



Review Article

A COMPREHENSIVE REVIEW ON YAVASA (*ALHAGI CAMELORUM* DC.): TRADITIONAL PERSPECTIVES AND PHARMACOTHERAPEUTIC POTENTIAL

Naina^{1*}, Banshidhar Behera²

¹PG Scholar, ²Associate Professor, Department of Dravyaguna Vigyan, A&U Tibbia College, Karol Bagh, New Delhi, India.

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ABSTRACT

Yavasa (*Alhagi camelorum* DC.), also referred to as "Camel Thorn" or "Persian Manna," is a crucial medicinal plant belonging to the Fabaceae family that is extensively found in the desert regions of the Middle East and India. For centuries, Ayurveda has used it extensively to treat a range of inflammatory and metabolic disorders. The purpose of this research is to compile *Yavasa*'s botanical description, taxonomic categorization, and comprehensive therapeutic references found in traditional Ayurvedic writings, such as the *Brihatrayi* and more than 20 *Nighantus*. In order to map the drug's synonyms, *Rasa Panchak* (pharmacodynamics), and clinical indications, a comprehensive investigation was carried out by examining classical *Samhitas*, *Nighantus*, and modern pharmacological literature. **Findings:** *Madhura-Tikta Rasa*, *Sheeta Virya*, and *Kaphapittashamaka* activities define *Yavasa*'s distinct therapeutic profile. It is an essential component of several powerful formulas, including *Duralabharishta*, *Sudarshana Churna*, and *Mahatiktaka Ghrita*. Its effectiveness in treating *Jwara* (fever), *Kasa* (cough), *Raktapitta* (bleeding disorders), and *Visarpa* (erysipelas) is highlighted in classical literature. Authentic botanical identification is ensured by the relationship between its xerophytic morphology and conventional synonyms such as *Dhanvayas*. In Ayurvedic clinical treatment, *Yavasa* is still an essential herb. For future researchers conducting phytochemical standardization and clinical trials, especially in the areas of respiratory health and chronic inflammatory treatment, this study offers a thorough baseline.

INTRODUCTION

The genus *Alhagi*, sometimes referred to as Persian manna, Caspian manna, or camel thorn, is a member of the Fabaceae family and has been assigned to a sub-family of Papilionaceae.^[1] The plant genus *Alhagi*, which belongs to the Fabaceae family, is found in many Asian, Australian, and European nations. *Alhagi*, commonly referred to as camel thorn, is home to numerous species that are well-known for its usage as food and traditional medicine. Numerous species of *Alhagi*, including *Alhagi pseudalhagi*, *A. graecorum*, *A. sparsifolia*, *A. kirgisorum*, *A. maurorum*, *A. camelorum*, and *A. persarum*, have been investigated for their

nutritional value, antioxidant capacity, and different therapeutic qualities.^[2] The most significant species in the genus *Alhagi* are *A. maurorum*, *A. camelorum*, and *Persarum A*. To the best of our knowledge, this is the first and most comprehensive review work on the pharmacological properties and traditional uses of *Alhagi* species.^[3] Dried plants are employed in *Trsna*, *Chardi*, *Kasa*, *Jwara* (fever), *Vatarakta*, *Raktapitta* (bleeding disorders), and *Visarpa* (erysipelas) in Ayurveda. The herb is smoked as a treatment for asthma in the Concan region of India, together with tobacco, black *Datura*, and *Ajwan* seeds. Methanol extract is used as an anti-diarrheal and as a herbal cough syrup; aqueous root extract is used to dilate the ureter to pass kidney stones; and it is used in Arabian and Persian traditional medicine to prevent and treat liver ailments, including jaundice, appetite loss, nausea, vomiting, and other gastrointestinal disorders.^[4] In India, *Alhagi* is widely used as an expectorant, laxative, and diuretic. Regional folk

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remedies include smoking the leaves for asthma, applying leaf oil for rheumatism, and using crushed flowers to treat bleeding piles.^[5]

Botanical Description

The roots were found to be robust, cylindrical, tortuous, tap-rooted, 3 to 7cm long, 0.2 to 1cm in diameter, rough on the surface, longitudinally irregularly striated, and frequently demonstrates a lateral root or scars left by them; the fracture is short on the outside, fibrous on the inside, dark brown on the outside, and pale brown on the inside. It has an astringent taste. The plant features aerial branches arising from a stout, cylindrical underground crown; the stems are rough, yellowish-green to brown, and reach 3–4cm in length with a diameter of 0.1–1cm. Characterized by a short fracture and longitudinal striations, the stem possesses swollen nodes, short internodes (0.5–1.5cm), and axillary spines. The leaves are simple, alternate, elliptical-oblong (0.5–1.0cm long), and subsessile with a mucronate apex and a silvery, hairy surface. Red flowers, approximately 7–9mm long, appear in groups of 1–8 on spine-tipped branches. The fruits are falcate pods, 3–4 cm in length, showing unequal constrictions between the seeds on the lower side.^[6]



Picture 1

Geographical Distribution

The Middle East, Northern India, Afghanistan, Armenia, Azerbaijan, Northwest China, Cyprus, Iran, Iraq, Israel, Jordan, Kazakhstan, and both temperate and tropical Eurasia are home to the plant. Russia, Kuwait, Lebanon, Mongolia, Pakistan, Syria, Tajikistan, Turkey, Turkmenistan, and Uzbekistan. The Xin Jiang Uighur Autonomous Region is where the plant is primarily found in China. It is primarily found in Gujarat, Punjab, Uttar Pradesh, and Rajasthan, which are arid and dry parts of India.



Picture 2

Regional language name/tribal/common name

Yavasa, Yasa, Yavasaka (Sanskrit), Bhatuashak (Assamese), Persian Manna Plant (English), Javaso (Gujrati and Hindi), Bharbharra (Hindi), Turuchana gida, Javasa, Neladangara, Ballidurabi, Duralabha (Kannada), Venkatithura, Valiya Kotithuva (Malayalam), Dhamasa (Marathi), Punaikanjuri, Kanchori (Tamil), Chinnadoolagondi, Dhanvayasamu (Telugu), Turanjabeen (Urdu), Dulal labha, Javasha (Bengali), Camel thorn Bush (South Africa), Caspian manna, Hebrew manna, Moor's Alhagi, Persian manna.^[7]



Picture 3

Ayurvedic Literature Review

Yavasa (Alhagi camelorum DC.) in Ayurvedic texts

Charak Samhita^[8]

- *Sutrasthana Ch-4/12 Arshoghna mahakashaya*
- *Sutrasthana Ch- 4/30 Hikka- nigrahaṇa mahakashaya*
- *Sutrasthana Ch- 4/36 Kasahara mahakashaya*
- *Sutrasthana Ch- 4/29 Trishna-nigrahaṇa mahakashaya*

Sushruta Samhita^[9]

Sutrasthana Ch-38/45 Priyanguadi gana

Ashtanga Samgraha^[10]

Sutrasthana Ch-15/46 Priyanguadi gana

Ashtanga Hridaya^[11]

Sutrasthana Ch-15/46 Priyanguadi gana

Table 1: In Different Nighantu

S.No.	Ayurvedic Texts	Reference
1	<i>Bhayprakash Nighantu</i> ^[12]	<i>Guduchiyadi varga</i>
2	<i>Dhanwantari Nighantu</i> ^[13]	<i>Guduchiyadi varga</i>
3	<i>Raj Nighantu</i> ^[14]	<i>Shatahvadi varga</i>
4	<i>Madanpal Nighantu</i> ^[15]	<i>Abhayadi Varga.</i>
5	<i>Kaiyadeva Nighantu</i> ^[16]	<i>Ausadhi varga</i>
6	<i>Nighatu Aadarsh</i> ^[17]	<i>Guduchiyadi varga</i>
7	<i>Shaligrama Nighantu</i> ^[18]	<i>Ikshu Varga</i>
8	<i>Shodbala Nighantu</i> ^[19]	<i>Guduchiyadi varga</i>
9	<i>Priya Nighantu</i> ^[20]	<i>Guduchiyadi varga</i>
10	<i>Saraswati Nighantu</i> ^[21]	<i>Ulapa Varga</i>
11	<i>Nighantushesha</i> ^[22]	<i>Gulma Kanda</i>
12	<i>Hridayadeepak Nighantu</i> ^[23]	<i>Chatushpada Varga</i>
13	<i>Haritakyadi Nighantu</i> ^[24]	<i>Guduchiyadi varga</i>
14	<i>Rajavallabha Nighantu</i> ^[25]	<i>Oushadhashraya Pariccheda</i>
15	<i>Madanadi Nighantu</i> ^[26]	<i>Shashtha Gana</i>
16	<i>Abidhanratnmala</i> ^[27]	<i>Svadu Skandha</i>
17	<i>Amarakosha</i> ^[28]	<i>Vanaushadhi Varga</i>
18	<i>Astanga Nighantu</i> ^[29]	<i>Priyanguadi gana</i>
19	<i>Sausruta Nighantu</i> ^[30]	<i>Priyanguadi gana</i>
20	<i>Shabdachandrika</i> ^[31]	<i>Vrikshadi Varga</i>
21	<i>Madhava Dravyaguna</i> ^[32]	<i>Vividhaushadhi Varga</i>

Table 2: Taxonomic Classification^[33]

Attributes	Yavasa
Kingdom	Plantae
Division	Tracheophyta
Order	Fabales
Family	Fabaceae
Subfamily	Faboideae
Genus	Alhagi
Species	Camelorum

Table 3: Properties^[34]

Properties	Yavasa
<i>Rasa</i>	<i>Madhura</i> (sweet), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent)
<i>Guna</i>	<i>Laghu</i> (light), <i>Snigdha</i> (unctuous)
<i>Virya</i>	Sheeta (cold)
<i>Vipaka</i>	<i>Madhura</i> (sweet)
Effect on <i>Dosha</i>	<i>Kaphapittashamaka</i>
<i>Karma</i>	<i>Trishna</i> (excessive thirst), <i>Daha</i> (burning sensation), <i>Visarpa</i> (erysipelas/herpes), and <i>Raktapitta</i> (bleeding disorders), <i>Vataraktahara</i> (gouty arthritis), <i>Jwara</i> (fever), <i>Kasa</i> (cough), and as a <i>Medohara</i> (fat-reducing) agent.

