

Footprints of *Shalmali* (*Bombax ceiba* L.) and *Mocharasa* in Ayurveda therapeutics: A classical review

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ABSTRACT:

Background- Plant based medicinal formulations are the integral part of classical Ayurveda therapeutics. Classical literature of Ayurved emphasizes the superiority of Dravya among the *Rasadi Panchaka* with various criteria. Therefore, plants and herbs are the soul of *Dravyagunavigyana* domain. *Shalmali* (*Bombax ceiba* L.), mentioned in Ayurveda is revered for its multipotent therapeutic utility. **Objectives-** This document aims to compile and study the references of *Shalmali* and *Mocharasa* in classical Ayurvedic compendia including *Bruhatrayi*. Further they were analyzed to gain insights into rationale present in pharmacodynamics of therapeutics of both the drugs. **Methods-** Classical Ayurvedic texts like *Chikitsasagrantha* and *Bruhatrayi* available in central library of ITRA, Jamnagar were screened for the references of *Shalmali* and *Mocharasa* pertaining to therapeutics. Collected information of formulations was evaluated and arranged in tabular format for the ease of understanding and ready referral. **Results-** *Shalmali* and *Mocharasa* are used in more than 45 main and allied therapeutic indications with more than 13 parts of plant. *Balashalmali* and *Kutashalmali* are also mentioned in few instances. This proves their broad-spectrum therapeutic potential in Ayurveda therapeutics. **Conclusion-** This review can be utilized as ready handbook regarding the references of *Shalmali* and *Mocharasa* in Ayurvedic literature. Information revealed here is beneficial for AYUSH stakeholders like Ayurvedic researchers, practitioners and pharmacists in understanding the action mechanism of *Shalmali* and *Mocharasa*.

KEYWORDS: AYUSH, Ayurvedic pharmacodynamics, *Bala Shalmali*, *Bombax ceiba*, Classical Ayurvedic literature, Classical review, *Kuta Shalmali*, *Laghu Shalmali*

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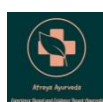
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1. INTRODUCTION

Dravya i.e herbs or drugs have immense importance when it comes to three major treatment modalities of Ayurveda i.e *Doshashamana*, *Doshashodhana* and *Svasthyahitakara*. [1] *Vagbhata* also explicitly opines the superiority of *Dravya* when it comes to pharmacodynamics among the *Rasapanchaka* (five attributes of *dravya* beginning with rasa), corroborating *dravya* is the one which is *Shrestha* (most excellent). [2] Ayurveda, a science that has existed since humanity's inception, emphasizes the importance of correctly diagnosing patients before treatment with medications. The role of plant-based formulations is significant in Ayurvedic therapeutics, as any substance (plant, animal, or mineral) can potentially serve as medicine if completely understood in terms of nomenclature, identity, properties, and applications. [3] [4] [5] [6]

Shalmali i.e. *Bombax ceiba* L. syn. *Salmaalina malabarica* (DC.) Schott & Endl., a member from *Bombacaceae* family is highly efficacious plant mentioned in Ayurveda, recognized for its Aphrodisiac potential. [7] Other indications of *Shalmali* include *Raktapitta* (bleeding disorder), *Prameha* (diabetes mellitus) and *Rasayana* (rejuvenation). Its resinous exudate is called as *Mocharasa*, has tremendous therapeutic value as styptic and anti-diarrhoeal. [8] It is also referred to as the "Silk cotton tree" or "Red silk cotton tree." The eastern Himalayas, the hotter forest parts of India, Burma, and Ceylon, Indo-Malaysia, the Western Ghats, and central-south Maharashtra are home to this tall, deciduous tree with a thick, spiky trunk. It is also abundantly found in temperate-tropical Africa and Australia. In Indian subcontinent, it is quite common at altitudes up to 1500 m among the dry as well as moist deciduous forests and near rivers. In folklore it is known as *Simbal*, *Simul*, Indian kapok, *Katesavar*, Indian bombax or Red Silk cotton tree. [9] [10] Although the conservation status of *B. ceiba* is globally assessed as Least Concern (LC) on the IUCN Red List, it holds profound ethnomedicinal therapeutic claims such as acne, wounds, and skin blemishes, while the roots and gum act as astringents and aphrodisiacs for diarrhea and sexual disorders. [11] Economically it is a vital multipurpose tree with high commercial and cultural value. Its soft wood drives the matchstick and plywood industries, while the highly buoyant seed floss is used for stuffing mattresses and pillows. Additionally, its roots, bark, and gum are key ingredients in Ayurvedic medicine, and its flowers are edible. [12] Recent research on *B. ceiba* L. highlights its rich phytochemical profile, particularly its flavonoids, phenolics,

and mangiferin and emphasize its potent antioxidant, wound-healing, antifungal, and antidiabetic properties across various parts of the plant. [13] The existing published literature on *B. ceiba* L. has primarily concentrated on pharmacological and phytochemical validations. There is a notable absence of a systematic, first-hand compilation of *Shalmali* and *Mocharasa* from a broader range of classical Ayurvedic literature. This review addresses this gap by screening thirty classical texts for references to *Shalmali* and *Mocharasa*, providing a comprehensive overview of their therapeutic profiles, dosage forms, and modes of administration. This work serves as a crucial resource for AYUSH researchers and practitioners, linking traditional Ayurvedic knowledge with modern pharmacological studies.

2. MATERIALS AND METHODS

In the present attempt various available classical authoritative Ayurveda texts from central library of ITRA (formerly IPGT & RA) were searched word by word manually for the concerned information.

Inclusion criteria

- Classical Ayurvedic texts (*Samhita* including *Bruhatrayi*, *Sangraha* and *Chikitsa Grantha* 30 in nos.) containing therapeutic references of *Shalmali* (*Bombax ceiba* L.) and/or *Mocharasa* in the form of formulations and *Amayika Prayoga* (disease therapeutics). were included.
- References mentioning the accepted synonyms of *Shalmali*, namely *Mocha*, *Piccha*, *Picchila*, *Tulini*, *Tulaphala* and *Kukkuti*, were considered during manual screening to ensure comprehensive retrieval.
- References related to *Balashalmali* and *Kutashalmali* (*Ceiba pentandra* L. Gaertn.) were also included wherever explicitly mentioned.
- Both internal and external therapeutic formulations containing *Shalmali* or *Mocharasa* were included.
- References describing the plant part used, dosage form, therapeutic indication, role of the drug in the formulation and method of administration were included for data extraction.
- Identical formulations appearing in multiple classical texts were retained as a single formulation, while all corresponding textual references were documented collectively.

Exclusion criteria

- References describing *Shalmali* only in the context of nomenclature/ classification (*Gana/ Varga*) botanical

description, morphology, *Rasapanchaka* or without therapeutic application, were excluded.

- Duplicate formulations with identical composition and indication reported in different compendia were not counted repeatedly
- References in which the identity of *Shalmali* or *Mocharasa* could not be confirmed from the original text were excluded from analysis.

Collected information was screened, analysed, categorised and interpreted according to its type and represented in tabular form for the ease of understanding. The references were categorised according to therapeutic indications, internal/external application along with details of part used of drug, its role in formulation and dosage form. The formulations with same nomenclature and same ingredients described by different compendia were considered as single entry and all the respective references were compiled together in last right-side column. Numerical analysis of found references was done to evaluate majority in therapeutic indications, part used and dosage form. Graphical tools are also used to depict the same. Outcome of review is briefly discussed for the elaboration of rationale which can give new insights into understanding of mode of action (Pharmacodynamics) of *Shalmali* and *Mocharasa*. (Figure 1)

Classical Ayurveda texts (Compendia including Bruhatrayi) used for the review with abbreviations:

Abhinava navajivanam (AN), [14] Anupana Manjari (AM), [15] Arka Prakasha (AP), [16] Ashtanga Hridaya (AH), [17] Ashtanga Sangraha (AS), [18] Basavarajiyam (BVJ), [19] Bhaishajya Ratnavali

(BR), [20] Bharata Bhaishyajya Ratnakara (BBR), [21] Bhavaprakasha Samhita (BPS), [22] Bhela Samhita (BS), [23] Chakradatta (CD), [24] Charaka Samhita (CS), [25] Chikitsa Kalika (CK), [26] Gadanigraha (GN), [27] Harita Samhita (HS), [28] Kashyapa Samhita (KS), [29] Rajamartanda (RM), [30] Sahasrayoga (SY), [31] Sharangadhara Samhita (ShS), [32] Siddhabheshaja Manimala (SBM), [33] Sushruta Samhita (SuS), [34] Vaidya Chintamani (VC), [35] Vaidya Jeevana (VJ), [36] Vaidya Rahasya (VR), [37] Vangasena (VS), [38] Vrindamadhava (VM), [39] Yoga Chintamani (YC), [40] Yogaratnakara (YR), [41] Yogatarangini (YT), [42] Siddhasara Samhita (SSS), [43]

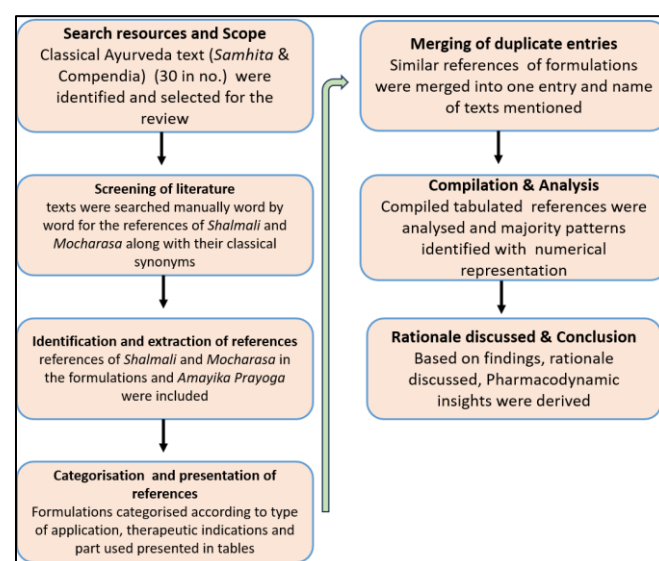


Figure -1 Schematic flow chart representing the process followed for the review

3. OBSERVATIONS AND RESULTS

Table 1: Number of formulations containing *Shalmali* and *Mocharasa* as an ingredient according to type of application

Sr. No.	Indication	Internal	External	I+E
1.	Atisara/ Pralahika/Grahani (including Raktatisara, Vishaja Atisara, Sarvatisara, Gudadaurbalya)	135	8	1
2.	Vajikarana and Rasayana (Including Dhatukshaya, Karshya, Shosha)	93	3	---
3.	Prameha and Kushtha (including Somaroga)	31	---	---
4.	Yoniroga Chikitsa (including Yonivyapad, Pradara, Striroga, Sutika Vyadhi, Garbhapata)	25	13	---
5.	Arsha	25	3	1
6.	Raktaja Vyadhi (Including Raktapitta, Raktaja Mukharoga, Shiroroga)	22	2	---
7.	Miscellaneous disease conditions (including Dantaroga, Visha, Upadamsha, Medoroga, Vatavyadhi, Shotha, Vriddhi, Shvasa, Mutrakrucchra, Panchkarma vyapad indications)	20	9	7
8.	Jwara/ Jwaratisara	20	2	---
9.	Kamala/Pandu	11	---	---
10.	Rajayakshma/Pushti	7	---	---
11.	Annavaha Srotasa/Mahasrotasa/Koshtha (including Gulma, Shula, Agnimandya, Ajeerna, Vibandha, Amlapitta)	7	---	---
12.	Balaroga (including Balatisara)	6	---	---
13.	Kshudraroga (including Vyanga, Mukhadushika, Padaroga)	4	7	---

14.	<i>Yakruta/Pleeha/Udara</i>	3	---	---
15.	<i>Panchakarma Adhikarana/ Pravahana</i>	---	8	---
16.	<i>Vrana Chikitsa</i>	---	6	2
Total		409	61	11

Table 2: *Shalmali* as an ingredient of various formulations indicated in *Atisara, Pravahika, Grahani, Arsha, Annava* *Strotasa, Panchakarma* and *Pravahana*

Sr. No.	Formulations with indication	Part used	Dosage forms	References
External applications in <i>Atishara/ Pravahika/ Grahani</i>				
1.	<i>Kushadi Piccha Basti (Pittatisara)</i>	<i>Ardra Vrunta</i>	<i>Basti</i>	AH/661
2.	<i>Piccha Basti (Atisara)</i>	<i>Ardra Vrunta</i>	<i>Basti</i>	CS/569, AS/501
3.	<i>Piccha Basti (Nirvahika)</i>	<i>Pushpa</i>	<i>Basti</i>	BS/561
4.	<i>Piccha Basti (Pravahika, Gudabhamsha)</i>	<i>Moola+ Pushpa</i>	<i>Basti</i>	AN/163
5.	<i>Piccha Basti (Raktatisara, Pittatisara)</i>	<i>Ardra Pushpa</i> <i>Churna</i>	<i>Basti</i>	AH/652,YR/209, VS/118, BBR/3/535
6.	<i>Piccha Basti 2nd (Pravahika)</i>	<i>Mocharasa</i>	<i>Basti</i>	VS/132
7.	<i>Piccha Basti 3rd (Pravahika)</i>	<i>Ardra Vrunta</i>	<i>Basti</i>	SuS/297
8.	<i>Shalmali Vrunta Piccha Basti (Pittatisara)</i>	<i>Vrunta</i>	<i>Basti</i>	SSS/106
Number of dosage forms - <i>Basti</i> -8				
Part used- <i>Vrunta</i> -4, <i>Pushpa</i> -3, <i>Mocharasa</i> -1, <i>Moola</i> -1 (Extra)				
External applications in <i>Arsha</i>				
1.	<i>Bilva Taila (Arsha)</i>	<i>Mocharasa</i>	<i>Taila</i>	BPS/22, VC/152, BR/303
2.	<i>Piccha Basti (Arsha)</i>	<i>Mocharasa</i>	<i>Basti</i>	CS/447, BBR/3/535
3.	<i>Piccha Basti (Arsha)</i>	<i>Pushpa</i>	<i>Basti</i>	CS/447, BBR/3/535
Number of dosage forms - <i>Basti</i> -2, <i>Taila</i> -1				
Part used- <i>Mocharasa</i> -2, <i>Pushpa</i> -1				
External applications in <i>Panchakarma/ Pravahana</i>				
1.	<i>Ardra Shalmali Vrunta Basti (Parisrava Chikitsa)</i>	<i>Vrunta (Ardra)</i>	<i>Basti (Kalka Siddha Ghrita)</i>	CS/1041
2.	<i>Katphaladi Lepa (Shodhana Atiyoga)</i>	<i>Mocharasa</i>	<i>Lepa</i>	KS/236
3.	<i>Piccha Basti (Niruhadhikara)</i>	<i>Shalmali</i>	<i>Basti</i>	VM/706
4.	<i>Shalmali Basti (Pravahika)</i>	<i>Vrunta (Ardra)</i>	<i>Basti</i>	CS/569
5.	<i>Shalmali Patra Kshira Basti (Pravahana)</i>	<i>Patra</i>	<i>Basti</i>	AS/598
6.	<i>Shalmali Vrunta Kshira Basti (Pravahana)</i>	<i>Vrunta</i>	<i>Basti</i>	AS/598
7.	<i>Siddha Aja Kshira Basti (Parisrava Chikitsa) (E)</i>	<i>Patra</i>	<i>Basti</i>	AS/609
8.	<i>Picchila Basti (Panchakarma)</i>	<i>Shalmali</i>	<i>Basti</i>	SuS/215, AS/598, CD/456, ShS/334, VS/943
Number of dosage forms - <i>Basti</i> -7, <i>Lepa</i> -1				
Part used- <i>Vrunta</i> -3, <i>Patra</i> -2, <i>Shalmali</i> -2, <i>Mocharasa</i> -1				
Internal applications in <i>Atisara/ Pravahika/ Grahani</i>				
1.	<i>Ajamodadi Mocharasa Churna (A)</i>	<i>Mocharasa</i>	<i>Churna</i>	ShS/184, VM/76, YR/206, VR/56, GN/2/182, BBR/1/18
2.	<i>Amritarnava Rasa (A)</i>	<i>Mocharasa (Ap)</i>	<i>Rasaushadhi</i>	BR/233,
3.	<i>Ankola Vataka (Sarvatisara)</i>	<i>Moola</i>	<i>Guti-Vati</i>	VS/125
4.	<i>Ankotha Vataka (A)</i>	<i>Mocharasa</i>	<i>Guti-Vati</i>	CD/40, VM/85
5.	<i>Aralu Gutika (A)</i>	<i>Mocharasa</i>	<i>Guti-Vati</i>	YC/94
6.	<i>Aralu Putapaka (A)</i>	<i>Mocharasa (Ap)</i>	<i>Putapaka</i>	ShS/142, BBR/5/556
7.	<i>Ardra Kutajavaleha (A)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	BBR-1/141

