



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

JAPA



Latin name: *Hibiscus rosa sinensis*

Family: Malvaceae

Regional names: જાસુદ (Gujarati), जासुद (Hindi)

Morphology: Shrub. Leaves: Simple, alternate, petiolate, serrate margin and acute tip with Ovate-ovate lanceolate shape. Flower: Corolla is tubular below, scarlet red, complete. Fruit is in capsule, abortive. Seeds are endospermic.

Synonyms: Japa, Oundrapushpa, Raktapushpi

Rasa Panchaka:

Rasa: Kashaya, Madhura

Guna: Snigdha, Laghu

Vipaka: Katu

Virya: Sita

Dosakarma: Pittakapha Samaka

Dosage: Churna: 5-10 gm

Indications: Garbharodha, Pradara, Khalithya, Palithya

Formulations: Madhukadi Avalehya, Patrangasava