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## Pharmacotherapeutic archives of *Arka*

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**Abstract**

*Arka*, an important medicinal plant of *Ayurveda* has been equated with three botanical sources namely, *Calotropis procera*, *Calotropis gigantea* and *Calotropis acia*. Various parts of the drug *Arka* have been highlighted for their therapeutic applications both internally and externally. Being a plant enlisted under poisonous group of drugs, the internal application of *Arka* is not in practice in random. Single hand information on the internal applications of *Arka* in various formulations from classical literature is not available. A critical review was made from 60 texts dealing with treatise, compendia and books of *Rasashastra*. Result shows 547 internal applications in almost 48 texts. Latex and root are the major parts used. The latex of *Arka* has been profoundly used in 115 formulations being indicated for *Jvara* (pyrexia) followed by *Kushtha* (Skin disorders) etc. This vast data of therapeutic claims of a poisonous plant infer the need to explore the plant for these medical conditions.

**Keywords:** *Arka*, *Alarka*, *Calotropis*, internal applications, *Jvara*, *Kushtha*.

**Introduction**

*Arka*, is one of the drug of herbal origin of *Ayurveda* and has been included in the semi-poisonous category [1]. The classification of *Arka* is based on its floral colours; three plants namely *Calotropis gigantea* Linn. R. Br., *Calotropis procera* Ait. and *Calotropis acia* Buch-Ham have been considered as the botanical sources of *Arka* [2]. The micrometrical evaluation of white and purple variety flowers of *Arka* (*Calotropis gigantea*) has been reported earlier [3]. *Arka* has been advocated in various diseases in *nighantus* alongwith its properties. *Arka* has been reported by the *nighantus* to possess *Tikta*, *Katu rasa* and *Ushna virya* and *sara*, *tikshna guna*. *Kshira* in particular possesses *laghu*, *snigdha* and *ushna* properties [4]. The *rasadipanchaka* of three varieties of *Arka* and the partwise individual indications has been denoted in table 1 and 2.

**Table 1:** *Rasadipanchaka* of three varieties of *Arka*

<i>Rasadipanchaka</i>	<i>Arka</i>	<i>Alarka</i>	<i>Raktarka</i>	References From <i>nighantus</i>
<i>Rasa</i>	<i>Tikta;katu</i> <i>Pushpa – Madhura</i> , <i>Kshira- Katu, Lavana, tikta</i>	<i>Tikta ;</i>	<i>Pushpa- madhura, tikta,(BPN)</i>	4,
<i>Guna</i>	<i>Tikshna, Sara</i> , <i>Kshira- laghu, snigdha(KN,</i> <i>BPN) Patra- Tikshna,</i> <i>Sara(PN)</i>	<i>Sara;</i> <i>Pushpa- laghu(KN)</i>		4, 9, 12
<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>		
<i>Doshaghnata</i>	<i>Kapha, Vata; Patra- kapha,</i> <i>Vata(PN)</i>	<i>Kapha, Vata</i>	<i>Kapha</i>	12
<i>Rogaghnata</i>	<i>Krimi, Kushtha, Vishaghna,</i> <i>Dushta vrana, Arsha (Mdn)</i> <i>(MD), gulma, Virechana</i> <i>(Rjb)(KN); Kandu, Jantu</i> <i>santati, Pliha(DN); BPN;</i> <i>Yakrit(MN)</i>	<i>Vishaghna, Plihaghna,</i> <i>Rakta gulma, Kushtha,</i> <i>Vata vyadhi(Mdn),</i> <i>(ShoN); medohara,</i> <i>Visarpa(DN); Yakrit</i> <i>(MN)</i>		4, 5, 6, 8, 9, 10, 11,

\*BPN- Bhavaprakasha nighantu [4]; Sho ni- Shodhala nighantu [5]; MDn- Madanadi nighantu [6]; DN- Dhanwantari nighantu [7]; MN- Madanapala nighantu [8]; KN- kaiyadeva nighantu [9]; MD- Madhava Dravyaguna [10]; Rjb- Rajavallabha nighantu [11]; PN- Priya nighantu [12]

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**Table 2:** Partwise indications in the lexicons

Parts used	Arka	Alarka	Raktarka	Reference
Kshira	Krimi, Arsha, Kushtha, Udara (Mdn) Kushtha, Gulma; Shwitra, Vamana, Virechana (PN)			5, 6, 9, 10, 12
Pushpa	Kushtha, Krimi, Akhu visha, Raktapitta, Shophya, Gulma, sangrahi, (KN)	Pachan, deepana, Arochaka, Arsha, Kasa, Shwasa, Praseka	Kushtha, krimi, Kaphanashana, Arsha, Visha, Raktapitta, Sangrahi, Gulma, Shwayathu	9
Patra	Bhedana, Tvakdosha, Gulma, Arsha, Shwasa, Pliha, Yakrit, Krimi, (PN)			12

*Arka* finds a broad usage in various pharmaceutical procedures of *Rasa shastra* that include *Shodhana*, *Marana* and *Bhasmikarana* [13]. Pertaining to its utilization in various diseases, around 375 formulations possess *Arka* in external applications [14]. The enormous ethnomedicinal claims have also been documented [15]. A collective information on the internal applications of *Arka* in various herbal and herbo-mineral compositions from various treatise and compendia of *Chikitsa* and *Rasashastra* is lacking. The present article is an attempt to collate all possible references from the available classical literature. i.e *CS-Charak samhita* [16], *SS- Sushruta samhita* [17]; *AS- Ashtanga samgraha* [18]; *KS- Kashyapa samita* [19]; *AH-Ashtanaga Hridaya* [20]; *BBR- Bharat Bhaishyajya ratnakar* [21]; *RYS- Rasayoga sagar* [22]; *VDC- vaidya chintamani* [23]; *RSK-Rasa sanket kalika* [24]; *RNC- rasendra chintamani* [25]; *RnSS-Rasendra sara samgraha* [26]; *RKA- Rasa kaumudi* [27]; *RK- Rasa kamadhenu* [28]; *BSJ- Basavarajiyam* [29]; *YT- Yogatarangini* [30]; *VR- Vaidya rahasya* [31]; *AP-Arka Prakash* [32]; *APk- Ayurveda prakashan* [33]; *BRS- Brihat Rasaraja sundar* [34]; *RRM- Rasa Raja Mahodadhi* [35]; *RNS- Rasayana sara* [36]; *RJN- Rasa jala nidhi* [37]; *RA- Rasamritam* [38]; *RT-Rasatarangini* [39]; *RSb-Rasendrasambhava* [40]; *AM-Anupana manjiri* [41]; *AN- Abhinava navajeevaniyam* [42]; *YC- Yoga chintamani* [43]; *RRS- Rasa ratna sammucchaya* [44]; *RMi- Rasa manjiri* [45]; *RC- Rasa chintamani* [46]; *VS- Vangasena* [47]; *RPS- Rasa prakasha sudhakara* [48]; *BR-Bhaishyajya ratnavali* [49]; *GD- Gada nigraha* [50]; *AK- Ananda kanda* [51]; *NR- nighanta Ratnakara* [52]; *RP- Rasa paddhati* [53]; *SY- Sahastrayogam* [54]; *CD- Chakra dutta* [55]; *BPS- Bhavaprakasha Samhita* [56]; *ShS- Sharangadhara Samhita* [57]; *VCC- Vaidya chamakara chintamani* [58]; *SBM- Siddha bhashaja manimala* [59]; *YR- Yogaratnakara* [60]; *VM- Vrinda madhava* [61]; *RM- rajamartanda* [62]; *VDM- Vaidya manorama* [63];

The results of the individual diseases along with varieties, parts used and dosage forms has been represented in Table 3-23

**Varieties:** The direct references of *Rajarka*, *Alarka*, *Shwetarka* have been reported. *Alarka* has been indicated in *Agnimandya* (6), *Abhinyasa jvara* (1) and *Grahani* (1). *Rajarka* has been indicated in *Visha* (poisoning) and *Visuchika* (cholera). *Shwetarka* has been advocated in *Vrishchik Visha* (scorpion bite) and *Yakrut vyadhi* (liver disorders) (8). *Sitarka* has been peculiarly given in the context of *Yoni shula*. (Table 3-23)

