

APPENDIX

1. *Dasamul, Bebila, Amukkara Decoction**

Name of ingredients	Botanical name
Aswenna (Shâlaparni)	<i>Desmodium gangaficum</i>
Polpalâ (Pushnaparni)	<i>Uraria picta</i>
Elabatu (Wurhati)	<i>Solanum indicum</i>
Katuwalbatu (Kantakâri)	<i>Solanum xanthocarpus</i>
Gokatu (Gokshura)	<i>Tribulus terrestris</i>
Beli (Bilva)	<i>Aegle marmelos</i>
Heen midhi (Agnimantha)	<i>Premna mucronata</i>
Thotila (Tuntuka)	<i>Oroxylum indicum</i>
Palol (Patala)	<i>Sterospermum suaveolens</i>
Athdemata (Kâshmarya)	<i>Gmelina arborea</i>
Bavila (Balâ)	<i>Sida cordifolia</i>
Amukkara (Ashwagandha)	<i>Withania somnifera</i>

Similar amount of ingredients were used for the decoction

2. *Aswaganda and Shatawari powder**

Name of ingredients	Botanical name
Amukkara (Ashwagandha)	<i>Withania somnifera</i>
Hatâvariya (Shatâvari)	<i>Asparagus resimosus</i>

Similar parts of powders were mixed together

3. *Aswaganda and Bintal powder**

Name of ingredients	Botanical name
Amukkara (Ashwagandha)	<i>Withania somnifera</i>
Binthal (Buthalee)	<i>Aspharagus adscendens</i>

Similar parts of powders were mixed together

4. *Amukkaradhe Lepa**

Name of ingredients	Botanical name
Amukkara (Ashwagandha)	<i>Withania somnifera</i>
Udu (Mâsha)	<i>Vigna mungo</i>
Thala (Asithathila)	<i>Seasamum Indicum</i>

Similar parts of powders were mixed with Gee

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