



# Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

## ELA-SUKSHMA



**Latin name:** *Elatteria cardamonum*

**Family:** Zingiberaceae

**Regional names:** એલચી (Gujarati), इलायची (Hindi)

**Morphology:** Annual herb. Leaves: oblong-lanceolate. Flower: panicles produced from rootstock. Fruit: three sided trilobular capsule. Seeds are many.

**Synonyms:** Korangi, Dravidi, Upakunchika, Truti, Triputa, Nishkuti.

**Rasa Panchaka:**

**Rasa:** Katu, Madhura

**Guna:** Laghu, Ruksha

**Virya:** Sheeta

**Vipaka:** Madhura

**Karma:** Shirovirechana, Angamardaprashamana

**Useful parts:** Seeds

**Indications:** Mutraghata, Mutrakrichra, Hrudroga, Chardi, Gulma.

**Dosage:** 250-500mg of powder (API Volume I)

**Formulations:** Eladi churna, Eladi gutika