



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

GAMBHARI



Latin name: *Gmelina arborea*

Family: Verbenaceae

Regional names: सेवण (Gujarati), गम्भारी (Hindi)

Morphology:

Moderate deciduous tree. Leaves: broadly ovate, acuminate. Flower: Cyme, Yellow. Fruit: Drupe.

Synonyms: Kashmari, Bhadrarni, Pitarohini, Katphala.

Rasa Panchaka:

Rasa: Tikta, Kashaya, Madhura

Guna: Guru

Virya: Ushna

Vipaka: Katu

Karma: Shothahara, Deepana, Pachana.

Useful parts: Moola, Phala.

Indications: Shotha, daha, Jvara, Trushna

Dosage: 20-30g root bark for Kashaya (API Volume I)

Formulations: Shriparnyadi kwatha, Shriparni taila, Bruhatpanchamuladi taila