Table 4: Synonyms

Synonyms	B.N	R.N.	Dh.N.	K.N.	M.N.	S.N.	Sh.N.	Md. N.	A.N.	L. N.	Sh. Ch	N.Sh.
<i>Adhikantaka</i>	-	+	+	-	-	-	+	+	-	-	-	+
<i>Alpak</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Ananta</i>	+	+	-	-	-	+	-	+	+	-	+	+
<i>Bahukantaka</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Bala Patra</i>	-	+	+	+	-	-	+	+	+	-	-	+
<i>Dhanuryasi</i>	-	-	-	-	-	-	-	-	-	-	+	
<i>Dhanvayas</i>	+	-	+	+	-	+	-	+	+	+		+
<i>Dhanvayavashak</i>	-	-	+	+	-	-	-	+	-	-	-	+
<i>Dirgha Moola</i>	-	+	+	+	-	-	+	+	+	-	-	-
<i>Dirgha Patra</i>	-	-	-	+	-	-	-	-	-	-	-	-
<i>Dooramoola</i>	-	+	+	+	-	-	+	+	-	-	-	-
<i>Doorabhighraha</i>	-	-	-	-	-	-	-	+	-	-	-	-
<i>Duhsp Arsha (piles)</i>	+	+	+	+	+	+	-	+	+	+	+	+
<i>Duraalabha</i>	+	-	+	+	-	+	-	+	+	-	+	+
<i>Duraalambhaa</i>	+	-	+	+	-	-	-	-	-	+	-	-
<i>Gandhari</i>	+	+	-	+	-	-	+	-	-	-	-	-
<i>Harivighraha</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Kantakaluka</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Kantaki</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Kashaya</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Katchura</i>	+	+	+	+	+	+	+	+	-	+	+	+
<i>Khudredigudi</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Vikaso</i>	-	-	-	-	-	-	-	-	-	+	-	-
<i>Kunashaka</i>	+	-	-	-	+	+	-	-	-	-	+	+
<i>Marudbhava</i>	-	+	+	+	-	-	+	+	-	-	-	+
<i>Maruja</i>	-	-	-	-	-	-	-	-	-	+	-	-
<i>Rodinika</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Rodini</i>	+	-	-	-	-	+	-	-	-	-	-	-
<i>Samudanta</i>	+	+	+	+		+	+	+	+		+	+
<i>Seevani</i>	-		-	-	-	-	+	-	-	-	-	-
<i>Sukshma Patra</i>	-	+	-	-	-	-	+	-	-	+	-	-
<i>Tamramooli</i>	-	-	+	+	-	-	-	+	-	+	-	+
<i>Teekshnakantak</i>	-	+	-	-	-	-	+	-	-	-	-	-
<i>Triparnika</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Ushtra Bhakshaya</i>	-	-	-	-	-	-	-	-	-	+	-	-
<i>Veeramoola</i>	-	-	-	-	-	-	-	-	-	-	-	+
<i>Vikarnika</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Vişaghna</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Vishakantaka</i>	-	+	-	-	-	-	-	-	-	-	-	-

<i>Yasa</i>	+	+	+	+	+	+	+	+	+	+	+	+
<i>Yavasa</i>	+	+	+	+	+	+	+	-	-	-	+	+
<i>Yavasaka</i>	-	-	+	-	-	-	+	+	+	-	-	+

Table 5: Probable Meaning of Synonyms

Synonyms	Probable meanings
<i>Adhikantaka</i>	Having excessive or many thorns
<i>Alpak</i>	Small or stunted in size/growth
<i>Ananta</i>	Infinite or spreading (referring to its vast root system or availability)
<i>Bahukantaka</i>	Having numerous thorns
<i>Bala Patra</i>	Having small, young, or tender leaves
<i>Dhanuryasi</i>	Bow-shaped or strong like a bow
<i>Dhanvayas</i>	The "Yavasa" that grows in the desert/arid regions
<i>Dhanvayavashak</i>	The "Yavasa" that grows in the desert/arid regions
<i>Dirgha Moola</i>	Having a very long, deep, and penetrating taproot
<i>Dirgha Patra</i>	Having long leaves (in certain species or growth stages)
<i>Dooramoola</i>	Having a very long, deep, and penetrating taproot
<i>Doorabhigraha</i>	Difficult to touch, catch, or hold due to its prickly nature
<i>Duhsp Arsha</i> (piles)	Difficult to touch, catch, or hold due to its prickly nature
<i>Duraalabha</i>	It is hard to reach or pluck
<i>Duraalambhaa</i>	It is difficult to handle safely
<i>Duranugatamula</i>	Having a very long, deep, and penetrating taproot
<i>Gandhari</i>	Native to the Gandhara region (Northwest frontier)
<i>Harivigraha</i>	Having a green body or stature
<i>Kantakaluka</i>	Having sharp, needle-like, or "poisonous" (very painful) thorns
<i>Kantaki</i>	Having sharp, needle-like, or "poisonous" (very painful) thorns
<i>Kashaya</i>	Having an astringent property or taste
<i>Katchura</i>	Having a prickly or rough texture
<i>Kacchūghnanta</i>	It cures skin itching
<i>Kṣudra-ingudī</i>	<i>Kṣudra-ingudī</i> : It is a small version of <i>Ingudi</i>
<i>Kunashaka</i>	It is a destroyer of diseases
<i>Marudbhava</i>	Originating or born in the desert (<i>Maru Desha</i>)
<i>Maruja</i>	Originating or born in the desert (<i>Maru Desha</i>)
<i>Nikaṇṭaka</i>	It is a plant full of thorns
<i>Rodinika</i>	"The weeper"- referring to the pain it causes (making one cry) when pricked
<i>Rodini</i>	It exudes gum like teardrops
<i>Samudanta</i>	Found up to the edges of the sea or coastal areas
<i>Sevani</i>	Having properties that "stitch" or heal wounds
<i>Sukshma Patra</i>	Having tiny or microscopic-looking leaves
<i>Tamramooli</i>	Having copper-colored or reddish roots
<i>Teekshnakantak</i>	Having sharp, needle-like, or "poisonous" (very painful) thorns
<i>Triparnika</i>	Having leaves arranged in groups of three (trifoliate)
<i>Ushtra Bhakshaya</i>	The favorite food or fodder of camels

<i>Veeramoola</i>	Having a very strong or heroic (sturdy) root
<i>Vikarnika</i>	Penetrating or spreading quickly through the body channels
<i>Vikaso</i>	Penetrating or spreading quickly through the body channels
<i>Viṣaghna</i>	Antitoxic; destroyer of poisons or toxins
<i>Vishakantaka</i>	Having sharp, needle-like, or "poisonous" (very painful) thorns
<i>Yasa</i>	It is a desert plant used for its medicinal gum
<i>Yavasa</i>	it is used as fodder for animals
<i>Yavasaka</i>	It is a small fodder herb

Table 6: Rasa Panchak

<i>Nighantu</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Doshaghanta</i>
<i>Bhayprakash nighantu</i> ^[35]	<i>Madhura, Tikta</i>	<i>Laghu, Sara</i>	<i>Sheeta</i>	<i>Kapha, Pitta, Rakta</i>
<i>Dhanwantari Nighantu</i> ^[36]	<i>Madhura, Tikta</i>	-	<i>Sheeta</i>	-
<i>Raj Nighantu</i> ^[37]	<i>Madhura, Tikta</i>	-	<i>Sheeta</i>	<i>Pitta</i>
<i>Kaiyadeva Nighantu</i> ^[38]	<i>Madhura, Tikta, Kashaya</i>	<i>Laghu, Sara</i>	<i>Sheeta</i>	<i>Pitta, Kapha</i>
<i>Madanpal Nighantu</i> ^[39]	<i>Madhura, Tikta, Kashaya</i>	<i>Ruksha</i>	-	<i>Pitta, Kapha</i>

