



**REVIEW ARTICLE**

**A Review of Pharmacodynamic Properties of 'Nishadi Vati' - A Herbomineral  
Ayurvedic Formulation**

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**ABSTRACT**

The main objective of this review article is to discuss the therapeutic uses of Nishadi Vati and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of Nishadi Vati. The authentic subject material has been reviewed from Ayurveda and modern medical literature. Different research and review article were searched in different journals. The subject material has also been searched on internet. This review is mainly focused on different aspects of herbomineral Ayurvedic formulation, Nishadi Vati. In Ayurveda Nishadi Vati is mentioned in the management of Kushtha Roga (skin disease). It is well recognized in Ayurveda that most of the skin diseases run a chronic course and are difficult to treat. Now days, it is well acknowledged and established by several experimental and clinical studies that skin diseases have a psychosocial impact. Most of the skin diseases have strong relation with psychological stress and stress is responsible for onset and exacerbation of different skin disorders. Here, an attempt has been made to address chemistry, pharmacology and different therapeutic uses of Nishadi Vati and its constituent drugs.

**KEYWORDS**

Nishadi Vati, Kushtha Roga, Skin diseases, Ayurveda and Rasayan

**INTRODUCTION**

Man has been using natural products for combating diseases since times immemorial. Natural products, including plants, animals and minerals have been the basis of treatment of human diseases. History of medicine dates back practically to the existence of human civilization which includes many ludicrous therapies.

Nevertheless, ancient wisdom has been the basis of modern medicine and will remain as an important source of future medicine and therapeutics. An impressive number of modern drugs have been isolated from natural sources. Many of these isolations are based on the uses of these agents in traditional medicine. The plant based, traditional medicine systems continues to play an essential role in health care, with about 80% of the world's inhabitants relying mainly on traditional medicines for their primary health care. Modified from.<sup>1</sup>

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Ayurveda is the oldest system of traditional medicine which has recognized the healing properties of plants to a great depth. A lot of medicinal plants, traditionally used for thousands of years, have been described together as a group of herbal preparations of the Indian traditional health care system i.e. Ayurveda under the category of Rasayana known for their interesting antioxidant activities. Nishadi Vati, an Ayurvedic herbomineral formulation is indicated in the management of the Darun Kushtha roga (skin disease, which is difficult to treat) by Acharya Vagbhat in Ashthanga Hridaya. It contains seven drugs, six herbal drugs (Kashtaushadhis) viz. Haridra (*Curcuma longa* Linn.), Pippali (*Piper longum* Linn.), Shunthi (*Zingiber officinale* Rosc.), Vidanga (*Embelia ribes* Burm. f.), Tuvarka (*Hydnocarpus laurifolia* Dennst.), Chitraka (*Plumbago zeylanica* Linn.) and one mineral drug (Rasaushadhi) viz. Swarnamakshika [Copper pyrite/Chalco pyrite ( $\text{CuFeS}_2$ )].<sup>2</sup>

Acharya Charak has described the skin (Tvachaa) as 'Chetah Samvaayi' i.e. the skin has eternal relationship with Manas (psyche/mind).<sup>3</sup> Therefore, any mental stress due to any cause has direct impact on skin. Thus, we can say that stress and skin diseases have an eternal relationship with each other. Therefore, any emotional as well as psychosocial stress is recognised as major factor for the onset and exacerbation of skin diseases. Although the skin diseases are not life threatening but they are life ruining. Patients of the skin disorder always experience physical, mental and socio-economic embarrassment in the society. This embarrassment leads to mental stress which further causes aggravation of pre-existing disease.

More than a cosmetic nuisance, a skin disease produces anxiety, depression, and other psychological problems that affect the patient's life in many ways comparable to Arthritis, Asthma or other disabling illnesses. Most of the skin diseases run a chronic course and are difficult to treat. Most of the drugs in Nishadi Vati are reported to have Rasayan properties.

