

Handbook on Ayurvedic Medicines with Formulae, Processes & Their Uses (2nd Revised Edition)

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Ayurvedic medicine (also called Ayurveda) is one of the world's oldest medical systems. It originated in India and has evolved there over thousands of years. It is a holistic healing science. Ayurvedic practice involves the use of medications that typically contain herbs, metals, minerals, or other materials. Now-a-days people are attracted more towards Ayurvedic medicines as the allopathic medicines are costlier and have side effects. There is more and more scientific research being conducted in our country for treatment of various diseases by Ayurvedic and herbal therapy. Research on medicinal and cosmetic uses of herbs is contributing to the growth of herbal industry. A large number of ailments have Ayurvedic treatment much superior to the other system of medicines and this has been recognized world over.

Medicine has become an increasingly accepted alternative medical treatment in America during the last two decades. Up to 80% of people in India use either Ayurveda or other traditional medicines. It is believed that building a healthy metabolic system, attaining good digestion and proper excretion leads to vitality. India is said to have advantage of well recorded and well practiced knowledge of traditional herbal medicines. Herbal products are in huge demand in the developed world for health care, for the reason that they are efficient, safe and have lesser side effects.

Efforts have been made on this book to enable readers to explore details regarding medicinal plants and their processing, learn about the unique composition of Rooh Afza, a clinical study of Chyavanaprash produced by Ayurveda rasashala, a clinical assessment of effect of triphala inlipoma, formulae and processes of different types of Ayurvedic Medicines like churan, capsules, syrup, sharbat, pastes etc that are used in various ailments. It also highlights preparation and uses of every product accompanied with their formulations which offers relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, depression etc. Special content on machinery equipment photographs along with supplier details has also been included.

We hope that this book will meet every individual need who has thrust to explore and enter into the field of medicinal herbs processing.

Medicinal Plants

Introduction

Science and Technology

Tie-up Programme

Market Potential

The unique composition of Rooh Afza

CHAPTER-2

The Properties of Rooh Afza's Ingredients

Invert Sugar

Coriandrum Sativum (Coriander/Dhania)

Citrullus Vulgaris (Water-melon/Tarbooz)

Santalum Album (White Sandal Wood Sandal Safed)

Nymphaea Alba (White Waterlily/Gul Nilofar)

Protulaca Oleracea (Garden Purslane/Khurfa)

Protulaca Oleracea (Garden Purslane/Khurfa)

Daucus Carota (Carrot/Gajar)

Parmelia Perlata (Stone Flower/Chharrhila)

Spinacia Oleracea (Spinach/Palak)

Mentha Arvensis (Mint/Pudina)

Luffa Cylindrica (Smooth Luffa/Hara Ghia)

Cichorium Intybus (Endiver/Kasni)

Vitis Vinifera (Dried Grapes/Munnaqqq)

Vetiveria Zizanioides (Khus Khus Grass/Khas Hindi)

Onosma Bracteatum (Burge Gaozaban)

Rooh Afza in a nutshell

Rooh Afza as nutrient

Rooh Afza for essential electrolytes

Rooh Afza for retention of body water

Rooh Afza's medicinal properties

Rooh Afza's soothing and refreshing properties

When to use Rooh Afza

CHAPTER-3

A Clinical Study of Chyavanaprash produced by

Ayurveda Rasashala

Introduction

Materials and Methods

Materials used

Method

CHAPTER-4

A Clinical assessment of effect of

Sookshma Triphala in Lipoma

Introduction:

Lipoma:

About Sookshma Triphala:

Action of Triphala:

Methodology:

CHAPTER-5

A clinical study of Ayurvedeeya rasayana Formula viz,

Rasanik-T

Introduction:

About formula of Rasanik-T:

Methodology:

Methodology:

