

# Sri Satya Sai Murlidhar Ayurvedic College & Hospital Moga (Punjab) -142001

# TUVRAKA

Latin Name:*Hydnocarpus laurifolia*Demst. Sleumer.Hydnocarpus - Carpus fruitlaurifolia - Leaves like laurel, leaves of laurel are emblem of victory or merits.

**Family -**Flacourtiaceae Kula-Tuvaraka Kula

#### Vernacular names

English: Chaulmogra Kannada: Garudaphala Marathi: Kadukavet Hindi: Chaulmogra Malayalam: Maroti

#### Habitat

Tuvaraka grows in South India especially in Western Ghats.

#### Morphology -

Habit A beautiful evergreen deciduous tree growing up to 50 ft. or more in height.

Bark Greyish brown in colour, smooth about 5 mm thick mottled with white patches.

Leaves Lanceolate or oblong, acuminate tip. entire margin. Petiole 7 mm long.

Flowers 9 to 12 mm in diameter, solitary or in racemes, white in colour, fringed with soft hairs.

Fruits Globose, 2 to 4 inch in diameter a size of an apple, crowned with persistent stigma, beaked at theapex.

Seeds Many in number, I to 1.5 each, subovoid, embedde in pulp, resembles almond.



Part used: Bija (Seed)



**Chemical Constituents**  $\rightarrow$  Seeds contain Hydnocarpic acid, Chaulmogric acid, Gorlic acid, Iso hydnocarpic acid and palmitic acid.

## Rasadipancaka

Rasa: Kaju Tikta, Kaşya (Ka.Ni.)

Guna: Tiksna, Snigdha

Vipäka –Katu

Virya: Uşna

Doşakarma (Action on Doşa): because of Uşnavirya, Kaļuvipāka and Ka uTikta Rasa. VatakaphaŠamaka, Vatahara due to Usnavīrya and Snigdha guna. Kaphasāmaka

### Karma (Actions):

Vranahara. Kusthghna, Krimighna, Jwaraghna, Arsoghna, Pramehahara, Sophahara,

**Pharmacological actions:** 

Antipruritic, Anthelmintic, Analgesic, Purgative, Blood Purifier.

### **Rogaghnata** (Therapeutic indications)

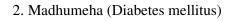
Kuştha, Prameha, Krimi, Jvara, Aršas, Sopha, Kandu, Carma vikāra, Nadiroga.

## AmayikaPrayoga (Therapeutic administration



1. Kuştharoga (Skin disease)

Tuvaraka (Hydnocarpus laurifolia) oil is very useful in skin diseases. It is also a Rasayana.



AcāryaSušruta advocated use of Tuvaraka (Hydnocarpus laurifolia) in Madhumeha (Diabetes mellitus).

# Matra (Dose)

Taila (Oil) Šamanartha - 5 Drops

Taila (Oil) Vamanartha - 10 Drops

BijaCürna (Seed powder)1 to 3 g

Yoga-Tuvrkaditaila