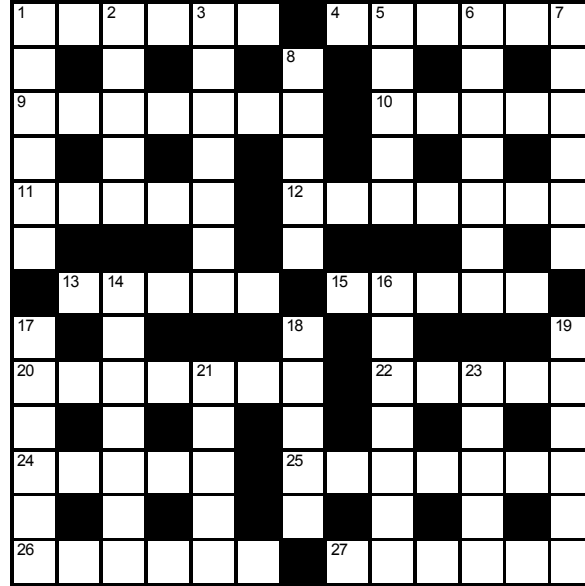


## Arogyamantra Crossword 006



### Across

- 1 Complex carbohydrate found in rice and potato (6)
- 4 Important Indian spice useful in treating toothaches (6)
- 9 Concentration of the mind (7)
- 10 Apparatus or equipment to serve a specific purpose (3-2)
- 11 A type of vata which moves downwards (5)
- 12 One of the water-soluble B vitamins (7)
- 13 One of the gunas, opposite of *tamas* (5)
- 15 Yet another vata which moves upwards (5)
- 20 Combination of dried ginger, pepper and long pepper (7)
- 22 A small shield or in botany, a flat apothecium with no rim (5)
- 24 Watery discharge from a wound or ulcer (5)
- 25 Fleeseed husk used as a natural laxative (7)
- 26 Sanskrit name for the castor plant (6)
- 27 One of the leg bones (6)

### Down

- 1 One of the elements of common salt (6)
- 2 One of the *Panchabhutams*; sky or ether (5)
- 3 Physician known for his treatise on ayurveda (7)

- 5 Indian buttermilk (5)
- 6 Organic substance essential for normal body growth and activity (7)
- 7 Lying down with the face up (6)
- 8 One of the *Panchakarma* treatments (5)
- 14 Medicinal herbal wine (7)
- 16 Long pepper (7)
- 17 Streaks or bands in muscle tissue (6)
- 18 The indian spice, jeera (5)
- 19 Ornamental plant with variously coloured flowerheads (6)
- 21 Caustic or pungent smell (5)
- 23 In Ayurveda, describing food which is light (5)

## SOLUTION

S	T	A	R	C	H		C	L	O	V	E	S
O		K		H		V		A		I		U
D	H	A	R	A	N	A		S	E	T	U	P
I		S		R		S		S		A		I
U	D	A	N	A		T	H	I	A	M	I	N
M				K		I				I		E
	R	A	J	A	S		A	P	A	N	A	
S		R				C		I				D
T	R	I	K	A	T	U		P	E	L	T	A
R		S		C		M		P		A		H
I	C	H	O	R		I	S	A	B	G	O	L
A		T		I		N		L		H		I
E	R	A	N	D	A		F	I	B	U	L	A