Storage of Itrifal
Itrifal Ustukhuddus
Itrifal Aftimun
Itrifal-I-Deedan
Itrifal-I-Zamani
Itrifal Sanai
Itrifal Shahtra
Itrifal Saghir
Itrifal Ghudaddi
Itrifal Fauladi
Itrifal Kabir
Itrifal Kishmishi
Itrifal Kishneezi
Itrifal Mundi
Al-Ahmar
Anqaruya-i-Kabir
Baslivun Kabir
Bakhor Dama
Barsesha
Barud-I-Kafuri
Banadiq-Al-Bazur
Tiryaq-I-Samania
Tiryaq-I-Faruq
Tiryaq-I-Masana
Tiryaq-I-Nazla
Tutiya-I-Kabir
Jawarishat
Jawarish Amla Sada
Jawarish Amla Ambari Ba Nuskha Kalan
Jawarish Amlalului Masih-UI-Mulk Wali
Jawarish Anarain
Jawarish Basbasa
Jawarish-E-Tamr Hindi
Jawarish Jalinus
Jawarish Zarishk
Jawarish Zarâ€™™uni Sada
Jawarish Zarâ€™™uni Ambari Ba Nuskha Kalan
Jawarish Zanjibil
Jawarish Safar-Jali Qabiz
Jawarish Safar Jali Mushil
Jawarish Shahi
Jawarish Shahinshahi Ambaren
Jawarish Shehr Yaran
Jawarish Tabashir
Jawarish Ood Tursh
Jawarish Ood Shirin
Jawarish Ood Mulayyin
Jawarish Fila-Fali
Jawarish Pawakih
Jawarish Qurtum
Jawarish Kamuni
Jawarish Kamuni Akbar
Jawarish Kamuni Kabir

Jawarish Kamuni Mushil
Jawarish Mastagi Sada
Jawarish Mastagi Kalan
Jawahar Mohra
Jaohar Khusia
Jaohar Seen
Jaohar Munaqa
CHAPTER-6
Habub (Pills)
Hab Awaz Kusha
Hab Ahmar
Hab Azraqi
Hab Asgand
Hab Ashkhar
Hab-I-Ayarij
Ayarij Fiqra
Hab-I-Ayarij
Hab Banafsha
Hab Bawasir Badi
Hab Bawasir Khuni
Hab Papeeta
Hab Pachlauna
Hab Paichish
Hab Tap Balghami
Hab Tursh Mushtahi
Hab Jalinus
Hab Jadwar
Hab Jund
Hab Jawahar
Hab Hiltit
Hab Hamal
Hab Humma
Hab Khas
Hab Khubs-ul-hadid
Hab Dad
Hab Diq-ul-Atfal
Hab Dabba Atfal
Hab Ral
Hab Rasaut
Hab Zehar Mohra
Hab Surkh Chashm
Hab Surfah
Hab Saqmunia
Hab Sumaq
Hab Soranjan
Hab Siyah Chashm
Hab Seen
Hab Shabyar
Hab Shafa
Hab Shahiqa
Hab Sarah
Hab Urus
Hab Ambar Momiai

Hab Fishar
Hab Fauladi
Hab Kabd Naushadri
Hab Katha
Hab Gul Akh
Hab Gul Pista
Hab Lub-ul-Khashkhash
Hab-e-Limun
Hab Mudir
Hab Marwaridi
Hab Miskeen Nawaz
Hab Mussafi Khun
Hab Maghz Badam
Hab Muqil
Hab Mumsik Surkh
Hab Mumsik Tilai
Hab Mumsik Ambari
Hab Momiai Sada
Hab MIâ€™A
Hab Narkachur
Hab Nazia
Hab Nashat
Hab Yarqan

CHAPTER-7

Halway
Halwa-I-Badam
Halwa-I-Baiza-I-Murgh
Halwa-I-Saâ€™lab
Halwa-I-Supari Pak
Halwa-i-Gazar Maghzsar-i-Kunjashkwala
Hal]wa-I-Ghaikwar

CHAPTER-8

Khamiray
Khamira Abresham Hakim Arshadwala
Khamira Abresham Sada
Khamira Abresham Shira-I-Unabwala
Khamira, Abresham Ood Mastagiwala
Khamira Banafshah
Khamira Khashkhash
Khamira Zamarrud
Khamira Sandal Sada
Khamira Gaozaban Sada
Khamira Gaozaban Ambari
Khamira Gaozaban Ambari Jawaharwala
Khamira Gaozaban Ambari Jadwar Ood Salibwala
Khamira Marwarid
Khamira Marwarid Khas
Khamira Marwarid ba Nuskha-I-Kalan
Khamira Nazli Jawahar Wala

CHAPTER-9

Dawa-ul-Shifa
Dawa-ul-Karim Kabir
Dawa-ul-Misk Barid Jawahardar

Dawa-ul-Misk Barid Sada
Dawa-UI-Misk Har Jawahardar
Dawa-UI-Misk Har Sada
Dawa-ul-Misk Motadil Sada

