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# JAGATGURU SHRI DEVNATH INSTITUTE OF VEDIC SCIENCE & RESEARCH, Nagpur

Run by **MDD Trust**



A Calendar for the year 2024



तुलसी कटुतिक्तोष्णा तुलसी श्लेष्मवातजित् ।

जन्तुभूतकृमिहरा रुचिकृद्वातशान्तिकृत् ॥

tulasī kaṭutiktōṣṇā tulasī ślēṣmavātajit |

jantubhūtakṛmiharā rucikṛdvātaśāntikṛt ||

Sanskrit Name : Tulasi

Botanical Name : Ocimum Tenuiflorum L.

Family : Lamiaceae

Tulasi is pungent and bitter in taste and hot in potency. It alleviates Kapha and Vata Doshas, and arasite/worm/microbial infections. It helps to cure tastelessness and disorders of Vata origin. (Ref.: Rajanighantu, Karaviradi Varga, 147-150)

January 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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श्वेतदूर्वाऽतिशिशिरा मधुरा वान्तिपित्ताजित् ।

आमातिसारकासघ्नी रुच्या दाहतृषापहा ॥

śvētadūrvā'tiśīsirā madhurā vāntipittajit |

āmātisāarakāsaghñī rucyā dāhatṛṣāpahā ||

Sanskrit Name : Durva

Botanical Name : Cynodon dactylon (L.) Pers.

Family : Poaceae

Durva is significantly cool in potency and sweet in taste. It helps to cure diarrhoea, cough, burning sensation in the body and tastelessness in mouth.

(Ref.: Rajanighantu, Shalmalyadi Varga, 109-111)

February 2024

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बिल्वस्तु मधुरो हृद्यः कषायः पित्तजित् गुरुः ।

कफज्वरातिसारघ्नो रुचिकृद्दीपनः परः ॥

bilvastu madhurō hr̥dyaḥ kaṣāyaḥ pittajit guruḥ |  
kaphajvarātisāraghnō rucikṛddīpanaḥ paraḥ

Sanskrit Name : Bilva

Botanical Name : Aegle marmelos (L.) Corrêa

Family : Rutaceae

Bilva is sweet and astringent in taste and heavy to digest. It is good for heart, it alleviates Pitta dosha, fever caused due to kapha dosha and diarrhoea. It also kindles digestive fire and enhances the taste of the food. (Ref.: Rajanighantu, Amrati Varga, 188-192)

March 2024

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धवलो यावनालस्तु गौल्यो बल्यस्त्रिदोषजित् ।

वृष्यो रुचिप्रदोऽर्शोघ्नः पथ्यो गुल्मव्रणापहः ॥

dhavalō yāvanālastu gaulyō balyastridōṣajit |

vṛṣyō rucipradō'rśōghnaḥ pathyō gulmavraṇāpahaḥ ||

Jawar

Sanskrit Name : Jurnah, Yavanalah

Botanical Name : Sorghum bicolor (L.) Moench

Family : Poaceae

Seeds of Yavanalah provide strength and alleviate all three doshas. They are aphrodisiac, enhances taste and wholesome to the body. They help to cure haemorrhoids, abdominal swellings and non-healing ulcers. (Ref.: Rajanighantu, Shalyadi Varga, 59-62)

April 2024

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आम्रस्य पल्लवो रुच्यः कफपित्तविनाशनः ॥

āmrasya pallavō rucyaḥ kaphapittavināśanaḥ ॥

Sanskrit Name : Amra

Botanical Name : Mangifera indica L.

Family : Anacardiaceae

The tender leaves of mango tree clear oral cavity, facilitates taste perception and balances Kapha and Pitta doshas in the body. (Ref.: Bhavaprakasha Nighantu, Amradiphalavarga, 18)

May 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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पिप्पलः सुमधुरस्तु कषायः शीतलश्च कफपित्तविनाशी ।

रक्तदाहशमनः स हि सद्यो योनिदोषहरणः किल पक्वः ॥

pippalaḥ sumadhurastu kaṣāyaḥ śītalaśca kaphapittavināśī |  
raktadāhaśamanaḥ sa hi sadyo yōnidōṣaharaṇaḥ kila pakvaḥ ||

Sanskrit Name : Ashwattha

Botanical Name : Ficus religiosa L.

Family : Moraceae

Pippala is sweet and astringent in taste and cold in potency. It effectively alleviates Kapha and Pitta Doshas, diseases of blood, burning sensation in body and diseases of female reproductive system. (Ref.: Rajanighantu, Amradivarga, 112-115)

June 2024

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वटः शीतो गुरुर्ग्राही कफपित्तव्रणापहः ।

वर्ण्यो विसर्पदाहघ्नः कषायो योनिदोषहृत् ॥

vaṭaḥ śītō gururgrāhī kaphapittavraṇāpahaḥ |

varṇyō visarpadāhaghnaḥ kaṣāyō yōnidōṣahṛt ||

Sanskrit Name : Vata

Botanical Name : Ficus benghalensis L.

