

## Significance of Riddhi (Habenaria Intermedia D. Wear) In Ayurveda: A Classical Review Based on Various Ancient Ayurvedic Treatise

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### Abstract

Riddhi (Habenaria intermedia D. Wear) is one among the remarkable plants of nature. It is categorized under different groups of plants viz. Aṣṭavarga, Padmakādi-gaṇa, Kākolyādi-gaṇa etc. in different authoritative texts of Āyurveda. It is also an important ingredient of preparations like Cyavanaprāśa-rasāyana, Mahākalyāṇa-ghṛta, Amṛtprāśa-ghṛta, Aṣṭavarga-cūrṇa, Bṛmhaṇī-guṭikā and Vājikara-ghṛta, etc. Natural habitat of this herb is Himalayan ranges. It grows at the height of 2000 m, primarily in North-West Himalaya. It has been used in many parts of the world in traditional healing system for the treatment of different diseases. The tubers of this herb are used for therapeutic purpose. It is vital healthful herb in Asian country since earlier period.

**Keywords:** Riddhi; Aṣṭavarga; Āyurveda; Nighaṇṭu; Samhitā.

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### Introduction

Among all the cultures of the world, Indian civilization is not only ancient but also unique. The Vedas are the root and basis of our culture and civilization. They are perhaps the oldest scriptures in any heritage library. Āyurveda is the oldest treatise related to treatment and health; it is believed to be a part of Atharvaveda. In ancient India, great inventions were made by Dhanvantri, Aśvini Kumāra, Suśruta and Caraka. Amongst these, the discovery of Jīvaniya (Vitality promoter), Vayasthāpana (Age-sustainer), Swāsthya-varḍhaka (Health promoting), Roga-pratirodhaka-kṣamatā-varḍhaka (Immunomodulator), Śukrajanana (Spermatogenic) plants of Aṣṭavarga was a great discovery. According to Ācārya Śārngadhara, Aṣṭavarga means group of eight plants viz., Kākoli, Kṣīrakākoli, Medā, Mahāmedā, Jīvaka, Rṣabhaka, Riddhi and Vṛddhi.

Riddhi (Habenaria intermedia D. Wear) is one of the most useful plants of the nature belongs to Orchidaceae family.<sup>1,2,3,4</sup> It is grouped among Kākolyādi-gaṇa (Sū. sū. 38: 35-36, pg n. 167)<sup>5</sup>; Pittaśamśamana-varga (Sū. sū. 39: 8, pg n. 171)<sup>5</sup>; Madhura-varga (Sū. sū. 43:186, pg. n.186)<sup>5</sup>; Padmakādi-gaṇa (Ah. sū. 15:12, pg n.199); (As. sū. 16:6, pg n. 313)<sup>6,7</sup>; Madhura skandha (As. sū. 18:20, pg n. 347)<sup>7</sup>; Aṣṭavarga (Śā. Mā. kh 6:20); (Bhā. pū. kh. 6.2:120)<sup>8,9</sup>; Kākolyādi-gaṇa (Sid. Śā. 2.21-22)<sup>10</sup>; Pittaghna-gaṇa (Ci. ka. :50)<sup>11</sup>; Pauṣṭika gaṇa (Arka. 9: 60, pg. 151)<sup>12</sup>; Pitta-nāśaka-gaṇa (Ka. kā. 10: 20)<sup>13</sup> (Table 1). It is also one of the important constituent of preparations like Cyavanaprāśa; Brihat-Kaṇṭakāri-ghṛta; Mahākalyāṇa-ghṛta; Sālvaṇa sweda; Śwadaṁṣṭrādyā ghṛta; Gandha taila and Vājikara-ghṛta, etc. The therapeutic utility of Riddhi is wide ranging and is mainly based on its action. It is very important medicinal herb in India since ancient times.

**Table 1:** Classification of Riddhi in Different Samhitā:

Samhitā	Varga/gaṇa	Reference
Suśruta-samhitā <sup>5</sup>	Kākolyādi-gaṇa	Sū. sū. 36-35 :38, pg n. 167
	Pittasansaman -varga	Sū. sū. 8 :39, pg n. 171
	Madhura-varga	Sū. sū. 43:186, pg. n.186
Astangahrdayam <sup>6</sup>	Padmakādi gaṇa	Ah. sū. 15:12, pg n.199
Aṣṭāṅga saṅgraha <sup>7</sup>	Padmakādi gaṇa	As. sū. 16:6, pg n. 313
	Madhura skandha	As. sū. 18:20, pg n. 347
Śārāṅdhara-samhitā <sup>8</sup>	Aṣṭavarga	Śā. Mā. kh 6:20
Bhāvaprakāśa <sup>9</sup>	Aṣṭavarga	Bhā. pū. kh. 6.2:120
Siddhasāra - samhitā <sup>10</sup>	Kākolyādi - gaṇa	Sid. Śā. 2.21-22
Cikitsākalikā <sup>11</sup>	Pittaghna-gaṇa	Ci. ka. :50
	Aṣṭavarga	Ci. ka.:59
Vaṅgasena <sup>29</sup>	Kākolyādi - gaṇa	Vaṅg. 96:27-28, pg. 975
	Pittasamsamana - varga	Vaṅg. : 97, pg. 979
	Madhura - varga	Vaṅg. :97, pg. 979
Arkaprakāśa <sup>12</sup>	Aṣṭavarga	Arka. 4:13, pg. 59
	Paushtik gaṇa	Arka. 9: 60, pg. 151
Kalyā ṅakāraka <sup>13</sup>	Pitta -nāśaka- gaṇa	Ka. kā. 10: 20
Yogarātnākara <sup>39</sup>	Abhāva-varga	Yo. rat. abhāva varga: 1, pg. 193
	Kākolyādi-gaṇa	Yo. rat. bālaroga cikitsā72:134, pg n. 1189

**Morphological description:** <sup>14,15,16</sup>

A stout, terrestrial perennial herb, 25-50 cm in height. Stem erect, cylindrical, terete, robust, leafy on the nodes. Leaves 3 to 5, ovate or oblong or ovate-lanceolate, scattered, 5-10 cm long, sheathing, acuminate, base rounded or cordate, 5-7 nerved. Flowers few, distant, very large 5 cm across, white or greenish white, 2-6 flowered raceme borne on a stout axis; bracts leafy, broad, lanceolate, acuminate, equalling the ovary or more; sepals-persistent, 20-25 mm long, green, spreading tips, reflexed, upper one white inside, dorsal sepals recurved, lateral sepals falcately lanceolate, acuminate, reflexed, 5-nerved, narrower than the petals; petals-strongly 5-nerved, entire, obovate, falcate, glabrous, lips white, 3-lobed, longer than sepals, green, side lobes of the lip fimbriate, lacerate to the middle or inner margin, broad, petaloid, mid lobe linear, narrow; spur 5-6 cm long, flexuous, very stout, twice as long as the ovary, more or less curved; side lobes deeply fringed; stamens 5-6 cm long, curved, anther cells with long, erect, filiform tubes, glands of pollinia small; stigmatic processes-long, slender, incurved; rostellum adnate to the face of the column between the anther cells. Fruit pedicelled capsule, 3.8-5 cm long, fusiform, beaked, terete. Tuber sessile, oval or oblong tubers, 1.5 -3.5 cm long and 1.0-2.5 cm in diameter, covered with fine white hairs, round at the opposite end but tapering towards stem joint,

skin is dirty, white, flesh white. Flowering July-August; Fruiting September-October. (Plate 1)

**Distribution**<sup>16</sup>: Found in the Himalayan mountains of Pakistan, Nepal and Bhutan in an altitude of 2000-3300 metres. In India found in the Temperate Himalayas at an altitude of around 1500-2400 metres from Kashmir and Himachal Pradesh to Uttarakhand and Sikkim.

