



ISSN 2456-3110

Vol 4 · Issue 5

Sept-Oct 2019

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Conceptual study of *Karpurdhara (Amrutbindu) - Sadyafaldaitva*

Vd. Geetanjali N. Kaloge¹, Vd. Jayashree N. Tongoankar²

¹Post Graduate Scholar, ²Professor & HOD, P.G. Department of Kayachikitsa, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, INDIA.

ABSTRACT

Ayurveda is world's most ancient science of holistic approach. Today due to fast, faulty lifestyle and different diet pattern people are suffering from many diseases. People are in need of instant relief. There is always consideration that Ayurveda means no instant relief but in Ayurveda *Siddhyoga Sangraha* explained *Karpurdhara* i.e. *Jeevanarkrasayan* which gives instant relief in some symptoms like rhinitis, gastritis. It is preparation of Thymol, Menthol, Camphor. It is used as proprietary medicine in our institute named as *Amrutbindu*. In this paper *Sadyafaldaitva* of *Karpurdhara (Amrutbindu)* has been described.

Key words: Instant relief, *Amrutbindu*, *Sadyafaldaitva*.

INTRODUCTION

Today's faulty life style and change in diet habits people are suffering with many diseases. People are in need of instant relief. When there is Ayurveda people always think that Ayurveda means no instant relief. *Karpurdhara* is explained by *Siddhyoga Sangraha*.

Karpurdhara i.e. *Jeevanarkrasayan* is mainly preparation of Thymol, Menthol, Camphor. In our institute *Karpurdhara* is named as *Amrutbindu*. It is useful in Rhinitis, Gastritis, *Udarshool*, *Kandu*. It is used with some media. It gives short term but instant relief.

Now world is marching towards the modernization and have very little time to look after their health

Address for correspondence:

Vd. Geetanjali N. Kaloge
Post Graduate Scholar, Department of Kayachikitsa,
Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune,
Maharashtra, INDIA.

E-mail: geetkaloge417@gmail.com

Submission Date: 10/09/2019 Accepted Date: 19/10/2019

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

issues. People are facing fast life, different diet pattern style, Pollution, Unhygienic conditions, irregular diet and sleep timings in their routine. So they are in need of instant relief. So, In this paper *Sadyafaldaitva* of *Karpurdhara (Amrutbindu)* described.

AIM

Conceptual study of *Karpurdhara (Amrutbindu) - Sadyafaldaitva*.

OBJECTIVE

To study the *Sadyafaldaitva* of *Amrutbindu (Karpurdhara)*

MATERIALS AND METHODS

Ayurveda Samhita and journal, Online data

DISCUSSION

A. Camphor - *Karpura* - C10H16O

It is *Tikta*, *Madhura* - *Rasa*, *Katu* - *Vipaki*, *Sheeta* - *Veerya*. So it,

1. Stimulates circulatory and nervous system.
2. Aromatic herb - smell stimulates the cold receptors in mucus membranes.

3. Reduces inflammation in spasmodic and pain conditions
4. Antiseptic, anti-irritant
5. Works as local anesthetic
6. Calms nervous system in convulsions, epileptic attacks, nervousness
7. Liniment in joint pain

B. Thymol - *Ajmoda* extract. Chemical formula - C₁₀H₁₄O

It is *Katu*, *Tikta* - *Rasa*, *Katu* - *Vipaki*, *Ushna* - *Veerya* that works as,

1. *Pachak*, *Ruchikar*, *Shoolprashmankar*.
2. In ring worm infection as germicidal and antiseptic.
3. Painkiller in sprains, muscle pain.

C. Menthol - *Pudina* extract Chemical formula - C₁₀H₂₀O

It is *Katu* - *Rasa*, *Katu* - *Vipaki*, *Ushna* - *Veerya*. So it,

1. Gives fast relief
2. Antipruritic
3. Topical analgesic
4. Decongestant for chest and sinuses as inhaler
5. Provides cooling sensation in sun burns
6. Useful as mouthwash

Karpurdhara Nirmana Vidhi

a) According to *Granthadhar*

- Karpur - 10gms
- Thymol - 5gms
- Menthol - 5gms
- Benzoic acid - 2 gms

b) In our institute

Thymol + Menthol + Karpur are in equal quantity

Use

With any media *Karpurdhara* (*Amrutbindu*) gives instant relief.

e.g.-

1. *Kamdudha* - *Chhardighna*
2. *Chandraprabha* - *Udarshula*
3. *Guggulu* as local anesthetic - *Dantashula*
4. Nebulisation - *Tamakashwasa*
5. *Kandughna* - *Twakdushti*
6. NT4 oil - *Sandhishula*

Precaution

- It is irritant so avoid on eyes, lips or genital organs
- It calms nervous system, may cause confusion.
- It is *Kapha-Vatashamak* and *Pitta Vardhaka* so contraindicated in *Pittaja* diseases.
- Camphor is volatile so have to keep in air tight bottle.

CONCLUSION

In daily fast lifestyle there is need of instant relief. *Karpurdhara* provides instant relief. Hence it is *Sadyaphaldayi*.

REFERENCES

1. Krushna Gopal Granthamalakar, Rasrantnasara and Siddhayoga Sangraha, Pratham Khanda, Krushna Gopal Ayurved Bhavan, Kaleda, Ajmer.
2. Pandit Bhrmha Shankar Mishra, Bhavprakash VidyotiniTika, Chaukhamba Prakashan, Varanasi, 5th edition.
3. Vaidya V.M. Gogate, Dravyaguna Vidnyan, Vaidya Mitra Prakashan, Pune, 1st edition.
4. Harrison's Principles of Internal Medicine, Mc Graw-hill, 16th edition
5. API Textbook of Medicine, Editorial Medicine, volume 2
6. Yadunath Upadhyaya, Madhavnidan, Chaukhamba Prakashana, Varanasi.

7. Prof. Dr. A.P. Deshpande, Dravyagunavidnyan
8. Ranade, Dravyaguna vidyana, Part 1 and 2, Anamol Prakashana, Pune
9. Mahabharat by Pandit Ramanarayandatta Sastri.

How to cite this article: Vd. Geetanjali N. Kaloge, Vd. Jayashree N. Tongoankar. Conceptual study of Karpurdhara (Amrutbindu) - Sadyafaldaitva. J Ayurveda Integr Med Sci 2019;5:299-301.

Source of Support: Nil, **Conflict of Interest:** None declared.

Copyright © 2019 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.