

Oil which imparts lightness and firmness to the body, should be internally administered to patients suffering from extreme constipation of the bowels, to those whose fundamental organic principles have suffered a diminution through sexual excesses, carrying of inordinately heavy loads, excessive physical labour, and exposure to wind and water.

रूक्षक्लेशक्षयात्याग्निवाता वृतपथेषु॥
अथ दग्ध्वा शिराजालं योनिकर्म शिरोरुजि(जम्)॥२९॥

It should be used in vaginal enematas, after cauterising a vein, in obstruction of the vessels of the body, for removing a parched condition of the organism, after fatiguing physical labour, and for making up any loss in the system.

उत्तमस्य पलं मात्रा त्रिभिश्चक्षैश्च मध्यमे॥
जघन्यस्य पलाद्धेन स्नेहाक्वाथौषधेषु॥ ३०॥

In connection with emulsive medicinal decoctions the full does of oil should be understood as a Palam weight; three Akṣa weight is the middling dose, and a half Palam weight is the smallest (Jaghanyam) .dose.

जलमुष्णं घृते देयं पृथक् तैले तु शस्यते॥
स्नेहे पित्ते तु तृष्णायां पिबेदुष्णोदकं नरः॥ ३१॥

Hot water should be given with Ghṛtam, while it should be separately given to a patients

॥ इति श्रीगारुडे महापुराणे पूर्वखण्डे प्रथमांशाख्ये आचारकाण्डे योगसारादिवर्णनं नाम त्रिसप्तत्युत्तरशततमोऽध्यायः॥ १७३॥

अध्यायः १७४ / Chapter 174

धन्वन्तरिरुवाच

घृततैलादि वक्ष्यामि शृणु सुश्रुत रोगनुत्॥
शंखपुष्पी वचा सोमा ब्राह्मी ब्रह्मसुवर्चला॥१॥
अभया च गुडूची च अटरूपकवागुजी॥
एतैरक्षसमैर्भागैर्घृतप्रस्थं विपाचयेत्॥ २॥

Dhanvantari said :—Hear me, O Suśruta, who art well conversent with the nature of diseases, discourse on the preparations and efficacies of different medicinal oils and Ghṛtas. Cook a Prastha measure of clarified butter with an Akṣa measure of each of the following drugs. viz., Śaṅkhapuṣpī, Vacā, Soma, Brāhmī, Brahma, Suvarcalā, Abhayā, Guḍūcī, Ataru-

of whom oil may be prescribed. A man feeling himself thirsty after taking any kind of Ghṛtam or oil should drink hot water.

वातानुलोमं दीप्तांगनेर्वर्चः स्निग्धस्य तन्मतम्॥
रूक्षस्य स्नेहनं कार्य्यमभिस्निग्धस्य रूक्षणम्॥ ३२॥

Measures calculated to restore the deranged Vāyu to its normal condition should be resorted to with the help of any emulsive substance in respect of patients of good digestive capacity. Diaphoretic measures should be employed in respect of person of extremely parched temperament, while parchifying measures should be adapted in cases of over-dose of an oil or Ghṛtam.

श्यामाककोरदोषान्तक्रपिण्याकसक्तुभिः॥
वात श्लेष्मणि वाते वा कफे वा स्वेद इष्यते॥
स्वेदयेदतिस्थूलरूक्षदुर्बलमूर्च्छितान् ॥ ३३॥

A compound of Śāmaka, Koradusa, or boiled rice, or Pinyākam, pasted with whey and made warm, should be used in fomenting the body of the patient, in diseases of the deranged Vāyu and Kapham, or in those of the deranged Vāyu, or in those of the deranged Kapham. Extremely corpulent, or weak patients, as well as those of parched temperament, or suffering from epileptic fits should not be fomented at all.

śaka and Vāgucī, in combination with a Prastha measure of the expressed juice of Kaṅṭakārī and the same quantity of milk.

