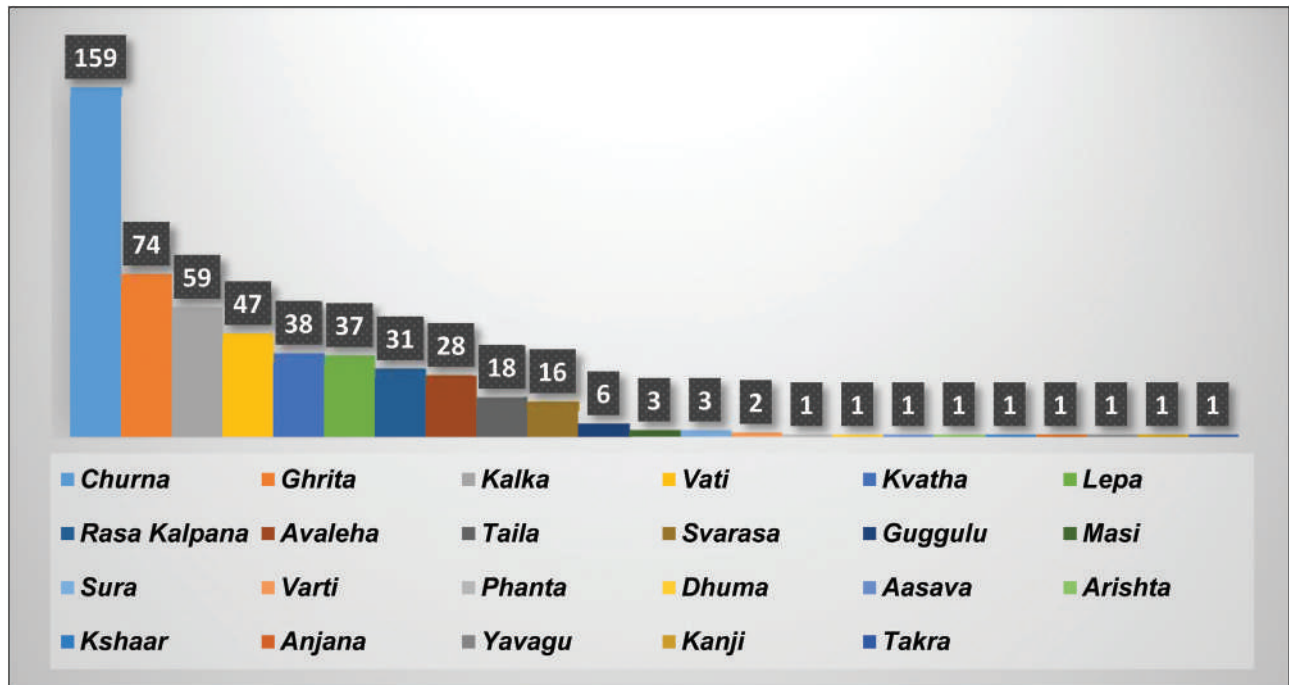


Figure 1: Dosage form of *Aushadha Kalpana*

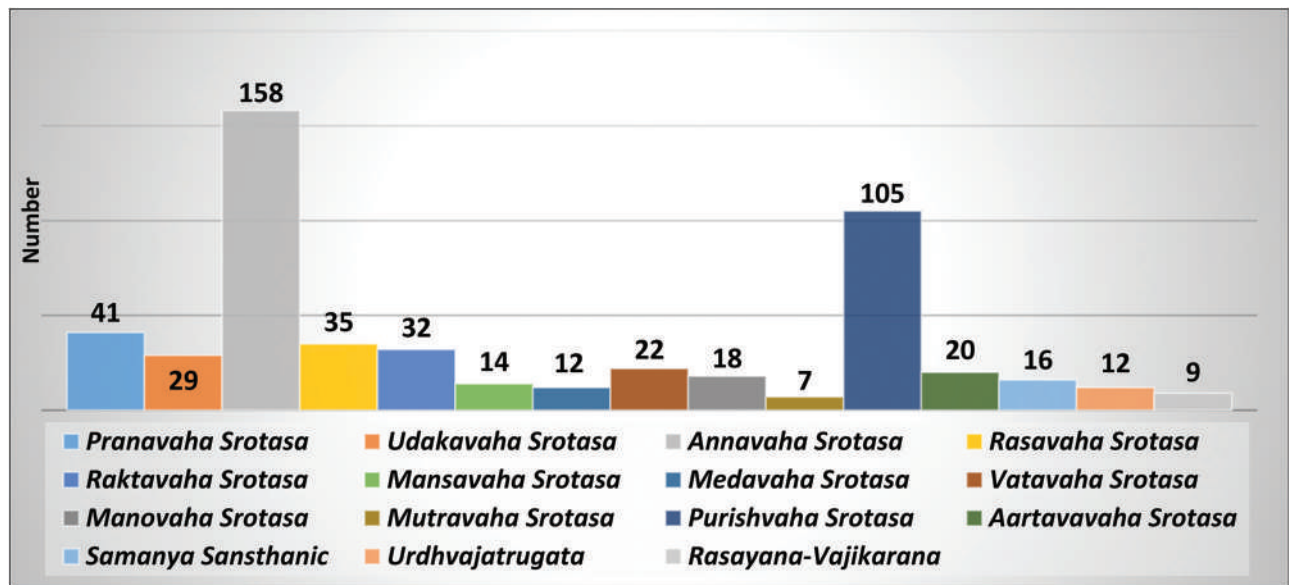


Figure 2: *Aushadha Kalpana* (medicinal formulations) of *Dadima* in diseases of different *Srotas*

Avaleha (28), *Taila* (18), *Svarasa* (16), *Guggulu* (6), *Masi* (3), *Sura* (3), *Varti* (2), *Phanta* (1), *Dhuma* (1), *Asava* (1), *Arishta* (1), *Kshaar* (1), *Anjana* (1), *Yavagu* (1), *Kanji* (1), and *Takra* (1) [Figure 1].

(14), *Medovaha* (12), *Urdhvajatrugata* (12), *Rasayana-Vajikarana* (9), and *Mutravaha Srotas* (7) Figure 2 wise classifications of *Dadima* containing *Aushadha Kalpana*.

The majority of the formulations are indicated in diseases of *Annavaha Srotas* (158), followed by *Purishvaha* (105), *Pranavaha* (41), *Rasavaha* (35), *Raktavaha* (32), *Udakavaha* (29), *Vatavaha* (22), *Aartavavaha* (20), *Manovaha* (18), *Samanya Sansthanika* (16), *Mamsavaha*

1. *Pranavaha Srotasa*

Among the 41 formulations indicated in *Pranavaha Srotasa*, 22 formulations have been indicated in *Kasa* (cough), seven in *Shwasa* (asthma), six in *Rajyakshma* (tuberculosis),

Table 1: Formulations containing *Dadima* indicated for *Pranavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Hikka</i> (hiccup)			
1.	<i>Eladi Churna</i> ^[26]	Cr	<i>Phala</i>
<i>Kasa</i> (cough)			
1.	<i>Akarakaradi Vati</i> ^[49]	Vt	<i>Phalatvak</i>
2.	<i>Brihadthalisadi Churna</i> ^[15,26,29]	Cr	<i>Phala</i>
3.	<i>Dadima Saindhava Putapaka</i> ^[27]	Sv	<i>Phala</i>
4.	<i>Dadimadi Churna</i> ^[19,26,30]	Cr	<i>Phala</i>
5.	<i>Dadimadi Ghrita</i> ^[12,26]	Gh	<i>Phala</i>
6.	<i>Dadimadi Gutika</i> ^[26]	Vt	<i>Phala</i>
7.	<i>Dhanvantari Saptavishtika</i> ^[19]	Gu	<i>Phala</i>
8.	<i>Gaganayasa Churna</i> ^[51]	Cr	<i>Phala</i>
9.	<i>Ghanadi Vati</i> ^[27]	Vt	<i>Phalatvaka</i>
10.	<i>Kanakarka Rasa</i> ^[51]	Rk	<i>Phala</i>
11.	<i>Kantakari Ghrita</i> ^[9,17,18,22,23,26,30]	Gh	<i>Phala</i>
12.	<i>Kaphaghnai Gutika</i> ^[26,30,32,46]	Vt	<i>Phalatvak</i>
13.	<i>Kataphaladi Gutika</i> ^[26]	Vt	<i>Phala</i>
14.	<i>Khadira Rasayana</i> ^[24]	Al	<i>Phala</i>
15.	<i>Khadiradi Gutika</i> ^[26,30]	Vt	<i>Phala</i>
16.	<i>Mahabadvanala Churna</i> ^[49]	Cr	<i>Phala</i>
17.	<i>Marichadi Churna</i> ^[16,20,26]	Cr	<i>Phala</i>
18.	<i>Marichadi Vati</i> ^[17,21,26,29,46,49]	Vt	<i>Phala</i>
19.	<i>Marichadya Dhuma Vati</i> ^[19]	Vr	<i>Phala</i>
20.	<i>Saptachatvarishatika</i> ^[19,26]	Gu	<i>Phalatvak</i>
21.	<i>Talisadi Churna</i> ^[29]	Cr	<i>Phala</i>
22.	<i>Vyoshadi Ghrita</i> ^[9]	Gh	<i>Phala</i>
<i>Rajayakshama</i> (tuberculosis)			
1.	<i>Ajamodadi Churna</i> ^[49]	Cr	<i>Phala</i>
2.	<i>Mahatalisadi Churna</i> ^[26]	Cr	<i>Phala</i>
3.	<i>Sukshmaeladi Churna</i> ^[20]	Cr	<i>Phala</i>
4.	<i>Yavanyadi Churna</i> ^[20]	Cr	<i>Phala</i>
5.	<i>Mahashadava Churna</i> ^[19]	Cr	<i>Phala</i>
6.	<i>Shadava Churna</i> ^[19]	Cr	<i>Phala</i>
<i>Shwasa</i> (asthma)			
1.	<i>Chitrakadi Gutika</i> ^[55]	Vt	<i>Phala</i>
2.	<i>Dadimadi Churna</i> ^[29]	Cr	<i>Phalatvak</i>
3.	<i>Gudadadima Churna</i> ^[12,55]	Cr	<i>Phala</i>
4.	<i>Gudadya Avaleha</i> ^[17,26,29]	Al	<i>Phalatvak</i>
5.	<i>Hingupanchama</i> ^[14]	Kl	<i>Phala</i>
6.	<i>Matala Rasayana</i> ^[24]	Al	<i>Phala</i>
7.	<i>Sauvarchaladi Churna</i> ^[26]	Cr	<i>Phala</i>
<i>Udavarta</i> (obstipation)			
1.	<i>Jeerakadya Churna</i> ^[27]	Cr	<i>Phala</i>
2.	<i>Triputyadi Churna</i> ^[27]	Cr	<i>Phala</i>
3.	<i>Vyoshadi Pinda</i> ^[27]	Kl	<i>Phala</i>
External use			
<i>Pinasa</i> (rhinitis)			
1.	<i>Dadimadya Churna</i> ^[32]	Cr	<i>Phala</i>
Internal and external use			
<i>Kasa</i> (cough)			
1.	<i>Pippalyadi Kshara Gutika</i> ^[19,26]	Vt	<i>Phala</i>