**Parts used:** As many as 75 references were found were the specific parts used of *Arka* have not been specified. Similarly, parts used have not been mentioned in the context of *Arka rasa* (25). *Kshira* (latex) has been quoted the maximum in 231. *Arka moola* (root) has been indicated in 100 formulations while *patra* (leaves) have been indicated in 60 formulations. *Pushpa* (flower) has been indicated in 13 formulations. *Arka panchanga* has been reported in 15 formulations. (Table 3-23)

### Dosage forms

Among dosage forms, maximum are *Gutika* (tablet) i.e (310) followed by *Churna* (56), *Vati* (44), *Bhasma* (23), *Ghrita* (19), *Kwatha* (19), *Kshara* (15), Oil (9), *Kalka* (6), *Avaleha* (6), *Loha* (5), *Arka kalpana* (5), *Lavana*(5), *Asava/Arishta* (4), *Swaras* (4), *Patana kalpana* (4), *Siddha jala* (2), *Modaka* (2), *Pathya*(2) and 1 each of *Siddha yavagu*, *Shaka*, *Pupalika*, *Putapaka*, *Parpati*, *Kshirapaka* and *Bhakta kalpana*. (Table 3-23)

### Indications

#### Jvara (Pyrexia)

*Arka* has been reported maximum in *Jvara* in almost 115 formulations. The dosage forms are mostly *gutika* and the part used include *Kshira* which has been used in *bhavana* (trituration) followed by *Kwatha* (decoction). The varieties of *Arka* viz. *Rajarka*, *Shwetarka* and *Alarka* have been documented. (Table 3)

#### Kushtha (skin disorders)

Ayurveda includes all the skin disorders under one name entitled 'Kushtha'. On keen observation, it was found that *Arka* has been advocated more in management of varied skin diseases in the form of *Gutika* in 47 formulations wherein it is triturated with *Arka kshira*. (Table 4)

#### Arsha (Haemorrhoids)

In the treatment of *Arsha*, seers have advocated inclusion of *Arka* in different dosage form internally in form of *Gutika*, *Kwatha*, *Ghrita*, *Lavana*, etc. where *Arka kshira* is used in trituration while root and leaves form the main ingredients of 11 formulations. (Table 5)

#### Agnimandya (Hypofunction of digestive fire)

*Arka* has been notably included in 15 formulations for treating *Agnimandya*. Most of them include *Gutika*, *Vati* and special mention of *Leha* and *Kshirapaka*. The parts used mostly include root, latex and flowers. (Table 6)

#### Udara

*Ayurveda* incorporates the disorders of liver, spleen and their complications leading to ascitis in one term 'Udara'. Among 31 herbo-mineral formulations, 7 have been exclusively in management of splenic disorders that consist *Arka* in form of *Churna*, *Kshara*, *Gutika*, etc. A distinct reference of *Yavagu* made out of *Arka* root catches attention that this semi-poisonous plant also possesses food value and is safe for internal administration. In case of liver disorders and ascitis, *Arka* has been used in form of *Loha*, *Vati*, *Gutika*, etc. The parts used are flower, leaves, root, whole plant, etc. (Table 7)

**Grahani (Sprue)**

Gutika is the major dosage form of 15 formulations in which *Arka* has been used in management of *Grahani*. The formulations are herbo-mineral type where in parts used are either whole plant or root. Latex has been used for giving *Bhavana* in the formulations. (table 8)

**Ajirna**

Mostly, *Arka* forms part of alkali preparations (*Kshara*) to treat *Ajirna* that mainly includes heart burns, hyperacidity & indigestion. A peculiar dosage form consisting of *patana kalpana* has been quoted in *Shankhadrava*. Other dosage forms include *Gutika*, *Vati*, *Leha* and *pupalika* (puri) in *bhakta kalpana* (edible food item). (Table 9)

**Vatavyadhi (Neuro-muscular disorders)**

*Arka* is an ingredient in 33 formulations for treatment of *Vatavyadhi*. Majority of dosage forms include *Gutika*, *Vati*, *Kwatha*, etc. Latex has been advocated as *Bhavana dravya* in production of tablets. *Arka* root juice has been denoted for *anupana* with one of the formulations. Direct references for use of *Arka* in *Dhanurvata* (Tetanus), *Sparsha vata* (Hyperesthesia), and *Sarvanga ghata* (Paraplegia) have been reported. Separate five formulations (*Vati*) have been advocated in management of *Amavata* (Rheumatoid arthritis). (Table 10)

**Visha (Snake-bite, scorpion bite, dog bite)**

*Arka* has been reported in 22 formulations in treating poisonous stings/bites. Majority of dosage forms include *Gutika*, *Ghritha* and *Churna*. Parts used consist of root, latex, flower, leaf and fruit. Intake of *Arka* has been delineated before *Raktamokshana karma*. (Table 12)

**Kshaya and Rajayakshma (Tuberculosis):**

*Arka* has been reported in 14 formulations for *Kshaya* whereas in 16 formulations for *Rajayakshma*. In case of *Kshaya*, majority of dosage forms include *Gutika*. A distinct reference of *Asava* and *Leha* has been documented where in parts used are latex and leaf. Pertaining to usage of *Arka* in *Rajayakshma*, almost all formulations are in form *Gutika* (tablet) where latex is used. (Table 13 & 14)

**Rasayana**

In spite of being semi-poisonous plant, *Arka* has been advocated in 16 formulations that act as rejuvenators. Most of them are in form of *Gutika* where latex has been used extensively for trituration. (Table 15)

**Shula (Colicky pain)**

*Arka* has been advocated in 16 formulations for management of *Shula* in form of *Gutika*. (Table 16)

**Kasa**

*Arka* finds place in almost 11 formulations where chief dosage forms are *Churna* and *Gutika*. A use of *Parpati* has been reported wherein leaves of *Arka* are used for pouring the liquid to make *parpati*. (Table 17)

**Gulma (Abdominal lump)**

A total of 15 formulations have been reported for management of *Gulma*. Key dosage forms are *Kshara* (alkali preparations) where ashes of leaves are used followed by *gutika* wherein latex is used for trituration. (Table 18)

**Prameha (Diabetes):**

Almost 11 formulations have been quoted for treating *Prameha*. Dosage forms include *Gutika*, *Bhasma*, *Churna*, *Arishtha*, etc. A novel use of *Arka* as edible vegetable has been indicated as *pathya*. (Table 21)

**Shwasa (Asthma)**

Almost 18 formulations have been advocated for regimen of *Shwasa*. Maximum dosage forms are *Bhasma*. An edible food item made from barley alongwith tender leaves of *Arka* has been mentioned. (Table 22)

Other indications include usage of *Arka* as internal administration in deaddiction of *Ahiphena*, *Amlapitta*(2), *Anaha* (4), *Apachi*, *Apasmara* (2), *Arochaka*, *Atisara* (6), *Bhagandara* (2), *Bhasmaka*, *Daha*, *Danta roga* (2), *Dhvaja bhanga*, *Granthi* (2), *Graha dosha* (2), *Jara vyadhi* (2), *Kamala*, *Medoroga* (5), *Nasa roga* (1), *Pandu* (7), *Pradara* (3), *Raktapitta* (3), *Shlipada*, *Shitapitta*, *Shleshma artava dushti*, *Shotha* (4), *Shwitra* (4), *sutika roga* (4), *Swarabheda*, *Udavarta* (3), *Unmada* (2), *Urustambha* (1), *upadamsha* (1), *Vajikarana* (10), *Vamana* (3), *Vata shula*, *Vandhya yoni*, *Vidradhi*, *Vata shonita* (2), *visarpa* (2), *visuchika* (5), *Vrana* (1) and *Yoni shula*.

On keen observation, we can imply that even the semi-poisonous plants can be effectively used in management of many diseases. Certain pharmacological activities that have been reported for *Calotropis gigantea* & *C. procera* help to validate these therapeutic claims of Ayurveda. For instance, the anti-arthritic activity of leaves of *C. gigantea* has been proved and hence helps us to confirm its role in *Vatavyadhis* in certain aspects<sup>[64]</sup>. Also, anti-inflammatory potential<sup>[65, 66]</sup> of *C.gigantea* and *C. procera* verify their claims in *Shotha* (inflammation), *Vatavyadhi*, *Bhagandara* (fistula), *Shlipada* (Lymphadenopathy). The analgesic activity<sup>[67]</sup> also help to support the claims of *Arka* in *Shula*, *Arsha*, *Bhagandara*, etc. Also, evidences are also available for anti-pyretic activity of root of *C. gigantea*<sup>[68]</sup>. The hepatoprotective activity of *C. procera* verifies its usage in *Yakrit* and *pliha*<sup>[69]</sup>. The anti-hyperglycaemic activity of leaves of *C. procera* has also been documented that suffice its role in *Prameha*<sup>[70]</sup>.

