

**HARAMEKHALA – TANTRA  
(THE FIRST CHAPTER ON MEDICINE)**

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***ABSTRACT:** This translation of Haremekhala – tantra of the author is based on Banaras Hindu University manuscript which seems to be a novel one. The manuscript runs into 133 stanzas in all in the form of dialogue between lord Siva and goddess Parvati. This is only the first chapter (of the great work) dealing with medicine. From stanza 109 onwards some magic spells are described and as such those have not been included in this translation.*

**INTRODUCTION**

The Haremekhala – tantra is a work of Mahuka who wrote it in 965 A. D.<sup>1</sup>. It is a prakṛta text published long ago under Trivandrum Sanskrit series in two parts. Cakrapani data has borrowed some of the recipes from this to his famous work on medicine entitled Cakradatta<sup>2</sup>. Niscala kara in his commentary on the Cakradatta quotes Haremekhala in Prakṛta more than once,<sup>3</sup> while others borrowed by Cakrapani are in Sanskrit. The latter ones point out to the

probable existence of a different work by the same title. Our MS<sup>4</sup> is, however, different from both of them in the sense that it is in Sanskrit and the stanzas in Sanskrit quoted in Niscala's commentary are not found in the same. Uddisatantra is also mentioned as Haremekhala in some of the Mss. A Haremekhala grantha is mentioned as one of the source books on which the Kaksaputa tantra is based<sup>5</sup>. There was also one Haremekhala nighantu<sup>6</sup>.

Now the Haremekhala begins:

1. Listen, O goddess! to me expounding the compilation of great remedies by which the creatures in the world would be free from all disorders. The goddess said –
- 2 – 5 ½ O great lord! god of gods! Kindly listen. In what way the living being stays free from diseases positively? The world is combination of Siva and Sakti; then how does it get afflicted? In living beings, myself alongwith you always exist as Jiva (spirit); then how do they suffer invariably? How can they recover and how can their diseases be alleviated positively? O god! kindly tell me. With affection on me kindly enlighten on the great remedies by the light of which man becomes like god. Lord Siva said -
- 6 – 9. I will tell about the great remedies. If they are taken while concentrating on me one is relieved instantaneously. I am delivering them only because of your insistence; but

they should not be passed on to others indiscriminately. I will expound them in a tract entitled 'Haramekhala' which should be kept secret then they would bear great fruits. In this very difficult Kali age, all moving and non-moving creatures are full of defects, gods are depressed and the religious people are fallen from their vows.

10 – 11 O goddess Parvati! The first remedy is being said, kindly listen.

The paste of Jatiphala, bilva leaves and haridra should be applied to the right flank. It relieves pain.

12. Brhati and amalaki mixed with katuka (kankola) should be taken early morning. It destroys eye diseases.

13. One should fill the eye with the juice of hastisundi. It destroys the eye diseases positively O Parvati

14. Sunthi after rubbing in the juice of bilva leaves is applied on eye (lids). It destroys eye disease.

15-16. Tulasi juice, mustard oil and sour gruel mixed together is applied as collyrium to the Eyes. It destroys eye diseases caused by vata, pitta and kapha, night blindness, pain in eyes and abscess.

17. The root of khadira extracted on auspicious day if taken with pupa (sweet cake) destroys eye diseases.

18. Borax mixed with mustard oil is rubbed on the surface of a copper plate. It destroys various eye diseases positively O Candika!

Thus treatment of eye disease.

19 -19 ½ One should take out the root of talamuli carefully and pound it. While bowing to lord Narayana (Vishnu), it is applied as collyrium. It destroys the diseases of head particularly headache on single application O goddess!

20 – 20 ½ Take out the root of eranda and pound it with sour gruel.  
It destroys pain in ear, listen O Parvati!  
Thus treatment of the diseases of head.

21 – 22 Candana, madhuyasti ela seeds and pippali – these should be mixed together and pounded. By intake, it destroys throat disorders undoubtedly.

