



# Indian Journal of Agriculture and Allied Sciences

A Refereed Research Journal

ISSN 2395-1109

Volume: 1, No.: 3, Year: 2015

Received: 07.09.2015, Accepted: 14.09.2015

## AYURVEDIC MEDICINE: A REVIEW ON MEDICINAL IMPORTANCE OF SHIGRU (*Moringa oleifera* Lam) IN SAMHITAS

Brijesh Kumar<sup>a</sup>, Sanjeev Kumar<sup>b</sup> and Anil Kumar Singh<sup>c</sup>

<sup>a & b</sup> Ph.D Scholar and <sup>c</sup>Professor and Head, Department of Dravyaguna, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India, E-mail: Drsanju38@gmail.com, Corresponding Author: Brijesh Kumar

**Abstract:** Ayurvedic medicine (also called Ayurveda) is one of the world's oldest medical systems. It originated in India more than 3,000 years ago and remains one of the country's traditional health care systems. Its concepts about health and disease promote the use of herbal compounds, special diets, and other unique health practices. India's government and other institutes throughout the world support clinical and laboratory research on Ayurvedic medicine, within the context of the Eastern belief system. But Ayurvedic medicine isn't widely studied as part of conventional (Western) medicine. Shigru (*Moringa oleifera* Lam) known as 'Drum stick tree' is a small evergreen tree, It is traditionally used in the treatment of various ailments i.e. Krimi (wormicidal), Kustha (skin disorders) Kandu (itching) Vata vyadhi, Ashmari (stone), Sopha (Inflammation). This review summarizes the medicinal efficacy of Shigru (*Moringa oleifera* Lam). Due to multiple uses demand of Shigru (*Moringa oleifera* Lam.) is so high.

**Keywords:** Shigru, Samhita, Ayurveda, *Moringa oleifera*.

**Introduction:** The Moringa tree is one of the most incredible plant. I have ever encountered. This may sound sensationalist, but Moringa's nutritional and medicinal properties has the potential to end malnutrition, starvation, as well as prevent and heal many diseases and maladies worldwide. Moringa is truly a miracle plant, and a divine gift for the nourishing and healing of man. This plant has so many uses and special features, it is hard to know where to begin sharing what I have learned about this wonderful plant. This book is the result of my research on Moringa. I have read many books, research papers, seen many videos and have visited many websites. In this book I have distilled the best and most useful information from all of these sources in order to save you the reader from have to wade through all of the information out there about Moringa. This book will give you the key information in a concise way so that it will be easy to read and share its content with others. I plan to write more in the future about Moringa, but for now this book will serve as an excellent introduction to Moringa. Moringa is the sole genus in the flowering plant family Moringaceae. The genus Moringa in turn is made up of 13 species. The species most common, and which is

the main subject of this book is the species called "Moringa Oleifera." Moringa Oleifera is found in many tropical and sub-tropical regions. Moringa can be grown in the even the harshest and driest of soils, where barely anything else will grow. In fact, one of the nicknames of Moringa is "never die" due to its incredible ability to survive harsh weather and even drought. The Moringa tree is one of the most incredible plants I have ever encountered. This may sound sensationalist, but Moringa's nutritional and medicinal properties has the potential to end malnutrition, starvation, as well as prevent and heal many diseases and maladies worldwide. Moringa is truly a miracle plant, and a divine gift for the nourishing and healing of man. This plant has so many uses and special features, it is hard to know where to begin sharing what I have learned about this wonderful plant. This book is the result of my research on Moringa. I have read many books, research papers, seen many videos and have visited many websites. In this book I have distilled the best and most useful information from all of these sources in order to save you the reader from have to wade through all of the information out there about Moringa. This book will give you the key information in a concise

way so that it will be easy to read and share its content with others. I plan to write more in the future about Moringa, but for now this book will

### Botanical Description of *Moringa oleifera* Lam

#### Scientific classification <sup>[2]</sup>

Kingdom	:	Plantae
Subkingdom	:	Tracheobionta
Superdivision	:	Spermatophyta
Division	:	Magnoliophyta
Class	:	Magnoliopsida
Subclass	:	Dilleniidae
Order	:	Capparales
Family	:	Moringaceae
Genus	:	Moringa.
Species	:	Moringa oleifera Lam.
Synonyms	:	Moringa pterygosperma Gaertn

The medicinal virtues of this plant are mentioned in most of the Ayurvedic literature viz. Charak Samhita, Sushruta Samhita, Ashtanga Sangraha And Ashtanga Hridaya, Bhel Samhita, Harita Samhita, etc.