Table 7: Rogadhikara

<i>Roga</i>	<i>Bh.N.</i>	<i>Dh.N.</i>	<i>R.N.</i>	<i>K.N.</i>	<i>M.N.</i>	<i>L.N.</i>	<i>Md.N.</i>
<i>Meda</i> (obesity)	+	-	-	+	-	-	-
<i>Mada</i> (intoxication)	+	-	-	+	-	-	-
<i>Bhranti</i> (hallucinations)	+	-	-	-	-	-	-
<i>Kushtha</i> (skin diseases)	+	-	-	+	-	+	-
<i>Kasa</i> (cough)	+	-	-	+	-	-	+
<i>Trishna</i> (excessive thirst)	+	+	+	+	-	-	+
<i>Visarpa</i> (erysipelas)	+	-	+	+	-	+	+
<i>Vatarakta</i> (gout)	+	-	-	+	-	-	-
<i>Chhardi</i> (emesis)	+	+	+	+	+	-	+
<i>Jwara</i> (pyrexia)	+	-	-	+	+	+	+
<i>Vishamajwara</i> (intermittent fever)	-	+	-	-	-	-	-
<i>Prameha</i> (diabetes)	-	+	-	-	-	+	-
<i>Moha</i> (delusion)	-	+	-	-	-	-	-
<i>Daha</i> (burning sensation)	-	+	+	-	-	-	-
<i>Raktapitta</i> (bleeding disorders)	-	+	-	-	+	-	-
<i>Arti</i> (pain/general distress)	-	-	+	-	-	-	-
<i>Balya</i> (strength promoting)	-	-	+	-	-	-	-
<i>Deepana</i> (digestive stimulant)	-	-	+	-	-	-	-
<i>Bhrama</i> (vertigo / dizziness)	-	-	-	+	-	-	-
<i>Arsha</i> (piles)	-	-	-	-	+	-	-
<i>Atisara</i> (diarrhea)	-	-	-	-	-	+	-
<i>Shwasa</i> (respiratory disorders)	-	-	-	-	-	+	-
<i>Pandu</i> (anemia)	-	-	-	-	-	-	+
<i>Kshaya</i> (emaciation)	-	-	-	-	-	-	+

Some Important Formulations of Yavasa in Brihattriya**Table 8: Charak Samhita^[40]**

Yoga	Indications	Reference
<i>Vasadi Ghrita</i>	<i>Jwara</i> (fever)	<i>Ch. Chi. 3/222-223</i>
<i>Shtayadi kwath</i>	<i>Kasa</i> (cough), <i>Jwara</i> (fever), <i>Shwasa</i> (respiratory disorders), <i>Tandra</i> (drowsiness)	<i>Ch. Chi. 3/211-212</i>
<i>Brihatyadigaba Kwath</i>	<i>Sannipataj Jwara</i> (typhoid), <i>Kasa</i> (cough)	<i>Ch. Chi. 3/213-214</i>
<i>Vatsakadi kwatha</i>	<i>Jwara</i> (fever)	<i>Ch. Chi. 3/204-205</i>
<i>Jatyadi kwatha</i>	<i>Jwara</i> (fever)	<i>Ch. Chi. 3/207</i>
<i>Kantakari ghrita</i>	<i>Kasa</i> (cough) <i>Hikka</i> (hiccups) <i>Shwasa</i> (respiratory disorder)	<i>Ch. Chi. 18/127</i>
<i>Jivantiyadi leha</i>	<i>Kasa</i> (cough)	<i>Ch. Chi. 18/176-179</i>
<i>Chitrakadi leha</i>	<i>Kasa</i> (cough), <i>Hridayaroga</i> (cardiac disorders), <i>Shwasa</i> (respiratory disorders), <i>Gulmaroga</i> (tumor)	<i>Ch. Chi. 18/53-56</i>
<i>Duhsparsyadi leha</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorder)	<i>Ch. Chi. 18/51</i>
<i>Vatsakadi kshara</i>	<i>Grahniroga</i> (IBS), <i>Shotha</i> (inflammation), <i>Arsha</i> (piles), <i>Pandu</i> (anaemia)	<i>Ch. Chi. 15/186-187</i>
<i>Duralabhadi kshara</i>	<i>Grahniroga</i> (IBS), <i>Shotha</i> (inflammation), <i>Arsha</i> (piles), <i>Pandu</i> (anaemia)	<i>Ch. Chi. 15/179-180</i>
<i>Duralabhasav</i>	<i>Grahniroga</i> (IBS), <i>Pandu</i> (anaemia), <i>Arsha</i> (piles), <i>Kushtha</i> (skin disorders), <i>Visarpa</i> (erysipelas), <i>Prameha</i> (DM)	<i>Ch. Chi. 15/152-155</i>
<i>Vachadyadi churna</i>	<i>Grahniroga</i> (IBS), <i>Gulma</i> (tumor), <i>Kamla</i> (jaundice), <i>Jwara</i> (fever), <i>Pandu</i> (anaemia), <i>Prameha</i> (DM), <i>Aruchi</i> (anorexia), <i>Atisara</i> (diarrhoea)	<i>Ch. Chi. 15/134-136</i>
<i>pichhabasti</i>	<i>Pravahika</i> (dysentery), <i>Gudabhransha</i> (anal prolapse), <i>Raktasrsha</i> (hemorrhoids), <i>Jwara</i> (fever).	<i>Ch. Chi. 14/225-228</i>
<i>Dritiya phalarishta</i>	<i>Hridroga</i> (cardiac disorder), <i>Pandu</i> (anaemia), <i>Plihavidhi</i> (splenomegaly), <i>Kamla</i> (jaundice), <i>Vishama Jwara</i> (malaria), <i>Vibhandha</i> (constipation), <i>Kasa</i> (cough), <i>Gulma</i> (tumor), <i>Udavarta</i> (flatulence)	<i>Ch. Chi. 14/153-157</i>
<i>Arshovednashaka yoga</i>	<i>Arsha</i> (piles)	<i>Ch. Chi. 14/100</i>
<i>Mahapanchagavya ghrita</i>	<i>Apasmara</i> (epilepsy), <i>Unmada</i> (psychosis), <i>Shotha</i> (inflammation), <i>Udarroga</i> (gastric disorders), <i>Gulma</i> (tumor), <i>Arsha</i> (piles), <i>Pandu</i> (anaemia), <i>Kamla</i> (jaundice), <i>Halimaka</i> (liver cirrhosis)	<i>Ch. Chi. 10/18-24</i>
<i>Pathadi churna</i>	<i>Rajyakshama</i> (tuberculosis)	<i>Ch. Chi. 8/126</i>
<i>Duralabhadi ghrita</i>	<i>Jwara</i> (fever), <i>Daha</i> (burning sensation), <i>Bhrama</i> (delirium), <i>Kasa</i> (cough), <i>Ansashoola</i> , <i>Parshvashoola</i> (flank pain), <i>Shirashoola</i> (headache), <i>Trishna</i> (excessive thirst), <i>Chhardi</i> (emesis), <i>Atisara</i> (diarrhoea)	<i>Ch. Chi. 8/106-110</i>
<i>Yakshmanashak leha</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Sawarabheda</i> (sore throat), <i>Parshvashoola</i> (flank pain)	<i>Ch. Chi. 8/100-102</i>
<i>Mahatikta ghrita</i>	<i>Kushtha</i> (skin disorders), <i>Raktapitta</i> (bleeding disorders), <i>Pravahika</i> (dysentery), <i>Gulma</i> (tumor), <i>Kandu</i> (intense itching), <i>Hridroga</i> (cardiac disorder), <i>Pidika</i> (vesicles), <i>Raktapradara</i> (menorrhagia), <i>Gandamala</i> (lymphadenopathy)	<i>Ch. Chi. 7/145-150</i>

<i>Tikta shatpalaka ghrita</i>	<i>Kushtha</i> (skin disorders), <i>Arsha</i> (piles), <i>Gulma</i> (tumor), <i>Jwara</i> (fever), <i>Grahniroga</i> (IBS), <i>Pandu</i> (anaemia), <i>Shotha</i> (inflammation), <i>Pidika</i> (vesicles), <i>Kandu</i> (intense itching), <i>Unmaada</i> (psychosis) <i>Gandamala</i> (lymphadenopathy)	<i>Ch. Chi. 7/140-143</i>
<i>Kushthad taila</i>	<i>Kushtha</i> (skin disorders)	<i>Ch. Chi. 7/102-104</i>
<i>Trayamanad ghrita</i>	<i>Raktaj Gulma</i> (tumor), <i>Visarpa</i> (erysipelas), <i>Jwara</i> (fever), <i>Hridya roga</i> (cardiac disorder), <i>Kamla</i> (jaundice), <i>Kushtha</i> (skin disorders),	<i>Ch. Chi. 5/118-121</i>
<i>Khadiradi gutika</i>	<i>Mukha roga</i> (oral disorders), <i>Dantaroga</i> (dental disorders), <i>Svarabheda</i> (sore throat), <i>Arochaka</i> (anorexia), <i>Galaroga</i> (throat disorders)	<i>Ch. Chi. 26/208-214</i>
<i>Mahamayura ghrita</i>	<i>Shiroroga</i> , <i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Manyastambha</i> (torticollis), <i>Shosharoga</i> (tuberculosis), <i>Swarabheda</i> (sore throat), <i>Arditaroga</i> (facial palsy), <i>Yoniroga</i> (gynaecological disorders), <i>Raktavikara</i> (blood disorder), <i>Shukravikara</i> (venereal diseases), <i>Bandhayatva</i> (infertility)	<i>Ch. Chi. 26/166-174</i>
<i>Kiratiktadi churna</i>	<i>Raktapitta</i> (bleeding disorders)	<i>Ch. Chi. 4/74-76</i>

Table 9: Sushruta Samhita^[41]