**Specific Habitat**<sup>3</sup>: Himanchal Pradesh-Koti (Shimla) Summer Hill, Indian Institute of Advance study, Kamana Hill), Rwanda and Kamarunag (Karsog), Rewalsar hills (Mandi), Shimla (Fagu), Dalhousie (Chamba), Kinnaur. Jammu and Kashmir-Azmadabad, Poonch, Pirpanjal Range. Uttarakhand-Dehradun-Mussoorie (Jaberkhet), Camel back road, Company bagh, Bhatta Fall, Kampti fall; Tehri (Nagtibba) Suakholi, Chamoli-on way to kedarnath, jangal chatti, way to valley of flowers, Gaurikund (Rambera); Utarrkashi Tons valley, Bhagirathi valley and way to Dodital.

**Ancient perspectives of Riddhi****Vedic kāla:**<sup>17</sup>

The knowledge of medicinal plants must have been accumulated in the course of many centuries. Early humans must have used the therapeutic agents and remedies, but there is no authentic record of medicine used by them. Historically

medicinally important plants have been described in Vedas. There are four Vedas such as R̥gveda, Yajurveda, Sāmaveda and Atharvaveda. These are the great repository of knowledge and about 300 plants are delineated in Vedas. But unluckily there is not any reference related to R̥ddhī found during this review.

### Saṁhitā Kāla :

*Caraka-Saṁhitā*<sup>18</sup>: Caraka-Saṁhitā is comprehensive text on ancient Indian medicine. It is oldest and the most authentic treatise on Āyurveda. This treatise occupies a very important place in the history of world's medical science. Original text was composed by Agnivesa, the most intelligent amongst the disciple's of Ātreya Punarvasū. Later refined and annotated by Caraka. Even though all the eight branches of Āyurveda have been dealt

by the author, this work has become more popular as the authentic text of Kāyacikitsā or General medicine, because of this stress has been laid on this branch. In Caraka Saṁhitā the R̥ddhī has not been classified under any specific group of herbs. But it is used in various disorders and as an ingredient of various formulations. (Table 2)

*Suśruta-Saṁhitā*<sup>5</sup>: Suśruta-saṁhitā is an ancient and renowned treatise of Āyurveda on medicine and surgery. This text specially deals with surgery. The text Suśruta-saṁhitā primarily composed by Ācārya Suśruta and later on, edited by Nāgārjuna. Similar to Caraka, Ācārya Suśruta also explained a number of disorders, their diagnosis, symptoms and treatment also. In this treatise surgical procedures have been explained in systematic manner viz. preoperative, operative and postoperative measures. In this saṁhitā, the plant R̥ddhī has been

**Table 2:** Review of R̥ddhī in Caraka- Saṁhitā

Sr.	Preparations	Indications	Reference	Name used
1.	Cyavanaprāśa rasāyana	Kāsa, śwāsa, Hṛdroga, vātaśoṇita	Ca. ci.1-1:63, pg. 16	R̥ddhī
2.	Dwitiya Indrokat rasāyana	Jivaniya, āyusya	Ca. ci.1-4:15, pg. 56	R̥ddhī
3.	Bṛmhaṇī guṭikā	Balvardhana, Jivaniya, bṛmhaṇa	Ca. ci. 2-1:26, pg. 70	R̥ddhī
4.	Vājikaraṇa ghṛta	Vājikaraṇa	Ca. ci. 2-1:34, pg. 70	R̥ddhī
5.	Apatyakarī ṣaṣṭikādi guṭikā	Vājikaraṇa	Ca. ci. 2-2:5, pg. 74	R̥ddhī
6.	Jīvantiyādi anuvāsana-basti	Jwara-nāśaka	Ca. ci. 3:250, pg. 156	R̥ddhī
7.	Candanādi taila	Dāha, jwara- nāśaka	Ca. ci. 3:258, pg. 157	R̥ddhī
8.	Pradeha-pariṣecanārtha	Rakta-Pitta Śamana	Ca. ci. 4:103, pg. 195	R̥ddhī
9.	Mahākalyāṇa ghṛta	Sannipāta Unmāda nāśaka	Ca. ci. 9:43, pg. 319	R̥ddhī
10.	Amṛtprāśa ghṛta	Kāsa, hikkā, jwara, vamaṇa, mūrccā nāśaka	Ca. ci. 11:36, pg. 344	R̥ddhī
11.	Śwadamṣṭrādi- ghṛta	Mūtrakṛccha, prameha, Kāsa nāśaka	Ca. ci. 11:46, pg. 346	R̥ddhī
12.	Tṛtiya sarpigūḍa	Tamaka śwāsa, raktapitta, halāmaka, kāmālā nāśaka	Ca. ci. 11:62, pg. 348	R̥ddhī
13.	Trayūṣaṇādyā ghṛta	Kāsa, ṣoṣa, kṣaya nāśaka	Ca. ci. 18:39, pg. 537	R̥ddhī
14.	Sthirādi-kṣīra-pāka	Kāsa, jwara, Dāha	Ca. ci. 18:101, pg. 544	R̥ddhī
15.	Kaṇṭakārī ghṛta	Hikkā, śwāsa	Ca. ci. 18:126, pg. 547	R̥ddhī
16.	Jīvantiyādi leha	Pañca Kāsa nāśaka	Ca. ci. 18:178, pg. 553	R̥ddhī
17.	Trayūṣaṇādi- ghṛta	Śwāsa, Kāsa, Pāṇḍu	Ca. ci. 26:87, pg. 733	R̥ddhī
18.	Mahāmāyūra ghṛta	Śiro-roga, Kāsa, śwāsa, swarbheda nāśaka	Ca. ci. 26:167, pg. 749	R̥ddhī
19.	Amṛtādyā taila	Vāta-vyādhi	Ca. ci. 28:159, pg. 804	R̥ddhī
20.	Balā ghṛta	Vātarakta	Ca. ci. 29:56, pg. 827	R̥ddhī
21.	Madhuparniyādi taila	Vātarakta, vāta-vikāra nāśaka	Ca. ci. 29:93, pg. 831	R̥ddhī
22.	Triphalādi kalka	Sarva-doṣayukta Vātarakta	Ca. ci. 29:153, pg. 838	R̥ddhī
22.	Candanādi niruha basti	Dāha, atisāra, Pāṇḍu, Viṣama jwara nāśaka	Ca. si. 3:49, pg. 1001	R̥ddhī
23.	Drākṣādi niruha basti	Mūtrakṛccha, pittaj atisāra	Ca. si. 3:53 (pg. 1002)	R̥ddhī

described under Kākolyādi-gaṇa (Sū. sū. 38:35), Pittasa (Sū. sū. 39:8) and Madhura-varga (Sū. sū. 42:18). Use of Riddhī in various disorders and as an ingredient of various formulations were found during this book. (Table 3)

*Aṣṭāṅgahr̥daya*:<sup>6</sup> Aṣṭāṅgahr̥daya is one of the most celebrated and most often studied treatises on Indian system of medicine. It is the third major treatise on Āyurveda. This compendium is composed by Ācārya Vāgbhaṭa and predominantly based on teachings of Caraka and Suśruta. Its popularity is validated by large number of commentaries by Indian scholars. This treatise is the "Heart or Essence of all the eight branches of Āyurveda." In this book Riddhī has been mentioned under Padamakādi gaṇa. 15:12 (pg. 199). It is also an important ingredient of various formulations used for different diseases. (Table 4)

