



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

ARKA



Latin name: *Calotropis gigantea*

Family: Asclepedaceae

Regional names: આકડો (Gujarati), आक, मदार, अकौआ (Hindi)

Morphology: Tall shrub, Bark: yellowish white. Leaves: obovate-oblong, Flowers: Umbellate lateral cymes. Fruit: Follicles.

Synonyms: Ganarupaka, Sadapushpa, Kshiraparna, Arkaparna, Shukaphala, Toolaphala, Asphota, Vikirna.

Rasa Panchaka:

Rasa: Katu, Tikta

Guna: Laghu, Ruksha, Tikshna

Virya: Ushna

Vipaka: Katu

Karma: Deepana, Vishaghna, Vata-Kaphahara

Useful parts: Mulatvak, Kshira, Pushpa, Patra.

Indications: Agnimandya, Visuchika, Vrana, Urusthambha.

Dosage: Root bark: 1-3gm for making Kashaya.

Formulations: Arka Lavana, Arka taila, Arka Kshara, Abhaya lavana, Mahavishagarbha taila.