8.	<i>Atisarahara Kashaya</i> (A)	<i>Mocharasa</i>	<i>Kvatha</i>	SY/18
9.	<i>Atisarahara Rasa</i> (A)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/1/101
10.	<i>Ativishadi Avaleha</i> (A)	<i>Mocharasa</i>	<i>Avaleha</i>	BPS/27
11.	<i>Balachangeri Ghrita</i> (G)	<i>Mocharasa</i>	<i>Ghrita</i>	VM/93, GN/2/198
12.	<i>Bilva Taila</i> (A)	<i>Mocharasa</i>	<i>Taila</i>	BPS/22, VC/152
13.	<i>Bilva Taila</i> (G)	<i>Mocharasa</i>	<i>Taila</i>	BPS/22, BR/303, BBR/3/589
14.	<i>Bilvadi Churna</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	VM/76, CD/41, YR/224, BR/245, BBR/3/557, BBR/3/568
15.	<i>Bilvadi Kalka</i> (A)	<i>Mocharasa</i>	<i>Kalka</i>	VM/78, BR/241
16.	<i>Bilvadi Kvatha</i> (A)	<i>Mocharasa</i>	<i>Kvatha</i>	VS/122
17.	<i>Bilvadi Siddha Kshira</i> (A, G)	<i>Mocharasa</i>	<i>Kshirapaka</i>	CD/397, BPS/39, BR/245, VM/640, BBR-3/558
18.	<i>Bilvadi Yoga</i> (A, Raktatisara)	<i>Mocharasa</i>	<i>Churna</i>	SSS/104, VS/116, BBR/3/557
19.	<i>Bilvadi Yoga</i> (Raktatisara)	<i>Mocharasa</i>	<i>Kshirapaka</i>	VS/116
20.	<i>Bilvadi Yoga</i> (Sangrahani)	<i>Mocharasa</i>	<i>Kshirapaka</i>	VS/270
21.	<i>Bilvaphaladi Churna</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	BBR/3/567
22.	<i>Bruhat Ankola Vataka</i> (A)	<i>Mocharasa</i>	<i>Guti-Vati</i>	GN/1/233, BBR/4/614
23.	<i>Bruhat Gangadhara Churna</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	ShS/184, BR/260, AN/8, BBR/2/21
24.	<i>Bruhat Lavangadi Churna</i> , 2 nd (G)	<i>Mocharasa</i>	<i>Churna</i>	BR/261, BBR/4/517, 519
25.	<i>Chandanadi Churna</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	BR/1030, SY/111, VC/224, VS/556, YR/282
26.	<i>Changeri Ghrita</i> (A- Pittatisara)	<i>Mocharasa</i>	<i>Ghrita</i>	BS/401, VM/86, VS/269, CD/400, BR/1089
27.	<i>Changeri Ghrita</i> (G)	<i>Mocharasa</i>	<i>Ghrita</i>	VS/269, BBR/2/169
28.	<i>Changeryadi Rasayana</i> (A)	<i>Mocharasa</i>	<i>Avaleha</i>	SY/205
29.	<i>Chavyadi Yavagu</i> (G)	<i>Mocharasa</i>	<i>Yavagu</i>	CS/469
30.	<i>Dadhika Yavagu</i> (A)	<i>Pallava</i>	<i>Yavagu</i>	BBR/4/657
31.	<i>Dadimadi Taila</i> (G)	<i>Mocharasa</i>	<i>Taila</i>	BR/305, BBR/3/76
32.	<i>Dadimadi Taila</i> (G)	<i>Tvak</i>	<i>Taila</i>	BR/305
33.	<i>Dadimavaleha</i> (A)	<i>Kuta Shalmali</i>	<i>Avaleha</i>	YR/215, BBR/3/45
34.	<i>Dadimi Gutika</i> (Pakvatisara)	<i>Mocharasa</i>	<i>Guti-Vati</i>	VR/57, BBR/3/39
35.	<i>Dhatakyadi kwatha</i> (A)	<i>Mocharasa</i>	<i>Kvatha</i>	SBM/173
36.	<i>Dhatakyadi Modaka</i> (A)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BBR/3/130
37.	<i>Dugdha Sadhita Bilva Kalka</i> (A)	<i>Mocharasa</i>	<i>Kalka</i>	CD/41
38.	<i>Gangadhara Churna</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	BPS/8, GN/2/169, GN/1/189, YT/119, BBR/2/86, BBR/2/20,21
39.	<i>Gangadhara Churna Madhyama</i> (A)	<i>Veshta</i> (Tvak)	<i>Churna</i>	BBR/2/21
40.	<i>Gangadhara Churna Vriddham</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	BBR/2/21
41.	<i>Gangadhara Rasa</i> (A)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	VR/56, BBR/2/87
42.	<i>Grahanigajakesari Rasa</i> , 2 nd (G)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BVJ/281, VC/158, YR/228, BBR/2/122, BBR/2/123
43.	<i>Grahanikamadavaranasimha Rasa</i> (G)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/2/115
44.	<i>Grahanikapata Gutti</i> (G)	<i>Mocharasa</i>	<i>Guti-Vati</i>	YC/95, BBR/2/37
45.	<i>Grahanikapata Rasa</i> (G)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	VR/64, VC/157, YR/227, BBR/2/117, YT/126
46.	<i>Grahanikapata Rasa</i> (G)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	BBR/2/120
47.	<i>Grahanikapata Rasa</i> (G)	<i>Svarasa</i>	<i>Rasaushadhi</i>	BBR-2/117
48.	<i>Grahanivajrapata Rasa</i> (G)	<i>Mocharasa</i> (Bh, Pr)	<i>Rasaushadhi</i>	ShS/281, BR/277, BBR/2/125,
49.	<i>Grahanivajrapata Rasa</i> (G)	<i>Svarasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/2/125
50.	<i>Hinguleshvara Rasa</i> , 2 nd (A, G)	<i>Satva</i> (Bh)	<i>Rasaushadhi</i>	BBR/5/491
51.	<i>Indivaradi Yoga</i> (Raktatisara)	<i>Mocharasa</i>	<i>Churna</i>	SSS/102
52.	<i>Indrajadi Churna</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	VJ/29
53.	<i>Jambvadi Churna</i> (Raktatisara)	<i>Shalmali</i>	<i>Churna</i>	VC/147, BBR/2/245

54.	<i>Jambvadi Yoga (Kaphatisara)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	VS/122
55.	<i>Jatikkadi Gutti (Sarvatisara)</i>	<i>Mocharasa</i>	<i>Guti-Vati</i>	SY/227
56.	<i>Jatiphaladi Vati (G)</i>	<i>Veshta</i>	<i>Guti-Vati</i>	BR/287, BBR/2/284
57.	<i>Jirakadi Churna (G)</i>	<i>Mocharasa</i>	<i>Churna</i>	BR/265, AN/10, BBR/2/284
58.	<i>Jirakadi Modaka (G)</i>	<i>Mocharasa</i>	<i>Guti-Vati</i>	BR/272, BBR/2/254,
59.	<i>Jirakadi Putapaka (Raktatisara) (I)</i>	<i>Mocharasa</i>	<i>Putapaka</i>	VR/55
60.	<i>Kalyanaka Leha (Sarvatisara)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	KS/453, VS/130
61.	<i>Kamadavaranasimha Rasa (G)</i>	<i>Piccha</i>	<i>Rasaushadhi</i>	VC/158
62.	<i>Kamaladi Shita Kashaya (A)</i>	<i>Mocharasa</i>	<i>Shita Kashaya</i>	AS/500
63.	<i>Kanchatavaleha (G)</i>	<i>Veshta (Pk)</i>	<i>Avaleha</i>	BR/266, BBR/1/234
64.	<i>Kapithadi Khada (Pravahika)</i>	<i>Mocharasa</i>	<i>Khada</i>	KS/454
65.	<i>Kapitthadi Dadhika (A/ Gudadaurbalya)</i>	<i>Shalmali</i>	<i>Dadhika</i>	SuS/291
66.	<i>Katvangadi kvatha (A)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	VS/121
67.	<i>Kutaja Putapaka (A)</i>	<i>Mocharasa</i>	<i>Putapaka</i>	HS/234
68.	<i>Kutaja Rasakriya (A)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	VC/151, BR/318, SY/187,
69.	<i>Kutajadi Churna (A, Pittaja G)</i>	<i>Mocharasa</i>	<i>Churna</i>	GN/2/192, BBR/1/216, BBR/5/705
70.	<i>Kutajashtaka Avaleha (A)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	HS-238, ShS/210, CD/43, YR/216, GN/1/343, BPS/9, VM/82, VS/125, BR/243, BBR/1/241
71.	<i>Kutajashtaka kvatha (A)</i>	<i>Mocharasa (Ap, Pr)</i>	<i>Kvatha</i>	ShS/153, VC/140, YC/117, BBR/1/208
72.	<i>Kutajavaleha (A, Raktatisara)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	VR/75, VS/124, SY/187, BBR/1/240
73.	<i>Laghu Gangadhara Churna (Pravahika, A)</i>	<i>Mocharasa</i>	<i>Churna</i>	ShS/184, SY/110, VC/148, YR/205, YC/67,
74.	<i>Laghu Mai Churna (A)</i>	<i>Mocharasa</i>	<i>Churna</i>	BBR/4/470
75.	<i>Lai Churna, 4th (G)</i>	<i>Mocharasa</i>	<i>Churna</i>	BBR/4/521,
76.	<i>Lavangadi Churna (G)</i>	<i>Tvak</i>	<i>Churna</i>	BBR/4/471
77.	<i>Lavangadi Yoga (A)</i>	<i>Svarasa</i>	<i>Guti-Vati</i>	YC/181
78.	<i>Lodhradi Yoga (Pittatisara/ Vishaja Atisara)</i>	<i>Mocharasa</i>	<i>Churna</i>	KS/453, AS/899
79.	<i>Lokanatha Rasa, 8th (G)</i>	<i>Mocharasa (Ap)</i>	<i>Rasaushadhi</i>	BVJ/280, BBR/4/535
80.	<i>Madavaranasimha Rasa (G)</i>	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BVJ/280
81.	<i>Madhu Pakva Haritaki (G)</i>	<i>Mocharasa</i>	<i>Kalka</i>	BBR/4/173,
82.	<i>Madhya Lai Churna (Sangrahani)</i>	<i>Mocharasa</i>	<i>Churna</i>	BBR/4/522
83.	<i>Madhyama Gangadhara Churna (G)</i>	<i>Veshta</i>	<i>Churna</i>	BR/260, BBR/2/21
84.	<i>Mahabilva Taila (A)</i>	<i>Mocharasa</i>	<i>Taila</i>	VS/127
85.	<i>Markandeya Churna (G)</i>	<i>Mocharasa</i>	<i>Churna</i>	BR/265, BBR/4/233,
86.	<i>Mochadi Churna (Raktatisara)</i>	<i>Mocharasa</i>	<i>Churna</i>	KS/455
87.	<i>Mocharasa Siddha Yavagu (Raktatisara)</i>	<i>Mocharasa</i>	<i>Yavagu</i>	BPS/804, CD/397, YR/841, GN/3/529, VM/641, BR/1082, BBR/4/281
88.	<i>Mocharasadi Kvatha 1st (A)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	YC/117
89.	<i>Mocharasadi kvatha 2nd (A)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	YC/117
90.	<i>Mritasanjivani Rasa (4th) (A)</i>	<i>Mocharasa (Ap)</i>	<i>Rasaushadhi</i>	BR/232, BBR/4/250
91.	<i>Mritasanjivani Rasa (A)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i>	YR/217, BVJ/279
92.	<i>Mustadi Churna (G)</i>	<i>Mocharasa</i>	<i>Churna</i>	VC/150, CK/110, VR/55, BBR/4/237,
93.	<i>Mustadi Churna (Pravahika)</i>	<i>Mocharasa</i>	<i>Churna</i>	GN/2/181, VC/150, CK/110, VR/55
94.	<i>Mustadi Gutti (A)</i>	<i>Mocharasa</i>	<i>Guti-Vati</i>	BBR/4/237
95.	<i>Nagaraja Bhasma/ Rasa (G, Kushtha)</i>	<i>Satva (Ap)</i>	<i>Rasaushadhi</i>	BBR/3/233
96.	<i>Nilotpaladi Yoga (A)</i>	<i>Mocharasa</i>	<i>Churna</i>	CS/571
97.	<i>Pacchaendyadi Gutti (A)</i>	<i>Moola rasa (Bh)</i>	<i>Guti-Vati</i>	SY/227
98.	<i>Padmaotpaladi Kwatha (Raktatisara)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	AH/661
99.	<i>Pashupata Rasa (A)</i>	<i>Mocharasa (Ap)</i>	<i>Rasaushadhi</i>	VC/403,