*Aṣṭāṅgasaṅgraha*:<sup>7</sup> Aṣṭāṅgasaṅgraha of Ācārya Vāgbhaṭa is an ancient educational text on Āyurveda. It is one of the authentic texts on the science of life. The name of text itself suggests that it is a compilation of eight branches of Āyurveda. Out of all eight branches of Āyurveda, Ācārya Caraka gave top priority to general medicine, where as Suśruta discussed the surgical aspects in detail in his treatise. Keeping this in view, Ācārya Vāgbhaṭa gave equal importance to all eight branches and composed a treatise known as Aṣṭāṅgasaṅgraha. In this treatise Riddhī has been mentioned in various

formulations. (Table 5)

*Śārṅgadhara-Saṁhitā*:<sup>8</sup> Śārṅgadhara-saṁhitā is a popular treatise on medicine written by Ācārya Śārṅgadhara. He was grandson of Rāghavdeva and the eldest son of Dāmodara. It has been categorized as Laghu trayī along with Mādhavnidānam and Bhāvprakāśa. The whole treatise is divided into three khand and 32 chapters. Riddhī has been mentioned in limited formulations. (Table 6)

*Bhāvprakāśa*:<sup>9</sup> Bhāvprakāśa is an important treatise on Āyurveda written by Bhāvamiśra who was the son of Laṭakanmiśra. It is very extensive book of Āyurveda, which covers all aspects of the Āyu (life) related science. This book is divided in three sections (Khaṇḍa) Pūrva, madhyama and uttara khaṇḍa. In Bhāvaprakāśa Saṁhitā Kākolyādi-gaṇa is described under Balā-rogaḍhikara Indications are: satnayakrita, bṛṁhaṇa, Jivaniya, pitta-rakta, kāmālā nāśaka (71 chapter, 57-59/pag. 792). Use of Riddhī in various disorders and as an ingredient of several formulations were found in Bhāvprakāśa. (Table 7)

*Bhela saṁhitā*:<sup>19</sup> Bhela, one of the disciples of Ātreya compiled his own treatise known as Bhela-saṁhitā. In this treatise a lot of unique medicinal formulations have been described. But reference related to Riddhī not found in this book.

*Hārīta saṁhitā*:<sup>20</sup> This is an important treatise composed by Maharṣi Hārīta. This treatise is

**Table 3:** Review of Riddhī in Suśruta-Saṁhitā

Sr.	Preparations	Indications	Reference	Name used
1.	Kākolyādi-gaṇa	Pitta-rakta-vāta nāśaka, jivaniya, Vṛṣya	Su sū. 38: 35-36, pg. 167	Riddhī
2.	Pittasaṁsamana varga	Pitta śāmaka	Su sū. 39: 8, pg. 191	Kākolyādi-gaṇa
3.	Madhura varga		Su sū. 42: 18, pg. 204	Kākolyādi-gaṇa
4.	Anuvāsana basti	Gulma, ānāha	Sū. ci.37:13, pg. 198	Riddhī
5.	Āsthāpana niruha basti	Lekhana, bṛṁhaṇa, Vājīkaraṇa	Sū. ci. 38:28, pg. 210	Riddhī
6.	Lodhrādi āsthāpana basti	Gulma, raktapradara, pittaj vyādhi nāśaka	Sū. ci. 38: 55-56, pg. 213	Riddhī
7.	Kākolyādi sidha ghṛta	Śūkadoṣa cikitsa	Sū. ci. 22:19-21, pg. 123	Madhur gaṇa/ Kākolyādi-gaṇa

**Table 4:** Review of Riddhī in Aṣṭāṅgahr̥daya

Sr.	Preparations	Indications	Reference	Name used
1.	Padmakādi gaṇa		Ah. sū. 15:12, pg. 199	Riddhī
2.	Jwaranāśaka Anuvāsana basti	Jwara	Ah. ci. 1:123, pg. 401	Riddhī
3.	Kaṇṭakāri ghṛta	Kāsa	Ah. ci.3:61, pg. 420	Riddhī
4.	Amṛtaprāśa ghṛta	Kāsa	Ah. ci.3:95, pg. 423	Riddhī
5.	Śwadamṣṭrādi ghṛta	Kāsa	Ah. ci. 3:104, pg. 424	Riddhī
6.	Kṣaya peya	Śwāsa, hikkā	Ah. ci. 4:24, pg. 433	Riddhī
7.	Lepa	Śopha	Ah. ci 17:27, pg. 546	Riddhī
8.	Piṣṭa	Śukla yukta Vātarakta	Ah. ci 22:17, pg. 576	Riddhī

**Table 5:** Review of Riddhi in Aṣṭāṅgasaṅgraha

Sr.	Preparations	Indications	Reference	Name used
1.	Padmakādi gaṇa	.....	As. sū. 16:6, pg. 313	Riddhi
2.	Madhura skandha	.....	As. sū. 18:20, pg. 347	Riddhi
3.	Anuvāsana sneha	Jwara nāśaka	As. ci. 2:62, pg. 12	Riddhi
4.	Ghṛta nirmana	Kāsa, jwara, gulma	As. ci. 4:9, pg. 22	Riddhi
5.	Kaṇṭakārī ghṛta	Kāsa, śwāsa, hikkā	As. ci. 4:79, pg. 26	Riddhi
6.	Amṛtaprāśa ghṛta	Kāsa, śwāsa, hikkā	As. ci. 5:29, pg. 29	Riddhi
7.	Amṛtaprāśa ghṛta dwitiya	Hṛdroga, Mūtrakṛccha	As. ci. 5:38 (pg. 29)	Riddhi
8.	Sarva-Kāsanāśaka cūrṇa	Sarva-Kāsanāśaka	As. ci. 5:130 (pg. 34)	Riddhi
9.	content of Peyā	Kāsa, hikkā, hṛdroga	As. ci. 6:26 (pg. 36)	Riddhi
10.	Trayūṣṇādi ghṛta	Hṛdroga, Pāṇḍu, grahaṇī	As. ci. 8:27 (pg. 49)	Riddhi
11.	Amṛtādyā taila	Unmāda, Apasmāra	As. ci. 23:46 (pg. 132)	Riddhi
12.	Madhuyaṣṭi taila	Vātarakta, jwara nāśaka	As. ci. 24:22 (pg. 135)	Riddhi
13.	Basti	Gulma, atisāra, Mūtrakṛccha	As. ka. 4:9 (pg. 153)	Riddhi
14.	Mahāmayūra ghṛta	Indriya daurbalya, ardita, yoni-doṣa	As. ut. 28:62 (pg. 294)	Riddhi
15.	Śivā guṭikā	Mutra doṣa, śukra doṣa, atisāra, Unmāda	As. ut. 49:193 (pg. 412)	Riddhi
16.	Siddha Ghṛta	Vājikaraṇa	As. ut. 50:16 (pg. 422); 50:17 (pg. 423)	Riddhi
18.	Siddha dugdha	Vājikaraṇa	As. ut. 50:18 (pg. 423)	Riddhi

**Table 6:** Review of Riddhi in Śārṅgadhara-Saṁhitā

Sr.	Preparations	Indications	Reference	Name used
1.	Aṣṭavarga	---	Śā. mā. kh. 6:20-21, pg. 176	Aṣṭavarga (Riddhi)
2.	Avleha kalpanā	---	Śā. mā. kh. 8: 10-21, pg. 209-210	Riddhi
3.	Śatāvārī taila	Yoniśūla, Vātarakta, asrigdara	Śā. mā. kh. 9: 133, pg. 133	Riddhi
4.	Daśamūlāriṣṭa	Kāsa, śwāsa, aśmarī, śarkarā	Śā. mā. kh. 9: 84, pg. 254	Riddhi