23. The paste of lataparna (tvak) and mulaka should be applied on throat externally. It destroys throat disorders and goitre.

24 – 25. On auspicious day the root of amalaki should be taken out and ground into powder on Sunday. On taking 20 gm out of it, it destroys severe cough and bronchial asthma instantaneously.

26 – 28. Roasted rice grains, Brhati, Katphala, Pippali and musali all mixed together are powdered. After adding some salt it should be made into boluses weighing 5 gm each. One such should be taken in the morning for a week continuously. It destroys cough, bronchial asthma, lassitude, hiccup and various other disorders.

Thus treatment of cough and bronchial asthma.

29 – 29 ½ Palasa roots, kunda roots, haridra and vaca – they are pounded together in equal quantity. By taking in the dose of 5gm, it destroys gulma (abdominal lump).

Thus treatment of gulma.

30 – 31 ½ One should collect bark and flowers of kadali and pound it with pippali. It should be cooked in ghee added with milk and sugar. It should be taken before meals. It destroys ajirna (indigestion).

32 – 33 ½ Trikatu (sunthi, pippali and marica), rock salt and jiraka are mixed together with equal part of hingu. This powder taken with ghee in the first morsel of food protects digestive fire and destroys vataroga. Thus treatment of mandagni (poor digestion).

34 – 34 ½ One should take nimba leaves with buffalow's urine. It destroys spleen enlargement, gulma etc. and severe udararoga (abdominal enlargement).

35 – 35 ½ One who takes asoka root with milk destroys all diseases particularly jalodara (ascites). Thus treatment of udararoga.

36 – 36 ½ One should take meat of scattering birds with milk. By this even sever yaksma is alleviated instantaneously.

37 – 37 ½ One should take decoction of vasaka root mixed with sugar. By this yaksma is destroyed undoubtedly O Parvati!

38 – 38 ½ Arka root having been collected and pounded on stony grinder should be taken with goat's milk. It destroys yaksma shortly.

39 – 41 ½ One should cook goat's meat with oil. (After drying), it should be powdered on a stone slab. Then equal quantity of sulphur should be added to it and kept in a container. Out of it, 5 gm should be taken daily with goat's milk. By this yaksma goes to destruction as blood by poison.

42 – 43 ½ Rajamasa should be cleaned and purified in sun light. Vasaka's root, should be added to it four times more in quantity. This should be taken in the dose of 5 gm with warm milk. It destroys yaksma shortly.

Thus treatment of yaksma (consumption).

44 – 45. Vajigandha (asvagandha) should be pounded with warm water on a stone slab. Out of it, one karsa (15 gm). should be taken with ghee. It positively destroys (the disorders of ) vayu in a week.

45 ½ - 46 ½ Vahni (citraka) leaves and arka root, should be collected

47 – 47 ½ White mustard should be pounded and taken with ghee. It destroys (disorders of) vata. Thus treatment of vataroga.

48 – 49. Svarnasphali (suvaranasephali) and kamala should be pounded together with honey.

50. After taking out the root of kunda, one should drink it with ghee in rtukala for three days. By this the sterile woman gets child.

51. The sterile woman who takes badari pounded with butter milk in rtukala for three days becomes pregnant.

52. In rtukala having constellation of punarvasu and dark fortnight, the sterile woman should pound rajani (haridra) and take it with devotion. By this, she gets child.

53 – 53 ½ After taking out the root of sephali on some auspicious day, one should pound it on a stone slab with milk of uni – coloured cow. By taking it with devotion, the woman conceives.

54 – 55. Trikatu (sunthi, pippali and marica) and (naga) kesara root should be powdered and taken together with ghee in rtukala for three days with devotion. By this woman conceives shortly.

Thus conception of the sterile woman.

56 – 57. Matulunga seeds pounded on a stone slab should be put in milk of uni – coloured cow for three days. Then the same pounded with Ravinira (decoction of arka) should be taken for three days. By this the woman suffering from habitual death of foetus or child gets live one; and the sterile woman also gets child.

