

APPENDIX 1

The details regarding properties and pharmacological action of the herbs present in **Capsule Torchnil** is given below:

Sr. No.	Name of the plant	Action
1.	<i>Glycyrrhiza glabra</i> (Yashtimadhu) ¹	It is used for improving voice (<i>kanthya</i>), life promoting anti-oxidant (<i>jivaneeya/ rassayana</i>). It also helps coagulation of blood (<i>shonita sthapaniya</i>). It is a good expectorant. It contains glycyrrhizine, which possesses antiviral activity. It is anti-inflammatory and Immuno modulatory medicine.
2.	<i>Tinospora cordifolia</i> (Guduchi) ²	<i>Guduchi</i> in Sanskrit it means which protects the body. It anti-aging (<i>vayasthapana</i>), powerful anti-inflammatory, antiseptic and antipyretic. It is one of the most important <i>Rasayana</i> from Ayurveda. It is a very good immune-promoter. The main phytochemical present in this medicine is cardiolioside, which is antimicrobial.
3.	<i>Solanum indicus</i> (Ringimul) ³	It is anti-inflamamtory (<i>Shothahara</i>), analgesic (<i>angamarda prashamana</i>) and improves throat and respiratory system pathologies (<i>kanthya</i>). It is also antipyretic
4.	<i>Piper longum</i> (Lendi Pimpli) ⁴	It is known as rejuvenator for respiratory system (<i>rasayana</i>). It is appetizer, carminative, analgesic. It is used in chronic fevers and cough. Piperine is active phytochemical present in piper longum
5.	<i>Tribulis terrestris</i> (Gokshuru) ⁵	It is an anti-inflammatory (<i>Shothahara</i>) analgesic and expectorant. It is diuretic also
6.	<i>Clerodendrum serratum</i> (Bharang-Mul) ⁶	It is very useful in cough and breathlessness (asthma). It is antimicrobial and anti-inflammatory.
7.	<i>Punica granatum</i> (Dadim) ^{7,8}	It improves taste and appetite. It is useful diarrhea. It is antipyretic. Punicalin is the active pharmaceutical ingredient which has antiviral action
8.	<i>Vanda roxburghii</i> (Rasna) ⁹	It has been found to be useful as aphrodisiac, antibacterial, antifungal, antiulcer, anticonvulsant, antioxidant agent. The plant has also been tested for hepatoprotective, anti-inflammatory, wound healing, antinociceptive, analgesic and antidiabetic activity
9.	<i>Rubia cordifolia</i> (Manjistha) ¹⁰	It has various pharmacological activities as, antidiabetic, antimicrobial, anti-inflammatory, antioxidant, analgesic, antiglycation, gastroprotective, antiviral, hepatoprotective and many more.
10.	<i>Solanum xanthocarpum</i> (Kantakari) ¹¹	It relives cough (<i>kasahara</i>), anti-inflammatory (<i>Shothahara</i>) and relieves body aches and pains (<i>angamarda prashamana</i>)

11.	<i>Andropogan muricatus</i> (vala) ¹²	It is cooling, appetizing and digestive. It is very useful antipyretic.
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The details regarding properties and pharmacological action of the herbs present in **Tablet Febcin** is given below:

Sr. No.	Name of the plant	Properties	Action
1.	<i>Cyperus rotundus</i> (Musta) ¹³	Amentoflavone	It relieves thirst (trushnaghna). It prevents nausea vomiting. It improves respiration and digestion. It is highly recommended herb in any type of fever
2.	<i>Fumaria parviflora</i> (Parpataka) ¹⁴	Flavonoids, tannins & saponins	It relieves fever, thirst and intoxication. It is always used in combination with <i>Cyperus rotundus</i> in all types of fevers
3.	<i>Fagonia Arabica</i> (Duralabha) ¹⁵	poly phenols	It is antipyretic, relieves thirst, anti-inflammatory and diuretic herbal medicine
4.	<i>Tinospora cordifolia</i> (Guduchi) ²	Cordifolioside	<i>Guduchi</i> in Sanskrit it means which protects the body. It anti-aging (<i>vayasthapana</i>), powerful anti-inflammatory, antiseptic and antipyretic. It is one of the most important <i>Rasayana</i> from Ayurveda. It is a very good immune-promoter. The main phytochemical present in this medicine is cordifolioside, which is antimicrobial.
5.	<i>Zingiber officinalis</i> (Shunthi) ¹⁶	Zingiberene	It a good appetizer, antipyretic analgesic. It acts on respiratory system to control cough. It relieves nausea. vomiting and giddiness
6.	<i>Cissampelos paeira</i> (Laghupatha) ¹⁷	Hirsutine-	It is powerful antipyretic causes sweating. Used predominantly in fevers.
7.	<i>Glycerrhiza glabra</i> (Yashtimadhu) ¹	Glycerrhizine -	It is used for improving voice (<i>kanthya</i>), life promoting antioxidant (<i>jivaneeya/rasayana</i>). It also helps coagulation of blood (<i>shonita sthapaniya</i>). It is a good expectorant. It contains glycerrhizine, which possesses antiviral activity. It is anti-inflammatory and Immuno modulatory medicine.
8.	<i>Andropogan muricatum</i> (Vala/ Usheer) ¹²	Khusimol, zizaene -	It is cooling, appetizing and digestive. It is very useful antipyretic.

