



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

**TUVRKA**

**Latin Name:** *Hydnocarpus laurifolia* Demst. Sleumer.

Hydnocarpus - Carpus fruit

laurifolia - Leaves like laurel, leaves of laurel are emblem of victory or merits.

**Family** -Flacourtiaceae

Kula-Tuvaraka Kula

**Vernacular names**

English: Chaulmogra

Hindi: Chaulmogra

Kannada: Garudaphala

Malayalam: Maroti

Marathi: Kadukavet

**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 the apex.

Seeds Many in number, 1 to 1.5 each, subovoid, embedded in pulp, resembles almond.

**Part used:** Bija (Seed)





**Chemical Constituents** → Seeds contain Hydnocarpic acid, Chaulmogric acid, Gorlic acid, Iso hydnocarpic acid and palmitic acid.



**Rasadipancaka**

Rasa: Kaju Tikta, Kaṣya (Ka.Ni.)

Guna: Tiksna, Snigdha

Vipāka –Katu

Virya: Uṣna



Doṣakarma (Action on Doṣa): because of Uṣnaviryā, Kaḷuvipāka and KaṣuTikta Rasa. VatakaphaṢamaka, Vatahara due to Uṣṇavīrya and Snigdha guna. KaphaṢāmaka



**Karma (Actions):**

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



**Pharmacological actions:**

Antipruritic, Anthelmintic, Analgesic, Purgative, Blood Purifier.



**Rogagnata (Therapeutic indications)**

Kuṣṭha, Prameha, Krimi, Jvara, Arṣas, Sopha, Kandu, Carma vikāra, Nadiroga.



**AmayikaPrayoga (Therapeutic administration)**

1. Kuṣṭharoga (Skin disease)

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



2. Madhumeha (Diabetes mellitus)

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



**Matra (Dose)**

Taila (Oil) Ṣamanartha - 5 Drops

Taila (Oil) Vamanartha - 10 Drops



BijaCūrma (Seed powder) 1 to 3 g

**Yoga-Tuvrkaditaila**

