

# The Ayurvedic Institute's

## herbdata names, doshas, rasa, virya and vipaka report

SANSKRIT	COMMON	BOTANICAL	VATA	PITTA	KAPHA	RASA	VIRYA	VIPAKA
Abhrak Bhasma	Mica Ash		↓	↓	↓	tikta, kashaya	ushna	madhura
Agni Churna		compound	↓	↑	↓	katu	ushna	katu
Ajamoda	Wild celery	Apium graveolens	↓	↑	↓	katu	ushna	katu
Ajmoda	Wild Celery	Apium graveolens	↓	↑	↓	katu	shita	katu
Ajwain	Wild caraway	Carum copticum	↓	↑	↓			
Ajwain	Wild caraway	Carum copticum	↓	↑	↓			
Akarakarava	Akarkarabha	Anacyclus pyrethrum	↓	↑	↓	katu	ushna	katu
alka	baking soda		↓	↓	↑	astringent, bitter, pungent	cooling, heating	sweet
Amala Vetasa	Indian Rhubarb	Garcinia pedunculata	↓	↑	↓	amla	ushna	amla
Amalaka	Indian Gooseberr	Embolica officinalis	↓	↓	↓	amla, madhura, kashaya, tikta, katu	shita	madhura
Anantamul	Indian Sarsparilla	Hemidesmus indicus	↑	↓	↑	madhura, tikta	shita	madhura
Arjuna	Arjuna Myrobalan	Terminalia arjuna	↑	↓	↓	kashaya	shita	katu
Ashoka	Ashoka	Saraca indica	↑	↓	↑	kashaya, katu	shita	katu
Ashwagandha	Winter Cherry	Withania somnifera	↓	↑	↓	tikta, kashaya	ushna	madhura
Ashwagandha	Winter Cherry	Withania somnifera	↓	↑	↓	tikta, kashaya	ushna	madhura
Ashwagandha Bati	Winter Cherry	Withania somnifera	↓	↑	↓	,kashaya, tikta	ushna	madhura
Avipattikar		compound	↓	↓	↓	madhura	shita	madhura
Bakuchi	Babchi seeds	Psoralea corylifolia	↓	↑	↓	tikta, katu	ushna	katu
Bala	Indian Country M	Sida cordifolia	↓	↓	↓	madhura	shita	madhura
Banslochan	Eye of Bamboo	Bambusa arundinacea	↑	↓	↓	madhura, kashaya	shita	madhura
Bhringaraj	False Daisy	Eclipta alba	↓	↑	↓	katu, tikta	ushna	katu
Bhumyamalaki	Feather-foil plant	Phyllanthus niruri	=	=	=	amla, madhura, kashaya	shita	katu, madhura
Bibhitaki	Beleric Myrobalan	Terminalia bellerica	↑	↓	↓	kashaya	ushna	madhura
Bilva	Bael Fruit (bark)	Aegle marmelos	↑	↓	↓	kasaya, madhura, tikta	shita	madhura
Bilva	Bael Fruit (ripe)	Aegle marmelos	↑	↓	↓	madhura, kashaya,	shita	madhura
Brahmi		Herpestis monniera	↓	↓	↑	tikta, kashaya	shita	madhura
Chandana	Sandalwood	Santalum album	↓	↓	↑	tikta, madhura, kashaya	sita	katu
Chandana (Rakta)	Red Sandalwood	Pterocarpus santalinus	↑	↓	↓	tikta, madhura	shita	katu
Chandanadi Bati		compound	↓	↓	↑	madhura, tikta	shita	katu
chandra prabha			↑	↑	↑			
Chandradayavarti Bati		compound	↓	↓	↓	tikta, Kashaya	shita	katu
Chitrak	White Leadwort	Plumbago zeylanica	↓	↑	↓	katu, tikta	ushna	katu