References:

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FEBCIN TABLET

Ayurvedic approach to control fevers of common viral origin is very interesting. Usually fever starts with prodromal symptoms of malaise, body aches and pains, nausea and vomiting. These symptoms signify overload on liver due to protein breakdown occurring in fever.

Ayurvedic approach is to reduce the burden on the liver by fasting and hydration with lukewarm water and give herbs to reduce fever and other symptoms. These herbs are basically stimulant of liver function, soothing the stomach and improve the appetite. These herbs also help in bringing down the temperature.

In contrast a modern medicine practitioner treats fever with paracetamol (PCM), a known hepatotoxic drugs. PCM is advised after food adding more load of amino acids on liver.

Hence a formulation based on Ayurveda is created in the form of FEBCIN tablets.



Tab. Febcin Ingredients		Quantity
1	Musta (<i>Cyperus rotundus</i>)	1 gms
2	Parpataka (<i>Fumaria parviflora</i>)	500 mg
3	Duralabha (<i>Fagonia Arabica</i>)	500 mg
4	Guduchi (<i>Tinospora cordifolia</i>)	500 mg
5	Shunthi (<i>Gingiber officianalis</i>)	500 mg
6	Laghupatha (<i>coccolush hirsutus</i>)	500 mg
7	Yashti madhu (<i>Glycerrhiza glabra</i>)	250 mg
8	Usheer (<i>Andropogan muricatum</i>)	500 mg

Mode of action:

All these herbs are known to possess anti-inflammatory, immunomodulatory and antioxidant activity and also are antimicrobial (bacteria & viruses) agents. These herbs have anti pyretic and hepato-protective and anti-emetic properties

Toxicity & Side effects:

It is well tolerated with no side effects are observed.

Dosage:

One tablet thrice daily to four times a day.

Can be given along with Torchnil cap. and/or Sujat cap. during pregnancy for good pregnancy outcome, as it is a potent immunity booster and strong Anti-Viral.

Also useful for prevention and to cure symptoms of Covid-19. (Along with Torchnil cap.)

Clinical trial already started at BYL Nair Hospital & TN Medical College for Anti – Covid 19 medication..

Packaging – 1 carton contains 10 strips. Each of 10 tablets.

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Ayurvedic Prop. Medicine to be manufactured At : **M/s Dr. Palep's Medical Research Foundation Pvt.Ltd., plot No. B-114, additional Ambernath MIDC, Anand nagar, Ambernath (E) Dist- Thane. 421506**

PRODUCT 9: CAP. TORCHNIL (Ayu. Prop. Medicine)

Each Capsule contains extracts equivalent to the drugs in their crude form.

No.	Sanskrit	Latin	Text Authority	Dose
1	YASHTIMADHU	GLYCERRHIZA GLABRA	Sushrut Samhita 10 pg 83	250mg.
2	GUDUCHI	TINOSPORA CORDIFOLIA	Sushrut Samhita 10 pg 83	250mg.
3	LAGHU KANTAKARI	SOLANUM XANTHOCARPUM	Sushrut Samhita 10 pg 83	250mg.
4	BRIHAT KANTAKARI	SOLANUM INDICUM	Sushrut Samhita 10 pg 83	250mg.
5	PIPPALI	PIPER LONGUM	Sushrut Samhita 10 pg 83	100mg.
6	GOKSHURU	TRIBULIS TERRESTRIS	Sushrut Samhita 10 pg 83	250mg.
7	BHARANG MOOL	CLERODENDRUM SERRIATUM	Sushrut Samhita 10 pg 83	250mg.
8	DADIM PATRA	PUNICA GRANATUM	Sushrut Samhita 10 pg 83	250mg.
9	USHEER	ANDRPOGAN MURICATUM	Sushrut Samhita 10 pg 83	250mg.
10	RASNA	VANDA ROXBURGHI	Sushrut Samhita 10 pg 83	250mg.
11	MANJISHTA	RUBIA CORDIFOLIA	Sushrut Samhita 10 pg 83	250mg.

Dose One Cap. Twice daily after food. As Directed by the physician.


Indication: As Directed by the Physician.

Process: Crush Powder, Dry extract, capsulate.

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