

System-wise Medicines in Ayurveda for Kayachikitsa (General Medicine)

System	Common Diseases	Ayurvedic Medicines	Key Ingredients/Remarks
Digestive System	Amlapitta (Acidity), Ajirna (Indigestion), Grahani (IBS), Arshas (Hemorrhoids)	Avipattikar Churna, Shankha Vati, Kutajarishta, Abhayarishta, Pippalyadi Ghrita	Shankha Bhasma (alkaline effect), Kutaja (Holarrhena antidysenterica) for diarrhea, Haritaki and Pippali for digestion
Respiratory System	Kasa (Cough), Shwasa (Asthma), Pratishyaya (Cold), Tamaka Shwasa (Bronchial Asthma)	Talisadi Churna, Sitopaladi Churna, Swaskuthar Rasa, Vasa Ghrita, Agastya Haritaki	Talispatra (Abies webbiana), Vasaka (Adhatoda vasica), Sitopala (sugar base), Haritaki for mucus clearance
Cardiovascular System	Hridroga (Heart Diseases), Raktavaha Srotodushti (Hypertension)	Arjuna Ksheerapaka, Sarpagandha Vati, Hridayarna Rasa, Mukta Pishti, Dashamoolarishta	Arjuna (Terminalia arjuna) for heart strength, Sarpagandha (Rauwolfia serpentina) for BP, Dashamoola for anti-inflammatory
Nervous System	Apasmara (Epilepsy), Unmada (Psychosis), Pakshaghata (Paralysis)	Saraswatarishta, Ashwagandha Churna, Brahmi Vati, Vacha Churna, Medhya Rasayana	Ashwagandha (Withania somnifera) for nerve strengthening, Brahmi (Bacopa monnieri) for cognition, Vacha for calming

System	Common Diseases	Ayurvedic Medicines	Key Ingredients/Remarks
Musculoskeletal System	Sandhivata (Osteoarthritis), Amavata (Rheumatoid Arthritis), Vatarakta (Gout)	Maharasnadi Kwatha, Yogaraj Guggulu, Dashamoola Taila, Simhanada Guggulu, Nirgundi Taila	Guggulu (Commiphora mukul) for joint health, Dashamoola for reducing inflammation, Nirgundi for pain relief
Urinary System	Mutrakrichra (Dysuria), Mutraghata (Urinary Obstruction), Prameha (Diabetes Mellitus)	Chandraprabha Vati, Gokshuradi Guggulu, Punarnavasava, Shilajit Rasayana, Triphala Kwatha	Gokshura (Tribulus terrestris) for kidney health, Punarnava (Boerhavia diffusa) for diuresis, Shilajit for diabetes
Reproductive System	Yoni Vyapad (Gynecological Disorders), Vandhyatva (Infertility), Shukradosha (Semen Disorders)	Phala Ghrita, Kumaryasava, Rajahpravartini Vati, Shatavari Kalpa, Ashwagandha Churna	Shatavari (Asparagus racemosus) for hormonal balance, Kumari (Aloe vera) for uterine health, Ashwagandha for fertility
Skin System	Kushta (Skin Disorders), Vicharchika (Eczema), Pama (Fungal Infections), Sheetapitta (Urticaria)	Panchanimbadi Churna, Manjishthadi Kwatha, Gandhaka Rasayana, Khadirarishta, Haridrakhand	Neem (Azadirachta indica) for detox, Manjishtha (Rubia cordifolia) for blood purification, Haridra (Turmeric) for allergies
Endocrine System	Prameha (Diabetes)	Madhumehahara Churna, Triphala	Triphala for metabolism,

System	Common Diseases	Ayurvedic Medicines	Key Ingredients/Remarks
	Mellitus), Sthaulya (Obesity), Dhatukshaya (Hormonal Imbalance)	Churna, Navaka Guggulu, Kanchanar Guggulu, Meshashringi Churna	Kanchanar (Bauhinia variegata) for thyroid health, Meshashringi (Gymnema sylvestres) for diabetes
Lymphatic System	Shotha (Edema), Granthi (Tumors), Arbuda (Cancer)	Punarnava Mandura, Kanchanar Guggulu, Chitrakadi Vati, Varunadi Kwatha	Punarnava for fluid balance, Kanchanar for reducing lymphatic swellings, Chitraka (Plumbago zeylanica) for tumor resolution
Psychiatric Disorders	Chittodvega (Anxiety), Manodvega (Depression), Nidranasha (Insomnia)	Jatamansi Churna, Brahmi Ghrita, Vacha Churna, Saraswatarishta, Ashwagandharishta	Jatamansi (Nardostachys jatamansi) for calming, Brahmi for mind clarity, Saraswatarishta for memory enhancement

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1. Digestive System

Diseases:

- **Amlapitta (Hyperacidity):** Caused by Pitta imbalance due to spicy food, stress, or irregular meals.
- **Ajirna (Indigestion):** Vata-Kapha aggravation leading to improper digestion.
- **Grahani (IBS):** Weak Agni (digestive fire) affecting absorption and stool formation.
- **Arshas (Hemorrhoids):** Vitiated Vata-Pitta causing vein swelling.