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Chitrakadi Bati		compound	↓	↑	↓	katu, tikta	ushna	katu
chopchini		Smilax china ?	↓	↑	↓			
Chopchini			↓	↓	↓	katu, madhura, tikta	ushna	katu, madhura
Chopchinyadi		compound	↓	↓	↓	tikta, katu, madhura	ushna	katu, madhura
chyavanaprash			↓	↑	↓	madhura, amla, tikta, katu?	ushna	madhura
Dardol Bati								
Dashamula	Ten roots	compound	↓	↑	↑	madhura, tikta, kashaya	ushna	katu
Dashamula	Ten roots	compound	↓	↑	↓	madhura, tikta, kashaya	ushna	katu
deodara		Cedrus deodara	↓	↑	↓	tikta, ushna, katu	ushna	katu
Drakhasava		Vitis vinifera	↓	↓	↑	madhura, amla	shita	madhura
drakshava			↑	↑	↑			
Dugdha Pashan Bhasm	Silicate of Magne		↑	↓	↓	kashaya	shita	madhura
Gandharva Haritaki	Haritaki and Cast	compound	↓	↑	↓	kashaya, Tikta, Madhura	ushna	katu
Garam Masala		compound	↓	↑	↓	katu	ushna	katu
Gokshura	Puncture vine	Tribulus terrestris	↓	=	↓	madhura	shita	madhura
Gokshuradi Guggulu		compound	↓	↑	↓	katu, tikta, kashaya	ushna	katu
Gokshuradi Guggulu Ba		compound	↓	↓	↓	katu, tikta, kashaya	ushna	katu
Guduchi	Heartleaf moonse	Tinospora cordifolia	=	=	=	tikta, madhura, kasaya	ushna	madhura
Guggulu	Indian Bedellium	Balsamodendron mukul	↓	↑	↓	tikta, katu	ushna	katu
Gulwel Satva		Tinospora cordifolia	↓	↓	↓	tikta, katu, kashaya	shita	madhura
Haritaki	Chebolic Myrobal	Terminalia chebula	↓	↓	↓	all tastes but salty	ushna	madhura
Herpestis	Bacopa (Brahmi)	Bacopa moniera	↓	↑	↓	tikta	ushna	katu
Hing	Asofoetida	Ferula foetida/narthex	↓	↑	↓	tikta, katu	katu	katu
Hingunadika (Nadihingu)	Dikamali	Gardenia gumifera	↓	↑	↓	katu	ushna	katu
Hingwastak Churna		compound	↓	↑	↓	lavana, katu	ushna	katu
Hingwastak Churna Bati		compound	↓	↑	↓	katu	ushna	katu
Jatamamsi	Indian spikenard	Nardostachys jatamam	=	=	=	tikta, kasaya, madhura	shita	madhura/katu
Jyotismati	Balloon Vine	Cardiospermum halicac	↓	↑	↓	tikta, katu	ushna	katu
Kaishore Guggulu		compound	↓	↓	↓	tikta, madhura, katu	ushna	madhura
Kaishore Guggulu		compound	=	=	=	tikta, madhura, katu	ushna	madhura
Kaishore Guggulu Bati		compound	=	=	=	tikta, madhura, katu	ushna	madhura
Kamadudha Ras		compound	=	=	=	tikta, madhura, kasaya	shita	madhura
Kampillaka		Mallotus philippensis	↓	↑	↓	katu	ushna	katu
kampillaka			↑	↑	↑			
Kanchanar Guggulu Bati		compound	=	=	=	kashaya	shita	katu

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Kanchanara		Bauhinia variegata	↓	↓	↓	kashaya	shita	katu
Kanchanara Guggulu		compound	↑	↓	↓	kashaya	shita	katu
Kangshi	Alum		↓	↑	↓	kashaya, amla	ushna	katu
Kantakari	Indian solanum	Solanum xanthocarpum	↓	↑	↓	katu, tikta, kasaya	ushna	katu
Kapikacchu (Atma Gupt	Cowitch Plant (Ku	Mucuna pruriens	↓	↓	↓	tikta, madhura	ushna	madhura
Kapila	Indian kamala (ro	Mallotus philippensis	↓	↑	↓	katu	ushna	katu
Karpura	Camphor	Cinnamomum camphor	=	=	=	tikta, madhura	shita	katu
Katuka	Kutki (Hellbore)	Picrorhiza kurroa	↑	↓	↓	tikta, katu,	shita	katu
Khaidiradi Bati		compound	↓	↑	↓	kashaya, tikta	ushna	katu
Kirata-Tikta	Chiretta	Swertia chirata	↑	↓	↓	tikta	shita	katu
Krishna Black Salt	Salt, Black		↓	↑	↑	lavana	ushna	madhura
Kumari	Aloe	Aloe barbadensis	↓	↓	↓	tikta, madhura,	shita	madhura
Kumari asava								
kumari asava	aloe vera	Aloe barbadensis	↓	↓	↓	tikta, madhura	shita	madhura
Kutaj	Conessi Bark	Holarrhena antidysente	↑	↓	↓	katu, tikta, kasaya	shita	katu
Laghmalini /vasant								
Lakshami Vilas								
Lasunadi Bati		compound	↓	↑	↓	katu	ushna	katu
Lauha Bhasma	Iron Ash		↓	↑	↓	tikta, kashaya, katu	ushna	katu
Lavanbaskar		compound	↓	↑	↓	lavana, katu	ushna	katu
Lavangadi Bati		compound	↓	↑	↓	katu, tikta	ushna	katu
Ilakshmi vilas			↑	↑	↑			
Maha Sudarshan		compound	=	↓	↓	tikta, kashaya	usna	madhura
Mahanaryana Tel								
Mahasudarshan Ghana		compound	↑	↓	↓	tikta	shita	katu
Makardhvaja								
Mandukaparni	Thyme Leaved G	bacopa moniera	↓	↓	↓	tikta	ushna	katu
Manjishtha	Madder Root	Rubia cordifolia	↓	=	↓	kashaya, madhura, tikta	ushna	katu
Moti Bhasma			↑	↑	↑			
Moti Pishti								
Mustaka	Nut grass	Cyperus rotundus	=	↓	↓	kashaya, tikta	shita	katu
Mutral			↑	↓	↑	kashaya	shita	katu
Nagkeshar								
Neem	Indian Lilac	Azadiracta indica	↑	↓	↓	tikta	shita	katu
Nirgundi	five-leaved chast	Vitex negundo	↑	↑	↓	katu	ushna	katu