**Table 7:** Review of Riddhi in Bhāvprakāśa

Sr.	Preparations	Indications	Reference	Name used
1.	Mahābalā taila	Vāta-vyādhi	Bhā. mā. kh. 24:172 (pg. 254)	Madhur gaṇa (Riddhi)
2.	Mahāmāśādi taila	Vāta-vyādhi	Bhā. mā. kh. 24:267 (pg. 271)	Jivaniya gaṇa (Riddhi)
3.	Kākolyādi kwātha	Vāta-vyādhi	Bhā. mā. kh. 24:338 (pg. 277)	Kākolyādi-gaṇa (Riddhi)
4.	Mahāguḍuci ghṛta	Vātarakta	Bhā. mā. kh. 29:113 (pg. 316)	Riddhi
5.	Guḍuci taila	Vātarakta	Bhā. mā. kh. 29:133 (pg. 318)	Jivaniya gaṇa (Riddhi)
6.	Amṛtāhvya taila	Vātarakta	Bhā. mā. kh. 29:138 (pg. 318)	Jivaniya gaṇa (Riddhi)
7.	Madhukādyā taila	Vātarakta	Bhā. mā. kh. 29:159 (pg. 320)	Riddhi
8.	Jivaniya gaṇa Sidha dugdha	Bhagna	Bhā. mā. kh. 48:26 (pg. 493)	Jivaniya gaṇa (Riddhi)
9.	Gandha taila	Bhagna	Bhā. mā. kh. 48:37 (pg. 494)	Kākolyādi-gaṇa (Riddhi)
10.	Jivaniya gaṇa Sidha taila	Karna roga, paripota roga	Bhā. mā. kh. 64:52 (pg. 681)	Jivaniya gaṇa (Riddhi)
11.	Kākolyādi Sidha ghṛta	Balroga	Bhā. mā. kh. 71:56 (pg. 792)	Kākolyādi-gaṇa (Riddhi)
12.	Kākolyādi Sidha ghṛta	Balroga	Bhā. mā. kh. 71:77 (pg. 794)	Kākolyādi-gaṇa (Riddhi)

composed in six sthāna dealing with annapāna, ariṣṭa, cikitsā, kalpa, sūtra and śārīra sthāna having 103 chapters. But reference related to Riddhī not found in this book.

*Kāśyapa saṁhitā*<sup>21</sup>: Kāśyapaa-saṁhitā the only available source book on Kaumārabhrītya is presented in the form of compilations of teachings of Ācharya- Kāśyapa by his disciple Vṛddha Jīvaka. With the lapse of time, the book was lost in oblivion and then resurrected by Vātsya, who procured it from Anāyāśa. In Kāśyapaa-saṁhitā, which is also called Vṛddha-Jivakiya-tantra, the descriptions are given in the question and answer style. The question raised by the pupils, answered by the Sage Kāśyapa himself, is recorded in very lucid way. Kāśyapaa-saṁhitā is said to be one of the oldest classical book on Ayurveda. In this book Riddhī has not been described.

*Nāvanītakam*<sup>22</sup>: Nāvanītakam is also called as 'The Bower Manuscript', because it fell into the hands of Col. H. Bower at Kuchar in Central Asia, where he had gone on a confidential mission from the Government of India in 1890. The manuscript has importance of its own, particularly in the field of History of Medicine for the simple reason that the formulations prescribed in it are attributed to more ancient authorities both of the Vedic and the Buddhistic age. The probable date of manuscript has been placed between the second to fourth century B.C. owing to its contemporaneity to Caraka. In this book Riddhī is described as an ingredient of various formulations for the treatment of different disorders. (Table 8)

*Siddhasāra-saṁhitā*<sup>10</sup>: This is a 1400 years old creation which is a collection of ancient Indian ayurvedic medications. It includes the detailed description of several disorders and the treatment for the same. This precious ancient treatise consists of 1300 śloka which beautifully described the

methods of treatments. This manuscript was very popular during the medieval period but with time it has lost its importance. This manuscript is written by Ācārya Ravigupta. In this book the plant Riddhī has been described under Kākolyādi-gaṇa (Sid. Śā. 2.21,22, pg.25). In this book only two references found related to therapeutic use of Riddhī. (Table 9)

#### **Riddhī in other important ayurvedic treatise**

*Yogaśatam*<sup>23</sup>: This is one of the popular and influential creations in the field of Ayurveda. This book was written by Ācharya Amitaprabhā about 1400 year ago in which he concluded the entire ocean of Ayurveda in 100 formulations. It is a very important book for treatment but the description of Riddhī is not found in this treatise.

*Haramekhalā*<sup>24</sup>: This is a 1200 years old creation of Ayurvedic medications. Haramekhalā is a very unique Sanskrit work written by Ācārya Mādhuca, who was the descendant of the great poet Māgha. It includes the description of different Ayurvedic methods of treatment. Unfortunately the description of Riddhī is not found in this treatise.

*Vaidyaprāsarakam*<sup>25</sup>: This exclusive work was written by Vaidy Ācharya Gadādhara. This treatise includes the description of various Ayurvedic formulations for the treatment of various disorders. In this book the plant Riddhī has been described in many places. Its pharmacological properties and action are thoroughly observed by Vaidy Ācharya Gadādhara. In this treatise Riddhī has been mentioned in various disorders and as an ingredient of various formulations. (Table 10)

*Vṛndamādhava*<sup>26</sup>: Vindmadhav is a unique treatise and written by Vaidyācārya Gadādhara. This treatise includes the description of various Ayurvedic formulations for the treatment of various disorders. In this book the plant Riddhī has been described in many places. Its pharmacological

**Table 8:** Review of Riddhī in Nāvanītakam

Sr.	Preparations	Indications	Reference	Name used
1.	Amṛtaprāśa ghr̥ta	Hikkā, kṣīṇa-kṣata	Nav. 2:4, pg. 32	Riddhī
2.	Mahākalyāṇa- ghr̥ta	Kṣata Kāsa, nāśaka	Nav. 2:21, pg. 33	Riddhī
3.	Śara-mmūliya ghr̥ta	Vṛṣya, bṛmhaṇa	Nav. 2:64, pg. 37	Riddhī
4.	Cyavanaprāśa	Mūtraśukra, uroroga	Nav. 2:79, pg. 39	Riddhī
5.	Jawarhara-Anuvāsana taila	Jwara-hara	Nav. 3:123, pg. 58	Riddhī

**Table 9:** Review of Riddhī in Siddhasāra-saṁhitā

Sr.	Preparations	Indications	Reference	Name used
1.	Laghu cyavanaprāśa	Yakṣamā	Sid. Śā 8:26, pg. 130	Riddhī
2.	Pitta-vikāra nāśaka basti	Pitta-nāśaka	Sid. Śā. 30:41, pg. 351	Kākolyādi-gaṇa

properties and action are thoroughly observed by Vaidyācārya Gadādhara. Use of Riddhī in various disorders and as an ingredient of various formulations were found in Vrindamadhav. (Table 11)

*Kalyāṇakāraka*:<sup>13</sup> It is written by Ugradityācārya, a Jain Physician of 9<sup>th</sup> Century. In this book the author have given first place to the herbal medicines and launched an ideal line of treatment which does not harm any living being. In this book only one reference related to Riddhī found ( Ka. Kā: 66, Pg. 216).