Various studies on Rasayana drugs suggest their following action.<sup>4</sup>

- Immunomodulator
- Adaptogenic
- Antioxidant
- Nootropic
- Antistress

In this way Rasayan drugs are helpful to control chronic skin diseases as well as for promotion of overall health. Ayurveda remains an important system of medicine and drug therapy in India. Ayurvedic medicinal plant products are most convenient and have greater acceptance amongst the users due to their easy availability, easy biodegradability, easy handling, economic cost, mankind and environment friendly nature and minimum side effects. Hence, an attempt has been made in this review to discuss about the pharmacological properties and therapeutic uses of Nishadi Vati and its constituent drugs.

### **Composition of Nishadi Vati**

As described earlier, Nishadi Vati is mentioned in the treatment of Kushtha by Acharya Vagbhat in Ashthanga Hridaya (Table 1).

#### **Haridra**

Haridra commonly known as turmeric. As a folklore medicine, its use has been documented in both Indian and Chinese cultures. Turmeric is extensively used as a spice and grown widely throughout Indian subcontinent. The Indian subcontinent is enriched by a variety of flora, both aromatic and medicinal plants. This extensive flora has been greatly utilised as a source of many drugs in the Indian traditional system of medicine. Turmeric has a long history of use in Ayurvedic system of medicine as a treatment for different conditions. It is one among the drugs used in the treatment of prameha.<sup>5</sup> In Ayurveda, turmeric has been well documented for its therapeutic potentials and is mentioned in Kushthaghna, Lekhaniya, Kandughna, and Vishaghna Mahakashaya (Dashemani), Tiktaskandha and Shirovirechana

Table 1: Showing the constituent drugs of Nishadi Vati with their brief description.

Name	Ratio	Botanical Name	Common Name	Family	Part Used
Nisha (Haridra)	1 part	Curcuma longa Linn.	Turmeric	Zingiberaceae	Kand (rhizome)
Kanaa (Pippali)	2 part	Piper longum Linn.	Long pepper	Piperaceae	Fruit, root
Nagar (Shunthi)	3 part	Zingiber officinale Rosc.	Dry ginger	Zingiberaceae	Kand (rhizome)
Vella (Vidanga)	4 part	Embelia ribes Burm. f.		Myrsinaceae	Fruit
Tauvar (Tuvarak)	5 part	Hydnocarpus laurifolia Dennst.		Flacourtiaceae	Seed
Vahani (Chitraka)	6 part	Plumbago zeylanica Linn.	Leadwort	Plumbaginaceae	Root
Tapya (Swarnamakshika)	7 part	Bhasma contain Fe <sub>2</sub> O <sub>3</sub> , FeS <sub>2</sub> , CuS and SiO <sub>2</sub>	Copper pyrite/Chalco pyrite (CuFeS <sub>2</sub> )		

group by Charaka. It has also been mentioned in Mustadi, Haridradi and Sleshma samshaman Gana by Acharya Sushruta. Traditionally the Haridra is used in different diseases like Kushtha, Prameha, Aruchi, Vivandha, Kamala, Jalodar, Pandu and Sheetpitta etc.<sup>6</sup>

The plant produces fleshy rhizomes of bright yellow to orange colour in its root system, which are the source of the commercially available spice turmeric. Dried Curcuma longa is the source of the spice turmeric, the ingredient that gives curry powder its characteristic yellow colour. In the form of root powder, turmeric is used for its flavouring properties as a spice, food preservative, and food-colouring agent. Turmeric has a long history of therapeutic uses as it is credited with a variety of important beneficial properties such as its antioxidant, antibacterial, anti-inflammatory, analgesic, and digestive properties.

Turmeric contains a wide variety of phytochemicals, including curcumin, demethoxycurcumin, bisdemethoxycurcumin, zingiberene, curcumenol, curcumol, eugenol,

tetrahydrocurcumin, triethylcurcumin, turmerin, turmerones, and turmeronols.<sup>7</sup>

Three main chemical constituents of curcuma longa are curcumin (diferuloylmethane), demethoxycurcumin, and bisdemethoxycurcumin. These are responsible for different type of therapeutic uses of curcuma longa.

In present time several clinical and experimental research have provide evidence that curcuma longa poses a variety of potential and protective role against several pathogenic conditions.

