प्रकाशन दिनांक ५ सप्टेंबर २०२१
पोस्टात टाकण्याची
तारीख : १० सप्टेंबर २०२१
एकुण पाने १ ते ५६
वर्ष ७५ वे

" यशस्वी चिकित्सेचा राजमार्ग "

# ॥ आयुर्वेद पत्रिका ॥

National Scientific Journal of Ayurved ISSN 2278-0726
Vol. No.75 Issue No. 3
Annual Subscription Rs. 500/-

## कार्य कारण भाव

कार्यं तु तद्यस्याभिनिर्वृत्तिमभिसन्धाय कर्ता प्रवर्तते॥
(च.वि.८/६५-६९)

तत्र कारणं नाम तद् यत् करोति,
स एव हेतुः स कर्ता॥

छपाई : रिप्लीका प्रिंटर्स
वकीलवाडी, नाशिक
मुखपृष्ठ : एन. वाय कुलकर्णी
निर्मिती ॲडव्हर्टायझिंग, नाशिक

**वर्गणी**

| | |
|---|---|
| एक प्रत | रू. ५०/- |
| वार्षिक | रू. ५००/- |
| त्रैवार्षिक | रू. १२००/- |
| पंचवार्षिक | रू. २०००/- |

**पत्रव्यवहाराचा पत्ता**
**संपादक, आयुर्वेद पत्रिका,**
आयुर्वेद सेवा संघ, गणेशवाडी,
पंचवटी, नाशिक - ४२२ ००३.
फोन नं.: ०२५३-२५१५४१३
संपादक मो.: ७८८७८५९७९२
email : ayupatra@gmail.com
website : www.ayurvedpatrika.org

National Scientific Journal of Ayurved ISSN 2278-0726

# ।। आयुर्वेद पत्रिका ।।

Vol.No. 75 Issue No.3. वर्ष ७५ वे अंक : ३ रा, क्रमांक - १०५९

## अनुक्रमणिका

# नागकेशर - एक संदिग्ध वनस्पती

वैद्य स्नेहा प्रकाश पाटील

**Abstract : आयुर्वेद वनौषधीमधील संदिग्धता**

आयुर्वेदातील द्रव्यगुणशास्त्र हे वेदिक काळापासून चालत आलेले आहे. संहिता काळात त्यात मोठी भर पडून निघण्टू काळात त्या द्रव्यगुणशास्त्रामध्ये सर्वोच्च प्रगती झाली. त्याचबरोबर वनौषधीच्या निश्चितीकरणात संदिग्धता सुध्दा वाढत गेली. चरकसंहितेमध्ये ज्ञात व अज्ञात वनस्पतींच्या संदर्भात पुढील श्लोक आला आहे.

**यथा विषं यथा शस्त्रं यथाग्निरशनिर्यथा ।**
**तथौषधम् अविज्ञातं विज्ञातं अमृतम् यथा ।।**

**च. सू. अ. १**

माहिती असणारे औषध अमृताप्रमाणे व माहिती नसणारे औषध विषाप्रमाणे सांगितले आहे. या आप्तवचनाप्रमाणे आयुर्वेदाच्या औषधींमधील संदिग्धता दूर करणे हे या क्षेत्रातील जाणकरांचे परमकर्तव्य आहे. त्या संदर्भात छोटासा प्रयत्न पुढील लेखात केला आहे.

**Key Words** - द्रव्यगुणविज्ञान, संदिग्ध वनौषधी, नागकेशर

आयुर्वेदातील इतर वनस्पतीप्रमाणे नागकेशर ही एक विवादास्पद वनस्पती आहे. भारतातील विविध भागात नागकेशर नावाने जे द्रव्य उपलब्ध आहे ते सर्व भिन्न आहे. कधी कधी एकाच ठिकाणी दोन तीन प्रकारचे नागकेशर मिळते. यांची नावे एकमेकांमध्ये इतकी मिसळली आहेत की त्यांना वेगळे करणे अवघड आहे यामुळे त्यांचे गुण कार्य वेगळे करणे सुध्दा अवघड झाले आहे. भारतीय बाजारात उपलब्ध नागकेशर या नावाने जे द्रव्य आहे त्याचे ढोबळमानाने पुढीलप्रमाणे ३ भाग करता येतात.

**1. Mesua Ferrea** - बंगालचे नागकेशर, 2. Ochrocarpus longifolius - दक्षिणचे नागकेशर, 3. Alophyllum inophyllum - ब्रह्मदेश नागकेशर वरील तीनही वृक्ष Guttiferea या वर्गातील आहेत. आयुर्वेदीय निघण्टुकारानुसार नागकेशर हे कर्पूरादि वर्गात सांगितले आहे. अलीकडे श्री. उस्मान अली यांनी बाजारात मिळणाऱ्या आणखीन २ प्रकारच्या नागकेशराचे अध्ययन केले आहे. a) Dillenia pentagyna roxb. b) Cinnamomum wightii neisn.

**Mesua ferrea :** आयुर्वेद मतानुसार हेच शास्त्रीय व खरे नागकेशर सांगितले आहे. जे नागचम्पा वृक्षाच्या पिवळ्या गुच्छापासून बनते. याचा रंग केशरी व तन्तु छोटे छोटे असतात. नागचम्पाचा वृक्ष मध्यमाकार, सुंदर, सदाहरित असतो. याचे खोड सरळ व साल राखाडी रंगाची असते. याची पाने लांब,भाल्याच्या आकाराची, ३-५ इंच लांब, १ ते १.५ इंच रुंद आयताकार, वरील पृष्ठ चमकदार हिरवे व खालील पृष्ठ श्वेताभ असते.

**पुष्प** – आषाढ, श्रावणात येतात. २-४ इंच व्यासाचे श्वेताभ पीत अति सुगंधयुक्त, गोलाकार, पाच दलयुक्त फुले यांच्या आत केशरी रंगाचे नरकेशर गुच्छ येतात. यालाच नागकेशर म्हणतात.

**उत्पत्तीस्थान** – संपूर्ण भारत विशेषत: पूर्वी भारत, नेपाल, आसाम, पूर्वी हिमालय, दक्षिण कोकण, पश्चिम घाट

**संस्कृत नाव** – भुजंगाख्य, चाम्पेय, हेम, केशर, नागकेशर, नागपुष्प, सुरपणिका, काञ्चनाह्वय (कांचन सोने समानार्थी शब्द), हिन्दी - नागकेशर, सुरपुन्नाग, गुजराती - पिलु नागकेशर, बंगाल - नागकेशर, नाकेश्वर, बिहार - नागकेसर, मराठी - नागचम्पा, नागकेसर, तामिल - करून नग, चम्पामम्, चेरूनगपू, तेलगु - नाग पञ्चकम्, नागकेसर, कन्नड - नाग सम्पिगे, इंग्रजी - Cobra's saffron, Latin Mesua ferrea

**2) Ochrocarpus longifolius** - याला यादवजी आचार्यांनी सुरपुन्नाग सांगितले आहे. या वृक्षाच्या पुष्प कलिका सुकवून नागकेशर या नावाने विकले जाते या वृक्षाला सुरंगी असेही म्हणतात.

**उत्पत्तीस्थान** – दक्षिण-पश्चिम भारत, कोईम्बतुर, मलबार किनारा ते कोकण

**आकार** – हा वृक्ष मध्यम आकाराचा, सदाहरित, याच्या शाखा गोलाकार असतात रक्ताभ धूसर वर्णाची साल १/४ इंच जाड असते. याचे लाकूड लोहासमान वजनदार काळे किंवा लाल वर्णाचे कठिण असते म्हणूनच याला Cylon Ironwood असे म्हणतात. याची पाने ५-६ इंच लांब व २ ते २.५ इंच रुंद असतात. वृन्ताकडे गोल व दुसऱ्या बाजूला टोकदार असतात.

**पुष्प** – वसंत ऋतुत (माघ - फाल्गुन) फुलतात. याची फुले सुंदर सुगन्धित, गुच्छाप्रमाणे येणारे चार अन्तरदल असणारे असतात. रंग पीताभ श्वेत असतो व यामध्ये लाल रेषा असतात. वृक्ष ५-६ वर्षांचा झाल्यावर फुले लागतात. स्वाद अम्ल, तिक्त आणि मधुर रसात्मक असतो. **फळ** – फुलानंतर बकुलसमान लांब अंडाकार फळे येतात. नावे - संस्कृत- सुरपुन्नाग, हिन्दी - लाल नागकेशर, गुजराती-रान नागकेशर, मराठी - सुरंगी, नागकेशर, बंगाली - सुरंगी, पुन्नागकेशर, Latin name - Ochrocarpus longifolius

**3. Colophyllum inophyllum** या वनस्पतीला यादवजी महोदयांनी पुन्नाग म्हटले आहे.

**उत्पत्तीस्थान** – दक्षिण भारत, बंगाल समुद्राजवळील भाग, श्रीलंका, ऑस्ट्रेलिया, पूर्वीय द्विप मध्यम आकाराचा सुंदर वृक्ष असतो. याची साल भुरकट स्निग्ध आकार असते.

**पाने** – याची पाने मोठया वडासमान लांब व गोल पुढे टोकदार असतात. १०-१८ cm लांब व पुढे ७.५ ते १० cm रूंद असतात.

**पुष्प** – याचे पुष्प श्वेत चार दलयुक्त सुगंधित, गोड सुगंध असणारे असतात. फुलांचा व्यास २५ cm पर्यंत असतो.

**फळ** – एक ते सव्वा इंच लांब प्रथम हिरवे नंतर निळे तसेच स्निग्ध असते. याच्या बियांपासून हिरवे तेल निघते ज्याला सर्पन का तैल असे म्हणतात. नावे संस्कृत - पुन्नाग, तुंगकेशर हिंदी - सुलतान चम्पा, सुरतूनिका मराठी - उंडी, उंडल बंगाल - पुन्नाग, सुल्तान चम्पक् ब्रम्हदेश - पैनिबर तेलगु - पुन्नाग तामील - नागय Latin name - Callophyllum inophyllum

**4. Cinnamomum tamala Fr. Nees Family - Lauraceae**

सदाहरित लहान वृक्ष याची उंची २५ ft पर्यंत असते. याची साल गर्द भूरी किंवा कृष्णाभ खरखरीत असते. याचा घेर ४।। ft पर्यंत असतो. पाने - पाने ५-६ इंच लांब व २-३ इंच रुंद, लरवाकार, आयताकार स्निग्ध चर्मवत असतात. ७.५ ते १३ mm लांब पर्णवृन्त असतात. काही नवीन पाने गुलाबी रंगाची असतात.