*Cikitsākalikā*:<sup>11</sup> This is an important work written by Tīṣācārya. The total work was presented with 400 shalokas distributed in 5 chapters. In this treatise many efficacious formulations are described. In this book the plant Riddhī has been described under Pittaghna-gaṇa (Ci. ka.: 49, Pg. 71) and Aṣṭavarga (Ci. ka.: 59, Pg. 74). Its pharmacological

properties and action are thoroughly observed by Tīṣācārya. Use of Riddhī in various disorders and as an ingredient of various formulations were found in Cikitsākalikā. (Table 12)

*Yogaratanasamuccaya*:<sup>27</sup> This 1100 years old ancient ayurvedic treatise written by Vaidyaśiromaṇi Ācārya Candraṭa. Ācārya Candraṭa was the son of Vaidya Tīṣācārya. This ancient ayurvedic treatise was written by referring more than 50 ancient Indian scripters. As named it is a collection of various medicinal formulations. In this book the plant Riddhī has been described in many places. Riddhī has been described in various disorders and as an important ingredient of various formulations. (Table 13)

*Cakradatta*:<sup>28</sup> Cakradatta is a popular treatise composed by Cakrapānidatta. It is also known as Cikitsā saṅgraha of Cakrapānidatta. It describes for the first time many important alchemical

**Table 10:** Review of Riddhī in Vaidyaprāsarakam

Sr.	Preparations	Indications	Reference	Name used
1.	Śiva guṭikā	Vātarakta, ānāha, atisāra	Vai.pr. 3: pg. 254	Riddhī
2.	Amṛta taila	Vāta-vyādhihara, Unmāda	Vai.pr. 4: pg. 284	Riddhī
3.	Madhuyāṣṭika taila	Vātaśoṇita, jwaraghana	Vai.pr. 4: pg. 285	Riddhī
4.	Śwadañṣṭrādi ghṛta	Pittaj Hṛdroga, Mūtrakṛccha	Vai.pr. 5: pg. 320	Riddhī
5.	Amṛtaprāśa ghṛta	Hikkā, jwara, śwāsa	Vai.pr. 5: pg. 325	Riddhī
6.	Mahāmāyūra ghṛta	Dhatukṣaya, Śukrakṣaya	Vai.pr. 5: pg. 329	Riddhī
7.	Kaṇṭakāri ghṛta	Śwāsa, Kāsa, hikkā	Vai.pr. 5: pg. 331	Riddhī
8.	Mahākalyāṇa- ghṛta	Sannipāta roga nāśaka	Vai.pr. 5: pg. 344	Riddhī
9.	Ashwagandhādyā ghṛta	Vātavyādhi, hrid-śūla, basti śūla	Vai.pr. 5: pg. 353	Riddhī
10.	Trayusṇādyā ghṛta	Kāsa	Vai.pr. 5: pg. 359	Riddhī
11.	Triyushna ghṛta	Pāṇḍu, Halīmaka	Vai.pr. 5: pg. 374	Riddhī
12.	Rasnadi basti	Atisāra, Pāṇḍu	Vai.pr. 5: pg. 419	Riddhī

**Table 11:** Review of Riddhī in Vrindamādhava

Sr.	Preparations	Indications	Reference	Name used
1.	Mahat Kalyāṇaka ghṛta	Jwara	Vṛ. mā.1:475-476, pg. 86	Riddhī
2.	Cyavanaprāśa	Kāsa, śwāsa, hṛda roga	Vṛ. mā.10:36, pg. 218	Riddhī
3.	Cāgalādyā ghṛta	Kṣaya roga, pārśvavūla	Vṛ. mā. 10:91, pg. 226	Riddhī
4.	Bṛhat Kaṇṭakāri ghṛta	Sarva Kāsa, hikkā, śwāsa	Vṛ. mā.11:69, pg. 246	Riddhī
5.	Mahāśwagandhādyā ghṛta	Vāta rogahara	Vṛ. mā. 22:238, pg. 342	Riddhī
6.	Ajitaprasāriṇī taila	Ūrdhav-jatrugata roga	Vṛ. mā.22:291, pg. 351	Riddhī
7.	Vṛddha-nārāyaṇa taila	Vātaroga	Vṛ. mā. 22:338, pg.357	Aṣṭavarga (Riddhī )
8.	Śwadañṣṭrādi ghṛta	Hṛdroga, Mūtrakṛccha	Vṛ. mā. 31:30, pg. 468	Riddhī
9.	Kākolyādi kwātha	Pittaja granthi, galgaṇḍa	Vṛ. mā. 40:30, pg. 553	Kākolyādi varga (Riddhī )
10.	Aśwagandhā ghṛta	Vājikaraṇa	Vṛ. mā. 70:53, pg. 89	Riddhī

Table 12: Review of Riddhi in Cikitsākalikā

Sr.	Preparations	Indications	Reference	Name used
1.	Dwitiya Balā taila	Vāta śāmaka	Ci. ka.:74, pg. 81	Kākolyādi-gaṇa (Riddhi )
2.	Cyavanaprāśa rasāyana	Śwāsa, Kāsa, śoṣa	Ci. ka:266, pg. 164	Aṣṭavarga (Riddhi )
3.	Śivā guṭikā	Kṣaya	Ci. ka:275, pg. 167	Aṣṭavarga (Riddhi )
4.	Shilajatu prayoga	Kṣaya roga	Ci. ka:283, pg. 169	Kākolyādi-gaṇa (Riddhi )
5.	Balā taila	Vātavyādhi	Ci. ka:287, pg. 173	Aṣṭavarga (Riddhi )
6.	Mahat prasarini taila	Vāta-vyādhi	Ci. ka:308, pg. 180	Aṣṭavarga (Riddhi )
7.	Laghuprasarini taila	Vāta-vyādhi	Ci. ka: 309, pg. 180	Aṣṭavarga (Riddhi )

Table 13: Review of Riddhi in Yogaratnasamuccaya

Sr.	Preparations	Indications	Reference	Name used
1.	Māyūra ghr̥ta	Jivaniya, balya, kṣīṇakṣata	Yog. Rt. Śā. Ghr̥tādhikāra, pg. 5	Riddhi
2.	Mahāmāyūraa ghr̥ta	Śoṣa, Śīroroga, savarbhedha,	Yog. Rt. Sa Ghr̥tādhikāra, pg. 6	Riddhi
3.	Triyushnadya ghr̥ta	Pārśwa-śūla, hrid-shul	Yog. Rt. Sa Ghr̥tādhikāra, pg. 26	Riddhi
4.	Śwadam̃ṣṭrā- ghr̥ta	Mūtrakṛccha, prameha	Yog. Rt. Sa Ghr̥tādhikāra, pg. 29	Riddhi
5.	Mahākalyāṇa- ghr̥ta	Sannipātaja Unmāda	Yog. Rt. Sa Ghr̥tādhikāra, pg. 38	Riddhi
6.	Yaṣṭimadhukādyā taila	Vātarakata	Yog. Rt. Sa Tailādhikāra, pg. 82	Riddhi
7.	Amṛtādyā taila	Vātarakta, vāta vyādhi	Yog. Rt. Sa Tailādhikāra, pg. 84	Riddhi
8.	Brihat Śivā guṭikā	Grahaṇī, prameha, Unmāda	Yog. Rt. Sa guṭikādhikāra,pg. 155	Riddhi
9.	Cyavanaprāśa	Swar-kṣaya, Kāsa, śwāsa	Yog. Rt. Sa Avalehādhikāra, pg. 195	Riddhi
10.	Amṛtaprāśa-avleha	Kāsa, jwara, kṣata-kṣīṇa	Yog. Rt. Sa Avalehādhikāra,pg. 196	Riddhi
11.	Laghu Cyavanaprāśa	Hṛdroga, śwāsa, vātarakta	Yog. Rt. Sa Avalehādhikāra, pg. 197	Riddhi
12.	Sālvaṇa yoga	Apatānaka	Yog. Rt. Sa Avalehādhikāra, pg. 379	Kākolyādi-gaṇa
13.	Kākolyādi siddha Kwātha	Granthi	Yog. Rt. Sa Avalehādhikāra, pg. 458	Kākolyādi-gaṇa