Table 2: Showing different pharmacological properties of Curcuma longa

Pharmacological Property	Reference No.
Anti-inflammatory effect	8-15
Immunomodulatory effect	16-19
Hepatoprotective effect	20-24
Antidiabetic effect	25-26
Antimicrobial effect	27-30
Antioxidant effect	31-33
Antiallergic effect	34
Anti-carcinogenic property	35-40
Cardioprotective role	41-43

Protective role in skin diseases	44-45
Protective role in Alzheimer's disease	46-47

### **Pippali**

Piper longum Linn. popularly known as Pippali in Ayurveda belonging to the family Piperaceae and commonly known as “long pepper”, is widely distributed in the tropical and subtropical regions of the world, throughout the Indian subcontinent, Sri Lanka, Middle Eastern countries and the Americas.

In Ayurveda the fruit of the plant is commonly known as Pippali and the root as Pipplimool. Acharya Charaka mentioned pippalimool as one of the drugs used for Depan, Pachan and Anahaprashaman (*Pippalimoolam Deepaniya Pachaniya Anahaprashamananam*).<sup>48</sup> Acharya Charaka, a great physician of Ayurveda mentioned Pippali in Kasahar, Hikkanigrahan, Shirovirechan, Triptighna, Deepaniya and Shoolprashaman Mahakashaya (Dashemani). Acharya Sushruta mentioned it under Pippalyadi, Urdhvabhaghar and Shirovirechan Gana. Pippali traditionally used in Ayurveda for the management of different type of disorders like Kushtha, Agnimandhya, Ajeerna, Gulma, Arsha, Plihavridhhi, Pandu, Shwasa, Kasa, Kshaya etc. Pippali is also described as one of the important Rasayan (rejuvenation) drugs. Rasayana properties of this drug are highly appreciated by all Acharyas. One of the important Rasayan formulations of Pippali is ‘Vardhaman Pippali Rasayan’, which is indicated in Pliha roga.<sup>49</sup>

Piperine is the major and active constituent of long pepper (Piper longum). The piperine content is 3-5% (on dry weight basis) in P. longum. Black pepper (Piper nigrum) and long pepper (Piper longum) are the best known species in this family and are probably among the most recognized spices in the world.

Indian spices that provide flavour, colour, and aroma to food also possess many therapeutic properties. Ancient Indian texts of Ayurveda, detailed the medicinal properties of

these plants and their therapeutic usage. Recent scientific research has established the presence of many active compounds in these spices that are known to possess specific pharmacological properties. The therapeutic efficacy of these individual spices for specific pharmacological actions has also been established by experimental and clinical studies. The medicinal effects traditionally ascribed to Indian spices are validated by modern pharmacological and experimental techniques, thus providing a scientific rationale to their traditional therapeutic usage.

Different experimental evidences show several potential activities against several types of disorders.

Table 3: Showing different pharmacological properties of Piper longum

Pharmacological Property	Reference No.
Bioavailability enhancer	50-52
Anti depressant and Antistress action	53-54
Adoptogenic effect	55
Ulcer healing property	56
Antimicrobial activity	57-61
Immunomodulatory activity	62-64
Anti tubercular activity	65
Antioxidant property	66
Anti diabetic activity	67-68
Anti-inflammatory activity	69
Anti cancer activity	70-72
Cardioprotective role	73-76
Hepatoprotective	77
Anti allergic effect	78-81
Antifertility effect	82-83
Antiparasitic action	84-87



### Shunthi

Dried ginger is used as Shunthi in Ayurvedic system of medicine. *Zingiber officinale* Rosc., commonly known as ginger belongs to family Zingiberaceae is one of the important medicinal plant which naturally occurs in various countries like India, China, South East Asia, West Indies, Mexico and other parts of the world. This natural gold has been consumed worldwide as a spice and flavouring agent from the ancient time and attributed to have many medicinal properties. Native to tropical Asia, ginger is a perennial cultivated in the tropical climates of Australia, Brazil, China, India, Jamaica, West Africa, and parts of the United States.<sup>88</sup>

Ginger has a long history of use in traditional systems of medicine. It has been widely used in Ayurvedic, Chinese, and Tibb-Unani herbal medicines all over the world.