#### Sambhita Grantha

**Charak Samhita (1000 BC- 4<sup>th</sup> Cent. AD):** It is considered one of the oldest scriptures among the

**Table 1.1 : Shown Doses Forms and Indications of Charak Samhita**

S.N.	Dosages Form	Name	Indication	Reference
1.	Kashaya	Krishnagandha	Dadru, Vidradhi Ganda	C.S.Su. 1/114
2.	Churna	Shigru	Krimi,Siroshula, Pinasa	C.S.Su. 2/2
3.	Yavagu	Shigru	Krimi	C.S.Su. 2/22
4.	Churna, Pradeha	Krishnagandha	Kustha,Kilasa, Kitibha	C.S.Su 3/3
5.	Lepa	Shigru	Kandu, Kustha, Sopha	C.S.Su. 3/7
6.	Kashaya	Akshiva	Krimighna Mahakashaya	C.S.Su.4/15
7.	Kashaya	Sobhanjana	Svedopaga Mahakashya	C.S.Su. 4/22
8.	Kashaya	Shigru	Sirovirecana Mahakashya	C.S.Su. 4/27
9.	Asthavara Snehasaya	Shigru	Source of Sneha of Vegetable Origin	C.S.Su. 13/9
10.	Kvatha	Shigru	Nadi Sveda For Kapha	C.S.Su. 14/30
11.	Kashaya	Sobhanjana	Kaphaja Vikara	C. S.Su. 14/31
12.	Vyoshadya Saktu	Shigru	Santarpana Rogas Prameha	C. S.Su. 23/18
13.	Mula Asava	Krishnagandha	-----	C. S.Su. 25/49
14.	Saka	Shigru	Hridya, Vitiating Pitta	C. S.Su. 27/170
15.	Saka	Shigru	Causing Rakta-Pitta	C. S.Ni 2/2
16.	Aasthavana Kvatha	Shigru	Extraction of Krimi	C. S.Vi 7/17
17.	Katu Skanadha	Shigru	-----	C. S.Vi. 8/143
18.	Kvatha	Sobhanjana	Sirovirecana	C. S.Vi. 8/151
19.	Agurvadya Taila	Shigru Akshiva and Sobhanjana	Sita Jvara	C. S.Ci 3/266
20.	Taila	Shigru	Kustha, Kandu	C. S.Ci. 7/105
21.	Taila	Shigru	Kustha, Kandu	C. S.Ci. 7/108
22.	Kanak kshiri Taila	Shigru	Kustha, Kandu, Krimi	C. S.Ci. 7/112
23.	Lepa	Sobhanjana	Vata-Kaphaja Kustha	C. S.Ci. 7/123
24.	Pradeha	Krishnagandha	Sira-Parshva Shula	C. S.Ci. 8/79
25.	Kada Yusa	Krishnagandha	Rajayakashma, Atisara	C. S.Ci. 8/129
26.	Kvatha For Snana	Shigru	Vataja Svayathu	C. S.Ci 12/65
27.	Lepa	Shigru	Kaphja Svayathu	C. S.Ci 12/68
28.	Lepa	Shigru	All Kind of Svayathu	C. S.Ci. 12/70
29.	Lepa	Shigru	Udara Roga	C. S.Ci. 13/107
30.	Taila	Shigru	Vatodara Roga, Sula-nasaka	C. S.Ci. 13/154
31.	Pippalyadi Lavana	Shigru	Hridya Rogas Gulma	C. S.Ci. 13/157
32.	Kvatha For Sechana	Krishnagandha	Arsha	C. S.Ci. 14/43
33.	Kvatha	Shigru	Arsha	C. S.Ci. 14/46
34.	Mudga Yusa	Shigru	Hikka, Svasa	C. S.Ci 17/97
35.	Yusa	Sobhanjana	Hikka, Svasa	C. S.Ci. 17/98
36.	Pippalyadi Anjana	Shigru	Visha Cikitsa	C. S.Ci 23/182
37.	Kasaya	Shita Marica	Sarpa Visha	C. S.Ci. 23/193
38.	Yusa	Shigru	Ashmari Bhedaka	C. S.Ci 26/65