Yoga	Indications	Reference
<i>Mahatiktaka ghrita</i>	<i>Vishama Jwara</i> (malaria), <i>Raktapitta</i> (bleeding disorders), <i>Hridroga</i> (cardiac disorder), <i>Unmaada</i> (psychosis), <i>Apasamara</i> (epilepsy), <i>Gulma</i> (tumor), <i>Pidika</i> (vesicles), <i>Gandamala</i> (lymphadenopathy), <i>Galganda</i> (lymphadenopathy), <i>Shlipada</i> (filariasis), <i>Pandu</i> (anaemia), <i>Visarpa</i> (erysipelas), <i>Kandu</i> (intense itching), <i>Napunsakta</i> (impotence)	<i>S. S. Chi. 9/8</i>
<i>Drakshadi yoga</i>	<i>Trishna</i> (excessive thirst), <i>Daaha</i> (burning sensation)	<i>S. S. U. 39/179</i>
<i>Sarivadi kwath</i>	<i>Jwara</i> (fever)	<i>S. S. U. 39/190</i>
<i>Kaushalyadi ghritam</i>	<i>JirnaJwara</i> (fever), <i>Shirashoola</i> (headache), <i>Parshvashoola</i> (flank pain), <i>Kasa</i> (cough), <i>Kshaya</i> (tuberculosis)	<i>S. S. U. 39/224-226</i>
<i>Patoladi ghritam</i>	<i>Apache</i> (anorexia), <i>Kushtha</i> (skin disorders), <i>Jwara</i> (fever), <i>Netraroga</i> (eyes disorders), <i>Karnaroga</i> (ear disorders), <i>Nasagataroga</i> (nasal disorders), <i>Mukharoga</i> (oral disorders)	<i>S. S. U. 39/227-229</i>
<i>Triphaladi ghritam</i>	<i>Visarpa</i> (erysipelas), <i>Jwara</i> (fever), <i>Shwasa</i> (respiratory disorders), <i>Gulma</i> (tumor), <i>Kushtha</i> (skin disorders), <i>Pandu</i> (anaemia), <i>Plihavridhdhi</i> (splenomegaly), <i>Agnimandya</i> (dyspepsia)	<i>S. S. U. 39/245-249</i>
<i>Mustadi yoga</i>	<i>Atisara</i> (diarrhoea)	<i>S. S. U. 40/66</i>
<i>Mustakashaya</i>	<i>Atisara</i> (diarrhoea)	<i>S. S. U. 40/73</i>
<i>Kapithadi yoga</i>	<i>Atisara</i> (diarrhea), <i>Raktatisara</i> (bleeding diarrhea)	<i>S. S. U. 40/110</i>
<i>Raktatisarahara yoga</i>	<i>Raktatisara</i> (bleeding diarrhea), <i>Raktarsha</i> (haemorrhoids)	<i>S. S. U. 40/122-124</i>
<i>Panchakasahara pathadi ghritam</i>	<i>Shwasa</i> (respiratory disorders), <i>Swarabheda</i> (sore throat),	<i>S. S. U. 42/31-32</i>
<i>Agstayavleha</i>	<i>Rajakshama</i> (tuberculosis), <i>Grahniroga</i> (IBS), <i>Shopha</i> (inflammation), <i>Agnimandya</i> (dyspepsia), <i>Swarabheda</i> (Sore throat), <i>Kasa</i> (cough), <i>Mukharoga</i> (oral disorders)	<i>S. S. U. 42/43-47</i>
<i>Panchagavyaghritam</i>	<i>Jwara</i> (Fever), <i>Kshaya</i> (emaciation), <i>Shwasa</i> (respiratory disorders), <i>Unmaada</i> (psychosis)	<i>S. S. U. 62/34-37</i>

Table 10: Ashtanga Hridayam^[42]

Yoga	Indications	Reference
<i>Jwaranashaka kashayam</i>	<i>Jwara</i> (fever)	<i>A.H. Chi. 1/53</i>
<i>Duralabhaadi yoga</i>	<i>Kasa</i> (cough)	<i>A.H. Chi. 3/13</i>
<i>Medadadi ghrita</i>	<i>Kasa</i> (cough)	<i>A.H. Chi. 3/38-40</i>
<i>Kasanashaka avleha</i>	<i>Kasa</i> (cough)	<i>A.H. Chi. 3/50</i>
<i>Kantkari ghrita</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Hikka</i> (hiccups)	<i>A.H. Chi. 3/60-62</i>
<i>Kantakari avleha</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders)	<i>A.H. Chi. 3/63-66</i>
<i>Chavikadi ghrita</i>	<i>Kshayaja Kasa</i> (cough)	<i>A.H. Chi. 3/159-160</i>
<i>Duralabharishta</i>	<i>Arsha</i> (piles), <i>Pravahika</i> (dysentery)	<i>A.H. Chi. 8/70</i>
<i>Raktarshanashak yoga</i>	<i>Rakta Arsha</i> (piles)	<i>A.H. Chi. 8/102</i>
<i>Pichcha basti</i>	<i>Arsha</i> (piles)	<i>A.H. Chi. 8/124-128</i>
<i>Piluphala shukta</i>	<i>Arsha</i> (piles)	<i>A.H. Chi. 8/149-150</i>
<i>Atisara nashak yoga</i>	<i>Atisara</i> (diarrhoea)	<i>A.H. Chi. 9/62-63</i>
<i>Trayamanaadi ghrita</i>	<i>Vidhradhi</i> , <i>Gulma</i> (tumor), <i>Visarpa</i> (erysipelas), <i>Daha</i> (burning sensation), <i>Moha</i> (delirium), <i>Mada</i> (intoxication), <i>Jwara</i> (fever), <i>Trishna</i> (excessive thirst), <i>murchha</i> (syncope), <i>Chhardi</i> (emesis), <i>Hridroga</i> (cardiac disorder), <i>Raktapitta</i> (bleeding disorders), <i>Kushtha</i> (skin disorders), <i>Kamla</i> (jaundice)	<i>A.H. Chi. 13/11-12</i>
<i>Pushkaradi kwath</i>	<i>Udaravikara</i> (gastric disorders), <i>Udarshoola</i> (stomach ache)	<i>A.H. Chi. 14/49</i>
<i>Mahatiktaka ghrita</i>	<i>Pandu</i> (anaemia), <i>Kushtha</i> (skin disorders), <i>Visarpa</i> (erysipelas), <i>Nadi Vrana</i> (<i>Sinus</i>), <i>Kamla</i> (jaundice), <i>Shwitra</i> (vitiligo), <i>Gulma</i> (tumor), <i>Shotha</i> (inflammation), <i>Unmaada</i> (psychosis), <i>Hridroga</i> (cardiac disorder), <i>Timira</i> (eye disorder), <i>Vyanga</i> (melasma), <i>Grahniroga</i> (IBS), <i>Bhagandara</i> (fistula in ano), <i>Apasmara</i> (epilepsy), <i>Udarroga</i> (abdominal disorders), <i>Pradara</i> (lecorrhea), <i>Garvisha</i> (slow poison), <i>Arsha</i> (piles), <i>Raktapitta</i> (bleeding disorders)	<i>A.H. Chi. 19/8-10</i>
<i>Anantadi ghrita</i>	<i>Balagraha grahabadha</i> (Pediatric Disorders)	<i>A.H. U. 3/49-50</i>
<i>Mahapanchgavya ghrita</i>	<i>Jwara</i> (fever), <i>Apasmara</i> (epilepsy), <i>Bhagandar</i> (fistula in ano), <i>Kamla</i> (jaundice), <i>Pandu</i> (anaemia), <i>Gulma</i> (tumor), <i>Kasa</i> (cough)	<i>A.H. U. 7/20-23</i>
<i>Khadiradi gutika</i>	<i>Mukharoga</i> (oral disorders), <i>Dantaroga</i> (dental disorders)	<i>A.H. U. 22/90-94</i>
<i>Kshudradi kawala</i>	<i>Mukharoga</i> (oral disorders), <i>Dantaroga</i> (dental disorder)	<i>A.H. U. 22/97</i>
<i>Mahamayura ghrita</i>	<i>Yoni roga</i> (gynaecological disorders), <i>Swarabhransha</i> (dysphonia), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Ardita</i> (facial palsy), <i>Urdhwajatrugata vikara</i> (ENT disorders)	<i>A.H. U. 24/49-55</i>
<i>Pushyanuga churna</i>	<i>Raktarsha</i> (haemorrhoids), <i>Yogivikara</i> (gynaecological disorders), <i>Raktatisara</i> (diarrhoea), <i>Shwetapradara</i> (leucorrhoea)	<i>A.H. U. 34/45-49</i>

Some Important Formulations of Yavasa in Other Ayurvedic Texts**Table 11: Yogaratnakara^[43]**

