

# Ananda Ayurveda Academy

## Ayurveda Herbal Science II

### (~~DRAYYAGUNAKARMA~~) - II

Course module: AAA-202

## Vocabulary

**Acintya śakti** – Unexplained power or action as in prabhava

**Agnī** – Digestive fire

**Ākāśa** – One of the Mahabhuta. Space element

**Āma pācana** – To burn or digest toxins using herbs or spices

**Amla** – Sour taste

**Anantamula** – Herb that is often used for skin problems

**Anupāna** – A carrier or vehicle for medicinal herbs

**Āpa** – One of the Mahabhuta. Water element

**Apāna Vāyu** – Type of vāta controlling “Down and Out” movement such as with excretion

**Arjuna** – Herb used for heart conditions and to balance emotions

**Asava & Ariṣṭa** – Fermented herbal juice (Asava) or herbal decoction (Ariṣṭa) containing self-generated alcohol

**Aśoka** - Herb used as uterine tonic, to treat leucorrhea and to control bleeding

**Aśwagandhā** – Herb used for stress, insomnia, erectile dysfunction and memory

**Asthi** – Bone tissue

**Auśadhī dravya** – Medicinal substance

**Auśadhī kāla** – Time of administration of herbal medicine

**Balā** – Herb used for cough, cold, joint pain and reproductive conditions

**Bhaiṣajya kalpanā** – A broad topic of study of a variety of Medicinal Formulations (topical, oral, herbal, mineral, etc.)

**Bhṛṅgaraja** – Herb used to treat liver conditions, strengthen hair and gums

**Bhumyamalaki** – Herb used for liver conditions and to clear stones in bladder and gallbladder

**Bibhitaki** – Herb used as expectorant, laxative and for gallstones

**Bilva** – Herb used for IBS, Diarrhea and other GI problems

**Brāhmi** – Herb used as nervine, for seizures and memory

**Bṛṃhaṇa** – One of the 6 major therapies in Ayurveda. To nourish, grow, expand

**Cala** – Guna of mobility

**Citraka** – Herb used for rhinitis, parasites and wet type of arthritis

**Curṇa** – Herbal powder

**Dāruharidrā** – Herb used for wound healing, eye infections and eye rasayana

**Devadāru** – Herb used mainly for joint pain

**Dhāraṇā** – A type of meditation to increase focus and concentration

**Dhātu** – Body tissue

**Dīpana** – Herbal medicines that increase agni

**Drava** - Liquid quality

**Dravya** – Substance

**Dravyaguṇakarma** – Medicinal substances, their qualities and actions

**Dravyaguṇakarma Śāstra** – Medicinal substances with minerals, their qualities and actions

**Ḍṛḍhikaraṇa** – To strengthen

**Eraṇḍa** – Castor bean, used as oil

**Gaṇa** – Category of herbal actions

**Gandha** – Smell, fragrance

**Gokṣura** – Herb used for UTI, urinary stones, prostate issues, libido and PCOS

**Guḍūcī** – Herb used for skin disorders, chronic fever, GERD, burning hands & feet, Diabetes

**Guggulu** – Herb used to promote healthy cholesterol, improve thyroid function, scrape fat and toxins  
and lubricate joint tissues

**Guṇa** – Quality

**Guru** – Heavy quality

**Gurvadi guṇa** – 20 guna (10 pairs of opposite qualities)

**Gutīka** - Tablet

**Harītakī** – A main component of Triphala, known as “Mother of All Herbs” Used for respiratory  
conditions, intestinal worms, leucorrhea

