



“बेटी बचाओ, बेटी पढ़ाओ”

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR
FACULTY OF PHYSIOTHERAPY & DIAGNOSTICS

Name of Faculty : Jv'n Dr. Balraj Singh Rathore
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Name of Programme : BAMS Second Year

Name of Course : Dravyaguna

Topic of e-Self Notes : Ashoka

Academic day starts with –

Greeting with saying **Namaste** by joining hands together following by 2-3 minute happy session, celebrating birthday of any student of respective class and **national anthem**.

Lecture starts with - Review of previous session – in previous session as I had discussed about introduction of Ashwaganda today we will be discussing about Asoka.

BOOK CHAPTER

ASHOK (ASOKAH)

Botanical name – saraca ashoka

Family – fabaceae (shimbi kula)

Charak – vedanasthapan mahakasaya, kasyaskand

Susruta – rodhradi

Synonyms –

Tamrapallava – the new leaves are looking coppery

Hempuspa –flowers are looking golden in colour

Ashoka – which removes all problems (soka) especially womens diseases.

Kankali – this plant looks pleasant.

Habit (swarupa) habitat(utpattisthana) and main features – the tender leaves are coppery and flowers are golden yellow in colour. It is evergreen tree which is much cultivated in gardens.

Hight of this plant is six to nine meter.

Leaves – 15 to 25cm rachis glabrous, corky at the base; petioles very short.

Flowers – fragrant, numerous, indense,

Tawak (bark) – externally greenish grey smoothwith circular lenticels and transversely rigid and internally reddish brown.

Chemical constitutes - hematoxlyin

Substitutes and adultrants – polyalthia longifolia (nakli asoka) commonly planted in parks, gardens etc. it is the most common adultrant of the drug.

Guna (properties) –

Guna – laghu, tikta

Rasa – tikta kasaya

Virya – seeta

Vipaka – katu

Dosakarma-

Kaphapittasamaka

Rognasakta (pharmacological action) and amayikaprayoga (therapeutic uses) – grahi, varnya, harudhya, vednasthapan, trashasamaka, krimighana, vishaghana etc.

Bark shirapak in the morning (chakradutta), susruta mention ashoka ghrita in vatic disorders.

Asoka seeds use in mutraalpta (suppression of urine) and ashmary(urinary calculi).

Dose –

Twak kwath - 50 to 100 ml

Puspa churna – 1 to 3 gms

Bijachurna – 1 to 2 gms

Formulations –

Asokarista , asokaghrta

अषोको हेमपुष्पश्च वण्जुलस्ताम्रपल्लवः । कङ्कलिः पिण्डपुष्पश्च गन्धपुष्पो नटस्तथा ॥

अषोकः धीतलस्ति ग्राही वर्ण्य कशायकः । दोशपचीतृशादाहकृमिषोशविशास्त्रजित् ॥ ; भा. प्र. ५

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