Yoga	Indications	Reference
<i>Duralabhadi Kwatha</i>	<i>Jwara</i> (fever)	<i>Y. R. Pu. Pittajvare/2</i>
<i>Kantakariadi Kwatha</i>	<i>Trishna</i> (excessive thirst), <i>Aruchi</i> (anorexia), <i>Daha</i> (burning sensation), <i>Hikka</i> (hiccups) <i>Kasa</i> (cough), <i>Parshvashoola</i> (flank pain)	<i>Y. R. Pu. Pittashleshmajwara/6-7</i>
<i>Ashtangavlehika</i>	<i>Hikka</i> (hiccups), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough)	<i>Y. R. Pu. Nishthivana/2-3</i>
<i>Ashtangadashanga</i>	<i>Kasa</i> (cough), <i>Sannipataj Jwara</i> (typhoid fever), <i>Parshvashoola</i> (flank pain), <i>Shwasa</i> (respiratory disorders), <i>Hikka</i> (hiccups)	<i>Y. R. Pu. Sannipataj Jwara Chi, /Athakawatha/11-12</i>
<i>Shringyadi Kwath</i>	<i>Prameha</i> (DM), <i>Karnashoola</i> (ear disorders), <i>Hikka</i> (hiccups), <i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders)	<i>Y. R. Pu. Sannipataj Jwara) Chi. Athabhinyasachikitsa/8-12</i>
<i>Bharangayadi Kwath</i>	<i>Jirnajwara</i> (fever), <i>Vishama Jwara</i> (malaria)	<i>Y. R. Pu. Jwaralakshne/1-2</i>
<i>Drakshadi Churna</i>	<i>Jirnajwara</i> (fever), <i>Aruchi</i> (anorexia), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Shotha</i> (inflammation)	<i>Y. R. Pu. Vishamajware/ Athachuranani/8-9</i>
<i>Bhedadipranitam Sudarsha Nachurnam</i>	<i>Jwara</i> (fever), <i>Trishana</i> (excessive thirst), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Aruchi</i> (anorexia), <i>Pandu</i> (anaemia), <i>Halimaka</i> (liver cirrhosis), <i>Kamala</i> (jaundice), <i>Pashvashoola</i>	<i>Y. R. Pu. Vishamajware/ Athabhedadipranitam Sudarshanachurnam/1-8</i>
<i>Amritadi Ghrita</i>	<i>Jwara</i> (fever), <i>Gulma</i> (tumor), <i>Kamla</i> (jaundice), <i>Aruchi</i> (anorexia)	<i>Y. R. Pu. Vishamajware/ Athaghrutani/1</i>
<i>Sharkarasava</i>	<i>Arsha</i> (piles), <i>Grahniroga</i> (IBS), <i>Udavarta</i> (intestinal obstruction), <i>Vibandha</i> (constipation), <i>Pandu</i> (anaemia), <i>Mandagni</i> (dyspepsia), <i>Hridroga</i> (cardiac disorder), <i>Aruchi</i> (anorexia), <i>Mutraavrodha</i> (urine incompetence)	<i>Y. R. Pu. Arshorogadhikara/ Athasharkarasav/1-5</i>
<i>Baladi Ghrita</i>	<i>Jwara</i> (fever), <i>Kshaya</i> (tuberculosis), <i>kasa</i> (cough), <i>Shirashoola</i> (headache), <i>Parshvashoola</i> (flank pain)	<i>Y. R. Pu. Rajyakshmachikitsa/ Athaghrutani/1-3</i>
<i>Gokshuradi Ghrita</i>	<i>Jwara</i> (fever), <i>Daha</i> (burning sensation), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Parshvashoola</i> (flank pain), <i>Shirashoola</i> (headache), <i>Trishna</i> (excessive thirst), <i>Chhardi</i> (emesis), <i>Atisara</i> (diarrhoea)	<i>Y. R. Pu. Rajyakshmachikitsa/ Athagokshuradi Ghritam/1-5</i>
<i>Jivantiyadi Ghrita</i>	<i>Rajyakshmaroga</i> (tuberculosis)	<i>Y. R. Pu. Rajyakshmachikitsa/ Athajivantiyadi Ghritam/1-3</i>

<i>Kantakari Avleha</i>	<i>Kasa</i> (cough), <i>Hridroga</i> (cardiac disorder), <i>Shwasa</i> (respiratory disorders), <i>Gulma</i> (tumor)	<i>Y. R. Pu. Kasachikitsa/Athakantakariavleha/1-4</i>
<i>Khadiradi Gutika</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Mukharoga</i> (oral disorders)	<i>Y. R. Pu. Kasachikitsa/Athakhadiradigutika/1-4</i>
<i>Kantakari Ghrita</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Hikka</i> (hiccups)	<i>Y. R. Pu. Kasachikitsa/Kantakari Ghrita/1-4</i>
<i>Drakshaharitkiyadi Avleha</i>	<i>Shwasa</i> (respiratory disorders)	<i>Y. R. Pu. Kasachikitsa/Athavleha/11</i>
<i>Duralabhadi Kashaya</i>	<i>Murchha</i> (syncope)	<i>Y. R. Pu. Athamurchachikitsa/ 1</i>
<i>Dwatrishaka Guggulu</i>	<i>Udavarta</i> (intestinal obstruction), <i>Jwara</i> (fever), <i>Aanaha</i> (constipation with flatulence), <i>Unmaada</i> (psychosis), <i>Kushtha</i> (skin disorders), <i>Pakshaghata</i> (paralysis), <i>Aptanaka</i> (tetanus), <i>Parshvashoola</i> (flank pain), <i>Kamla</i> (jaundice), <i>Pliharoga</i> (splenic disorders), <i>Apache</i> (indigestion)	<i>Y. R. Pu. Vatavyadhichikitsa/Dwatrishaka Guggulu/1-7</i>
<i>Shadashiti Guggulu</i>	<i>Mutrakrichha</i> (uti), <i>Shola</i> (pain), <i>Aadhmaana</i> (abdominal distension), <i>Ashmari</i> (calculus), <i>Yakshma</i> (tuberculosis), <i>Mandagni</i> (dyspepsia), <i>Vataroga</i> (neurological disorders)	<i>Y. R. Pu. Vatavyadhinidanama/Shadashiti Guggulu/1-14</i>
<i>Raasnapootika Taila</i>	<i>Urustambha</i> (myopathy), <i>Dhanurvaata</i> (tetanus), <i>Antarayama</i> (emprosthotonus), <i>Grihadhasi</i> (sciatica), <i>Avbahuka</i> (frozen shoulder), <i>Kalayakhaja</i> (spastic paraplegia), <i>Pangu</i> (paraplegia), <i>Aptanaka</i> (tetanus), <i>Vishwachi</i> (brachial neuralgia), <i>Ekangvata</i> (monoplegia), <i>Hanustambha</i> (lockjaw / trismus), <i>Padaharha</i> , <i>Ardita</i> (facial palsy), <i>Pakshaghata</i> (paralysis)	<i>Y. R. Pu. Vatavyadhinidanama/Raasnapootika Taila/1-13</i>
<i>Trikrantakari Kwath</i>	<i>Mutrakrichcha</i> (urine incompetence), <i>Pameha</i> (DM), <i>Mutraghata</i> (uti), <i>Pradara</i> (lecorrhea)	<i>Y. R. U. Mutrakrichchachikitsa/Atha Trikrantakari Kwath/1</i>
<i>Pashanabhedadi Kwatha</i>	<i>Mutrakrichcha</i> (urine incompetence), <i>Ashmari</i> (calculus)	<i>Y. R. U. Mutrakrichchachikitsa/Atha Pashanabhedadi Kwatha/1</i>
<i>Tiktashatapalaghrita</i>	<i>Kushtha</i> (skin disorders), <i>Jwara</i> (fever), <i>Pama</i> (scabies), <i>Gulma</i> (tumor), <i>Pandu</i> (anaemia), <i>Visarpa</i> (erysipelas), <i>Pidika</i> (vesicles), <i>Kandu</i> (intense itching), <i>Arsha</i> (piles), <i>Grahniroga</i> (IBS)	<i>Y. R. U. Kushthachikitsa/Atha Tiktashatapalaghrita/1-4</i>
<i>Mahatiktaka Ghrita</i>	<i>Amlapitta</i> (acidity), <i>Kamla</i> (jaundice), <i>Unmaada</i> (psychosis), <i>Visphota</i> (bullae), <i>Bhagandara</i> (fistula in ano), <i>Kushtha</i> (skin disorders), <i>Jwara</i> (fever), <i>Pama</i> (scabies), <i>Gulma</i> (tumor), <i>Pandu</i> (anaemia), <i>Visarpa</i>	<i>Y. R. U. Kushthachikitsa/Atha Mahatiktaka Ghrita/1-7</i>