कण्टकार्या रसप्रस्थक्षीरप्रस्थसमन्वितम्॥
एतद्ब्राह्मीघृतं नाम श्रुतिमेधाकरं परम्॥ ३॥
त्रिफलाचित्रकबलानिर्गुण्डी निम्बवासकः॥
पुनर्नवा गुडूची च बृहती शतावरी॥ ४॥

This Ghṛtam is called Brāhmī Ghṛtam. It improves the intellect and memory. Cook a Ghṛtam with Triphalā, Citrakam, Valā, Nirguṇḍī, Nimba, Vāsaka, Punarnavā, Guḍūcī, the two kinds of Vṛhatī and Śatāvārī, or with as many of them as are available.

एतैर्घृतं यथालाभां सर्वरोगविमर्दनम्॥
 बलाशतकषाये तु तैलस्यार्द्धाढकं पचेत्॥
 कल्कैर्मधूकमझिष्ठाचन्दनोत्पलपदाकैः ॥५॥
 सूक्ष्मैलापिलीकुष्ठत्वगेलागुरुकेसरैः ॥
 गन्धाश्जीवनीयैश्च क्षीराढकसमाश्रितम्॥६॥

This Ghṛtam may be used with benefit in all forms of disease. Cook half an Āḍakam of oil with a decoction of a hundred Valās and a paste of Madhukam, Mañjiṣṭhā, Candana, Utpalam, Padmakam, Suksmailā, Pippalī, Kuṣṭham, Tvak, Elā, Aguru, Kesara, Aśva-gandhā, and drugs of the Jīvanīya group. cook it over a gentle fire, and keep it in a silver pitcher after cooking.

एतन्मृद्गिना पक्वं स्थापयेद्राजते शुभे॥
 सर्ववातविकारास्तु सर्वधान्वतराश्रयान्॥७॥
 तैलमेतत्प्रशमयेद्व्याख्यं राजवल्लभम्॥
 शतावरीरसप्रस्थं क्षीरप्रस्थं तथैव च॥८॥
 शतपुष्पं देवदारु मांसी शैलेयकं बला॥
 चन्दनं तगरं कुष्ठं मनःशिला ज्योतिष्मती॥९॥

This Ghṛtam, which is named as Rājāballabham, proves highly efficacious in all diseases of the deranged Vāyu, no matter what fundamental principle of the organism it might have affected, as well as in diseases of the deranged Kapham. Cook a Prastha measure of clarified butter with a Prastha measure of the expressed juice of Śatāvārī and a Prastha measure of milk, as well as with the addition of the paste of a Karṣa of each of the followings drugs, viz., Śatapuspā, Devadāru, Mimi, Śaileyakam, Vale, Valā and Tagaram.

एतैः कर्षसमैः कल्कैः घृतप्रस्थं विषाचयेत्॥
 कुब्जवामनपंगूनां बधिरव्यंगकुष्ठिनाम्॥१०॥
 वायुना भग्नात्राणां ये च सीदन्ति मैथुने॥
 जराजर्जरगात्राणां चाध्मानमुख शोषिणाम्॥११॥
 त्वग्गताश्चापि ये वाता शिरास्नायुगताश्च ये॥
 सर्वास्तान्नाशयत्याशु तैलं रोगकुलान्तकम्॥१२॥

Hanchbacks, dwarfs, maimed persons, deaf ones, or those suffering from Vyaṅga or Kuṣṭham, as well as those who suffer from distortions of limbs in consequence of the enargement of the bodily Vāyu, or meet

disappointment during the middle part of an act of sexual congress, persons suffering from the imbecilities, of old age, or from tympanites or dryness of the mouth, or from diseases affecting the skin, veins and ligaments have got a splendid remedy in this Nārāyaṇa Pailam, the killer of all diseases, the recipe of which was formerly disclosed by Viṣṇu himself.

नारायणमिदं तैलं विष्णु नोक्तं रुग्दन्म्॥
 पृथक्तैल घृतं कुर्यात्समस्तैरौपथैः पृथक्॥१३॥
 शतावर्यां गुडूच्या वा चित्रकै गेचनान्वितैः॥
 निर्गुण्ड्या वा प्रसारः स्यात्कण्टकार्या रसादिभिः॥१४॥
 वर्षाभूबालया वापि वासकन फलत्रिकैः॥
 ब्राह्म्या चैरण्डकेनापि भृंगराजेन कुष्ठिना॥१५॥

Oils or Ghṛtas may be separately cooked in admixture with each of the following drugs, viz. Śatāvārī, Guḍūci, Citrakam, Vyōśa, Nimba, the expressed juice of Nirgundī, Prariṇī, or Kaṅṭakārī, Varṣābhū, Valā, Vāsaka, Phala-trikam, Brāhmī, Eraṅḍa, Yaṣṭhika, Bhṛṅgarāja, Musal, Daśamūlam, Khadira and Vaṭa.