In Ayurvedic system of medicine, it is traditionally used for the treatment of several disorders viz. Kasa, Shwas, Shoth, Agnimandhya, Ajeerna, Amvata etc. It is included in Triptighna, Arshoghna, Depaniya, Shoolprashaman and Trishnanigrahan Mahakashaya (Dashemani) by Acharya Charaka and in Pippalyadi and Trikatu group by Acharya Sushruta.<sup>89</sup>

The British Herbal Compendium reported its action as carminative, anti-emetic, spasmolytic, peripheral circulatory stimulant and anti-inflammatory. The primary pungent agents are due to the presence of phenylalkylketones or vanillyl ketones. Gingerol and shogaol are two most active constituents of ginger based preparations.<sup>90-91</sup>

Table 4: Showing different pharmacological properties of *Zingiber officinale*

Pharmacological Property	Reference No.
Anti-cancer	92-94
Hypolipidemic effect	95
Anti oxidant effect	96-99

Anti inflammatory effect	100-102
Cardioprotective effect	103-106
Antihypertensive effect	107
Antimicrobial Activities	108-109
Hepatoprotective activity	110
Anti emetic action	111-113

### Vidanga

Vidanga, *Embelia ribes burm.* belonging to family Myrsinaceae is one of the most significant plants in Ayurvedic system of medicine.

It is widely used plant in several Ayurvedic preparations. It is used in treatment either alone or with the combination of other plants.

It is an Indo-Malaysian species, mainly found in India, Sri Lanka, Singapore, and Malaysia. In India it is found in central and lower Himalayas, Arunachal Pradesh, Assam, Bengal, Orissa, Andhra Pradesh and Madhya Pradesh in majority.<sup>114</sup>

India has a great wealth of various naturally occurring plant drugs which have great potential pharmacological activities. *Embelia ribes* is one amongst them. *Embelia ribes* has been proven to have great pharmacological potential with a great utility and usage as folklore medicine.

*Embelia ribes* is traditionally used in Ayurveda for treatment of various ailments like in Krimi roga (as vermifuge), Agnimandhya, Vatvyadhi, Aadhaman, Ajeerna, skin diseases, Gandamala, Mutrakrichchha etc.

It is one of the plants used as Krimighna (vermifuge). It is included in Krimighna, Kushthaghna, Triptighna Mahakashaya (Dashemani) by Acharya Charaka and Sursadi and Pippalyadi Gana by Acharya Sushruta.<sup>115</sup>

*E. ribes* fruits contain a quinone derivative, embelin, an alkaloid christembine, a volatile oil and vilangin. Among them, embelin is the major bioactive constituents and marker compound in *E. ribes* berries. Embelin (2, 5-dihydroxy-3-undecyl-1, 4-benzoquinone) has a wide

spectrum of biological activities, including antioxidant, antitumor, anti-inflammatory, analgesic, anthelmintic, antifertility and antimicrobial.<sup>116</sup>

Table 5: Showing different pharmacological properties of Embelia ribes

Pharmacological Property	Reference No.
Anti-diabetic effect	117-119
Anti –oxidant effect	120-121
Cardioprotective effect	122
Wound healing property	123
Anthelmintic activity	124-126
Antimicrobial effect	127-131
Antispermatozoal activity	132-133
Antihyperlipidemic activity	134-135
Anticonvulsant activity	136

### Tuvaraka

Tuvaraka, *Hydnocarpus laurifolia* belonging to family Flacourtiaceae is an important medicinal plant. It has a long history of traditional use in many system of medicine specially Ayurvedic system of medicine.

Tuvaraka is described in Ayurveda as one of the important Rasayana (rejuvenation) drug. A Rasayan (rejuvenation) therapy revitalises the sense, detoxify the body, and restore the health in normal state. It seems that Rasayana act at three level of bio-system to promote nutrition, at the level of Agni by promoting digestion and metabolism, at the level of Srotas by promoting microcirculation and tissue perfusion and at the level of Rasa itself by acting as direct nutrition. Thus, the Rasayana remedies act essentially on nutrition dynamics and rejuvenate both the body and psyche.