three in *Udavarta* (improper movement of *vata*), and one in *Hikkka* (hiccup). *Churna* (18) is the commonest dosage form, followed by *Vati* (8), *Ghrita* (3), *Avaleha* (3), and *Guggulu* (2). One *Churna* formulation is recommended for external application in the management of *Pinasa* (rhinitis), while a *Vati* formulation is prescribed for both internal and external use in the treatment of *Kasa* (cough) [Table 1].

2. *Udakavaha Srotas*:

Among the 29 formulations indicated in *Udakavaha srotas*, nine formulations are indicated in *Udararoga* (ascites) and seven in *Trishna* (thirst due to *pitta*) administered internally. *Churna* (11) is the most common dosage form, followed by *Avaleha* (2). For external application, *Lepa* (9), *Kalka* (3), and *Churna* (1) are indicated in *Trishna* [Table 2].

Table 2: Formulations containing *Dadima* indicated in *Udakavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Trishna</i> (thirst due to pitta)			
1.	<i>Dadima Phala</i> ^[22]	-	<i>Phala</i>
2.	<i>Dadimabeejavaleha</i> ^[26,45]	Al	<i>Phala</i>
3.	<i>Dadimadi Leha</i> ^[18,20]	Al	<i>Phala</i>
4.	<i>Dadimadi Churna</i> ^[15,23]	Cr	<i>Phala</i>
5.	<i>Kaldadimadi Churna</i> ^[15]	Cr	<i>Phala</i>
6.	<i>Mustadi Churna</i> ^[55]	Cr	<i>Phala</i>
7.	<i>Vatadrumadi Yoga Pana</i> ^[15]	Cr	<i>Phala</i>
<i>Udararoga</i> (ascites)			
1.	<i>Amalavetlavanabhaskara</i> ^[49]	Cr	<i>Phala</i>
2.	<i>Bhaskara Churna</i> ^[49]	Cr	<i>Phala</i>
3.	<i>Chandanadi Churna</i> ^[49]	Cr	<i>Phala</i>
4.	<i>Hingupanchaka Churna</i> ^[29]	Cr	<i>Phala</i>
5.	<i>Suvarnasamaka Churna</i> ^[14,17,19,26,51]	Cr	<i>Phala</i>
<i>Yakritaplihodara</i> (liver and splenic disorder)			
1.	<i>Lavanatritayadi Churna</i> ^[21,26,49]	Cr	<i>Phala</i>
2.	<i>Naracha Churna</i> ^[49]	Cr	<i>Phala</i>
3.	<i>Maharohitaka Ghrita</i> ^[17-20,22,23,30]	Gh	<i>Phala</i>
4.	<i>Brahma Vatika</i> ^[26,31]	Vt	<i>Phala</i>
External use			
<i>Trishna</i> (thirst due to pitta)			
1.	<i>Badaryadi Kalpa</i> ^[31]	Lp	<i>Phala</i>
2.	<i>Dadhithadi Lepa</i> ^[19,26]	Lp	<i>Phala</i>
3.	<i>Dadima Lepa</i> ^[20]	Lp	<i>Phala</i>
4.	<i>Dadimadi Lepa</i> ^[9,16,20,22,30]	Lp	<i>Phala</i>
5.	<i>Dantashathadi Kalka</i> ^[16,32]	Kl	<i>Phala</i>
6.	<i>Draksha Dadima Kavala</i> ^[16,32]	Kl	<i>Phala</i>
7.	<i>Koladi Mukhalepa</i> ^[17,19]	Lp	<i>Phala</i>
8.	<i>Matulungadi Kava</i> ^[23]	Cr	<i>Phala</i>
9.	<i>Matulungadi Yoga</i> ^[50]	Kl	<i>Phala</i>
10.	<i>Mukhalepa</i> ^[12]	Lp	<i>Phala</i>
11.	<i>Panchamla Mukhalepa</i> ^[18,26]	Lp	<i>Phala</i>
12.	<i>Sitadi Kalpa</i> ^[31]	Lp	<i>Phala</i>
13.	<i>Vidaryadi Lepa</i> ^[10,17-19]	Lp	<i>Phala</i>

3. *Annavaha Srotas*:

Among the 158 formulations indicated in *Annavaha srotas* disease, 32 formulations are indicated in *Gulma* (abdominal lump), 31 in *Grahani*, 26 in *Aruchi* (anorexia), 20 in *Shoola* (colic pain), 14 in *Ajeerna* (indigestion), 10 in *Agnimandya* (digestive impairment), 8 in *Chardi* (emesis) six in *Krimi* (worm infestation), and three in *Amlapitta* (hyperacidity). *Churna* (60) is the most common dosage form, followed by *Ghrita* (25), *Vati* (15), *Kalka* (15), *Rasa Kalpana* (13), *Avaleha* (10), and *Kvatha* (8). For external use, seven formulations are indicated in *Aruchi* and one in *Shoola*. *Kalka* (5) is the most common dosage form [Table 3].

4. *Rasavaha Srotas*:

Among the 35 formulations used in *Rasavaha srotas*, 14 are indicated in *Hridroga* (heart diseases), followed by six

in *Jvara* (fever), three in *Pandu* (anemia), and one each in *Kshata-ksheena* (thoracic trauma), *Kshaya* (consumption), and *Palita* (graying of hair). *Churna* (12) is the maximum dosage form, followed by *Ghrita* (5), *Vati* (3), and *Rasa Kalpana* (2). Five formulations are indicated in *Jvara* and four in *Palita* for external use. *Lepa* (5) and *Taila* (2) are the most common dosage forms [Table 4].

5. *Raktavaha Srotas*:

Seven formulations are indicated in *Raktapitta* (bleeding due to *pitta*), two in *Daha* (burning sensation), and one in *Nasagata Raktapitta* (epistaxis). *Churna* (4), *Ghrita* (3), and *Kvatha* (2) are the most commonly mentioned dosage forms. Among the formulations indicated for external application, seven formulations are indicated in *Daha*, five in *Nasagata Raktapitta*, four in *Masurika* (smallpox), three in *Tvaka vaivarnyata* (skin discoloration), and one each in

