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REVIEW ARTICLE

Role of Arvindasava on Malnutrition in Children: An Ayurveda Insight

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ABSTRACT

Malnutrition in children is a significant global health issue, leading to impaired physical and mental development, weakened immune system. Progressively reducing appetite, encouraging catabolism, increasing demand for nutrients, and repeated cases of morbidity exacerbate malnutrition. A healthy diet or good nutrition is the main factor in children's growth and development. Addressing malnutrition requires a comprehensive approach that includes dietary interventions, nutrient absorption, and underlying health conditions. In this context, *Arvindasava*, a traditional Ayurvedic formulation, has gained recognition for its potential in improving the nutritional status of children. *Agni* is considered the life of living being. To digest food properly, the quality of *Agni* is crucial. The role of the *Agni* is superior to that of the food quality because if food is not properly digested, it cannot be used by the body, regardless of how much nutritional content in it. This stunts children's regular growth and development. Impairment of *Agni* hampers the digestion and absorption of food which leads to malnutrition in children. The present study reveals that the formulation's active ingredients such as *Arvinda, Amalaki*, *Haritaki, Musta,* and *Ushira* work synergistically to address multiple facets of malnutrition by improving *Pachana* (digestion and absorption)*, Deepana* (stimulating appetite) and providing vital nutrients, beneficial as *Bruhaniya* (Anabolic), balancing the *Doshas* which helps in *Ayusya* (life prolonging), preventing *Balakshaya* (boosting immunity), in malnourished children. *Arvindasava* plays a crucial role in tackling both the causes and effects of malnutrition in children.

1. INTRODUCTION

Compared to other stages, childhood is the stage when growth and development occur. A healthy diet or good nutrition is a crucial factor in children's growth and development. Child malnutrition is a pathological condition that results from poor nutrition, according to one definition. Carbohydrates, proteins, fats, vitamins, and minerals must all be a part of a growing child's diet.

Malnutrition refers to both undernutrition and overnutrition and where undernutrition is characterized by low weight-for-age (underweight), length-for-age (stunting), or weight-for-length (wasting) and micronutrients deficiency. Wasting is defined as low weight-for-length. It often indicates recent and severe weight loss, although it can also persist for a long time. It usually occurs when a person has not had food of adequate quality and quantity and/or they have had frequent or prolonged illnesses. Wasting in children is associated with a higher risk of death if not treated properly. Stunting is defined as low height-for-age. It is the result of chronic or recurrent undernutrition, usually associated with poverty, poor maternal health and nutrition, frequent illness, and/or inappropriate feeding and care in early life. Stunting prevents children from reaching their physical and cognitive potential. Underweight is defined as low weight-for-age. A child who is underweight may be stunted, wasted, or both. Progressively reducing appetite, encouraging catabolism, increasing demand for nutrients, and repeated cases of morbidity exacerbate malnutrition. In addition, malnourished children are more vulnerable to systemic infections. The World Health Organization estimates that incorrect dietary intake accounts for one-third of all cases of child malnutrition.

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The primary cause of death among children, according to UNICEF's State of the World's Children 2019 report, was malnutrition. Early-life chronic malnutrition stunts growth and development, retards brain development, and saps a child's willpower and vitality.

Malnutrition in children is a significant global health issue, leading to impaired physical and mental development, weakened immune system, and even casualty in severe cases. According to NFHS-5 (2019–21), the prevalence of stunting (low height for age) has decreased from 38.4% to 35.5%, wasting (low weight for height) has decreased from 21.0% to 19.3%, and underweight (low weight for age) has decreased from 35.8% to 32.1% in children under 5 years old.[1] Addressing malnutrition requires a comprehensive approach that includes dietary interventions, nutrient absorption, and underlying health conditions. In this context, *Arvindasava*, a traditional Ayurvedic formulation, has gained recognition for its potential in improving the nutritional status of children.