मुसल्या दशमूलेन खदिरेण वटादिभिः॥
 वटिका मोदको वापि चूर्णं स्यात्सर्वरोगनुत्॥१६॥
 घृतेन मधुना वापि अद्भिः खण्डगुडादिभिः॥
 लवणैः कटुकैर्युक्तं यथालाभं च रोगनुत्॥१७॥
 चित्रकार्कत्रिवृद्वापि यवानीहयमारकम्॥
 सुधां च बालां गणिकां सप्तपर्णसुवर्चिकाम्॥१८॥
 ज्योतिष्मतीञ्च संभृत्य तैलं धीरो विपाचयेत्॥
 एतन्निष्यन्दनं तैलं भृशं दद्याद्भगन्दरे॥१९॥

Confection, pills, or pulverised compounds of the foregoing drugs, taken with honey, sugar, and clarified butter, or with water, prove curative in all diseases. The intelligent one should cook a medicinal oil in combination with Citrakam, Trivṛt, Pāthā, Malapum, Haya-mārakam, Sudhā, Vacā, Lāṅgalakim, Saptaparnam, Suvarcikā, and Jyotiṣmālī. This oil is called Syandanam Tailam and should be employed for the purpose of asepsising and healing ulcers, and especially in fistula in ano.

शोधनं रोपणं चैव सर्ववर्णकरं परम्॥
 चित्रकाद्यं महातैलं सर्वरोगप्रभाजनम्॥२०॥

अजमोदं ससिन्दूरं हरितालं निशाद्वयम्॥
क्षारद्वयं फेनयुतमार्द्रक सर (शव) लोद्धवम्॥ २१॥
इन्द्रवारुण्यपामार्गकदलैः स्यन्दनैः समम्॥
एभिः सर्षपजं तैलमजामूत्रैश्च योजितम्॥ २२॥

The medicinal oil of great efficacy, which is called Citrakādyam Tailam, cures all diseases; cook mustard oil in combination with Ajamodā, Sindūra, Haritālam, the two kinds of Niśā, the two kinds of Kṣāra, Phena, Ardrakam, Sarala, Indra-Vāruṇī, Apāmārga, Kadala and Kandala taken in equal parts with the addition of the usual quantity of goat's urine.

मृद्वग्निना पचेदेतद्रव्यक्षीरेण संयुतम्॥
अजमोदादिकं तैलं गण्डमालां व्यपोहति॥ २३॥

॥ इति श्रीगारुडे महापुराणे पूर्वखण्डे प्रथमांशाख्ये आचारकाण्डे ब्राह्मीघृतदिवर्णनं
नाम चतुःसप्तत्युत्तरशततमोऽध्यायः॥ १७४॥

अध्यायः १७५ / Chapter 175

रुद्र उवाच

एवं धन्वन्तरिर्विष्णुः सुश्रुतादिनुवाच ह॥
हरिः पुनर्हरायाह नानायोगान्नुर्गदान्॥ १॥

Rudra said :—Thus the holy Dhanvantari, who is an incarnation of Viṣṇu, discoursed on many a medicinal compound of infallible potency, which (Hari) formerly disclosed to Hara.

हरिरुवाच

सर्वज्वरेषु प्रथमं कार्यं शङ्कर लङ्घनम्॥
क्वथितोदकपानं च तथा निर्वातसेवनम्॥ २॥

Hari said :—O Śaṅkara, in all types of fever the patient should be made to fast and kept in a room protected from the wind. Boiled water should be given to him for drink.

अग्निस्वेदाज्वरस्त्वेवं नाशमायान्तिहीश्वर॥
वातज्वरः क्वाथो गुडूच्यो मुस्तकेन च॥ ३॥

Dry formenatitons prove efflcacious in all forms of fever; a decoction of Musta and Guḍūcī proves antidotal to the Vātaja type.

