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HERBAL AYURVEDA 3

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- HERBAL PROPERTIES
 - Rasa - taste or essence- broadly categorized into sweet (madhura), sour ([amla](#)), salty (lavana), pungent (kaṭu), bitter (tikta) or astringent (kaṣaya).
 - Vīrya - effect on metabolism or [body](#) temperature
 - Vipāka - effects on digestion
 - Prabhāva - unique properties inherent to the plant
 - Karma - therapeutic [action](#) (e.g. digestive, stimulant, purgative)
- HERBAL PREPARATIONS
 - herbal paste (kalka),
 - powder (curna),
 - decoction (kasaya),
 - teas (phanta),
 - jams (paka),
 - medicated wines (arista),
 - pills (vati),
 - herbal oils (taila)

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Last update: **2024/06/10 13:17**