100.	<i>Pathadi Churna/ Yoga</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	AH/663, BBR/3/296
101.	<i>Pathadi Kvatha</i> (A)	<i>Mocharasa</i>	<i>Kvatha</i>	BBR/3/275
102.	<i>Pathya Vyanjana</i> (<i>Vataja Atisara</i>)	<i>Patra</i>	<i>Ahara</i> (<i>Pakva Vyanjana</i>)	BVJ/279
103.	<i>Payodharadi Ghrita</i> (G)	<i>Mocharasa</i>	<i>Ghrita</i>	VJ/35
104.	<i>Pipplyadi Kalka</i> (<i>Vatatisara</i>)	<i>Mocharasa</i>	<i>Kalka</i>	KS/453
105.	<i>Priyaladi Kshirapaka</i> (<i>Raktatisara</i>)	<i>Tvak</i>	<i>Kshirapaka</i>	SuS/292
106.	<i>Purnachandra</i> (<i>Rasendra</i>) <i>Rasa</i> (G)	<i>Shalmali</i> (Ap)	<i>Rasaushadhi</i>	VC/159, BBR/3/502,
107.	<i>Putikadi Yoga</i> (G)	<i>Mocharasa</i>	<i>Kvatha</i>	BVJ/278
108.	<i>Rasanjanadi Churna</i> (A)	<i>Moola</i>	<i>Churna</i>	AN/25
109.	<i>Samangadi Churna</i> (<i>Atisara, Pittatisara</i>)	<i>Veshta</i>	<i>Churna</i>	SSS/99, VS/112, BPS/7,
110.	<i>Samangadi Kalka</i> (<i>Shleshma-Pitta Raktatisara</i>)	<i>Mocharasa</i>	<i>Kalka</i>	VC/143, VM/114
111.	<i>Samangadi kvatha</i> (A)	<i>Veshta</i>	<i>Kvatha</i>	VS/229
112.	<i>Samangadi kvatha</i> (<i>Shleshma-Pitta-Rakta Atisara</i>)	<i>Mocharasa</i>	<i>Kvatha</i>	YR/210, BBR/5/191
113.	<i>Samangadi Yoga</i> (<i>Pittatisara</i>)	<i>Mocharasa</i>	<i>Churna</i>	SSS/100
114.	<i>Samangadi Yoga Chatustaya</i> (<i>Pittatisara</i>)	<i>Mocharasa</i>	<i>Kalka</i>	BBR/5/200
115.	<i>Sarvatisaraharini Gutika</i> (A)	<i>Mocharasa</i>	<i>Guti-Vati</i>	VR/57, BBR/5/220
116.	<i>Shallakyadi Siddha Kshira</i> (<i>Raktatisara</i>)	<i>Shalmali</i>	<i>Kshirapaka</i>	AS/502
117.	<i>Shalmali Vrunta Hima</i> (A)	<i>Vrunta</i>	<i>Shita Kashaya</i>	SuS/289, AS/501
118.	<i>Shalmali Vrunta Kashaya</i> (<i>Pittaja Atisara</i>)	<i>Vrunta</i>	<i>Kvatha</i>	AH/660
119.	<i>Shalmaliniryasadi Churna</i> (<i>Bhasratishara</i>)	<i>Mocharasa</i>	<i>Churna</i>	VC/148
120.	<i>Sheeghraprabhava Rasa</i> (G)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/5/133
121.	<i>Shrikameshwara Modaka</i> (G)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BR/268
122.	<i>Shrikameshwara Modaka</i> (G)	<i>Moola</i>	<i>Guti-Vati</i>	BR/268
123.	<i>Shunthyadi Churna</i> (A)	<i>Mocharasa</i> (Ap)	<i>Churna</i>	VJ/29, BBR/5/30
124.	<i>Sudhasara Rasa</i> (A)	<i>Mochasara</i>	<i>Rasaushadhi</i>	BBR/5/364
125.	<i>Svalpa Gangadhara Churna</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	BR/260
126.	<i>Svalpa Lavangadi Churna</i> (G)	<i>Shalmali</i>	<i>Churna</i>	BR/261
127.	<i>Talisadya Churna</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	YR/225, YT/125
128.	<i>Tiladi Yoga</i> (A)	<i>Mocharasa</i>	<i>Churna</i>	AH/660
129.	<i>Utpaladi Yoga</i> (<i>Raktatisara</i>)	<i>Piccha</i> (<i>Shleshma</i>)	<i>Churna</i>	SSS/ 102
130.	<i>Vajrakapata Rasa</i> (G)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BR/277, BVJ/274, VC/157, BBR/4/714
131.	<i>Vatsakadi kvatha</i> (R)	<i>Mocharasa</i>	<i>Kvatha</i>	YR/208
132.	<i>Vridha Gangadhara Churna</i> (G)	<i>Mocharasa</i>	<i>Churna</i>	BR/261, BPS/8, SY/110, VC/148, YR/225, BBR/2/21
133.	<i>Vridha Gangadhara Churna</i> (<i>Pravahika</i>)	<i>Mocharasa</i>	<i>Churna</i>	BPS/8, SY/110, VC/148, YR/206,
134.	<i>Vridha Gangadhara Churna</i> (<i>Sarvatisara</i>)	<i>Mocharasa</i>	<i>Churna</i>	BPS/9, SY/110, VC/148, YR/206, YC/67,
135.	<i>Yogaraja Gutika</i> (A)	<i>Shalmali</i>	<i>Guti-Vati</i>	BBR/4/293

Number of dosage forms - *Churna*-41, *Rasaushadhi*-22, *Guti-Vati*-17, *Kvatha*-15, *Avaleha*-9, *Kalka*-6, *Kshirapaka*-5, *Taila*-5, *Ghrita*-4, *Putapaka*-3, *Yavagu*-3, *Shita Kashaya*-2, *Dadhika*-1, *Khada*-1, *Ahara*-1

Part used- *Mocharasa*-102, *Shalmali*-8, *Veshta*-6, *Moola*-3, *Svarasa*-3, *Tvak*-3, *Piccha*- *Shleshma*-2, *Satva*-2, *Vrunta*-2, *Kuta-Shalmali*-1, *Moola-Rasa/Drava*- 1, *Patra-Pallava*-2

Internal applications in *Arsha*

1.	<i>Abhayarishtha</i> (<i>Arsha, Agnimandya, Ajeerna</i>)	<i>Mocharasa</i>	<i>Arishtha</i>	SY/161, BR/323, BBR/1/61
2.	<i>Ashtanga Rasa</i> (<i>Arsha</i>)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	BR/332,
3.	<i>Avakpushpi Ghrita</i> (<i>Arsha</i>)	<i>Mocharasa</i>	<i>Ghrita</i>	VS/303, GN/70
4.	<i>Avakpushpi Ghrita</i> (<i>Arsha</i>)	<i>Pushpa</i>	<i>Ghrita</i>	VS/303, GN/70
5.	<i>Baladi Sarpi</i> (<i>Vataja Arsha</i>)	<i>Pushpa</i>	<i>Ghrita</i>	AS/495
6.	<i>Baladi Sarpi</i> (<i>Vataja Arsha</i>)	<i>Mocharasa</i>	<i>Ghrita</i>	AS/494
7.	<i>Bolabaddha Rasa</i> (<i>Raktarsha</i>)	<i>Mocharasa</i> (Bh)	<i>Rasaushadhi</i>	VR/76, BBR/3/607

8.	<i>Kashmaryadi Khada (Raktarsha)</i>	<i>Shalmali</i>	<i>Khada</i>	CS/444, AS/495
9.	<i>Kutaja Phanita (Arsha)</i>	<i>Mocharasa</i>	<i>Phanita</i>	SY/188
10.	<i>Kutaja Rasakriya (Arsha)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	CD/64, VC/151, VS/304, BR/318, CS/442, BBR/1/241
11.	<i>Kutajavaleha (Arsha), 2nd</i>	<i>Mocharasa</i>	<i>Avaleha</i>	AH/651, AS/494, SY/206, VR/75, VS/305, GN/1/320, ShS/210, BBR/1/240
12.	<i>Mahachangeri Ghrita (Arsha)</i>	<i>Shalmali</i>	<i>Ghrita</i>	VS/304
13.	<i>Mocharasadi Chagapaya Churna (Arsha)</i>	<i>Mocharasa</i>	<i>Churna</i>	AS/494
14.	<i>Mocharasadi Churna (Raktarsha)</i>	<i>Mocharasa</i>	<i>Churna</i>	CS/443, VS/113
15.	<i>Mocharasasiddha Ghrita (Arsha)</i>	<i>Mocharasa</i>	<i>Ghrita</i>	VC/416
16.	<i>Rodhradi Yoga (Raktarsha)</i>	<i>Tvak</i>	<i>Churna</i>	AH/651
17.	<i>Samangadi Churna (Arsha)</i>	<i>Mocharasa</i>	<i>Churna</i>	CD/64, BR/321, SuS/286, VS/303
18.	<i>Samangadi Dugdha (Raktarsha)</i>	<i>Mocharasa</i>	<i>Kshirapaka</i>	BPS/67, BBR/5/191
19.	<i>Samangadi Kalka (Arsha)</i>	<i>Mocharasa</i>	<i>Kalka</i>	VC/143, VM/114
20.	<i>Shalmalipushpadi Siddha Kshira Pushpa (Raktastambhana, Arsha)</i>		<i>Kshirapaka</i>	AS/495
21.	<i>Shirishmuladi Kalka (Pittaja Arsha)</i>	<i>Mocharasa</i>	<i>Kalka</i>	GN/2/219, BBR/5/11
22.	<i>Shirishmuladi Kalka (Pittaja Arsha)</i>	<i>Moola</i>	<i>Kalka</i>	GN/2/219
23.	<i>Shirishmuladi Kalka (Pittaja Arsha)</i>	<i>Pushpa</i>	<i>Kalka</i>	GN/2/219, BBR/5/11
24.	<i>Sunishanna(ka)changeri Ghrita (Arsha)</i>	<i>Mocharasa</i>	<i>Ghrita</i>	CS/448, VM/94, CD/65, BR/326, BBR/1/61
25.	<i>Sunishanna(ka)changeri Ghrita (Arsha)</i>	<i>Pushpa</i>	<i>Ghrita</i>	CS/448, VM/94, CD/65, BR/326
Number of dosage forms - Ghrita-8, Churna-4, Kalka-4, Avaleha-2, Kshirapaka-2, Rasaushadhi-2, Khada-1, Arishta-1, Phanita-1				
Part used- Mocharasa-15, Pushpa-5, Shalmali-3, Tvak-1, Moola-1				
Internal applications in Annavaaha Strotasa				
1.	<i>Katutrikadya Churna (Gulma)</i>	<i>Mocharasa</i>	<i>Churna</i>	GN/1/190
2.	<i>Navajivana Rasa (Agnimandya)</i>	<i>Moola</i>	<i>Rasaushadhi</i>	AN/16
3.	<i>Pashupata Rasa (Agnimandya)</i>	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BR/35
4.	<i>Pashupata Rasa (Ajeerna)</i>	<i>Mocharasa (Ap)</i>	<i>Rasaushadhi</i>	YT/141
5.	<i>Supya Shaka (Purisha bhedana)</i>	<i>Pushpa</i>	<i>Supa/ Yusha</i>	CS/538
6.	<i>Tamra Kalpa (Amlapitta)</i>	<i>Mocharasa (Bh)</i>	<i>Rasaushadhi</i>	BRS/502
7.	<i>Vamanarth Mocharasa (Parinama Shula)</i>	<i>Mocharasa</i>	<i>Kalka</i>	VS/750
Number of dosage forms- Rasaushadhi-4, Churna-1, Kalka-1, Supa/Yusha-1				
Part used- Mocharasa-5, Pushpa-1, Moola-1				
Internal+ External applications in Atisara/ Pravahika/ Grahani				
1.	<i>Grahanimihira Taila (Grahani)</i>	<i>Mocharasa</i>	<i>Taila</i>	BR/304, BBR/2/64
Number of dosage forms - Taila-1; Part used- Mocharasa-1				
Internal+ External applications in Arsha				
1.	<i>Bilva Taila (Arsha)</i>	<i>Mocharasa</i>	<i>Taila</i>	BPS/22, VC/152
Number of dosage forms- Taila-1; Part used – Mocharasa-1				

Table 3: *Shalmali* as an ingredient of various formulations indicated under *Vajikarana*, *Rasayana* and *Rajayakshma- Pushti*

Sr. No.	Formulations with indication	Part used	Dosage form/ Method	References
External applications of <i>Vajikarana</i> and <i>Rasayana</i>				
1.	<i>Kamakalakhya Rasa (V)</i>	<i>Svarasa (Pk)</i>	<i>Rasa/ Udvartana</i>	BBR/1/297
2.	<i>Shalmalika Basti (V- Shukradosha Nashana)</i>	<i>Pushpa</i>	<i>Basti</i>	AN/170
3.	<i>Shashanka Rasa (V)</i>	<i>Svarasa</i>	<i>Rasa/ Mardana</i>	BBR/5/119
Number of dosage forms - Kalka for Bhavana/ Mardana-1, Rasaushadhi for Utsadana- 1, Basti-1				