**पुष्प** – ७.५ mm लांब थोडे पीताभ रंगाचे, ५ ते १५ cm लांब सवृन्तकाण्डज् व पुष्पव्युहमध्ये येतात. पुष्प खण्ड ६ असतात. आयताकार, सिल्कसारखे मृदुरोमश असतात. पूर्ण पूंकेसर ९ असतात.

**फळ** – अर्धा इंच लांब अण्डाकार मांसल, काळया रंगाचे असते हे फळ काही वाढलेल्या परिपुष्प नाल वर लागलेले असतात. याचे सुकलेले अपक्व फळ काळा नागकेशर नावाने दक्षिण भारतात दिले जाते. याची साल म्हणजेच भारतीय दालचिनी आणि पाने तमालपत्र म्हणून विकली जातात. नावे - संस्कृत - तेजपत्र, तमालपत्र, हिंदी - तमालपत्र, तेजपत्र, बंगाल - तेजपत्र, मराठी - तमालपत्र, राजस्थानी- पतरज, गुजराती-तमालपत्र, आसामी - दोपली, तामील - फरूद पत्ती, Latin name - Cinnamomum tamala या झाडाच्या फळांचा औषधी उपयोग मलबार व चेन्नई येथील चिकित्सक नाट् नागकेशर किंवा सिरंगप्पु या नावाने करतात. तामीळनाडुमधील चिकित्सक नागकेशर या नावानेच प्रयोग करतात.

**5. Dillenia pentagyna Roxb** हा वृक्ष २० ft पर्यंत उंच असतो. याची पाने वेगवेगळी विखुरलेली असतात. हा पुष्पित वृक्ष आहे. द्विबीज पर्णक असतो. याची पाने साधी व कडक असतात. पराग कोष अंतर्मुख असतात. पुंकेशर अनियमित संख्या असते. फुले पीताभ स्वर्ण, फळे कठोर आतून गाभा असणारे असतात. याची कच्ची फळे नागकेशर म्हणून वापरली जातात.

**प्राप्तीस्थान** – नेपाळ, आसाम, दक्षिण सिलोन, मलबार नावे संस्कृत - भव्य, गुजराती - ओटफळ, करंबल, बंगाली - चालता, मराठी - करबल, करमल

**निष्कर्ष** – वरील तथ्यांचा विचार करता आपल्या असे लक्षात येते की आयुर्वेद औषधी निर्माण करताना आपण शुध्द समजून जे घटक वापरतो त्यातील अनेक घटकांमध्ये संदिग्धता आहे. त्यामुळे वेगवेगळया ठिकाणी वेगवेगळया व्यक्तीद्वारे बनवलेल्या औषधाचे गुणधर्म यांमध्ये समानता नाही आणि अशा औषधींचा मानवी शरीरावर पडणारा प्रभाव सुध्दा संदिग्ध आहे. त्यामुळे वनस्पती विशारद वैद्य यांचे कर्तव्य आहे की या वनौषधींमधील संदिग्धता दूर करून सर्व देशीय समानता प्रस्थापित करावी ही आजच्या काळाची परमावश्यकता आहे.

**वैद्य स्नेहा प्रकाश पाटील**
M.D. (Final) द्रव्यगुणविज्ञान विभाग,
**वैद्य एल.बी. पाटील**
गाईड आणि विभागप्रमुख, द्रव्यगुणविज्ञान विभाग,
**वैद्य रणजीत पाटील**
प्रोफेसर, द्रव्यगुणविज्ञान विभाग, यशवंत आयुर्वेद महाविद्यालय, कोडोली, ता. पन्हाळा, जि.कोल्हापूर

IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

# "Study of Physicochemical, Phytochemical and Antioxidant Properties of Vamshayava(*Bambusa arundinacea* (Ritz)Willd[Seeds])

**1Dr Mukta Nitish Sadvilkar, 2Dr Ranjeet Z. Patil**

**1Assistant Professor , 2Associate Professor**

**1MUHS,**

**2MUHS**

## Introduction:-

"A Physician without knowledge of Nighaṇṭu,a scholar without the knowledge of Vyākaraṇa (grammar) and a soldier without Āyudha (weapon) are nothing but stupid in this world" is said by Narhari Pandit in his Raj Nighantu. In nighantus herbs with synonyms, different Gunakarmas ,habitat, etc are mentioned. This adds to the knowledge of Vaidya and helps him in selecting appropriate medicine as per the patient's condition. Thus **Nighantu** plays a very important role in the study of Ayurveda.

The traditional use of various plants is mentioned in Ayurvedic texts. **Vansha** (Bamboo) is one of them. Popularly known as **"Poor man's timber"**. Bamboo is globally recognized as an important asset in eradication of poverty, economic and environmental development and thus called **"Green Gold of forest".**[4] It can be said as **Kalpataru** (a tree in heaven that can give fabulous yields).Ayurvedic texts like Charak Samhita describes the use of various parts like Vamsha-patra, vamsha karir, vamshalochan, vamshatwak, vamshamula are used in day to day life, **Vamshayava** is among them.

**Ahara** stands first in the **Trayopastambha (three pillars of life)**as mentioned in Charak Samhita. Ahara or Diet should comprise of vitamins, minerals, carbohydrates, fats, proteins, antioxidants, etc. Along with ancient Vaidyas, some other medicine practitioners knew the importance of a proper diet. As said by Hippocrates "Let food be thy medicine and medicine be thy food".This shows the importance of food in preventing and curing a disease. So consuming food with complete nutrition is utmost important. Antioxidants are an important constituent among diet. **Antioxidants** are substances that protect your cells against free radicals, which play a role in heart disease, cancer and other diseases thus helping the body to build **good immunity** system.Thus the study of antioxidants in the food we eat is essential. The use of food with good antioxidant value if consumed in a diet will help to develop good immune system.

## NEED OF STUDY

Antioxidants are the substances that inhibit oxidation. Cells in the human body may function poorly or die if oxidation occurs. To prevent free radical damage, body has a defence system of antioxidants. Antioxidants are the molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Due to globalization, unhealthy lifestyle, stress, tensions, leads to disease formation. The leading health problems we face like heart disease, cancer, dementia, etc increase the level of oxidative damage and inflammation Use of antioxidants slower signs of aging, helps in detoxification, protect against the heart disease, stroke and reduces risk of cancer. The diet rich in antioxidants helps in counteracting the damage done by smoking, stress, poor diet, etc. due to this the study of antioxidants and their use in diet becomes essential. Ayurveda has always focused on consumption of healthy diet. The antioxidants works as rasayana to the body. Diet is one of the three pillars. Acharya Charak emphasis on

त्रयरू उपस्तंभारू इत्याहाररू स्वप्नोब्रम्हचर्यमिति द्य चसू 11/35 [3]

आहार संभवं वस्तु रोगश्चाहार संभव: |
हिताहित विशेषात्तु विशेषो सुखदुरूखयोरूद्यद्य च सू 28/45 [4]

importance of having proper and improper food. The health and disease are due to this proper or improper food consumed by an individual.

Vamsha is used in Ayurvedic practice since ancient times. In Ancient text of Ayurveda, commonly used Sitopaladi Churna contains Vanshalochana in it. Skin of Bamboo is included in Paramagad by Acharya Charak [15].Likely, its shoots are mentioned as Karir.Vanshayava as mentioned by Acharya Charak is said to have Balya properties. While in Bhavprakash Nighantu it is said to have Bruhan, Vrushya and Balya properties. To study the nutritional status of Vanshayava and of its properties becomes essential since it can be used as healthy food in diet.

## REVIEW OF LITERATURE

### Drug Details

| Drug name | Latin name | Family | Rasa | Vipaka | Virya |
|---|---|---|---|---|---|
| Vanshayava | Bambusa arundinacea (Ritz)Willd | Graminae | Kashaya | Madhur | Sheet |

शीत कषायो मधुरस्तु रूक्षो
मेह कृमी श्लेष्म विषापहश्च |
पुष्टिं च वीर्यं च बलं च दत्ते
पित्तापहो वेणुयव: प्रशस्तः || रा.नि. शाल्यदि वर्ग,72 [5]

तद्यवास्तु सरा रूक्षा: कषाया: कटुपाकिन: |
वातपित्तकरा उष्णा बद्धमुत्रा: कफापहा: || भा प्र, गुडुच्यादि वर्ग,156 [12]

यवा वंशभवा रूक्षा: कषाया: कटुपकिन:|
बद्धमुत्रा: कफघ्नाश्च वातपित्तकरा: सरा:|| भा प्र, धान्यवर्ग, 82 [13]

रूक्षा: कषयानुरसो मधुर: कफपित्तहा |
मेद: क्रिमिविषघ्नश्च बल्यो वेणुयवो मत:|| च सू 27/20 [14]

**Drug Description**

**ETYMOLOGICAL DERIVATION OF VAMSHA**

Etymologically t has been explained as"वनति संभज्यते वितन्यते'' i.e.which

Increases the family or"वनति शब्दं करोति "that which produces sound.

**BOTANICALNAME-** *Bambusa arundinacea* (Ritz)Willd[Seeds].

**BOTANICAL DISCRIPTION OF VAMSHA**

**CLASSIFICATION OF VAMSHA AND VAMSHAYAVA ACCORDING TO AYURVEDA:-**

**1) Cause effect relationship**-Karyadravya

**2) Living/Nonliving**-Chetenadravya

**3) Constitution**-Parthiva

**4) Origin**-Audbhid

**5) Usage**-Aushadhidravya

6) **Morphology**-Vruksha

7) **Lifespan**-Deerghayu

8) **Rasa-Vamsha**-Madhur,Kashaya,

**Vamshayava-**kashaya

9) **Virya-Vamsha-**Sheet

**Vamshayava-**ushna

10) **Vipak-Vamsha-**madhur

**Vamshayava-**katu

11) **Action-Vamsha-**Sara,chedan,sheet,

**Vamshayava-**Sara,ushna,

12) **Actionondoshas-Vamsha-**kapha-pittashamak

**Vamshayava-**Vata-Pittakara

13) **Rogaghnata-Vamsha-**Kushta,vrana,bastishodhan

**Vamshayava-**kaphahara,badhamutra

**GANA:**

**Vamsha is mentioned in different Ganas by different Samhitas**

| **Name of texts** | **Ganas** |
|---|---|
| Charak samhita | Kashaya skandha dravya |
| Sushruta samhita | ----- |
| Ashtanga Hriday | Padmakadi Gana |

**Raspanchak:**

| **Raspanchak of Vamsha** | **Raspanchak of Vamshayava** |
|---|---|
| Rasa - Madhur,Kashaya | Rasa - Madhur,Kashaya |
| Virya - Sheeta | Virya- ushna |
| Vipaka - Katu | Vipaka-Katu |
| Guna - Laghu, ruksha | Guna -Laghu, ruksha |

**Vamshayava**

**PHARMACOTHERAPEUTIC ACTIONS:-**

**Action of Vamshayava**

Vishaghna, Shothaghna, Kusthaghna, Pramehaghna, Vrushya, Mutrabadha, Krimighna, Stambhana, Stanyashodhan.

