



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

KUTAJA-PUM



Latin name: *Holarrhena antidysentrica*

Family: Apocynaceae

Regional names: કુટા (Gujarati), कुडा (Hindi)

Morphology: Shrub/Small tree. Leaves; broadly ovate-elliptic. Flowers: white, inodorous terminal cymes. Fruit: Cylindrical follicles. Seeds: Linear oblong.

Synonyms: Vatsaka, Girimallika, Kalinga, Indravruksha, Varatikta, Sangrahi.

Rasa panchaka:

Rasa: Tikta, Kashaya

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu

Karma: Dipana, Sangrahi

Useful parts: Tvak, Bija

Indications: Atisara, Arshas, Kustha, Mutrashmari, Mutraghata

Dosage: 20-30g of tvak churna for Kashaya (API Volume I), 3-6g bija churna (API Volume III)

Formulations: Kutajarishta, Kutajaghanavati, Kutaja avaleha.