Part used- <i>Svarasa</i> -2, <i>Pushpa</i> -1,				
Internal applications of <i>Vajikarana</i> and <i>Rasayana</i>				
1.	<i>Amrita Bhallataka Paka</i> (V, R)	<i>Mocharasa</i> (Pk)	<i>Avaleha</i>	YR/877, BBR/1/50
2.	<i>Ashwagandha Paka</i> (V)	<i>Mocharasa</i>	<i>Paka</i>	BBR/1/52, BBR/5/622
3.	<i>Ashwagandhadi Avaleha</i> (V)	<i>Moola</i>	<i>Avaleha</i>	BBR/5/570
4.	<i>Bhukushmandadi Yoga</i> (V)	<i>Tvak Svarasa</i> (Bh)	<i>Churna</i>	BR/1130
5.	<i>Bruhat Musali Paka</i> (V)	<i>Mocharasa</i>	<i>Paka</i>	YC/26,
6.	<i>Bruhat Pugi/ Supari Paka</i> (V)	<i>Beeja</i>	<i>Paka</i>	VR/411, YC/19
7.	<i>Chandalini Yoga</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	BR/1129,
8.	<i>Chandalini Yoga</i> (V)	<i>Moola Svarasa</i> (Bh)	<i>Churna</i>	BR/1129,
9.	<i>Gandhakamalaki Yoga</i> (V)	<i>Shalmali Toya</i> (<i>Svarasa</i>) (Bh)	<i>Churna</i>	BR/1129
10.	<i>Gokharu</i> (<i>Gokshura</i>) <i>Paka</i> (V)	<i>Mocharasa</i>	<i>Paka</i>	YC/28, BBR/2/48
11.	<i>Guduchi Kalpa</i> (R)	<i>Svarasa</i> (Bh, Ap)	<i>Rasayana kalpa</i>	BBR/2/80
12.	<i>Harashashanka Rasa</i> (V)	<i>Toya</i> (<i>Svarasa</i>) (Bh)	<i>Rasaushadhi</i>	BBR/5/481
13.	<i>Harashashanka Rasa</i> (V)	<i>Tvak</i> (Bh)	<i>Rasaushadhi</i>	BBR/5/480
14.	<i>Kamadeva Churna</i> (V)	<i>Bala Shalmali Moola</i> (Bh)	<i>Churna</i>	VR/408, YT/312, BBR/1/214
15.	<i>Kamadeva Guti</i> (V)	<i>Bala Shalmali Drava</i> (Bh)	<i>Guti-Vati</i>	YC/48
16.	<i>Kamadeva Vati</i> (V)	<i>Mocharasa</i>	<i>Guti-Vati</i>	YT/310, BBR/1/225
17.	<i>Kamadeva Vati</i> (V)	<i>Shalmali</i>	<i>Guti-Vati</i>	YT/311, BBR/1/225
18.	<i>Kamadipaka Churna</i> (V)	<i>Moola Rasa</i> (Bh)	<i>Churna</i>	BBR/5/763
19.	<i>Kamaduta Rasa</i> (V)	<i>Shalmali</i> (Ap)	<i>Rasaushadhi</i>	BBR/1/295
20.	<i>Kamaduta Rasa</i> (V)	<i>Svarasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/1/295
21.	<i>Kamakala Rasa</i> (V)	<i>Mocharasa</i> (Pk)	<i>Rasaushadhi</i>	BBR/1/297
22.	<i>Kamakalakhya Rasa</i> (V)	<i>Shalmali</i> (Pk)	<i>Rasaushadhi</i>	BBR/1/297
23.	<i>Kamanayaka Rasa</i> (V)	<i>Svaras</i> (<i>Anga</i>) (Bh)	<i>Rasaushadhi</i>	BBR/5/766,
24.	<i>Kamasundara Rasa</i> (V)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/1/226
25.	<i>Kameshwara Modaka</i> (V)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BBR/1/228
26.	<i>Kameshwara Modaka</i> (V)	<i>Moola</i>	<i>Guti-Vati</i>	BR/1141, BBR/1/228
27.	<i>Kameshwara Modaka 2nd</i> (V)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BR/1141,
28.	<i>Kameshwara rasa</i> (V)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/5/769
29.	<i>Kameshwari Lehya</i> (V, R, <i>Raktapitta</i>)	<i>Mochaniryasa</i>	<i>Avaleha</i>	SY/207
30.	<i>Kaminidarpaghna Rasa</i> (V)	<i>Svarasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/1/298
31.	<i>Kaminidarpaghna Rasa</i> (V)	<i>Tvak Churna</i> (Bh)	<i>Rasaushadhi</i>	BBR/1/298
32.	<i>Karkatyadi Yoga</i> (V, <i>Shukra Kshaya</i>)	<i>Pushpa Churna</i>	<i>Kshirapaka</i>	HS/283
33.	<i>Keshara Paka</i> (V)	<i>Mocharasa</i>	<i>Paka</i>	YR/878, BBR/1/249
34.	<i>Kumkumadi Churna</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	YC/50,
35.	<i>Kumkumadya Rasa</i> (V)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/5/776
36.	<i>Kushmanda Paka</i> (V)	<i>Shalmali</i>	<i>Paka</i>	YT/314
37.	<i>Kushmandasava</i> (R, <i>Shvasa-Kasa</i>)	<i>Mocharasa</i>	<i>Asava</i>	GN/1/391, YC/188, BBR/5/735
38.	<i>Kusumayudha Rasa</i> (V)	<i>Mocharasa</i> (Pk)	<i>Rasaushadhi</i>	BBR/5/782
39.	<i>Laghu Shalmali Prayoga</i> (V)	<i>Moola</i>	<i>Churna</i>	BR/1126
40.	<i>Laghukameshwara Guti</i> (V)	<i>Tvak</i>	<i>Guti-Vati</i>	YC/96, BBR/4/511
41.	<i>Laghukameshwara Modaka</i> (V)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BBR/4/512
42.	<i>Laghukameshwara Modaka</i> (V)	<i>Moola</i>	<i>Guti-Vati</i>	BBR/4/512
43.	<i>Laghupushpadhanva Rasa</i> (V)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	YR/883,
44.	<i>Madana Kameshwari Leha</i> (V)	<i>Moola Kashaya</i> (Ap)	<i>Avaleha</i>	SY/194
45.	<i>Madana Kameshwari Leha</i> (V)	<i>Shalmali</i>	<i>Avaleha</i>	SY/194
46.	<i>Madanamunmad Rasa</i> (V)	<i>Svarasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/4/166

47.	<i>Madanananda Modaka</i> (V)	<i>Svarasa</i>	<i>Guti-Vati</i>	BBR/4/168
48.	<i>Madanaprakash Churna</i> (V)	<i>Pushpa</i>	<i>Churna</i>	BBR/4/24
49.	<i>Madanaprakash Churna</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	BBR/4/24
50.	<i>Madanasandipana Rasa</i> (V)	<i>Svarasa</i>	<i>Rasaushadhi</i>	BBR/4/166
51.	<i>Madhupakva Haritaki</i> (R)	<i>Mocharasa</i>	<i>Kalka</i>	YC/37
52.	<i>Mahakameshwara Modaka</i> (V)	<i>Beeja</i>	<i>Guti-Vati</i>	BBR/4/189
53.	<i>Mahakameshwara Modaka</i> (V)	<i>Mocharasa</i>	<i>Guti-Vati</i>	BR/1142
54.	<i>Mahakameshwara Modaka</i> (V)	<i>Shalmali</i>	<i>Guti-Vati</i>	BR/1142
55.	<i>Mahakameshwara Modaka</i> (V)	<i>Tvak</i> (Valkala)	<i>Guti-Vati</i>	BBR/4/189
56.	<i>Mahakushmanda Paka</i> (V)	<i>Tvak</i>	<i>Paka</i>	BBR/4/192
57.	<i>Makaradhvaja Rasa</i> (V)	<i>Moola</i>	<i>Rasaushadhi</i>	BBR/4/156
58.	<i>Mopharava</i> (V)	<i>Mocharasa</i>	<i>Avaleha</i>	BR/1156
59.	<i>Mritasanjivani Sura</i> (R)	<i>Mocharasa</i>	<i>Sura</i>	BR/204,
60.	<i>Musalyadi Churna</i> (V)	<i>Moola</i>	<i>Churna</i>	ShS/196, BBR/4/86,
61.	<i>Narikerasava</i> (R)	<i>Mocharasa</i>	<i>Asava</i>	GN/1/391
62.	<i>Panchasayaka Churna</i> (V)	<i>Moola</i> (Bh)	<i>Churna</i>	BBR/3/412
63.	<i>Panchashara Rasa</i> (V)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	BR/1130, BBR/3/411
64.	<i>Pramadebhankusha Rasa</i> (V)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	BBR/3/514
65.	<i>Pugapaka</i> (Bruhat) (V)	<i>Mocharasa</i> (Pk)	<i>Paka</i>	BBR/3/335
66.	<i>Purnachandra Rasa</i> (R)	<i>Mocharasa</i> (Ap)	<i>Rasaushadhi</i>	BBR/3/502
67.	<i>Purnachandra Rasa</i> (V)	<i>Shalmali</i> (Ap)	<i>Rasaushadhi</i>	BBR/3/502
68.	<i>Purnendu Rasa</i> (1 st) (R)	<i>Svarasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/3/504,
69.	<i>Purnendu Rasa</i> (4 th) (R, V)	<i>Moola</i> (Bh)	<i>Rasaushadhi</i>	YR/884, BBR/3/504
70.	<i>Pushpadhanva Rasa</i> (1 st) (V)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	BR/1131, YT/309, BBR/3/499,500
71.	<i>Pushpadhanva Rasa</i> (3rd) (V)	<i>Svarasa</i> (Bh)	<i>Kvatha</i>	BBR/3/499,
72.	<i>Ratibvallabhakhy Pugapaka</i> (V)	<i>Beeja</i>	<i>Paka</i>	YR/879, BBR/4/384
73.	<i>Sankochana Yoga</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	BBR/5/425
74.	<i>Saraswata Churna</i> (R)	<i>Shalmali</i>	<i>Churna</i>	SY/149
75.	<i>Shalmali Gandhaka Yoga</i> (V)	<i>Moola tvak</i> , (Bh)	<i>Churna</i>	BR/1129,
76.	<i>Shalmali Lohabana Yoga</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	SBM/377
77.	<i>Shashanka Rasa</i> (V)	<i>Moola</i> (Pk)	<i>Rasaushadhi</i>	BBR/5/119
78.	<i>Shrungarabhra Rasa</i> (V)	<i>Svarasa</i>	<i>Rasaushadhi</i>	BBR/5/152
79.	<i>Siddha Shalmali Kalpa</i> (V)	<i>Moola rasa</i> (Bh)	<i>Churna</i>	BBR/2/255
80.	<i>Strirativallabh Pugapaka</i> (V)	<i>Beeja</i>	<i>Paka</i>	BPS/813
81.	<i>Talisadi Churna</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	VC/162
82.	<i>Tamra Kalpa</i> (R)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/2/406
83.	<i>Uttamarama Churna</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	SBM/376
84.	<i>Vajikara Leha</i> (V)	<i>Moola Svarasa</i>	<i>Avaleha</i>	BBR/4/622
85.	<i>Vangeshvara Rasa</i> (V)	<i>Tvak</i>	<i>Rasaushadhi</i>	BBR/4/610
86.	<i>Vangeshwara Rasa</i> (V)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BBR/4/710
87.	<i>Vangeshwara Rasa</i> (V)	<i>Tvak</i>	<i>Rasaushadhi</i>	BBR/4/710
88.	<i>Vasanta Kusumakara Rasa</i> (R)	<i>Shalmali Kanda Drava</i> (Bh)	<i>Rasaushadhi</i>	ShS/272,
89.	<i>Vijaya Paka</i> (V)	<i>Beeja</i>	<i>Paka</i>	YC/46
90.	<i>Vijaya Paka</i> (V)	<i>Mocharasa</i>	<i>Paka</i>	YC/46
91.	<i>Vishvadi Churna</i> (V)	<i>Mocharasa</i>	<i>Churna</i>	SBM/376
92.	<i>Vridhha Shalmali Rasapana</i> (V)	<i>Moola</i>	<i>Svarasa</i>	BR/1126
93.	<i>Vridhpushpadhanva Rasa</i> (V)	<i>Shalmali</i> (Bh)	<i>Rasaushadhi</i>	YR/883

Number of dosage forms - *Rasaushadhi*- 32, *Churna*-20, *Guti-Vati*-14, *Khanda/Paka*-12, *Avaleha*-7, *Asava*-2, *Kshirapaka*-1, *Kvatha*-1, *Rasayana Kalpa*-1, *Sura*-1,

<i>Svarasa-1, Kalka-1</i>			
Part used- <i>Mocharasa- 34, Shalmali-13, Moola-10, Svarasa-12, Tvak-8, Beeja-5, Moola Rasa/Svarasa-4, Pushpa-2, Bala Shalmali Moola-2, Moola Kvatha-1 (Anupana), Moola Tvak-1, Shalmali Kanda Drava/Toya- 1</i>			
Internal applications of <i>Rajayakshma, Pushti</i>			
1.	<i>Gokshuradya Avaleha (Dhatukshaya)</i>	<i>Moola</i>	<i>Avaleha</i> GN/1/345
2.	<i>Navaratnarajamriganka Rasa (Yakshma)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i> YR/304
3.	<i>Purnachandra Rasa (Shosha)</i>	<i>Shalmali dvaya (Ap)</i>	<i>Rasaushadhi</i> BBR/3/501
4.	<i>Purnachandra Rasa (Karshya)</i>	<i>Pushpa Churna (Ap)</i>	<i>Rasaushadhi</i> BVJ/453, BBR/3/503
5.	<i>Rajamriganka Rasa (Rajayakshma)</i>	<i>Shalmali (Bh)</i>	<i>Rasaushadhi</i> BBR/4/441
6.	<i>Rasa Sindura (Rasa Bhasma) (Pushti)</i>	<i>Pushpa Vrunta (Ap)</i>	<i>Rasaushadhi</i> APK/197, VC/625
7.	<i>Shalmali Moola Kalka (Shosha)</i>	<i>Moola tvak</i>	<i>Kalka</i> HS/235, BBR/5/10
Number of dosage forms- <i>Rasaushadhi-5, Avaleha-1, Kalka-1</i>			
Part used- <i>Shalmali-3, Pushpa-2, Moola-1, Moola Tvak-1,</i>			

Table 4: *Shalmali* as an ingredient of various formulations indicated in *Kshudra Roga, Raktaja Vyadhi, Kushtha, Prameha, Yakrut- Pleea Roga*

Sr. No.	Formulations with indication	Part used	Dosage form	References
External applications in <i>Kshudraroga</i>				
1.	<i>Masura Shalmali Yoga (Vyanga)</i>	<i>Kantaka</i>	<i>Lepa</i>	AH/892
2.	<i>Mukhadushika Roghaghna Arka (Mukhadushika)</i>	<i>Kantaka</i>	<i>Arka</i>	AP/110
3.	<i>Mukhakantikara Lepa (Kshudraroga)</i>	<i>Kantaka</i>	<i>Lepa</i>	CD/315, BPS/589, BR/936, BBR/4/142
4.	<i>Shalmali Kantaka Lepa (Kshudra Roga, Vyanga Tarunyapitika)</i>	<i>Kantaka</i>	<i>Lepa</i>	VM/524, GN/3/387, VR/318, YR/703, BR/5/77
5.	<i>Shalmalyadi Upanaha (Parivartika- Kshudraroga)</i>	<i>Shalmali</i>	<i>Upanaha</i>	BVJ/610
6.	<i>Siddharthadi Lepa (Yuvanapitika)</i>	<i>Kantaka</i>	<i>Lepa</i>	VC/539
7.	<i>Upodikadi Taila (Padadari)</i>	<i>Mocharasa</i>	<i>Taila</i>	YR/699
Number of dosage forms - <i>Lepa-4, Arka- 1, Taila-1, Upanaha-1</i>				
Part used- <i>Kantaka-5, Mocharasa-1, Shalmali-1</i>				
External applications in <i>Raktaja Vyadhi</i>				
1.	<i>Lodhradi Avachurnana (Rakta Sthapana)</i>	<i>Shalmali</i>	<i>Churna</i>	AS/247
2.	<i>Rochanadi Vrana Lepa (Raktaja Mukhapaka)</i>	<i>Mocharasa</i>	<i>Lepa</i>	AS/762
Number of dosage forms - <i>Churna-1, Lepa-1</i>				
Part used- <i>Shalmali- 1, Mocharasa- 1</i>				
Internal applications in <i>Kshudra Roga</i>				
1.	<i>Anantadi Churna (Mukhapaka)</i>	<i>Mocharasa</i>	<i>Churna</i>	KS/456
2.	<i>Jaranadi Churna (Mukharoga)</i>	<i>Shalmali</i>	<i>Churna</i>	BBR/2/246
3.	<i>Padmaotpaladi Kvatha (Gudapaka)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	AH/661
4.	<i>Parvati Rasa (Mukharoga)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i>	BR/963
Number of dosage forms - <i>Churna- 2, Rasaushadhi -1, Kvatha- 1</i>				
Part used- <i>Shalmali-2, Mocharasa-2</i>				
Internal applications in <i>Raktaja Vyadhi</i>				
1.	<i>Avapida Nasya (Raktapitta)</i>	<i>Mocharasa</i>	<i>Svarasa</i>	CS/194
2.	<i>Chandanadi Churna (Raktapitta)</i>	<i>Mocharasa</i>	<i>Churna</i>	SY/111, VC/224, VS/556, YR/282, VM/155, GN/1/160, YT/150
3.	<i>Dhatakyadi Siddha Peya (Raktastapana)</i>	<i>Mocharasa</i>	<i>Peya</i>	BS/537
4.	<i>Gayatryadi Pushpa Prayoga (Raktapitta)</i>	<i>Pushpa</i>	<i>Churna</i>	SuS/395
5.	<i>Ikshuadi (Ikshukandadi) Kvatha (Raktapitta)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	VS/554, GN/2/297, VC/222
6.	<i>Kashaya Madhura Shaka (Raktapitta)</i>	<i>Pallav (Patra)</i>	<i>Shaka</i>	SuS/263