Arvindasava[2] is a traditional Ayurvedic formulation that falls under the *Arishta* category that contains a blend of drugs and other natural ingredients, with its key content being *Arvinda*. It contains drugs like *Ushira* (*Vetiveria zizanoides* [L]) Nash), *Musta* (*Cyperus rotundus* Linn.), *Haritaki* (*Terminalia chebula* Retz.), *Amalaki* (*Embelica officinalis* Gaertn.), and *Vibhitaki* (*Terminalia bellirica* Roxb.) which are believed to enhance the *Agni* that further promote digestion and absorption. It is primarily indicated as a nutritional tonic for neonates and children. It chiefly stimulates appetite, boosts physical and mental prowess, and promotes the child's optimum growth and development. It is also advised in pediatric cases for the treatment of all forms of children's health problems or ailments.

2. MATERIAL AND METHODS

Naming of this formulation (*Kalpa)* is based on the name of first ingredient, i.e., *Arvinda,* mentioned in *Bhaishjya Ratnawali*, *Bal Roga Adhikar*. This study is designed to describe the nutritional impact of *Arvindasava* in pediatric population. The purpose of the present review is to emphasize the effectiveness of *Arvindasava* in malnourished children. This study comprises reviews from different Ayurvedic texts, research papers, and databases such as PubMed and Medline.

3. RESULTS

Arvindasava may offer some benefits in aiding digestion and potentially increasing nutrient absorption, but there is direct evidence linking it specifically to the treatment or management of malnutrition. An ailment called "*Balashosha*"[3] by Acharya *Vagbhatta* is similar to malnutrition. Ayurveda lists three particular etiological factors: Sleeping too much during the day, drinking too much cold water, and ingesting breast milk with a vitiated *Kapha.* The etiology of this illness results from an abnormal accumulation of *Kapha*, which blocks the *Rasavaha Srotas*, hinders the nourishing of subsequent *Dhatu* such as *Rakta Mamsa and Meda*, and reduces children's growth and development due to general *Dhaatu kshaya. Arochaka* (reduced digestive capacity), *Pratishayaya* (running nose), *Jwara* (fever), and *Kasa (*cough) are symptoms of recurring illness which are caused by immune system being severely damaged by calorie and protein shortage. *Balashosha* (emaciation) is brought on by such recurrent infections along with additional precipitating variables. Since *Balshosha* is a part of *Aptarpanajanya Vyadhis*, *Santarpana Chikitsa* must be involved in its management. Two things are implied by *Santarpana Chikitsa*: management of *Agni* and the feeding of *Dhatu*.

4. DISCUSSION

Agni is considered the life of living being. To digest food properly, the quality of *Agni* is crucial. Since nutrition is a fundamental need of every living organism and *Ahara* (food) is viewed as similar to *Bahyaprana* (External source of vitality) that stimulates a child's growth and development by providing the body nutrients, shielding it against infections, and improving the functions of the sense organs. The role of the *Agni* is superior to that of the food quality because if food is not properly digested, it cannot be used by the body, regardless of how much nutritional content in it. This stunts children's regular growth and development. Impairment of *Agni* hampers the digestion and absorption of food that leads to malnutrition in the children.