**Action of Vamshayava on dosha –**

1) Vata - Provocates vata by ruksha guna and kashaya rasa

2) Pitta - Alleviates pitta by kashaya rasa & laghu guna.

3) Kapha- Alleviates kapha by tikta, kashaya rasa, katu vipaka & laghu, ruksha guna.

**Action of Vamshayava on dhatus** –

1) Mansa -kledanashan

2) Meda -kleda nashan

3) Shukra -balya

**Action of Vamshayava on malas –**

1) Purish -grahi

2) Mutra –mutrabadha

# MATERIAL & METHODS

## METHODOLOGY

### 1] Type of Study Design

•Analytical Study

•Experimental Study

### 2]Place Of Study

Phytochemical and Physicochemical studies of Vanshayava were carried out by Shri B.M. Kankanwadi Ayurved Mahavidyalaya.Total Antioxidant Study was carried out by Nikhil Analytical Laboratory,Sanglli.

### 3]Duration of study

•10 months approximately

## METHOD :-

### 1] STANDARDIZATION

Vamsha is a most important drug used by Ayurveda practitioners since Vedic era to till date.In ancient time, the drugs were collected by Aacharyas by their own; hence there is much clarity about purity. Standardization is required prior to its use in human beings to ensure its authentication, quality & purity.

### 2] Drug collection

•Vanshayava was collected from surrounding parts of Kodoli and Panhala.

### 2] Authentication and Standardization -

Standardization of Vanshayava

Vanshayava seed powder has been used in the clinical trial, it will demand to authenticate it & prepare their powder & subject it to standardization as per guidelines.Considering standardization of Vanshayava,it was planned in the following manner;

1. Authentication of Vamshavaya.

2. Sensory evaluation

3. According to Ayurvedic guidelines

4. According to pharmacopoeia a) Botanical

b) Physico-chemical

c) Phytochemical

All above parameters considered as base & selected for further preparation for selection or standardization of Vanshayava. It was subject to TLC as a permanent fingerprint & maintained in standard for the preparation.

**1. Authentication of Vamshavaya**

**Table no 6.-Authentifiction report**

| **Name** | **Code** | **Latin Name** | **Part used** | **Family** |
|---|---|---|---|---|
| Vanshayava | CRF/Auth/2020/01. | Bambusa Arundinaceae Willd. | seed | Graminae |

**Standardization according to Ayurvedic principles**

Charakacharya had given description about guideline for standardization of drug in 8 th adhyaya of Vimana Sthana.Standardization according to guidelines given by Charaka Samhita as follows,

**1) बाह्य स्वरुप(Nature of external features)**

a) Vansha is an evergreen tree. Sessile with long sheathing base with alternate or simple, ligulate or parallel venation. Flower founds in bunch, firstly bright orange then turns to red.

**2) गुण (Properties)**

Vanshayava should be laghu, ruksha;

Rasa – kashaya, tikta

Vipaka – katu

Veerya – sheet

**3) कार्य (Therapeutic action)**

Bamboo seed

Vishaghna, pramehaghna, vrushya, mutrabadh, krimighna, stambhana, stanyashodhan.

**4) देश ( Habitat )**

Large tracts of natural bamboo forest occur in tropical Asian countries including India, Myanmar, Thailand and China.In India Bamboo is majorly seen in eastern states of India like Arunachal Pradesh, Assam ,Nagaland etc.Bamboo seeds are mainly grown in some south India ,maharashtra, Konkan,etc

**5) दव्य संग्रहण काल (Time of collection)**

Bamboo Seeds are Collected in mid september or in Vasant Rutu from january to march.

6) **संस्कार (Process )**

Bark of trees is used to process the powder.

**7) संग्रहण विधि ( Preservation )**

Bamboo Seed was collected & sun dried on dry surfaces & used for the preparation of powder.

**8) मात्रा ( Dosage )**

Bamboo is used as pathya in Prameha, and as stanyashodhak

**9) (Indication )**

Bamboo seed is indicated in various diseases like Prameha, Vishaghna, Vrushya, Medoghna.

**10) (Person to whom it is administered)**

For the present study, Ashoka & Kashthadaru extraction

was screened for the antibacterial action.

### 11) दोषघ्नता (Action on doshas )

Bamboo seed is Kapha-PittaGhana due to Kashaya rasa and Madhur Vipak.

## 3] PHYSICAL AND CHEMICAL ANALYSIS

Physical and Chemical Analysis of the drug will be done by the below method.

### A] PHYSICAL ANALYSIS

**a)Organoleptic evaluation**

Organoleptic characters means “Testing with the help of Sense Organs”.

Shape & Size for eyes.

Surface & Texture with skin.

Odour with Nose.

Fracture with eyes, ears & skin.

Taste with tongue.

**b) Morphological study**

**1. Macroscopic evaluation**

**2. Microscopic evaluation**

## B] CHEMICAL ANALYSIS

### a) PHYSICOCHEMICAL ANALYSIS

**1) Moisture Content** :

**2) Total Ash Value :**

**3)Extractive Value**

**•Alcohol extract:**

**•Water extract :**

**4) Specific gravity/Bulk Density:**

**5) Water soluble ash values:**

**6) Acid insoluble ash value:**

**7) pH**

**8) Foreign Matter**

**9) Volatile matter:**

**10) TLC (Thin Layer Chromatography):**

### b) PHYTOCHEMICAL ANALYSIS

**1) Alkaloid:**

**2) Glycosides:**

**3) Steroids:**

**4) Tannins :**

**5) Proteins :**

**6) Fatty Oil Estimation / Crude Fat Content**

**7) Carbohydrates:**

**8)Flavonoids:**

### c) ANTIOXIDANT STUDY

1) Total Antioxidant Capacity:

An aqueous solution of 0.5 ml of sample solution (0.2,0.4,0.6,0.8,1 mg/ml) is combined with 5 ml reagent solution (0.6 M sulfuric acid, 28 mM sodium phosphate and 4 mM ammonium molybdate).

The tubes capped and incubated in a boiling water bath at 950C for 90 min. After the samples had cooled to room temperature, the absorbance of the aqueous solution of each was measured at 695 nm against blank in Spectronic 20 visible spectrophotometer.

A typical blank solution contained 5 ml of reagent solution and the appropriate volume of the same solvent (methanol) used for the sample and it was incubated under the same conditions.

For samples antioxidant capacity is expressed as equivalents of ascorbic acid. [11]

## MATERIALS /INSTRUMENTS

1. Digital pH meter
2. Muffle furnace
3. Hot air oven
4. Electronic Balance Machine
5. Crucible Petri dish
6. Relevant Chemical and Glasses
7. TLC Chamber
8. UV Chamber
9. Spectrophotometer.

## OBSERVATIONS AND RESULTS

The present chapter contains observations & results found throughout study work i.e. they are divided in following three parts:

1. Phytochemical study
2. Physicochemical study
3. Antioxidant study:

This includes macroscopic, microscopic characters, sensory evaluations and organoleptic characters of

**Botanical name:** Bambusa arundinacea (Retz.) Willd.

**Family:** Gramineae

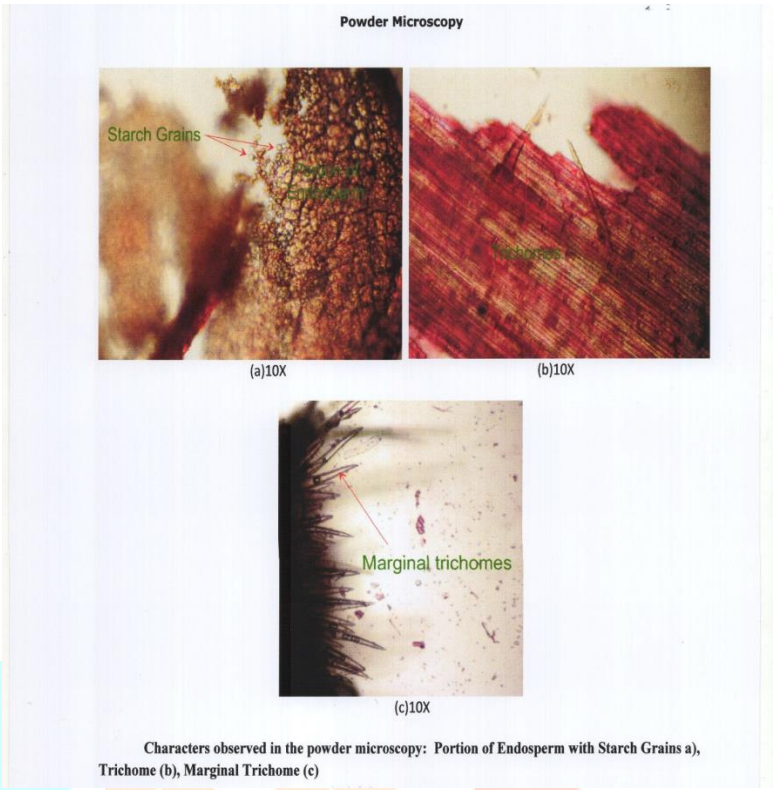
**Part used:** seed

**Macroscopic evaluation of seed:**

The fruit of bambusa is known as caryopsis. It consists of a basal bowl shaped stalk called rachilla which bears two perianth lobes called lemma and palea. Enclosed within the lemma and palea occurs elliptically oblong, smooth, brown grain. There is a longitudinal groove on one side of the grain.

