



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

ARISTHAKA



Latin name: *Sapindus trifoliatus*

Family: Sapindaceae

Regional names: अरीठा(Gujarati), रीठा (Hindi)

Morphology: A large tree. Leaves are 15-30cms long, leaflets are subsessile, elliptic-lanceolate. Flowers are greenish white in terminal panicles. Fruit is 2-3lobed.

Synonyms: Aristhaka, Mangalya, Krushnavarna, Arthasadhana, Raktabija, Pitafena, Garbhapatana.

Rasa Panchaka:

Rasa: Tikta

Guna: Guru, Tikshna, Ushna

Virya: Ushna

Vipaka: Katu

Karma: Tridoshahara, Grahashantikara, Shirsharujahara, Vishanashana.

Useful parts: Fruit, Root, Leaf and Seed.

Indications: Grahabadham Visha, Shiroruja

Dosage: 1-3g in divided doses

Formulations: Asanadi Kwatha