दुरालभैश्चैव घृतं पित्तज्वरहरः शृणु॥
शुण्ठीपर्पटमुस्तैश्च बालकोशीरचन्दनैः॥ ४॥

A decoction of Duralabhā cures Pittaja fever,

विदग्धस्तु पचेत्पक्वं पक्वं चैव विशोधयेत्॥
रोपणं मृदुभावं च तैलेनानेन कारयेत्॥ २४॥

This Tailam should be cooked over a gentle fire and with the admixture of cow-milk. The oil thus cooked and prepared is called Ajamodā Tailam, which proves highly efficacious in scrofula and scrofulous sores. It induces satisfactory suppuration in indurated or partially suppurated sores, and cleanse the suppurating ones. Healing, granulation and softening of ulcers may be brought about with the help of this Ajamoda oil, which is one of the most efficacious of medicinal oils, and cures a host of bodily distempers.

and hear that, a decoction of Śuṅṭhī, Parpaṭa, Musta, Valaka, Uśira and Candana proves remedial in the same type.

साज्यः क्वाथः श्लेष्मजं तु सशुण्ठिः सदुरालभः॥
सवालकः सर्वज्वरं सशुण्ठिः सहपर्पटः॥ ५॥

A decoction of the Śuṅṭhī and Duralabhā taken with ghṛtam proves curative in the Kaphaja type or fever. A decoction of śuṅṭhī, Vālakam and Prapaṭam proves curative in all forms of fever.

किराततिक्तैर्नारीगुडूचीशुण्ठिमुस्तकैः ॥
पित्तज्वरहरः स्याच्च शृण्वन्यं योगमुत्तमम्॥ ६॥

A decoction of Taktā, Eraṇḍa, Guḍūcī, Śuṅṭhī, and Mustaka cures Pittaja fever; now hear me enumerate the other medicinal compounds of infallible efficacy.

बालकोशीरपाठाभिः कण्टकारिकमुस्तकैः॥
ज्वरनुच्य कृतः क्वाथस्तथा वै सुरदारुणा॥ ७॥

A decoction of Vālaka, Uśira, Pāṭhā, Kaṅṭa-kārī, Mustaka, and Devadāru acts as a good febrifuge remedy.

धन्याकनिम्बमुस्तानां समधुः स तु शङ्कर॥
पटोलपत्रयुक्तस्तु गुडूचीत्रिफलायुतः॥ ८॥

O Śaṅkara, decoction of Dhānyakam,

Nimba and Musta taken with honey, or a decoction of Triphalā, Guḍucī, and Poṭola leaves, internally administered.

पीतोऽखिलज्वरहरः क्षुधाकृद्गतनुत्विदम्॥
हरीतकी पिप्पलीनामामलीचित्रकोद्भवम्॥१॥
चूर्णं ज्वरं च क्वथितं धान्यं (धन्या) कोशीपपर्पटैः॥
आमलक्या गुडूच्या च मधुयुक्तं सचन्दनम्॥१०॥

Acts as an appetising, Vāyu-subding, and febrifuge medicine. Powders of Haritaki, Pippalī, Āmalā and Citrakam taken with a decoction of Dhānyakam, Uśira and Parpatam, or a decoction of Amalaki, Guḍcī, and Candanam taken with honey proves curative in all forms of fever.

समस्तज्वरनुच्च स्यात्सन्निपातहरं शृणु॥
हरिद्रानिम्बत्रिफलामस्तकैर्देवदारुणा ॥११॥
कषायं कटुरोहिण्या सपटोलं सपत्रकम्॥

No hear me, discourse on the medicinal compounds, which have the efficacy of subduing the Sānnipātika forms of fever. A decoction of Haridrā, Nimba, Triphalā, Mustakam, Devadāru, Kaṭurohiṇi and Paṭola leaves destroys Sānnipātika fever.