Table 3: Formulations containing *Dadima* indicated in *Annavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Agnimandya</i> (digestive impairment)			
1.	<i>Agnimukha Rasa</i> ^[51]	Rk	<i>Phala</i>
2.	<i>Amrita Churna</i> ^[49]	Cr	<i>Phala</i>
3.	<i>Lavanabhaskara Churna</i> ^[32]	Cr	<i>Phala</i>
4.	<i>Lavangadya Modaka</i> ^[26]	Vt	<i>Phala</i>
5.	<i>Marichadya Churna</i> ^[26]	Cr	<i>Phala</i>
6.	<i>Navadurga Churna</i> ^[49]	Cr	<i>Phala</i>
7.	<i>Pippalyadi Churna</i> ^[19,26]	Cr	<i>Phala</i>
8.	<i>Saindhvadya Churna</i> ^[19]	Cr	<i>Phala</i>
9.	<i>Singh Churna</i> ^[19,26]	Cr	<i>Phala</i>
10.	<i>Yavanikhandava Churna</i> ^[15]	Cr	<i>Phala</i>
<i>Ajeerna</i> (indigestion)			
1.	<i>Agnimukha Churna</i> ^[19,20,26]	Cr	<i>Phala</i>
2.	<i>Amritaprabha Gutika</i> ^[29]	Vt	<i>Phala</i>
3.	<i>Brihadagnimukha Churna</i> ^[17,20]	Cr	<i>Phala</i>
4.	<i>Dadima Svarasa</i> ^[40]	Sv	<i>Phala</i>
5.	<i>Dadimadi Churna</i> ^[17,18,20]	Cr	<i>Phala</i>
6.	<i>Gudashunthyadi Yoga</i> ^[19]	KI	<i>Phala</i>
7.	<i>Hapushadya Churna</i> ^[21]	Cr	<i>Phala</i>
8.	<i>Hingudvadeshaka Churna</i> ^[20,26]	Cr	<i>Phala</i>
9.	<i>Jvalamukha Churna</i> ^[19,20,26]	Cr	<i>Phala</i>
10.	<i>Kumkumadi Churna</i> ^[26,29]	Cr	<i>Phala</i>
11.	<i>Lavanabhaskara Churna</i> ^[16-18,20,22,26,46,55]	Cr	<i>Phala</i>
12.	<i>Marichadya Churna</i> ^[20]	Cr	<i>Phala</i>
13.	<i>Pachakavaleha</i> ^[57]	AI	<i>Phala</i>
14.	<i>Shunthyadi Churna</i> ^[16,26]	Cr	<i>Phala</i>
<i>Amlapitta</i> (hyperacidity)			
1.	<i>Mahabilvadi Leha</i> ^[30]	AI	<i>Phala</i>
2.	<i>Mudagadi Yoga</i> ^[17]	KI	<i>Phala</i>
3.	<i>Pittabhanjana Rasa</i> ^[30,51]	Rk	<i>Phala</i>
<i>Aruchi</i> (anorexia)			
1.	<i>Aardrakadi Kavala</i> ^[22]	KI	<i>Phala</i>
2.	<i>Agnikumar Rasa</i> ^[26,48,51]	Rk	<i>Phala</i>
3.	<i>Ardrakadadima Yoga</i> ^[22]	KI	<i>Anardana</i>
4.	<i>Balashatavaryadi Kashaya</i> ^[24]	Kv	<i>Phala</i>
5.	<i>Chatradi Churna</i> ^[26]	Cr	<i>Phala</i>
6.	<i>Dadima Churna</i> ^[22,31]	Cr	<i>Phala</i>
7.	<i>Dadima Rasa</i> ^[24]	Rk	<i>Phala</i>
8.	<i>Dadimadi Churna</i> ^[16,19,20,23,26]	Cr	<i>Phala</i>
9.	<i>Dadimadi Yoga</i> ^[17,20,49]	KI	<i>Phala</i>
10.	<i>Dadimashtaka Churna</i> ^[27]	Cr	<i>Phala</i>
11.	<i>Dadimavidanga Yoga</i> ^[26]	KI	<i>Phala</i>
12.	<i>Eladi Churna</i> ^[26,29]	Cr	<i>Phala</i>
13.	<i>Karavayadi Vat</i> ^[17,19,20,22,23,26,28,30]	Vt	<i>Phala</i>
14.	<i>Karavyadi Churna</i> ^[18,26,54]	Cr	<i>Phala</i>
15.	<i>Laghudadimashtaka Churna</i> ^[21]	Cr	<i>Phala</i>
16.	<i>Lavangadya Churna</i> ^[26]	Cr	<i>Phalatvak</i>
17.	<i>Mahakhandava Churna</i> ^[20,49]	Cr	<i>Phala</i>
18.	<i>Saindhavadi Churna</i> ^[12]	Cr	<i>Phala</i>
19.	<i>Sharkara Dadima Churna</i> ^[20,22,31]	Cr	<i>Phala</i>
20.	<i>Shunthi Dadima Churna</i> ^[31]	Cr	<i>Phala</i>
21.	<i>Sukshmaeladi Churna</i> ^[17,19,20]	Cr	<i>Phala</i>
22.	<i>Sutabhama Yoga</i> ^[51]	KI	<i>Phala</i>
23.	<i>Tulasi Rasa</i> ^[54]	Rk	<i>Phala</i>
24.	<i>Vanshalochanadi Avaleha</i> ^[27]	AI	<i>Phala</i>
25.	<i>Yavanikhadava Churna</i> ^[16-18,20-23,30,38,49,55]	Cr	<i>Anardana</i>
26.	<i>Yavanyadi Churna</i> ^[24]	Cr	<i>Phala</i>

Table 3. Continued

S. no.	Formulation/ Varga	Dosage form	Part used
<i>Chardi</i> (emesis)			
1.	<i>Ardrakadi Yoga</i> ^[15]	Al	<i>Phala</i>
2.	<i>Dadima Kutaja Kvatha</i> ^[15]	Kv	<i>Phala</i>
3.	<i>Dadimadi Yoga</i> ^[15,55]	Al	<i>Phala</i>
4.	<i>Dadima Siddha Ghrita</i> ^[12]	Gh	<i>Phala</i>
5.	<i>Dhanyadi Ghrita</i> ^[9]	Gh	<i>Phala</i>
6.	<i>Matulungadi Leha</i> ^[13]	Al	<i>Phala</i>
7.	<i>Pathadya Churna</i> ^[26]	Cr	<i>Phala</i>
8.	<i>Vatashungadi Churna</i> ^[19,23,26]	Cr	<i>Phala</i>
<i>Grahani</i> (disorders of lower gastrointestinal tract (GIT))			
1.	<i>Ativishadi Kashaya</i> ^[30]	Kv	<i>Phala</i>
2.	<i>Brihaddeepanapachana Yoga</i> ^[60]	Yg	<i>Phala</i>
3.	<i>Brihadgangadhara Churna</i> ^[23,26]	Cr	<i>Phala</i>
4.	<i>Brihadlavangadya Churna</i> ^[26]	Cr	<i>Phala</i>
5.	<i>Dadimadi Taila</i> ^[23,26]	Tl	<i>Phalatvak</i>
6.	<i>Dadimashtaka Churna</i> ^[17-19,26,32,49]	Cr	<i>Phala</i>
7.	<i>Gangadhara Churna</i> ^[51]	Cr	<i>Phalatvak</i>
8.	<i>Grahanigajakesari Rasa</i> ^[22,26,30,51,59]	Rk	<i>Phala</i>
9.	<i>Grahanikamadvarana singh Rasa</i> ^[26,31,48,51]	Rk	<i>Phala</i>
10.	<i>Grahanikapata Rasa</i> ^[51]	Rk	<i>Phala</i>
11.	<i>Jambavadi Churna</i> ^[17-20]	Cr	<i>Phala</i>
12.	<i>Jamvadi Kvatha</i> ^[26]	Kv	<i>Patra</i>
13.	<i>Jatiphaladi Rasa</i> ^[44,50]	Rk	<i>Phalatvak</i>
14.	<i>Jatiphaladi Vat</i> ^[51]	Vt	<i>Phala</i>
15.	<i>Jeerakadi Churna</i> ^[23,26,51,55]	Cr	<i>Anardana</i>
16.	<i>Jeerakadyavaleha</i> ^[27]	Al	<i>Phala</i>
17.	<i>Kamadvaranasingh Rasa</i> ^[30]	Rk	<i>Phala</i>
18.	<i>Kapitthashtaka Churna</i> ^[17-21,23,31]	Cr	<i>Phala</i>
19.	<i>Lavanabhaskara Churna</i> ^[19,21-23,29,49]	Cr	<i>Phala</i>
20.	<i>Lavangadi Churna</i> ^[51]	Cr	<i>Phala</i>
21.	<i>Madhupakva Haritak</i> ^[26,51]	Al	<i>Phala</i>
22.	<i>Madhyamgangadhara Churna</i> ^[23]	Cr	<i>Phalatvak</i>
23.	<i>Nagakesharadi Churna</i> ^[49]	Cr	<i>Phala</i>
24.	<i>Pachana Gutika</i> ^[12]	Vt	<i>Phala</i>
25.	<i>Panchakoladi Ghrita</i> ^[12]	Gh	<i>Phala</i>
26.	<i>Panchamuladya Ghrita</i> ^[9,20,22,30]	Gh	<i>Phala</i>
27.	<i>Pathadi Churna</i> ^[18,20,23]	Cr	<i>Phala</i>
28.	<i>Piyushavalli Rasa</i> ^[26,44,50,51,53]	Rk	<i>Phalatvak</i>
29.	<i>Purnakala Vat</i> ^[23,26,44,51]	Vt	<i>Phalatvak</i>
30.	<i>Vaidehi Vat</i> ^[17]	Vt	<i>Phala</i>
31.	<i>Vyaghryadi Kvatha</i> ^[15]	Kv	<i>Phala</i>
<i>Gulma</i> (abdominal lump)			
1.	<i>Abhayadya Gutika</i> ^[19,26]	Vt	<i>Phala</i>
2.	<i>Beejapurasadi Yoga</i> ^[19,26]	Kl	<i>Phala</i>
3.	<i>Bilvadi Ghrita</i> ^[13]	Gh	<i>Phala</i>
4.	<i>Brihadagnimukha Churna</i> ^[19]	Cr	<i>Phala</i>
5.	<i>Chitrakadi Ghrita</i> ^[10,20,22]	Gh	<i>Phala</i>
6.	<i>Dadhika Ghrita</i> ^[10,12,14,17-20,22,23,26,58]	Gh	<i>Phala</i>
7.	<i>Dadimadi Ghrita</i> ^[13]	Gh	<i>Phala</i>
8.	<i>Dashmooli Ghrita</i> ^[9]	Gh	<i>Phala</i>
9.	<i>Guda Vataka</i> ^[19]	Vt	<i>Phala</i>
10.	<i>Gudadadimadi Leha</i> ^[15]	Al	<i>Phala</i>
11.	<i>Gudadi Vat</i> ^[29]	Vt	<i>Phala</i>
12.	<i>Hapushadya Ghrita</i> ^[9,12,17,20,23]	Gh	<i>Phala</i>
13.	<i>Hingavadi Churna</i> ^[12,17-20,22,26,46,49,55,58]	Cr	<i>Phala</i>
14.	<i>Hingavadi Ghrita</i> ^[12,20,30]	Gh	<i>Phala</i>
15.	<i>Hingupanchaka</i> ^[20]	Kl	<i>Phala</i>
16.	<i>Hingusauvarchladya Ghrita</i> ^[9]	Gh	<i>Phala</i>