Table 14: Review of Riddhi in Cakradatta

Sr.	Preparations	Indications	Reference	Name used
1.	Cyavanaprāśa	Rāja-Yakṣamā	Cakra. 10:48, pg. 96	Riddhi
2.	Cāgalādyā ghr̥ta	Kāsa, śwāsa, Yakṣamā,	Cakra.10:68, pg. 98	Riddhi
3.	Brihat-Kaṇṭakārī ghr̥ta	Sarva-Kāsaḥara	Cakra. 11:52, pg. 105	Riddhi
4.	Mahākalyāṇa- ghr̥ta	Unmāda	Cakra. 20:30, pg. 127	Riddhi
5.	Sālvaṇa sweda	Vāta-vyādhi	Cakra. 22:86, pg. 141	Kākolyādi-gaṇa Riddhi)
6.	Śwadam̃ṣṭrā-dya ghr̥ta	Vāta-Pitta Hṛdroga, Mūtrakṛccha	Cakra. 31:29, pg. 203	Riddhi
7.	Gandha taila	Bhāgna	Cakra. 49:13, pg. 277	Kākolyādi-gaṇa (Riddhi )
8.	Kumkumādyā taila	Mukhkānti vardhak	Cakra. 55:74, pg. 317	Kākolyādi-gaṇa (Riddhi )
9.	Vātaghana ghr̥ta	Netraroga nāśaka	Cakra. 59:151, pg. 363	Kākolyādi-gaṇa (Riddhi )
10.	Śivā guṭikā	Jawar, atisāra, yoni-śukra doṣa	Cakra. 66:174, pg. 428	Riddhi

and mineral medicines. Use of Riddhi in various disorders and as an ingredient of various formulations were found in Cakradatta. (Table 14)

*Vaṅgasena*:<sup>29</sup> This compendium is eminent work of medieval period written by Vangasena. It is also known as Cikitsā-sāra saṅgrah. This treatise contains 104 chapters. In this book Riddhi has been described under Kākolyādi-gaṇa in chapter gaṇa-pathadhikara (Vaṅg. 96:27-28, pg. 975) Pittasamāmana-varga and Madhura-varga under

saṁśodhana-saṁśamana rasadravyādi (97, pg. 979). Its pharmacological properties and action are thoroughly observed by Vaṅgasena. (Table 15)

*Yogaśata -vaidyavallabhā*:<sup>30</sup> This is one of the best commentaries on Yogaśata written by Vaidyācārya Rūpanayana. It is also a unique commentary. In this book a lot of medicinal formulations are described but the description of Riddhi not found during this book.



*Gadanigraha*:<sup>31</sup> Gadanigraha is an important work of Soḍala. This treatise is a work of historical landmark and having a lot of unique medicinal formulations. In this treatise Riddhī has been described as an ingredient of various formulations for the treatment of different disorders. (Table 16)

*Vaidyamanoramā*:<sup>32</sup>Vaidyamanoramā is a popular treatise written by Vaidya Kālīdāsā. It is a very popular handbook for medicine. This book is

divided into 20 Paṭala (chapters). Unfortunately there is not any reference related to Riddhī found during this book.

*Vaidya-rahaṣya*:<sup>33</sup> Vaidyarahashya is a popular treatise written by Bhiṣgavara Vidyāpati. It is a very popular handbook for medicine. This book is divided into 71 chapters. In this book a lot of medicinal formulations are described. In this book description of almost all disease and their treatment

**Table 15:** Review of Riddhī Vaṅgasena

Sr.	Preparations	Indications	Reference	Name used
1.	Mahākalyāṇa- ghṛta	Viṣama jwara, apasamar, klaihya	Vaṅg. 2:487, pg. 56	Kākolyādi gaṇa (Riddhī )
2.	Siddha kwātha	Pittaj granthiroga	Vaṅg. 16:13, pg. 175	Kākolyādi gaṇa (Riddhī )
3.	Kākolyādi ghṛta	Skandha-apasmar cikitsā	Vaṅg.19:225,pg. 247	Kākolyādi gaṇa (Riddhī )
4.	Siddha ghṛta	Revatī graha cikitsā	Vaṅg.19:244,pg. 249	Kākolyādi gaṇa (Riddhī )
5.	Cāgalādyā ghṛta	Rāja-yakṣamā, aruci, swarbhna	Vaṅg.46:122,pg. 576	Riddhī
6.	Aśwagandhādi ghṛta	Kṣatat-kṣaya, balya, , vāta vyādhi	Vaṅg.48:102,pg. 592	Riddhī
7.	Jīvantiyādi cūrṇa	Panch Kāsa hara	Vaṅg.48:145,pg. 596	Riddhī
8.	Mahākalyāṇa- ghṛta	Unmāda roga	Vaṅg.58: 68, pg. 647	Riddhī
9.	Salavana sweda	Vāta-vyādhi	Vaṅg.60: 63, pg. 263	Kākolyādi-gaṇa (Riddhī )
10.	Mahābalā taila dwitiya	Vāta-vyādhi	Vaṅg.60:249,pg. 681	Kākolyādi gaṇa(Riddhī )
11.	Mahānārayaṇa taila	Vāta roga, arditā, hanustabha	Vaṅg.60:307,pg. 685	Aṣṭavarga (Riddhī )
12.	Māṣa taila	Vāta-vyādhi, timira	Vaṅg.60:317,pg. 686	Aṣṭavarga (Riddhī )
13.	Sāmiṣa-mahā-māṣa taila	Vāta-vyādhi, badhirya, timira	Vaṅg.60:337,pg. 687	Aṣṭavarga(Riddhī )
14.	Mahā-māṣa taila	Vāta-vyādhi	Vaṅg.60:359,pg. 689	Aṣṭavarga (Riddhī )
15.	Ajitaprasāriṇī taila	Vāta-vyādhi	Vaṅg.60:504,pg. 698	Riddhī
16.	Mahāguḍuci ghṛta	Gridhrasi,Vātarakta, rakta	Vaṅg. 61:92, pg. 716	Riddhī
17.	Tikta cūrṇa	Hidroga, śūla	Vaṅg.69: 30, pg. 782	Riddhī
18.	Gandha taila	Bhagna roga	Vaṅg.81: 32, pg. 858	Kākolyādi gaṇa ( Riddhī )
19.	Śiva Vaṭikā	Rasāyanaa, atisāra, kāmālā	Vaṅg.83: 16, pg. 865	Riddhī
20.	Kalka	Pitta roga hara	Vaṅg. 90: 144, 943	Kākolyādi gaṇa (Riddhī )

