

Thai Traditional Medicine Theory in Relation to Seasons

Part 3

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Basic herbal formulations for ritu related dysfunction of Mahabhutarupa

As stated earlier that the numbering of months in a year for TTM is different from the calendar months i.e. December is considered as the first month and November is considered as the last month of the year. The beginning of seasons also depend on the moon position i.e. the wax and the waning moon. In general the summer months cause aggravation of body functions, the rainy months cause reduced activity of the body functions and the winter months cause malfunction. The months which involve techo dhatu are April, August and December, those involve vayo dhatu are June, October and February, apo months are July, November and March and pathavi months are May, September and January. The basic herbal formulas for each month are the combination of herbs in Benjakul Pigad or the group of herbs called benjakul which restore the normal function of the 12 Mahabhutarupa (Figure 1) the monthly herbal formula are shown in Figure 2-5. It is clearly seen that the combinations nourish all dhatus with emphasis on the most affected dhatu. Air is also recognized as important factor. These herbal combinations can be used as monthly healthfood to provide stamina for Thai people during seasonal changes.

BENJAKUL PIGAD (GANA)

The herbal combination that restore the function of Mahabhutarupa (12 groups)

- **TECHO** *Plumbago indica*
- **VAYO** *Piper interruptum*
- **ARPO** *Piper sarmentosum*
- **PATHAVI** *Piper chaba (longum)*
- **AIR** *Zingiber officinale*

Figure 1

SOROSBENJAKUL PIGAD FOR RITU RELATED DYSFUNCTION

Table 1 Techo dhatu

Techo Dhatu	Zodiac	<i>Terminalia bellirica</i> *	<i>Plumbago indica</i>	<i>Zingiber officinale</i>	<i>Piper Sarmentosum</i>	<i>Piper chaba</i>	<i>Piper Interruptum</i>
Pattapitta ¹	Aries	16	8	4	3	2	1
Apattapitta ²	Leo	4	16	8	2	1	3
Gumdao ³	Sagittarius	8	4	16	1	3	2

* Addition to Benjakul Pigad

¹Agravated, ²Declined, ³Not function

Figure 2 The herbal combination for seasonal Techo dhatu dysfunction.

SOROSBENJAKUL PIGAD FOR RITU RELATED DYSFUNCTION



Table 2 Vayo dhatu

Vayo Dhatu	Zodiac	<i>Terminalia chebula</i> *	<i>Piper Interrup-tum</i>	<i>Piper Nigrum</i> *	<i>Piper chaba</i>	<i>Plumbago indica</i>	<i>Piper Sarmen-to-sum</i>
Hataivata ¹	Gemini	16	8	4	3	2	1
Sattaga-vata ²	Libra	4	16	8	2	1	3
Sumana-vata ³	Aquarius	8	4	16	1	3	2

* Addition to Benjakul Pigad

Note: add some dried *Z. officinale* in every formula

¹Agravated, ²Declined, ³Not function

Figure 3 The herbal combination for seasonal Vayo dhatu dysfunction.

SOROSBENJAKUL PIGAD FOR RITU RELATED DYSFUNCTION



Table 3 Arpo dhatu

* Addition to Benjakul Pigad

Arpo Dhatu	Zodiac	<i>Phyllanthus Emblica</i> *	<i>Piper Sarmen-to-sum</i>	<i>Piper chaba</i>	<i>Plumbago indica</i>	<i>Piper Interrup-tum</i>	<i>Zingiber officinale</i>
Sor-semha ¹	Cancer	16	8	4	3	2	1
Ura-semha ²	Scorpion	4	16	8	2	1	3
Koota-semha ³	Pisces	8	4	16	1	3	2

Note: add some *P. nigrum** in every formula

¹Agravated, ²Declined, ³Not function

Figure 4 The herbal combination for seasonal Apo dhatu dysfunction.

SOROSBENJAKUL PIGAD FOR RITU RELATED DYSFUNCTION

Table 4 Pathavi dhatu

* Addition to Benjakul-Pigad

Pathavi Dhatu	Zodiac	<i>Piper Sarmen-tosum</i>	<i>Piper chaba</i>	<i>Piper Interrup-tum</i>	<i>Plumbago indica</i>	<i>Zingiber officinale</i>	* <i>Piper nigrum</i>
Htaiyan	Taurus	16	8	4	3	2	1
Uttariyan	Virgo	4	16	8	2	1	3
Grisan	Capri-corn	8	4	16	1	3	2

Note: add some Triphla in every formula (Triphala* = *Terminalia chebula*, *T. bellerica*, *Phyllanthus emblica*)

Figure 5 The herbal combination for seasonal Pathavi dhatu dysfunction.

Bibliography

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