Tuvaraka has been traditionally used in Ayurveda for the management of different ailments like Kushtha, Prameha, Pruritis, Gandamala, Nadvrana, Amavat, Vatarakta, eye disease, Raktavikar etc. Tuvaraka is very famous drug for skin diseases as described in Ayurvedic system of medicine. Usable part of Tuvaraka includes its seed and seed oil. It is called chaulmoogra in Hindi and its oil in named as chaulmoogra oil.<sup>137</sup>

It is established that seeds of five *Hynocarpus* species namely *kurzii*, *laurifolia*, *sleumer*, *anthelminthica* and *alpina* are the principal source of chaulmoogra group of oils and identified by the presence of high amount of unsaturated cyclic fatty acids, mainly *gorlic*, *hydnocarpic* and *chaulmoogric* acids. The *hydnocarpus* seeds have been used in south India for the treatment of leprosy, chronic skin diseases, ophthalmia, dressing of wounds and ulcers. The seed oil has been used for the treatment of rheumatism, sprains and bruises and sciatica. But oils acts as gastrointestinal irritants when taken internally. Chaulmoogra group of fixed oils have been used for the treatment of various diseases in the Asian countries since many centuries especially for the prevention and cure of leprosy. The discovery of origin and use of oils against the leprosy is believed to be on Burmese folklore medicine followed by Indian. In India the oils has a long history of use in the Ayurvedic system of medicine for the treatment of leprosy and other chronic skin diseases. First use of chaulmoogra oil in the medical profession for the treatment of leprosy was reported from Calcutta. It was proved that chaulmoogra oil has high bactericidal activity against leprosy and tuberculosis bacteria. This action is due to the presence of cyclopentyle fatty acid. The bactericidal activity of chaulmoogra oil is specific against the Acid fast group of bacteria. It has been reported that *Hydnocarpus* oil obtained from *H. laurifolia* is considered superior to chaulmoogra oil obtained from *H. kurzii*. Modified from.<sup>138</sup>

The fatty acid rich fraction obtained from the petroleum ether extractable portion of

Hydnocarpus laurifolia (PHL) seeds exhibited significant insecticidal action on rice bug, *Leptocorisa acuta* (LC50 8?mg/mL). Analysis of the fatty acid content of PHL by GC/MS showed that it contained chaulmoogric acid, hydnocarpic acid, gorlic acid, lignoceric acid, palmitic acid, oleic acid and stearic acid. Among these fatty acids chaulmoogric acid and hydnocarpic acid were present in highest amount. The PHL showed no genotoxic effect in bone marrow erythrocytes of Swiss mice as compared with methyl methane sulfonate. Metabolism of PHL was evaluated by monitoring the activities of xenobiotic metabolizing enzymes and on comparison with malathion (a synthetic pesticide) revealed that PHL was found to be metabolized and excreted from the body of Sprague-Dawley rats within 72?h of exposure.<sup>139</sup>

### Chitraka

Chitraka, *Plumbago zeylanica* belonging to family Plumbaginaceae is one such important medicinal plant which is being used the world over in the traditional system of medicines especially in Ayurvedic system of medicine. *Plumbago zeylanica* used extensively in commercial preparations of medicines owing to its wide range of biological activities.

Chitraka has a long history of traditional use in Ayurveda. Acharya charaka included chitraka in Depaniya, Triptighna, Shoolprashaman, Bhedaniya, Arshoghna, Lekhaniya Mahakashaya (Dashemani), included in Pippalyadi, Mustadi, Amalakyadi, Muskakadi, Varunadi, Aragavadhadi Gana by Acharya Sushruta and Acharya Bhavamishra described it under Panchakola & Shadushan group. It has been traditionally used in the management of several disease viz. Agnimandhya, Ajeerna, Kushtha roga, Shoola, Grahani roga, Arsha, Sleepada, Shotha, Kasa, Pratishyaya, female disorders etc.<sup>140</sup>

