

Subject wise medicines Ayurvedic medicines that are commonly studied in the 4th year of BAMS

1. Kayachikitsa (Internal Medicine)

Disease	Medicine Name	Dosage	Indications	Anupan (Vehicle)
Jwara (Fever)	Sudarshana Churna	3–5 g	All types of fever	Warm water
Pandu (Anemia)	Navayasa Churna	3–6 g	Iron deficiency anemia	Honey or water
Amlapitta (Acidity)	Kamadudha Rasa	1–2 tablets	Hyperacidity, gastritis	Cold milk
Prameha (Diabetes)	Chandraprabha Vati	1–2 tablets twice daily	Type 2 Diabetes	Warm water
Grahani (IBS)	Kutaja Ghana Vati	1–2 tablets twice daily	IBS, chronic diarrhea	Buttermilk

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2. Shalakya Tantra (ENT, Eye, and Dentistry)

Disorder	Medicine Name	Dosage	Indications	Application/Vehicle
Netra Roga (Eye)	Triphala Ghrita	10–15 ml (oral)	Eye disorders, night blindness	Warm water
Danta Roga (Teeth)	Dashana Samskara Churna	For external use	Toothache, gum diseases	Direct application
Karna Roga (Ear)	Bilva Taila	2–4 drops in ear	Ear pain, tinnitus	Nasya or drops
Nasa Roga (Nose)	Anu Taila	2–3 drops in nostrils	Nasal congestion, sinusitis	Nasya
Mukha Roga (Mouth)	Khadiradi Vati	1–2 tablets to suck	Mouth ulcers, bad breath	Oral use

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3. Panchakarma (Detox Therapies)

Procedure	Medicine	Form	Indications	Mode of Action
Vamana (Emesis)	Madanaphala Churna	Powder	Kapha disorders, asthma, allergies	Emesis induction
Virechana (Purgation)	Trivrit Lehya	Avaleha (paste)	Pitta disorders, hyperacidity	Purgation
Basti (Enema)	Dashamoola Kwatha	Decoction	Vata disorders, joint pain	Rectal administration
Nasya (Nasal)	Shadbindu Taila	Oil	Headache, migraine	Nasal route
Raktamokshana	Jalauka (Leech therapy)	Leech	Skin diseases, varicose veins	Bloodletting

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4. Dravyaguna (Pharmacology)

Herb Name	Botanical Name	Rasa (Taste)	Guna (Quality)	Therapeutic Use
Ashwagandha	Withania somnifera	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous)	Adaptogen, stress relief
Haritaki	Terminalia chebula	Kashaya (Astringent)	Laghu (Light), Ruksha (Dry)	Laxative, detoxifying
Neem	Azadirachta indica	Tikta (Bitter)	Laghu (Light), Ruksha (Dry)	Antimicrobial, detox
Shatavari	Asparagus racemosus	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous)	Female health tonic
Brahmi	Bacopa monnieri	Tikta (Bitter)	Laghu (Light), Sara (Mobile)	Memory enhancer

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5. Rasashastra (Alchemy and Metallic Preparations)

Medicine Name	Main Ingredient	Dosage	Indications	Special Preparation
Swarna Bhasma	Gold	10–20 mg	Immunity, rejuvenation	Processed with herbs
Rajat Bhasma	Silver	10–30 mg	Mental disorders, weakness	Purified in Triphala
Tamra Bhasma	Copper	15–30 mg	Liver disorders, anemia	Purified in lemon juice
Abhrak Bhasma	Mica	50–125 mg	Respiratory issues, energy booster	Shatputi process
Rasasindura	Mercury	50–125 mg	Anti-inflammatory, chronic diseases	Gandhaka Dravaka

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