**Conclusion:** *Arka*, thus finds a wide range of therapeutic applications internally in 547 formulations given for the management of almost 58 disease conditions. The cross validation of these claims can help in near future for proving scientific rationale of seers in designing regimens of varied ailments.

**Table 3:** *Arka* as an ingredient in various formulations for internal usage in *Jvara*

<i>Jvara</i>					
Sr. no.	Formulation	Dosage form	Indication	Part used	References
1.	Karavalabhairava rasa	Gutika	Abhinyasajvara	moola kashaya	VDC,RYS
2.	Vinod vidyadhara	Gutika	Ama jvara	moola	RK,YT,BBR
3.	Haritakatukam ghrita	Ghrita	Jirna jvara	moola	GD;
4.	Gruhadhuma vatika	Vati	Jirna jvara	kshira	BBR
5.	Kulatthadi ghrita	Ghrita	Jirnajvara	Arka	AS,VS,BBR
6.	Agnikumara rasa	Gutika	Jvara	patra	BSJ,RYS
7.	Ashtadasha mula kashaya	Kwatha	Jvara	moola	VDC
8.	Patoladi kashaya	Kwatha	Jvara	Arka	VDC
9.	Narasimha rasa	Gutika	Jvara	moola	VDC
10.	Kaphari yoga	Gutika	Jvara	moola	BSJ
11.	Navalohagnkumara rasa	Gutika	Jvara	moola	BSJ
12.	Shitanshu rasa	Gutika	Jvara	patra	BSJ
13.	Agnikumara rasa(2)	Gutika	Jvara	moola kwatha	RYS
14.	Agnikumara rasa(3)	Gutika	Jvara	Arka rasa	RYS
15.	Agnikumara rasa(4)	Gutika	Jvara	kshira	RYS
16.	Ardhanarinateshwar rasa	Gutika	Jvara	Arka	RYS
17.	Ashtamurti rasa	Gutika	Jvara	kwatha as anupana	RYS
18.	Chudamani rasa	Gutika	Jvara	moola	RYS,BBR
19.	Chudamani rasa	Gutika	Jvara	kshira	RYS
20.	Jvarakesari rasa	Gutika	Jvara	kshira	RYS
21.	Pratapmartanada rasa	Gutika	Jvara	kshira	RYS
22.	Bhuteshwar rasa	Gutika	Jvara	kshira	VDC,RYS
23.	Rasendra rasa	Gutika	Jvara	moola	VDC,RYS
24.	Shankar vati	Gutika	Jvara	kshira	RYS
25.	Sannipata gajavyala rasa	Gutika	Jvara	patra	RYS
26.	Katukyadi kwatha	Kwatha	Jvara	Arka	BBR
27.	Shita jvarari rasa	Gutika	Jvara	kshira-bhavana	ShS,BBR
28.	Shita jvarari rasa	Gutika	Jvara	kshira	RC,RnSS
29.	Shitajvarahar rasa	Gutika	Jvara	kshira	RYS
30.	Shitabhanji rasa	Gutika	Jvara	kshira	RYS
31.	Hirabaddha rasa	Gutika	Jvara	kshira	RYS
32.	Anandabhairavi gutika	Gutika	Jvara	moola	RnSS,BBR
33.	Bhuvaneshwar rasa	Gutika	Jvara	swaras	RJN
34.	Panchamruta pottali	Gutika	Jvara	kshira	RC
35.	Kasturibhushana rasa	Gutika	Jvara	moola	RJN
36.	Sarva jvarahar gutika	Gutika	Jvara	kshira	RRM
37.	Himamurcchana rasa	Gutika	Jvara	kshira	SBM
38.	Arka sphatika kalpa	Gutika	Jvara	kshira	SBM
39.	Vishwatapaharan rasa	Gutika	Jvara	Arka	VJ
40.	Brihat sannipata bhairava	Gutika	Jvara	kshira	RSb
41.	Svedasaityari rasa	Gutika	Jvara	mula-bhavana	BR, BRS,RYS,RJN,RSb
42.	Kalagni bhairav rasa	Gutika	Jvara	kshira-bhavana	BR,RJN,BBR
43.	Vadvanala rasa	Gutika	Jvara	kshira-bhavana	BR, RK,BRS,RYS,RJN
44.	Brihat kasturi bhairava	Gutika	Jvara	patra rasa	BRS,RYS,BBR
45.	Shitabhanjira rasa	Gutika	Jvara	Arka kshira	BRS
46.	Panchanan jvarankusha	Gutika	Jvara	patra rasa	BRS,RYS,RSb,RMi,BBR
47.	Jvarankusha rasa	Gutika	Jvara	kshira	RNS,RYS,BBR
48.	Jvarankusha rasa	Gutika	Jvara	kshira	RYS
49.	Jaya vatika	Vati	Jvara	kshira	RNS,RYS,BBR
50.	Gandhak vati	Vati	Jvara	kshira	RNS
51.	Jvarari rasa	Gutika	Jvara	kshira	RnSS,RYS, RSb
52.	Panchanana rasa	Gutika	Jvara	moolakwatha- bhavana	BR,RK,RJN,BBR
53.	Panchanana gutika	Gutika	Jvara	kshira	YC
54.	Bhasmeshwara rasa	Gutika	Jvara	kshira	RK
55.	Swachhanda bhairava rasa	Gutika	Jvara	kshira	RK,BRS,RYS
56.	Sannipata vidhwans	Gutika	Jvara	patra	RK,RYS
57.	Sarvanga sundar rasa	Gutika	Jvara	rasa	RK,BRS,BBR
58.	Talakeshwar rasa	Gutika	Jvara	kshira	RC,RK,
59.	Vikaralvaibhava rasa	Gutika	Jvara	Arka as anupana	RK,RYS,BBR
60.	Virabhadra bhairava	Gutika	Jvara	moola	RK,RYS,BBR