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Pachak Bati		compound	↓	↑	↓	katu	ushna	katu
Padma	Lotus	Nelumbo nucifera	↑	↓	↓	tikta, kashaya, madhura	shita	katu
Papadkhar	mineral salts		↓	↑	↓	lavana	ushna	katu
papadkhara			↑	↑	↑			
Pippali	Indian Long Pepp	Piper longum	↓	=	↓	katu	ushna	madhura
Pippali (whole)	Indian Long Pepp	Piper longum	↓	=	↓	katu	ushna	madhura
Pippali Mul	Indian Longpepp	Piper longum	↓	↑	↓	katu	ushna	katu
Pradarantak Bati		compound	↑	↓	↓	kashaya	shita	katu
praval bhasma			↑	↑	↑			
Prawal Bhasma								
Prawal Panchamrit								
Prawal Pishti								
Punarnava	Spreading Hogwe	Boerhaavia diffusa	↓	↑	↓	madhura, tikta	ushna	katu
Punarnavadi Guggulu		compound	↓	↑	↓	tikta, katu	ushna	katu
Punarnavadi Guggulu B		compound	↓	↑	↓	tikta, madhura	shita	katu
Pushkaramula	Elecampane	Inula racemosa	↓	↑	↓	katu, tikta	ushna	katu
Saindhava	Salt, Rock		↓	↓	↓	lavana	shita	madhura
Sanjivani		compound	↑	↓	↓	kashaya, tikta	shita	katu
Sanshamani Bati		compound	↑	↓	↓	kashaya	shita	madhura
sarasvati			↑	↑	↑			
Saraswati			↓	↑	↓	kashaya, tikts	shita	madhura
Saraswati paryaya		compound	↓	↓	↓	kashaya, tikta	shita	madhura
Sarpagandha		Rawolfia serpentina						
sarpagandha			↑	↑	↑			
Sat Isabgol	Psyllium Seed Hu	Plantago psyllium	↓	↓	↑	madhura, astringent	shita	madhura
Shanka Bati			↓	↑	↓	kashaya, tikta	ushna	katu
Shankapushpi	Dankuni plant	Evolvulus alsinodes	=	=	=	kashaya	ushna	madhura
Shankha Bhasma	Conch Ash		↑	↓	↓	kashaya, tikta	ushna	katu
Shardunika Madhunash		Gymnema sylvestre	↓	=	↓	kasaya, katu	ushna	katu
Shatavari	Asparagus Root	Asparagus racemosus	↓	↓	↑	madhura, tikta	shita	madhura
Shilajit	mineral pitch	Asphaltum	↓	↑	↓	katu, kashaya, tikta	ushna	katu
Shilajit Bati	mineral pitch		↓	↑	↓	katu, kasaya, tikta	usna	katu
Shringa Bhasma	Deerhorn Ash		↓	↓	↓	madhura	ushna	katu
Sinhanad Guggulu		compound	=	=	=			
Sitopaladi		compound	↓	↓	↓	madhura, katu	ushna	katu