58 – 59. After collecting apamarga and brhati, one should pound them together with baspodaka (distilled water). By taking this with milk in rtukala for three days woman becomes pregnant shortly and kakavandhya (one who delivers only once) gets many sons.

60 – 61. White flowers of odra and the flowers of sepha (sephali) should be pounded in milk and taken with ghee in rtukala daily with devotion. This makes childless endowed with children and gives live children to the one suffering from habitual death of foetus or child.

Thus the topic of (the management of) mrtavatsa and kakavandhya.

62 – 62 ½ One who takes palasa seeds pounded with water and cohabits after tying goksura root in waist does not conceive O great goddess.

63 – 64. One who goes for sexual intercourse after taking pounded red Sali rice mixed with milk and sugar does not suffer from abortion.

65. One should collect the earth thrown out of the hands by the potter and paste it on vagina. By this foetus does not abort.

66 – 66 ½ From the period of eighth month one should take root of black jayanti and vasaka pounded with goat's milk on sankranti (transition phase of planets) day. By this foetus does not abort.

Thus protection from abortion.

67 – 67 ½ Taking out the root of red eranda the woman should put it into her vagina. This expels foetus.

68 – 69. One in naked state should take out the northern root of bilva and should put seven knots thereon with the thread spun by unmarried girls. This should be tied in the waist of the expectant woman. By this she delivers shortly.

70. The root of eranda should be extracted by one facing east and be tied on the hair – crest on head of the woman. By this she delivers shortly.

71. Goat's milk added with honey should be taken by the pregnant woman. By this she delivers quickly.

72. By putting roots of apamarga and vaca into vagina, the pregnant woman delivers quickly.

73. Now the mantra – “Om Manmatha Manmatha Manmatha Vimunca Svaha – Bahir nirasyodaram Vimunca Svaha”. Water incanted with this mantra should be taken by the woman. By this she delivers with ease.

Thus management for quick delivery.

74 – 75 ½ One should examine the woman for her psychic and physical strength and also the foetus. Then by holding his breath he should utter the name of the woman and take

out the plant of apamarga. If there is a sound she will have female progeny and otherwise male. This is undoubtedly true.

Thus examination of (sex of the) foetus.

76 – 76 ½ Decoction of pancamuli (bilva, agnimantha, syonaka, patala and gambhari) added with tila oil and salt should be taken followed by warm water. This destroys diseases.

Thus treatment of puerperal diseases.

77 – 77 ½ Phallic strength is destroyed of the one who takes seeds of rudraksa and badara pounded together.

Thus destruction of phallic strength.

78 – 78 ½ One who takes svarna – sphadlika root with honey is relieved of dysuria shortly. This is undoubtedly true.

Thus treatment of dysuria.

79 – 80 ½ Ardraka (fresh ginger) and dried radish in equal quantity should be pounded together and taken for ten days continuously. It destroys skin disease of the waist. If taken for eighteen days, it alleviates vaginal diseases.

Thus management of vaginal diseases.

81 – 81 ½ Jatiphala, candana and haricandana – these should be pounded in equal quantity on a stone slab and taken regularly for a week morning and evening. It destroys all types of ama particularly amavata. Thus treatment of amaroga.

83 – 84 Asoka leaves half karsa (7 ½ gm) and masa powder in the same quantity are mixed together. If woman takes it, it stops bleeding undoubtedly O goddess!

85 – 85 ½ Leaves and root of Jhasa (nagabala) mixed with jiraka are pounded with baspodaka (distilled water). One who takes it with milk is relieved of tdiarrhoea and indigesion in sataneously and positively. Thus management of diarrhoea.

86 – 86 ½ One should take juice of vasak leaves with honey for four days early in the morning. It destroys raktavata.

Thus managemnt of raktavata.

