

01. आर्द्रक स्वरस

Name of the practical :- आर्द्रक स्वरस

Principle / सिद्धान्त :- निष्पीडन

Reference :- शाङ्गधर संहिता मध्यम खण्ड 1/3

Textual reference / ग्रन्थ पथ

आर्द्रक स्वरसः क्षौद्रयुक्ता वृषणवातनुत् ।

स्वास्य कास्य अरुचिर्हन्ति प्रतिश्याय व्यापाहति ॥

[शा.म. 1/3]

Instruments

* weighing scale

* वस्त्र

* खल्व यन्त्र

* Vessels.

Ingredients and their properties

Sb. no.	Ingredient	Quantity
01.	आर्द्रक	14g.

Procedure :-

* आर्द्रक was collected from clean place. It was weighed and washed with water and cleaned well

* Infected part was discarded

* Outer layer was removed and chopped into small pieces

* Cut pieces were taken in clean बंद यंत्र and pounded till a smooth paste was obtained.

* Paste was kept over a cloth and squeezed until total liquid got separated from कमर

* obtained liquid portion is called आर्द्रक स्वरस

याँगिक परिक्षा :-

1. स्वरूप → द्रव

2. वर्ण → creamish white

3. गन्ध → लक्ष्णिक आर्द्रक गन्ध

4. रस → कटु

गुण कर्म विज्ञान :-

सम्स्थानिक कर्म :- भेदन दीपन , रुच्य

दोषघ्नत :- वातहर , कफहर

रोगघ्नत :- श्वास , कास , अरुची , प्रतिश्याय .

Results :-

quantity obtained :- 90 ml.

✓
Loss / Gain :- 24g

Reason for loss / gain :- Due to the fibrous waste and peel i.e, कमर

मात्रा - $\frac{1}{2}$ फेकल पैक = 2 ml

अनुपात - मधु.

Precautions:-

- * collect fresh आर्द्रक
- * wash the आर्द्रक properly
- * See whether any infected part. is present if so cut it or discard it.
- * Peel the outer covering of आर्द्रक.

Observation and discussion

- रस - कटु

• color = Greenish yellow color.

• Effect = Tingling sensation on the tip of tongue

* Burning sensation in throat

* Slight increase in temperature of body