Treatment Principles:

- Restore Agni by using Deepana (appetite stimulants) and Pachana (digestive aids).
- Control Pitta and Vata dosha.

Medicines and Usage:

Medicine	Dose	Anupana	Remarks
Avipattikar Churna	3-6 g before meals	Warm water	Neutralizes Pitta and alleviates acidity.
Shankha Vati	250-500 mg twice a day	Warm water	Effective for indigestion with acidity due to Shankha Bhasma.
Kutajarishta	10-20 ml after meals	Water	Treats diarrhea and malabsorption in Grahani.
Abhayarishta	15-30 ml after meals	Warm water	Relieves constipation and improves bowel movement.

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2. Respiratory System

Diseases:

- **Kasa (Cough):** Dry or productive cough caused by Kapha-Vata imbalance.
- **Shwasa (Dyspnea):** Obstruction in airways due to Vata-Kapha aggravation.
- **Tamaka Shwasa (Bronchial Asthma):** Chronic condition with Kapha accumulation and aggravated Vata.

Treatment Principles:

- Clear Kapha obstruction using expectorants.
- Balance Vata and Pitta to reduce inflammation.

Medicines and Usage:

Medicine	Dose	Anupana	Remarks
Talisadi Churna	3-5 g thrice daily	Honey	Best for productive cough and throat irritation.
Sitopaladi Churna	3-5 g thrice daily	Honey	Used in dry cough and general debility.
Vasa Ghrita	10 g daily	Warm milk	Effective in chronic bronchitis and asthma.
Agastya Haritaki	5-10 g daily	Warm water	Ideal for Tamaka Shwasa, rejuvenates lungs.

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3. Cardiovascular System

Diseases:

- Hridroga (Heart Disorders): Includes ischemia, hypertension, and functional disorders.
- Raktavaha Srotodushti (Blood Circulation Disorders): Imbalanced Pitta and Vata affecting circulation.

Treatment Principles:

- Strengthen the heart muscles.
- Control hypertension with Pitta-Vata pacification.

Medicines and Usage:

Medicine	Dose	Anupana	Remarks
Arjuna Ksheerapaka	50-100 ml daily	Prepared with milk	Arjuna bark strengthens cardiac muscles.
Sarpagandha Vati	250 mg at night	Warm water	Manages hypertension effectively.
Mukta Pishti	125 mg daily	Honey	Cooling and cardioprotective, used for angina.
Dashamoolarishta	15-30 ml after meals	Warm water	Reduces inflammation and aids in post-myocardial recovery.

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4. Nervous System

Diseases:

- Apasmara (Epilepsy): Deranged Vata and Pitta impairing neural function.
- Unmada (Psychosis): Mental derangement caused by Tridoshic imbalance.
- Pakshaghata (Paralysis): Vitiation of Vata affecting motor and sensory pathways.

Treatment Principles:

- Pacify Vata to restore nerve function.
- Use Medhya Rasayanas for cognitive and memory enhancement.

Medicines and Usage:

Medicine	Dose	Anupana	Remarks
Saraswatarishta	15-30 ml after meals	Water	Enhances memory and relieves anxiety.
Ashwagandha Churna	3-6 g daily	Warm milk	Rejuvenates nerves and relieves stress.
Brahmi Vati	250 mg twice daily	Water	Improves cognitive function and alleviates insomnia.
Vacha Churna	1-2 g daily	Honey	Effective in speech and neural disorders.

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5. Musculoskeletal System

Diseases:

- Sandhivata (Osteoarthritis): Degeneration of cartilage due to Vata imbalance.
- Amavata (Rheumatoid Arthritis): Ama (toxins) combined with Vata.
- Vatarakta (Gout): Vata and Rakta vitiation.

Treatment Principles:

- Detoxify Ama and balance Vata.
- Use local therapies for pain relief.

Medicines and Usage:

Medicine	Dose	Anupana	Remarks
Maharasnadi Kwatha	20–30 ml before meals	Warm water	Best for joint pain and inflammation.
Yogaraj Guggulu	500 mg thrice daily	Warm water	Reduces stiffness and strengthens joints.
Dashamoola Taila	Local application	-	Used in Abhyanga (massage) for relieving pain.
Simhanada Guggulu	250 mg thrice daily	Warm water	Effective in chronic Amavata.

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