Table 3. Continued

S. no.	Formulation/ Varga	Dosage form	Part used
17.	<i>Hingutravayinshati Churna</i> ^[29]	Cr	<i>Phala</i>
18.	<i>Lashunadya Ghrita</i> ^[10,12,18,19,23,26]	Gh	<i>Phala</i>
19.	<i>Mahashatapala Ghrita</i> ^[19]	Gh	<i>Phala</i>
20.	<i>Matulungadi Sura</i> ^[17]	Su	<i>Phala</i>
21.	<i>Matulungadi Yoga</i> ^[9,12,18,20,22,23,26]	Al	<i>Phala</i>
22.	<i>Panchapala Ghrita</i> ^[18]	Gh	<i>Phala</i>
23.	<i>Pathadya Churna</i> ^[26]	Cr	<i>Phala</i>
24.	<i>Pippalyadi Ghrita</i> ^[9]	Gh	<i>Phala</i>
25.	<i>Pippalyadi Vati</i> ^[13]	Vt	<i>Phala</i>
26.	<i>Shatapala Ghrita</i> ^[9]	Gh	<i>Phala</i>
27.	<i>Shatyadi Churna</i> ^[9]	Cr	<i>Phala</i>
28.	<i>Shikhibadava Rasa</i> ^[31,50]	Rk	<i>Phala</i>
29.	<i>Trilavanadya Churna</i> ^[17,19,29]	Cr	<i>Phala</i>
30.	<i>Vidanga Kalpa</i> ^[30]	KI	<i>Phala</i>
31.	<i>Vyoshadya Ghrita</i> ^[17,20]	Gh	<i>Phala</i>
32.	<i>Yavaniyadi Gutika</i> ^[30]	Vt	<i>Phala</i>
<i>Krimi</i> (worm infestation)			
1.	<i>Dadimadi Kashaya</i> ^[24,30,50]	Kv	<i>Tvaka</i>
2.	<i>Dadimadi Taila</i> ^[28]	TI	<i>Tvaka</i>
3.	<i>Dadimatvaka Kavtha</i> ^[17,22,26,46]	Kv	<i>Tvaka</i>
4.	<i>Krimikuthara Rasa</i> ^[53]	Rk	<i>Mulatvak</i>
5.	<i>Mahashatapala Ghrita</i> ^[26]	Gh	<i>Phala</i>
6.	<i>Pippalyadi Churna</i> ^[20]	Cr	<i>Phala</i>
<i>Shoola</i> (colic pain)			
1.	<i>Beejapurakadi Ghrita</i> ^[19,23,26]	Gh	<i>Phala</i>
2.	<i>Chittrakadi Kashaya</i> ^[18,24]	Kv	<i>Phala</i>
3.	<i>Chittrakadya Churna</i> ^[17,26]	Cr	<i>Phala</i>
4.	<i>Chittrakadya Ghrita</i> ^[19]	Gh	<i>Phala</i>
5.	<i>Dadimadi Churna</i> ^[15,26]	Cr	<i>Phala</i>
6.	<i>Dhatrithaladi Yoga</i> ^[15]	Yg	<i>Phala</i>
7.	<i>Hingavadi Gutika</i> ^[9,23]	Vt	<i>Phala</i>
8.	<i>Hingutravinshadi Churna</i> ^[17]	Cr	<i>Phala</i>
9.	<i>Hingavadi Churna</i> ^[13,19,24,49]	Cr	<i>Phala</i>
10.	<i>Hingavadi Ghrita</i> ^[10]	Gh	<i>Phala</i>
11.	<i>Lashunadya Ghrita</i> ^[26]	Gh	<i>Phala</i>
12.	<i>Matulungadi Ghrita</i> ^[22,26]	Gh	<i>Phala</i>
13.	<i>Paniyabhakta Vati</i> ^[51]	Vt	<i>Phala</i>
14.	<i>Patoladi Yoga</i> ^[17]	KI	<i>Phala</i>
15.	<i>Saindhavadi Yoga</i> ^[46]	KI	<i>Phala</i>
16.	<i>Shoola Ghrita</i> ^[20,26]	Gh	<i>Phala</i>
17.	<i>Triphaladya Churna</i> ^[17]	Cr	<i>Phala</i>
18.	<i>Trivritadi Modaka</i> ^[9,26]	Vt	<i>Phala</i>
19.	<i>Vidaadi Churna</i> ^[13]	Cr	<i>Phala</i>
20.	<i>Vidaryadi Kvatha</i> ^[17-20,23,26,30]	KI	<i>Phala</i>
External use			
<i>Aruchi</i> (anorexia)			
1.	<i>Ajayyadi Kavala</i> ^[14,19]	KI	<i>Phala</i>
2.	<i>Ardrakadi Yoga</i> ^[19]	KI	<i>Phala</i>
3.	<i>Dadima Lepa</i> ^[20]	Lp	<i>Phala</i>
4.	<i>Dadimadi Kava</i> ^[10,18,19,23,26]	KI	<i>Phala</i>
5.	<i>Matulungadi Kalka</i> ^[10]	KI	<i>Phala</i>
6.	<i>Sharkara Dadima Kavala</i> ^[16,17,19,20,32]	KI	<i>Phala</i>
7.	<i>Vidaadi Churna</i> ^[18,23,32,51]	Cr	<i>Phala</i>
<i>Shoola</i> (colic pain)			
1.	<i>Pritheevikadi Varti</i> ^[10]	Vr	<i>Phala</i>

Table 4: Formulations containing *Dadima* indicated in *Rasavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Hridroga</i> (heart diseases)			
1.	<i>Ajavayanadi Churna</i> ^[49]	Cr	<i>Phala</i>
2.	<i>Chandanavaleha</i> ^[19]	Al	<i>Phala</i>
3.	<i>Dadhika Ghrita</i> ^[26]	Gh	<i>Phala</i>
4.	<i>Dadimadi Churna</i> ^[17]	Cr	<i>Phala</i>
5.	<i>Dadimadi Ghrita</i> ^[19,26]	Gh	<i>Phala</i>
6.	<i>Dadimadi Yoga</i> ^[26]	Al	<i>Phala</i>
7.	<i>Gaganayasa Churna</i> ^[26]	Cr	<i>Phala</i>
8.	<i>Hingupanchaka Churna</i> ^[19,30,58]	Cr	<i>Phala</i>
9.	<i>Pathadi Churna</i> ^[18,19,30]	Cr	<i>Phala</i>
10.	<i>Pippalyadi Vati</i> ^[49]	Vt	<i>Phala</i>
11.	<i>Sauvarchaladya Churna</i> ^[19]	Cr	<i>Phala</i>
12.	<i>Shadava Churna</i> ^[26]	Cr	<i>Phala</i>
13.	<i>Shunthyadi Churna</i> ^[19,21,26]	Cr	<i>Phala</i>
14.	<i>Yavanikhandava Churna</i> ^[26]	Cr	<i>Phala</i>
<i>Jvara</i> (fever)			
1.	<i>Badvanala Churna</i> ^[26]	Cr	<i>Phala</i>
2.	<i>Kalyanaka Ghrita</i> ^[10,20]	Gh	<i>Phala</i>
3.	<i>Mahakalyanaka Ghrita</i> ^[10]	Gh	<i>Pushpa</i>
4.	<i>Mritasanjeevani Rasa</i> ^[23,26,48,51]	Rk	<i>Phala</i>
5.	<i>Uttamakanyakadi Eranda Taila</i> ^[24]	Tl	<i>Phala</i>
6.	<i>Vidaryadi Kvatha</i> ^[23]	Kv	<i>Phala</i>
<i>Kshata-ksheena</i> (thoracic trauma)			
1.	<i>Saindhvadi Churna</i> ^[9]	Cr	<i>Phala</i>
<i>Kshaya</i> (consumption)			
1.	<i>Chandanadi Vataka</i> ^[30]	Vt	<i>Phala</i>
<i>Palita</i> (graying of hair)			
1.	<i>Lauha Rasayana</i> ^[21]	Rk	<i>Phala</i>
<i>Pandu</i> (anemia)			
1.	<i>Champakadi Churna</i> ^[23,46]	Cr	<i>Phala</i>
2.	<i>Dadimadi Ghrita</i> ^[9,12]	Gh	<i>Phala</i>
3.	<i>Laghu Shiva Gutika</i> ^[19]	Vt	<i>Phala</i>
External use			
<i>Jvara</i> (fever)			
1.	<i>Aahakari Nasya</i> ^[23]	Sv	<i>Phala</i>
2.	<i>Kapithadi Lepa</i> ^[12]	Lp	<i>Phala</i>
3.	<i>Madhukadi Lepa</i> ^[10,19]	Lp	<i>Phala</i>
4.	<i>Dadima Kavala</i> ^[16,32]	Kl	<i>Phala</i>
5.	<i>Nimbukadi Mukhalepa</i> ^[28]	Lp	<i>Phala</i>
<i>Palita</i> (graying of hair)			
1.	<i>Neelakadya Taila</i> ^[21]	Tl	<i>Phalatvak</i>
2.	<i>Neelakadya Taila</i> ^[29]	Tl	<i>Phalatvak</i>
3.	<i>Triphaladi Lepa</i> ^[21]	Lp	<i>Phalatvak</i>
4.	<i>Triphaladi Lepa</i> ^[29,45]	Lp	<i>Multvak</i>

Kushtha (integumentary disease), *Raktapitta*, and *Visharpa* (erysipelas). *Lepa* (10) is the most common dosage form, followed by *Svarasa* (5), *Kalka* (3), and *Kvatha* (2) [Table 5].

6. *Mamsavaha Srotas*:

Among the different formulations indicated externally in *Mamsavaha Srotas* diseases, four formulations are indicated in *Upadamsha* (syphilis), two in *Bhagashotha* (inflammation of the female genital), two in *Lingavridhhi* (penile

enlargement), two each in *Vrana* (wound) and *Kunakha* (paronychia), and one each in *Phiranga* (syphilis) and *Talushosha* (atrophy of the palate). *Lepa* (7) and *Churna* (4) are the most commonly mentioned dosage forms [Table 6].