	(erysipelas), <i>Pidika</i> (vesicles), <i>Kandu</i> (intense itching), <i>Arsha</i> (piles), <i>Grahniroga</i> (IBS)	
<i>Mahakhadira Ghrita</i>	<i>Sarvakushtha</i> (skin disorders)	<i>Y. R. U. Kushthachikitsa/ Athamahakhadira Ghrita/1-5</i>
<i>Kushthadi Yoga</i>	<i>Sidhma</i> (skin disorder)	<i>Y. R. U. Kushthachikitsa/ Sidhmachikitsa/3</i>
<i>Chitrakadi Kwatha</i>	<i>Daha</i> (burning sensation), <i>Amalpitta</i> (acidity)	<i>Y. R. U. Amlapittachikitsa/Athakwatha/7</i>
<i>Duralabhadi Yoga</i>	<i>Trishna</i> (excessive thirst), <i>Visarpa</i> (erysipelas)	<i>Y. R. U. Visarpachikitsa/Duralamadi/1</i>
<i>Dwipanchmooladi Kwatha</i>	<i>Visphota</i> (bullae)	<i>Y. R. U. Visphotachikitsa/ Dwipanchmooladi Kwatha/1</i>
<i>Bhoonimbadi Kwatha</i>	<i>Visphota</i> (bullae)	<i>Y. R. U. Visphotachikitsa/ Bhoonimbadi Kwatha/1</i>
<i>Nimbadi Kwatha</i>	<i>Masurika</i> (small pox)	<i>Y. R. U. Masurikachikitsa/ Nyogrodhadilepa/4-5</i>
<i>Drakshadi Kwatha</i>	<i>Masurika</i> (small pox)	<i>Y. R. U. Masurikachikitsa/ Drakshadi Kwatha/1</i>
<i>Patoladi Kwatha</i>	<i>Masurika</i> (small pox), <i>Jwara</i> (fever), <i>Visarpa</i> (erysipelas), <i>Vrana</i> (wound)	<i>Y. R. U. Masurikachikitsa/Patoladi/1-3</i>
<i>Katphaladi Churna</i>	<i>Pinas</i> , <i>Swarabheda</i> (sore throat), <i>Tamakshwasa</i> (asthma), <i>Halimaka</i> (liver cirrhosis), <i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders)	<i>Y. R. U. Nasarogachikitsa/ Katphaladichurnam/1-2</i>
<i>Patoladi Ghrita</i>	<i>Urdhwajatrugata vikara</i> (ENT disorders), <i>Vrana</i> (wound), <i>Kamla</i> (jaundice), <i>Jwara</i> (fever), <i>Gandamala</i> (lymphadenopathy)	<i>Y. R. U. Netrarogachikitsa/ Patoladigritam/1-4</i>
<i>Devdarvayadi Kwath</i>	<i>Shoola</i> , <i>Kasa</i> (cough), <i>Jwara</i> (fever), <i>Shwasa</i> (respiratory disorders), <i>Murchcha</i> (syncope), <i>Chhardi</i> (emesis), <i>Pralapa</i> (delirium), <i>Trishna</i> (excessive thirst), <i>Daha</i> (burning sensation), <i>Tandra</i> (drowsiness), <i>Atisara</i> (diarrhoea)	<i>Y. R. U. Stirogachikitsa/Devdarvyadi/1-5</i>
<i>Paushakaradi Churna</i>	<i>Balaroga</i> (pediatric disorders)	<i>Y. R. U. Balarogachikitsa/ Kasarogachikitsa/1</i>
<i>Duralabhadi Leha</i>	<i>Balaroga</i> (pediatric disorders)	<i>Y. R. U. Balarogachikitsa/ Kasarogachikitsa/3</i>

Table 12: *Chakradatta*^[44]

Yoga	Indications	Reference
<i>Kumarakalyana Ghrita</i>	<i>Grahadosha</i> (pediatric disorders), <i>Krimiroga</i> (worm infestation), <i>Dantaroga</i> (dental disorders)	<i>C. D. Balarogachikitsa/72-73</i>
<i>Drakshadi Churna</i>	<i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Tamaka Shwasa</i> (asthma)	<i>C. D. Balarogachikitsa/56</i>
<i>Pushkaradi Churna</i>	<i>Balroga</i> (pediatric disorders)	<i>C. D. Balarogachikitsa/57</i>
<i>Patoladi Ghrita</i>	<i>Charmaroga</i> (skin disorders), <i>Karnaroga</i> (ear disorders), <i>Mukharoga</i> (oral disorders), <i>Vrana</i> (wound), <i>Vartmagata Roga</i> (eye disorders), <i>Kamla</i> (jaundice), <i>Jwara</i> (fever)	<i>C. D. Netrarogachikitsa/ 82-85</i>

	<i>Visarpa</i> (erysipelas), <i>Gandamala</i> (lymphadenopathy)	
<i>Brihatakhadiradi Gutika</i>	<i>Mukharoga</i> (oral disorders), <i>Galaroga</i> (throat diseases), <i>Taalugataroga</i> (palate diseases), <i>Jihvagataroga</i> (glossal disorders), <i>Dantagataroga</i> (dental disorders)	<i>C. D. Mukhrogachikitsa/58-62</i>
<i>Jatipatradi Kwatha</i>	<i>Mukhapaka</i> (mouth ulcers), <i>Kanthagata Roga</i> (throat disorders)	<i>C. D. Kantharogachikitsa/29</i>
<i>Dwipanchmooladi Kwatha</i>	<i>Masurika</i> (small pox)	<i>C. D. Masurikachikitsa/14</i>
<i>Drakashadi Kwatha</i>	<i>Masurika</i> (small pox)	<i>C. D. Masurikachikitsa/16</i>
<i>Duralabhadi Kwatha</i>	<i>Masurika</i> (small pox)	<i>C. D. Masurikachikitsa/19</i>
<i>Nimbadi Kwatha</i>	<i>Masurika</i> (small pox), <i>Jwara</i> (fever), <i>Visarpa</i> (erysipelas)	<i>C. D. Masurikachikitsa/20</i>
<i>Patoladi Kwatha</i>	<i>Masurika</i> (small pox), <i>Kandu</i> (intense itching), <i>Visphota</i> (bullae), <i>Visarpa</i> (erysipelas)	<i>C. D. Masurikachikitsa/21-22</i> <i>C. D. Visarpa-Visphotachikitsa / 22-23</i>
<i>Vasa Guggulu</i>	<i>Amlapitta</i> (acidity)	<i>C. D. Amlapittachikitsa/24</i>
<i>Mahapanchatikta Ghrita</i>	<i>Kushtha</i> (skin disorders), <i>Raktatisara</i> (diarrhoea), <i>Raktapitta</i> (bleeding disorders), <i>Visarpa</i> (erysipelas), <i>Arsha</i> (piles), <i>Amlapitta</i> (acidity), <i>Vatarakta</i> (gout), <i>Pandu</i> (anaemia), <i>Visphota</i> (bullae), <i>Pama</i> (scabies), <i>Unmaada</i> (psychosis), <i>Kamla</i> (jaundice), <i>Jwara</i> (fever), <i>Kandu</i> (intense itching), <i>Hridroga</i> (cardiac disorder), <i>Gulma</i> (tumor), <i>Pidika</i> (vesicles), <i>Raktapradara</i> (bleeding), <i>Gandamala</i> (lymphadenopathy)	<i>C. D. Vranashothachikitsa/104-110</i>
<i>Tiktashatapala Ghrita</i>	<i>Kushtha</i> (skin disorders), <i>Raktatisara</i> (diarrhea), <i>Raktapitta</i> (bleeding disorders), <i>Visarpa</i> (erysipelas), <i>Arsha</i> (piles), <i>Amlapitta</i> (acidity), <i>Vatarakta</i> (gout), <i>Pandu</i> (anaemia), <i>Visphota</i> (bullae), <i>Pama</i> (scabies), <i>Unmaada</i> (psychosis), <i>Kamla</i> (jaundice) <i>Roga</i> , <i>Jwara</i> (fever), <i>Kandu</i> (intense itching), <i>Hridroga</i> (cardiac disorder), <i>Gulma</i> (tumor), <i>Pidika</i> (vesicles), <i>Raktapradara</i> (bleeding disorders), <i>Gandamala</i> (lymphadenopathy), <i>Madataya</i>	<i>C. D. Vranashothachikitsa/94-97</i>
<i>Trikantakari Kwatha</i>	<i>Ashmari</i> (calculus), <i>Mutrakrichha</i> (urine incompetence)	<i>C. D. Mutrakrichhachikitsa/22</i>
<i>Haritkiyadi Kwatha</i>	<i>Daha</i> (burning sensation), <i>Vibandha</i> (constipation), <i>Mutrakrichha</i> (urine incompetence)	<i>C. D. Mutrakrichhachikitsa/7</i>
<i>Pathadi Churna</i>	<i>Arsha</i> (piles) <i>Roga</i> , <i>Hridroga</i> (cardiac disorder), <i>Shoola</i> (pain), <i>Gulma</i> (tumor).	<i>C. D. Hridrogachikitsa/19-21</i>
<i>Trayamanadya Ghritam</i>	<i>Gulma</i> (tumor), <i>Raktapitta</i> (bleeding disorders), <i>Visarpa</i> (erysipelas), <i>Jwara</i> (fever), <i>Hridayaroga</i> (cardiac Disorders), <i>Kamla</i> (jaundice), <i>Kushtha</i> (skin disorders)	<i>C. D. Gulmachikitsa/65-69</i>
<i>Shaliparanayadi Kwatha</i>	<i>Atisara</i> (diarrhoea)	<i>C. D. Atisarachikitsa/9-10</i>
<i>Vasadya Ghrita</i>	<i>Jwara</i> (fever)	<i>C. D. Jwarachikitsa/256-257</i>
<i>Karvayadi Kwatha</i>	<i>Jwara</i> (fever)	<i>C. D. Jwarachikitsa/285-286</i>
<i>Ashtandashanga Kwatha</i>	<i>Jwara</i> (fever), <i>Tandra</i> (drowsiness), <i>Pralapa</i> (delirium), <i>Kasa</i> (cough), <i>Aruchi</i> (anorexia), <i>Daha</i> (burning sensation), <i>Murchcha</i> , <i>Shwasa</i> (respiratory disorders)	<i>C. D. Jwarachikitsa /172-174</i>
<i>Mustadashanga</i>	<i>Jwara</i> (fever), <i>Kasa</i> (cough), <i>Hikka</i> (hiccups), <i>Trishna</i>	<i>C. D. Jwarachikitsa /175-177</i>