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Sitopaladi Churna Bati		compound	↓	↓	↑	tikta, madhura, kashaya	usna	madhura
Sudarshan Bati		compound	↑	↓	↓	tikta, katu	shita	katu
Tagara	Indian Valerian	Valeriana wallichii	↓	↓	↓	kasaya,	ushna	katu
Talisadi		compound	↓	↓	↓	madhura, katu	ushna	katu
Tikta Churna		compound	↑	↓	↓	tikta	shita	katu
Trikatu		compound	↓	↑	↓	katu	ushna	katu
Triphala		compound	=	=	=			
Triphala Churna Bati			=	=	=			
Triphala Guggulu		compound	↓	↑	↓	katu, tikta	ushna	katu
Triphala Guggulu Bati		compound	↓	↑	↓	katu, tikta	ushna	katu
Tulsi	Holy Basil	Ocimum sanctum	↓	↑	↓	tikta, katu, madhura	ushna	katu
Tulsi	Opal Basil	Ocimum sanctum	↓	=	↓	tikta, katu, madhura	ushna	katu
Ushira	Vetiver	Vetiveria zizanioides	↓	↓	↓	madhura, kashya	shita	katu
Vacha	Sweet Flag	Acorus calamus	↓	↑	↓	katu, tikta	ushna	katu
Vacha (paryaya)		compound	↓	↑	↓	katu, tikta	ushna	katu
Vasaka	malabar nut	Adhatoda vasica	↑	↓	↓	tikta, katu	shita	katu
Vidanga	Embelia	Embelia ribes	↓	↑	↓	katu, kashaya	ushna	katu
Vidari	Wild Yam Root	Ipomoea digitata	↓	↓	↑	madhura	shita	madhura
Yogaraj Guggulu		compound	↓	↑	↓	katu, tikta	ushna	katu
Yogaraj Guggulu Bati			↓	↑	↓	katu, tikta	ushna	katu
	Barley Green	Hordeum vulgare	↑	↓	↓	madhura, kashaya	shita	madhura, katu
	Bay Leaf	Laurus nobilis	↓	↑	↓	katu, tikta, madhura	ushna	katu
	Burdock	Arctium lappa	↑	↓	↓	tikta, Katu, Kashaya, mad	ushna	katu
	Comfrey	Symphytum officinale	↓	↓	↑	madhura, kashaya	ushna	madhura
	Echinacea	Echinacea angustifolia	↑	↓	↓	tikta, katu	shita	katu
	Flax Seed	Linum usitatissimum	↓	↑	↑	madhura, kashaya	ushna	katu
	Ginkgo	Ginkgo biloba	↓	↓	↑	kashaya, madhura	shita	madhura
	Golden Seal	Hydrastis canadensis	↑	↓	↓	tikta, kashaya	ushna	katu
	Gotu Kola	Centella asiatica	↓	↓	↑	tikta	shita	madhura
	Kava Kava	Piper methysticum	↓	↑	↓	kashaya, tikta	ushna	katu
	Mustard Seed Br	Brassica juncea	↓	↑	↓	katu	ushna	katu
	Osha	Ligusticum porteri	↓	↑	↓	kashaya, tikta	ushna	katu
	Periwinkle	Catharanthus roseus						
	Skullcap	Scutellaria lateriflora	↑	↓	↓	tikta	shita	katu
	Slippery Elm	Ulmus fulva	↓	↓	↑	madhura	shita	madhura