87 – 87 ½ Cuta (mango) seeds are burnt and mixed with curna (line). By pasting on umbilical region, it destroys pittaroga.

Thus management of unmixed pitta.

88 – 88 ½ Sveta aparajita root pounded with baspodaka (distilled water) should be taken. It destroys disorders of tongue.

Thus management of disorders of tongue.

89 – 89 ½ Apamarga root taken with cow's urine destroys even severe splenomegaly O great goddess!

Thus management of spleen enlargement.

90 – 91. Goat's faeces should be burnt into ash which should be cooked with oil on a mild fire. This oil by application destroys severe itching and ring worm.

Thus management of ring worm.

92. The root (tuber) of bhumikusmanda is pounded and applied on breasts of the woman. It promotes development of breasts and also secretion of breast milk.

93. If flowers of white odra pounded with milk of black cow is taken, it promotes development of breasts in girls.

Thus measures to promote development of breast.

94. Mustard oil prepared with three times more of the juice of gambhari and the same of karnikara in equal quantity should be used for massaging the breasts. It makes them hard and firm.

95. Leaves of kumuda and apamarga are applied on breasts as paste. This makes them hard.

Thus hardening of breasts.

96. Eranda seeds pounded in juice of sundika (hastisundi) should be applied on penis pleasure to woman and over comes all the pain inflicted by god of love.

Thus enlargement of penis.

97 – 98. Flowers of bakula and badari should be pounded in equal quantity and applied on penis. This enlarges penis, gives pleasure to woman and over comes all the pain inflicted by god of love.

Thus enlargement of penis.

99 – 99 ½ Manjistha, lime of conch, haritala and ash of eranda – all in equal quantity should be pounded on a stone slab and applied for removing hairs.

100 – 100 ½ Rajamasa pounded with jambira juice is applied on public region. In two applications, it removes hairs.

Thus removing hairs.

101 – 102. Amrta (guduci), vidanga, apamarga, samkhini (Sankha puspi), vaca, tejohva, sunthi and musali – these are taken in equal quantity and made into modaka (sweet bolus) with jaggery. By intake, it improves memory.

103. Amalaki fruits are powdered with equal quantity of tila. If taken in early morning, it makes the man srutidhara (one who acquires and retains simply on hearing)

104. If one takes powder of kustha with honey and ghee in early morning, his body emits fragrance like that of lotus.

Thus for making the body fragrant.

105 – 106. One should take kustha powder – mixed with honey and ghee in early morning regularly for a month. It purifies mouth, removes foul odour and gives camphor - like fragrance.

Thus for making mouth fragrant.

107 – 108 ½ Haridra, vaca, kustha, pippali yavanika, marica, pippali and sunthi – these should be powdered and ground with honey on a stone slab for a week. This taken regularly makes the voice like that of celestial singers.

Thus for improving the voice.

### List of Medicinal Plants used in Formulations

S. No.	Sanskrit Name	Latin Name
1.	Agnimantha	Premna integrifolia Linn.
2.	Aparajita	Clitorea ternatea Linn.
3.	Apamarga	Achyranthes aspera Linn.
4.	Arka	Calatropis procera (Ait) R. Br.
5.	Asoka	Saraca indica Linn.