CHAPTER-10

Dawa-I-Abzan
Dawa-I-Aswad
Dawa-I-Ishal-I-Itfal
Dawa-I-Aoja
Dawa-I-Kharish Jadid
Dawa-I-Khas
Dawa-I-Dipti Saheb
Dawa-I-Subuk
Dawa-I-Sang
Dawa-I-Siyah Paichish
Dawa-I-Siyah Kabutar Wali
Dawa-i-Siyah Mushil
Dawa-i-Sandal
Dawa-i-Gharghara
Dawa Karhaiwali
Dawa-i-Gulu
Dawa-i-Mazmaza
Dayaquza
Zarurat
Zarur Chhalon Wala
Zarur-e-Mujaffif

CHAPTER-11

Rubub
The Hamdard Steam Method for 'Rub'
Manufacture
Rub-e-Anarain
Rub-e-Angur
Rub-e-Bihi
Rub-e-Toot Siyah
Rub-e-Jamun
Rub-e-Saib Shirin

CHAPTER-12

Ruhain
Ruh-e-Ajwain
Rue-e-Ilaichi
Ruh-E-Badiyan
Ruh-E-Baid Mushk
Ruh-E-Podina
Ruh-E-Keora
Ruh-E-Gaozaban
Ruh-E-Gulab
Ruh-E-Mako

CHAPTER-13

Roghaniyaat
Roghan Amla Khas
Roghan Ajwain
Roghan Erandi
Roghan Afsantin

Roghan Anaf
Roghan Aujaâ€™™khas
Roghan Babunah
Roghan Badam Talkh
Roghan Badam Shirin
Roghan Badiyan
Roghan Balsan
Roghan Banafshah
Roghan Baiza-i-Murgh
Roghan Pista
Roghan Pumba Danah
Roghan Turb
Roghan Jamalgotah
Roghan Henna
Roghan Khashkhash
Roghan Darchini
Roghan Dhatura
Roghan Zift
Roghan Zaitun
Roghan Surkh
Roghan Santara
Roghan Suranjan
Roghan Seer
Roghan Shafa
Roghan Sandal
Roghan Aqrab
Roghan Qurtum
Roghan Qust
Roghan Quba
Roghan Kafur
Roghan Kahu
Roghan Kuchla
Roghan Kaddu
Roghan Kishneez
Roghan Kalan
Roghan Kamila
Roghan Gul
Roghan Gul Akh
Roghan Labub Subaa
Roghan Laung
Roghan Malkangni
Roghan Mahi
Roghan Mastagi
Roghan Mom
Roghan Nargis
Roghan Neem
CHAPTER-14
Sirkay (Vinegars)
Sirka Anguri
Sirka Jamun
Sirka Desi
CHAPTER-15
Sufufat

Sufuf Asal-Us-Sus
Sufuf-ul-Amlah
Sufuf Andari Julab
Sufuf Andari Julab
Sufuf Bars
Sufuf Barq
Sufuf Burg hina wala
Sufuf Basbasa
Sufuf Chutki
Sufuf Cheb Gaz Wala
Sufuf Habis
Sufuf Khas
Sufuf Dama
Sufuf Surkh
Sufuf Suranjan
Sufuf Suzak
Sufuf Shahtarah
Sufuf Shora Qalmi
Sufuf Shirin
Sufuf Sandal
Sufuf Tabashir
Sufuf Tehal
Sufuf Teen
Sufuf Fizzah
Sufuf Fauladi
Sufuf Qinnab
Sufuf Kushta Qalai
Sufuf Kishneezi
Sufuf Kalan
Sufuf Lodh
Sufuf Longa
Sufuf Muhafiz Janeen
Sufuf Muzeed-C-Sheer
Sufuf Mushil
Sufuf Musaffi Khas
Sufuf Muqliyasa
Sufuf Mulliyin
Sufuf Muallif
Sufuf Moya
Sufuf Muhazzil
Sufuf Na'Na
Sufuf Namak Sulaimani
Sufuf Namak Shaikh-Ur-Rais
CHAPTER-16
Sikanjbin
Sikanjbin Bazuri
Sikanjbin Sada
Sikanjbin Limun
Sikanjbin Naâ€™Na
CHAPTER-17
Sununat
Sunun poast Mughilan
Sunun Tambaku