serve as an excellent introduction to Moringa.Moringa is the sole genus in the flowering plant family Moringaceae <sup>[1]</sup>.

existing classics of *Ayurveda*. Sigru is also found by different synonyms in Charak Samhita with its properties, action, usefulpart, therapeutic uses and doshas forms. The same has been presented in tabular form, which is as follows <sup>[3]</sup>. (Table 1.1)

39.	Kalka	Sobhanjana	Ashmari, Sarkara	C. S.Ci. 26/66
40.	Kasaya, Churna	Shigru	Siro Rogas	C. S.Ci 26/185
41.	Kasaya	Shigru	Vadhira, Karna-Nada	C. S.Ci. 26/225
42.	Varti	Shigru	Vataja Netra Roga	C. S.Ci. 26/238
43.	Varti	Shweta Marica	Sarva Aksi Roga Nashaka	C. S.Ci. 26/244
44.	Kasaya For Sechana	Shigru	Urustambha	C. S.Ci. 27/50
45.	Lepa	Shigru	Urustambha	C. S.Ci. 27/52
46.	Kvatha	Sobhanjana	Urustambha	C. S.Ci. 27/54
47.	MahaSneha	Krishnagandha	Sira-Majja-Asthigata	C. S.Ci. 28/129
48.	Mulakadya Taila	Shigru	Vatavyadhi	C. S.Ci. 28/166
49.	Taila	Shigru	Vatavyadhi	C. S.Ci 28/174
50.	Kvatha	Shigru	Krimi, Kustha, Meha	C. S.Si. 3/60
51.	Taila	Shigru	Krimi Nashaka	C. S.Si. 8/8
52.	Churna	Shigru	Apatantraka Roga	C. S.Si. 9/17
53.	Kasaya For Vasti	Shigru	Vasti	C. S.Si. 11/23

**Sushruta Samhita (1000 BC- 5<sup>th</sup> Cent.AD) :** Sushruta Samhita is another scripture of similar period of Caraka Samhita. In Sushruta Samhita also various synonyms of Sigru, properties, action, therapeutic uses, useful part and dosage forms are seen at various places, which are given in tabular forms <sup>[4]</sup> .(Table1.2).