61.	Ratnagiri rasa	Gutika	Jvara	kshira for rasa murchana	RNC
62.	Tarunajvarari rasa	Gutika	Jvara	kshira	RPS, BBR
63.	Pratidnyavachak rasa	Gutika	Jvara	kshira	RPS, RYS, BBR
64.	Mrutasanjivani rasa	Gutika	Jvara	kshira	RRM
65.	Mrutasanjivani rasa(2)	Gutika	Jvara	rasa	RYS
66.	Mrityunjaya rasa	Gutika	Jvara	Arka	YC, RYS
67.	Mritajivana rasa	Gutika	Jvara	patra veshtana	RRS, RJN
68.	Trailokya chintamani	Gutika	Jvara	kshira	RP, RKA
69.	Trailokydambar rasa	Gutika	Jvara	kshira	RC, RYS
70.	Shankhapottali rasa	Gutika	Jvaratisara	kshira	RC
71.	Vidarana bhairav rasa	Gutika	Bhugnanetra sannipata	kshira	RYS
72.	Shwetarkadi yoga	Kalka	Chaturthak jvara	Shwetarka moola	BR
73.	Chaturthikari rasa	Gutika	Chaturthika jvara	kshira	RYS
74.	Chaturthikari rasa(2)	Gutika	Chaturthika jvara	moola	RYS
75.	Shleshma shailendra rasa	Gutika	Kaphaja Jvara	moola	BR, RNC, RnSS, RJN, BBR
76.	Suchika bharana rasa	Gutika	Manamoha jvara	kshira	YT
77.	Vidyadhar rasa	Gutika	Navajvara	Arka	BRS, RJN
78.	Brihat pippalyadi kashaya	Kwatha	Pittaja jvara, vata kaphaj jvara	moola	BPS, BR, NR, BBR
79.	Triphaladi kashaya	Kwatha	Raktoshtha sannipata Jvara	Arka	VDC
80.	Sadyojvarari rasa	Gutika	Sadya jvara	Arka	RK
81.	Ashtavinsha gana siddha kwath	Kwatha	Sannipata Jvara	moola	ShS
82.	Kanakasundara rasa	Gutika	Sannipata	kshira	RYS
83.	Pashupatasra rasa	Gutika	Sannipata	kshira	VDC
84.	Nasyabhairava rasa	Gutika	Sannipata	kshira	RYS
85.	Dhanwantari rasa	Gutika	Sannipata	Moola	VDC, RYS
86.	Suchikabharana rasa	Gutika	Sannipata jvara	Arka	RYS
87.	Malla bhasma	Bhasma	Sannipata jvara	kshira	RNS
88.	Talamrutabhram rasa	Gutika	Sannipata jvara	kshira	RYS
89.	Trineta rasa	Gutika	Sannipata jvara	kshira	RYS
90.	Suchikabharana rasa	Gutika	Sannipata jvara	kshira	RYS, BBR
91.	Sangyakarana rasa	Gutika	Sannipata jvara	kshira	RMi
92.	Arkeshwar rasa	Gutika	Sannipata jvara	kshira	VDC, BRS, BBR
93.	Drashtaphala paniya vatika	Gutika	Sannipata jvara	kshira	BRS
94.	Kalagnirudra rasa	Gutika	Sannipata jvara	kshira,	RYS
95.	Sannipata bhairav rasa dvi.	Gutika	Sannipata jvara	kshira, shwetarka moola-bhavana	BR, BRS, RYS, BBR
96.	Sannipata surya rasa	Gutika	Sannipata jvara	kwatha as anupana	RJN
97.	Vishwamurti rasa	Gutika	Sannipata jvara	kwatha as anupana	BRS
98.	Tamrabhairav gutika	Gutika	Sannipata jvara	kwatha- bhavana	SY
99.	Arka muladi kwatha	Kwatha	Sannipata jvara	moola	NR
100.	Mritasanjivani vatika	Vati	Sannipata jvara	moola kwatha- anupana	NR, BBR
101.	Kalagnirudra rasa	Gutika	Sannipata jvara	moola	RYS
102.	Kalakuta rasa	Gutika	Sannipata jvara	moola	BSJ
103.	Suchikabharana rasa	Gutika	Sannipata jvara	moola	RYS
104.	Panchavakra ras	Gutika	Sannipata jvara	moola kashaya- (anupana)	ShS, NR, RRS, RPS, VDC, RYS, BBR
105.	Siddhaphalapaniya vatika	Vati	Sannipata jvara	patra rasa, kshira bhavana	BR, RYS, BBR
106.	Chaturmukha rasa	Gutika	Sannipata jvara	Rajarka kwatha as anupana	RYS
107.	Karanjabeejadi gutika	Gutika	Sannipata jvara	Shwetarka	SY
108.	Shitari rasa	Gutika	Shita jvara	kshira	RYS
109.	Shitari rasa	Gutika	Shita jvara	patra rasa	RPS
110.	Arkadi kwatha	Kwatha	Shitanga sannipata	moola	YR, BBR
111.	Manobhairava rasa	Gutika	Tandrika sannipata	moola kashaya	VDC, RYS
112.	Pralayanala rudra rasa	Gutika	Taruna jvara	kshira	BSJ
113.	Kalpadruma	Gutika	Tridoshaja jvara	kwatha	RYS
114.	Pitamaha rasa	Gutika	Ugra jvara	moola	VDC
115.	Arkadi kwatha	Kwatha	Vatapradhan sannipata jvara	Arka,	YR, NR, BBR

**Table 4:** *Arka* as an ingredient in various formulations for internal usage in *Kushtha*

<i>Kushtha</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Vishweshwar rasa	Gutika	Arka rasa (in kakana kushtha)	RK,RC
2.	Kshara ghrita	Ghrita	Arka	BR,BBR
3.	Talakeshwar rasa(4)	Gutika	Arka	RYS
4.	Udayamartanda mahakshaya	Kwatha	Arka	VM
5.	Hartala bhasma	Bhasma	kshira	RNS
6.	Devadali kalpa	Churna	kshira	RC,BBR
7.	Devadali kalpa 1	Churna	kshira	RC,BBR
8.	Vajradhara rasa	Gutika	kshira	RRS,RYS,BBR
9.	Vajradhara rasa (2)	Gutika	kshira	RK
10.	Rasaraja rasa	Gutika	kshira	RC, RK, BBR
11.	Nageshwara rasa	Gutika	kshira	APk, BBR
12.	Kushthebhakesari rasa	Gutika	kshira	RC, BBR
13.	Kushtha harिताleshwar rasa	Gutika	kshira	BR, RNC, RnSS, BRS, RSb, BBR
14.	Rasataleshwar rasa	Gutika	kshira	RNC, BRS
15.	Taleshwar rasa	Gutika	kshira	RMi, BBR
16.	Taleshwar rasa	Gutika	kshira	BBR
17.	Bhutabhairava rasa	Gutika	kshira	RC, RNC, RnSS, BRS, RYS, BBR
18.	Arkeshwar rasa	Gutika	kshira	RNC, RnSS, RYS
19.	Vijayabhairava rasa	Gutika	kshira	RNC
20.	Brihat talakeshwar rasa	Gutika	kshira	RK, RYS
21.	Talakeshwar rasa(2)	Gutika	kshira	RYS
22.	Talakeshwar rasa(3)	Gutika	kshira	RYS
23.	Talakeshwar rasa(5)	Gutika	kshira	RYS
24.	Talakeshwar rasa(6)	Gutika	kshira	RYS
25.	Talakeshwar rasa(7)	Gutika	kshira	RYS
26.	Talakeshwar rasa(8)	Gutika	kshira	RYS
27.	Talakeshwar rasa(9)	Gutika	kshira	RYS
28.	Apara talakeshwar	Gutika	kshira	RK
29.	Kushtha rudreshwar rasa	Gutika	kshira	RYS, BBR
30.	Mahakala rasa	Gutika	kshira	BBR
31.	Kushthahara rasa	Gutika	kshira	RYS
32.	Rasendrachudamani rasa	Gutika	kshira	RYS
33.	Gandhak taila	Oil	kshira	AK, BSI, APk, RT, BBR
34.	Devadali yoga	Churna	kshira-bhavana	SBM,
35.	Tala sindura	Bhasma	moola	RYS
36.	Arka muladi yoga	Churna	moola	RRM
37.	Tuvarasthi vataka	Vati	moola	GD;
38.	Nagavadho rasa	Gutika	patra	RYS
39.	Manjishthadi chausashta kwatha	Kwatha	patra and moola	NR
40.	Sarveshwar rasa	Gutika	patra rasa	ShS, BR, RRS, VDC, RK, RNC, RMi, BBR
41.	Pathya vatak	Vati	pushpa, phala	GD;
42.	Arkadi yoga	Churna	Shwetarka	RRM
43.	Mahaneela ghrita	Ghrita	moola	SS, VS, GD;, BBR
44.	Krishna tiladi sneha	Ghrit	Arka	SS
45.	Sarvamantha kalpa	Kwatha	Arka	SS
46.	Rasendra mangala rasa	Gutika	Moola (Pundarika Kushtha)	RK, RMi, RYS
47.	Naracha rasa	Gutika	Arka (in Rushyajivha Kushtha)	RK

**Table 5:** *Arka* as an ingredient in various formulations for internal usage in *Arsha*

<i>Arsha</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Arkadi gutika	Gutika	kshira	RNS
2.	Shankar vati	Vati	kshira	RYS
3.	Kumkum vati	Vati	kshira for nirvapana	RNS
4.	Kankayanokta kshara	Kshara	moola	AS
5.	Amruta sindhu	Churna	moola tvak	RNS
6.	Arkeshwara rasa	Gutika	patra	RYS
7.	Tikshnamukha rasa	Gutika	patra	BBR
8.	Kalyanak lavana	Lavana	patra for purana	7, BBR
9.	Suranadi yoga	Churna	patra veshtana	BBR
10.	Piyush sindhu	Churna	Arka rasa	NR, RNC, BRS
11.	Arka kshara	Kshara	Patra (Vatarsha)	NR, GD; BBR