**Microscopic evaluation:**

Small pieces of epidermal cells of the perianth members of the grains are seen in the powder. In surface view the perianth members are composed of long, narrow thick walled fibers compactly arranged.On the surface are also seen diffusely distributed pairs of silica cells and cork cells. Silica cells are white and transparent and cork cells are darkly stained. There are also triangular, thick walled conical trichomes with pointed ends. There are thick long pointed trichomes seen in the powder. Their trichomes have short, curved echinate spines. Starch grains are abundant in the powder. The starch grains are spherical or squarish. They are simple type. Along the margins of lemma and palea there are long dense trichomes which are directed towards the tip. These trichomes have thick, smooth walls similar types of trichomes are also seen along the margin of the rachilla. The trichomes are thick walled and lignified. Long, narrow, thick walled pointed fibres are abundant in the powder. They have thick lignified walls and narrow lumen. Brachy sclereids are abundant in the powder. These sclereids are polygonal or rectangular. There are also elongated cylindrical sclerosis. The scleroids have very thick lignified walls with numerous canals like simple pits. The lumen is very wide.




Characters observed in the powder microscopy: Portion of Endosperm with Starch Grains a), Trichome (b), Marginal Trichome (c)

**Sensory evaluation:-**

**Sample-Bamboo Seed Powder**

1. Odor - characteristic
2. Taste - Astringent.
3. Color - brown
4. Touch/external surface –hard & rough.

**Table no 7.-Organoleptic evaluation of Vanshayava:**

| Sr. No. | Test | Observation |
|---|---|---|
| 1 | Color | Yellowish Brown |
| 2 | Odour | Odourless |
| 3 | Taste | Not Specific |
| 4 | Touch | Hard, rough |

**Table no 8.-Phytochemical Study**

| Sr No | Tests | Water | Alcohol |
|---|---|---|---|
| 1. | Alkaloid | Negative | Negative |
| 2. | Glycoside<br>Cardiac Glycosides<br>Anthraquinone Glycosides<br>Saponin Glycosides | <br>Negative<br>Negative<br>Positive | <br>Positive<br>Negative<br>Negative |
| 3. | Steroids | Negative | Negative |
| 4. | Tannins | Positive | Negative |
| 5. | Proteins | Negative | Negative |
| 6. | Carbohydrates | Positive | Positive |
| 7. | Flavonoids | Positive | Negative |

8. Crude Fat

The Bambusa Arundinacea Willd seeds shows presence of 0.80 % of Crude Fat in it.

**Table no 9. Physicochemical Study Report**

| Sr.no. | Parameters | Bambusa arundinacea (Retz.) Willd |
|---|---|---|
| 1. | Moisture Content | 9.037 % |
| 2. | Total Ash Value | 3.195 % |
| 3. | Alcohol Extract Value | 1.277 % |
| 4. | Water Extract Value | 3.038 % |
| 5. | Specific Gravity | 0.6196 g/cm3 |
| 6 | Water Soluble Ash Value | 0.563 % |
| 7 | Acid inSoluble Ash Value | 1.447% |
| 8 | pH | 6.10% |

| | | |
|---|---|---|
| 9 | Foreign Matter | 1.994 % |
| 10 | Volatile Matter | 0.09% |

**TLC**

**Table no 10.Antioxidant study report**

| Sr No | Parameter | Unit | Value |
|---|---|---|---|
| 1 | Antioxidant Activity (as Ascorbic Acid ) | mg/100g | 03.34 |

# DISCUSSION

## Discussion on selection of topic:

Vamsha is a main drug used in Ayurvedic treatment for many disease conditions. Almost all the parts of Vamsha are used in practice, but the study of Vamshayava and its use in clinical practice is very less. To study its properties and uses becomes essential. So that it can be used in medicines or as constituent of diet.

Phytochemical and Physicochemical studies show acid insoluble ash values were 1.944%. It is done to rule out the presence of excess / foreign particles (i.e. other than drug part) i.e. sand or silica etc. which may not be absorbed in acid media in the body and may give rise to complications.

Alcohol and water soluble extracts in that water yield is maximum in Vamshayava. The alcohol extract value is 1.277 % and water extract value is 3.038 %.Then extraction procedure was carried out by using solvents like ethanol. The pH(5% solution ) is slightly alkaline, its value is 6.10.

Qualitative analysis of the plants extracts was done by some instrumental techniques i.e. T.L.C. by this test in observation, it showed presence of various compounds that were detected by their RF values. The results of the present project are found to be very encouraging in case of Antioxidant study. The value of Antioxidant study carried out by Total antioxidant is 03.34 mg/100g as compared to antioxidant capacity of Ascorbic Acid.

As API standards are not available for Bamboo seed, the results given are of the submitted sample.

## CONCLUSION

The objective of the present study was to investigate the presence of various phytochemical in Bambusa arundinacea (Retz) Wild plant as a whole as well as study of the seeds.

This conclusion was drawn from following reports of physicochemical and phytochemical tests.

Macroscopic examination reveals that the seeds of Bambusa Arundinacea show that the yellowish brown seeds of Bambusa Arundinacea are without any specific odour.

Powder microscopy shows cork cells with silica, starch grains compactly arranged fibres and silica crystals.It also shows of Vamshayava shows portion of endosperm with starch grains with trichome and marginal trichome. The physicochemical tests performed on Vanshayava show slightly basic pH with 9.037 %water content.

Phytochemical screening shows presence of carbohydrates in both water and alcohol bases. It also shows traces of Flavonoids, tannins and some glycocides. TLC of alcohol extract shows RF values of short wave between 0.11 to 0.85 and long wave range from 0.12 to 0.51.The Antioxidant study was carried out by 'The total Antioxidant Capacity' method.The value of Vamshayava is 3.34mg/100g as compared to Ascorbic Acid.

From the above we can draw a conclusion that Vamshayava (bamboo seeds) are yellowish brown seeds with slightly basic pH and 9.037 water content. As per its TLC reports the market sample is pure enough to consume .After studying its antioxidant properties we draw a conclusion that since Vamshayava is natural antioxidant it causes no harm to the body organs even after consumption. It can be considered as an appropriate content for healty diet and can be consumed to maintain healty life.

## REFERENCES

[1] Acharya Charak, Dr. Brahmanand Tripathi, Charak Samhita, Sutrasthan, Arthedashamahamuliya Adhyay , shlok no.26 ,Varanasi, Chaukhamba Surbharti Prakashan,2005,Pg no 565.

[2] Maharshi Sushrata, Kaviraj Ambikadatta Shastri, Shruta Samhita, Dravyavisheshvidnyaniya Adhyaya, Shloka no 9, Varanasi, Chaukhamba Sanskrit Sansthan,2010, Pg no.199

[3] Acharya Charak, Dr. Brahmanand Tripathi, Charak Samhita, Sutrasthan, Tistraishaniya Adhyay, shlok no.35, Varanasi, Chaukhamba Surbharti Prakashan, 2005,Pg no.238.

[4] Sangeetha R, Diea YKT, Chaitra C, Malvi PG and Shinomol GK,The Amazing Bamboo: A Review on its Medicinal and Pharmacological Potential (Review Article),Department of Biotechnology,Dayananda Sagar College of Engineering, (Affiliated to Visvesvaraya Technological University, Belgaum), Bangalore -560078.Volume 2, Issue 1 - 2015© Shinomol GK 2015,www.opensciencepublications.com

[5]Jimmy DO, Priyanka P (2015) Antihypertensive Activity Of Bamboo Shoot: A Review. Asian Journal of Pharmacological And Clinical Research 8: 46-47.

[6].Government of India, Ministry of Health And Family Welfare, Department of AYUSH, The Ayurvedic Pharmacopeia of India, First Edition ,Volume - VI, Part – I, Delhi, The Controller of Publication Civil Lines, 2004, Pg no 242-249

[7]. Government of India, Ministry of Health And Family Welfare, Department of AYUSH, The Ayurvedic Pharmacopeia of India, First Edition ,Volume - VI, Part – I, Delhi, The Controller of Publication Civil Lines, 2004, Pg no 251,291

[8]. Government of India, Ministry of Health And Family Welfare, Department of AYUSH, The Ayurvedic Pharmacopeia of India, First Edition ,Volume - IV, Part – I, Delhi, The Controller of Publication Civil Lines, 2004, Pg no 155-165.

[9]. Government of India, Ministry of Health And Family Welfare, Department of AYUSH, The Ayurvedic Pharmacopeia of India, First Edition ,Volume - IV, Part – I, Delhi, The Controller of Publication Civil Lines, 2004, Pg no 177.

[10].Vinod D. Rangari , Pharmacognosy And Phytochemistry, Third Edition( January 2012), Nashik, Career Publication, 2012, Pg no-66-76.

[11]. Aparadh V. T.,Naik V. V.,Karadge B.A., Antioxidative properties (tpc, dpph, frap, metal chelating ability, reducing power and tac) within some cleome species, Annali di botanica ann. bot. (roma), 07 May 2012, 49–56, http://annalidibotanica.uniroma1.it

[12] Bhavmishra, Dr K.C.Chunekar, Bhavprakash Nighantu, Guduchadi Varga, shlok no.156, Varanasi, Chaukhamba Bharati Academy, 2015, pg no.362.

[13]. Bhavmishra, Dr K.C.Chunekar, Bhavprakash Nighantu, Dhanyadi Varga, shlok no.82, Varanasi, Chaukhamba Bharati Academy, 2015, pg no.646.

[14]. Acharya Charak, Dr. Brahmanand Tripathi, Charak Samhita, Sutrasthan, Annapanvidhi Adhyay, shlok no.20, Varanasi, Chaukhamba Surbharti Prakashan, 2005,Pg no.503.

[15 ]. Acharya Charak, Dr. Brahmanand Tripathi, Charak Samhita, Chikitsasthana,Vishachikitsa Adhyay, shlok no.212, Varanasi, Chaukhamba Surbharti Prakashan, 2005,Pg no.795.

*wjpmr, 2022,8(2), XXX-XXX*

**SJIF Impact Factor: 5.922**

**WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH**

www.wjpmr.com

Review Article

ISSN 2455-3301

WJPMR

# ROLE OF GILOY (GUDUCHI) IN KITABH KUSHATH (PSORIASIS)

**Dr. Kiran Shripad Kore*[1], Dr. L. B. Patil[2], Dr. Ranjeet Patil[3] and Dr. Yuvraj Devane[4]**

[1]P.G. Scholar Graduate Department of Dravyagun, Yashwant Ayurvedic College, Kodoli.
[2]HOD Post. Graduate Department of Dravyagun, Yashwant Ayurvedic College, Kodoli.
[3,4]Proffesor Post. Graduate Department of Dravyagun,Yashwant Ayurvedic College, Kodoli.