Sunun Khas
Sunun Zard
Sunun Supari
Sunun Kalan
Sunun Mujalli
Sunun Missi
Sunun Muqawwi-E-Dandan

CHAPTER-18

Sharbat
Sharbat Alu Balu
Sharbat Alu Bokhara
Sharbat Abresham
Sharbat Ahmad Shahi
Sharbat Arzani
Sharbat Ustukhuddus
Sharbat Aijaz
Sharbat Aftimun
Sharbat Afsantin
Sharbat Anar Tursh
Sharbat Anar Shirin
Sharbat Anjabar
Sharbat Anjir
Sharbat Angur Tursh
Sharbat Angur Shirin
Sharbat Ananas
Sharbat Bazuri Barad
Sharbat Bazuri Har
Sharbat Bazuri Motadil
Sharbat Banafsha
Sharbat Bihi
Sharbat Belgiri
Sharbat Tamar Hindi
Sharbat Tut Siyah
Sharbat Hab-UI-As
Sharbat Khaksi
Sharbat Khashkhash
Sharbat Dinar
Sharbat Zanjbil
Sharbat Zufah Sada
Sharbat Zufah Murrakab
Sharbat Santara
Sharbat Saib
Sharbat Shafa
Sharbat Sadar
Sharbat Sandal
Sharbat Ushbah Khas
Sharbat Unnab
Sharbat Phalsa
Sharbat Faryad Ras
Sharbat Fawakih
Sharbat Qabz Kusha
Sharbat Kasni
Sharbat Kaknaj

Sharbat Kusus
Sharbat Keora
Sharbat Gaozaban
Sharbat Gazar
Sharbat Gurhal
Sharbat Gulab
Sharbat Laukat
Sharbat Mudir
Sharbat Murakkab Musaffi Khun
Sharbat Mushil
Sharbat Mulayyan
Sharbat Mawaiz
Sharbat Naranj
Sharbat Nankhwah
Sharbat Nilofar
Sharbat Ward
CHAPTER-19
Shiyaf (Suppositories)
Shiyaf Abyaz
Shiyaf Aksir Chashm
CHAPTER-20
Zimadat (Pastes, Poultices)
Zimad Ushuq
Zimad Bars
Zimad Bawasir
Zimad Jalinus
Zimad Jarb
Zimad Rahat
Zimad Sumbul-Ut-Teeb
Zamad Sheer Shutar
Zimad Kibrit
Zimad Mohasa
CHAPTER-21
Tila
Tila-I-Almas
Tila-I-Surkh
Tila-I-Urusak
Tila-I-Mussamin
Tila-I-Mushkwala
CHAPTER-22
Arqiyat (Aguas)
Arq Ajwain
Arq Ilaichi
Arq Ananas
Arq Badiyan
Arq Brinjasuf
Arq Bahar
Arq Baid Mushk
Arq Pan
Arq Podina
Arq Peppermint Vilayati
Arq Chiraita
Arq Dasmol

Arq Zira
Arq Shahtara
Arq Shir Murakkab
Arq Ushba
Arq Ambar
Arq Fawakeh
Arq Faulad
Arq Kafur
Arq Kasni
Arq Keora
Arq Gaozaban
Arq Gaz
Arq Gazar Sada
Arq Gazar Ambari
Arq Gulab
Arq Gilo
Arq Maâ€™ul Jubn
Arq Maâ€™ul Laham Ambariba Nushka Kalan
Arq Maâ€™ul Laham Mako Kasniwala
Arq Murakkab Musaffi Khun
Arq Mundi
Arq Naâ€™na
Arq Nilofar
Arq Hazim
Arq Hara Bhara
Ghaza-I-Husn Afza
Faulad Sayyal
CHAPTER-23
Aqras (Tablets)
Qurs Abiaz
Qurs Asfar
Qurs Alkali
Qurs Bandish Khun
Qurs Podina
Qurs Takhmir
Qurs Tankar
Qurs Taifudia
Qurs Habis
Qurs Hiltit
Qurs Humma Jadid
Qurs Kharatin
Qurs Dawa Karhai Wali
Qurs Didan
Qurs Ziabitus
Qurs Zarishk
Qurs Sartan
Qurs Salajit
Qurs Sailan
Qurs Sailan Jadid
Qurs Suda
Qurs Tabashir Qabiz
Qurs Tabashir Mulayyin
Qurs Ood Salib