**Table 6:** *Arka* as an ingredient in various formulations for internal usage in *Agnimandya*

<i>Agnimandya</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Vaishvanar kshara	Churna	Arka	BPS,NR
2.	Agnikara rasa	Gutika	Arka	RK
3.	Brihat shankh vati	Vati	Arka	BPS,NR
4.	Shankhodara rasa	Gutika	kshara	RYS
5.	Bhasma suta rasa	Gutika	kshira	RK
6.	Rasarakshasa rasa	Gutika	kshira	RYS
7.	Kshudha vati vati	Vati	kshira	RYS
8.	Kshara guda	Gutika	moola	CD,BR,BBR
9.	Vishwoddipakabhrama	Vati	moola	BR,RYS,BBR
10.	Gandhak vati	Vati	panchang	BBR
11.	Svarjikadi yoga	Leha	patra	SBM
12.	Sauvarchaladi gutika	Gutika	pushpa	SBM
13.	Alarkadi kshirapaka	Kshirapaka	pushpa	VDM
14.	Arka pushpadi churna	Churna	pushpa kalika	RNS
15.	Rasasindura	Bhasma	Arka rasa	RYS

**Table 7:** *Arka* as an ingredient in various formulations for internal usage in *Udara*

<i>Udara</i>					
Sr. no.	Formulation	Dosage form	Indications	Part used	References
1.	Bindu ghrita	Ghrita	Jalodara	kshira	ShS,VDC,BBR
2.	Jalodar roga har rasa	Gutika	Jalodara	kshira	RYS
3.	Plihodara hara rasa	Gutika	Plihodara	kshira	RYS
4.	Arka arka	Arka kaplana	Pliha	Arka	AP
5.	Sharapunkhyadi yavagu	Siddha yavagu	Pliha	moola	RRS
6.	Arka kshara	Kshara	Pliha	panchanga	RT
7.	Arka patra yoga	Churna	Pliha	patra	VR
8.	Tamreshwar vati	Vati	Pliha	patra	BRS,RJN
9.	Vidangadi churna	Churna	Udara	Arka	VM,GD;
10.	Naracha ghrita	Ghrita	Udara	Arka	VDC
11.	Naracha ghrita	Ghrita	Udara	Arka	YR,VS,NR
12.	Kalvidhwansana rasa	Gutika	Udara	Arka	RRS
13.	Saranasundara rasa	Gutika	Udara	Arka	RSK, RK,RYS,BBR
14.	Mahakshara	Kshara	Udara	Arka	VS,BBR
15.	Arkadi bhavit haritaki yoga	Churna	Udara	kshira	SBM
16.	Shothodarari loha(same as in shotha adhikara in vangasen)	Loha	Udara	kshira, moola	BR,RK,RYS,RSb,BBR
17.	Vangeshwar rasa	Gutika	Udara	kshira-bhavana	NR,RK,RnSS,BSJ, BRS
18.	Trailokyadambara rasa	Gutika	Udara	kshira-bhavana	NR,VDC,RYS
19.	Udarari rasa(2)	Gutika	Udara	moola	RYS
20.	Udarari loha	Loha	Udara	moola,kshira	VS,RK,RYS,BBR
21.	Bhasmarka churna	Churna	Udara	patra	GD;
22.	Tamreshwar vati	Vati	Udara	patra kshara	RNC,RnSS,RYS
23.	Vasuki bhushana rasa	Gutika	Udara	patra rasa	RJN,BBR
24.	Siddha arka yoga	Arka	Udara	pushpa	SBM
25.	Udarari rasa	Gutika	Udara	rasa	RYS,BBR
26.	Ardrakadi ghrita	Ghrita	Udara janya vyadhi	patra rasa	SY
27.	Arka lavana	Kshara, churna	Udara, Plihodara	patra	CD,VM,RM, BR,SY,VS, NR,GD;, YC,VR,RNS,RT,BBR
28.	Mahat shankhadravaka rasa	Patan kalpana	Yakrit-pliha vyadhi	Arka	BR,BBR
29.	Shankhadravak rasa dvi.	Patan kalpana	Yakrit-pliha vyadhi	bhasma	BR,RYS,BBR
30.	Abhaya lavana	Lavana	Yakrit-pliha vyadhi	panchanga	BR,VS,BBR
31.	Vajra kshara	Kshara	Yakrudalyudara	kshira-bhavana, patra	YR,VM,NR,RRS, YC,VDC, RNC,RnSS,RYS,BBR

**Table 8:** *Arka* as an ingredient in various formulations for internal usage in *Grahani*.

<i>Grahani</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Mahadagni ghrita	Ghrita	Arka	VS, BBR
2.	Kshara gutika	Gutika	Arka	CS,
3.	Mahavrikshadi gulika	Gutika	kanda	AS
4.	Loknath rasa	Gutika	kshira	RYS
5.	Shankhanabhi rasa	Gutika	kshira	RYS
6.	Hiranyagarbha pottali rasa	Gutika	kshira	RYS
7.	Mahakshara	Kshara	kshira	VS, BBR
8.	Abhayarishtha (tri)	Arishta	moola	GD;
9.	Ajajyadi churna	Churna	Arka moola	BR, BBR
10.	Vartaku gutika	Gutika	moola	AH, BPS, BR, VS, NR, BBR
11.	Kshara gutika (2)	Gutika	moola	GD;, BBR
12.	Dashamuladi kshara	Kshara	moola	AS
13.	Sudha vati	Vati	moola	BBR
14.	Arka lokesha rasa	Gutika	kshira	RSK, RK, BSJ, BRS, RYS, BBR
15.	Lokeshwar pottali	Gutika	kshira	RC

**Table 9:** *Arka* as an ingredient in various formulations for internal usage in *Ajirna*

<i>Ajirna</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Vartaki gutika	Gutika	Arka	SBM
2.	Shankhadrava	Patana kalpana	Arka	YT
3.	Pashupat yoga	Vati	/panchang kshara	YR, RC, VDC, RnSS, YT, BRS, RYS, RJN, RSb, BBR
4.	Shankha vati	Vati	/panchangkshara	YR, NR, VDC, BSJ, YT, BRS, BBR
5.	Kshara yoga /bhuktadravi rasa	Churna	kshira	YR, NR, VDC, BBR
6.	Ajirnahar rasa	Gutika	kshira	RYS
7.	Vajra kshara	Gutika	kshira	RYS
8.	Kshara yoga	Kshara	kshira	BBR
9.	Vishwoddipakabhrama	Vati	moola	BRS
10.	Arkadi yoga	Leha	patra	SBM
11.	Pachaka vati	Vati	pushpa kalika	RRM

**Table 10:** *Arka* as an ingredient in various formulations for internal usage in *Vatavyadhi*

<i>Vatavyadhi</i>					
Sr. no.	Formulation	Dosage form	Indication	Part used	References
1.	Arkadi kwatha	Kwatha	Dhanurvata	Arka	VCC
2.	Sutikabharana rasa	Vati	Dhanurvata	kshira bhavana	YR, RYS
3.	Arkadi kwatha	Kwatha	Dhanurvata	pushpa	NR
4.	Swachhanda bhairav rasa	Gutika	Koshtha vata	moola	VDC, BSJ, RYS
5.	Arkadi modaka	Modaka	Kraushtruka shirsha	antar kashtha	SBM
6.	Sandhivatari rasa	Gutika	Sandhigata vat	moola	VR, RYS
7.	Jaganmohan rasa	Gutika	Sarvanga ghata	moola swaras as anupana	RKA, RYS
8.	Arka murti rasa	Gutika	Sparsha vata	kshira	RYS
9.	Sarveshwara rasa	Gutika	Sparsha vata	kshira bhavana	RRS, BBR
10.	Arkeshwar rasa	Gutika	Sparsha vata	kshira bhavana	RRS, RK, RNC, BBR
11.	Chakramardadi yoga	Gutika	Sparsha vata	kshira bhavana	RRS
12.	Sparshavatari rasa	Gutika	Sparsha vata	patra	RYS
13.	Vadavanala rasa	Gutika	Vata vyadhi	kshira	RYS
14.	Mritasanjivani rasa	Gutika	Vata vyadhi	kshira	VDC, BRS, BBR
15.	Vangeshwar rasa	Gutika	Vata vyadhi	kshira	BRS, BBR
16.	Sarveshwara rasa	Gutika	Vata vyadhi	moola	BRS, BBR
17.	Vatanashana arka	Arka kalpana	Vatavyadhi	Arka	AP
18.	Ekangaveer	Gutika	Vatavyadhi	Arka	RYS
19.	Kalyanak lavana	Lavana	Vatavyadhi	Arka	SS, BBR
20.	Nadeyadi yoga	Putapaka rasa	Vatavyadhi	Arka	YR, NR
21.	Ekangavira rasa	Vati	Vatavyadhi	Arka	NR
22.	Amrutagarbha rasa	Gutika	Vatavyadhi	kshira	RYS, BBR
23.	Loheshwara rasa	Gutika	Vatavyadhi	kshira	RK, RYS
24.	Trailokyadambara	Gutika	Vatavyadhi	kshira	BBR
25.	Sarvangasundara rasa	Vati	Vatavyadhi	kshira	BR, RnSS, BRS, RYS
26.	Vatavidhwansa rasa	Vati	Vatavyadhi	kshira-bhavana	YR, NR



