

Medicine

Schedule - IV List of plant or botanical ingredients

S. No.	Botanical name and part used	Official and common names	Recommended use level per day
1.	<i>Abiesspectabilis</i> (D.Don) / <i>A. pindrow</i> Royle / <i>Abieswebbiana</i> Lindl (syn)		
	Leaf/ Fruit	Talispatra / Talisbhed	2-3 g (as powder)
2.	<i>Achilleamillefolium</i> Linn. / <i>A. Lanulosa</i> Nutt. (syn)		
	Leaf	Gandana/Biranjaisif	2-3 g (as powder)
3.	<i>Acoruscalamus</i> Linn.		
	Leaf	Vachha/Waj/Vacha	60-125 mg (as powder)
4.	<i>Anacyclus pyrethrum</i> DC.		
	Root/ Seed	Akarkar	100 - 250 mg (as powder) (Not recommended for children below 5 years)
5.	<i>Artemisia absinthium</i> Linn / <i>A.vulgaris</i> / <i>A. officinalis</i> Linn / <i>A. maritima</i> / <i>A. dracunculus</i> / <i>A. annua</i>		
	Whole plant	Damanak / Afsantin / Chauhar /	1-2 g
6.	<i>Berberisaristata</i> DC./ <i>B. asiatica</i> / <i>B. lycium</i> / <i>B. vulgaris</i>		
	Fruit / Leaf / Root / Stem	Daruhaldi / kashmall	5-10 g
	Rootextract/ Stem extract	Rasaunt	0.5-1 g
7.	<i>Celosiaargentea</i> L. var. <i>argentea</i>		
	Seed	Shitivaaraka / Surwali / Safedmurga	3-6 g
8.	<i>Celastruspaniculatus</i>		
	Seed	Jyothishmati / Malkanguni	2 - 3 g (as powder)
	Oil		1-2 ml
9.	<i>Celastruspaniculata</i> willd.		
	Seed	Jyothishmati / Maalkangni	3-5g
	Seed oil		5 - 15 drops
Leaf		3-5 g (as powder)	
10.	<i>Citrulluscolocynthis</i> (L.) Schard.		
	Fruit / Root / Leaf	Indarvaruni / Indarun / Indrayan	0.25-0.5 g (as powder) (Not recommended during pregnancy)
11.	<i>Cocculushirsutus</i> (L.) Theob.		
	Leaf / Whole plant	Chilihintha / Jalajamani	10-20 g (for decoction) 2 - 4 g (as powder)
12.	<i>Coleticumluteum</i> Baker		
	Corm	Suranjan / Suranjan-kadvi	0.5 - 1 g (Not recommended)

			in children below 5 years and pregnant mothers)
13.	<i>Commiphorawightii</i>		
	Oleoresin	Guggal	2-4 g (Not recommended for children below 5 years)
14.	<i>Commiphoramyrrrha</i>		
	Oleoresin	Hirabol	2-4 g (Not recommended for children below 5 years)
15.	<i>Convolvulus turpethum / Iporiusturpethum</i>		
	Root / Seed	Sygma-kali nishoth / SafedNishoth	2-4 g (as powder)
16.	<i>Dluchealameolata C.B. Clarke</i>		
	Aerial parts / Leaf	Razana / Vaaya-surai	5-10 g (as powder)
17.	<i>Encostemmalittorale</i> Blume		
	Whole plant	Maamajaka / Mamejwa / Naai	2-3 g
	Extract		0.5 – 1 g
18.	<i>Ephedra gerardiana</i> Wall.		
	Leaf/Whole plant	Somlata / Som / Somvalli	2-3 g (as powder)
19.	<i>Gloriosasuperba</i> Linn.		
	Root / Tubers	Langali / Kalihari	125 – 250 mg (not indicated in children and divine mothers)
20.	<i>Inularacemosa</i> . Hook / <i>I. roylanna</i> non- DC (syn)		
	Root	Pushkarmool / Pokharmool	1-3 g (as powder)
21.	<i>Mesuaferrea</i> Linn.		
	Stemen/Flower bud	Nagkesar	1-3 g
22.	<i>Microstylismusifera</i> Ridley		
	Tuber	Jivaka	3-5 g
23.	<i>Microstyliswallichii</i> Lindl. (Now known as <i>Malaxis acuminata</i> D. Don)		
	Tuber	Rishabhka	5-10 g
24.	<i>Mucunapruriens</i> (L.) DC. / <i>M. prurita</i> Honk.		
	Root	Atma Gupta / Kapikachhu / Kawach/ Concha	10-20 g (for decoction after processing)
	Pod	Kawach	20-30 g (as fresh after processing)
	Seed		3-6 g
	Extract		0.5-1 g
25.	<i>Nardostachysjatamansi</i> DC / <i>N. grandiflora</i>		
	Stem/Aerial parts	Jatamansi / mansi	2-5 g
	Extract		0.25-0.50 g