7. *Medovaha Srotas*:

Among the 12 formulations, ten (10) are indicated in *Prameha* (diabetes mellitus) for internal use. *Rasa Kalpana* (4) and *Ghrita* (3) are the most commonly mentioned dosage forms. Two

Table 5: Formulations containing *Dadima* indicated in *Raktavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Daha</i> (burning sensation)			
1.	<i>Chandanavaleha</i> ^[26]	Al	<i>Phala</i>
2.	<i>Dahasara Churna</i> ^[30]	Cr	<i>Phala</i>
<i>Nasagata Raktapitta</i> (epistaxis)			
1.	<i>Dadimaphalatvaka Churna</i> ^[15]	Cr	<i>Phalatvak</i>
<i>Raktapitta</i> (bleeding due to <i>pitta</i>)			
1.	<i>Chandanadi Churna</i> ^[17,19,20,22,23,28,30,46]	Cr	<i>Phalatvak</i>
2.	<i>Dadimadi Ghrita</i> ^[19]	Gh	<i>Phala</i>
3.	<i>Dadimadi Kvatha</i> ^[9]	Kv	<i>Phalatvak</i>
4.	<i>Drakshadi Churna</i> ^[51]	Cr	<i>Phala</i>
5.	<i>Mahakushmandaka Ghrita</i> ^[24]	Gh	<i>Phala</i>
6.	<i>Shatavari Ghrita</i> ^[9,17,18,20,24,26]	Gh	<i>Phala</i>
7.	<i>Venupatradi Kvatha</i> ^[31]	Kv	<i>Phala</i>
External use			
<i>Daha</i> (burning sensation)			
1.	<i>Dadima Lepa</i> ^[29]	Lp	<i>Phala</i>
2.	<i>Dadima Amalaka Yoga</i> ^[46]	KI	<i>Phala</i>
3.	<i>Dhatrikadi lepa</i> ^[55]	Lp	<i>Phala</i>
4.	<i>Kapitthadi Lepa</i> ^[26]	Lp	<i>Patra</i>
5.	<i>Madhukadi Lepa</i> ^[26]	Lp	<i>Phala</i>
6.	<i>Vidaryadi Kvatha</i> ^[15]	Kv	<i>Phala</i>
7.	<i>Vidaryadi Lepa</i> ^[19,23,26]	Lp	<i>Phala</i>
<i>Kushtha</i> (integumentary disease)			
1.	<i>Vasarudra Taila</i> ^[26]	TI	<i>Phalatvaka</i>
<i>Masurika</i> (small pox)			
1.	<i>Dadimadi Yoga</i> ^[17-19]	KI	<i>Phala</i>
2.	<i>Guduchyadi Churna</i> ^[30]	Cr	<i>Phala</i>
3.	<i>Guduchyadi Kvatha</i> ^[18,19,26]	Kv	<i>Phala</i>
4.	<i>Guduchyadi Yoga</i> ^[16,22]	KI	<i>Phala</i>
<i>Nasagata Raktapitta</i> (epistaxis)			
1.	<i>Dadima Durvadi Nashya</i> ^[19,20,26,30]	Sv	<i>Pushpa</i>
2.	<i>Dadima Pushpa (Nasya)</i> ^[9,12,16-23,26,29-32,55]	Sv	<i>Pushpa</i>
3.	<i>Dadimadi Nasya</i> ^[15,25,26,34]	Sv	<i>Pushpa</i>
4.	<i>Haritakyadi Nashya</i> ^[15,19,26,30,34]	Sv	<i>Pushpa</i>
5.	<i>Jambvadi Nashya</i> ^[19]	Sv	<i>Pushpa</i>
<i>Raktapitta</i> (bleeding due to <i>pitta</i>)			
1.	<i>Kharjuradi Lepa</i> ^[25]	Lp	<i>Phala</i>
<i>Tvaka vaivarnyata</i> (skin discoloration)			
1.	<i>Dadimachurnadi lepa</i> ^[34]	Lp	<i>Phalatvak</i>
2.	<i>Haritakyadi Lepa</i> ^[23,26]	Lp	<i>Phalatvak</i>
3.	<i>Shyamadi Lepa</i> ^[34]	Lp	<i>Phalatvak</i>
<i>Visharpa</i> (erysipelas)			
1.	<i>Mulakadi Lepa</i> ^[9]	Lp	<i>Phala</i>

formulations are recommended for external application, in the form of *Lepa* in *Medoroga* (obesity) [Table 7].

8. *Vatavaha Srotas*:

For internal administration, 12 formulations are indicated in *Vatavyadhi* (disorder due to *vata*) and three each in *Amavata* (rheumatism due to *ama*) and *Apatantraka* (convulsive fit). *Churna* (5) and *Vati* (4) are mostly mentioned forms, followed by *Ghrita* (3) and *Guggulu* (3). Two formulations are indicated in

Vatavyadhi and one in *Vatarakta* (rheumatism due to *rakta*) in the form of external application. *Taila* (3) is the commonly used dosage form. One *Taila* formulation is indicated in *Vatarakta* for internal and external administration [Table 8].

9. *Manovaha Srotas*:

Among the 18 formulations, five are indicated each in *Madatyaya* (alcohol abuse) and *Unmada* (insanity), four in *Apasmara* (epilepsy), three in *Murcha* (syncope),

Table 6: Formulations containing *Dadima* indicated in *Mamsavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
External use			
<i>Bhagashotha</i> (inflammation of the female genital)			
1.	<i>Kuthadi Lepa</i> ^[29]	Lp	<i>Phalatvak</i>
2.	<i>Majuphaladi Yoga</i> ^[32]	Lp	<i>Phalatvak</i>
<i>Kunakha</i> (paronychia)			
1.	<i>Dadimadi Churna</i> ^[20]	Cr	<i>Pushpa</i>
2.	<i>Dadimadi Lepa</i> ^[22,26]	Lp	<i>Pushpa</i>
<i>Lingavridhi</i> (penile enlargement)			
1.	<i>Dadimadi Taila</i> ^[26,34]	Tl	<i>Phalatvak</i>
2.	<i>Sarshapa Dadima Lepa</i> ^[19,26]	Lp	<i>Phalatvak</i>
<i>Phiranga</i> (syphilis)			
1.	<i>Dadimatvaka Phanta</i> ^[27]	Ph	<i>Phalatvak</i>
<i>Talushosha</i> (atrophy of palate)			
1.	<i>Dadimakoladi Lepa</i> ^[15]	Lp	<i>Phala</i>
<i>Upadamsha</i> (syphilis)			
1.	<i>Babuladi Churna</i> ^[17-19,26,30]	Cr	<i>Phalatvak</i>
2.	<i>Bandhukadi Churna</i> ^[16]	Cr	<i>Tvak</i>
3.	<i>Dadima Churna</i> ^[23]	Cr	<i>Tvak</i>
4.	<i>Dadima Lepa</i> ^[20,22,49]	Lp	<i>Phalatvak</i>
<i>Vrana</i> (wound)			
1.	<i>Haritakyadi Kalka</i> ^[17]	Kl	<i>Phalatvak</i>
2.	<i>Kataphaladi lepa</i> ^[26]	Lp	<i>Phalatvak</i>

Table 7: Formulations containing *Dadima* indicated in *Medovaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Prameha</i> (diabetes mellitus)			
1.	<i>Brihadadimadya Ghrita</i> ^[26]	Gh	<i>Phala</i>
2.	<i>Chandraprabha Gutika</i> ^[26,38,43,45,48,51]	Vt	<i>Phala</i>
3.	<i>Chandraprabha Rasa</i> ^[45]	Rk	<i>Phala</i>
4.	<i>Dadimadi Ghrita</i> ^[20,23,26]	Gh	<i>Phala</i>
5.	<i>Jeerakavaleha</i> ^[26]	Al	<i>Phala</i>
6.	<i>Mahadadimadya Ghrita</i> ^[18,26]	Gh	<i>Phala</i>
7.	<i>Mehamudagara Rasa</i> ^[23,26,43,44,51,54,59]	Rk	<i>Phala</i>
8.	<i>Pramehakulantaka Rasa</i> ^[23,26,54]	Rk	<i>Anardana</i>
9.	<i>Shikhivadava Rasa</i> ^[38]	Rk	<i>Phala</i>
10.	<i>Shukramatrika Vati</i> ^[23,26,51]	Vt	<i>Anardana</i>
External use			
<i>Medoroga</i> (obesity)			
1.	<i>Dadimadi Lepa</i> ^[19]	Lp	<i>Phala</i>
2.	<i>Haritakyadi Angaraga</i> ^[18,19]	Lp	<i>Phalatvaka</i>

and one in *Madyajeerna* (indigestion due to alcohol) for internal administration. *Ghrita* (9) is the mostly mentioned form, followed by *Svarasa* (3) and *Kalka* (3) [Table 9].

10. *Mutravaha Srotas*:

Among the formulations used in *Mutravaha Srotas*, four formulations are indicated in *Mutraghata* (urinary retention) and three in *Mutrakriccha* (dysuria). *Kalka* (4) is the most commonly mentioned dosage form [Table 10].