**Table 16:** Review of Riddhī Gadanigraha

Sr.	Preparations	Indications	Reference	Name used
1.	Trayusaṇādyā ghṛta	Kāsa	Ga.ni.pr.kh. 1:194, pg. 32	Riddhī
2.	Mahāmāyūra ghṛta	Śiro-roga, Kāsa	Ga.ni.pr.kh. 1:440, pg. 69	Riddhī
3.	Yaṣṭimadhukādyā taila	Vātarakta	Ga.ni.pr.kh. 2:208, pg. 100	Riddhī
4.	Dwitiya Guḍuci taila	Vatroga	Ga.ni.pr.kh. 2:399, pg.127	Riddhī
5.	Gandha taila	Bhāgna	Ga.ni.pr.kh. 2:424, pg. 131	Kākolyādi (Riddhī )
6.	Brihat Śivā guṭikā	Jwara, grahaṇī, śukra doṣa	Gd.ni.dw.kh. 4:219, pg. 253	Riddhī
7.	Sarpi guṭikā	Kṣatat Kṣīṇa, tamak shwas	Gd.ni.dw.kh. 4:416, pg. 279	Riddhī
8.	Cyavanaprāśa avleha	Jara-nāśaka, ayurvedhaka	Gd.ni dw.kh. 5:251	Riddhī
9.	Amṛtaprāśa avleha	Kṣata-kṣīṇa	Gd.ni.dw.kh. 5:280, pg. 336	Riddhī
10.	Laghu Cyavanaprāśa	Hṛdroga, shwas, Kāsa, rasāyana	Gd.ni.dw.kh. 5: 286, pg. 337	Riddhī
11.	Kumāryāsava	Vātaroga, grahaṇī, gulma	Gd.ni. dw.kh. 6:4, pg. 346	Aṣṭavarga (Riddhī )
12.	Daśamūlāsava	Kṣaya, śwāsa, arśa	Gd.ni.dw.kh. 6:254, 386	Aṣṭavarga (Riddhī )

is mentioned. But there is not any reference related to Riddhi found during this book.

*Ajīnāmṛita-mañjarī*:<sup>34</sup> In Āyurveda, indigestion is considered as the main reason behind various disorders. This book contains appropriate solutions for treating indigestion. In Ayurvedic literature, the *Ajīnāmṛitamāñjarī* is a brief treatise, yet it is found to be quoted in several treatises. In the history of Āyurveda, the *Ajīnāmṛitamāñjarī* is considered to be the creation of Kaśīnātha, a fourteenth century scholar. This book contains total of 52 verses. There is not any reference related to Riddhi found during this book.

*Vaidyaśataśloki*:<sup>35</sup> This book is the creation of the famous south Indian writer Avadhāna Sarasvatī. *Praśastaauśadha-saṅgraha* is another name of this book. This treatise includes the description of Ayurvedic medicines for various disorders. Following references related to Riddhi found in this book. (Table 17)

*Kṣemakutūhalam*:<sup>36</sup> *Kṣemakutūhalam* is a very unique Sanskr̥ta work written by Kṣemaśarmā. It is solely dedicated to the delineation of various foodstuffs from the ayurvedic point of view. In this book a lot of medicinal plants are described but description of Riddhi is not found in this book.

*Rājamārtaṇḍa*:<sup>37</sup> *Rājamārtaṇḍa* is a small but very unique Sanskr̥ta work written by Rājā Bhoja. This book contains 35 chapters. Last chapter of this book contains veterinary medicine. In this book a lot of medicinal formulations are described but description of Riddhi not found in this book.

*Vaidyajīvanam*:<sup>38</sup> *Vaidyajīvanam* is a popular treatise written by Lolimbarāja. It is a very popular handbook for medicine which is composed in poetic style. It is a rare combination of medicinal

formulations in the form of poetry. In this book a lot of medicinal formulations are described but the description of Riddhi is not found in this book.

*Yogarātnākara*:<sup>39</sup> *Yogarātnākara* is one of the most renowned treatise on Āyurveda. It is an important source book for getting a better understanding of the history of Indian medicine. It is compiled work of Indian medical system, except anatomy and surgery. *Yogarātnākara* represents the various shades of ancient medical wisdom knowledge embedded in books of ancient times to the later part of the 17 century. In this treatise Riddhi has been described in different formulations as an ingredient for the treatment of various disorders. (Table 18)

*Bhojanakutūhalam*:<sup>40</sup> It is a 17<sup>th</sup> century Sanskr̥ta treatise that exclusively explicates the 2000 year old Ayurvedic tradition of food science. This treatise is written by Pt. Ragunātha Sūrī. It is a collection of all the information related to food. This can be considered as the encyclopaedia for attaining the knowledge related to the benefit of food. Further, it also includes the recipes of different variety of food items for healthy lifestyle. It also comprises interesting and ancient ways of eating food. In this book lot of herbs were also described along with their properties but the description of Riddhi is not found in this book.

*Bhāiṣajyaratnāvalī*:<sup>41</sup> *Bhāiṣajyaratnāvalī* is a classical compendium of Ācārya Govindadas Sen. It is a very popular treatise of Āyurveda. This treatise contains compilation and systematic categorization of the different herbal and herbomineral formulations. It is a specialized book on medicine. Riddhi has been described in different formulations as an ingredient of formulations for the treatment of various disorders. (Table 19)

**Table 17:** Review of Riddhi in *Vaidyaśataśloki*

Sr.	Preparations	Indications	Reference	Name used
1.	Vātahara auśadhiyā	-----	Praśasta auśadha saṅgraha : 5, pg. 5	Aṣṭavarga
2.	Kṣaya roghara auśadhaiya	-----	Praśasta auśadha saṅgraha: 12, pg. 10	Aṣṭavarga
3.	Vaat vikārahara auśadhaiya	-----	Praśasta auśadha saṅgraha: 53, pg. 36	Aṣṭavarga

**Table 18:** Review of Riddhi in *Yogarātnākara*

Sr.	Preparations	Indications	Reference	Name used
1.	Abhāva varga	.....	Yo. rt. abhāva varga: 28, Pg. 172	Riddhi
2.	Cyavanaprāśa	Rāja-yakṣamā	Yo. rt. rājayakṣmā cikitsā: 8, pg. 372	Aṣṭavarga (Riddhi)
3.	Śivā guṭikā	Śoṭha, granthi	Yog. rt. rajayaksama cikitsā: 2, pg.374	Aṣṭavarga (Riddhi)
4.	Kākolyādighṛta	Skandāpasmāra-nāśaka	Yo. rt. bālaroga cikitsā: 2, pg. 450	Riddhi
5.	Kākolyādigaṇa	Stanyavardhaka, jivaniya; pittarakta and vātanāśaka	Yo. rat. bālaroga cikitsā: 1, pg. 450	Riddhi
6.	Revatī graha cikitsā	Revatī graha-nāśaka	Yo. rat. bālaroga cikitsā: 3, pg. 451	Kākolyādi gaṇa(Riddhi)