The comprehensive pharmacological profiling of the constituents of *Arvindasava* from both Ayurvedic and modern perspectives reveals the intricate and purposeful formulation of this classical pediatric preparation. *Arvindasava* offers a multidimensional approach to addressing malnutrition through its unique combination of drugs. The synergistic combination of 27 drugs with adjuvants such as *Guda* (jaggery) and *Madhu* (honey) highlights the therapeutic intent aimed at improving *Agni* (digestion and absorption) along with addressing common pediatric ailments like malnourishment and recurrent infections, thereby potentiating optimal growth, immunity, and neurodevelopment in children. Ayurveda considers malnutrition as a result of *Agni-mandya* (reduced digestive and absorptive functions) and *Dhatukshaya* (tissue depletion). *Arvindasava* acts on the root cause by enhancing *Agni*, enabling better assimilation of nutrients, and facilitating the proper formation of *Rasa Dhatu,* the primary nutrient tissue. This leads to the proper maturation of further *dhatus.* For the enhancement of *Agni,* various *Agni deepana* drugs are incorporated in this formulation. For the enhancement of *Agni*, various *Agni deepana* drugs are incorporated in this formulation such as *Ushira* (Vetiveria zizanoides (L.) Nash), *Ela* (Elettaria cardamomum Maton), *Haritaki* (Terminalia chebula Retz.), *Vibhitaki* (Terminalia bellirica Roxb.), *Musta* (Cyperus rotundus Linn.), and *Vacha* (Acorus calamus Linn.). These drugs also cover the *Pachana* property as mentioned in the Table 1. They can help in strengthening the digestive system by promoting the secretions of digestive enzymes, which could aid in the proper breakdown and absorption of essential nutrients from food. They can stimulate the appetite and promote efficient digestion and assimilation of nutrients, thereby supporting better nourishment in undernourished children as mentioned in the Table 2. *Arvindasava* might indirectly enhance the absorption of vital nutrients such as proteins, fats, carbohydrates, vitamins, and minerals, which are crucial for addressing malnutrition and promoting overall health.

Ayurveda emphasizes *Dhatu Poshana* (nourishment of body tissues) for the healthy growth of children. For this, *Arvindasava* contains *Balya*, *Brimhana* (bulk-promoting), and *Rasayana* (rejuvenating) drugs. Drugs such as *Kaashmari* (*Gmelina arborea* Linn.), *Manjistha* (*Rubia cordifolia* Linn.), *Saariva* (*Hemidesmus indicus* (L.) R.Br.), *Amalaki* (*Embelica officinalis* Gaertn.), and *Madhuyasti* (*Glycyrrhiza glabra* Linn.) are known for its *Rasayana* (rejuvenating actions) as mentioned in the Table 1. Malnutrition often leads to fatigue, weakness, and lethargy in children. Its contents serve as a reservoir that provides overall vitality and energy levels, which can enhance the physical and mental development of malnourished children. Regular consumption of *Rasayana* drugs may help strengthen the digestive organs and improve their functioning over time. These drugs revitalize the child's physiological functions, support post-illness recovery, and enhance growth and immune resistance. Modern evidence recognizes

these drugs for their antioxidant, regenerative, and immune-enhancing actions, crucial in reversing the effects of chronic malnutrition as mentioned in the Table 2. *Arvindasava*, due to its nutritive properties, aids in the proper assimilation of nutrients, promoting healthy weight gain in children. This is especially beneficial for children who appear thin, frail, or underweight despite adequate food intake. Drugs such as *Arvinda* (*Nelumbo nucifera* Gaertn.), *Bala* (*Sida cordifolia* Linn.), *Arjuna* (*Terminalia arjuna* Roxb.), *Madhuka* (*Madhuca indica* J.F.Gmel.), and *Guda* (*Saccharum Officinarum* L.) are known for its Balya property as mentioned in the Table 1. These drugs help in building body mass, enhancing muscle strength, and improving overall vitality, which is the main area of action in treating undernourished and stunted children. In modern aspects, these drugs contribute to protein synthesis, energy production, and anabolic activity, improving physical growth markers and energy levels.