<i>Kwatha</i>	(excessive thirst), <i>Parshvashoola</i> (flank pain)	
<i>Shatiyadi Kwatha</i>	<i>Jwara</i> (fever), <i>Kasa</i> (cough), <i>Hikka</i> (hiccups), <i>Trishna</i> (excessive thirst), <i>Parshvashoola</i> (flank pain)	<i>C. D. Jwarachikitsa /178-179</i>
<i>Brihatayadi Gana</i>	<i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Hikka</i> (hiccups)	<i>C. D. Jwarachikitsa /180-181</i>

Table 13: Bhawprakash Samhita^[45]

Yoga	Indications	Reference
<i>Shatiyadi Kwatha</i>	<i>Jwara</i> (fever)	<i>Bh. S. M. Kh. 1/139-140</i>
<i>Sudarshana Churna</i>	<i>Vishama Jwara</i> (fever), <i>Meharoga</i> (DM), <i>Trishna</i> (excessive thirst), <i>Kasa</i> (cough), <i>Pandu</i> (anaemia), <i>Hridroga</i> (cardiac disorder), <i>Kamla</i> (jaundice)	<i>Bh. S. M. Kh. 1/124-134</i>
<i>Parpatadi Kwath</i>	<i>Trishna</i> (excessive thirst), <i>Daha</i> (burning sensation), <i>Raktadosha</i> (blood disorders), <i>Raktapitta</i> (bleeding disorders)	<i>Bh. S. M. Kh. 1/343</i>
<i>Brihatapippaliyadi Kwatha</i>	<i>Kampa</i> , <i>Pralapa</i> (delirium), <i>Aruchi</i> (anorexia)	<i>Bh. S. M. Kh. 1/407-412</i>
<i>Ashtangavleha</i>	<i>Hikka</i> (hiccups), <i>Kasa</i> (cough), <i>Kantharoga</i> (throat diseases), <i>Shwasa</i> (respiratory disorders)	<i>Bh. S. M. Kh. 1/558-559</i>
<i>Asgtanga Kwath</i>	<i>Kasa</i> (cough), <i>Hridaroga</i> (cardiac disorders), <i>Shwasa</i> (respiratory disorders), <i>Hikka</i> (hiccups), <i>Chhardi</i> (emesis)	<i>Bh. S. M. Kh. 1/576-577</i>
<i>Brihatayadi Kwath</i>	<i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Hikka</i> (hiccups)	<i>Bh. S. M. Kh. 1/631-632</i>
<i>Shringayadi Kwath</i>	<i>Prameha</i> (DM), <i>Hikka</i> (hiccups), <i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Jwara</i> (fever), <i>Karnashoola</i> (ear disorders)	<i>Bh. S. M. Kh. 1/653-657</i>
<i>Kshudradi Kwath</i>	<i>Sannipataj Jwara</i> (typhoid fever)	<i>Bh. S. M. Kh. 1/660</i>
<i>Drakshadyaashtadashanga KWATH</i>	<i>Jirnajwara</i> (fever), <i>Aruchi</i> (anorexia), <i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Shotha</i> (inflammation)	<i>Bh. S. M. Kh. 1/823-824</i>
<i>Dwatinshatkva Kwatham</i>	<i>Shwasa</i> (respiratory disorders), <i>Kasa</i> (cough), <i>Gudaroga</i> (anorectal disorders), <i>Hridroga</i> (cardiac disorder), <i>Hikka</i> (hiccups), <i>Vataroga</i> (neurological disorders), <i>Manyastambha</i> (cervical spondylosis), <i>Galaroga</i> (throat infections), <i>Ardita</i> (facial palsy), <i>Vibandha</i> (constipation),	<i>Bh. S. M. Kh. 1/846</i>
<i>Ashtangadashagalauha</i>	<i>Pandu</i> (anaemia), <i>Halimaka</i> (liver cirrhosis), <i>Shotha</i> (inflammation), <i>Prameha</i> (DM), <i>Grahniroga</i> (IBS), <i>Kasa</i> (cough), <i>Raktapitta</i> (bleeding disorders), <i>Arsha</i> (piles), <i>Aamvata</i> (RA), <i>Vrana</i> (wound), <i>Gulma</i> (tumor), <i>Shwitra</i> (vitiligo), <i>Kushtha</i> (skin disorders)	<i>Bh. S. M. Kh. 8/55-57</i>
<i>Madhyamrasnadi Kwatha</i>	<i>Vatavyadhi</i> (neurological disorder), <i>Udarashoola</i> (abdominal pain), <i>Aamdosha</i> (acidity), <i>Aamvata</i> (RA)	<i>Bh. S. M. Kh. 26/131</i>
<i>Maharasnadi Kwatha</i>	<i>Pakshaghata</i> (paralysis), <i>Ardita</i> (facial palsy), <i>Grihadhasi</i> (sciatica), <i>Hanustambha</i> (lockjaw), <i>Vatarakta</i> (gout), <i>Arsha</i> (piles), <i>Hridroga</i> (cardiac disorder), <i>Shlipada</i> (filariasis), <i>Yoniroga</i> (Gynaecological Disorders), <i>Shukra Roga</i> (venereal diseases), <i>Bandhyaroga</i> (infertility),	<i>Bh. S. M. Kh. 26/132-141</i>
<i>Ekvinshati Guggulu</i>	<i>Kushtha</i> (skin disorders), <i>Krimi-roga</i> (worm infestation), <i>Dushta Vrana</i> (wound), <i>Grahniroga</i> (IBS), <i>Arsha</i> (piles),	<i>Bh. S. M. Kh. 54/67-72</i>

	<i>Mukharoga</i> (oral disorders), <i>Galaroga</i> (throat disorders), <i>Grihadhasi</i> (sciatica), <i>Bhagna</i> (fracture), <i>Gulma</i> (tumor), <i>Koshtagataroga</i> (gastric disorders)	
<i>Mahabhallatakavleha</i>	<i>Kushtha</i> (skin disorders), <i>Vipadika</i> (crack heels), <i>Arsha</i> (piles), <i>Pandu</i> (anaemia), <i>Vrana</i> (wound), <i>Krimiroma</i> (worm infestation), <i>Raktapitta</i> (bleeding disorders), <i>Udavarta</i> (intestinal obstruction), <i>Kasa</i> (cough), <i>Shwasa</i> (respiratory disorders), <i>Bhagandara</i> (fistula in ano)	<i>Bh. S. M. Kh. 54/84-98</i>
<i>Brihatamanjishthadi Kwatha</i>	<i>Kushtharoga</i> (skin disorders), <i>Vatarakta</i> (gout), <i>Visarpa</i> (erysipelas), <i>Netraroga</i> (eyes disorders)	<i>Bh. S. M. Kh. 54/102-106</i>
<i>Devdarvaradi Kwatha</i>	<i>Shoola</i> (pain), <i>Jwara</i> (fever), <i>Shwasa</i> (respiratory disorders), <i>Muchha</i> (syncope), <i>Shiroshoola</i> (headache), <i>Pralapa</i> (delirium), <i>Trishna</i> (excessive Thirst), <i>Daha</i> (burning sensation), <i>Tandra</i> (drowsiness), <i>Atisara</i> (diarrhoea), <i>Chhardi</i> (emesis)	<i>Bh. S. M. Kh. 70/153-157</i>

Table 14: Vangasena Samhita^[46]

Yoga	Indications	Reference
<i>Chandanadi Gana</i>	<i>Jwara</i> (fever), <i>Daha</i> (burning sensation), <i>Aruchi</i> (anorexia)	<i>V. S. Jwararogadhikara/251</i>
<i>Kantakaryadi Kashyam</i>	<i>Jawar</i> , <i>Trishna</i> (excessive thirst), <i>Shoola</i> (pain), <i>Kasa</i> (cough), <i>Hridroga</i> (cardiac disorder) <i>Aruchi</i> (anorexia), <i>Chhardi</i> (emesis)	<i>V. S. Jwara) Rogadhikara/728</i>
<i>Ashwagandhadi Ghrita</i>	<i>Khalitya</i> (hair fall), <i>Vatavyadhi</i> (neurological disorders), <i>Bastishoola</i> (pelvic pain), <i>Hridroga</i> (cardiac disorder)	<i>V. S. Kasarogadhikara/111</i>
<i>Brihatavaskadi Ghrita</i>	<i>Kasa</i> (cough), <i>Kshatashina</i> , <i>Hikka</i> (hiccups), <i>Shwasa</i> (respiratory disorders)	<i>V. S. Kasarogadhikara /159-165</i>
<i>Rasnadi Kwatha</i>	<i>Urustmabha</i> (paraparesis), <i>Aamavata</i> (RA), <i>Udararoga</i> (abdominal disorders), <i>Katishoola</i> (back pain), <i>Antravidradi</i> (intra-abdominal abscess), <i>Aptanka</i> (tetanus), <i>Shwasa</i> (respiratory disorders), <i>Shotha</i> (inflammation), <i>Vatavyadhi</i> (neurological disorders)	<i>V. S. Aamavatarogadhikara/23</i>
<i>Kshudradi Kwatha</i>	<i>Urusthambha</i> (tetanus)	<i>V. S. Aamavatarogadhikara /28</i>
<i>Laghurasnadi Kwatha</i>	<i>Aamavata</i> (RA), <i>Katishoola</i> (backpain), <i>Parshvashoola</i> (flank pain), <i>Udararoga</i> (abdominal disorders)	<i>V. S. Aamavatarogadhikara /49</i>
<i>Pathadi Kwatha</i>	<i>Prameha</i> (DM)	<i>V.S. Prameharogadhikara/56</i>
<i>Nimbadi Kashayam</i>	<i>Kushtha</i> (skin disorders)	<i>V. S. Kushtharogadhikara/90</i>
<i>Vasadya Guggulu</i>	<i>Amalapitta</i> (acidity)	<i>V. S. Amlapittarogadhikara/34</i>
<i>Shirishadi Kwatha</i>	<i>Masurika</i> (small pox)	<i>V.S. Masurikarogadhikara/60</i>
<i>Patoladi Kwatha</i>	<i>Masurika</i> (small pox)	<i>V.S. Masurikarogadhikara /68</i>
<i>Mustadi Avleha</i>	<i>Kasa</i> (cough), <i>Balaroga</i> (pediatric disorders)	<i>V. S. Balrogadhikara/56</i>
<i>Mrityupashapaha Ghrita</i>	<i>Vish</i> (poison), <i>Kandu</i> (intense Itching), <i>Krimiroma</i> (worm infestation)	<i>V. S. Vishrogadhikara/150-156</i>