त्रिदोषज्वरनुच्चस्यात्पीतं तु क्वथितं जलम्॥१२॥
कण्टकार्यां नागरस्य गुडूच्या पुष्करेण च॥
जग्ध्वा नागबलाचूर्णं श्वासकासादिनुद्भवेत्॥१३॥

Powders of Nāgavalā, taken with a decoction of Guḍucī, Puṣkara, Nāgaram and Kaṅṭākārī subdues cough, asthma, etc. Hot water should be given for the alleviation of thirst in fever due to the action of the deranged Vāyi and Kapham. Cooked Śāli rice reduced to the consistency of a soup, rice gruel, or Mudga

॥ इति श्रीगारुडे महापुराणे पूर्वखण्डे प्रथमांशाख्ये आचारकाण्डे ज्वरहरनानायोगादिवर्णनं नाम पञ्चसप्तत्युत्तरशततमोऽध्यायः॥ १७५॥

अध्यायः १७६ / Chapter 176

श्रीभगवानुवाच

सप्तरात्रात्प्रजायन्ते खल्वाटस्य कचाः शुभाः॥
दग्धहस्तिदन्तलेपात्साञ्जीक्षररसाञ्जनात् ॥१॥

The Deity said :—Plasters of the ashes of elephant's tusks and Rasāñjanam pasted with

soup should be given to a fever patient for the subsidence of fever.

कफ वातज्वरे देयं जलमुष्णं पिपासिने॥
विश्वपर्पटकोशीरमुस्तचन्दनसाधितम् ॥१४॥
दद्यात्सुशीतलं वारि तृच्छर्दिज्वरदाहनुत्॥
बिल्वादिप पञ्चमूलस्य क्वाथः स्याद्वातिके ज्वरे॥१५॥

Water boiled with Viśva, Parpatakam, Uśira, and Candanam, and subsequently cooled down, should be given for the alleviation of fever thirst and vomiting. A decoction of the drugs of the Pañcamūlam group proves remedial to Vātaja fever.

पाचनं पिप्पलीमूलं गुडूचीविश्वभेषजनम्॥
वातज्वरे त्वं क्वाथो दत्तः शान्तिकरः परः॥१६॥
A decoction of Pippalī-mūlam, Guḍucī, and Viśva-bheṣajam conquers Vātaja fever.

पित्तज्वरघ्नः समधुः क्वाथः पर्पटनिम्बयोः॥
विधाने क्रियमाणेऽपि यस्य संज्ञा न जायते॥१७॥
A decoction of Nimba and Parpatakam, taken with honey, proves curative in Pittaja fever.

पादयोस्तु ललाटो वा दहेल्लौहशलाकया॥
तिक्तापाठा पर्पटाश्च विशाला त्रिफला त्रिवृत्॥
सक्षीरो भेदनः क्वाथः सर्वज्वरविशोधनः॥१८॥

The forehead and soles of the feet of a fever patient, who can not be restored to consciousness even with the employment of ordinary restorative measures, should be cauterised with an iron rod. A purgative decoction consisting of Tiktā, Paṭhā, Parpata, Viśāla, Triphalā, and Trivṛt, taken with boiled milk, proves curative in all forms of fever.

goat's milk and applied for seven days in succession, contribute to the growth of beards and mustachios.

भृङ्गराजरसेनैव चतुर्भागेन साधितम्॥
केशवृद्धिकरं तैलं गुञ्जाचूर्णांन्वितेन च॥२॥

एलामांसीकुष्ठमुरायुक्तमभ्यङ्गतः शिवम्॥
गुञ्जाफलं समादेयं लेपनं चन्द्रलुप्तनुत्॥३॥

Oil, cooked with its quarter part of the expressed juice of Bhr̥ṅgarāja and Guñjā helps the growth of hair. For the cure of baldness (alopacea), first rub the scalp with a paste of Elā, Mānsī, Kuṣṭham, and Murā, and then apply a plaster of pasted Guñjā berries over it.

आम्नास्थिचूर्णलेपाद्दे केशाः सूक्ष्मा भवन्ति च॥
करंजामलकैलाललाक्षालेपोऽरुणापहः ॥४॥
आम्नास्थिमज्जामलकलेपात्केशा भवन्ति वै॥
बद्धमूला घना दीर्घाः सिग्धाः स्युर्नोत्पत्ति च॥५॥

Applications of plasters of the powdered pulps of mongo stones impart a thickness and silky gloss to the hairs and prevent their falling off.