Malnutrition in children leads to delayed neurodevelopment, poor academics, and cognitive impairment. *Arvindasava* addresses this dimension with *Medhya* (nootropic drugs) and *Balya* (physical and mental strength promoting) drugs such as *Vacha* (*Acorus calamus Linn*.), *Mansi* (*Nardostachys jatamansi (*D.Don) Dc), *Draksha* (*Vitis Vinifera* Linn.), *Neelotpala* (*Nelumbo stellata* Willd.), *Kaashmari* (*Gmelina arborea* Linn.), and *Arvinda* (*Nelumbo nucifera* Gaertn.) as mentioned in the Table 1. These drugs improve mental clarity, focus, and memory and promote normal neurological development. Modern evidence supports their neuroprotective memory-enhancing and adaptogenic effects. For instance, *Vacha* is known for its speech-enhancing and cognition-boosting actions, and *Draksha* supports neurodevelopment with its antioxidant properties as mentioned in the Table 2. Children suffering from malnutrition are highly susceptible to recurrent infections, which further impair nutrient absorption and create a vicious cycle. *Arvindasava,* with its immune-boosting properties, helps strengthen the body's defenses that allowing them to grow and development of the child without interruption. *Arvindasava* includes many immunomodulator drugs: *Dhatri* (*Embelica officinalis* Gaertn.), *Manjistha* (*Rubia cordifolia* Linn.), *Kaashmari* (*Gmelina arborea* Linn.), *Neelotpala* (*Nelumbo stellata* Willd.), *Madhuukam* (*Glycyrrhiza glabra* Linn.), and *Arvinda* (*Nelumbo nucifera* Gaertn.). These drugs enhance *Ojas* (vital essence) and *Vyadhikshamatva* (immunity) as mentioned in the Table 1, which is essential to break the cycle of recurrent infections which in turn arrest the malnutrition in the early stage, thus preventing the child from further deterioration of health. Modern research confirms the immunoenhancing and antimicrobial activities of these drugs. For example, *Amalaki* (*Emblica officinalis* Gaertn.) and *Manjistha* (Rubia cordifolia *Linn*.) exhibit potent antioxidant and immune-stimulating effects that can significantly help in preventing infections in undernourished children as mentioned in the Table 2. Parasite infections and intestinal worms are common causes of malnutrition in children, especially in developing countries. *Arvindasava* includes potent *Krimighna* (antihelminthic) and antimicrobial drugs: *Vacha* (*Acorus calamus* Linn.). *Shivaam* (*Terminalia chebula* Retz.), *Vibhitaka* (*Terminalia bellirica* Roxb.), *Ambudam* (Cyperus rotundus Linn.), *Parpata* (Fumaria vaillantii Loisel.), *Muram* (*Marsdenia tenacissima* W.A.), *Patol* (*Trichosanthes dioica* Roxb.), *Neelini* (*Indigofera tinctoria* Linn.), and *Shati* (*Hedychium spicatium*) as mentioned in the Table 1. These clear parasitic infestations allow proper nutrient absorption. Their modern pharmacological profile supports anti-parasitic and antimicrobial efficacy, aiding in treating infections contributing to undernutrition. Proper bowel movement is essential to prevent gut stasis and *Ama* formation. Drugs such as *Shivaam* (*Terminalia chebula* Retz.), *Saarivaa* (*Hemidesmus indicus* (L.) R.Br.), *Ela* (*Elettaria cardamomum* Maton), *Vibhitaka* (*Terminalia bellirica* Roxb.), *Madhuyashti* (*Glycyrrhiza glabra* Linn.), promote *Anulomana* (regulation of bowel movement), thereby preventing constipation and promoting gut health of children as mentioned in the Table 1. In contemporary science, these can be correlated to laxative and carminative actions, which facilitate nutrient absorption leading to the correction of status of the *Agni* which can be an advantage in attending the optimal growth of children. Drugs such as *Manjistha* (*Rubia cordifolia* Linn.), *Dhatri* (*Embelica officinalis* Gaertn.), *Parpata* (*Fumaria vaillantii* Loisel.), *Dhataki* (*Woodfordia fruticose* Kurz.), *Draksha* (*Vitis Vinifera* Linn.), *Mansi* (*Nardostachys jatamansi* (D.Don) DC), *Vibhitaka* (*Terminalia bellirica* Roxb.), *Arvinda* (*Nelumbo nucifera* Gaertn.), and *Neelotpala* (*Nelumbo stellata* Willd.). The contents of this classical formulation enhance the functions of liver, thus ensuring optimal nutrient absorption as mentioned in the Table 2. Second, there is involvement of *Rakta dhatu* in the pathogenesis of malnutrition. These drugs also possess *Rakta Shodhaka* (Blood purifier) properties. This supports recovery from malnutrition-induced hepatic stress and enhances nutrient utilization. *Guda* (jaggery), the instant source of energy, is known for its palatable nature in children. Honey, due to its *Yogavahi* actions (enhancing bioavailability), carries the main drug into the deeper tissue, thereby improving the drug absorption. The formulation's active ingredients work synergistically to address multiple facets of malnutrition. By improving digestion and absorption, stimulating appetite, and providing vital nutrients, *Arvindasava* plays a crucial role in tackling both the causes and effects of malnutrition in children. Furthermore, it supports the body's natural growth processes and helps children recover from nutrient deficiencies. Its physical appearance shows its *Raktabha Varna* in liquid form with *Madhura, Tikshna Rasa,* and smells like *Madhya*. This formulation is typically administered in liquid form and prescribed in a specific dosage based on the child's age, weight, and severity of the malnutrition. Its liquid fermentation base ensures better palatability and absorption in pediatric patients. *Arvindasava* also addresses subtle psychological symptoms such as low enthusiasm, irritability, and fatigue, often observed in malnourished children, aligning with the *Manasika Bhavas.* Furthermore, *Arvindasava* is safe, well-tolerated, and can be integrated alongside dietary modifications and modern nutritional supplements. This formulation is to be taken 3–12 mL orally with an equal amount of water, after meal twice a day over 1 year of age and 10–20 drops up to 1 year of age, 2–3 times a day.[58]

