Gandha-trina	
Hindi Name	Sugandhit Ghas
English Name	Lemon Grass
Scientific Name & Family	*Cymbopogon citratus* (DC.) Stapf; Family – Poaceae
Part Used	Leaves, Leaf oil
Main Synonyms	Sugandhā
External Morphology	Perennial aromatic grass forming dense clumps; leaves long, linear, sharp-edged, lemon-scented; stems solid; flowers in panicles (rarely seen in cultivation)
Rasapanchaka & Dosha-Karma	Guna: Laghu, Tikṣṇa, Rūkṣa; Rasa: Kaṭu, Tikta Vipāka: Kaṭu Vīrya: Uṣṇa; Doṣa-karma: Kapha-Vāta śāmaka
Active Phytoconstituents	Volatile oil (citral – geranial & neral), myrcene, limonene
Pharmacological Actions	Dīpana, pācana, jvaraghna, krimighna, śothahara, vedanāsthāpana
Important Formulations	Gandhatṛṇa Taila, Aromatic infusions (traditional use)
Dose	Leaf chūrṇa: 1–2 g; Kvātha: 40–60 ml; Oil: external use
To be Noted	Commonly used in āma-janya jvara, agnimāndya, śūla and as fumigant/inhalation; excessive use may aggravate Pitta

References:

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2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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