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### Botanical Name :

Alpinia calcarata Rosc.

### Family :

Zingiberaceae

### Introduction :

Throughout southern India, the rhizome of Alpinia galanga is used as Raasnaa

### Names in different Indian languages :

**English :** Lesser Galangal

**Hindi :** Kulanajan

**Kannada :** doddarasagadda

**Malayalam :** Aratta, cittaratta, kolinji

**Sanskrit :** Rasna

**Tamil :** Arattai, peraattai

**Telugu :** Dumparastramu

### Synonyms :

Kulanjana, Sthuulagranthi, Sugandhaa, Uragandhaa,

Malaya Vachaa, Mahaabhari- Vachaa.

### Varieties & adulterants – (CV – controversy, AD – adulterants) :

Substitute for Raasnaa (Pluchea lanceolata)

Plants used as Raasnaa in Indian medicine: Alpinia galanga Willd. (Zingiberaceae) in southern India; Pluchea lanceolata Clarke (Compositae; Asteraceae) in Uttar Pradesh; Vanda roxburghii R. Br. (Orchidaceae) in eastern Uttar Pradesh and W Bengal; Blepharispermum subsessile DC. (Compositae; Asteraceae) in Madhya Pradesh; and Dodonaea viscosa (Linn.) (Sapindaceae) in Andhra Pradesh.

**Morphology :**

Perennial shrub, aromatic one, resembles to ginger leaves, aromatic.

Leaves – smaller than A. galanga oblong, glabrous, acuminate. Edge is Sharpe

Flower – fragrant, greenish white, dense pedicles.

Fruits – capsule- orange red

Mode of propagation by rhizome.

**Distribution & Habitat :**

Mainly in South India

**Chemical constituents :**

methyl cinnamate, cineole and d-pinene

**Properties :**

Rasa- katu, tikta

Guna- laghu

Virya- ushna

Vipaka- katu

**Karma :**

deepana, pachana, vedana hara, kaph-vatha hara

**Srotogamitva :**

Dosha : vatha-kapha hara

Dhatu : asthi, maja

Mala : mutrala

Organ : bone, bone marrow

**Internal uses :**

**Nervous system:** Nerve tonic.

**Digestive system:** Carminative,

**Respiratory system:** Expectorant

**Urinary system:**

**Reproductive system:** Unani physicians use A. galanga as a sex tonic

**Indication :**

Rhizome—carminative (in dyspepsia), stomachic, circulatory stimulant, diaphoretic, anti-inflammatory. Useful in diabetes, asthma, tuberculosis, rheumatoid arthritis, cough, obesity, fever, O.A.

**Part used :**

Rhizome

**Dosage :**

Rhizome—2-3 g powder.

Decoction—50-100 ml

**Therapeutic Uses :**

Rasna powder + honey useful in gout

Rasna powder in milk useful in osteo-arthritis

[Hindi »](#)

### Important Yogas or Formations :



Rasna sapthakam, rasna panchkam kashaya

## About Us

The College is recognized by National Commission for Indian System of Medicine, New Delhi and affiliated to the Shri Krishna Ayush University, Haryana for B.A.M.S. (Ayurvedacharya) Course. The College has produced over 1000 well-trained Graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt. Services or in their private enterprises. The College has gained distinction as various important and well-known pharmaceutical companies of the country have shown keen interest in the activities and development of Ayurveda in the College.



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