

AVARTAKI - आवर्तकी

आहुल्यं तिक्तशीतं स्याच्चक्षुष्यं पित्तदोषनुत् ।
मुखरुक्कुष्ठकण्डूतिजन्तुशूलव्रणापहम् ॥
तत्पुष्पंसहसा प्रमेहशमनं स्वर्णस्य वर्णप्रदं
बालं तस्य फलं वमिक्रिमिहरं सर्वप्रमेहापहम् ।
तृष्णाघ्नं सकषायमक्षिहितकृद् रुच्यं तथा दुर्जरं
तद्वीजं मधुमेहहृद् विषहरं रक्तातिसारं जयेत् ॥
तन्मूलं पवनप्रकोपि मधुरं तृष्णाप्रमेहं जयेच्छ्वासघ्नं गुरु
रक्तपित्तशमनं शुक्रक्षये पूजितम् ॥ (नि.र)

- Avartaki has bitter taste , cold potency, is beneficial for eye, pacifies pitta dosha.
- It pacifies diseases of buccal cavity, pain, skin diseases, parasitic infection, stomach pain & ulcers.
- The flower of avartaki pacifies prameha(diabetes), imparts golden complexion on usage.
- The unripe fruit acts as anti-emetic, anthelminthic and pacify all types of prameha(diabetes), thirst. It is good for health of eyes, enhances taste perception; has astringent taste.
- The seed pacifies madhumeha(a type of diabetes),
- Poisons, dysentery.
- The root vitiates the vata dosha & has sweet taste, heavy in nature ; cures thirst, diabetes, bronchial asthma, cough ; pacifies hemorrhagic disorders & cures oligospermia.