**Table 1.2 : Shown Doses Forms and Indications of Shusruta Samhita**

S.N	Dosages Form	Name	Indication	Reference
1.	Taila	Shigru	Utputaka	S.S.Su. 16/37
2.	Lepa	Shigru	Vrana, Sopha Pacana	S. S.Su. 36/9
3.	Varunadi Gana	Shigru	Kapha-Medo-Nivarana, Gulma, Siro shula	S. S.Su. 38/8
4.	Sirovirechana Gana	Shigru Phala	-----	S. S.Su. 39/6
5.	Katu Varga	Shigru Phala	-----	S. S.Su. 42/18
6.	-----	Shigru	Krimi, Kustha, Prameha	S. S.Su. 45/115
7.	Shaka	Shigru	Ruchi Vardhaka	S. S.Su. 46/221
8.	Kvatha	Shita Marica	Chaksusya	S. S.Su. 46/224
9.	-----	Shigru	Madhura	S. S.Su. 46/237
10.	Krishnagandhasava	Krishnagandha	-----	S. S.Su. 46/432
11.	Lavana	Shigru	Vatavyadhi	S. S.Ci. 4/31
12.	Kalyanaka Lavana	Krishnagandha	Vatayadhi, Gulma, Pliha	S. S.Ci. 4/32
13.	Kvatha	Murungi	Raktarsha	S. S.Ci. 6/9
14.	Peya	Sobhanjana	Asmari	S. S.Ci. 7/24
15.	Kalka, Lepa	Shigru	Kustha	S. S.Ci. 9/10
16.	Taila	Shigru	Kustha	S. S.Ci. 9/53
17.	Kshira	Murungi	Udara Roga	S. S.Ci. 14/10
18.	Kasaya	Shigru	Vidrathi	S. S.Ci. 16/35
19.	Pradeha, Seka, Taila	Krishnagandha	Vataja Visarpa	S. S.Ci. 17/4
20.	Pralepa	Krishnagandha	Vataja Granthi	S. S.Ci. 18/5
21.	Avapidaka, Nasya	Shigru	Apachi	S. S.Ci. 18/23
22.	Lepa	Shigru	Vataja Galganda	S. S.Ci. 18/45
23.	Kshira	Murungi	Sopha	S. S.Ci. 23/12
24.	Rishabha Agada	Murungi	Sarpa Visha	S. S.K. 5/68
25.	Sanjivana Agada	Shigru	Visha	S. S.K. 5/73
26.	-----	Shigru	Vishatura Pathya	S. S.K. 6/30
27.	Kalka	Shigru	Satapada Visha	S. S.K. 8/49
28.	Kvatha	Shigru	6 <sup>th</sup> Month Of Pregnancy	S. S. a. 10/61
29.	Anjana	Sobhanjana	Sleshma abhishyanda	S.S.U. 11/8
30.	Anjana	Shigru	Sleshma abhishyanda	S. S.U. 11/9
31.	Anjana	Shukla Marica	Pistaka,Sleshma Abhishyanda	S. S.U. 11/13
32.	Anjana	Shigru	Sleshma Abhishyanda	S. S.U. 11/15
33.	Anjana	Shukla Marica	Natrankandu	S. S.U. 11/16
34.	Anjana	Shukla Marica	Aklinna-vartma	S. S.U. 12/51
35.	Shaka	Shigru	Dristigata Roga	S. S.U. 17/51
36.	Kasaya-Nadi Sveda	Shigru	Karnaagata Roga	S. S.U. 21/6
37.	Kvatha	Vahupatraka	Karna shula	S. S.U. 21/9
38.	Svarasa	Shigru, Murungi	Karnagata Roga	S. S.U. 21/17
39.	Avapidan, nasya	Tikshna Gandha	Apinasa, Puti Nasya	S. S.U. 23/4
40.	Avapidaka Nasya	Hasva Shigruna	Krimija-Siro Roga	S. S.U. 26/29
41.	Lepa	Shigru	Jvara	S. S.U. 39/267
42.	Vidangadi Churna	Shigru	Gulma, Vataja Shula	S. S.U. 42/94
43.	Kshira	Shigru	Pandu, Vamaya	S. S.U. 44/26
44.	Churna	Sobhanjana	Raktapitta	S. S.U. 45/19
45.	Churna	Shigru	Raktapitta	S. S.U. 45/35
46.	Taila	Shigru	Apasmara	S. S.U. 61/23

**Ashtang Sangraha (6<sup>th</sup> Cent. AD) :** Ashtang Sangraha is another scripture like Charak and Sushruta Samhita. In Ashtang Sangraha also various synonyms of Sigru, Properties, action,

therapeutic uses, useful part and dosage forms tabular forms <sup>[5]</sup>. (Table 1.3)  
are seen at various places which are given in