**Table 19:** Review of Riddhī in Bhāiṣajyaratnāvalī

Sr.	Preparations	Indications	Reference	Name used
1.	Cyavanaprāśa	Rasāyana, Kāsa, śwāsa, Hṛdroga	Bh. rt. 14:60, pg. 416	Riddhī
2.	Cāgalādyā ghr̥ta	Kṣaya, Kāsa, parshvashul nāśaka	Bh. rt. 14:255, pg. 434	Riddhī
3.	Amṛtaprāśa ghr̥ta	Hikkā, jwara, mūrccā	Bh. rt. 14:266, pg. 435	Riddhī
4.	Mahākalyāṇa- ghr̥ta	Bṛmhaṇīya, Sannipāta hara	Bh. rt. 24:72, pg. 517	Riddhī
5.	Nakuladyā ghr̥ta	Unmāda, Apasmāra, Badhirya	Bh. rt. 26:223, pg. 551	Aṣṭavarga (Riddhī)
6.	Balā taila Mahat	Kṣīṇa-śukra, Kṣīṇa-vāta	Bh. rt. 26:274, pg. 555	Aṣṭavarga (Riddhī)
7.	Śri-Gopāla taila	Vātaroga, vishanti prameha roga	Bh. rt. 26:295, pg. 556	Riddhī
8.	Mahākukuṭa-māsa taila	Vāta-vyādhi	Bh. rt. 26:547, pg. 581	Aṣṭavarga (Riddhī)
9.	Māsa taila dvitiya	Pakṣatagata, arditā	Bh. rt. 26:558, pg. 582	Aṣṭavarga (Riddhī)
10.	Vidārī ghr̥ta	Mūtrāghāta, aśmarī, Yonidoṣa	Bh. rt. 34:31, pg. 709	Aṣṭavarga (Riddhī)
11.	Brihat shyamadi ghr̥ta	Prameha, śukrakṣaya, dhātuśoṣan	Bh. rt. 38:16, pg. 744	Aṣṭavarga (Riddhī)
12.	Gandha taila	Pakṣataghata, bhāgna sarvakarma	Bh. rt. 49:23, pg. 860	Kākolyādi ghr̥ta (Riddhī)
13.	Śivā guṭikā	Atisāra, kāmālā, arbuda, vidradhi	Bh. rt. 73:154, pg. 1113	Riddhī
14.	Aśwagandhā ghr̥ta brihat	Kṣīṇa mansa, timir, Viśama jwara	Bh. rt. 74:291, pg. 1139	Riddhī
15.	Amṛtaprāśa ghr̥ta	Jivaniya, Śiroroga, Kāsa	Bh. rt. 74:304, pg. 1140	Riddhī
16.	Daśamūlāriṣṭa	Grahiṇī, aruci, aśmarī	Bh. rt. 74:363, pg. 1143	Riddhī
17.	Ymanyādi cūrṇa	Unmāda, klaibya	Bh. rt. 78:7, pg. 1151	Aṣṭavarga (Riddhī)

**Table 20:** Review of Riddhī in Mādhavacikitsā

Sr.	Preparations	Indications	Reference	Name used
1.	Cyavanaprāśa	Kṣaya roga	Mā. ci. 10:25, pg. 69	Riddhī
2.	Mahākalyāṇa- ghr̥ta	Unmāda roga	Mā. ci. 20:10, pg. 99	Riddhī
3.	Śwadamṣṭrādi ghr̥ta	Vāta-Pitta hṛda roga, Mūtrakṛccha	Mā. ci. 31:11, pg. 135	Riddhī
4.	Utsādana	Vraṇa	Mā. ci. 44:23, pg. 171	Kākolyādi-gaṇa (Riddhī)

*Mādhavacikitsā*:<sup>42</sup> Mādhavacikitsā is said to be one of the earliest texts written exclusively on the 'Cikitsā' (Disease Management and Therapeutics) of different ailments. Madhav cikitsā is written by Ācharya Madhava. This text appears unique in its approach and utility. The other famous text written by Mādhavāchārya is on Nidāna (Diagnostics) 'Rogaviniścaya' or 'Mādhava Nidāna'. Mādhvācārya has repeated his feat of being a pioneer by writing this compendium which deals solely with the subject of 'Cikitsā' or therapeutics of diseases based on the foundations of knowledge resourced from Caraka, Suśruta, Āṣṭangahṛdaya and Āṣṭangasaṅgraha compendiums. In this book Riddhī has been described in different formulations as an ingredient for the treatment of various disorders. (Table 20)

*Rucivadhū-gala-ratnamālā*:<sup>43</sup> This treatise is perfect combination of ancient Indian traditional cooking methods and Āyurveda. It includes the description of vegetarian food items which are helpful to increase the appetite. This book also comprises recipes of various dishes in a very simple language. This treatise was written by Ācārya Parpraṇava.

In this book lot of herbs were also described along with their properties but the description of Riddhī is not found.

*Abhinava-nāvajīvanam*:<sup>44</sup> This is an important book composed of 16 chapters. In this book a lot of medicinal formulations have been described for the treatment of various disorders. In this book Riddhī has been described in a small number of formulations as an ingredient. (Table 21)

*Arkaprakāśa*:<sup>12</sup> ArkapraKāsa is a popular treatise written by Ravana. In this book a lot of formulations are described. As name of this book indicates that this treatise concerned with arka chikitśā. The arka obtained from medicines have been used in the treatment of various diseases. Only two references concerning with Riddhī are found. Riddhī is found under Aṣṭavarga: 13 (pg. 59), and arka obtained from Aṣṭavarga dravya withhold property of Bhāgna sandhana. Another reference of Riddhī is under Paustik gaṇa: 60 (pg. 151) (Table 22)

*Siddhabheṣajamnimālā*:<sup>45</sup> This is an important treatise written by Mahākavi Kṛṣṇarāma Bhāṭṭa. This book is divided into five Gucca. It is a very

important book for the treatment purpose. In this book a lot of medicinal formulations are described but there is not any reference related to Riddhi found during this book.

### Riddhi in Rasa Grantha:

*Rasaratnasamuccaya*:<sup>46</sup> This is the most important work of the Rastantra work available today. The author of this treatise is Vāghbhāṭa, but evidently different from the author of Aṣṭāṅghṛdaya or Aṣṭāṅgasaṅgraha. Only one reference related to Riddhi found in this book. It is one of the ingredient of Tripurāṅtak rasa 20:40 (pg.no.247), it pacify all types of kuṣṭha.

*Rasatarāṅgiṇī*:<sup>47</sup> Rasatarāṅgiṇī is an authoritative text on Rasaśāstra and contains all the details of diverse procedures elaborated in drug preparation. It is considered to be the last classical text

concerning Rasaśāstra written in contemporary period. Rasatarāṅgiṇī was written by Prāṇācārya Sadānanda Sharmā. Colophon given at the end of last chapter clearly indicates the author of this text as Sadānanda Sharmā. A few references of Riddhi found during this book. (Table 23)

### Conclusion

From the above mentioned information we have concluded that Riddhi is very useful and important plant mentioned in various places in different Saṁhitā. Since past it used in various medicinal preparations. Unfortunately due to the lack of plant identification knowledge many species are now named and used as Kākoli in various parts of our country. This created difficulty in correct identification and use of medicinal plants.

**Table 21:** Review of Riddhi in Abhinava- nāvajīvanam

Sr.	Preparations	Indications	Reference	Name used
	Amṛtaprāśa ghr̥ta	Kṣīṇa-kṣata, Kāsa, jwara	Abhi-nā. 2:5, pg. 48	Riddhi
	Mahākalyāṇa- ghr̥ta	Kṣataj Kāsa, vāta-pittaj Kāsa	Abhi-nā. 2:143, pg. 68	Riddhi
	Śarmūli ghr̥ta	Jīvaniya, balya	Abhi-nā. 2:225, pg. 79	Riddhi
	Anuvāsānika sneha	Jwara nāśaka	Abhi-nā. 3:1, pg. 85	Riddhi
	Cyavanaprāśa	Swara-kṣaya, Hṛdroga	Abhi-nā. 3:24, pg. 120	Riddhi

**Table 22:** Review of Riddhi in Arkaprakāśa

Sr.	Preparation	Indications	Reference	Name used
1.	Aṣṭavarga arka	Bhāgna-sandhānakṛta	Arka. 4:13, pg. 59	Riddhi
2.	Pauṣṭika- gaṇa	.....	Arka. 9:60, pg. 151	Aṣṭavarga

**Table 23:** Review of Riddhi in Rasatarāṅgiṇī

Sr.	Preparations	Indications	Reference	Name used
1.	Swarna- bhasma- prayopga	Stanyavardhanārtha	Ras. 15: 106	Kākolyādi-gaṇa (Riddhi )
2.	Śilājatu-prayoga	Vīrya-var dhaka	Ras. 22: 94	Kākolyādi-gaṇa



Plate 1 Habenaria intermedia D. Wear

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