5. CONCLUSION

Malnutrition has affected the growth and development of children with a wide range of impacts on physiological functions. This integrative evidence base positions Arvindasava as not just a symptomatic remedy but a holistic promoter of health and development in children. It reflects the timelessness of Ayurvedic wisdom when seen through the lens of modern biomedical research and highlights the scope for bridging traditional and contemporary medicine for evidence-based pediatric care. The present study reveals that *Arvindasava* plays a significant role in addressing malnutrition in children from an Ayurvedic perspective, by significantly improving *Deepana* (Appetizer) and *Pachana* (digestion and absorption), beneficial as *Bruhaniya* (Anabolic), balancing the *Doshas* which helps in *Ayusya* (life prolonging), prevents from *Balakshaya* (boosting immunity), in malnourished children. Thus, by breaking the pathogenesis of malnutrition, these drugs promote optimal health for children. Regular consumption of this formulation helps in alleviating *Sarva Bala Roga* (all types of childhood disorders). *Balya* (promoting strength), *Brihaniya* (Anabolic), *Rasayana* (rejuvenator), and *Medhya drugs*

(cognitive) of this formulation potentiate and improve the body's physiological functions.

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7. AUTHORS' CONTRIBUTIONS

All authors have contributed equally to conception, design, data collection, analysis, drafting, and final approval of the manuscript.

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This study does not require ethical clearance as it is a review article.

10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for review purposes only from the principal investigators.

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Table 1: Pharmacological properties of the contents of the *Arvindasava* as per Ayurveda