7.	<i>Khadiradi Pushpa Churna (Raktapitta)</i>	<i>Mocharasa</i>	<i>Churna</i>	BR/390, HS/301, SSS/117, CS/189, VS/554, GN/2/294, VM/24, BBR/1/322
8.	<i>Kiratatiktadi Churna (Raktapitta)</i>	<i>Mocharasa</i>	<i>Churna</i>	CS/189
9.	<i>Kulakuthara Rasa (Raktapitta)</i>	<i>Moola (Bh)</i>	<i>Rasaushadhi</i>	YR/284
10.	<i>Mocharasasiddha Dugdha Yoga (Raktapitta)</i>	<i>Mocharasa</i>	<i>Kshirapaka</i>	AS/445, GN/2/296, BBR/4/280
11.	<i>Padmadi Siddha Dugdha (Raktastapana)</i>	<i>Mocharasa</i>	<i>Kshirapaka</i>	BS/537
12.	<i>Phalinyadi Siddha Churna (Raktapitta)</i>	<i>Pushpa</i>	<i>Churna</i>	AS/444
13.	<i>Phalinyadi Siddha Ghrita (Raktapitta)</i>	<i>Pushpa</i>	<i>Ghrita</i>	AS/444
14.	<i>Raktapitta Kulakandana Rasa (Raktapitta)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i>	BR/395
15.	<i>Raktapittakulakandana Rasa (Raktapitta)</i>	<i>Shalmali (Bh)</i>	<i>Rasaushadhi</i>	BRS/395, YT/152,
16.	<i>Raktapittopayogi Shaka (Raktapitta)</i>	<i>Pushpa</i>	<i>Shaka</i>	CS/185
17.	<i>Samangadi Yoga (Raktaja Vyadhi)</i>	<i>Pushpa Kalka</i>	<i>Kalka</i>	HS/322
18.	<i>Shalmali Moola Kalka (Rakta Daha)</i>	<i>Moola Tvak</i>	<i>Kalka</i>	VS/928, HS/235
19.	<i>Shalmalyadi Prayoga (Raktapitta)</i>	<i>Pushpa</i>	<i>Churna</i>	YR/279
20.	<i>Sudhanidhi Rasa (Raktapitta)</i>	<i>Mocharasa (Bh)</i>	<i>Rasaushadhi</i>	VC/223
21.	<i>Ushirasava (Raktapitta)</i>	<i>Mocharasa</i>	<i>Asava</i>	GN/1/377, ShS/235, SY/170, BR/402, BBR/1/169
22.	<i>Vatankuradi Siddha Yusha (Raktastapana)</i>	<i>Mocharasa</i>	<i>Yusha</i>	BS/537

Number of dosage forms - *Churna*-6, *Rasaushadhi*-4, *Kalka*-2, *Kshirapaka*-2, *Shaka*-2, *Asava*-1, *Ghrita*-1, *Kvatha*-1, *Peya*-1, *Svarasa*-1, *Yusha*-1

Part used- *Mocharasa*-11, *Pushpa*-6, *Shalmali*-2, *Moola tvak*-1, *Moola*-1, *Patra/Pallava*- 1

Internal applications in <i>Kushtha-Prameha</i>				
1.	<i>Ashwagandhadi Paka (P)</i>	<i>Mocharasa</i>	<i>Paka</i>	VC/300,
2.	<i>Avartadi Churna (K)</i>	<i>Moola</i>	<i>Churna</i>	BS/5
3.	<i>Bahumutrantaka Rasa (Madhumeha Somaroga)</i>	<i>Moola Churna</i>	<i>Rasaushadhi</i>	SY/249,
4.	<i>Chandanadi Churna (P)</i>	<i>Mocharasa</i>	<i>Churna</i>	BBR/2/142
5.	<i>Chandanadi Churna (P)</i>	<i>Pushpa</i>	<i>Churna</i>	BBR/2/143
6.	<i>Chandanasava (P)</i>	<i>Mocharasa</i>	<i>Asava</i>	BBR/2/183
7.	<i>Chandrakala Gutti (P)</i>	<i>Shalmali, Shalmali Kashaya (Bh)</i>	<i>Guti-Vati</i>	YC/78, BR/703, YR/537, VC/298, BBR/2/208
8.	<i>Chandrakala Vati (P)</i>	<i>Shalmali Kvatha (Ap)</i>	<i>Guti Vati – Kvatha as Anupana</i>	BBR/2/208
9.	<i>Chintamani Yoga (K)</i>	<i>Shalmali</i>	<i>Kvatha</i>	GN/2/802
10.	<i>Durvadi Kvatha (Shukra- Rakta Prameha)</i>	<i>Shalmali</i>	<i>Kvatha</i>	HS/401
11.	<i>Ikshvadi Kvatha (P)</i>	<i>Mocharasa</i>	<i>Kvatha</i>	VC/222, BBR/1/156
12.	<i>Indra Vati (P)</i>	<i>Moola drava (Bh)</i>	<i>Guti-Vati</i>	BR/708, BBR/1/159
13.	<i>Indu Vati (P)</i>	<i>Moola jala (Bh)</i>	<i>Guti-Vati</i>	VR/221
14.	<i>Mahakala Rasa (Vaipadika Kushtha)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i>	VC/458
15.	<i>Makshikadi Churna (P)</i>	<i>Pushpa</i>	<i>Churna</i>	BBR/4/228
16.	<i>Makshikadi Churna (P)</i>	<i>Tvak</i>	<i>Churna</i>	BBR/4/228
17.	<i>Manjishthadi Kvatha (P)</i>	<i>Moolatvak</i>	<i>Kvatha</i>	BR/700
18.	<i>Pramehakuthara Rasa (P)</i>	<i>Tvak</i>	<i>Rasaushadhi</i>	YT/220,
19.	<i>Rajavartavaleha (P)</i>	<i>Neera (Svarasa)</i>	<i>Avaleha</i>	BBR/4/447
20.	<i>Rasa Parpati (K)</i>	<i>Shalmali (Ap)</i>	<i>Parpati</i>	BBR/4/404
21.	<i>Rasaraja Rasa(P)</i>	<i>Tvak rasa (Ap)</i>	<i>Rasaushadhi</i>	BBR/4/414,
22.	<i>Shailushadi Rasayana (P)</i>	<i>Mocharasa</i>	<i>Avaleha</i>	VC/296
23.	<i>Shalmali Ghrita (P)</i>	<i>Shalmali Drava (Svarasa)</i>	<i>Ghrita</i>	BR/714, BBR/5/48
24.	<i>Shalmali Kashaya (Kaphaja Prameha)</i>	<i>Tvak</i>	<i>Kvatha</i>	YR/528
25.	<i>Shalmali Vangadi Yoga (P)</i>	<i>Tvak Rasa</i>	<i>Churna</i>	YR/538
26.	<i>Shalmali Yoga (P)</i>	<i>Tvak</i>	<i>Churna</i>	BBR/5/10

27.	<i>Triphaladi Kvatha</i> (P)	<i>Shalmali</i>	<i>Kvatha</i>	BR/701
28.	<i>Vanga Bhasma</i> (<i>Vanga Yoga</i> 2nd) (P)	<i>Tvak Rasa</i> (Ap)	<i>Bhasma</i>	BBR/4/697
29.	<i>Vasanta Kusumakara Rasa</i> (P)	<i>Shalmali Kanda Drava</i> (<i>Svarasa</i>) (Bh)	<i>Rasaushadhi</i>	ShS/272,
30.	<i>Vedavidya Vati</i> (P, <i>Madhumeha</i>)	<i>Svarasa</i> (Bh)	<i>Guti-Vati</i>	BBR/4/805
31.	<i>Vijaya Parpati Rasa</i> (K)	<i>Shalmali</i> (Ap)	<i>Rasaushadhi</i>	BVJ/339

Number of dosage forms - *Churna*-7, *Rasaushadhi*-6, *Kvatha*-6, *Guti-Vati*-5, *Avaleha*-2, *Paka*-1, *Parpati*-1, *Asava*-1, *Bhasma*-1, *Ghritha*-1

Part used- *Tvak/Tvak Rasa*-7, *Shalmali*-6, *Mocharasa*-5, *Nira/Drava/Svarasa*-4, *Moola/Kanda*-2, *Moola Drava/Jala*-2, *Pushpa*-2, *Moola Tvak*-1, *Moola Kvatha*-1, *Tvak Kvatha*-1 (2 *Kvatha* are used as *Anupana*),

Internal applications in <i>Yakrita-Pleeha Roga</i>				
1.	<i>Shalmali Pushpa</i> (<i>Pleeharoga</i>)	<i>Pushpa</i>	<i>Kalka</i>	VR/204, BBR/5/171
2.	<i>Shalmali Pushpa Kvatha</i> (<i>Pleeha</i>)	<i>Pushpa</i>	<i>Kvatha</i>	YR/552
3.	<i>Shalmali Pushpa Yoga</i> (<i>Pleeha</i>)	<i>Svinna Pushpa</i>	<i>Siddha Jala</i>	VS/149

Number of dosage forms- *Kalka*-1, *Kvatha*-1, *Siddhajala*-1

Part used- *Pushpa* -3

Table 5: *Shalmali* as an ingredient of various formulations indicated in *Yoniroga*, *Yonivyapada*, *Striroga*, *Pradara*, *Sutikaroga* and *Balaroga*

Sr. No.	Formulations with indication	Part used	Dosage form	References
External applications in <i>Striroga- Yonivyapada</i>				
1.	<i>Dhanvadi Piccha</i> (<i>Moodhagarbhaharana</i>)	<i>Piccha</i>	<i>Kalka</i>	AS/296
2.	<i>Lakshadi Yoga</i> (Y)	<i>Tvak</i>	<i>Taila</i>	GN/3/495
3.	<i>Madayantika Yoga</i> (Y)	<i>Mocharasa</i>	<i>Siddha Jala</i>	GN/3/509
4.	<i>Madayantikadi Prakshalana</i> (S)	<i>Mocharasa</i>	<i>Kvatha</i>	BBR/4/5
5.	<i>Mruttika Shalmali Kalka</i> (<i>Moodha Garbha Nishkasana</i>)	<i>Shalmali</i> (<i>Piccha</i>)	<i>Kalka</i>	VS/207
6.	<i>Palashadi Churna</i> (S)	<i>Mocharasa</i>	<i>Churna</i>	BBR/3/295
7.	<i>Priyavadi Taila</i> (Pr)	<i>Mocharasa</i>	<i>Taila</i>	BR/1038
8.	<i>Shalmali Vrinta Basti</i> (<i>Aparasanga</i>)	<i>Vrunta</i>	<i>Basti</i>	AS/12
9.	<i>Udumbara Shalatu Taila</i> (Y)	<i>Shalmali</i>	<i>Taila</i>	AS/839
10.	<i>Udumbaradi Taila</i> (Yv)	<i>Mocharasa</i> (<i>Niryasa</i>)	<i>Taila</i>	CS/851
11.	<i>Udumbaradi Taila</i> (Yv)	<i>Tvak</i>	<i>Taila</i>	CS/851
12.	<i>Umadi Yonipurana</i> (<i>Aparasanga</i>)	<i>Piccha</i>	<i>Kalka</i>	AS/289
13.	<i>Yonisankochaka Yoga</i> (Y)	<i>Mocharasa</i>	<i>Churna</i>	VR/391

Number of dosage forms- *Taila*-5, *Kalka*-3, *Churna*-2, *Kavtha*-1, *Siddhajala*-1, *Basti*-1

Part used- *Mocharasa*-6, *Tvak*-2, *Shalmali*-1, *Vrunta*-1, *Piccha*-3

Internal applications in <i>Striroga- Yonivyapada</i>				
1.	<i>Ashwagandha Vati</i> (Pr)	<i>Mocharasa</i>	<i>Guti-Vati</i>	VR/380
2.	<i>Bhadrotkatadya Avaleha</i> (S)	<i>Tvak</i> (<i>Veshta</i>)	<i>Avaleha</i>	BR/1064, BBR/3/635
3.	<i>Bruhat Saubhagyashunthi Paka</i> (S)	<i>Mocharasa</i>	<i>Paka</i>	BBR/5/241
4.	<i>Chandanadi Churna</i> (Pr)	<i>Mocharasa</i>	<i>Churna</i>	BR/1030, VS/556, BBR/2/142
5.	<i>Eladi Churna</i> (Y)	<i>Mocharasa</i>	<i>Churna</i>	VS/201
6.	<i>Hriberadi Kvatha</i> (<i>Garbhini Roga</i> , Pr)	<i>Mocharasa</i>	<i>Kvatha</i>	BR/1055, YR/820, BVJ/413
7.	<i>Jambuphaladi Churna</i> (Y)	<i>Mocharasa</i>	<i>Churna</i>	VR/382
8.	<i>Jambvadi Ghritha</i> (Pr)	<i>Mocharasa</i>	<i>Ghritha</i>	BVJ/403
9.	<i>Kasela Paka</i> (Pr)	<i>Mocharasa</i>	<i>Paka</i>	YC/45
10.	<i>Lajjavatyadi Yoga</i> (<i>Garbhapata</i>)	<i>Tvak</i>	<i>Kalka</i>	BBR/4/465
11.	<i>Madhukadya Avaleha</i> (Pr)	<i>Mocharasa</i>	<i>Avaleha</i>	BBR/4/172