***Corresponding Author: Dr. Kiran Shripad Kore**
P.G. Scholar Graduate Department of Dravyagun, Yashwant Ayurvedic College, Kodoli.
**Email Id:** dr.kiranjatkar@gmail.com

**Article Received on 08/12/2021** **Article Revised on 28/12/2021** **Article Accepted on 18/01/2022**

## ABSTRACTS

Number of skin disease increased markedly nowadays because of changed work culture, heavy workload, faulty food habits, lack of exercise, & changing life style & increasing pollution. Psoriasis is one the most dreadful dermatological condition. All the skin diseases in *Ayurveda* have been discussed under the broad heading of *"Kustha".* Psoriasis is a proliferative autoimmune skin disease which is affecting 2% of worldwide population. This disease characterised by scaling, thickened-rough skin lesions, itching, in severe cases covers entire body. Modern medical science treats psoriasis with Psoralen and Ultraviolet therapy (PUVA). But the disease has high recurrence rate and the modern medications have serious side effects like liver failure, renal failure, and bone marrow depletion etc. Here, *Ayurveda* treatment is under taken to provide safe and effective remedy for psoriasis. *Kitibha kustha* is considered as one of the *Kshudra Kustha. Tinospora cordifolia* (Guduchi or Amrita) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts for the treatment of diseases such as jaundice, fever, diabetes and skin disease etc.

**KEYWORDS:** Kitabha Kushath, Kshudra, Guduchi.

## AIM AND OBJECTIVE

**Aim**- Aim is to review role of giloy (gudduchi) in kitabha kushath

**Objective**

1. To review literature of kitabh kushath.
2. To review role of giloy in kitabh kushath.

## INTRODUCTION

*Ayurveda* has given some codes and conducts of life which everyone should follow to be healthy physically and mentally, but nowadays life style is changed. Now we are in 21st century, people have changed their life style as per so called western life style. These all factors play important role in *Raktadushti* and *Dosha Vrudhhi*, Which leads to skin diseases especially *Kustha*. Among all skin diseases, 'Psoriasis' is a very distressing disease both for the patients and physicians because of its pathogenic mechanism. All the skin diseases in *Ayurveda* have been discussed under the broad heading of *"Kustha".* Which are further divided into *Mahakustha* and *Ksudra Kustha*. *Kitibha kustha* is considered as one of the *Kshudra Kustha.*[1]

Ayurvedic classics have considered each type of *Kustha* to be a *Tridosaja* manifestation. Their Doshik identity can be established on the basis of dominance of *Dosha* in the *Samprapti*. Thus *Kitibhakustha* is *Vata-Kaphaja*.[2] phenomenon.

This disease characterised by brownish coloured scaling, thickened-rough skin lesions, in severe cases covers entirebody. As per *Ayurveda*, these symptoms are closely similar to symptoms of *Kitibhakushtha*, as its symptoms are *Shyavam, Kinakaraspharsha* and Parusha.[3] closely resembles with symptoms of Psoriasis.

***Kustha***

**1. *Charaka Samhita:*** *Acharya Charaka* has described the *Kushtha* in detail with long range of skin diseases with their etiology, Pathogenesis & specific classification under the heading of *Kushtha. Acharya Charaka* has mentioned eighteentypes of *Kushtha*.
These have been classified under seven *Maha Kushtha* & *eleven Kshudra Kushtha* in *Nidana & chikitsasthana.*[4]

**2. *Sushruta Samhita*:** *Acharya Sushruta* clearly described *Anuvamshika (*Hereditary) and *Krimija* (infectious) *Nidanas* as a causative factor for *Kushtha*. *Kushtha* has been also included in list of *Aupasargika Roga*, which may spread From one person to another. In *Nidana sthana Acharya Sushruta* has explained the *Dhatugatatva or Uttarotar dhatupravesha of Kushtha Roga*. The unique concept is also found in *Sushruta* by

giving the two chapters Of treatment (*Chikitsa)* i.e. *Kushtha Chikitsa & Maha Kushtha Chikitsa*.[5]

**Table 1: Causes of *Kustha Roga* in Tabular Form.**

| *Acharaja Hetu* | *Ca.Sa.* | *Su.Sa* | *A.S* | *.A.H.6* | *M.N. 7* | *B.P8* |
|---|---|---|---|---|---|---|
| Papa Karma | + | + | + | + | + | + |
| Vipra Guru Tiraskara | + | - | - | + | | |
| Sadhu Ninda | - | - | + | + | - | - |
| Killing thevirtuous persons. | + | + | - | - | | |
| Use of money& material acquired by unfair means | - | - | + | + | - | - |

***Laxanas* of *Kitibha***

*Kitibha* type of *kushta* is characterized as follows:

1. It is blackish brown in color;
2. It is rough in touch like a scar tissue; and
3. It is hard to touch.

*Kitibhakushta* has dry skin; rough, and hard, creating sound on scratching, hard and black. That which is discharging,round, dense, severely itching and oily black is known as *kitibha*.

**DRUG REVIEW**

*Tinospora cordifolia* (Guduchi or Amrita) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts for the treatment of diseases such as jaundice, fever, diabetes and skin disease etc 10.

**Botanical name –** Tinospora cordifolia Wall.Ex Seringe.

**Family:** Menispermaceae.

The single drug Guduchi has been used in this trial in powdered form. *Guduchi* (*Tinospora cordifolia*), also known as *amrita,* is one of the most valued herbs in the Ayurvedic pharmacy. Guduchi's role as an adoptogen, a potent herb that increases the body's resistance to stress, anxiety, and illness. The shrub is native to India, and its roots, stems, and leaves are used for healing.

**Giloy – medicinal properties –**Rasa – Taste – *Kashaya* (Astringent), *Tikta* (Bitter).

*Vipaka* –Taste conversion after digestion – *Madhura* – sweet.

***Chikitsa* (Principle Treatment of *Kushtha*)**

*Acharya Charaka* has mentioned that all the *Kushthas* are caused by *Tridosha*, so the Treatment is to be carried out according to the predominance of *Dosha*. The predominately vitiated *Dosha* should betreated.

First and the treatment of the other subordinate *Dosha* should be undertaken afterwards.

The first line of treatment for all diseases is *Nidana Parivarjana*. In our classical text, detail description is available regarding the treatment of *Kushtha*. The principal line of treatment of Kushtha *has* been classified into

Two groups;[9]

1. *Samshodhana Chikitsa*
2. *Samshamana Chikitsa*

*Guna* – qualities – *Laghu* – Light to digest, *Snigdha* Oily, Unctuous. Veerya – Potency – Ushna – Hot

**Effect on Tridosha –** *Doshatrayahara* – Balances *Tridoshas* – *Vata*, *Pitta* and *Kapha*.

*Amrit* contains the bitter, pungent, and astringent tastes. Although it's traditionally used to remove accumulated *Pitta*,*guduchi* can balance all the *doshas*.

**Chemical constituents:** The stem and leaves contain Tinosporine, Tinosporide, Corditolide, Tinosporin, Tinosporic acid, Corditol & Tinosporol. Berberillin & a crystalline compound have also been reported. Leaves are rich in calcium and phosphorus.

**Giloy uses:** Guduchi is best to cause astringent effect, promoting digestion, alleviating Vata, Kapha, constipation andRaktapitta (bleeding disorders)

**Other uses:** *Rasayani, Sangrahini, Balya, Agnideepani, Amahara, Trut hara, Dahahara, Mehahara Kasahara Paunduhara, kamala, Kushta, vatasrajvara Krimihara, Vamihara, Prameha, Shwasa kasa Arsha Krichra, Hrudya, Hrudroga, Chakshushya- Vayasthapana, Vrushya*

" पि बे द्वा षट्पलं सर्पिरभयां वा प्रयो जये त् ।
त्रिफला याः कषा यं वा गुडूच्या रसमे व वा ॥"
- (चरकसं हि ता )
" पि प्पला मधु सं मि क्ष गुडूची स्वरसं पि बे त ।
जी र्णा ज्वर कफ प्लहि का सा रो चक ना शनम् ॥ "
-( भै षज्य रत्ना वली )
" गुडूची कटुका ति क्ता स्वा दुपा का रसा यनी ।
सं ग्रहि णी कषा यो ष्णा लध्वी बल्या ग्नि दी पनी ॥
दो षत्रया मतृ ड्दा हमे हका सां श्व पा ण्डुता म् ।
का मला कुष्ठवा ता स्रज्वरकृमि वमी न्हरे त् ।
प्रमे हश्वा सका सा र्शः कृच्छ्रहृद्रो गवा तनु त् ॥"
-(भा वप्रका श नि घं टू )

Giloy/*guduchi* has a lot of potential ingredients which not only showed physical as well as mental changes in patients, itreduced.

Their stress level too. Giloy/*guduchi* effect on *lakshana* ofpsoriasis/ kitibha i.e. *Daha, kandu* and on haematological criteriaalso.

**REFRENCES**


1. Tripathi B. Charaka Samhita Chikitsasthana 7/13.Chaukhamba Surabharathi Prakashana, Varanasi, 2009; 302.
2. Tripathi B.Charaka Samhita Chikitsasthana 7/28-29. Chaukhamba Surabharathi Prakashana, Varanasi, 2009; 306.
3. Tripathi B.Charaka Samhita Chikitsasthana 7/22. Chaukhamba Surabharathi Prakashana, Varanasi, 2009; 305.
4. Sastri KN & Chturvedi GN charakasamhita vol 1 (nidansthan) Varanasi; chaukhambha bharati academy, 2009; 250.
5. Shastri AD Susrutasamhita vol 1 (Nidan & Chikitsa) Varanasi; chaukhambha Sanskrit Sansthan, 2010; 311(62): 71.
6. Tripathi BN Astanga Hrydyam (Nidansthan) Delhi; chaukhambha Sanskrit Sansthan, 2007; 68.
7. Sastri S. Madavnidanam vol 2 chaukhambha Parkashan Varansi, 2012; 182.
8. Sharma S.S Bhavparkassamhita Madyam khanda (Nidansthan) Varanasi; chaukhambha Sanskrit Sansthan, 1994; 122.
9. Sastri KN & Chturvedi GN charakasamhita vol 2 (chikitsa sthan) Varanasi; chaukhambha Bharati academy, 2009; 255
10. Sinha Et Al., "*Tinospora cordifolia* (Guduchi): A Review" Indian J Traditional Knowledge, July 2004; 3(3).

WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact Factor 8.084
Volume 11, Issue 3, 2357-2364. Review Article ISSN 2277– 7105

# AYURVED DARPAN JOURNAL OF INDIAN MEDICINE REVIEW ARTICLE AMALAKI - A REVIEW

**Soniya Makar[1]*, Laxmikant B. Patil[2], Ranjeet Z. Patil[3] and Yuvraj Devane[4]**

P.G. Scholar[1], Professor and HOD[2], Associate Professor[3,4]

Department of Dravyaguna Yashwant Ayurved College P. G. T. & R. C. Kodoli, Tal. Panhala, Kolhapur, Maharashtra, India-416114.

Article Received on
21 Jan. 2022,

Revised on 11 Feb. 2022,
Accepted on 01 March 2022

DOI: 10.20959/wjpr20223-23726

***Corresponding Author**
**Dr. Soniya Makar**
P.G. Scholar Department of Dravyaguna Yashwant Ayurved College P. G. T. & R. C. Kodoli, Tal. Panhala, Kolhapur, Maharashtra, India-416114.

## INTRODUCTION

Ayurved the ancient medical science which is been practiced in India and various parts of world since very long time. In Sanskrit, Ayurveda means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. Ayurveda believes that there is no such plant found in nature which has no medicinal value. Ayurveda is considered by many scholars to be the oldest healing science. Some of this knowledge was set to print a few thousand years ago, but much of it is inaccessible. Amalaki (Emblica officinalis) (EO) has a hallowed position in Ayurveda- an Indian indigenous system of medicine.

Amalaki is commonly known as "Indian gooseberry " According to belief in Indian mythology, Amla is the first tree to be created in the universe; which belongs to the family of Euphorbiaceae and is also known as Phyllanthus emblica or Indian gooseberry Amla is native to India and also grows in tropical and subtropical regions of Pakistan, Uzbekistan, Sri Lanka. South East Asia, China and Malaysia. The fruits of Amla are widely used in the Ayurvedic preparation and are believed to increase defence against diseases. It has a beneficial role in degenerative diseases like cancer, diabetes, liver treatment, ulcer, anemia, heart trouble and also is an important constituent in hepatoprotective formulas available[2]. Amla is highly nutritious and is one the richest sources of vitamin-C, amino acids and minerals, to possess biological activity. Almost all parts possess medicinal properties, particularly fruit, which has been used in Ayurveda as a powerful rasayana and in customary medicine in the treatment of

diarrhoea, jaundice, inflammation and several other ailments Amla: fruit is widely used in the Indian system of medicine as alone or in combination with other plants and is used to treat common cold and fever, as diuretic, laxative, liver tonic, refrigerant, stomachic, restorative, anti-pyretic, hair tonic; to prevent ulcer and dyspepsia.

The Atharva Veda mentions many plants and also mentions many families. For example (Asikin, Prisni, Stambini etc.) as well as plant classification is done keeping in view the factors like its place of origin, properties etc. The use of the drug in medicine is then described in detail in Samhita Kama. Fifty classes are mentioned in Fifty classes are mentioned in sequence in Charak Samhita Sutra Chapter 4 and about 500 plants are mentioned in them.

The study of medicinal plants is also described in other Samhita and Nighantu. The principles of many of the natural healing systems now familiar in the West have their roots in Ayurveda, including Homeopathy and Polarity Therapy.

The subject of Dravyaguna is not included in Ashtanga Ayurveda but it is a pillar of Ashtanga a. Dravygun subject Mentioned in Rugweda. In Rigveda many plants were used for healing. It was later mentioned in other Vedas.

The word medicine is defined as follows in one of the verses of Atharva Veda.

There are various text of Ayurved, out of which three major texts are called as Brihatrayi and the minor ones are called Laghutrayi.

Dravyaguna Vigyan stands on the foundation of Tridoshas, , Saptadhatu.Panchamahabhutas are Prithvi (earth), Aap (water), Tej (fire), Vayu (air), Akash (ether). Rasa, Rakta, Mansa, Meda, Asthi, Majja, Shukra are the Saptadhatus present in the body. Tridoshas are the three fundamental principle which governs the function of our body on the physical and emotional level they are Vata, Pitta and Kapha.

Amlaki is mentioned in various ayurvedic text.

**KEYWORDS:–** Amalaki, Rasayan.

**Table no. 1: Amalaki Raspanchak according to aurveda.**

| Drug Name | Latin name | Family | Rasa | Vipak | Virya |
|---|---|---|---|---|---|
| Amalaki | *Emblica Officinalis Gaertn*. | Euphorbiaceae | Amla Pradhan Madhur, Katu, TiktaKashay Ras Except Lavan | Madhura | Shita |

**Drug details**

**Classification According to Modern**

- **Kingdom:** Plantae
- **Division:** Angiospermae (Charak)
- **Class:** Dicotyledonae
- **Order:** Geraniales
- **Family:** Euphorbiaceae
- **Species:** officinalis Geartn.

**Classifiation According to Ayurveda**

- **Gan** – Virechanopag, Vay- Sthapan Parushakadi, Triphala (Sushrut)

**Vernacular names**

- **Genus:** Emblica
- **English:** Emblic myrobalan
- **Sanskrit:** Aamalaki
- **Hindi:** Amla
- **Marathi:** Amla

**Description - Amalaki tree**- It is a small to medium sized deciduous tree with an average height of 8-18 m, withthin light grey bark exfoliating in small thin irregular flakes. The average girth of the main stem is 70 cm. The main trunk is divided into 2 to 7 scaffolds very near to the base 3. Leaves are 10-13 mm long. 3 mm wide, closely set in pinnate fashion which makes the branches.

**Flowers –** Flowers Greenish-yellow, inaxillary fascicles on the leaf bearing branchlets, often on the naked portion below the leaves. Flowers areunisexual, 4 to 5 mm in olor, borne in leaf axils in clusters of 6. almost depressed to globose shape.

**Seeds-** seeds contain fixed oil phosphatidesand small quantity ofessential oil are 4-5 vide,

**Fruits –** fruit is fleshy, spherical, light greenish yellow, quite smooth and hardon appearance, with 6 vertical stripes orfurrows 4 each containing usually two seeds; seeds are 4-5 mm long and 2-3 ruits are: moisture 81.2%, carbohydrates14.1%, mineral matter 0.05% , K 0.02 %,Fe 1.2 mg/100g. phyllemblin, phyllemblic acid, gallic

**Leaves -** Amalaki leaves are Subsessile,closely set along the branchlets, distichous, narrowly linear, obtuse, having appearance of pinnate leaves. It contains Gallic acid, Ellagic acid, Chebulic acid, Chebulagic acid, Chebulinic acid, a Gallotannins called Amlic acid, Alkaloids, Phyllatidine and Phyllantine.

- **Leaf apices** - Acute
- **Leaf arrangement** - AlternateSpiral
- **Leaf bases** – Sheathing
- **Leaf margins** - Entire
- **Leaf shapes** - Linear
- **Leaf types** - Simple
- **Branches** - Drooping
- **Habit** - A tall erect green
- **Habitat**: Almost in every part of India especially in deciduous forests.

Amalaki is highly nutritious and is an important dietary source of vitamin C, minerals and amino acids. The dominant active constituent of the herbis a group of tanninsderived from Gallic and ellagic acids, which make up a large portion of the extractable nonnutritive constituents. Il of these constituents work together to enhance immunity, mical Composition Of Amalaki. The fruit gave cytokinine-like substances identified as zeatin, zeatin riboside and zeatinnucleotide; suspension culture gave phyllembin.

Phyllembin exhibits CNS depressant leaves is found to be effective in rat paw inflammation. The bark containstannin identified asmixed type of proanthocyanidin.

**Raspanchak – Ras-** Mukhya Amla, Other Ras Madhur, Katu, Tikta, Kashay

**Veepak –** Madhur

**Veerya** – Shita

**Gun** – Laghu, Ruksha

**Classical References**

**Textual review bhavprakash**

हन्ति वातं तदम्लत्वात् पित्तं माधुर्यशैत्यतः । कफं
रूक्षकषायत्वात् फलं धात्र्यास्त्रिदोषजित् ।। भा. प्र.

**Sthanin-** As it is anti-inflammatory, eye and hairy, apply amla kalka or vowel in inflammation and biliary headache. Wash hair with amla juice in khalatiya and palitya. In eye diseases, it should be applied to the eye. Amla kalk prepared with sesame seeds and milk should be used for leprosy.

Applying amla oil stops premature aging and hair growth. Amalki extract is useful for ulcer treatment.

**Sushruta: Raktaabhishyand**

- Amalki leaves and fruit juice should be given.
- Urinary incontinence - Amalki swaras shouldbe given along with 16 tola ghrita.
- Amalki powder boiled in milk should be given in Kasa along with Haridra powder and honey.

**Bhavprakash nighnatu**

वयस्यामलकी वृष्या जातीफलरसं शिवम्
धात्रीफलं श्रीफलं च तथामृतफलं स्मृतम् ॥
त्रिष्यामलकमाख्यातं धात्री तिष्यफलाऽमृता ॥ ३८
॥ हरीतकीसमं धात्रीफलं किन्तु विशेषतः ।
रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ॥३९॥
हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।
कर्फ रुक्षकषायत्वाफलं धात्र्यास्त्रिदोषजित् ॥४०॥
यस्य यस्य फलस्येह वीर्यं भवति यादृशम् ।
तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशेत् ॥४१॥

**Amlaki is raktapittaharvrushya**

Tridoshnashak, shukravardhak Jwarghna, Anulomak.

**Rajnighantu**

आमलकं कषाययाम्लं मधुरं शिशिरं लघु ।
दाहपित्तवमीमेहशोफघ्नं च रसायनम् ।। रा. नि.

**Charak** – Rasayan -256 Tola Amalki powder by giving the bhavana of Amalki swaras for 21 days and then making its powder. Mix 256 tola of honey and 256 tola of ghee in that powder. Then, after pouring 96 ounces of Pippali powder and 48 ounces of sugarcane, fill the mixture in an aloe vera container and attach the container to the ash heap during the rainy season.