Qurs Ghafis
Qurs Fizza
Qurs Kafur
Qurs Kaknaj
Qurs Kabid Naushadri
Qurs Kahruba
Qurs Gulnar
Qurs Mussalas
Qurs Mushil
Qurs Mulayyin

CHAPTER-24

Qaturat (Eye Drops)
Qatur Ramad
Qatur Siyah
Qul'Al

Qairuti Arad Krasna
Kafur Sayyal

CHAPTER-25

Kuhl (Collyriums)
(i) Kuhl-ul-Jawahar
Kuhl Bayaz
Kuhl Chikni Dawa
Kuhl Roshania
Kuhl Shifa
Kuhl Sadaf

Kuhl Gul Kunjad

CHAPTER-26

Kushtay
Kushta Abrak Safaid
Kushta Abrak Siyah
Kushta Abrak Kalan
Kushta Busud
Kushta Baiza Murgh
Kushta Para
Kushta Tamysar
Kushta Tamba Safaid
Kushta Tutia
Kushta Jast
Kushta Hajr-UI-Yahud
Kushta Khubs-UI-Hadid
Kushta Khar Mohra
Kushta Ras Kapur
Kushta Zamarrud
Kushta Zehar Mohra
Kushta Surb
Kushta Sam-UI-Far (Sankhia)
Kushta Sankh
Kushta Sang Jarahat
Kushta Sang Sarmahi
Kushta Shangraf
Kushta Sadaf
Kushta Tila Kalan
Kushta Tila Marwaridi

Kushta Aqiq
Kushta Faulad
Kushta Faulad Sard
Kushta Qarnul-Eil
Kushta Qal'Al
Kushta Gaodanti
Kushta Musallas
Kushta Marjan Jawaharwala
Kushta Mirgang
Kushta Marwarid
Kushta Nuqra
Kushta Hartal Warqj
Kushta Yaqut
Kushta Yashab
Kushton kay qurs (Kushta Tablets)
Recipes for Kushta Tablets
Kushta Abrak Safaid
Kushta Abrak Siyah
Kushta Abrak Kalan
Kushta Busd
Kushta Baiza Murgh
Kushta Para
Kushta Tamysar
Kushta Tamba Safaid
Kushta Jast
Kushta Hajr-UI-Yahud
Kushta Khubs-UI-Hadid
Kushta Zehar Mohra
Kushta Sam-ul-Far
Kushta Sankh
Kushta Sang Jarahat
Kushta Sang Sarmahl
Kushta Shangraf
Kushta Sadaf
Kushta Tila Kalan
Kushta Tila Marwaridi
Kushta Aqiq
Kushta Faulad
Kushta Qarnul-Eil
Kushta Qal'Al
Kushta Gaodanti
Kushta Musallas
Kushta Marjan Jawaharwala
Kushta Marjan Sada
Kushta Mirgang
Kushta Marwarid
Kushta Nuqra
Kushta Hartal Warqi
Kushta Yaqut
Kushta Yashab
Malti Basant (q.v.)
CHAPTER-27
Gulqands (Sugared Flowers)

Gulqand Seoti

Gulqand Gulab

CHAPTER-28

Gandhak Sayyal

CHAPTER-29

Lububat

Lubub-Al-Asrar

Lubub Barid

Lubub Saghir

Lubub Kabir

Lubub Mo'Tadil

CHAPTER-30

Laoouqat (Electuaries)

Laoouq Ab Tarbuz Wala

Laoouq Ab Naishakar Wala

Laoouq Badam

Laoouq Bihdana

Laoouq Hab-UI-Sanobar

Laoouq Rabavi

Laoouq Sapistan

Laoouq Sapistan Khiyar Shambari

Laoouq Zeequn-Nafs

Laoouq Katan

Laoouq Maseehi

Laoouq M²Tadil

Laoouq Nazli

Maltibasant

Ma'h-UI-Zahhab

CHAPTER-31

Murabbay (Preserves)

Murabba-I-Amla

Murabba-I-Adrak (Murabba-I-Zanjibil)