Traditional system of medicine consists of large number of plants with various medicinal and pharmacological uses and hence represents a priceless treasure of new bioactive molecules. *P. zeylanica* is one amongst these, found all over

the world. In India *P. zeylanica* commands an important place among medicinal herbs since ancient times. *Plumbago zeylanica* L. is a multipurpose medicinal herb of family Plumbaginaceae. A native of South Asia, the species is distributed throughout most of the tropics and subtropics; growing in deciduous woodland, savannas and scrublands from sea level up to 2000m altitude.<sup>141-144</sup>

The medicinal importance of a plant depends upon their active principles. Earlier chemical examination of this plant revealed that the root contains plumbagin, 3- chloroplumbagin, 2,3-biplumbagin, 6,6- biplumbagin, zeylinone, isozeylinone, chitranone (3, 3'-biplumbagin), droserone, plumbagic acid, plumbazeylanone, glucose, fructose, enzymes as protease and invertase. The leaves and stem contains little or no plumbagin.<sup>145-146</sup>

Table 6: Showing different pharmacological properties of *Plumbago zeylanica*.

Pharmacological Property	Reference No.
Antidiabetic Activity	147-149
Anticancer activity	150-152
Anti-inflammatory activity	153
Anti oxidant activity	154-155
Antimicrobial activity	156-158
Hepatoprotective activity	159
Wound healing activity	160-161
Role in lipid metabolism	162
Antifertility action	163-168
Effect on CNS	169
Memory-inducing activity	170

### Swarnamakshika

Swarnamakshika is the most abundant Copper bearing mineral. It is also known as Copper pyrite. It mainly contains Copper, Iron and Sulphur.<sup>171</sup>

The sources of drug material include herbal, mineral and animal. These are used in various forms in Ayurvedic therapeutics. Mineral drugs play an important role in Ayurvedic therapeutics. Looking to the superiority of the metals and minerals to that of herbal and animal drugs, the Rasavaidyas went on experimenting clinical trials over lot of metals and minerals and systematically separated some of them which were exclusively active therapeutically. Swarnamakshika is one such mineral which after proper purification and incineration become highly potent.

Swarnamakshika is a mineral of Maharasa varga used by Rasavaidyas as therapeutics since Samhita period. There are so many formulations of this mineral is mentioned in texts of Ayurveda in context of treatment of diseases like Jwara, Shwasa, Kasa, Kshaya, Prameha, Pandu, Anidra, Apasmara, Vatavyadhi and other chronic and dreadful diseases.<sup>172</sup>

According to Ayurveda, equilibrium of Dosha, Dhātu and Mala are responsible for positive health. The herbs and minerals are equally efficient to check the imbalance which occurs during the diseased state. Due to certain better qualities like prompt action, small doses, tastelessness, effectiveness in incurable

diseases and long shelf life, mineral preparations are preferred over herbal formulations. Ayurvedic texts have described methods for quality control of finished products through different parameters like Nischasndratva, Varitara, Nirutha, Apunarbhav, etc., to achieve a specific acceptable standard Bhasma.

This study was performed to characterize the Bhasma using sensitive tools and techniques. These fingerprints generated for the raw material and Bhasma could be used as standards for ensuring quality and reproducibility of standards of the medicines.

Different stages of processing techniques like Shodhana (which involves roasting, with addition of herbal juices and continuous stirring) and Marana [which involves bhavana (wet trituration) and Puta system of heating], the particle size reduces significantly, which may facilitate absorption and assimilation of the drug into the body system.