26.	<i>Nilgiranthusciliatus</i> (Nees) / <i>Barleriaprionitis</i> / <i>Strobilanthesciliatus</i> (syn)		
	Fruit	Sehachara	3-5 g (as powder)
27.	<i>Onosmahispidum</i> / <i>O. echioides</i> Linn.		
	Root	Ratanjot	3-5 g
28.	<i>Pinusexcelsa</i> / <i>P. wallichiana</i> (syn)		
	Fruit	Kail /	5-10 g
	Oil	Saral (var)	1-2 ml
	Bark		2 - 3 g
			(Not recommended for children below 5 years)
29.	<i>Pinusgerardiana</i> Wall.		
	Endosperm	Nikochaka /	10-20 g
	Oil	Chilgoja /	1- 2 ml
	Bark	Neerachail	2 -3 g
30.	<i>Pinusroxburghii</i> / <i>P. longifolia</i> Roxb		
	Fruit /	Saral /	10-20 g
	Oleoresin	Cheer /	1-2 g
	Oil	Cheel	1-2 ml
			(Not recommended for children below 5 years)
31.	<i>Pistaciaintegerrima</i> Stewart (Now known as <i>P. chinensis</i> Bunge ssp. <i>integerrima</i> (Stewart) Rech.f.		
	Gall	Karkatasharingi / Kakadasingi / kakdain	1-2 g
32.	<i>Podophyllumhexandrum</i> Poyle. / <i>P. emodii</i> Wall. (syn)		
	Fruit / Rhizome / Root	Ban-kakadi / Giriparpat	125-250 mg
			(Not recommended for children below 5 years and pregnant women)
33.	<i>Ricinuscommunis</i>		
		Erand / Arand / Castor seed	(Not recommended for children below 5 years)
	Fruit		
34.	<i>Rubiaccordifolia</i>		
	Stem/ Leaf	Manjishta / Manjeeth	1-2 g
35.	<i>Saracaasoca</i> Roxb. / <i>S. indica</i>		
	Bark/Leaf	Ashok	5-10 g (Not recommended for children below 5 years)
36.	<i>Saussurealappa</i> (Deeni) / <i>S. costus</i>		
	Root/Rhizome	Kushta / Kuth	3-5 g (Not recommended for children below 5 years)

	Oil		years) 5-10 drops
37.	<i>Semicarpusanacardium</i> Linn.		
	Fruits / Nuts	Bhallataka / Bhallava	Detoxified fruit 1-2 g in milk confection (Not recommended for children below 5 years and pregnant women)
38.	<i>Smilax china</i> Linn./ <i>S. glabra</i> Roxb./ <i>S. lanceifolia</i> Roxb.		
	Tuber	Chobachini / DeepanterVaacha	60-125 mg (as powder)
39.	<i>Symplocosracemose</i> Roxb. / <i>S. paniculata</i> Thunb.		
	Bark/Leaf	Lodhara / Lodhera - pathani	3-5 g
40.	<i>Taxusbaccata</i>		
	Leaf	Talispatra/ Sthavneyak / Thunera / Birmi	1-3 g (as powder)
	Bark		3-5 g (as powder)
41.	<i>Tecomellaundulata</i> Seem.		
	Bark	Rohitaka / Roheda	15-30 g (for decoction) 3-6 g (as powder)
42.	<i>Thalictrumfoliolosum</i> DC.		
	Plant / Root	Peetranga / Mamirii	1-2 g (as powder)
43.	<i>Tricholepisglaberrima</i> DC.		
	Plant	Brahmadandi / Brahmdandi	3-6 g
44.	<i>Urgineaindica</i> Roxb. Kunth / <i>Drimiaindica</i> Roxb. (syn)		
	Bulb / Leaf	Van palandu / jangalipiyaz / kolakand	125-250 mg (Not recommended for children below 5 years and pregnant women)
45.	<i>Valerianajatamansi</i> Jones / <i>V. wallichii</i>		
	Rhizome	Sugandh -baalaa / Tagar	1-3 g (as powder)
46.	<i>Vitexagnus-castus</i> Linn.		
	Seed Leaf	Renukabeej / Sage	1-2 g 1-3 g (Not recommended for children below 5 years)