विडङ्गान्धपाषाणसाधितं तैलमुत्तमम्॥
सचतुर्गुणगोमूत्रं मनसः शिलमेव वा॥६॥
शिरोऽभ्यङ्गाच्छिराजन्मयूकालिङ्घ्याः क्षयं नयेत्॥
नवदग्धं शंखचूर्णं घृष्टसीसकलेपितम्॥७॥

Anointment of the head with a medicinal oil cooked with Viḍaṅga, Gandh-pāṣāṇa, and Maṇḍ-Śilā and with the admixture of cow's urine, four times its own weight, destroys lice and dandruff. O thou bull-riding deity, applications of freshly burnt conch-shell powders mixed with rubbings of lead and water to the scalf impart a raven like blackness to the hair.

कचाः श्लक्षणा महाकृष्णा भवन्ति वृषभध्वज॥
भृङ्गराजं लोहचूर्णं त्रिफला बीजपूरक॥८॥
नीली च करवीरं च गुडमेतैः समं शृतम्॥
पलितानीह कृष्णानि कुर्याल्लेषान्महौषधम्॥९॥

A hair dye composed of Bhr̥ṅgarāja, iron-dusts, Triphalā, Vijapurakanī, Nīlī and Karavīram boiled with an equal quantity of treacle make the grey hairs of old men black again.

आम्नास्थिमज्जा त्रिफला नी (ता) ली च भृङ्ग राजकम्॥
जीर्णं पक्वं लोहचूर्णं काजिकं कृष्णकेशकृतं ॥१०॥
Pulps of mango-stones, Triphalā, Nīlī,

Bhr̥ṅgarāja, steel-powders, dissolved in Kāñjikā make a good hair-dye.

चक्रमर्दकबीजानि कुष्ठमेरुण्डमूलकम्॥
अत्यम्लकाजिकं पिष्ट्वा लेपान्मस्तकरोगनुत्॥११॥

Plasters of Cakramards-seeds, Kuṣṭham and Eraṇḍa-roots pasted with warm Kāñjikam and applied to the scalp prove curative in all diseases of the head (cephalagia).

सैन्धवं च वचा हिङ्गु कुष्ठं नागेश्वरां तथा॥
शतपुष्पा देवदारु एमिस्तैलं तु साधितम्॥१२॥
गोपुरीपरसेनैव चतुर्भागेन संयुतम्॥
तत्कणभरणादुग्रकर्णशूलं क्षयं नयेत्॥१३॥
मेषमूत्रसैन्धवाभ्यां कर्णयोर्भरणाच्छिव॥
कर्णयोः पूतिनाशः स्यात्कृमिस्त्रावादिकस्य च॥१४॥

A medicinal oil cooked with its quarter part of cow's urine and with the addition of rock salt, Vacā, Hiṅgu, Kuṣṭham, Nāgeśvaram, Śata- and Devadāru, poured into the ears, relieves earache. Similarly, ear-drops composed of rock salt and lamb's urine prove beneficial in otalgia with a fetid discharge, and germination of parasites in the tympanum.

मालतीपुष्पदलयो रसेन भरणात्तथा॥
गोजलेनैव पूरेण पूयस्त्रावो विनश्यति॥१५॥

Pourings of the expressed juice of the Mālatī leaves, and cow's urine arrest fetid discharges from the ears.

कष्ठमाषमरीचानि तगरं मधु पिप्पली॥
अपामार्गोऽश्वगन्धा च बृहती सितसर्षपाः॥१६॥

Rubbings of a plaster composed of Kuṣṭha, Māṣa, Maṛicam, Tagaram, Pippalī, Apāmārga, Aśvagandhā, the two kinds of Vrhati, and mustard,

यवास्तिलाः सैन्धवं च पादिकोद्धर्तनं शुभम्॥
लिंगबाहुस्तनानां च कर्णयोर्वृद्धिकृद्भवेत्॥
कटुतैलं भल्लातकं बृहती फलदाडिमम्॥१७॥
वल्कलैः साधितैर्लिप्तं लिंगं तेन विवर्द्धते॥१८॥

Yava, and Tilam pasted with honey and rocksalt remove the numbness of the penis and the arms. Mustard oil cooked with the