The particle size in the final Bhasma was 1-2  $\mu$ , which could be specified as the criterion for the final product conforming to all the traditional parameters under Bhasma pariksha (examination of properly prepared Bhasma).<sup>173</sup>

Table 7: General description of Swarnamakshika Modified from<sup>174</sup>

Synonyms	Madhudhatu, Tapeeja, Madhumakshika, Makshikadhatu, Tapyā, Sonamakhi, Peetaka, Kshudradhatu, Avarta, Apeeta, Nadeej, Tapyadhatu, Kanchanabhasa, Hemamakshika etc.
Chemical Name	Copper Iron Pyrite (Cu FeS <sub>2</sub> )
Varna (colour)	Swarna varna (Bright Yellow Colour with slightly bluish tinge)
Grahya Swarupa (Ideal characteristics)	Swarnavarna (Golden appearance), Nishkona (Without angle), Guru (Heavy), Snigdha (Smooth), Produces golden lining on touching stone etc.
Specific density	5
Hardness	6
Guna (properties)	Rasa-Madhura & Tikta, Guna - Snigdha, Virya - Sheeta, Vipaka-Katu, Dosha-Tridoshashamaka, Karma-Vrishya, Yogavahi, Rasayana, Chakshushya etc.
Dose	½ to 2 Ratti ( ≈ 62 mg to 250 mg)
Anupana	Vidanga, Trikatu, Triphala, Ghrita



Table 8: Table showing therapeutic uses of Swarnamakshika Modified from<sup>174</sup>

S. No.	Some important formulations	Therapeutic uses
1	Rasa Raja Rasa	All type of Jwara
2	Apoorvamalinivasanta rasa	Prameha, Jirnajwara, Mutrakrichha, Ashmari
3	Chandraprabha Vati	Prameha, Ashmari, Mutraghata, Pandu Kamala, Halimaka, Shwasa, Kasa, Kushtha etc.
4	Kamadhenu Rasa	Prameha, Jirnajwara, Rajayakshama etc.
5	Purnachandra Rasa	Vrishya
6	Ratna Garbha Pottali	All types of Jwara, Rajayakshama, Ashamari, Kushtha, Prameha, Arsha, Udararoga, Kasa Bhagandara, Shwasa, Atisara etc.
7	Shwasakasa Chintamani	Kasa, Shwasa
8	Sarveshwara Rasa	All types of Prameha
9	Vatagajankusha Rasa	All Vata Vyadhi
10	Yogaraja Rasa	Pandu, Kasa, Kushtha, Arsha, Prameha, Aruchi, Kamala, Apasmara, Shwasa, etc.
11	Piyushavalli Rasa	Atisara, Trishna, Jwara, Sangrahani, Aruchi, Vamana, Gulma, Udararoga, Kamala Raktapradara, Pandu
12	Balarogantaka Rasa	Tridoshaja & Amaja Jwara, Kasa & All Diseases of Children.
13	Indushekhara Rasa	Jwara, Shwasa, Kasa,
14	Brihat Garbhachintamani Rasa	All disease of Pregnant women
15	Prabhakara Vati	Hridaya Roga
16	Nityodaya Rasa	Jirnajwara, Kasa, Arsha, Yakshama, Pandu, Prameha
17	Panchavakra Rasa	Sannipataja Murchha
18	Panchamrita Rasa	All Types of Jwara, Pandu, Shoola, Mandagni, Grahani, Kapharoga, Vataroga, Gulma, Aruchi, Kasa, Shwasa
19	Agnisandipana Rasa	Ajirna
20	Somanatha Rasa	Somaroga, Prameha, Bahumutrata, Mutraghata
21	Grahanikapata Rasa	Grahani, Gulma, Kshaya, Kushtha, Prameha
23	Kasturibhairava Rasa (Brihat)	All types of Jwara, Nastagarbha, Kasa, Prameha, Shwasa Arsha, Shotha, Kshaya etc
24	Vatapittantaka Rasa	Jwara, Kshaya, Daha, Trishna, Bhrama etc.
25	Sannipatabhairava Rasa	All type of Jwara
26	Vatavidhwansana Rasa	Udararoga, Kasa, Adhyamana, Shwasa Vishuchika, Jwara Agnimandya, Shoola Amadosha, Chhardi, etc.

## CONCLUSION

This review has presented a collective knowledge on therapeutic, pharmacological and medicinal applications of Nishadi Vati and its constituent drugs. This review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of these drugs which would motivate and provide lead to further exploration of pharmacological activities of these ingredients to protect human beings from different types of diseases specially skin disease and may serves as useful treasure for the promotion of health.

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