12.	<i>Mocharasa Siddha Dugdha Yoga</i> (Pr)	<i>Mocharasa</i>	<i>Kshirapaka</i>	VM/621, AS/445
13.	<i>Pathadi Ghrita</i> (Pr)	<i>Mocharasa</i>	<i>Ghrita</i>	BJ/403
14.	<i>Patrangasava</i> (Pr, S)	<i>Pushpa</i> (<i>Kusuma</i>)	<i>Asava</i>	SY/172, BR/1039, BBR/3/380
15.	<i>Pradarahara Kashaya</i> (Pr)	<i>Tvak</i>	<i>Kvatha</i>	SY/7
16.	<i>Pradarari Lauha</i> (Pr)	<i>Mocharasa</i>	<i>Loha</i>	BR/1034, BBR/3/512
17.	<i>Purnachandra Rasa</i> (S)	<i>Svarasa</i> (Ap)	<i>Rasaushadhi</i>	BBR/3/502,
18.	<i>Pushyanuga Churna</i> (Yv, Pr, S)	<i>Mocharasa</i>	<i>Churna</i>	BR/1031, CS/853, AH/900 AS/838, SY/117, CD/378 VS/193, YR/805, GN/1/179, VM/621
19.	<i>Samangadi Kalka</i> (Pr)	<i>Pushpa</i>	<i>Kalka</i>	BBR/5/190
20.	<i>Saubhagyashunthi</i> (<i>Sutika Roga</i>)	<i>Mocharasa</i>	<i>Paka</i>	BR/1066
21.	<i>Shalmali Ghrita</i> (Pr)	<i>Pushpa rasa</i>	<i>Ghrita</i>	VS/195, YR/806, BBR/5/49
22.	<i>Shalmali Pushpashaka</i> (Pr)	<i>Pushpa</i>	<i>Shaka</i>	HS/100
23.	<i>Shanadi Yusha</i> (<i>Raktapradara</i>)	<i>Pushpa</i>	<i>Yusha</i>	KS/382
24.	<i>Varahyadi Ghrita</i> (Y)	<i>Mocharasa</i>	<i>Ghrita</i>	SY/46
25.	<i>Yonisravahara Churna</i> (Pr)	<i>Mocharasa</i>	<i>Churna</i>	VR/381

Number of dosage forms- *Churna*-5, *Ghrita*-4, *Paka*-3, *Avaleha*-2, *Kalka*-2, *Kvatha*-2, *Asava*-1, *Guti-Vati*-1, *Kshirapaka*-1, *Loha*-1, *Rasaushadhi*-1, *Shaka*-1, *Yusha*-1

Part used- *Mocharasa*-16, *Pushpa*-5, *Tvak*-3, *Svarasa*-1

Internal applications in *Balaroga*

1.	<i>Bilvadi Kshirapaka</i> (<i>Balagrahani</i>)	<i>Mocharasa</i>	<i>Kshirapaka</i>	BR/1083
2.	<i>Changeri Ghrita</i> (<i>Balatisara, Atisara</i>)	<i>Mocharasa</i>	<i>Ghrita</i>	BR/1089, VM/86, VS/269, BS/401
3.	<i>Mocharasa siddha Yavagu</i> (<i>Bala Raktatisara</i>)	<i>Mocharasa</i>	<i>Yavagu</i>	BPS/804, YR/841, GN/3/529 VM/641, BR/1082, BBR/4/281
4.	<i>Pathadi Kalka</i> (<i>Balatisara</i>)	<i>Shalmali Tvak</i>	<i>Kalka</i>	HS/482
5.	<i>Samangadi Yavagu</i> (B)	<i>Tvak</i>	<i>Yavagu</i>	BBR/5/426
6.	<i>Vyaghri Taila</i> (B)	<i>Mocharasa</i>	<i>Taila</i>	BBR/4/679

Number of dosage forms- *Yavagu*-2, *Ghrita*-1, *Kalka*-1, *Taila*-1, *Kshirapaka*- 1

Part used- *Mocharasa*-4, *Tvak*-2

Table 6: *Shalmali* as an ingredient of various formulations indicated in *Jwara, Jwaratisara, Kamala, Pandu*

Sr.No.	Formulations with Indication	Part used	Dosage form/ Method	References
External applications in <i>Jwara-Jwaratisara</i>				
1.	<i>Chandanadi Taila</i> (J)	<i>Tvak</i>	<i>Taila</i>	CS/157, BBR/2/179
2.	<i>Shalmali Vrunta Piccha Basti</i> (J)	<i>Vrunta</i>	<i>Basti</i>	SSS/106
Number of dosage forms- <i>Taila</i> -1, <i>Basti</i> -1				
Part used- <i>Tvak</i> -1, <i>Vrunta</i> -1				
Internal applications in <i>Jwara-Jwaratisara</i>				
1.	<i>Aragvadhadi Kvatha</i> (<i>Vataja Jwara</i>)	<i>Shalmali</i>	<i>Kvatha</i>	GN/2/71
2.	<i>Bruhat Kutajavaleha</i> (JA)	<i>Tvak</i> (<i>Veshta</i>)	<i>Avaleha</i>	BR/229
3.	<i>Chandraprabha Vati</i> (JA)	<i>Mocharasa</i> (Bh)	<i>Guti-Vati</i>	YR/218, BBR/2/210
4.	<i>Chandraprabha Vati</i> (JA)	<i>Mulottha Drava</i> (Bh)	<i>Guti-Vati</i>	YR/218, BBR/2/210
5.	<i>Dadimadi Lehya</i> (JA)	<i>Shalmali</i>	<i>Avaleha</i>	VC/151
6.	<i>Dadimavaleha</i> (JA, J)	<i>Kuta Shalmali</i>	<i>Avaleha</i>	YR/215, BBR/3/45
7.	<i>Guduchyadi Kvatha</i> (JA)	<i>Mocharasa</i>	<i>Kvatha</i>	GN/2/154, BBR/2/13
8.	<i>Kalingadi Gutti</i> (JA)	<i>Mocharasa</i>	<i>Guti-Vati</i>	CD/33, BR/229
9.	<i>Katvangadya Vataka</i> (JA)	<i>Mocharasa</i>	<i>Guti-Vati</i>	VS/137, GN/1/245
10.	<i>Kutajavaleha</i> (JA)	<i>Tvak</i> (<i>Veshta</i>)	<i>Avaleha</i>	BR/229
11.	<i>Mritasanjivani Rasa</i> (J)	<i>Mocharasa</i> (Ap)	<i>Rasaushadhi</i>	BR/232
12.	<i>Mritasanjivani Sura</i> (<i>Sannipata Jwara</i>)	<i>Mocharasa</i>	<i>Sura</i>	BR/204, BBR/4/130

13.	<i>Nagaradi Churna</i> (JA)	<i>Mocharasa</i>	<i>Churna</i>	BBR/3/166
14.	<i>Nagaradi Kvatha</i> (Pitta-Kaphaja Jwara)	<i>Mocharasa</i>	<i>Kvatha</i>	BR/98, VR/15
15.	<i>Parvati Rasa</i> (Pittaja Jwara)	<i>Shalmali</i>	<i>Rasaushadhi</i>	BBR/3/486
16.	<i>Rasnadi Yoga</i> (Vata Jwara)	<i>Shalmali</i>	<i>Kvatha</i>	SSS/68
17.	<i>Shitajvarahara Kashaya</i> (J)	<i>Tvak</i>	<i>Kvatha</i>	BVJ/55
18.	<i>Sutadi Vati</i> (J)	<i>Mocharasa</i>	<i>Guti-Vati</i>	VC/149, BRS/328
19.	<i>Sutadi Vati</i> (JA)	<i>Moola drava</i> (Bh)	<i>Guti-Vati</i>	VC/149
20.	<i>Triphaladi Kashaya</i> (Vata-Pitta Jwara)	<i>Shalmali</i>	<i>Kvatha</i>	CD/13, VS/27, BR/97, VM/28, GN/2/87, BPS/85, SSS/72, YT/99, VC/672, BBR/2/328

Number of dosage forms- *Guti-Vati*-6, *Kvatha*-6, *Avaleha*-4, *Rasaushadhi*-2, *Sura*-1, *Churna*-1

Part used- *Mocharasa*-9, *Shalmali*-5, *Tvak* (*Veshta*)- 3, *Moola drava*-2, *Kuta Shalmali*-1

Internal applications in *Kamala-Pandu*

1.	<i>Ayorajiya Churna</i> (Pd)	<i>Moola</i>	<i>Churna</i>	AN/5
2.	<i>Champakadi Churna</i> (Pd)	<i>Mocha</i>	<i>Churna</i>	YT/147
3.	<i>Lohasundara Rasa</i> (<i>Lohasindura</i>) (Pd)	<i>Shalmali drava</i> (Bh)	<i>Rasaushadhi</i>	VC/114, BBR/4/554
4.	<i>Pandunigraha Rasa</i> (Pd)	<i>Shalmali svarasa</i> (Bh)	<i>Rasaushadhi</i>	VC/114
5.	<i>Pandusudana Rasa</i> (Pd)	<i>Tvak rasa</i> (Bh)	<i>Rasaushadhi</i>	BBR/3/440
6.	<i>Trailokya Rasa</i> (Pd)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	VC/113
7.	<i>Trailokyasundara Rasa</i> (Pd)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BVJ/125, BR/384, BBR/2/503
8.	<i>Trailokyanatha Rasa</i> (Ka)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	YT/148
9.	<i>Trailokyanatha Rasa</i> (Pd)	<i>Mocharasa</i>	<i>Rasaushadhi</i>	BRS/389, BBR/2/501
10.	<i>Trailokyanatha Rasa</i> (Pd)	<i>Moola</i>	<i>Rasaushadhi</i>	YR/273
11.	<i>Pandukuthara Rasa</i> (Pd)	<i>Tvak</i> (Bh)	<i>Rasaushadhi</i>	BBR/3/437

Number of dosage forms- *Rasaushadhi*-9, *Churna*-2

Part used- *Mocharasa*-4, *Svarasa/ Drava/Rasa*-2, *Moola*-2, *Tvak/ Tvak Rasa*-2, *Mocha*-1

Table 7: *Shalmali* as an ingredient of various formulations indicated in *Vrana* and other miscellaneous diseases

Sr. No.	Formulations with indication	Part used	Dosage form/ Method	References
External applications in <i>Vrana</i>				
1.	<i>Savarnakara Yoga</i> (<i>Vrana</i>)	<i>Shalmali Toola</i>	<i>Lepa</i>	BR/831
2.	<i>Shalmali Toola Yoga</i> (<i>Agantu Vrana</i>)	<i>Shalmali Toola</i>	<i>Lepa</i>	VM/445,
3.	<i>Vranabhairava Taila</i> (<i>Vrana</i>)	<i>Tvak rasa</i>	<i>Taila</i>	SY/106
4.	<i>Vranahara Lepa</i> (<i>Vrana</i>)	<i>Shalmali Toola</i>	<i>Lepa</i>	CD/261
5.	<i>Vranapidana Dravya</i> (<i>Vranapidana</i>)	<i>Tvak</i>	<i>Churna</i>	CS/707
6.	<i>Vranaropana Churna</i> (<i>Vrana</i>)	<i>Mocharasa</i>	<i>Churna</i>	BS/469
Number of dosage forms- <i>Lepa</i> -3, <i>Churna</i> -2, <i>Taila</i> -1				
Part used- <i>Toola</i> -3, <i>Tvak</i> -2, <i>Mocharasa</i> -1				
External applications in Miscellaneous disease conditions				
1.	<i>Arbudahara Lepa</i> (<i>Arbuda</i>)	<i>Bhasma</i>	<i>Lepa</i>	CD/251, BR/805
2.	<i>Jaranadi Churna</i> (<i>Dantaroga</i>)	<i>Kantaka</i>	<i>Churna</i>	VR/364
3.	<i>Jirakadi Churna</i> (<i>Dantaroga</i>)	<i>Kantaka</i>	<i>Churna</i>	VC/553, BVJ/574, YR/718, BBR/2/284
4.	<i>Mahasugandhi Agada</i> (<i>Visha</i>)	<i>Shalmali</i>	<i>Lepa</i>	SuS/291
5.	<i>Mocharasadi Lepa</i> (<i>Upadansha</i>)	<i>Mocharasa</i>	<i>Lepa</i>	BBR/4/147
6.	<i>Mocharasa Samudraphena Yoga</i> (<i>Medoroga</i>)	<i>Mocharasa</i>	<i>Lepa</i>	YR/543
7.	<i>Mocharasadi Lepa</i> (<i>Medoroga</i>)	<i>Mocharasa</i>	<i>Lepa</i>	BBR/4/146
8.	<i>Mahasalvana Sveda</i> (<i>Vataroga</i>)	<i>Shalmali</i>	<i>Upanaha</i>	VS/664
9.	<i>Shalmali Aviskhira Yoga Lepa</i> (<i>Vatarakta</i>)	<i>Shalmali</i>	<i>Lepa</i>	VS/714

Number of dosage forms- <i>Lepa-6, Churna-2, Upanaha-1</i>				
Part used- <i>Mocharasa-3, Kantaka-2, Shalmali-2, Tvak-1, Bhasma-1</i>				
Internal applications in Miscellaneous disease conditions				
1.	<i>Ayoraja Churna (Shopha)</i>	<i>Kuta Shalmali</i>	<i>Churna</i>	GN/1/214
2.	<i>Bruhat Danti Ghrita (Vridhhi)</i>	<i>Shalmali Kvatha</i>	<i>Ghrita</i>	BR/797, BBR/4/648
3.	<i>Champakadi Churna (Mutrakrucchra)</i>	<i>Mocharasa</i>	<i>Churna</i>	BBR/2/145
4.	<i>Chanaka Lavanadi Yoga (Shvasa)</i>	<i>Patra (Bh)</i>	<i>Putapakva Bhasma</i>	SBM/218
5.	<i>Navaratnarajamriganka Rasa (Vatavyadhi)</i>	<i>Shalmali (Bh)</i>	<i>Rasaushadhi</i>	BR/536
6.	<i>Purnachandra Rasa (Sthaulya)</i>	<i>Pushpa Churna</i>	<i>Rasaushadhi</i>	BVJ/453
7.	<i>Raktamareshvara Rasa (Pittaja Roga)</i>	<i>Shalmali</i>	<i>Rasaushadhi</i>	BVJ/188
8.	<i>Raladi Churna (Upadamsha)</i>	<i>Mocharasa</i>	<i>Churna</i>	SBM/291
9.	<i>Sahastraviryadi Churna (Upadamsha)</i>	<i>Mocharasa</i>	<i>Churna</i>	SBM/290
10.	<i>Samangadi Churna (Urustambha)</i>	<i>Mocharasa</i>	<i>Churna</i>	CS/770
11.	<i>Shalmali Moola Kalka (Virecana Vyapada)</i>	<i>Moola Tvak</i>	<i>Kalka</i>	VS/928, HS/3/235, BBR/5/10
12.	<i>Shalmali Moola Yoga (Vamanopaga)</i>	<i>Moola</i>	<i>Churna</i>	CS/915
13.	<i>Shyonaka Taila (Vatavyadhi)</i>	<i>Mocharasa</i>	<i>Taila</i>	GN/1/88
14.	<i>Trinetra Rasa (Mutrakrucchra)</i>	<i>Shalmali Tvak Toya (Ap)</i>	<i>Rasaushadhi</i>	BR/679, BBR/2/483
15.	<i>Trinetrakhya Rasa (Mutrakrucchra)</i>	<i>Moolarasa (Ap)</i>	<i>Rasaushadhi</i>	BR/679,
16.	<i>Trinetrakhya Rasa (Mutrakrucchra)</i>	<i>Pushpa</i>	<i>Rasaushadhi</i>	BBR/2/483
17.	<i>Vamanapayogi Kashaya (Vamana)</i>	<i>Shalmali</i>	<i>Kvatha</i>	CS/786
18.	<i>Uddaladi Yoga</i>	<i>Patra (Manapatra)</i>	<i>Kalka</i>	SBM/212
19.	<i>Mocharasadi Pana (Shitala)</i>	<i>Mocharasa</i>	<i>Panaka</i>	VC/486
20.	<i>Prachandabhairava Rasa (Apasmara)</i>	<i>Moola</i>	<i>Rasaushadhi</i>	BBR/3/505
Number of dosage forms- <i>Rasaushadhi-7, Churna-6, Kalka-2, Ghrita-1, Kvatha-1, Bhasma-1, Taila-1, Panaka-1</i>				
Part used- <i>Mocharasa-6, Moola/ Moola Rasa/ Moola Tvak-4, Shalmali-3, Shalmali Kvatha/ Toya-2, Pushpa-2, Patra-2, Kuta Shalmali-1</i>				
Internal+ External applications in <i>Vrana</i>				
1.	<i>Kumbhikadi Taila (Nadi Vrana)</i>	<i>Mocharasa</i>	<i>Taila</i>	CD/268, BR/838, VS/862, VM/453, BBR/5/729
2.	<i>Shalyanadi Chikitsa (Nadi roga) Taila</i>	<i>Mocharasa</i>	<i>Taila</i>	AS/812
Number of dosage forms- <i>Taila-2</i> ; Part used- <i>Mocharasa-2</i>				
Internal+ External applications in Miscellaneous disease conditions				
1.	<i>Amrit Tail (Saravroga Prashhamana)</i>	<i>Moola</i>	<i>Taila</i>	AN/86
2.	<i>Dhattura Tailam (Vata Roga)</i>	<i>Shalmali</i>	<i>Taila</i>	ShS/232
3.	<i>Himasagara Taila (Vataroga)</i>	<i>Moola Svarasa</i>	<i>Taila</i>	AN/114, BBR/5/467
4.	<i>Mahalakshminarayana Taila (Vatavyadhi)</i>	<i>Shalmali</i>	<i>Taila</i>	YR/428
5.	<i>Mahamayura Ghrita (Shiroroga)</i>	<i>Kukkuta (Shalmali)</i>	<i>Ghrita</i>	VS/507
6.	<i>Prasarani Taila (Vatavyadhi)</i>	<i>Svarasa</i>	<i>Taila</i>	BBR/3/376
7.	<i>Vridhha Narayana Taila (Vatadhikara)</i>	<i>Shalmali</i>	<i>Taila</i>	VM/265
Number of dosage forms- <i>Taila-6, Ghrita-1</i>				
Part used- <i>Shalmali- 3, Moola-1, Moola Svarasa-1, Svarasa-1, Kukkuta-1</i>				