Family : Moraceae

Vata has astringent taste and cold potency. It is heavy to digest and alleviates Kapha and Pitta doshas. Cures diarrhoea, herpes, burning sensation in body, muscle wasting and diseases of female uro-genital tract. It has ability to enhance colour and complexion as well. (Ref.: Bhavaprakasha Nighantu, Vatadivarga, 1-2)

July 2024

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कुंकुमं सुरभि तिक्तकटूष्णं कासवातकफकण्ठरुजाघ्नम् ।  
मूर्धशूलविषदोषनाशनं रोचनं च तनुकान्तिकारकम् ॥

kunkumaṁ surabhi tiktakaṭūṣṇaṁ kāsavātakaphakaṅṭharujāghnam |  
mūrdhaśūlaviṣadōṣanāśanaṁ rōcanaṁ ca tanukāntikārakam ||

Sanskrit Name : Kumkuma-Keshara

Botanical Name : Crocus sativus L.

Family : Iridaceae

Kumkuma Keshara is an aromatic substance with bitter, pungent taste and hot potency. It cures, Vata & Kapha doshas; cough, diseases of throat, headache, and poisoning. It expels metabolic wastes, and enhances complexion of body as well. (Ref.: Rajanighantu, Chandanadi Varga, 40-41)

August 2024

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नागवल्ली कटुस्तीक्ष्णा तिक्ता पीनसवातजित् ।

कफकासहरा रुच्या दाहकृद्दीपनी परा ॥

nāgavallī kaṭustīkṣṇā tiktā pīnasavātajit |

kaphakāśaharā rucyā dāhakṛddīpanī parā ||

Sanskrit Name : Nagavalli

Botanical Name : Piper betle L.

Family : Piperaceae

Nagavalli is pungent, bitter, and potent. It pacifies Kapha and Vata dosha, rhinitis and cough. It kindles digestive fire and taste perception competently, but may cause thirst and burning sensation. (Ref.: Rajanighantu, Amradi Varga, 246-248)

September 2024

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उदुम्बरो हिमो वर्ण्यो कफपित्तास्रजिद् गुरुः ॥

udumbarō himō varṇyō kaphapittāsrajid guruḥ ||

Sanskrit Name : Udumbara

Botanical Name : Ficus racemosa L.

Family : Moraceae

Udumbara plant is cold in potency, heavy in its property, & cures diseases of Kapha dosha and blood. It enhances colour and complexion of skin. (Ref.: Bhavaprakasha Nighantu, Vatadivarga, 5)

October 2024

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पर्णं च शूलशमकं कदलीभवं स्यात् ॥

रम्भापक्वफलं कषायमधुरं बल्यञ्च शीतं तथा पित्तं चाग्नविमर्दनं गुरुतरं पथ्यं न मन्दानले ।  
सद्यः शुक्रविवृद्धिदं क्लमहरं तृष्णापहं कान्तिदं दीप्ताग्नौ सुखदं कफामयकरं सन्तर्पणं दुर्जरम् ॥

parṇam ca śūlaśamakam kadaliḥbhavaṁ syāt ||

rambhāpavaphalaṁ kaṣāyamadhuraṁ balyaṅca śītaṁ tathā  
pittaṁ cāsravimardanaṁ gurutaraṁ pathyaṁ na mandānalē |  
sadyaḥ śukravivṛddhidaṁ klamaharaṁ tṛṣṇāpahaṁ kāntidaṁ  
dīptāgnau sukhadaṁ kaphāmayakaraṁ santarpaṇaṁ durjaram ||

**Banana Leaf**

**Sanskrit Name** : Kadali patra

**Botanical Name** : Musa paradisiaca L.

**Family** : Musaceae

The Banana leaves relieve abdominal pains.

The ripened banana fruit is sweet and astringent in taste and cold in potency. It alleviates Pitta and diseases of blood, however not good when the digestive fire is diminished. It supports semen and reproductive functions, relieves mental stress, and thirst. Gives skin complexion and nourishes body, but may cause diseases of Kapha dosha. (Ref.: Bhavaprakasha Nighantu, Amradivarga, 36-39)

November 2024

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चन्दनं शीतलं रुक्षं तिक्तमाहादनं लघु ।  
हृद्यं वर्ण्यं विषश्लेष्मतृष्णापित्तप्रदाहजित् ॥

candanam śītalam rūkṣam tiktamāhlādanam laghu |  
hr̥dyam varṇyam viṣaślēṣmatṛṣṇāpittāsradāhajit ||

Chandan

Sanskrit Name : Chandana

Botanical Name : Santalum album L.

Family : Santalaceae

Sandalwood is cool, dry, bitter, gives pleasantness to mind & light to digest. It is good for hearing and enhances skin colour. Cures diseases caused due to poisoning, kapha dosha, thirst, and bleeding disorders. (Ref.: Madanapalanighantu, Karpuradivarga, 8-9)

December 2024

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