27.	Arkadi kwatha	Kwatha	Vatavyadhi	moola	VJ
28.	Dvi. Maharasnadi kwatha	Oil	Vatavyadhi	moola	VM
29.	Suryaprakash taila	Oil	Vatavyadhi	patra rasa	VM
30.	Kubja vinoda	Gutika	Vatavyadhi	swaras	RnSS
31.	Shitari rasa	Vati	Vatavyadhi	Pakva patra rasa	BR,RRS,RnSS,BRS,BBR
32.	Shadshiti guggula	Vati	Vatavyadi	moola	YR,VDC,RYS,BBR
33.	Raktavatantaka rasa	Gutika	Kshina vata	moola kashaya	VDC,BSJ,RYS

**Table 11:** *Arka* as an ingredient in various formulations for internal usage in *Amavata*

<i>Amavata</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1	Amapramathini vatika	Vati	moola	BR,RYS
2	Ajamodadi vati	Vati	moola	RRM
3	Soraka churna	Churna	Moola churna as anupana	RT
4	Mandara	As pathya	patra	RSb
5	Kubjavinoda rasa	Vati	rasa	BR,BBR

**Table 12:** *Arka* as an ingredient in various formulations for internal usage in *Visha*

<i>Visha</i>					
Sr. no.	Formulation	Dosage form	Indication	Part used	References
1.	Alarka swaras	Swaras	Akhu vish a	Alarka patra	VDM
2.	Dhaturadi yoga	Churna	Alarka visha	kshira	RT
3.	Arka marichadi churna	Churna	Alarka visha	Shushka arka mula	AM
4.	Arka bhakshan	Kalka	Before raktamokshan in sarpa visha	Arka	SS
5.	Arkamuladi churna	Churna	Gonas sarpa visha	moola	RM,BBR
6.	Purana ghrit	ghrita	Jalstras	kshira-sahapana	SS,AH
7.	Garudo agada	Gutika	Jangam visha	Arka	RYS
8.	Arkadi churna	Churna	Kita, luta visha	kshira	AH
9.	Arka mula tvak churna	Churna	Sarath visha	moola	RRM, AM
10.	Arka moola yoga	Kalka	Sarpa visha	moola	BR
11.	Tankanadi yoga	Churna	Sarpa visha	moola	RK
12.	Marichadi vati	Vati	Sarpa visha	panchanga bhasma	RRM
13.	Karveeradi agad	Kalka	Sarpa visha	pushpa, moola	AH, BBR
14.	Kulikadi vati	Vati	Sarpa visha	swaras	BBR
15.	Arkadi asava	Asava as anupana	Visha	Arka	SS
16.	Saranga raja agada	Churna	Visha	kshira	YC
17.	Amrut ghrita	Ghrita	Visha	moola	CS
18.	Amruta ghrita	Ghrita	Visha	mula	BBR
19.	Mahasugandhi agada	Bhasma	Visha	pushpa, phala	SS
20.	Mrutasanjivan agada	Gutika	Visha	pushpa rasa	CS,CD,BBR
21.	Shalabhadi vati	Vati	Vrishchik visha	shalabh	RYS
22.	Palasha bija gulika	Gutika	Vrishchika visha	kshira	RRS,BBR

**Table 13:** *Arka* as an ingredient in various formulations for internal usage in *Kshaya*

<i>Kshaya</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Vasadi leha	Avaleha	Alarka	VDC
2.	Panchamruta rasa	Gutika	kshira	RYS
3.	Kshayakruntana rasa	Gutika	kshira	RNS,RYS
4.	Kanakasindura rasa	Gutika	kshira	BBR
5.	Kanakasundara rasa	Gutika	kshira bhavana	RK,YT,RYS
6.	Hiranyagarbha rasa	Gutika	kshira bhavana	RK,BBR
7.	Sarveshwara rasa	Gutika	kshira bhavana	RK,RYS
8.	Kalavanchaka rasa	Gutika	kshira bhavana	RK,RYS
9.	Brihanmulasava	Asava	patra, kashtha, pushpa, kshira	GD;, BBR
10.	Nageshwar rasa	Gutika	patra	VDC
11.	Kalpataru rasa	Gutika	patra	RYS
12.	Jirna mandura	Bhasma	Rajarka	BSJ
13.	Samudradi yoga	Churna	kshira bhavana	GD;
14.	Arka kshara	Kshara	Arka	SS

**Table 14:** *Arka* as an ingredient in various formulations for internal usage in *Rajyakshma*

<i>Rajyakshma</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Brihat Kshaya kesari rasa	Gutika	rasa	RnSS
2.	Talakadi nasya	Gutika	kshira	BRS, BBR
3.	Svarna sindura	Gutika	kshira	RNS
4.	Ratnavarnahemagarbha rasa	Gutika	kshira	YR, BBR
5.	Mruganka rasa	Gutika	kshira	RYS
6.	Kshayakesari rasa	Gutika	kshira	BRS
7.	Hemamanohara rasa	Gutika	kshira	RJN
8.	Kanakasundara rasa	Gutika	kshira bhavana	RRS, RYS
9.	Sarveshwara rasa	Gutika	kshira bhavana	RYS
10.	Dvi. Trailokyachintamani rasa	Gutika	kshira for bhavana	YR
11.	Trailokyachintamani rasa	Gutika	kshira for mukhabandhana	YR, NR, BRS, RYS, BBR
12.	Svarnagarbha pottali rasa	Gutika	kshira for mukhabandhana	RJN
13.	Ksharodaka	Siddha jala	panchanga	AS
14.	Lokpala rasa	Gutika	patra rasa	RJN
15.	Loknath rasa	Gutika	patra rasa for bhavana	RRS
16.	Ratnagarbhapottali rasa	Gutika	kshira for mukhabandhana	YR, BR, NR, RK, RnSS, YT, BRS, RYS, RSb, BBR

**Table 15:** *Arka* as an ingredient in various formulations for internal usage in *rasayana*

<i>Rasayana</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Mahabalavidhanabhraka	Churna	Arka	VS, BBR
2.	Parada bhasma	Bhasma	kshira	RNS
3.	Bhasmamruta rasa	Gutika	kshira	RYS, BBR
4.	Rasarajeshwar rasa	Gutika	kshira	RYS
5.	Rasaveera rasa	Gutika	kshira	RYS, BBR
6.	Lakshminarayana rasa	Gutika	kshira	RYS
7.	Vajrapanjara rasa	Gutika	kshira	RYS, BBR
8.	Vyadhiharana rasa	Gutika	kshira	RYS
9.	Hiranyagarbha pottali rasa	Gutika	kshira	RYS, BBR
10.	Hiranyagarbha rasa	Gutika	kshira	RYS
11.	Vridhdharu kalpa	Loha	kshira	VS, RYS
12.	Trailokya chintamani	Gutika	kshira-mukhabandhana	BR
13.	Shwetarka mula kalpa	Churna	Shwetarka mula with milk	AK
14.	Shwetarkadi churna	Churna	Shwetarka patra swarasa with milk	AK
15.	Loha rasayana	Loha	Sitarka	VS
16.	Jalapana rasayana	Churna	Alarka	AK