Murabba-I-Ananas

Murabba-I-Bihi

Murabba-I-Belgiri

Murabba-I-Paitha

Murabba-I-Saib

Murraba-I-Gazar

Murraba-I-Nashpati

Murakkabi

Marwarid Sayyal

CHAPTER-32

Marhamain (Unguents, Salves, Ointments)

Marham Atishak

Marham Ushaq

Marham Basliqun

Marham Bawasir Jadid

Marham Jadwar

Marham Kharish Jadid

Marham Dakhliyun

Marham Rai

Marham Rusul

Marham Zardi-i-Baiza-i-Murgh

Marham Quba
Marham Kafur
Marham Mazu
Marham Nasur
Mussafi-i-Rehem
CHAPTER-33
Ma'Junain (Confections, Electuaries)
Ma'jun Arad Khurma
Ma'jun Izaraqi
Ma'jun Ispand Soakhtani
Ma'jun Anjir
Ma'jun Brahmi
Ma'jun Bussud
Ma'jun Baladur
Ma'jun Bawasir
Ma'jun Behmanain
Ma'jun Pumba Dana
Ma'jun Piyaz
Ma'jun Talkh
Ma'jun Sa'lab
Ma'jun Jalinoos Lului
Ma'jun Juzam
Ma'jun Jiryani Khas
Ma'jun Jalali
Ma'jun Jograj Gugul
Ma'jun Chob Chini
Ma'jun Chob Gazwali
Ma'jun Hajr-ul-Yahud
Ma'jun Hamal Ambari Alvi Khani
Ma'jun Khubs-ul-Hadid
Ma'jun Khadar
Ma'jun Dabeedul-Ward
Ma'jun Rah-ul-Mominin
Ma'jun Raig Mahi
Ma'jun Zabib
Ma'jun Zanjibil
Ma'jun Supari Pak
Ma'jun Sana
Ma'jun Sangdana Murgh
Ma'jun Sang-E-Sar-I-Mahi
Ma'jun Suranjan
Ma'jun Sohag Sonth
Ma'jun Seer Alvi Khan
Ma'jun Shir Bargadh Wali
Ma'jun Samagh
Ma'jun Sandal
Ma'jun Ushba
Ma'jun Aqrab
Ma'jun Filasfa
Ma'jun Finjinosh
Ma'jun Fotinji
Ma'jun Qurtum
Ma'jun Kalan

Ma'jun Kalkalanj
Ma'jun Kundur
Ma'jun Masik-ul-boul
Ma'jun Mobahee Antaki
Ma'jun Murraweh-ul-Arwah
Ma'jun Mughalliz
Ma'jun Mughalliz Jawahar Wali
Ma'jun Muqil
Ma'jun Muqawwi Wa Mumsik
Ma'jun Mundi
Ma'jun Mochras
Ma'jun Musli Pak
Ma'jun Momiai
Ma'jun Muhazzil
Ma'jun Nankhwah
Ma'jun Nankhwah Mushki
Ma'jun Najah
Ma'jun Nisyan
Ma'jun Nishara-i-Aj Wali
Ma'jun Nuqra
Ma'jun Halila

CHAPTER-34

Muffarehat (Exhilirants)
Muffareh Azam
Muffareh Barid Jawaharwali
Muffareh Barid Sada
Muffareh Buqrat
Muffareh Dilkusha
Muffareh Shaikh-ul-Rais
Muffareh Kabir
Muffareh Mo'Tadil
Muffareh-Yaquti Mo'Tadil

CHAPTER-35

Namak Bawasir
Namak Mirgang

CHAPTER-36

Naushdaroo
Naushdaroo-i-Sada
Naushdaroo-i-Lului

CHAPTER-37

Preparation Methods
Preparation of sawdust
Roasting
Preparation of the watery extract (tarwiq)
Calcination (ihraq) :
Preparation of dana
Preparation of rice water (dhanab karna) :
Washing :
Purification :
Preparation of qiwan :
Qiwam generally employs the following recipe :
Gil-hikmat :

Processing :

CHAPTER-38

Techniques, Standardizations, and Preservation of Medicines

Triphala Infusion

Lagenaria Siceraria Juice

Liquid Meat Extract

Ma-ul-Jaban (Yogurt)

Namakiyat (Salts)

CHAPTER-39

Pastes

Arrowroot Paste

Starch or Amylum Paste

Gelatin Paste

Acacia Arabica Gum Paste

Cochlospermum Religiosum Gum Paste

Wheat Flour Paste

CHAPTER-10

Characteristics and Properties of Some Ingredients

Prunus amygdalus or almond oil :