Table 8- Comparative analysis of references pertaining to *Shalmali* and *Mocharasa* found in referred classical Ayurveda texts (texts arranged as per the time period)

Sr No	Name of classical Ayurveda text	References pertaining to <i>Shalmali</i>	References pertaining to <i>Mocharasa</i>	Total
1.	Charaka Samhita (CS)	13	12	25

2.	Sushruta Samhita (SuS)	8	1	9
3.	Bhela Samhita (BS)	2	6	8
4.	Kashyapa Samhita (KS)	1	7	8
5.	Harita Samhita (HS)	8	3	11
6.	Ashtanga Sangraha (AS)	13	14	27
7.	Ashtanga Hridaya (AH)	5	6	11
8.	Vrindamadhava (VM)	6	19	25

9.	Vangasena (VS)	16	29	45
10.	Chakradatta (CD)	6	13	19
11.	Gadanigraha (GN)	10	26	36
12.	Sharangadhara Samhita (ShS)	5	9	14
13.	Rajamartanda (RM)	---	---	---
14.	Vaidya Chintamani (VC)	12	32	44
15.	Yogaratanakara (YR)	22	22	44
16.	Bhavaprakasha Samhita (BPS)	5	13	18
17.	Bhaishajya Ratnavali (BR)	38	50	88
18.	Sahasrayoga (SY)	8	18	26
19.	Arka Prakasha (AP)	1	0	1
20.	Basavarajiyam (BVJ)	9	9	18
21.	Yoga Chintamani (YC)	6	14	20
22.	Yogatarangini (YT)	8	7	15
23.	Siddhasara Samhita (SSS)	5	5	10
24.	Vaidya Jeevana (VJ)	0	3	3
25.	Anupana Manjari (AM)	---	---	---
26.	Vaidya Rahasya (VR)	7	15	22
27.	Siddhabheshaja Manimala (SBM)	2	6	8
28.	Chikitsa Kalika (CK)	0	2	2
29.	Abhinava Navajivanam (AN)	7	2	9
30.	Bharata Bhaishyajya Ratnakara (BBR)	104	107	211

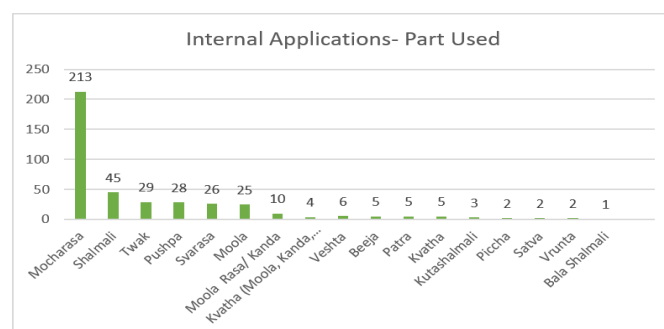


Fig. 3 B) Bar chart for number of parts used of *Shalmali* in Internal applications formulations

Figure 3- Number of Dosage forms and Parts used of *Shalmali* in Internal applications

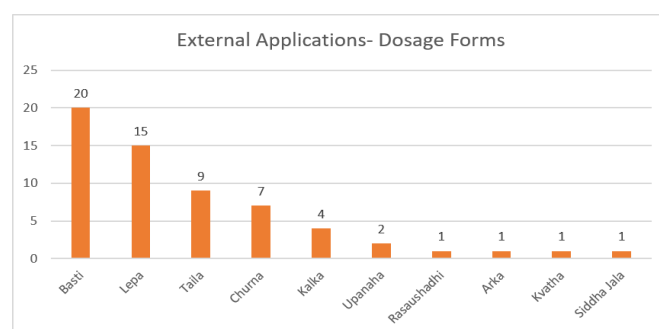


Fig. 4 A) Bar chart for dosage forms of *Shalmali* formulations of External applications

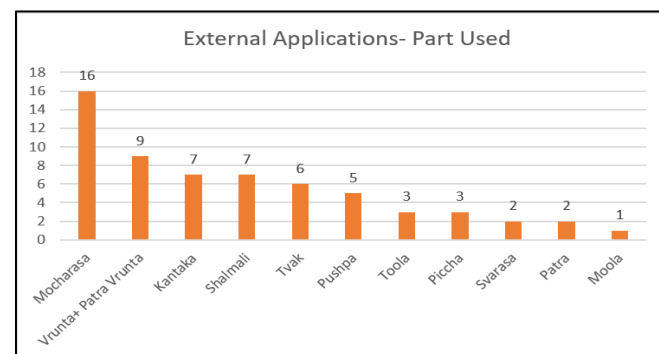


Fig. 4 B) Bar chart for number of parts used of *Shalmali* in External applications formulations

Figure 4- Number of dosage forms and parts used of *Shalmali* in External applications

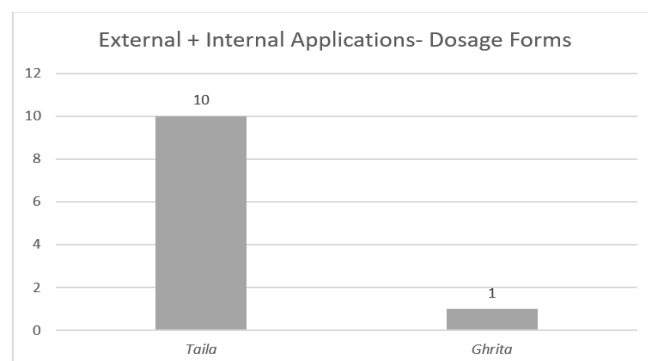


Fig. 5 A) Bar chart for dosage forms of formulations of Internal as well as External

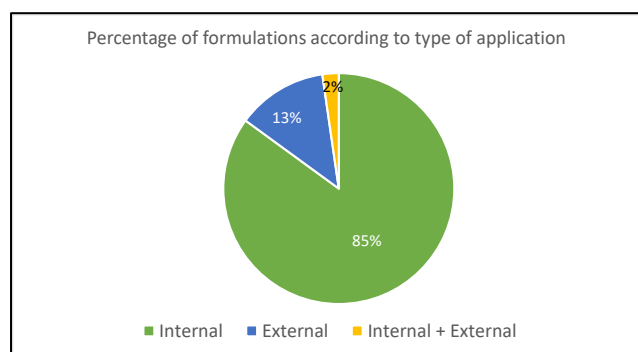


Figure -2 Percentage of *Shalmali* containing formulations according to type of application

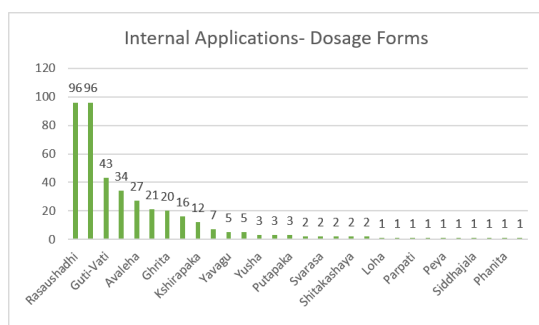


Fig. 3 A) Bar chart for dosage forms of *Shalmali* formulations of Internal applications

applications

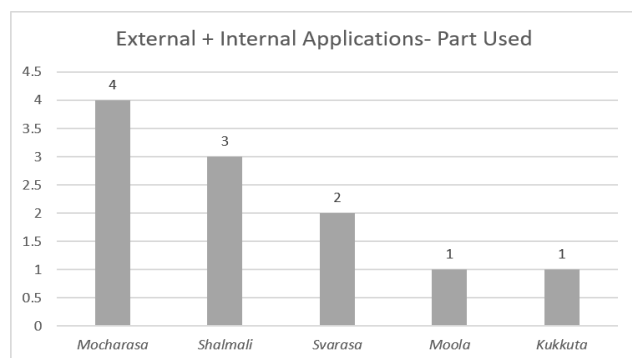


Fig. 5 B) Bar chart for number of parts used in formulations of Internal as well as External applications

Figure 5- Number of dosage forms and parts used of *Shalmali* in Internal as well as External applications

4. DISCUSSION

Distribution of *Shalmali* in various therapeutic indications along with its *Rasapanchaka*, part used and type of dosage form gives numerous novel insights for better understanding in mode of action of *Shalmali* in Ayurveda pathophysiology. Numerically highest references of *Shalmali* are found in the management of *Grahani* (chronic diarrhoea with malabsorption of nutrients), *Atisara* (diarrhoea), *Pravahika* (dysentery), *Panchakarma* (five-fold bio-cleansing and detoxification treatments). Followed by indications like *Vajikarana* (aphrodisiac), *Rasayana*, *Rajayakshma* (wasting disease complex)- *Pushti* (body nourishment), *Prameha-Kushtha* (diabetes- skin diseases), *Yoniroga* (gynaecological disorder), *Pradara Vyadhi* (menorrhagia or metrorrhagia) and so on. (Table 2, 3, 4, 5, 6, 7) Even though references of *Shalmali* as a single drug used in the formulations are not compiled here, but it is present as a one of the ingredients in the form of *Bhavana* (levigation), *Anupana* (adjuvant) or *Prakshepa* (additive). Ayurvedic properties in the form of *Rasapanchaka* of *Shalmali* definitely play huge role in the design and mode of action of formulation which ultimately work in diseased body. Hence, we can put forth the probable rationale and try to understand the mechanism of these formulations in given therapeutic indication. External applications in the form of *Kalka* (paste), *Churna* (powder), *Lepa* (ointment), *Svarasa* (expressed juice), *Upanaha* (sudation by application of medicated herbal paste or powders), *Arka* (distilled extract), *Taila* (medicated oils), *Siddha Jala* (medicated water) act by the virtue of *Rasapanchaka* of *Dravya* and through *Bhrajaka Pitta* (one of the five subtypes of pitta that causes illumination or shining of the skin) of skin. [44]. Lupeol, Gallic, Tannic Acid, Quercetin, Kaempferol, Beta-sitosterol,

Esculetin, Scopoletin from *Shalmali* are reported to have local absorption potential. [45] (Fig. 3A, 4A, 5A)

Screening of these references shows that *Shalmali* has versatility in its part used. *Ardra vrinta* (fresh petiole), *Pushpa* (flowers), *Moola-Kanda* (root), *Mocharasa* (exudate), *Patra* (leaves), *Veshta* (exudate/ bark), *Tvak* (stem bark), *Piccha* (slimy exudate), *Satva* (expressed juice), *Pallava* (tender leaves), *Beeja* (seeds), *Panchanga* (whole plant), *Kantaka* (thorns), *Shaka* (leaf-flower), *Toola* (cotton like pulp in ripened fruit), *Bhasma* (incinerated ash) are the various parts used in formulations listed above. Incidences where there is no any clarity regarding part of *Shalmali* to be used should be dealt by *Yukti Pramana* (logical management). Other references of *Shalmali* in formulations of same *Adhikarana* (indication) should be referred to check which part of drug is used so as to ascertain the probable part of plant. For example, there are some formulations mentioned in *Grahani Chikitsa* where there is ambiguity regarding part of *Shalmali* then it can be ascertained by evaluating other formulations. Majority of formulations in *Grahani* have utilized *Mocharasa* and root of *Shalmali*. This way we can finalize *Mocharasa* and *Shalmali moola* in places of ambiguity for *Grahani* and similarly for other disorders. (Table 2) Critical observation of all the references in types of applications (internal, external and internal as well as external) shows that *Mocharasa* is predominantly used part among the rest. This can be due to similarity of *Rasapanchaka* of *Mocharasa* with that of root/ stem bark of *Shalmali*. Both of them possess *Sheeta veerya*, *Snigdha guna*, *Grahi* and *Vrishya* properties. [7] [8] *Kashaya rasa* of *Mocharasa* can result into more potent *Stambhana karma* as compared to root or stem of *Shalmali*. Also, easy availability of *Mocharasa* in the form of dried gum resin can be one of the factors as it replaces the tedious collection of root and stem bark of *Shalmali*, preventing the destruction of entire plant. Also, some references have mentioned '*Satva*' of *Shalmali* in the processing of formulations. Here, many editors of texts have considered '*Svarasa*' and not the starch extract of the plant. (Table 2) In *Purnachandra Rasa*, '*Shalmali dvaya*' (two types of *Shalmali*) are mentioned as *Sahapana/Anupana*. Here, both the sources of *Shalmali* can be taken as mentioned in materials and methods. (Table 3) In *Siddhashalmali Kalpa*, *Shweta Shalmali* is described, which can be considered as *Ceiba pentandra* L. Gaertn. having beautiful white flowers (Table 3). [46] '*Mocha*' is also synonym of *Kadali phala* (Banana). [47] Few incidences have possibility where editors would mistakenly consider *Kadali* instead of *Shalmali*

because of the term 'Mocha' (Table 6). Although some of the properties of *Kadali* like *Sheeta veerya*, *Snigdha guna*, *Madhura rasa* and *Vipaka* match with *Shalmali*, the selection of *dravya* depends on the *Vaidya*/ expert for the expected outcome of particular formulation. [48]