11. *Purishvaha Srotas*:

Among 105 formulations used, 75 are indicated in *Atisara* (diarrhea), 11 in *Arsha* (piles), 8 in *Vibandha* (simple constipation), 3 in *Parikartika* (fissure-in-ano), 2 each in *Pravahika* (dysentery) and *Gudabhramsha* (rectal prolapse), and 1 in *Bhagandara* (fistula-in-ano) for internal administration. *Churna* (25) is the most frequently used dosage form, followed by *Kvatha* (21), *Kalka* (15), *Vati* (9), *Ghrita* (7), *Avaleha* (7), *Rasa Kalpana* (7), and *Svarasa* (5). Externally, two formulations are indicated in *Visuchika* (acute gastroenteritis) and one each in *Atisara* and

Table 8: Formulations containing *Dadima* indicated in *Vatavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Amavata</i> (rheumatism due to <i>Ama</i>)			
1.	<i>Brihadayogaraja Guggulu</i> ^[26]	Gu	<i>Phala</i>
2.	<i>Pippalayadi Churna</i> ^[16]	Cr	<i>Phala</i>
3.	<i>Yogaraja Guggulu</i> ^[51]	Gu	<i>Phala</i>
<i>Apatantraka</i> (convulsive fit)			
1.	<i>Dadimadi Churna</i> ^[12,26]	Cr	<i>Phala</i>
2.	<i>Dhanyadi Kvatha</i> ^[12]	Kv	<i>Phala</i>
3.	<i>Sauvarchaladi Churna</i> ^[14,19]	Cr	<i>Phala</i>
<i>Vatavyadhi</i> (disorder due to <i>vata</i>)			
1.	<i>Dashasara Vati</i> ^[26,44,48]	Vt	<i>Phala</i>
2.	<i>Pippalyadya Ghrita</i> ^[26]	Gh	<i>Phala</i>
3.	<i>Brihada Lashuna Pinda</i> ^[19]	KI	<i>Phala</i>
4.	<i>Brihad Chagaladi Ghrita</i> ^[23,49]	Gh	<i>Phala</i>
5.	<i>Hingvadi Churna</i> ^[16,30]	Cr	<i>Phala</i>
6.	<i>Mallapancharatna Rasa</i> ^[59]	RK	<i>Phala</i>
7.	<i>Mulaka Ghrita</i> ^[55]	Gh	<i>Phala</i>
8.	<i>Prabha Gutika</i> ^[49]	Vt	<i>Phala</i>
9.	<i>Prithu Triphaladya Guggulu</i> ^[19]	Gu	<i>Phala</i>
10.	<i>Shunthyadi Churna</i> ^[49]	Cr	<i>Phala</i>
11.	<i>Suryaprabha Gutika</i> ^[20,26,30,48,51]	Vt	<i>Phala</i>
12.	<i>Vataraja Vati</i> ^[26,48]	Vt	<i>Phala</i>
External use			
<i>Vatarakta</i> (rheumatism due to <i>rakta</i>)			
1.	<i>Maharudra Taila</i> ^[23]	TI	<i>Phala</i>
<i>Vatavyadhi</i> (disorder due to <i>vata</i>)			
1.	<i>Shreegopal Taila</i> ^[23]	TI	<i>Phala</i>
2.	<i>Triphaladi Mahasneha</i> ^[9,17,18]	Sn	<i>Phala</i>
Internal and External use			
<i>Vatarakta</i> (rheumatism due to <i>rakta</i>)			
1.	<i>Rudra Taila</i> ^[23]	TI	<i>Phala</i>

Table 9: Formulations containing *Dadima* indicated in *Manovaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Apasmara</i> (epilepsy)			
1.	<i>Bharangyadi Churna</i> ^[15]	Cr	<i>Phala</i>
2.	<i>Dadhika Ghrita</i> ^[26]	Gh	<i>Phala</i>
3.	<i>Mahakalyana Ghrita</i> ^[26]	Gh	<i>Phala</i>
4.	<i>Paniyakalyanaka Ghrita</i> ^[17,26]	Gh	<i>Phala</i>
<i>Madatyaya</i> (alcohol abuse)			
1.	<i>Beejapurakadi Yoga</i> ^[9,16]	KI	<i>Phala</i>
2.	<i>Dadima Svarasa</i> ^[12]	Sv	<i>Phala</i>
3.	<i>Madhukadi Yoga</i> ^[33]	KI	<i>Phala</i>
4.	<i>Marichadi Yoga</i> ^[46]		<i>Phala</i>
5.	<i>Sauvarchaladi Madya</i> ^[14,19]	Su	<i>Phala</i>
<i>Madyajeerna</i> (indigestion due to alcohol)			
1.	<i>Dadima Svarasa</i> ^[12,13]	Sv	<i>Phala</i>
<i>Murcha</i> (syncope)			
1.	<i>Chandraprabha Vati</i> ^[15]	Vt	<i>Phala</i>
2.	<i>Drakshadi Kashaya</i> ^[16,26,30]	Kv	<i>Phala</i>
3.	<i>Haritakyadi Ghrita</i> ^[10]	Gh	<i>Phala</i>
<i>Unmada</i> (insanity)			
1.	<i>Kalyana Ghrita</i> ^[9,12,17,19,22,23,29,46,58]	Gh	<i>Phala</i>
2.	<i>Lashunadya Ghrita</i> ^[9,18,23,24,30]	Gh	<i>Phala</i>
3.	<i>Mahakalyana Ghrita</i> ^[10,29]	Gh	<i>Phala</i>
4.	<i>Paniyakalyanaka Ghrita</i> ^[18,20,55]	Gh	<i>Phala</i>
5.	<i>Shiva Ghrita</i> ^[18]	Gh	<i>Phala</i>

Table 10: Formulations containing *Dadima* indicated in *Mutravaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Mutraghata</i> (urinary retention)			
1.	<i>Dadimadi Yoga</i> ^[17,19,23]	KI	<i>Phala</i>
2.	<i>Dadimambu Yoga</i> ^[26]	KI	<i>Phala</i>
3.	<i>Pishtayadi Surayoga</i> ^[10]	Su	<i>Phala</i>
4.	<i>Sauvarchaladya Yoga</i> ^[18]	KI	<i>Phala</i>
<i>Mutrakriccha</i> (dysuria)			
1.	<i>Dadima Kanji</i> ^[15]	Kj	<i>Phala</i>
2.	<i>Dadimadi Churna</i> ^[25]	Cr	<i>Phala</i>
3.	<i>Dadimadi Rasa Yoga</i> ^[30]	KI	<i>Phala</i>

Table 11: Formulations containing *Dadima* indicated in *Purishvaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Arscha</i> (piles)			
1.	<i>Anulomana Yoga</i> ^[9]	KI	<i>Phala</i>
2.	<i>Dadima siddha Takra</i> ^[12]	Tk	<i>Phala</i>
3.	<i>Dadimadi Kashaya</i> ^[24]	Kv	<i>Phalatvak</i>
4.	<i>Guda Dadima Vatika</i> ^[29]	Vt	<i>Phala</i>
5.	<i>Kutajadi Kashaya</i> ^[24]	Kv	<i>Phala</i>
6.	<i>Kutajaphanita</i> ^[24]	Ph	<i>Phalatvak</i>
7.	<i>Nagaradi Kvatha</i> ^[17]	Kv	<i>Phala</i>
8.	<i>Pippalyadi Churna</i> ^[9,26]	Cr	<i>Phala</i>
9.	<i>Pippalyadya Ghrita</i> ^[19]	Gh	<i>Phala</i>
10.	<i>Dadimadi Prayoga</i> ^[23]	KI	<i>Phala</i>
11.	<i>Dadimadi Svarasa</i> ^[9]	Sv	<i>Phala</i>
<i>Atisara</i> (diarrhea)			
1.	<i>Abhayadya Vataka</i> ^[19,26]	Vt	<i>Phala</i>
2.	<i>Agnikara Churna</i> ^[26]	Cr	<i>Phala</i>
3.	<i>Amkota Vataka</i> ^[17-20,26]	Vt	<i>Phalatvak</i>
4.	<i>Aralvadi Kvatha</i> ^[22,26]	Kv	<i>Phala</i>
5.	<i>Bilvadi Kalka</i> ^[14]	KI	<i>Phala</i>
6.	<i>Bilvapanchaka Kvatha</i> ^[23,54]	Kv	<i>Phalatvak</i>
7.	<i>Brihadadimashtaka Churna</i> ^[21,30,49]	Cr	<i>Phala</i>
8.	<i>Brihadgangadhara Churna</i> ^[55]	Cr	<i>Phala</i>
9.	<i>Brihatpanchmuladi Kvatha</i> ^[23,26]	Kv	<i>Phala</i>
10.	<i>Changeri Ghrita</i> ^[17,20,26]	Gh	<i>Phala</i>
11.	<i>Dadima Chatuhsama Churna</i> ^[23,26]	Cr	<i>Phalatvak</i>
12.	<i>Dadima Kashaya</i> ^[24]	Kv	<i>Phala</i>
13.	<i>Dadima Kutaja Churna</i> ^[55]	Cr	<i>Phala</i>
14.	<i>Dadima Putapaka</i> ^[21-23,26]	Sv	<i>Phala</i>
15.	<i>Dadima Vati</i> ^[26,30,32]	Vt	<i>Phala</i>
16.	<i>Dadimabeejadi Prayoga</i> ^[26]	KI	<i>Phala</i>
17.	<i>Dadimadi Churna</i> ^[19]	Cr	<i>Phala</i>
18.	<i>Dadimadi Kalka</i> ^[19,26,27]	KI	<i>Phala</i>
19.	<i>Dadimadi Kashaya</i> ^[15,18,26,60]	Kv	<i>Phalatvak</i>
20.	<i>Dadimadi Mas</i> ^[49]	Ms	<i>Pushpa</i>
21.	<i>Dadimadi Vati</i> ^[26]	Vt	<i>Phala</i>
22.	<i>Dadimadi Yoga</i> ^[51]	KI	<i>Phalatvak</i>
23.	<i>Dadimadyavaleha</i> ^[17]	Al	<i>Patra</i>
24.	<i>Dadimashtaka Churna</i> ^[12,19,22-24,26,29,32,49,55]	Cr	<i>Phala</i>
25.	<i>Dadimavaleha</i> ^[22,26,30]	Al	<i>Phala</i>
26.	<i>Dakshayani</i> ^[50]	Rk	<i>Phalatvak</i>
27.	<i>Devadarvadi Kvatha</i> ^[19]	Kv	<i>Phala</i>
28.	<i>Dhanya Siddha Ghrita</i> ^[12]	Gh	<i>Phala</i>
29.	<i>Gangadhara Churna</i> ^[26]	Cr	<i>Patra</i>
30.	<i>Gangadhara Kvatha</i> ^[26]	Kv	<i>Phala</i>
31.	<i>Gangadhara Yoga</i> ^[19]	KI	<i>Phala</i>
32.	<i>Jatipahala Rasa</i> ^[23,26,48,59]	Rk	<i>Phalatvak</i>
33.	<i>Jatiphaladi Putapaka</i> ^[22,26,30,51]	Sv	<i>Phala</i>
34.	<i>Jeerakadi Putapaka</i> ^[51]	Sv	<i>Phala</i>
35.	<i>Kachattadi Kvatha</i> ^[16-18,20,23,24]	Kv	<i>Patra</i>
36.	<i>Kapithhadi Yoga</i> ^[10]	KI	<i>Patra, Phalatvak</i>
37.	<i>Kapitthashtaka Churna</i> ^[12,19,22,24,29,30,32,46,49]	Cr	<i>Phala</i>
38.	<i>Katphaladi Churna</i> ^[20,22,26,30]	Cr	<i>Phalatvak</i>

