



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

USTEKHADOOS

Botanical name-*Lavandula stoechas* Linn.

Family- Tulsi-family (Labiatae)

Vernacular names -

Hindi-Ghaaru, Ustukhudus;

Arabic: Anisul Akhaah, MumsikulAkhaah, Hafizul Abah;

English-Arabian or French Lavender

Botanical description-

Its shrub is two to three feet tall and has a strong camphor scent. Leaves are stemless, rectangular-linear. Flowers- Violet in colour, in dense clusters. They have fine hairs and have camphor scent. When smelled, its small, flat flowers are blackish yellow in colour, similar to Jyotishmati seeds.

Place of Origin- It grows in the Mediterranean region. It is planted in some gardens of western India. Dried shrubs and flowers are imported to Bombay from the Persian Gulf. There are two different species of this in India.

Chemical composition- A reddish yellow coloured aromatic oil is obtained from its flowers.

Properties -

Guna- Tikshana, Ruksha

Rasa- Katu, Tikta

Vipak- Katu

Virya- Ushana

Prabhava- Medhya

Karma -

Doshakarma- being sharp, dry, bitter, pungent and hot, it pacifies phlegm and being Ushna-Virya, it pacifies Vata



Internal-

Nervous system- Being hot and sharp, it destroys the cover of Tamadosha, which increases the power of intelligence and strengthens the nerves. It is also a pain reliever and an anti-spasmodic.

Digestive system- Being hot and sharp, it is digestive, analgesic and liver stimulant.

Circulation system- Due to its Ushnata, it stimulates the heart and blood circulation and destroys edema.

Respiratory system- It corrects phlegm by being a Shirovirechana.

Uses -

Dosha Prayog- As it is a Kapha-vata Shamak, it is used in Kapha-vata related disorders.

Institutional Use- Its application is done in external inflammation.

Internal-

Nervous system: Being a medhya, it is used in mental weakness, madness, epilepsy, etc., arising from it. Being a strength for the nerves, its use is beneficial in paralysis, addiction, nerve pain, etc.

Digestive system- It is used in Agnimandaya, inflammation, abdominal pain, etc. and being a liver stimulant, it is used in diseases like yakrichchhoya, ascites, etc.

Circulation system- Its use in cardiac weakness gives strength and stimulation to the heart. Hence, its use is beneficial in heart disease and inflammation arising from it.

Respiratory system- Being a Kapha-vata Shamak, it is used in cold, cough and asthma.

Useful parts-flowers and leaves.

Dose: powder 3-6 grams.

Yoga- Sharbat, Arka.