6.	Amalaki	<i>Phyllanthus emblica</i> Linn.
7.	Ardraka	<i>Zingiber officinale</i> Roscoe
8.	Eranda	<i>Ricinus communis</i> Linn.
9.	Ela	<i>Elettaria cardamomum</i> Maton
10.	Odra	<i>Hibiscus rosa – sinensis</i> Linn
11.	Kankola	<i>Piper cubeba</i> Linn.
12.	Katphala	<i>Myrica nagi</i> Thumb.
13.	Kadali	<i>Musa paradisiaca</i> Linn.
14.	Kamala	<i>Nelumbo nucifera</i> Gaertn.
15.	Karnikara	<i>Cassia fistula</i> Linn.
16.	Kunda	<i>Jasminum pubescens</i> Willd.
17.	Kumuda	<i>Nymphoea alba</i> Linn.
18.	Kustha	<i>Saussurea lappa</i> C. B. Clarke
19.	Nagakesara	<i>Mesua ferrea</i> Linn.
20.	Khadira	<i>Acacia catechu</i> Willd.
21.	Gambhari	<i>Gmelina arborea</i> Linn.
22.	Guduci	<i>Tinospora cordifolia</i> (Willd) Miers.
23.	Goksura	<i>Tribulus terresteris</i> Linn.
24.	Candana	<i>Santalum album</i> Linn.
25.	Citraka	<i>Plumbagoa zeylanica</i> Linn.
26.	Cuta	<i>Magnifera indica</i> Linn.
27.	Jambira	<i>Citrus limon</i> Linn.
28.	Jayanti (Krsna)	<i>Sesbania sesban</i> Merril.

29.	Jatiphala	<i>Myristica fragrans</i> Houtt.
30.	Jiraka	<i>Cuminum cyminum</i> Linn.
31.	Talamuli	<i>Curculigo orchioides</i> Gaertn.
32.	Tila	<i>Sesamum indicum</i> Linn.
33.	Tulasi	<i>Ocimum sanctum</i> Linn.
34.	Tejohva	<i>Celastrus</i> sp.
35.	Nagabala	<i>Grewia hirsuta</i> Vahl.
36.	Nimba	<i>Azadirachta indica</i> A. Juss.
37.	Palasa	<i>Butea monspersma</i> (Linn) Kuntze
38.	Patala	<i>Sterospermum suaveolens</i> DC.
39.	Pippali	<i>Piper longum</i> Linn.
40.	Bakura	<i>Mimusops elengi</i> Linn.
41.	Badari	<i>Zizyphus jujuba</i> Lam.
42.	Bilva	<i>Aegle marmelos</i> Corr.
43.	Brhati	<i>Solanum indicum</i> Linn.
44.	Bhumikusmanda	<i>Pueraria tuberosa</i> DC.
45.	Manjistha	<i>Rubia cordifolia</i> Linn.
46.	Madhuyasti	<i>Glycyrrhiza glabra</i> Linn.
47.	Marica	<i>Piper nigrum</i> Linn.
48.	Matulunga	<i>Citrus medica</i> Linn.
49.	Masa	<i>Phaseolus mungo</i> Linn.
50.	Musali	<i>Asparagus adscendens</i> Roxb.
51.	Mula (Ka)	<i>Raphanus sativus</i> Linn.

52.	Yavanika	Trachyspermum ammi (Linn) Sprague.
53.	Rajamasa	Vigna unguiculata (Linn.)
54.	Rudraksa	Elaeocarpus ganitrus Roxb.
55.	Tvak	Cinnamomum tamala Nees and Eberm.
56.	Vaca	Acorus calamus Linn.
57.	Vajigandha	Withenia somnifera Linn. Dunal.
58.	Vasaka	Adhatoda vasica Nees
59.	Vidanga	Embelia ribes Burm.
60.	Sankhapuspi	Convolvulus pluricaulis Chois.
61.	Sali	Oryza sativa Linn.
62.	Sunthi (dry ginger)	The same as ardraka (see ardraka).
63.	Sephalika	Nyctanthes arbor – tristis Linn.
64.	Syonaka	Oroxylum indicum Vent.
65.	Sarsapa	Brassica canpestris Linn. Var. Sarson Prain.
66.	Swarnasephalika	A variety of sephalika (see Sephalika).
67.	Haricandana	A variety of candana (see Candana)
68.	Haridra	Curcuma longa Linn.
69.	Hastisundi	Heliotropium Sp.
70.	Hingu	Ferula foetida Regel.

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3. Ibid, Jvara 281, Agnimandya, 3 – 4.
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5. Des. Cat. Sanskrit Mss. By Hara prasad Shastri, Vol. VIII, Pt. II – Tantra.
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