**Table 1.3 : Shown Doses Forms and Indications of Ashtang Sangraha**

S.N	Dosages Form	Name	Indication	Reference
1.	Tooth Brush	Shigru	Datun Ayogyra Dravya	A.S.Su. 3/20
2.	Kvatha	Shigru	Arsha, Kustha, Krimi	A.S.Su. 6/105
3.	Kvatha	Shigru	Drika-Shukra-Krimi-Nashana	A.S.Su. 7/156
4.	Kvatha	Sobhanjana Mula	Visha Cikitsha	A.S.Su. 8/17
5.	Churna	Shigru	Visha	A.S.Su. 8/80
6.	Churna	Shigru	Visha	A.S.Su. 8/105
7.	Churna	Shigru	Visuchika	A.S.Su. 11/38
8.	Churna	Shigru	Vamanopayogi	A.S.Su. 14/3
9.	Churna	Shigru	Sirovirecana	A.S.Su. 14/6
10.	Churna	Shigru	Atisthaulya, Hridroga	A.S.Su. 24/42
11.	Kvatha	Shigru	Sveda	A.S.Su. 26/6
12.	Taila	Shigru	Apara Patan	A.S.Īa. 3/34
13.	Kvatha	Shigru	Garbha Shrava	A.S.Īa. 4/55
14.	Kulathyadi Ghrita	Shigru	Dipana, Kaphavataja	A.S.Ci. 2/18
15.	Kvatha	Shigru	Dirgha Jvara	A.S.Ci. 2/91
16.	Churna	Shigru	Raktapitta	A.S.Ci. 3/37
17.	Yusha	Shigru	Svasa, Hikka	A.S.Ci. 6/22
18.	Pradeha	Krishnagandha	Rajyakshmama, Siro Shula	A.S.Ci. 7/98
19.	Yusha	Krishnagandha	Rajyakshmama, Siro Shula	A.S.Ci. 7/101
20.	Dhuma, Lepa	Shigru	Arsha	A.S.Ci. 10/9
21.	Churna	Shigru	Grahani, Pandu	A.S.Ci.12/10
22.	Yusha	Shigru	Grahani, Pandu	A.S.Ci.12/12
23.	Lepa	Shigru	Udara roga	A.S.Ci. 17/16
24.	Pana	Shigru	Udara roga	A.S.Ci. 17/20
25.	Kvatha	Sobhanjana	Plihodara	A.S.Ci. 17/34
26.	Pralepa	Shigru	Shotha	A.S.Ci. 19/18
27.	Kvatha Pariseka	Krishnagandha	Vataja Visarpa	A.S.Ci. 20/4
28.	Ghrita	Shigru	Kustha	A.S.Ci. 21/7
29.	Yogaraja Rasayan	Sobhanjana	Kustha	A.S.Ci. 21/14
30.	Lepa	Krishnagandha	Kustha	A.S.Ci. 21/57
31.	Lepan, Ubatan	Shigru	Kandu, Pidaka, Kustha	A.S.Ci. 21/58
32.	Kanakakshiri Taila	Shigru	Kustha	A.S.Ci. 21/68
33.	Srmahaniladi Ghrita	Shigru	Kilasa, Apachi, Krimi	A.S.Ci. 22/3
34.	Yavagu	Shigru	Krimi, Kustha	A.S.Ci. 22/28
35.	Taila	Shigru	Vatavyadhi	A.S.Ci. 23/49
36.	Taila	Krishnagandha	Vatavyadhi	A.S.Ci. 23/51
37.	Lepa	Shigru	Vata Shonita	A.S.Ci. 24/14
38.	Taila	Shigru	Krimi	A.S.K. 4/26
39.	Lepana, Dhuma	Shigru	Apasmara	A.S.U. 10/30
40.	Dhupa	Shigru	Apasmara	A.S.U. 10/33
41.	Sechana	Shigru	Pothaki	A.S.U. 12/9
42.	Anjana	Shigru	Sitasita Roga Pistaka	A.S.U. 14/9
43.	Kvatha	Shigru	Timira	A.S.U. 16/44
44.	Churna	Shigru	Abhishyanda	A.S.U. 19/6
45.	Svarasa	Shigru	Abhishyanda	A.S.U. 19/40
46.	Svedanartha Kvatha	Shigru	Abhishyanda	A.S.U. 19/42
47.	Rasakriya	Shigru	Abhishyanda	A.S.U. 19/51
48.	Varti	Shigru	Abhishyanda	A.S.U. 19/65
49.	Dhupa	Shigru	Aksipaka Pilla	A.S.U. 20/18
50.	Kvatha Sveda	Shigru	Karna Roga	A.S.U. 22/3
51.	Taila	Shigru	Karna Roga	A.S.U. 22/7
52.	Taila	Shigru	Shula, Sopha, Gaurava	A.S.U. 22/19
53.	Taila	Sobhanjana	Shula, Nada, Vadhira	A.S.U. 22/32
54.	Lepa	Shigru	Utpata	A.S.U. 22/50
55.	Dhuma Varti	Shigru	Dushya Pratishyaya	A.S.U. 24/26
56.	Taila Nasya	Shigru	Apinasa, Putinasya	A.S.U. 24/32
57.	Taila Nasya	Shigru	Apinasa, Putinasya	A.S.U. 24/33
58.	Lepa	Sobhanjana	Vataja Galganda	A.S.U. 26/48
59.	Nasya Taila	Shigru	Vataja Siroroga	A.S.U. 28/5
60.	Nadi sveda Kvatha	Shigru	Kaphaja Sirobhitapa	A.S.U. 28/14
61.	Lepa	Shigru	Arunshika	A.S.U. 28/30
62.	Upanaha	Shigru	Sopha	A.S.U. 30/25
63.	Lepa	Krishnagandha	Vataja Granthi	A.S.U. 35/6
64.	Narsa Taila	Shigru	Gandamala	A.S.U. 35/24
65.	Lepa	Shigru	Kaphaja Vyanga	A.S.U. 37/33
66.	Anjana	Shigru	Sarpa visha	A.S.U. 42/38
67.	Manda	Shigru	Luta Visha, Adhamana	A.S.U. 44/40