**Table 16:** *Arka* as an ingredient in various formulations for internal usage in *Shula*

<i>Shula</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Mahavruksha lavana	Lavana	Arka	SY
2.	Mahashula gajakesari	Bhasma	kshira	RK
3.	Maheshwar rasa	Gutika	kshira	BBR
4.	Mruganka rasa	Gutika	kshira	RYS
5.	Mahashulahara arasa	Gutika	kshira	VDC
6.	Shulagajakesari rasa	Gutika	kshira	RYS
7.	Shulari rasa	Gutika	kshira	RYS
8.	Amrutagarbha rasa	Gutika	kshira	RC
9.	Mandaramulikadi churna	Churna	moola	NR, VDC, BBR
10.	Udayabhaskara rasa	Gutika	moola	NR, RYS
11.	Vishwambar rasa	Gutika	moola	RKA, RYS
12.	Shankha vati	Vati	panchanga kshara	RK
13.	Brihat Shankha vati	Vati	panchanga kshara	RK
14.	Vanhiputra rasa	Gutika	rasa	RYS
15.	Bhudaro rasa	Gutika	rasa	BBR
16.	Arka mooladi yoga	Kalka	moola(in antra shula)	SY

**Table 17:** *Arka* as an ingredient in various formulations for internal usage in *Kasa*

<i>Kasa</i>					
Sr. no.	Formulation	Dosage form	Indications	Part used	References
1.	Chandramruta rasa	Gutika	Amaja Kasa	moola	VDC,BSJ,RYS
2.	Mishri yoga	Churna	Kasa	Arka kshira	SBM
3.	Kaphakunjara rasa	Churna	Kasa	Arka kshira –bhavana	YR,YC,BRS,RYS,RSb
4.	Vasadi vati	Vati	Kasa	Arka moola	BR
5.	Kasakartari rasa	Gutika	Kasa	moola	BSJ,RYS
6.	Mahaskaranghri yoga	Churna	Kasa	moola tvak	SBM
7.	Shankhadi yoga	Churna	Kasa	patra	RRM
8.	Bibhitaka churna	Churna	Kasa	patra acchhadana	13,BBR
9.	Tamra parpati	Parpati	Kasa	patra in dhalana	YR,VDC,BRS,RYS
10.	Arkadi rasa	Swaras	Kasa	patra rasa	RJN
11.	Kundalyadi churna	Churna	Kasa	Arka rasa	VDM

**Table 18:** *Arka* as an ingredient in various formulations for internal usage in *Gulma*

<i>Gulma</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Agnimukha kshara	Kshara	Arka	RK
2.	Nadeyadi kshara/lavana/kwatha	Kshara	Arka	CD,VM,SY,VS,NR,GD;, YT,BBR
3.	Shankhar vati	Gutika	kshara	RYS
4.	Bindu ghrita	Ghrita	kshira	VS
5.	Vangadhara rasa	Gutika	kshira	RJN
6.	Vangeshwar rasa	Gutika	kshira	RNC,RMi
7.	Vajra kshara(2)	Kshara	kshira	RK
8.	Chinchakshara shankha vati	Vati	kshira	YR,NR,VDC,BBR
9.	Vajra kshara	Kshara	kshira, patra	BPS,YR,BR,NR,RK,YT,VR,RRM,BBR
10.	Shankhadrava rasa	Arka kalpana	kshira /panchanga	RK,AP,RYS,BBR
11.	Pravala panchamrita	Gutika	kshira-bhavana	YR,BR,NR,RYS,RA
12.	Icchabhedi rasa	Gutika	patra veshatana	RNC
13.	Arogya lavana	Vati	patra, kshira	VM,VS,GD;, BBR
14.	Kanchanmohan rasa	Gutika	rasa	BSJ
15.	Anala rasa	Gutika	rasa	RYS

**Table 19:** *Arka* as an ingredient in various formulations for internal usage in *Krimi*

<i>Krimi</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Shobhanjanadya churna	Churna	Arka	GD;, BBR
2.	Vishnupriyadi kwatha	Kwatha	Arka	GD;, BBR
3.	Krimidavanala rasa	Gutika	kshira	BRS,RYS,BBR
4.	Parijatakadhi rasa	Swaras	patra rasa	RSb
5.	Paribhadrakavaleha	Avaleha	patra swaras	BR
6.	Arka rasa pupalika	Pupalika	swarasa	CS
7.	Hinguladi yoga	Churna	,kshira ; moola kwatha –anupana	NR,VR
8.	Krimikuthata rasa	Gutika	Rajarka rasa	RYS

**Table 20:** *Arka* as an ingredient in various formulations for internal usage in *Sarvaroga*

<i>Sarvaroga</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Mahat shankhadrava rasa	Patana kalpana	bhasma	RYS
2.	Mallasindura	Bhasma	kshira	RYS
3.	Panchamruta pottali	Gutika	kshira	RYS,BBR
4.	Sarveshwar rasa	Gutika	kshira	RYS
5.	Vadavanala rasa	Gutika	kshira	RYS,BBR
6.	Vyadhigajakesari rasa	Gutika	kshira	RYS
7.	Sarvagadahari vatika	Vati	Rajarka	RYS
8.	Talakeshwar rasa	Gutika	kshira	RYS
9.	Karpura rasa	Gutika	moola	RYS
10.	Dinardha rasa	Gutika	vriksha kshara	RYS
11.	Istartha siddha gutika	Gutika	Arka	RYS
12.	Panchagulmahar rasa	Gutika	Arka	RYS
13.	Siddha gutika	Gutika	Arka, alarka bija	RKA
14.	Khageshwari gutika	Gutika	rasa	RYS
15.	Drishta prabhava rasa	Gutika	Arka rasa	RYS
16.	Shardula rasa	Gutika	Arka	APk
17.	Loknath rasa	Gutika	kshira	RPS

**Table 21:** *Arka* as an ingredient in various formulations for internal usage in *Prameha*

<i>Prameha</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Abhayarishtha	Arishta	Arka	BBR
2.	Arkadi churna	Churna	Arka	VDM
3.	Vanga shilajatu gutika	Gutika	kalika	RNS
4.	Pravalika rasa	Bhasma	kshira	SBM
5.	Sarveshwar rasa	Gutika	kshira	RC, BBR
6.	Hansbhairava rasa	Gutika	kshira	RK
7.	Prameha sindhutaraka rasa	Gutika	kshira	RK, RYS, BBR
8.	Praneshwar rasa	Gutika	kshira	RYS
9.	Dhanwantar ghrita	Ghrita	moola	AH, AS, SY, GD, YT
10.	Arka patra	Pathya	patra	BR
11.	Shleshma shailendra rasa	Gutika	rasa	BRS

**Table 22:** *Arka* as an ingredient in various formulations for internal usage in *Shwasa*

<i>Shwasa</i>				
Sr. no.	Formulation	Dosage form	Part used	References
1.	Brahmi ghrita	Ghrita	Alarka	BBR
2.	Bhringalarkadi taila	Oil	Alarka	SY
3.	Shwasari leha	Avaleha	Alarka rasa	VDC
4.	Malla prayoga	Bhasma	kshira	RYS
5.	Abhra sindura	Bhasma	kshira	RSb
6.	Shila sindura	Bhasma	kshira	RSb
7.	Akarakarabhadi vati	Vati	kshira	RRM
8.	Tamra bhasma	Bhasma	kshira bhavana	SBM
9.	Abhraka bhasma	Bhasma	kshira bhavana	SBM
10.	Shatamalladi bhasma	Bhasma	kshira bhavana	SBM
11.	Arka bhasma	Bhasma	pakva patra	RRM
12.	Snuhyadi vati	Vati	patra	RRM
13.	Chanaklavanadi bhasma	Bhasma	patra rasa	SBM
14.	Arkadi yoga	Churna	patra rasa	RRM
15.	Rajikadi gutika	Gutika	patra rasa	NR, BBR
16.	Darada sikhtha	Churna	Shwetarka pushpa	RYS
17.	Muktadya churna	Churna	Arka	CS,
18.	Arka bhavit yava	Bhakta	ankura, kshira	SS, AH, AS