**Hima** – Cold infusion

**Hingu** – Herb used for flatulence, asthma, cough, bladder pain, epilepsy

**Hṛdya** – Action to strengthen the heart

**Jala** - One of the Mahabhuta., Water element, usually used for drinking water (instead of āpa)

**Jaṭāmāmsī** – Herb used for hysteria, mood swings, dizziness, headaches, sleep disturbance, scaling dermatitis

**Jivaniya** – Category of anti-aging rasayana herbs

**Jyotiṣmatī** – Herb used for cognitive function, stress, anxiety, improves sleep and kidney function

**Kālamegha** – Herb used for liver diseases, skin disease, chronic fever

**Kalka** – Herbal paste

**Kapikacchu** – Herb used for low libido, impotence, premature ejaculation and Parkinson’s disease

**Karma** - Action

**Kaṣāya** – Astringent taste

**Kaṭhiṇa** – Hard quality

**Katu** – Pungent taste

**Kaṭukī** – Herb used in liver cirrhosis, fatty liver, elevated liver enzymes, psoriasis and hypothyroidism

**Khara** – Rough quality

**Kirātatikta** – Herb used for fever, improve fat metabolism, insulin sensitivity and treat skin disorders

**Kledana** – To moisten, hydrate, anoint

**Krimighna** – Intestinal worm, parasite

**Kṣālana** – To wash

**Kṣirapaka** – Herbal milk decoction

**Kumārī** – Aloe Vera

**Kuṭaja** – Herb to treat amebiasis, diarrhea, congested veins in rectum, thirst, crusting skin lesions

**Kwātha/Kaṣāya** – Herbal decoction

**Laghu** – Light quality

**Lañghana** – One of the 6 major therapies in Ayurveda. To lessen, reduce, diminish

**Lavaṇa** – Salty taste

**Lekhana** – To attenuate, scrape, diminish

**Lepana** –Herbal paste

**Lodhra** – Herb used for bleeding disorders, pregnancy bleeding, to strengthen gums

**Madhura** – Sweet taste

**Majjā** – The 6th Dhatu, brain and bone marrow

**Mala** – Waste product

**Māṃsa** – The 3<sup>rd</sup> Dhatu, Muscle tissue

**Manda** – Sluggish or slow

**Maṇḍūkapaṇḍī** – Herb used for anxiety, to improve mental function, anti-aging

**Mañjiṣṭhā** – Blood cleansing herb

**Meda** – Fat tissue

**Medhya** – Rasayana for the brain

**Meṣaśṛṅgī** – Herb used for diabetes, asthma, hypercholesterolemia, regulate sweet cravings

**Mṛdu** – Soft quality

**Mustā** – Herb used for diarrhea, itchy skin, fever, uterine tonic

**Nimba** – Herb used for hair growth, soft skin, gums, teeth, bolster immune system

**Pācana** – To burn or digest

**Padmaka** – Herb with affinity for uterus, used for uterine bleeding and to promote fertility, nourish fetus

**Pañcabhautika guṇa** – Qualities of the 5 Great Elements

**Pañcamahābhuta** – 5 Great Elements

**Phāṇṭa** – Hot infusion

**Picchila** – Slimy quality

**Prabhāva** – Unique, unexpected action of a medicinal herb

**Prāṇa Vāyu** – Type of vāta controlling “taking in” food, information, thoughts

**Prasādana** – To render pure

**Preraṇa** – Movement or motion

**Ṙṥthvi** – One of the Mahabhuta. Earth element

**Punarnavā** – Herb used primarily for kidney regeneration, also cardiac edema, liver health, stimulates bile secretion

**Rakta** – Blood tissue (cells)

**Rakta Candana** – Red sandalwood

**Rasa** – The 2<sup>nd</sup> Dhatu, fluid part of blood and lymph

**Rasāyana** – Restorative, regenerating

**Rāsnā** – Herb used for polyuria, impotency, breathlessness

**Ropaṇa** – To join together

**Rūkṣa** – Dry quality

**Rūpa** - Symptoms

**Śallakī** – Herb used for osteoarthritis, Rheumatoid arthritis, fibroids, cysts, psoriasis

**Śamana** - To appease, allay, suppress

**Samāna Vāyu** - Type of vāta controlling circular movement “toward the center” as in digestion

**Samvaraṇa** – To conceal, cover, suppress

**Sāndra** – Dense, consistency of gel or pudding

**Śāṅkhapusṭī** – Herb used for memory, intelligence, sleep, anxiety, uterine muscle relaxant

**Sat Isabgol** – Herb used for constipation, acidity, diarrhea, anal fissures and piles

**Śatāvārī** - Herb used for insufficient breast milk, menopause, infertility, hyperacidity

**Śabda** - Sound

**Siddha Ghṛta & Siddha Taila** – Herbal medicated ghee (ghṛta) and oil (taila)

**Śilājītu** – Mineral pitch used to reduce pain and inflammation, restore sexual function, promote cognitive abilities, extend lifespan

**Śīta** – Cold quality

**Ślakṣṇa** – Smooth quality

**Ślathana** – To slacken, loosen, weaken

**Snigdha** – Unctuous (oily or moisture) quality

**Śodhana** – To counter, arouse, purify

**Śoṣana** – To dry, dehydrate, suck out

**Sparśa** - Touch

**Stambhana** – To arrest, retain, make firm

**Stanyajanana** – Herb that increases breast milk

**Sthira** – Static quality

**Sthūla**- Gross (manifest) quality

**Sūkṣma** – Subtle quality

**Śukra** – Reproductive tissue, including male and female

**Svarṇapatrī** – Herb used as purgative, laxative

**Svedana** – To inspire, perspire, make soft

**Swarasa** – Fresh juice of herb

**Tagara** – Herb used for insomnia and hot flashes

**Tarunī** – **Rose**, used for eye irritation, skin irritation and depression

**Tavakṣīrī** – Herb used as laxative, aphrodisiac and reducing cholesterol.

**Tejas** – Subtle aspect of pitta doṣa

**Tīkṣna** – Sharp quality

**Tikta** – Bitter taste

**Tulasī** – Herb used for respiratory, urinary and skin disorders.

**Vacā** – Herb used for nasal congestion and polyps and to improve clarity of speech

**Vasāka** – Herb used as hemostatic and bronchodilator. Contracts uterus

**Vāyu** – Vāta

**Viḍaṅga** – Herb used for parasitic infections, oral contraceptive and skin disorders.

**Vidārī Kanda** – Herb used to improve sperm quality and libido, and rejuvenate skin.

**Udāna Vāyu** – Type of vāta controlling “up and out” movement as in speech, vomiting

**Uṣṇa** – Hot quality

**Vaṭī** - Herbal pills

**Vilodana** – To mix together, churn

**Vipāka** – Post-digestive effect

**Vīrya** - Potency

**Viśada** – Clean quality

**Vivarāṇa** – To expand, unfold, and express

**Vyāna Vāyu** – Type of vāta controlling circular movements from the “center outward” as in blood circulation from the heart

**Yaṣṭimadhu** – Licorice root, herb used as expectorant and for wound healing.

**Yukti** – Decision making based on individual observation and sources of knowledge