Table 11. Continued

S. no.	Formulation/ Varga	Dosage form	Part used
39.	<i>Katphaladi Kvatha</i> ^[16]	Kv	<i>Phalatvak</i>
40.	<i>Katavangadya Gutika</i> ^[19]	Vt	<i>Phala</i>
41.	<i>Keshrajadi Kvatha</i> ^[20,26]	Kv	<i>Phala</i>
42.	<i>Kutaja Dadima Kvatha</i> ^[16,17,23,26]	Kv	
43.	<i>Kutajadi Kashaya</i> ^[16,18,19,23,32]	Kv	<i>Phala</i>
44.	<i>Kutajashtaka Kvatha</i> ^[17,20-22,26,28-30]	Kv	<i>Phala</i>
45.	<i>Kutajavaleha</i> ^[22-24,26]	Al	<i>Phalatvak</i>
46.	<i>Laghu Kutajavaleha</i> ^[46]	Al	<i>Phala</i>
47.	<i>Lavangadi Churna</i> ^[23]	Cr	<i>Phala</i>
48.	<i>Leelavati Vati</i> ^[49]	Vt	<i>Pushpa</i>
49.	<i>Madhukadi Churna</i> ^[18,20,22,23,26]	Cr	<i>Phalatvak</i>
50.	<i>Mritasanjeevani Rasa</i> ^[22,23,44,45]	Rk	<i>Phala</i>
51.	<i>Mritasanjeevani Rasa</i> ^[43]	Rk	<i>Phala</i>
52.	<i>Mustakarishtha</i> ^[24]	Ar	<i>Phala</i>
53.	<i>Nagaradi Yoga</i> ^[12]	Kl	<i>Phalatvaka</i>
54.	<i>Panchapallava Kvatha</i> ^[23]	Kv	<i>Patra</i>
55.	<i>Piyushavalli Rasa</i> ^[48]	Rk	<i>Dadimchda</i>
56.	<i>Pretasanjeevani Rasa</i> ^[50]	Rk	<i>Phala</i>
57.	<i>Putidarvadi Kvatha</i> ^[26]	Kv	<i>Phala</i>
58.	<i>Putikadi Kalka</i> ^[26,30]	Kl	<i>Phala</i>
59.	<i>Putikaranjadi Kvatha</i> ^[20]	Kv	<i>Phala</i>
60.	<i>Rasanjanadi Churna</i> ^[55]	Cr	<i>Phala</i>
61.	<i>Samangadi Churna</i> ^[22,26]	Cr	<i>Anaradana</i>
62.	<i>Samangadi Kalka</i> ^[14,20]	Kl	<i>Phala</i>
63.	<i>Shalmalyadi Churna</i> ^[20]	Cr	<i>Phala</i>
64.	<i>Shalmalyadi Yoga</i> ^[16,26]	Kl	<i>Phalatvak</i>
65.	<i>Shunthyadi Dadimi Vati</i> ^[32]	Vt	<i>Phala</i>
66.	<i>Shyonakadi Churna</i> ^[10,26]	Cr	<i>Phalatvak</i>
67.	<i>Tintindikadi Churna</i> ^[27]	Cr	<i>Phala</i>
68.	<i>Triphaladi Churna</i> ^[26]	Cr	<i>Phala</i>
69.	<i>Yavanyadi Churna</i> ^[26,29]	Cr	<i>Phala</i>
70.	<i>Utpaladi Churna</i> ^[9,15-18,20,23,26,46]	Cr	<i>Phalatvak</i>
71.	<i>Utpladi Kvatha</i> ^[19]	Kv	<i>Phala</i>
72.	<i>Dadima Kalka</i> ^[26]	Kl	<i>Phala</i>
73.	<i>Dadimakutaja Kvatha</i> ^[17,22]	Kv	<i>Phalatvak</i>
74.	<i>Dadimitvachadi Kalka</i> ^[19]	Kl	<i>Phalatvak</i>
75.	<i>Kutajarasakriya</i> ^[23]	Rasakriya	<i>Phala</i>
<i>Bhagandara</i> (fistula-in-ano)			
1.	<i>Guggulasava</i> ^[19]	As	<i>Phala</i>
<i>Gudabhramsha</i> (rectal prolapse)			
1.	<i>Agnimukha Churna</i> ^[49]	Cr	<i>Phala</i>
2.	<i>Chavyadi Ghrita</i> ^[9]	Gh	<i>Phala</i>
<i>Parikartika</i> (proctalgia)			
1.	<i>Dadimatvaka</i> ^[9]	Cr	<i>Phalatvak</i>
2.	<i>Kasisa Ghrita</i> ^[9]	Gh	<i>Phala</i>
3.	<i>Yavashukadi Kshara</i> ^[14]	Kshara	<i>Phala</i>
<i>Pravahika</i> (dysentery)			
1.	<i>Dadima Svarasa</i> ^[12]	Sv	<i>Phala</i>
2.	<i>Pippalyadi Churna</i> ^[12,26]	Cr	<i>Phala</i>
<i>Vibandha</i> (simple constipation)			
1.	<i>Hingvadi Modaka</i> ^[19]	Vt	<i>Phala</i>
2.	<i>Matulungadi Leha</i> ^[9]	Al	<i>Phala</i>
3.	<i>Pathyadi Virechaka Leha</i> ^[10]	Al	<i>Phala</i>
4.	<i>Pippali Siddha Ghrita</i> ^[12]	Gh	<i>Phala</i>
5.	<i>Pippalyadi Ghrita</i> ^[9]	Gh	<i>Phala</i>
6.	<i>Trivruta Kalpa</i> ^[14]	Al	<i>Phala</i>
7.	<i>Tvakadi Yoga</i> ^[19]	Kl	<i>Phala</i>
8.	<i>Yavanyadi Churna</i> ^[12]	Cr	<i>Phala</i>
External use			
<i>Atisara</i> (diarrhea)			
1.	<i>Karavellakadi Svarasa</i> ^[49]	Lp	<i>Patra</i>
<i>Gudabhramsha</i> (rectal prolapse)			
1.	<i>Ajakadi Yoga</i> ^[49]	Kl	<i>Pushpa, Phalatvak</i>
<i>Visuchika</i> (acute gastroenteritis)			
1.	<i>Haritakyadi Anjana</i> ^[15]	An	<i>Phala</i>
2.	<i>Visuchikanashana Gutika</i> ^[26]	Vt	<i>Phala</i>

Table 12: Formulations containing *Dadima* indicated in *Aartavavaha Srotas* disorders

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Asrigadara</i> (menorrhagia)			
1.	<i>Jamabvadi Ghrita</i> ^[31]	Gh	<i>Phala</i>
2.	<i>Jeerakavaleha</i> ^[22,28,32,46]	Al	<i>Phala</i>
3.	<i>Vishavallabha Ghrita</i> ^[23]	Gh	<i>Phalatvaka</i>
<i>Bandhyatva</i> (female infertility)			
1.	<i>Mahadrakshadi Churna</i> ^[31]	Cr	<i>Phala</i>
2.	<i>Mahakalyanaka Ghrita</i> ^[26]	Gh	<i>Phala</i>
<i>Garbhapatata yoga</i> (formulations for miscarriage)			
1.	<i>Grinjanabeeja Yoga</i> ^[46]	KI	<i>Phala</i>
<i>Garbhaprada</i>			
1.	<i>Hingvadi Yoga</i> ^[42]	KI	<i>Phala</i>
<i>Somaroga</i> (leukorrhea)			
1.	<i>Someshvara Rasa</i> ^[26,43,44,48,51,54]	Rk	<i>Phala</i>
2.	<i>Somnatha Rasa</i> ^[26,43,44,48,51,54,59]	Rk	<i>Phala</i>
<i>Sutika roga</i> (puerperal disorder)			
1.	<i>Mangalyaka Ghrita</i> ^[13]	Gh	<i>Phala</i>
2.	<i>Shankhapushpadi Kvatha</i> ^[13]	Kv	<i>Phala</i>
<i>Yonivyapada</i> (gynecological disorder)			
1.	<i>Dhatakyadi Ghrita</i> ^[45]	Gh	<i>Phala</i>
2.	<i>Kalyanaka Ghrita</i> ^[31]	Gh	<i>Phala</i>
3.	<i>Lavangadi Churna</i> ^[26,51]	Cr	<i>Phala</i>
External use			
<i>Garbhapatata yoga</i> (formulations for miscarriage)			
1.	<i>Dadimatvakadi Dhuma</i> ^[49]	Dh	<i>Phalatvak</i>
<i>Garbhashoola</i> (pain due to the fetus)			
1.	<i>Garbhavilasa Taila</i> ^[23]	TI	<i>Anardana</i>
<i>Sutika roga</i> (puerperal disorder)			
1.	<i>Garbhavilasa Taila</i> ^[26]	TI	<i>Patra</i>
<i>Yonivyapada</i> (gynecological disorder)			
1.	<i>Dhatakyadi Taila</i> ^[9,26]	TI	<i>Phalatvak</i>
2.	<i>Jamvadi Taila</i> ^[32]	TI	<i>Phalatvak</i>
Internal and External use			
<i>Yonivyapada</i> (gynecological disorder)			
1.	<i>Varahyadi Ghrita</i> ^[24]	Gh	<i>Phala</i>

Gudabhrmsha, *Lepa*, *Kalka*, *Anjana*, and *Vati* are the dosage forms used for external application [Table 11].