**Table 23:** *Arka* as an ingredient in various formulations for internal usage in other diseases

<i>Others</i>					
Sr. no.	Formulation	Dosage form	Indications	Part used	References
1.	Abhayadi yoga	Churna	Yoni shula	moola	BSJ
2.	Alarkadi siddha jala	Siddha jala	Shotha	Alarka	VDM
3.	Amar amrut rasa	Gutika	Vajikarana	patra rasa	RRM
4.	Amruta vataka	Vati	Kamala	rasa	BBR
5.	Amrutakhya loha rasayana	Gutika	Raktapitta	kshira	VS, BBR
6.	Aparatalaka rasa	Gutika	Vatashonita	kshira	RK
7.	Arka kamala yoga	Churna	Apasmara	Shwetarka mula	BSJ
8.	Arka kuchala vati	Vati	Ahiphenokta madanashak	moola tvak	SBM
9.	Arka muladi churna	Churna	Shleshma artava dushti	moola	BSJ
10.	Arka muladi churna	Churna	Visuchika	moola	RRM
11.	Arka muladi gutika	Gutika	Krimidanta	kshira, moola	AN
12.	Arka patra	Shaka	Urustambh	patra	CS, BPS
13.	Arka patra rasa	Swaras	Raktapitta	patra	RRS
14.	Arka saradi taila	Oil	Bhasmak	rasa	VS
15.	Arkadi kwatha	Kwatha	Shotha	Arka	BBR
16.	Atisaraha rasa	Gutika	Atisara	kshira	RYS
17.	Aurvagni rasa	Gutika	Medoroga	kshira	RJN
18.	Aurvanala rasa	Gutika	Medoroga	patra rasa	RJN
19.	Bhadrashriyadi taila	Oil	Granthi	Arka	AH
20.	Bivadi ghrita	Ghrita	Andhaputana	patra	KS
21.	Brihat icchabhedi rasa	Gutika	Anaha	patra rasa	RSb
22.	Brihat icchabhedi rasa	Gutika	Udavarta	patra bhasma	BRS

23.	Brihat shardula rasa	Gutika	Sutika /garbhini roga	rasa	RnSS, BRS
24.	Chanda bhairava rasa	Gutika	Unmada	kshira	VDC,BSJ,RYS
25.	Dahaditya rasa	Gutika	Daha	Arka	YT
26.	Dhatubudharasa gutika	Gutika	Danta roga	kshira bhavana	RRS
27.	Drakshadi leha	Leha	Arochaka	Arka	SS
28.	Garbhaprada yoga 1	Churna	Vajikaran	moola	RMi
29.	Gauripashana churna	Churna	Shlipada	moola churna as anupana	RT
30.	Hansa mandura	Bhasma	Pandu	kshira	RYS
31.	Hingvadi ghrita	Ghrita	Apasmara	moola	AH
32.	Hingvadi lavana	Lavana	Anaha	moola	CS
33.	Jatiphaladi stambhana vati	Vati	Vajikaran	Arka	YT,BBR
34.	Jirna mandura	Bhasma	Pandu	Rajarka	RYS
35.	Jvalamukhi rasa	Gutika	Vata shula	Arka	RYS
36.	Kalavidhwansaana rasa	Gutika	Pandu	Arka	RYS
37.	Kanchanaloha rasa	Gutika	Shotha	kshira	RYS
38.	Krishnabhra sindura	Gutika	Pandu	mula tvak	RYS
39.	Krutamaladi ghrita	Ghrita	Apachi	Arka	RRS
40.	Kubjavinoda rasa	Gutika	Medoroga	swarasa	RYS
41.	Lakshmivilas rasa	Gutika	Jara vyadhi	patra veshana	RRS
42.	Lingamaheshwar rasa	Gutika	Upadansha	Arka rasa	RYS
43.	Lokanayak rasa	Gutika	Atisara	kshira	RK
44.	Lokeshwar rasa	Gutika	Udavarta	Arka	RRS,BBR
45.	Loknath rasa	Gutika	Atisara	kshira	RYS
46.	Madan kamdeva rasa	Churna	Dhvaja bhanga	kshira	ShS,BR,RK,RP S,RC,RMi,RR M,RYS,BBR
47.	Madanananda modak	Modak	Vajikaran	Arka	BR,BBR
48.	Madhukadi churna	Churna	Pradara	patra rasa	RnSS
49.	Maha mandura	Bhasma	Pandu	Arka	VDC
50.	Maharasa	Gutika	Atisara	Arka	BRS
51.	Mallachandrodaya	Gutika	Visuchika	kshira	RNS,BBR
52.	Mandura yoga	Gutika	Pandu	Arka	RYS
53.	Maniparpata rasa	Gutika	Nasa roga	Arka	RRS
54.	Medohara rasa	Gutika	Medoroga	Arka	RK
55.	Nagavallabha rasa	Gutika	Raktapitta	kshira	RYS
56.	Narayan rasa	Gutika	Bhagandara	Arka	SY,BBR
57.	Narayana rasa	Gutika	Vrana	Arka	RSb
58.	Pancha lavana churna	Churna	Anaha	moola	CD
59.	Pancha lavana churna	Churna	Udavarta	moola	BR
60.	Panchabano rasa	Gutika	Vajikaran	moola tvak	RYS
61.	Parijata tankana rasa	Gutika	Swarabheda	kshira bhavana	RK,BBR
62.	Phala churna	Churna	Anaha	moola	BSJ
63.	Pradarari rasa	Gutika	Pradara	patra rasa	RYS
64.	Pradararogahar arka	Arka kalpana	Pradara	pushpa	AP
65.	Pratapalankeshwar rasa	Gutika	Sutika roga	kshira	RYS
66.	Purnendu rasa	Gutika	Vajikaran	mula rasa	RYS
67.	Rasa shardula rasa	Gutika	Sutika roga	kshira	RYS
68.	Rasendrachudamani	Gutika	Vajikaran	kshira	RYS,BBR
69.	Ravimuladi vati	Vati	Visuchika	moola tvak	SBM
70.	Sambar shringa yoga	Bhasma	Vajikarana	kshira –bhavana	SBM
71.	Sarvatobhadra loha	Loha	Amlapitta	kshira, moola	BR,RYS
72.	Sarveshwar rasa	Gutika	Vatashonita	kshira bhavana	BR,VDC,RK, Y T,RYS
73.	Sarveshwar rasa	Gutika	Visarpa	kshira	RRS
74.	Sarveshwara rasa	Gutika	Unmada	moola, kshira	RRS,RJN
75.	Shankhapottali rasa	Gutika	Atisara	kshira	BPS,RYS,BBR
76.	Shitari rasa	Gutika	Shitapitta	patra	VDC
77.	Shwetarka yoga	Kalka	Vandhya yoni	Shwetarka moola	7
78.	Shwitra gajasingh oil	Oil	Shwitra	kshira	RC,BBR
79.	Shwitrakar taila	Oil	Shwitra	kshira	RC,BBR
80.	Shwitranshan yoga	Churna	Shwitra	moola	RC
81.	Snukarka kshara	Kshara	Visuchika	panchanga	RT
82.	Suchikabharana rasa	Gutika	Pandu	Arka	RYS

83.	Sudha sindhu rasa	Gutika	Atisara	kshira	RJN
84.	Suryaprabhata tamreshwar rasa	Gutika	Amlapitta	patra	RYS
85.	Sutika bharana rasa	Gutika	Sutika roga	kshira	RSb
86.	Talakaraja rasa	Gutika	Jara vyadhi	kshira	RPS,RYS
87.	Tamra yoga	Bhasma	Bhagandara	kshira	RYS
88.	Tribaladi kashaya	Kwatha	Karnika	Arka mula	VDC
89.	Udayaditya rasa	Gutika	Shwitra	kshira as anupana	RRS
90.	Vadavagni rasa	Gutika	Medoroga	kshira-bhavana	YR,BR,NR,RR S,VDC,RSK,R NC,BSJ,RPS,R YS,RSb,BBR
91.	Vamanakaraka kwatha	Kwatha	Vamana	Arka	AH
92.	Vamanakaraka yoga	Churna	Vamana	kshira	AH,AS
93.	Vamanakaraka yoga	Churna	Vamana	moola	RSK,BBR
94.	Vangeshwar rasa	Gutika	Shotha	kshira	BRS,BBR
95.	Vangeshwar rasa	Gutika	Vidradhi	kshira bhavana	RRS
96.	Vatarka gutika	Gutika	Visuchika	Arka	GD;
97.	Viryasthambhankari gutika	Gutika	Vajikaran	pushpa	RPS,BBR
98.	Visarpari rasa	Gutika	Visarpa	kshira	RYS
99.	Yuvatilila ras	Gutika	Vajikaran	Arka	RYS
100.	Dashamuladya taila	Oil	Graha dosha	Arka	BBR

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