68.	Vasti	Shigru	Mushika Visha	A.S.U. 46/28
69.	Churna	Shigru	Rasayana	A.S.U. 49/57

**Ashtanga Hridaya (7<sup>th</sup> Cent. AD):** It is one of Brhatrayi. All other references are presented the important Samhitas & is included among below in tabular forms <sup>[6]</sup>. (Table 1. 4)

**Table 1.4 : Shown Doses Forms and Indications of Ashtanga Hridaya**

S.N	Dosages Form	Name	Indication	Reference
1.	Shaka	Shigru	Vidahi, Katu, Ruksha, Hridya	A.H.Su. 6/106
2.	Vyoshadi Yoga	Shigru	Atisthaulya, Hridroga	A.H.Su. 14/25
3.	Nasya	Shigru	Sirovirecana, Sodhana	A.H.Su. 15/4
4.	Kvatha	Shigru	Drava Sveda Dravya	A.H.Su. 17/7
5.	Anuvasan Vasti	Shigru	Apara Patan Hetu	A.H.SA 1/88
6.	Kvatha	Shigru	Garbha Rakshaka Yoga	A.H.SA 2/56
7.	Taila	Shigru	Sita Jvara	A.H.Ci. 1/138
8.	Vasisth Haritaki	Sobhanjana	Kasa	A.H.Ci. 3/136
9.	Yusa	Shigru	Svasa	A.H.Ci. 4/20
10.	Lepa	Krishnagandha	Rajayakshma	A.H.Ci. 5/68
11.	Potali	Krishnagandha	Arsha	A.H.Ci. 8/17
12.	Lepa	Shigru	Arsha	A.H.Ci. 8/23
13.	Kvatha	Shigru	Ashmari	A.H.Ci. 11/31
14.	Pathya Ahara	Shigru	Gulma	A.H.Ci. 14/110
15.	Devadarvadi lepa	Shigru	Udara Roga	A.H.Ci. 15/48
16.	Hingvadi kshara	Shigru	Udara, Gulma, Asthila	A.H.Ci. 15/70
17.	Kvatha	Sobhanjana	Plihodara	A.H.Ci. 15/87
18.	Kalka, Pralepa	Shigru	Kaphaja Sotha	A.H.Ci.17/35
19.	Taila Lepa	Shigru	Kustha, Kandu, Pitika	A.H.Ci. 19/65
20.	Lepa	Sobhanjana	Kustha	A.H.Ci. 19/86
21.	Yavagu	Shigru	Sirogata Krimi	A.H.Ci. 20/25
22.	Sarasvata Ghrita	Shigru	Medha, Smriti Vardhaka	A.H.U. 1/45
23.	Mahabhutarava Ghrita	Shigru	Sarvagraha, Unmada	A.H.U. 5/20
24.	Kvatha	Shigru	Vartma Roga	A.H.U. 9/21
25.	Churna	Shita marica	Vataja Abhishyanda	A.H.U. 16/5
26.	Svarasa	Shigru	Sarva Aksi Nasaka	A.H.U. 16/9
27.	Svarasa	Shigru	Akshi Sopha	A.H.U. 16/37
28.	Svarasa	Shigru	Karna Roga	A.H.U. 18/12
29.	Taila	Shigru	Nada, Vadhira, Shula	A.H.U. 18/23
30.	Kshara Taila	Shigru	Mukha-Danta-Karna Roga	A.H.U. 18/27
31.	Dhum Varti	Shigru	Dushya Partishya	A.H.U. 20/16
32.	Taila	Shigru	Puti Nasya, Apinasa	A.H.U. 20/22
33.	Churna for Nasya	Shigru	Nasa arsha and Nasa Arbuda	A.H.U. 20/25
34.	Lepa	Shigru	Vataja Galaganda	A.H.U. 22/66
35.	Kvatha	Shigru	Navina Arbuda	A.H.U. 30/7
36.	Lepa	Shigru	Granthi, Galaganda	A.H.U. 30/16
37.	Pana,nasya,anjana	Shita marica	Sarpa Visha	A.H.U. 36/71
38.	Kvatha	Shigru	Mushika Visha	A.H.U. 38/27