Madhura- Kashaya Rasa (sweet- astringent taste), *Madhura Vipaka* (sweet post digestive taste) and *Sheeta Veerya* (cold potency) of *Shalmali* nourish *Saptadhatu*s (seven bodily tissues) by performing *Santarpana* (nourishing therapy) thereby justifying its role in *Rasayana-Vajikarana*. [7] Although *Shalmali* is not from the category of *Deepana* (stimulating digestive fire or appetizing action)-*Pachana* (digestive action) *Dravya* to be directly a *Rasayana* drug but at the same time it quantitatively and qualitatively nourishes the *Saumya Dhatus* (*Rasa*- primary nutritive/ plasma fluid), *Mamsa* (muscle tissue), *Meda* (adipose tissue), *Majja* (nervous tissue/ bone marrow), *Shukra* (reproductive tissue)) thereby being an implied *Rasayana* drug. By the virtue of *Rasapanchaka*, *Shalmali* will nourish *Mamsa* and *Shukra Dhātu* predominantly ultimately being *Vrushya* (*Shukrala*). [49] Also, *Kashaya Rasa* and *Sheeta Veerya* do *Sandhana* of *Shithila Dhātu* (tightening of loose body tissues) hence in this way it is useful in *Vajikarana*. [50] (Table 3) On simultaneous evaluation of these references and *Rasapanchaka*, we can infer that *Shalmali* is more *Shukrala* than *Shukrastambhaka* *dravya*. Because, unlike *Jatiphala* which is *Tikta rasa* and *Ushna veerya* quoted as *Shukrastambhaka* by Sharagdhara Samhita. [51] *Madhura rasa* and *vipaka* of *Shalmali* seems to overpower its *Kashaya rasa* thus becoming *Shukrala/ Shukrajanana dravya*. In support of this, we can find tender roots of *Shalmali* are available in market by the name of *Semar/ Semal Musali* as an aphrodisiac drug. [52] Among the other parts of *Shalmali*, roots are extensively used for *Vajikarana* & *Rasayana*. Ayurvedic rationale for this observation has already been discussed. In context to contemporary science, previous studies on young roots of *B.ceiba* L. also reported significant effect on spermatogenesis, sexual behaviour and erectile function in male rats. [53] This corroborates the ancient Ayurved evidence. Based on this study, chemical components of *Shalmali* roots are helpful in better availability of testosterone to gonads incrementing spermatogenesis and affective sexual behaviour positively. This might be reason for inclusion of roots of *Shalmali* in formulation indicated for *Vajikarana*. Bark of *Shalmali* is also used primarily in *Prameha*. Bark of *B. ceiba* L. contains 1, 4-Naphthoquinone, 1-Hentriacontanol, Hentriacontane, Lupeol,

beta-Sitosterol and D-Galacturonic Acid. Among these, lupeol, β -sitosterol and naphthoquinone derivatives have been extensively investigated for antidiabetic activity, while other constituents may contribute synergistically to the overall hypoglycaemic effect of the plant. [54]

As per the definition of *Grahi* (absorptive) and *Stambhana Karma* (inhibition of excess flow or secretions) from Sharangadhara Samhita, it can be postulated that *Shalmali* is *Stambhana* as it has *Kashaya Rasa* and *Sheeta Veerya*. [55] Also, *Mocharasa* has been described as *Grahi* in majority of *Nighantus*. [7], [56]. By the virtue of these properties, they both have been used in *Atisara*, *Pravahika*, *Grahani* and *Arsha*. Potent *Picchila Guna* (sliminess) present in different parts of *Shalmali* such as *Vrunta* (stalk), *Moola* (root), *Pushpa* (flower) and *Mocharasa* are meticulously used in *Piccha Basti* under the practices of *Panchakarma*. *Piccha Basti* are useful in *Pravahika* (dysentery), *Pravahana* (straining during defecation) and *Raktatisara* (diarrhoea with bleeding). *Shalmali Vrunta* and *Mocharasa* will act as *Stambhana* as well as *Ropana* (ulcer healing) by *Kashaya Rasa*, *Sheeta Veerya* and *Picchila Guna*. But at the same time, it will pacify *Vata Dosha* by the *Upakrama* (treatment modality) of *Basti* (medicated enema) and *Snigdha Guna* (unctuous). (Table 2, 4)

Therapeutic indications among *Striroga* include *Pradara* (*Rakta Pradara*), *Garbhapata* (miscarriage-after fourth month) and *Yonivyapada* (gynaecological disorder). *Shalmali* by the virtue of its *Madhura-Kashaya Rasa* and *Sheeta Veerya* will promptly pacify vitiated *Pitta Dosha* and *Rakta Dhātu*. Bhavaprakasha mentioned *Shaka* (food preparation) of its flowers alleviates *Pradara* in no time. [57] This reference establishes strong correlation between *Shalmali* and its capability to cure *Pradara*. As far as *Yonivyapada* are concerned, there is inevitable involvement of *Vata Dosha* in their *Samprapti* (pathogenesis). [58] But looking at the *Rasapanchaka* of *Shalmali-Mocharasa* it can be postulated that they would be more useful in *Pittaja Yonivyapada* and upto some extent in *Vataja Yonivyapada* due to *Snigdha Guna*. (Table 5)

Ashtanga Hridaya have described *Kashaya Rasa* having *Ropana* and *Kleda Vishoshana* (drying of body moisture/ metabolic wetness) property. Along with this it is also '*Tvakprasadana*' (soothing to Skin). [59] *Lepana Karma* (coating/smearing) of *Picchila Guna* is also useful in *Vrana Chikitsa* so as to coat/cover the skin and stop oozing of wound discharges. To support these facts, there are references of *Shalmali Tvak* mentioned for procedures like *Alepana* (external application in paste form),

Nirvapana (immersion/ soaking), and *Sechana* (sprinkling / affusion) of *Raktapittaja Vrana*. [60] (Table 7)

In context of *Raktaja Vyadhi* and *Raktapitta*, Bhavaprakasha have explicitly described *Shalmali* as '*Raktapittajita*' (cures bleeding disorder) by *Pittaprashamana*. [7] (Table 4) Also, Charaka Samhita has praised the usefulness of *Shalmali* flowers in *Raktapitta* as they are *Grahi* in nature. [61] Kaiyadeva Nighantu describes *Shalmali* flowers as *Madhura* in *rasa* and *vipaka* with *Tikta Anurasa*, *Ruksha*- *Guru Guna* and *Sheeta Veerya*. [62] This *Rasapanchaka* aptly useful in correcting the *Samprapti* (pathology) of *Raktapitta*.

In *Nighantus*, although the *Shalmali* and *Mocharasa* have not been described to have indication as *Prameha* or *Kushtha* but as both the diseases are described to have maximum number of *Dushya* with excessive *Kleda*, *Kashaya Rasa* plays significant role here. [63], [64] Properties of *Kashaya Rasa* such as *Sandhanakara* (union promoting/ restoration), *Shoshana* (absorption), *Shleshmaraktapitta Prashamana* (alleviate), *Sharira Kledasya Upayokta* (absorbs bodily moisture) disrupts these disease conditions thereby alleviating them. [65] Also, *Kashaya Rasa* significantly improves *Dhatu Samhanana* (compactness/ structural integrity of body tissues), reduces excessive *Kleda* thereby proving its utility in *Prameha*. *Shalmali* will be more useful in *Pitta-Vataja Kushtha* while *Mocharasa* will be more useful in *Kapha-Pittaja Kushtha* according to their *doshaghnata*. Similarly, its application for *Doshaja Prameha* can be understood. (Table 4)

Bhavaprakasha have described *Shalmali* as '*Shleshmala*' and '*Pitta-Vata harini*' meaning it increases *Kapha Dosha* while pacifies *Pitta* and *Vata Dosha*. This fact is evident as *Shalmali* is mentioned predominantly under the formulations of *Pittaja* and *Vataja Jwara* in table 6.

Jeerna Jwara (chronic fever) is the condition where *Dhatu* and *Agni Dourbalya* (weak digestive fire) are seen which leads to chronic fever. The treatment for the same is *Sarpi Pana* (intake of medicated ghee). [66] *Shalmali* is indicated in *Jeerna Jwara* as it will nourish depleted *Dhatu*s caused by *Apatarpana* (depletion/reducing therapy) procedures like *Langhana* (reducing/lightning), *Kashaya* (decoction). Simultaneously *Sheeta*, *Snigdha Guna* of *Shalmali* and *Mocharasa* will balance the *Katu Rasa* (pungent taste) and *Ushna-Tikshna Guna* (hot-sharp qualities) of other drugs in the formulations mentioned. The *Kashaya Rasa* of *Mocharasa* along with its *Grahi Karma* and *Ama-*

hara (eradication of metabolic toxins) properties will be effective in reducing the frequency of *Atisara*. (Table 6)

Kamala (jaundice) and *Pandu* (pallor/ anaemia) are the disease conditions of vitiated *Pitta* dominant *Tridosha*. In *Samprapti* of *Pandu* there is also *Shaithilya* among all the *Dhatu*s and loss of *Varna* (complexion), *Bala* (strength), *Sneha* (moisture) of body. [67] *Shalmali* with its *Kashaya* and *Madhura Rasa* will counter the *Shaithilya* of *Dhatu*s and will improve *Guna* of *Ojasa* (vitality). In *Kamala* '*Dagdha*' (burnt due to vitiated *Pitta Dosha*) status of *Dhatu*s will be balanced by the *Sheeta*, *Snigdha Guna* of *Shalmali*. [7] [68] Charaka has mentioned the abnormal *Krushna* and *Peeta Shakrut* (discoloured faeces) in the description of *Kamala*. [69] On the other hand, *Shalmali* has been mentioned in *Purishvirajaneeya Dashemani* (ten drugs to normalize colour of faeces). [70] This reference confirms a direct therapeutic correlation, wherein *Shalmali*'s faecal decolorizing action supports its application in alleviating *Kamala*-associated symptoms. (Table 6) Kaiyadeva Nighantu and Bhavaprakasha Nighantu have described *Shalmali* as *Brumhani* (nourishing), *Vrushya*, *Rasayana*. [71], [7] These references clearly highlight the potential of *Shalmali* to be useful in conditions like *Rajayakshma* where *Dhatu*s are depleted. (Table 3)

Use of *Shalmali* in *Yakrita Pleea Vyadhi* (disorders of liver-spleen) seems to be *Dravyaprabhava* as *Rasapanchaka* of *Shalmali* does not seem to be directly act on *Samprapti* of *Yakrita-Pleea Udara Vyadhi*. Moreover, the *Samskara* (process- boiling of flowers) involved during preparation of formulation may be useful in alleviating disease condition. In the reference of boiled *Shalmali* flowers in *Pleea Vyadhi*, *Rajika Churna* (mustard powder) is used as a *Prakshepa* (additive). So, in this instance, *Dravya- Sanyoga* (combination of two drugs) seems to be useful in alleviating the disease pathology.

In Bhaishajya Ratnavali, explicit reference of *Bala (Laghu) Shalmali Moola* is found in *Vajikarana* chapter confirming its aphrodisiac potential. [72] Also, Raja Nighantu, Kaiyadeva Nighantu, Dhanvantari Nighantu and Madanpala Nighantu mentions *Kuta Shalmali* as a synonym of *Rohitaka*. [73], [74], [75], [76] so, it is the matter of discussion that at the places of *Kuta Shalmali*, *Rohitaka* can be selected or not. This depends entirely on the *Vyadhi Adhikarana* and properties of drugs expected in treatment of indicated disease.

The analysis of all references for both *Shalmali* and *Mocharasa* demonstrates that they have been extensively documented in

classical Ayurvedic texts, although the frequency of references varies among the texts. *Bharata Bhaishyaja Ratnakara* and *Bhaishajya Ratnavali* being large compilatory texts showed the highest number of references, indicating their extensive collection of information related to Ayurvedic pharmaceutical and therapeutic literature. Among the earlier classical texts, *Charaka Samhita* and *Ashtanga Sangraha* demonstrated relatively balanced and considerable references to both drugs. Interestingly, *Mocharasa* was more frequently cited than *Shalmali* in several later texts, particularly *Vaidya Chintamani*, *Gadanigraha*, *Sahasrayoga*, and *Chakradatta*, whereas *Shalmali* showed greater representation in earliest texts such as *Sushruta Samhita*, *Harita Samhita*, and *Vangasena*. This variation reflects the differences in the therapeutic emphasis and formulation practices during the time period. Overall, this analysis of references across multiple classical sources supports the recognition and continued therapeutic relevance of both *Shalmali* and *Mocharasa* in Ayurvedic literature. Recent pharmacological studies on extracts of *B. ceiba* L. reveals drastic variance in its classical and contemporary therapeutic activities. Classical indications are elaborately discussed in this attempt. Latest activities of *B. ceiba* L. include Hypotensive (stem bark), Anti-oxidant, Analgesic (leaves), Antiangiogenic (stem bark), Hypoglycaemic (leaves), Anti-microbial, Anti-bacterial, Hepatoprotective (flowers), fatty acid synthesis inhibition, Antipyretic (leaves) and Aphrodisiac (root).

[77] **Limitations of the review-** Despite efforts to include all references from available texts at the institute, few can be missed due to human error. As different published texts use different manuscripts, some variations can be found in verses, page numbers according to editions. Authors are aware that many texts and manuscripts of Ayurveda are rare and unpublished, in which many references of *Shalmali* can be found. This review is exclusively confined to mentioned texts only.

5. CONCLUSION

Evaluation of screened references from Ayurveda compendia reveals *Shalmali* along with *Mocharasa*, are used in approximately 45 main and allied therapeutic indications with more than 13 parts of plant. By this, *Shalmali* and *Mocharasa* proves their broad-spectrum therapeutic utility in Ayurveda. This attempt will help Ayurveda researchers and practitioners to understand the mode of action of *Shalmali* and *Mocharasa* to some extent with possible rationale behind the formulations and therapeutic administrations thereby nourishing the young minds of Ayurveda stakeholders.

This document can be used as ready manual Ayurveda and pharmacy experts who are interested in specific information about the *Shalmali* in Ayurveda and pharmaceutical domain. Information compiled here can be used as guidelines for drafting research projects for subject of same interest.

Abbreviation

E-External, I- Internal, I+E- Internal+ External, A- Atisara, G- Grahani, V- Vajikarana, R- Rasayana, P- Prameha, K- Kushtha, Y- Yoniroga, Yv- Yonivyapada, S- Striroga, Pr- Pradara, B- Balaroga, J- Jwara, JA- Jwaratisara, Ka- Kamala, Pd- Pandu, Ap- Anupana Pk- Prakshepa, Bh- Bhavana

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