Olive oil

Crocus Sativus

Cumin

Volatile Oils : 2.5-4.5%

Sago

Scammonia

Honey

Aqua Pandanus Odoratissimus

Aqua Rosa Damascena

Ambergris

Tin

Pearls

Musk

Pistacia Lentiscus gum

Ammonium Chloride

Gold Foil

Silver Foil

CHAPTER-41

Appendix I Preservation of Medicines

Preservation of Medicaments

Itriphals

Khamiras

Sufufs

Sharbats

Araqiyat (aquas)

Pills and tablets

Ma'juns

CHAPTER-42

Research of Medicinal Plants

Natural Products from *Ruellia tuberosa* L.

Experimental

Fraction 'A'

Fraction 'B'

Chemical Constituents of *Phyllanthus niruri* Linn.

Experimental Procedure

Isolation :

Compound-A

Alkaline hydrolysis of compound-A

Compound-B

Isolation of compounds C and D

Compound-C

Compound-D

Chemical investigation of *Symplocos racemosa* Roxb

Chemical Investigation of *Clerodendron fragrans*

Experimental

Results and Discussion

Activity of *Diospyros montana*

Bark Extract on Ehrlich Ascites carcinoma in Mice

Experiment

Results and Discussion

Chemical Constituents of *Dillenia indica*

Linn, and *Vitex negundo* Linn.

Experimental

Crystalline Components of the

Roots of *Phyllanthus reticulatus*.

Experimental

Results and Discussion

Aurantiamide Acetate from

Artocarpus integrefolia Linn.

Chemical Examination of Essential Oil of

Coleus aromaticus Benth

Chemical Examination of Essential Oil

from the leaves of *Tagetes-erecta* Linn.

A New Neoflavonoid from *Dalbergia volubilis*

Occurrence of D7-Sterols in *Celosia cristata* Linn.

Terpenoids & Related Compounds : "â€"

3b-Hydroxyfriedelan-7-one, a

New Triterpene from *Pergularia extensa* N.E. Br.

A new isoflavone from *Ochna squarrosa* (Linn).

A novel quinone from *Dalbergia sissoides* Grah.

Experimental

A New Triterpene Acid from *Heynea trijuga* Roxb.

A new Saponin, from the Roots of

Streblus asper (Lour)

Chemical Investigation of *Wrightia mollissima*

Chemical Constituents of *Eucalyptus Citriodora* Roots

Alkaloids from *Doronicum Pardalianches* Linn.

Occurrence of Two Rare Amides in

Medicago Polymorpha

A New Flavanone Glycoside from the

Roots of *Alstomia scholaris* R.Br.

Isolation of Trimethoxyflavanone from the

Bark of *Macaranga peltata* Muell

Synthesis & Hypotensive Activity of Diaboline

Biological activity

Experimental Procedure

Wieland-Gumlich aldehyde (2)

Aprenylated anthraquinone and
a flavone from the seeds of *Cassia marginata*
Furocoumarins from *Angelica glauca* Edgw
Glycolone : A New 2-Quinolone
Alkaloid from *Glycosmis pentaphylla* (Retz) DC
A short and efficient synthesis of ethyl
(E,E)-7,12-dioxo-octadeca-8,10-dienoate
(ostopanic acid ethyl ester)
Isolation & Identification of a
New Derivative of Allophanic
Acid from the Seed Coat of
Butea monosperma (Lam.) Kuntze
Pyroglutamylglutamineâ€”
A new diuretic principal from
Dolichos biflorous seeds
Experimental
A New Sorboside from *Ichnocarpus frutescens*
Dalspinosin 7-O-b-D-Glucopyranoside, a
New Isoflavone Glycoside from the
Roots of *Dalbergia spinosa* Roxb.
Uncinatone, a Diterpene Hydroquinone from
Clerodendron fragrans & *C. siphonenthus*

CHAPTER-43
Machinery & Equipments

About NIIR

NIIR PROJECT CONSULTANCY SERVICES (NPCS) is a reliable name in the industrial world for offering integrated technical consultancy services. NPCS is manned by engineers, planners, specialists, financial experts, economic analysts and design specialists with extensive experience in the related industries.

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