**Kashyapa Samhita (6-7<sup>th</sup> Cent AD):** It is one of the important Samhita, all references are presented below in tabular forms <sup>[7]</sup>. (Table 1.5)

**Table 1.5 : Shown Doses Forms and Indications of Kashyap Samhita**

1.	Snehasaya	Shigru		Ka.Su. 22/4
2.	Pradeha Sveda	Shigru	Suppressing Vata	Ka.Su. 23/35-37
3.	Kvatha	Shigru	Puerperal Disorders.	Ka.Ci. 3/25
4.	Kvatha (Irrigation)	Sobhanjana	Putana Graha	Ka.Ci.3/38-43
5.	Svarasa	Shigru	Kapha-Vata Shamaka	Ka.Siddhi 4/4
6.	Katuka Sarpi	Shigru	Vishama Jvara, Hridroga	Ka.K. 8/141
7.	Yusa	Sobhanjana	Vatahara	Ka.Khil. 4/49-2
8.	Mahayusa	Shigru	Anidra	Ka.Khil. 4/59
9.	Yavagu	Shigru	Krimi, Kasa	Ka.Khil. 4/83
10.	Taila	Shigru	Vata Jvara	Ka.Khil. 11/98
11.	Kvatha For Irrigation	Shigru	Sleshma Visarpa	Ka.Khil. 14/72
12.	Kalka Pradeha	Shigru	Kaphaja Carmadala	Ka.Khil. 15/17
13.	Taila Massage	Shigru	Slesma Sotha	Ka.Khil. 17/81
14.	Taila Massage	Shigru	Slesma Sotha	Ka.Khil. 17/93
15.	Taila	Shigru	Vataja Jvara	Ka.Khil. 19/17
16.	Taila	Sobhanjana	Vataja Visarpa	Ka.Khil. 14/31
17.	Taila	Shigru	Sleshma Visarpa	Ka.Khil. 14/81

**Harita Samhita (10-12<sup>th</sup> Cent AD):** It is one of the important Samhita, all references are presented below in tabular forms <sup>[8]</sup>. (Table 1.6)

