



**REVIEW ON POLYHERBAL FORMULATIONS OF AYURVEDIC SYSTEM FOR  
VARIOUS AILMENTS**

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**ABSTRACT**

In Present situation peoples are suffering with various ailments like cancer, diabetes, asthma and other viral diseases. But some of the diseases cannot be eradicated by allopathic medicine, but ayurvedic systems are time taking to cure the diseases. According to charaka and patanjali ayurveda principles written by ancient maharishis poly herbal medicines plays an important role in ayurveda. Poly herbals means number of herbs mixed and prescribed for diseased persons. When patient consumes above 45 days it definitely shows therapeutic effect and permanently eradicates the diseases with route level causative system.

**KEYWORDS:** Ayurveda system, polyherbal formulations, ailments.

**INTRODUCTION**

In ancient days our ancestors' believed the ayurveda, but in present days people believe in those systems or medicines which immediately cures the diseases. comparing ayurveda, the allopathy works quickly, but ayurveda eradicates the route level causative disease and it will take some what long time. There is no permanent solution in allopathic system, where as ayurveda gives permanent solutions for any disease. some herbal formulation treated for various ailments are as follows.

1. zinger juice one spoon and one spoon lemon juice mixed luke warm water controls the Indigestion diarrhea.<sup>[1]</sup>
2. zinger powder 3g, rock salt 3g, mixed in half cup butter milk and consumed it rid stomach pain.<sup>[2]</sup>
3. tulasi leaves churna, half spoon zinger powder mixed with luke warm water filter it. Then to the filtrate mix one spoon honey it reduce kapha fever.<sup>[3]</sup>
4. banana pieces mixed with ghee and then add one spoon sugar with honey daily consumed before bet time increase the lot of body strength.<sup>[4]</sup>
5. neem leaf and haldi powder, little amount salt grind to apply on skin and skin disease eliminated from the body.<sup>[5]</sup>
6. mango juice 50gm, curd 20gm, zinger juice one spoon these three mixed in one dish and prepare to consume daily three times immediately controls diarrhea.<sup>[6]</sup>
7. mango juice 200gm, zinger juice 10gm, adequate amount of sugar mixed to prepare juice then consume daily reduce the eye sight and increase the brain thinking power.<sup>[7]</sup>

8. apple pieces are mixed with salt then it will be eat before break fast and reduce the migraine.<sup>[8]</sup>

9. Benzoin 100gm, shudda powder both are grind properly then these ¼ quantity is mixed with one cup milk to this add duranto to consume daily controls menstrual cycle.<sup>[9]</sup>

10. Devadaru bark, karakkaya, tanikaya, amla powder all are taken in equal quantity. To this add pippalu powder mixed properly then daily morning and evening consumed to reduce thyroid disease.<sup>[10]</sup>

**CONCLUSION**

From this review concluded that the poly herbal compounda are used to eradicate the diseases like communicable and non-communicable diseases such as cancer, diabetes, kidney failure. More number of people are suffering from these ailments because, people in urban areas are subjected to various factors like food habits, environmental pollution, water hardness, stress conditions, lack of exercise and taking improper diet. If all these factors are controlled then people will lead a healthy and happy life increasing their life span.

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