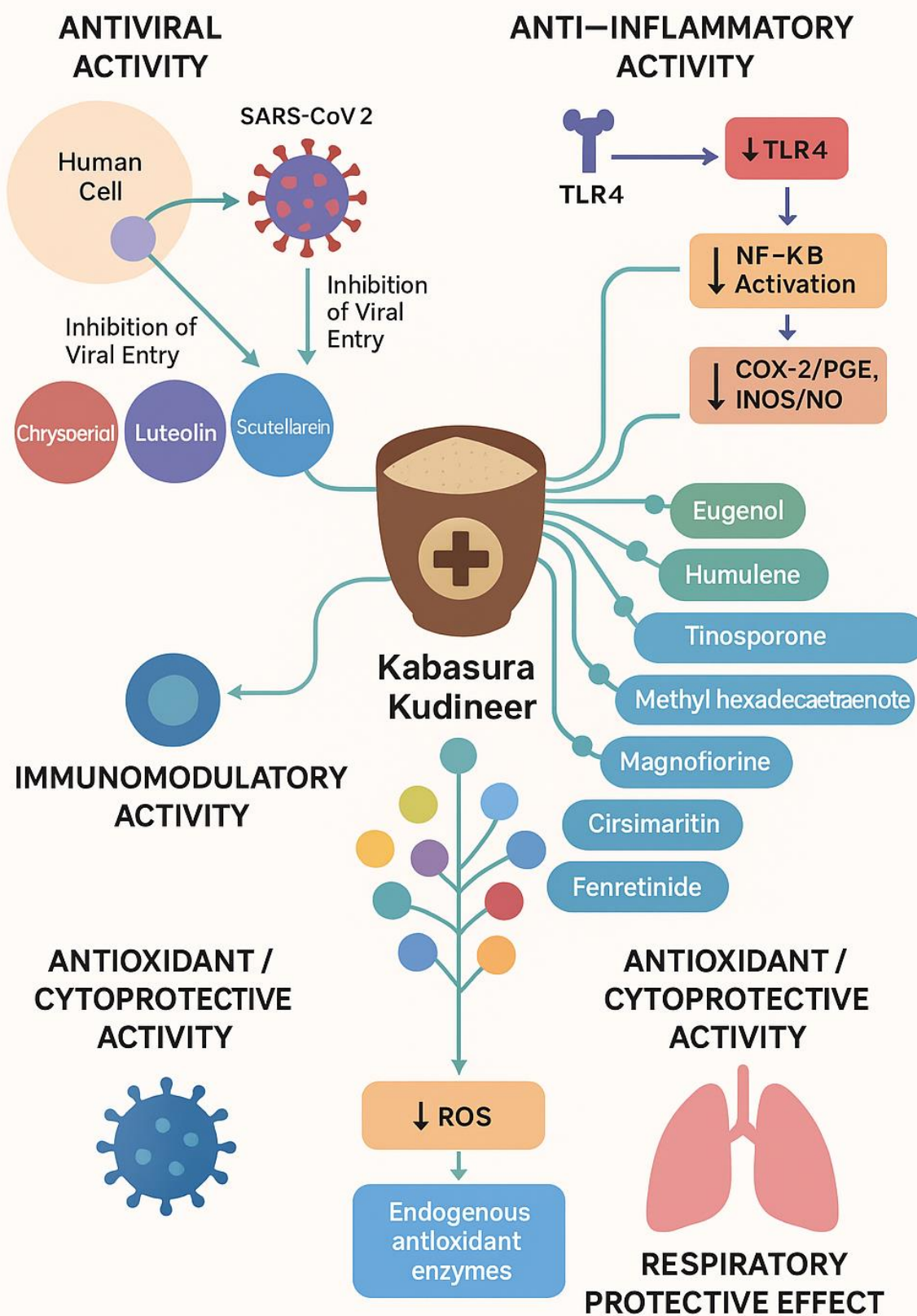




## 1. KABASURA KUDINEER

| Ingredients               | #                                                                                                                                                                                   | Name of Ingredients                       | Botanical Name                     | Qty |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------------------|-----|
|                           | 1                                                                                                                                                                                   | Sukku (Dry Ginger)                        | <i>Zingiber officinale</i> Rosc.   | Qs  |
|                           | 2                                                                                                                                                                                   | Thippili (Long Pepper)                    | <i>Piper longum</i> L.             | Qs  |
|                           | 3                                                                                                                                                                                   | Kirambu (Clove)                           | <i>Syzygium aromaticum</i>         | Qs  |
|                           | 4                                                                                                                                                                                   | Sirukanchori ver (Indian Stinging Nettle) | <i>Tragia involucrata</i> L.       | Qs  |
|                           | 5                                                                                                                                                                                   | Akkarakaram (Pellitory Root)              | <i>Anacyclus pyrethrum</i>         | Qs  |
|                           | 6                                                                                                                                                                                   | Nilavembu (King of Bitters)               | <i>Andrographis paniculata</i>     | Qs  |
|                           | 7                                                                                                                                                                                   | Mulliver (Kokilaksha)                     | <i>Hygrophila auriculata</i>       | Qs  |
|                           | 8                                                                                                                                                                                   | Kadukkai (Chebulic Myrobalan)             | <i>Terminalia chebula</i> Retz.    | Qs  |
|                           | 9                                                                                                                                                                                   | Aadathodai ilia (Malabar Nut)             | <i>Justicia adhatoda</i> L.        | Qs  |
|                           | 10                                                                                                                                                                                  | Karpooravalli (Indian Borage)             | <i>Plectranthus amboinicus</i> (.) | Qs  |
|                           | 11                                                                                                                                                                                  | Kottam (Crepe Ginger)                     | <i>Costus speciosus</i>            | Qs  |
|                           | 12                                                                                                                                                                                  | Seendhil (Guduchi)                        | <i>Tinospora cordifolia</i>        | Qs  |
|                           | 13                                                                                                                                                                                  | Siruthekku (Bharangi)                     | <i>Clerodendrum serratum</i>       | Qs  |
|                           | 14                                                                                                                                                                                  | Vatta thiruppi (Common Wireweed)          | <i>Sida acuta</i> Burm. f.         | Qs  |
|                           | 15                                                                                                                                                                                  | Koraikkizhangu (Nut Grass)                | <i>Cyperus rotundus</i> L.         | Qs  |
| <b>Preparation Time</b>   | 20 minutes                                                                                                                                                                          |                                           |                                    |     |
| <b>Preparation Method</b> | Take 5 grams of Kaba sura Kudineer chooranam (powder) in 240 ml water, boil, reduce to 60 ml and filter. Kaba sura Kudineer has to be taken twice daily in the morning and evening. |                                           |                                    |     |
| <b>Benefits</b>           | Reduces inflammation, treats & prevents from viral illnesses.                                                                                                                       |                                           |                                    |     |
| <b>Reference</b>          | K.S.Murugesu mudaliar Gunapadam Mooligai vaguppu materia medica                                                                                                                     |                                           |                                    |     |

# Kabasura Kudineer





## KABASURA KUDINEER

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