12. *Aartavavaha Srotas*:

For internal administration, three formulations are indicated each in *Asrigadara* (menorrhagia) and *Yonivyapada* (gynecological disorder); two each in *Bandhyatva* (female infertility), *Somaroga* (leucorrhoea), and *Sutika roga* (puerperal disorder); one in *Garbhaprada* (conception) and one is indicated for its use as a *Garbhapatata yoga* (formulations for miscarriage). *Ghrita* (6) is the most commonly mentioned dosage form, followed by *Churna* (2), *Kalka* (2), and *Rasa Kalpana* (2). For external use, two formulations are indicated in *Yonivyapada* and one each in *Garbhashoola* (pain due to the fetus) and *Sutika roga*. One formulation is indicated for its use as a *Garbhapatata yoga*. *Taila* (4) is the maximum dosage form. One *Ghrita* formulation is indicated in *Yonivyapada* for both internal and external use [Table 12].

Formulation containing *Dadima* indicated in *Samanya Sansathanika Vyadhi*

Four formulations are indicated each in *Balaroga* (pediatric health care) and *Visha Chikitsa* (toxicology), two each in *Sarvaroga* (all disease) and *Vata-kaphaja Vikara* (disease due to *vatakapha*), and one each in *Pittaja Vyadhi* (disease due to *Pitta*) and as *Shramhara* (reliever of fatigue). *Ghrita* (5) is the most commonly mentioned dosage form, followed by *Churna* (3), *Kvatha* (1), and *Kalka* (1). Externally, one *Kalka* formulation is indicated in *Visha Chikitsa*. One *Ghrita* formulation is indicated in *Visha Chikitsa* for both internal and external use [Table 13].

Formulations containing *Dadima* indicated in *Urdhvajatrugata Vyadhi* (supraclavicular diseases)

Twelve formulations are indicated for its external use in the diseases of *Urdhvajatrugata Vyadhi*. Five formulations are indicated each in *Dantagata Roga* (dental disorder), with two each in *Mukharoga*

Table 13: Formulations containing *Dadima* indicated in *Samanya Sansathanika Vyadhi*

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Balaroga</i> (pediatric healthcare)			
1.	<i>Kalyanaka Ghrita</i> ^[18]	Gh	<i>Phala</i>
2.	<i>Kumarkalyana Ghrita</i> ^[19,20,23,26]	Gh	<i>Phala</i>
3.	<i>Pathadya Ghrita</i> ^[20,26]	Gh	<i>Phala</i>
4.	<i>Shankhapushpi Taila</i> ^[26]	Tl	<i>Phalatvak</i>
<i>Pittaja Vyadhi</i> (disease due to <i>Pitta</i>)			
1.	<i>Dashasara Churna</i> ^[22,26,38]	Cr	<i>Anardana</i>
<i>Sarvaroga</i> (all disease)			
1.	<i>Kesaradi Churna</i> ^[49]	Cr	<i>Phala</i>
2.	<i>Sutabhama Yoga</i> ^[51]	Cr	<i>Phala</i>
<i>Shramahara</i> (reliever of fatigue)			
1.	<i>Drakshadi Kvatha</i> ^[29]	Kv	<i>Phala</i>
<i>Vata-kaphaja Roga</i> (disease due to <i>Vatakapha</i>)			
1.	<i>Bilvadi Guggulu</i> ^[26]	Gu	<i>Phala</i>
2.	<i>Shaliparnyadi Yavagu</i> ^[55]	Yv	<i>Phala</i>
<i>Visha Chikitsa</i> (poison treatment)			
1.	<i>Drakshadi Yoga</i> ^[20]	Kl	<i>Patra</i>
2.	<i>Kalyanaka Sarp</i> ^[10]	Gh	<i>Phala</i>
3.	<i>Paniyakalyanaka Ghrita</i> ^[21]	Gh	<i>Phala</i>
4.	<i>Sarivadi Agada</i> ^[25]	Al	<i>Phala</i>
External use			
<i>Visha Chikitsa</i> (poison treatment)			
1.	<i>Dadimadi Gandusha</i> ^[11]	Kl	<i>Phala</i>
Internal and external use			
<i>Visha Chikitsa</i> (poison treatment)			
1.	<i>Shikhari Ghrita</i> ^[23,26]	Gh	<i>Phalatvaka</i>

Table 14: Formulations containing *Dadima* indicated in *Urdhvajatrugata Vyadhi* (supraclavicular disease)

S. no.	Formulation/ Varga	Dosage form	Part used
External use			
<i>Dantagata Roga</i> (dental disorder)			
1.	<i>Dadimadi Churna</i> ^[27]	Cr	<i>Pushpa</i>
2.	<i>Danta Masi</i> ^[26]	Ms	<i>Phalatvak</i>
3.	<i>Jatyadi Taila</i> ^[49]	Tl	<i>Patra</i>
4.	<i>Kasisadi Masi</i> ^[29]	Ms	<i>Phalatvak</i>
5.	<i>Mansayadi Churna</i> ^[27]	Cr	<i>Pushpa</i>
<i>Karnashoola</i> (otalgia)			
1.	<i>Matulungadi Siddha Taila</i> ^[10]	Tl	<i>Phala</i>
<i>Mukharoga</i> (oral diseases)			
1.	<i>Peetaka churna</i> ^[17,19,26]	Cr	<i>Phalatvak</i>
2.	<i>Mukhakantikara Lepa</i> ^[26]	Lp	<i>Phalatvak</i>
<i>Netraroga</i> (ophthalmic disease)			
1.	<i>Dadima Patra Lepa</i> ^[21]	Lp	<i>Patra</i>
2.	<i>Kumaryadi Lepa</i> ^[26]	Lp	<i>Patra</i>
<i>Shirahshoola</i> (headache)			
1.	<i>Dadimi Kalika Rasa Nasya</i> ^[32]	Sv	<i>Pushpa</i>
2.	<i>Sharkara Dadima Nasya</i> ^[20]	Sv	<i>Pushpa</i>

(oral diseases), *Netraroga* (ophthalmic disease), and *Shirahshoola* (headache) and one in *Karnashoola* (otalgia). *Churna* (3) is the most commonly mentioned dosage form, followed by *Lepa* (3), *Svarasa* (2), *Taila* (2), and *Masi* (2) [Table 14].

Formulations containing *Dadima* as *Rasayana* and *Vajikarana*

One *Rasa Kalpnana* formulation is indicated internally for its use as a *Rasayana* (rejuvenation), whereas eight formulations are indicated for its use as *Vajikarana*

Table 15: Formulations containing *Dadima* used as *Rasayana* and *Vajikarana*

S. no.	Formulation/ Varga	Dosage form	Part used
Internal use			
<i>Rasayana</i> (rejuvenation)			
1.	<i>Amritsanjivana Rasayana</i> ^[51]	Rk	<i>Phala</i>
<i>Vajikarana</i> (aphrodisiac)			
1.	<i>Beejapurakadi Yoga</i> ^[19]	Cr	<i>Phala</i>
2.	<i>Brihad Kameshvara Modaka</i> ^[26,51]	Vt	<i>Phala</i>
3.	<i>Brihad Shiva Gutika</i> ^[19]	Vt	<i>Phala</i>
4.	<i>Chagaladi Ghrita</i> ^[23]	Gh	<i>Phalatvak</i>
5.	<i>Dadhidugdha Kriti Yoga</i> ^[26]	Cr	<i>Phala</i>
6.	<i>Dhatakyadi Ghrita</i> ^[20]	Gh	<i>Phala</i>
7.	<i>Kameshvara Churna</i> ^[26,41]	Cr	<i>Phala</i>
8.	<i>Kumkumadya Churna</i> ^[41]	Cr	<i>Phala</i>

(aphrodisiac) with *Churna* (4), *Ghrita* (2), and *Vati* (2) as the dosage forms [Table 15].

Ayush *Ahara* and nutraceuticals are closely related concepts, particularly in the context of India's traditional systems of medicine and modern health practices. Ayush *Ahara* includes a range of natural foods and herbs believed to have therapeutic properties. These foods are often rich in nutrients and bioactive compounds that support various bodily functions, such as digestion, immunity, and mental clarity.

Nutraceuticals can be defined as a food or a part of food that provides medicinal or health benefit including prevention and treatment of disease, and fruits have also been considered to be nutraceuticals as they help in treatment of many diseases along with their nutritive values.^[88]

Pomegranate is a nutrient-dense fruit renowned for its exceptional health benefits, making it a powerful addition to a balanced diet. Rich in essential vitamins such as vitamin C and K, B vitamins, and minerals such as potassium, iron, and magnesium, pomegranate supports immune function, heart health, and overall wellbeing. It is also a potent source of dietary fiber and antioxidants, particularly polyphenols such as flavonoids and tannins, which help combat oxidative stress and inflammation.^[89]

Classical Ayurvedic texts extensively highlight the medicinal value of *Dadima* (pomegranate), which shows its dual role as both a nourishing food and a potent natural remedy. *Dadima* is approved of not only for its rich nutrient profile but also for its therapeutic properties. In this regard, it can be aptly classified under Ayush *Ahara*, symbolizing a combination of diet and medicine in the Ayurvedic tradition.

Conclusion

In conclusion, this review highlights the profile of *Dadima*, with the therapeutic indications mentioned in

Ayurveda classics. Among the 530 reported medicinal formulations, *Churna* is the most frequently used dosage form. *Dadima* is extensively prescribed for conditions related to *Annavaha Srotasa* and *Purishvaha Srotasa*. It is also indicated for generalized disease conditions, *Urdhvajatrugata Vyadhi*, *Rasayana*, and *Vajikarana*. Regular consumption of *Dadima* can support immune function, reduce the risk of chronic diseases, and contribute to a balanced and nutritious diet. As a delicious and healthy food choice, *Dadima* can be used as an Ayush *Ahara* and should remain a cornerstone of dietary recommendations and public health strategies.

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