Table 15: Bhaishajya Ratnavali^[47]

Yoga	Indications	Reference
<i>Trayamanadi Ghrita</i>	<i>Gulma</i> (tumor), <i>Jwara</i> (fever), <i>Hridaroga</i> (cardiac disorders), <i>Kushtha</i> (skin disorders), <i>Kamla</i> (jaundice)	<i>B. R. 32/148-152</i>
<i>Tarkeshwara Rasa</i>	<i>Mutrakrichha</i> (urine incompetence)	<i>B. R. 34/35-38</i>
<i>Haritkiyadi Kwatha</i>	<i>Mutrakrichha</i> (urine incompetence), <i>Vibandha</i> (constipation)	<i>B. R. 34/21</i>
<i>Vidari Ghrita</i>	<i>Trishna</i> (excessive thirst), <i>Chhardi</i> (emesis), <i>Yoniroga</i> (gynaecological disorders), <i>Rajodosh</i> (menstrual disorders), <i>Shukradosh</i> (venereal disorders), <i>Rajayakshma</i> (tuberculosis), <i>Swarabheda</i> (sore throat)	<i>B. R. 35/24-35</i>
<i>Ekadhashayasarasa</i>	<i>Andakoshavidh</i> (hydrocele), <i>Annavridhi</i> (inguinal hernia), <i>Mutrakrichha</i> (urine incompetence), <i>Urustambha</i> (tetanus),	<i>B. R. 43/82-84</i>
<i>Somaraji Ghrita</i>	<i>Kushtha</i> (skin disorders), <i>Aamavata</i> (RA), <i>Pandu</i> (anaemia),	<i>B. R. 54/244-250</i>
<i>Panchamulyadi Kwatha</i>	<i>Visphota</i> (Bullae)	<i>B. R. 58/6</i>
<i>Patoladi Kwatha</i>	<i>Kandu</i> (intense itching), <i>Twakaroga</i> (skin disorders), <i>Visphota</i> (bullae), <i>Visarpa</i> (erysipelas)	<i>B. R. 58/4-5</i>
<i>Drakshadi Kwatha</i>	<i>Visphota</i> (bullae)	<i>B. R. 58/7</i>
<i>Kinkindi Taila</i>	<i>Karnaroga</i> (ear disorders), <i>Shiroroga</i> (headache), <i>Netraroga</i> (eyes disorders), <i>Galaroga</i> (throat diseases), <i>Manyastambha</i> (cervical spondylitis)	<i>B. R. 65/147-152</i>
<i>Kushavleha</i>	<i>Prameha</i> (DM), <i>Mutraghata</i> (UTI), <i>Mutrakrichha</i> (urine incompetence), <i>Mutrashmari</i> (renal calculi), <i>Arochaka</i> (anorexia)	<i>B. R. 37/47-51</i>
<i>Sushkamoolakadya</i>	<i>Udararoga</i> (abdominal disorders), <i>Shwasa</i> (respiratory disorders), <i>Vrana</i> (wound), <i>Shotha</i> (inflammation), <i>Netrashoola</i> (eye diseases), <i>Kamla</i> (jaundice), <i>Pandu</i> (anaemia)	<i>B. R. 42/160-167</i>
<i>Punaranavasav</i>	<i>Shotha</i> (inflammation), <i>Udararoga</i> (abdominal disorders), <i>Pliharoga</i> (splenic disorders), <i>Yakritaroga</i> (liver disorders), <i>Gulma</i> (tumor), <i>Amlapitta</i> (acidity), <i>Jwara</i> (fever)	<i>B. R. 42/191-195</i>
<i>Mahakhadira Ghrita</i>	<i>Kushtha</i> (skin disorders)	<i>B. R. 54/255-259</i>
<i>Abhyadi Churna</i>	<i>Kanthadaha</i> (throat burning sensation), <i>Amlapitta</i> (acidity)	<i>B. R. 56/20</i>
<i>Jatyadi Kwatha</i>	<i>Mukharoga</i> (oral disorders)	<i>B. R. 61/76</i>
<i>Taptaraj Taila</i>	<i>Urdhvajatrugataroga</i> (ENT disorders)	<i>B. R. 65/129-137</i>
<i>Sudhakara Taila</i>	<i>Vatavyadhi</i> (neurological disorders)	<i>B. R. 67/111-115</i>
<i>Hringaberadi Kwatha</i>	<i>Raktaatisara</i> (diarrhoea) in pregnant women	<i>B. R. 68/47</i>
<i>Bhadroktayadyavleha</i>	<i>Grahniroga</i> (IBS), <i>Shoola</i> (pain), <i>Aanaha</i> (constipation with flatulence), <i>Vibandha</i> (constipation), <i>Agnimandya</i> (dyspepsia)	<i>B. R. 69/21-24</i>

Dose (Matra)^[48]

20- 50g. of the drug powder form for decoction.

Part Used (Prayojyanga)

The API specifies that the part of the plant used for medicinal purposes is the whole plant (*Pancanga*). This includes the roots, stem, leaves, flowers, and fruits, which are collected and used as a single entity.

DISCUSSION

A thorough examination of *Yavasa* (*Alhagi camelorum* DC.) in both botanical research and

classical Ayurvedic literature indicates it to be a medicinally adaptable medication with a long history. Its clinical reliability in treating a broad range of disorders, from *Jwara* (fever) and *Kasa* (cough) to complex conditions like *Raktapitta* (Bleeding disorders) (bleeding disorders) and *Visarpa*, is highlighted by its classification in several *Ganas* by the *Brihatrayi*, such as *Arshoghna* and *Kasahara*, and its extensive mention in over 20 *Nighantus*. Its *Pitta-shamaka* action is scientifically consistent with its

Madhura-Tikta Rasa and *Sheeta Virya* pharmacodynamic profile, which makes it a perfect option for metabolic and inflammatory conditions. Additionally, a strong foundation for accurate identification and standardization is provided by the association between its xerophytic botanical characteristics and its traditional names, such as *Dhanvayas* and *Duhsparsa*. In the end, *Yavasa*'s indispensable role in the Ayurvedic pharmacopoeia is highlighted by its incorporation into many powerful formulations like *Mahatiktaka Ghrita* and *Sudarshana Churna*, indicating that additional pharmacological research may unlock its full potential in treating inflammatory diseases and modern lifestyle.

CONCLUSION

With its distinctive xerophytic adaptations and significant therapeutic flexibility, the current study validates *Yavasa* (*Alhagi camelorum* DC.) as a cornerstone of the Ayurvedic pharmacopoeia. The medication has continuously been praised for its *Kaphapittashamaka* qualities and its effectiveness in curing ailments like *Kasa*, *Jvara*, *Raktapitta* (bleeding disorders), and *Visarpa*, from the ancient age of the *Brihatrayi* to the extensive descriptions in numerous *Nighantus*. A strong basis for genuine drug identification is ensured by the alignment of its botanical morphology with its traditional nomenclature (such as *Duhsparsa* and *Dhanvayas*). *Yavasa*'s crucial function in treating both acute inflammatory and chronic metabolic problems is further demonstrated by its inclusion in a variety of powerful formulations, such as *Sudarshana Churna* and *Mahatiktaka Ghrita*.

Future Aspects

While the traditional utility of *Yavasa* is well-documented, the following areas present significant opportunities for future research and development:

- **Pharmacological Validation:** To identify the precise bioactive substances responsible for its anti-asthmatic, hepatoprotective, and anti-diarrheal properties, thorough in-vitro and in-vivo investigations are required.
- **Standardization:** To ensure the potency and purity of commercial *Yavasa*-based products, quality control markers should be established using contemporary analytical techniques like GC-MS and HPTLC.
- **Clinical Trials:** Randomized controlled trials (RCTs) are essential to verify the efficacy of specific traditional formulations in treating modern lifestyle problems including obesity (*Meda*) and gout (*Vatarakta*).
- **Sustainable Cultivation:** Because it is a desert plant, study into sustainable harvesting and agro-techniques is required to avoid over-exploitation of

natural habitats and to guarantee a consistent supply for the world's herbal sector.

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***Address for correspondence**

Dr. Naina

PG Scholar,

Department of Dravyaguna Vigyan,
A&U Tibbia College, Karol Bagh,
New Delhi.

Email: Nainajha165@gmail.com

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