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	Spirulina		↑	↓	↓	kashaya, tikta, madhura	shita	madhura
	St. John's Wort	Hypericum perforatum	↓	↑	↓	tikta, katu	shita	katu
	Turkey Rhubarb	Rheum palmatum	↑	↓	↓	tikta	shita	katu
	Valerian	Valeriana officinalis	↓	↓	↑	katu	ushna	katu
	Yellow Dock	Rumex crispus	↑	↓	↓	tikta, kashaya	shita	katu
Alka	Baking Soda		↓	↑	↓	kashaya, tikta	ushna	katu
Babuna	Chamomile	Matricaria chamomilla	↑	↓	↓	tikta, katu	shita	katu
Badam	Almond Meal	Amygdalus communis	↓	↓	↓	madhura	ushna	madhura
Ban-sangli	Hawthorn (Berry)	Crataegus oxyacantha	↓	↑	↑	amla	ushna	madhura
Bhustrina	Lemon grass	Cymbopogon citratus	=	↓	↓	katu, tikta	shita	katu
Bola	Myrrh	Commiphora myrrha	↑	↓	↓	tikta	shita	katu
Choraka	Angelica Root	Angelica glauca	↓	↓	↓	katu, madhura	ushna	madhura
Dhanyaka	Cilantro leaf	Coriandrum sativum	=	=	=	madhura, kashaya	shita	madhura
Dhanyaka	Coriander	Coriandrum sativum	=	=	=	madhura, kashaya	shita	madhura
Dhanyaka	Coriander	Coriandrum sativum	=	=	=	madhura, kashaya	shita	madhura
Dughdapheni	Dandelion Root	Taraxacum officinalis	↑	↓	↓	tikta, katu, laghu	ushna	katu
Ela	Cardamom	Elettaria cardamomum	↓	↑	↓	madhura, Katu	shita	katu
Gamathi phudina	Peppermint	Mentha piperata	↑	↓	↓	katu	shita	slightly katu
Haridra	Turmeric	Curcuma longa	↓	↑	↓	tikta, katu, kashaya	ushna	katu
Haridra	Turmeric	Curcuma longa	↓	↑	↓	tikta, katu, kashaya	ushna	katu
Japa	Hibiscus	Hibiscus rosa-sinensis	↑	↓	↓	madhura, tikta (if white kashaya)	shita	madhura
Jatiphala	Nutmeg	Myristica fragrans	↓	↑	↓	katu, tikta, kashaya	ushna	katu
Jiraka	Cumin	Cuminum cyminum	↓	↓	↓	katu, tikta	ushna	katu
Jiraka	Cumin	Cuminum cyminum	↓	↓	↓	katu, tikta	ushna	katu
Kangshi	Alum	mineral	↓	↑	↓	kashaya, amla	ushna	katu
Krishna Kamala	Passion Flower	Passiflora incarnata	=	↓	↓	madhura, kashaya	shita	madhura
Lashuna	Garlic	Allium sativum	↓	↑	↓	katu	ushna	katu
Lavanga	Clove	Caryophyllus aromaticu	↓	↑	↓	katu, kashaya	ushna, s hita	katu
Marich	Pepper, black	Piper nigrum	↓	↑	↓	katu	ushna	katu
Mehtika	Fenugreek	Trigonella foenum-grae	↓	↑	↓	tikta, katu, madhura (fresh only)	ushna	katu
Mendhi	Henna (Persian R	Lawsonia spp.	↑	↓	↑	kashaya	shita	katu
Mishreya	Fennel	Foeniculum vulgare	↓	↓	↓	madura, katu	shita	katu
Mishreya	Fennel	Foeniculum vulgare	↓	↓	↓	madura, tikta	shita	madhura
Nimbu	Citric Acid		↓	↓	↓	amla	ushna	madhura
Palandu	Onion	Allium cepa	↓	↑	↓	katu (raw), madhura (cooked)	ushna	madhura

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Phudina	Spearmint	Mentha spicata	↑	↓	↓	katu,	shita (sli sh)	katu
Sakhara	Cane Sugar	Saccharum officinarum	↓	↓	↑	madhura	shita	madhura
Shatapushpa	Dill	Anethum graveolens	↓	↑	↓	katu, tikta	ushna	katu
Shunthi	Ginger (dry)	Zingiber officinale	↓	↑	↓	katu	ushna	katu/madhura
Shunthi	Ginger (fesh)	Zingiberis officinalis	↓	↓	↓	katu	ushna	katu
Sita	Rock Candy		↓	↓	↑	madhura	shita	katu
Somalata	Ephedra	Ephedra vulgaris	↑	↑	↓	katu	ushna	katu
Sony mukhi	Senna	Cassia acutifolia	↓	↑	↓	tikta, katu	ushna	katu
Tankan Bhasma	Borax Ash		↑	↓	↓	kashaya	shita	madhura
Taruni Shatapatri	Rose petals	Rosa spp.	↓	↓	↓	katu, tikta, kashaya, mad	shita	madhura
Taruni Shatapatri	Rose petals	Rosa spp.	↓	↓	↓	katu, tikta, kashaya, mad	shita	madhura
Tavakhirr	Arrow Root	Hitchenia caulina/ Mara	↓	↓	↓	kashaya	shita	katu
Tulsi	Basil, common	Ocimum basilicum	↓	↑	↓	tikta, katu, madhura (sli)	ushna	katu
Tumburu	Prickly Ash	Zanthoxylum american	↓	↑	↓	katu	ushna	katu
Twak	Cinnamon	Cinnamomum zeylanic	↓	↑	↓	katu, madhura, tikta	ushna	katu
Yasti Madhu	Licorice Root	Glycyrrhiza glabra	↓	↓	=	madhura	shita	madhura