- Vataraktamadhe - Amalki Swaras mix with Purana Ghritam
- Wajikaranardha-Amalki Rasayan should be licked in the morning and evening along with 1/4 tola of sugarcane Chakradatta: In Pittajshool - Eat Amalki Swara with mishri

1. **Bhavprakash:** In case of urinary incontinence, Amalki churna mix wih water and applied on the affected area.
2. **Vangsen:** In Netrashool - Amalki Swarasane netrapuran karawe
3. **Sharangdhar:** In case of nasal hemorrhage, amalki powder should be rubbed in ghee and then applied on the forehead, then nasal hemorrhage stops Karma of Aamalaki according to Ayurveda Activities of Aamalaki according to modern

**Vataraktamadhe - Amalki swaras mix with purana ghritam**

- Wajikaranardha- Amalki Rasayan should be licked in the morning and evening along with 1/4 tola of sugarcane
- Chakradatta: In Pittajshool - Eat Amalki Swara with mishri
- Amalki powder boiled in milk should be given in Kasa along with Haridra powder and honey

**Sushruta:** Raktaabhishyand

- Amalki leaves and fruit juice should be given

**Sthanin-** As it is anti-inflammatory, eye and hairy, apply amla kalka or vowel in inflammation and biliary headache. Wash hair with amla juice in khalatiya and palitya. In eye diseases, it should be applied to the eye. Amla kalk prepared with sesame seeds and milk should be used for leprosy. Applying amla oil stops premature aging and hair growth.

Amalki extract is useful for ulcer treatmentand implantation.

- Fever - Fever patients who do not get sleepand sweating and get thirsty should get Amalki and Ardak

**Chemical Composition and Activities**

It is rich source of Vitamin C. Fruit contains Galic Acid, Tannic acid, Glucose, Albumin, Cellulose, Calcium

**Major chemical constituents**

**Root**- Ellagic acid, Lupeol, Oleanolic aldehyde

**Bark**- Leucodelphinidin, Procyanidin, Tannin etc.

**Fruit**- Vit. C, Phyllemblin, Linolic acid, Indole a cetic and Ayxubsm trigaloylglucose, terchebin, Corilagin, Ellagic phyllemblic acid & salts.

- **Activities**
- **Anti-ageing:**– It contains low molecular weight hydrolysable Tannis so it is strongest antioxidant herb
- **Antidibetic:**- It contains high amount of vitamin C
- **Eye diseases**- Amalaki called Chakshushya in Ayurveda .It is effective in conjunctivitis Glaucoma
- **Anti-inflammatory and Antipyretic** – The contents like tannins alkaloids phenolic compounds amino acids
- **Antihyper thyroid**

**CONCLUSION**

- Amalaki is having highest source ofvitamin C.
- Amalaki improves healthy metabolism, digestion andelimination.
- It possesses anti-inflammatory properties, nourishes body tissueand organs.
- Present article has been a focus onthe utilization of Amalaki fruit for their functional and pharmacological properties.
- Amalaki fruit is rejuvenative androtective for the heart and respiratory system.
- Amalaki is a natural antioxidantwhich promotes healthy eyes, growth of hairs, nails, and skin.
- Amalaki pacifies Vata, Pitta,and Kapha, though it specifically alleviates Pitta.
- In addition, Amalaki rejuvenatesall of the tissues in the body andbuilds Ojas which is the

It Balances Jatharagni (digestive fire).

- Amalaki builds Ojas
- Ojas increases Bodily strength, vigour, energy, ability to support a healthy immune response.
- Amalaki is stated as a Rasayana drug in Ayurveda which is having a rejuvenating effect on bodytissues.

## CLASSICAL REFERENCES


1. Dravya Guna Vigyan by P.V. Sharma Chaukhamba Bharti Acadamy Publication. Reprint. Varanasi, 2009; 2: 341 – 758.
2. Charak Samhita Purvardh Vidyotini Hindi commentary by Pt. Kashinath Shastri and Dr. Gorakhnath Chaturvedi. published by Chaukhambha Bharti Academy, Varanasi. Sutrasthan, 1996; 22: 4 – 50.
3. Ghosal S. Tripathi VK, Chauhan S. Active constituents of Kangotra Shakshi Et Al: Anti-Ageing Effect of Amalaki: A Review. International Ayurvedic Medical Journal. 2017; 5(7): 2451-2456.
4. Chunekar Krishnashastri, Pandey G.S. Bhavaprakash Nighantu. Haritakyadi Varga 19-20. Varanasi: Choukhambha Bharati Academy, 2010; 5: 2.
5. Kumar Sampath KP. Recent trends in potential traditional Indian herbs Emblica officinalis and its medicinalimportance. Journal of Pharmacognosy and. Journal of Pharmacognosy and Phytochemistry, 2012; 1(1): 18-28.
6. Indian herbs Emblica officinalis and its medicinal importance. Dravygun vigyan part Dr vinod Patangelate dr C P Lingayat foundation pune, 2017; 10.
7. Priya Nighantu. P Sharma Priya Nighantu of P.V Sharma; Chaukambha Surabharati Prakashana, Varanasi, 2004; 2007.
8. Nighantu Adarsha G Bapalal. Vaidya Nighantu Adarsha by Bapalal G. vaidya; Chaukhambha Bharati Academy, Varanasi, 2007.
9. G Pandey. Prof. K.C. Chunekar edited Bhavprakash Nighantu withChaukhamba Bharti Academy Varanasi, Reprint, 2013; 10.
10. A Textbook of Dravyagun Vijanana by DrPrakash Hedge and by Dr Harini, 220.

# The Antiseptic

Estd.1904

Indexed in IndMED

A MONTHLY JOURNAL OF MEDICINE AND SURGERY

Email: admin@theantiseptic.in www. theantiseptic.in

Vol. 119 • No. 4 APRIL 2022 ISSN 0003-5998 • ₹ 100


# A Critical Review on Chitrak

VIDULA AJIT RAJIGARE, LAXMIKANT B. PATIL, RANJEET Z. PATIL, AJIT S. RAJIGARE

**ABSTRACT**

*Ayurveda is the oldest medicinal system in India. Ayurveda is a science of life with a holistic approach to health. It has ability to treat many chronic diseases such as cancer, diabetes, arthritis and asthma which are untreatable in modern medicine. Plants are the exclusive source of the drugs for the treatment of the diseases. In Ayurveda the concept of Ama is unique. Ama is said to be the root cause of all diseases. Amaya is a Sanskrit word for disease literally means that which is born because of Ama. As per Ayurveda, the Agni is essential for the maintenance of perfect health. Ama forms as a result of impaired Agni, and that, in turn, destroys Agni. Ama is a causative factor in number of diseases. So Ama pachan and Agni Deepana is very effective to improve all heath issues. For this the wonderful drug Chitraka is mentioned in our Ayurvedic texts. Plumbago zeylanica Linn.belongs to family Plumbaginaceae, commonly known as Chitrak is one of the medicinal plants used in the Indian traditional system of medicine. In this article, we are going to discuss about Chitrak & its medicinal aspect as mentioned in Ayurvedic texts.*

***Key Words:*** *Chitrak, Ama, Deepana, Plumbago zeylanica Linn,*

**Introduction:**

Ayurveda is the ancient medical science practiced in India since very long time. Citraka is a well recognized and reputed plant to treat number of diseases. It is very effective as agnideepak, kaphahar, arshahar, kushthhar etc. Its effect in Ama pachan and Agni deepana is proven. The word Chitrak gives us a unique resemblance to the leopard as it tears accumulated lumps like. Chitrak is one of the powerful digestive and carminative herbs of Ayurveda. It is used in most of Ayurvedic medicines for indigestion. The white variety of Chitrak, *Plumbago zeylanica Linn.*, commonly known as Ceylon leadwort, Doctorbush or wild leadwort. It is an oldest herb that was used in Ayurveda for several disorders over thousands of years.

**Dr. Vidula Ajit Rajigare,** P.G.Scholar,
**Dr. Laxmikant B. Patil,** Professor and HOD,
**Dr. Ranjeet Z. Patil,** Associate Professor
Department of Dravyaguna,
Yashwant Ayurved College P.G.T.& R.C.
Kodoli, Tal. Panhala, Kolhapur,
Maharashtra, India - 416114.
**Dr. Ajit S. Rajigare,** Associate Professor
Department of Rachana Sharir,
Dr. Deepak Patil Ayurvedic Medical College
and R.C. Borpadale, Tal. Panhala,
Kolhapur - 416 213. Maharashtra.

Specially Contributed to "The Antiseptic"
Vol. 119 No. 4 & P : 35 - 37

**Latin Name:**

***Plumbago zeylanica Linn.***

The generic name is derived from the Latin words plumbum, meaning 'lead', as this plant was reputed to cure lead poisoning. The specific epithet zeylanica means 'from Sri Lanka' which was formerly called Ceylon. Plumbago means an evergreen flowering shrub.

**Synonymes:**

- **Dipaka:** Due to Ushna veerya it stimulates digestive fire
- **Jarana:** Digests food
- **Citrak, Vyala:** Tears accumulated lumps like leopard
- **Agni:** Denotes its digestive property
- **Citraka:** Signifies tearing action
- **Agnika:** Due to its fiery hot nature

**Vernacular Names:**

| | | |
|---|---|---|
| 1 | Hindi | **Chita, Chitarak, Chitra** |
| 2 | Bengali | **Chita, Chitu** |
| 3 | Kannada | **Pellichitramula** |
| 4 | Punjbi | **Chitra** |
| 5 | English | **Ceylon Leadwort** |
| 6 | Telugu | **Chitramulam, Agnimata** |
| 7 | Farasi | **Bekha baranda** |
| 8 | Marathi | **Chitramula** |
| 9 | Gujrati | **Chitro** |
| 10 | Tamil | **Kodivel** |
| 11 | Malyalam | **Vellakotuveri** |

**Botanical Description:**

**Kingdom:** Plantae

**Sub-kingdom:** Tracheobionta

**Super-division:** Spermatophyte

**Division:** Mognoliophyta

**Class:** Mognoliophyta

**Sub-class:** Caryophyllidae

**Order:** Plumbaginales

**Family:** Plumbaginaceae

**Genus:** Plumbago

**Species:** Zeylanica

It is a perennial bushy shrub. The plant grows upto height of about 0.5–2 m. Leaves are dark green in colour having thickness of 1.5 inch and width up to 3 inch. The leaves are alternate, simple and ovate and they consume hairy margin. Flowers are bisexual, 10-25cm long, white in colour, having diameter of 1-1.5cm, exists in bunches. Fruits have apex and contains single seed that is oblong. Root is brown in colour from outside and white from inside. In India it is scattered in central India to West Bengal, Maharashtra and Uttar Pradesh to some parts of South India.