S. No.	Latin name	Latin name	Family	Quantity used	Doshagnata	Karma
1.	*Arvinda*	*Nelumbo nucifera* Gaertn.	Nelumbonaceae	*1 Pala* (48 g)	*Kapha, Pitta*	*Medhya, Balya*[4]
2.	*Ushira*	*Vetiveria zizanioides* (L.) Nash	Poaceae	*1 Pala* (48 g)	*Pitta, Kapha*	*Deepana, Pachana*[5]
3.	*Kaashmari*	*Gmelina arborea* Linn.	Lamiaceae	*1 Pala* (48 g)	*Tridosha*	*Bruhaniya, Medhya, Rasayana*[6]
4.	*Neelotpala*	*Nelumbo stellata* Willd.	Nymphaceae	*1 Pala* (48 g)	*Kapha, Pitta*	*Medhya, Balya*[7]
5.	*Manjistha*	*Rubia cordifolia* Linn	Rubiaceae	*1 Pala* (48 g)	*Kapha, Pitta Rakta*	*Deepana, Pachana, Balya, Rasayana*[8]
6.	*Ela (Sukshm -ela)*	*Elettaria cardamomum* Maton	Zingiberaceae	*1 Pala* (48 g)	*Tridosha*	*Rochana, Deepana, pachana, Balya, Anulomana*[9]
7.	*Bala*	*Sida cordifolia* Linn.	Malvaceae	*1 Pala* (48 g)	*Vata, Pitta*	*Balya, Bruhaniya, Ojovardhaka*[10]
8.	*Mansi*	*Nardostachys jatamansi* (D.Don) Dc	Caprifoliaceae	*1 Pala* (48 g)	*Tridosha*	*Deepana, Pachana, Medhya, Sangyasthapana, Bhutagna (Manasdoshhara), Anulomana, Balya,*[11]
9.	*Ambudam*	*Cyperus rotundus* Linn.	Cyperaceae	*1 Pala* (48 g)	*Kapha, Pitta*	*Deepana, Pachana, Balya, Krimighna*[12]
10.	*Saarivaa*	*Hemidesmus indicus* (L.) R.Br.	Apocynaceae	*1 Pala* (48 g)	*Tridosha*	*Rochana, Deepana, Pachana, Anulomana Rasayana*[13]
11.	*Shivaam*	*Terminalia chebula* Retz.	Combrataceae	*1 Pala* (48 g)	*Tridosha*	*Deepana, Pachana, Yakrutottejaka, Anumomana, Krimighna, Rasayana*[14]
12.	*Vacha*	*Acorus calamus* Linn.	Acoraceae	*1 Pala* (48 g)	*Kapha, Vata*	*Medhya, Deepana, Krimighna*[15]
13.	*Vibhitaka*	*Terminalia bellirica* Roxb.	Combrataceae	*1 Pala* (48 g)	*Tridosha*	*Deepana, Anulomana, Krimighna, Dhatuvardhaka*[16]
14.	*Dhatri*	*Embelica officinalis* Gaertn.	Euphorbiaceae	*1 Pala* (48 g)	*Tridosha*	*Rochana, Deepana, Anulomana, Yakrutottejaka, Rasayana*[17]
15.	*Shati*	*Hedychium* spicatium	Zingiberaceae	*1 Pala* (48 g)	*Kapha, Vata*	*Rochana, Deepana*[18]
16.	*Shyama*	*Callicarpa macrophylla* Vahl.	Lamiaceae	*1 Pala* (48 g)	*Tridosha*	*Deepana, Anulomana, Stambhana*[19]
17.	*Neelini*	*Indigofera tinctoria* Linn.	Fabaceae	*1 Pala* (48 g)	*Vata, Kapha*	*Rechana, Yakrutottejaka, Krimighna*[20]
18.	*Patol*	*Trichosanthes dioica* Roxb.	Cucurbitaceae	*1 Pala* (48 g)	*Tridosha*	*Rochana, Deepana, Pachana, Anulomana, Krimighna*[21]
19.	*Parpata*	*Fumaria vaillantii* Loisel.	Papaveraceae	*1 Pala* (48 g)	*Kapha, Pitta*	*Deepana, Krimighna, Yakrutottejaka*[22]
20.	*Parth*	*Terminalia arjuna Roxb.*	Combrataceae	*1 Pala* (48 g)	*Pitta, Kapha*	*Hridya, Balya*[23]
21.	*Madhuukam* Madhuca indica J.F.gmel.	*Madhuca indica* J.F.gmel.	Sapotaceae	*1 Pala* (48 g)	*Vata, Pitta*	*Balya Brihaniya Anulomana Nadi balya Snehana*[24]
22.	*Madhukam*	*Glycyrrhiza glabra* Linn.	Fabaceae	*1 Pala* (48 g)	*Pitta, Vata*	*Rasayana, Balya, Vata Anulomana*[25]
23.	*Muram*	*Marsdenia tenacissima* W.A.	Apocynaceae	*1 Pala* (48 g)	*Tridosha*	*Deepana, Aam pachana, Anulomana, Krimighna*[26]
24.	*Draksha*	*Vitis Vinifera* Linn.	Vitaceae	940g	*Vata, Pitta*	*Medhya, Balya, Brihana, Snehopaga, Anulomana*[27]
25.	*Dhataki*	*Woodfordia fruticose* Kurz.	Lytheraceae	750 g	*Kapha, Pitta*	*Stambhana, Sandhaniya*[28]
26.	*Guda* (jaggery)	*Saccharum officinarum* L.	Poaceae	4670 g	*Vata, Pitta*	*Agnideepana, Medakara Balya, Ruchya*[29]
27.	*Madhu* (honey)			2335 g	*Pitta, Kapha Rakta*	*Agnideepana*[30]