**Parts Used :** Root Bark

**Chemical Constituents:**

1) Plumbagin
2) 3 - Chloroplumbagin
3) Plumbagic acid
4) Isozeylinone
5) Glucose
6) Fructose
7) Aspartic acid
8) Hydroxyprolin

Plumbagin is a yellow pigment that patents in members of Plumbaginaceae family. The roots contain plumbagin while the stem has a lesser volume and leaves have no plumabgin. It is natural yellow pigment because of existence of naphthoquinone pigment and is exists in the form of needles. Plumbagin is soluble in alcohol, acetone, chloroform, benzene, and acetic acid and is exceedingly toxic compound with corrosive possessions. Plumbagin has antibacterial activity in contradiction of numerous pathogenic bacteria. The methanolic extract of plumbagin shows strong antibacterial activity against Escherichia coli, Salmonella typhi and Staphylococcus aureus and inhibitory outcome in contradiction of Klebsiella pneumoniae, Serratia marcescens and moderate result in contradiction of Bacillus subtilis and less low effect contrary to Proteus vulgaris and Pseudomonas aeruginosa. The aqueous extract shows less antibacterial action as related to organic extract. Plumbagin shows anticancer, antifungal, antimicrobial activity, antibiotic effects.

**Varieties:**

Vagbhata stated three varieties viz., Shweta(white), Pita(yellow) & Asita(black) Chitraka.

Bhavprakash Nighantu stated three varieties viz., Shweta, Rakta & Neela Chitraka.

*P. zeylanica* (White); *P. rosea* L. (red) and *P. capensis* (blue).

P.V. Sharmaji described the later two varieties as *P. indica* Linn. and *P. auriculata* Linn.

**P. rosea L.**

**P. capensis**

**Classical Texts:**

In classical texts Chitrak is categorized in different groups considering its medicinal properties and therapeutic uses.

**Charaka:**

Dipaniya mahakashaya, Shulaprashamana mahakashaya, Arshoghna mahakashaya, Lekhaniya mahakashaya.

**Sushruta:**

Pippalyadi gana, Mustadi gana, Amlakyadi gana, Varunadi Gana, Aragvadhadi Gana. Vagbhata: Pippalyadi gana, Mustadi gana, Varunadi Gana, Aragvadhadi Gana.

**Bhavprakash nighantu:**

Haritakyadi varg.

**Sharangdhar nighantu:**

Acharya Sharangdhar mentioned that those Dravya which are used for digestion of unripe food and to initiate the digestive fire termed as Deepana- Pachan dravya, example is Chitraka.

**Drug Guna:**

| Rasa | Guna | Virya | Vipak |
|---|---|---|---|
| Katu | Laghu, Tikshna | Ushna | Katu |

**Uses:**

- Chitrak is vata, kapha and pitta shamak i.e. Tridoshaghna.
- ***Digestive system:*** Chitrak has Deepana (appetizer) and Pachana (digestion) properties that help improve digestive problems such as loss of appetite, indigestion, bloating, gas and dysentery or diarrhoea. Chitrak also helps manage constipation because of its Rechana (laxative) property.
- ***Liver diseases:*** It is useful in liver diseases.
- ***Grahani:*** In Grahani it is used with takra.
- ***Krumi :*** It acts as Krumighna.

- ***Arsha:*** Chitrak dosages effectively reduce painful Piles because of their pain-relieving properties due to the Vata and Pitta dosha balancing properties.
- ***Shoolhar:*** The paste prepared from the leaves of Chitrak is used for application to manage rheumatic pain because of its Vata balancing property.
- ***Shothahar:*** It reduces the swelling on the affected area due to its Vata balancing and anti-inflammatory properties and helps in wound healing.
- Due to Garbhashaya sankochaka, Garbhastravkar properties it is used in Anartava, Makkalshoola etc.
- ***Obesity:*** Chitrak has Pachan and Deepan properties that help in reducing fat accumulation, these properties are essential in managing obesity. Chitrak also reduces blood cholesterol and triglyceride levels and thereby, helps in weight loss.
- ***Diabetes:*** Chitrak root supplements help manage diabetes. The components present in Chitrak roots help enhance insulin secretion because of their anti-diabetic nature and antioxidant properties that help in lowering blood glucose levels.
- ***Respiratory system:*** Chitrak has a Kapha balancing nature which is beneficial in reducing the symptoms of cough and cold.
- ***Cholesterol:*** High cholesterol occurs due to deposition of toxins in the form of Ama, Chitrak prevents this deposition due to its Deepan, Pachan, Lekhan(scrapping) properties. Chitrak supplements are very effective in preventing the deposition of saturated fatty acids in arteries and maintaining the blood flow in the body, which avoids atherosclerosis and further reduces the chances of heart attack.
- ***CNS:*** Chitrak helps in the management of CNS due to its Vata balancing and Medhya properties. It also aids in reducing anxiety and calming brain activity as it suppresses the central nervous system due to its relaxant properties.
- Aacharya Vagbhat stated Chitrak has antiaging and rejuvenating properties. Chitrak root powder taken with ghee and sesame oil for 1 year makes the person live for 100 years.

**External Use**

- For managing the skin diseases like acne, soreness, and dermatitis, Chitrak extract is helpful as it has antioxidant and antimicrobial properties.
- The antioxidant properties of Chitrak also help in accelerating the process of wound healing which helps in the formation of new skin cells.
- Its lepa is applied in diseases like Shlipada, Shotha, Shwitra Kushtha etc.

**Dosage:**

The ayurvedic dosage of Chitrak varies according to different forms of Chitrak products.

**Precauctions while using Chitrak:**

- For pregnant women, the intake of Chitrak supplements is not recommended as it suppresses ovulation, implantation and it further leads to abortion. It irritates the uterus and enhances contractions which might lead to miscarriage. Therefore, it is recommended to take some advice from the Doctors.
- The overdose of Chitrak supplements is responsible for vomiting, nausea and headache.
- Even lower dosage of Plumbagin stimulates CNS and muscles, whereas higher dosages are responsible for paralysis.

**Conclusion:**

This review clearly shows the importance of Citraka as a useful medicinal plant. Citraka is used from the ancient times as an important herb to treat number of diseases due to its Ama pachan and Agni deepana properties mentioned in Ayurvedic classics. This review elaborates the morphology of the plant along with its chemical composition. It includes a short review on therapeutic uses of drug as stated in ayurvedic texts. It is cleared that Chitrak when taken in proper amount acts as tonic but may be harmful in excess quantities.

**REFERENCES:**


1. Prof. K.C. Chunekar, Bhavaprakasha Nighantu, Chaukhambha Bharti Academy Varanasi, edited by Dr G.S Pandey, Reprint: 2004, P.22.
2. Acharya Sharngadhar, Sharngadhar Samhita, Jeevanprada Hindi commentary by Shailaja Srivastava, Chaukambha Orientalia, Varanasi. 1996
3. Dravyaguna Vigyan, Vol. 2, Prof. P. V. Sharma, edition 2001, P.359.
4. Dr. J.L.N.Sastry, Dravyaguna Vigyana, Chaukhambha Orientalia Varanasi, Reprint: 2005, P.314.
5. Dravyaguna Vigyan , Pro. Deshpande, Pro. Javalgekar, Pro. Ranade, Anmol Prakashan, Pune, Reprint 2002, P.532.
6. Dhale, D.A, Markandeya SK. Antimicrobial and phytochemical screening of Plumbago zeylanica Linn. (Plumbaginaceae) Leaf. Journal of Experimental Sciences, 2011; 2(3): 4-6.
7. Agnivesha Maharishi, Charak Samhita Vol.1 with elaborated Vidyotini Hindi Commentary by Pt.Kashinatha Shastri, Edited by Dr Gangasahaya pandeya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Edition Reprint : 2001.P. 72,75, 80, 81,95.
8. Agnivesha Maharishi, Charak Samhita Vol.2 with elaborated Vidyotini Hindi Commentary by Pt.Kashinatha Shastri, Edited by Dr Gangasahaya pandeya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Edition Reprint: 2001.P.332, 466, 499.
9. Sushruta Samhita of Maharshi-Sushruta Part-1, edited with Ayurveda-Tattva Sandipika, commentary by Kaviraja Ambikadutta Shastri, Chaukhambha Sanskrit Sansthan, Varanasi, 2007.P. 142,143,145.
10. Acharya Vagbhat, Astanga Samgraha, Vol 1, by Kaviraj Atrideva Gupta, Krishanadas Academy, Varanasi, reprinted: 1993. P.137, 139,140.
11. Acharya Sharngadhar, Sharngadhar Samhita, Jeevanprada Hindi commentary by Shailaja Srivastava, Chaukambha Orientalia, Varanasi. 1996; 30.
12. P.V. Sharma, Classical uses of medicinal plants, Chaukhambha Visvabharati, Varanasi, and Reprint: 2014, P.143.
13. Dr. Indradeva Tripathi, Chakradatta, Chaukhambha Sanskrit Sansthan, Reprint: 2005, P.252.
14. Yadav Chhavi, Chaubey Suresh, Singh Tejbeer, Rohilla Lakhan. A Review on Chitraka with its Medicinal Properties w.s.r to its Ama Pachan and Agni Deepana Action. International Journal of Ayurveda and Pharma Research. 2017; 5 (3):71-75.
15. Richa Tyagi et al/ International Journal of Pharma Sciences and Research (IJPSR) / vol. 5 no. 04, Apr 2014, P. 120.

**World Journal of Pharmaceutical and Medical Research**

( An ISO 9001 : 2015 Certified Journal )

SJIF Impact Factor: 5.922 ICV 78.6 ISSN 2455 - 3301

# Acceptance Letter

**Manuscript No:** WJPMR/5463/8/2022 **Date: 10/04/2022**

**TITLE: CLASSICAL TEXTUAL REVIEW OF IRIMEDA**

**Dear Dr Shantanu Pophalikar, Dr. Ranjeet Z Patil, Dr. Laxmikant B Patil, Dr. Yuvraj Dewane**

We are pleased to inform you that out of various research articles submitted, Experts/ Referees Panel of WJPMR has recommended your manuscript for publication, so World Journal of Pharmaceutical and Medical Research has been accepted your manuscript for publication in Current (April) Issue of WJPMR.

World Journal of Pharmaceutical and Medical Research publishes all its article in full open access format which are easily accessible for scientific community.

Kindly send the scanned copy of CTA form (Copyright Transfer Agreement). As early as possible. CTA form available at

www.wjpmr.com

Thanking You

Editor in chief

Prof. Dr.Valentina Petkova

WJPMR