Table 2: Pharmacological properties of the contents of the *Arvindasava* as per Modern parameters

S. No.	Drugs	Therapeutic properties as per modern parameters
1.	*Arvinda*	Nutritional value, Hepatoprotective, Neuroprotective, Antioxidant, Immunomodulatory[31]
2.	*Ushira*	Antioxidant, Antibacterial, Hepatoprotective[32]
3.	*Kaashmari*	Immunomodulatory, Antioxidant, Hepatoprotective, Antimicrobial[33]
4.	*Neelotpala*	Antimicrobial properties, Hepatoprotective, Antioxidant,[34]
5.	*Manjistha*	Antimicrobial, Antioxidant, Hepatoprotective, Immune enhancing[35]
6.	*Ela*	Digestive, purgative, Carminative, strengthens nervous system,[36]
7.	*Bala*	Anti-stress and adaptogenic, Anti-oxidant, Anthelmintic[37]
8.	*Mansi*	Antimicrobial, Antioxidant, Hepatoprotective, and Immune enhancing.[38]
9.	*Ambudam*	Anti-microbial, Hepatoprotective, Antioxidant[39]
10.	*Saarivaa*	Anti-microbial, Antioxidant[40]
11.	*Shivaam*	Anti-plasmodial, Hepatoprotective, Antioxidant, Immunomodulatory[41]
12.	*Vacha*	Immunomodulatory, Neuroprotective[42]
13.	*Vibhitaka*	Antioxidant, Hepatoprotective, Antibacterial, Immunomodulatory[43]
14.	*Dhatri*	Antiaging, Hepatoprotective, Immunomodulator, Antibacterial, Antioxidant, Neuroprotective[44]
15.	*Shati*	Antimicrobial, Hepatoprotective, Ameliorative[45]
16	*Shyama*	Antibacterial, Hepatoprotective[46]
17.	*Neelini*	Antibacterial, Antioxidant, Cytotoxicity, Antinociceptive[47]
18.	*Patol*	Laxative, Nematocidal, and Anti-helminthic[48]
19.	*Parpata*	Antioxidant, Hepatoprotective, Antifungal, Cognitive[49]
20.	*Parth*	Antioxidant and Antimicrobial[50]
21.	*Madhuukam*	Antimicrobial, Hepatoprotective, Immunologic, Neuroprotective[51]
22.	*Madhukam*	Hepatoprotective, Immunologic, memory-enhancing, Antimicrobial[52]
23.	*Muram*	Antioxidant[53]
24.	*Draksha*	Antimicrobial, Antioxidant, hepatoprotective, and Neuroprotective[54]
25.	*Dhataki*	Antimicrobial, hepatoprotective, Immunomodulatory, Antioxidant[55]
26.	*Guda*	Antitoxic, well-known for producing heat and providing immediate energy[56]
27.	*Madhu*	Antimicrobial, Antioxidant, Rich carbohydrate source[57]