**Table 1.6: Shown Doses Forms and Indications of Harit Samhita**

SN	Dosages Form	Name	Indication	Reference
1.	Nasya	Sobhanjana	Sodhana	H.S. 3/2/133
2.	Kvatha	Shigru	Krimi	H.S. 3/5/29
3.	Kalka	Shigru	Krimi	H.S. 3/5/30/
4.	Svarasa	Sobhanjana	SleshmaShula, Kasa, Kshaya	H.S. 3/7/47
5.	Kvatha	Sobhanjana	Sarpimeha	H.S.3/28/11
6.	Kvatha	Sobhanjana	Siroroga	H.S. 3/40/18
7.	Nasya	Sobhanjana	Siroarti	H.S. 3/40/21
8.	Nasya(Shad-Bindu)	Sobhanjana	Vataja,Krimija Siroroga	H.S. 3/40/25
9.	Svarasa	Shigru Pallava	Sarva Netra Roga	H.S. 3/45/13
10.	Anjana	Sobhanjana	Patalagata Netra Roga	H.S. 3/45/25

**Chikitsa Grantha**

**Vrinda Madhava or Siddhayoga (9<sup>th</sup> Cent. AD.)** : It is one of the important Chikitsa Grantha, all references are presented below in tabular forms <sup>[9]</sup>. (Table 1.7)

**Table 1.7 : Shown Doses Forms and Indications of Vrinda Madhava**

S.N.	Dosages Form	Name	Indication	Reference
1.	Sringyadi Kvatha	Shigru	Darun Jvara	V.M.1/270
2.	Lepa	Shigru	Sannipataja Jvara	V.M.1/341
3.	Putikaranjadi Churna	Shigru	Arsha	V.M.5/56
4.	Churna	Shigru	Ajrna, Gulma, Pliha	V.M.6/50
5.	Taila For Udavartana	Shigru	Visuchika	V.M.6/93
6.	Yavagu	Shigru	Krimighna	V.M.7/5
7.	Kvatha	Shigru	Krimighna	V.M.7/6
8.	Churna	Shigru Phala	Krimighna	V.M.7/18
9.	Yusa	Sobhanjana	Svasa, Hikka	V.M.12/20
10.	Ghrita	Shigru	Apasamara, Unmada	V.M.21/10
11.	Taila	Shigru Tvaka	Apasamara, Unmada	V.M.21/16
12.	Tumburadi Taila	Shigru	Vatavyadhi	V.M.22/179
13.	Taila	Shigru	Vata asthila, Gridhrasi	V.M.22/179
14.	Visagarbha Taila	Sobhanjana	Danda Apatantraka	V.M.22/344
15.	Survya Prakasa Taila	Sobhanjana	Sopha, Udara	V.M.22/259
16.	Kvatha	Shigru	Parshva Hridya	V.M.26/34
17.	Kvatha	Shigru Phala	Gulma	V.M.30/58
18.	Kvatha	Shigru	Gulmodara, Asthila	V.M.30/63
19.	Kvatha	Shigru	Ashmari, Mutrakrichra	V.M.34/7
20.	Kvatha	Shigru Mula	Ashmari	V.M.34/23
21.	Varunadi Gana	Shigru	Siro Shula, Gulma	V.M.34/27
22.	Kvatha	Shigru Mula	Ashmari	V.M.34/33
23.	Vyosadhya Yoga	Shigru	Medo Roga, Pliha	V.M.36/10
24.	Kvatha	Shigru	Krimi, Udara	V.M.37/49
25.	Kvatha	Sobhanjana	Udara Roga	V.M.37/68
26.	Pralepa	Shigru Twaka	Sotha	V.M.39/7
27.	Churna	Shigru	Vardhma	V.M.40/25
28.	Lepa	Shigru Bija	Vataja Galaganda	V.M.41/2
29.	Lepa	Shigru Bija	Ganda, Gandmla	V.M.41/5
30.	Lepa	Sobhanjana	Apachi	V.M.41/22
31.	Lepa	Shigru	Slipada	V.M.42/3
32.	Lepa	Shigru	Slipada	V.M.42/6
33.	Lepa, Kalka	Shigru	Slipada	V.M.42/3
34.	Sveda Upanaha	Shigru Mula	Vidrathi	V.M.43/3
35.	Kvatha	Sobhanjana	Vidrathi	V.M.43/13
36.	Taila / Kvatha	Sobhanjana	Vidrathi	V.M.43/14
37.	Kvatha	Shigru Mula	Vidrathi	V.M.43/16
38.	Kvatha Taila	Shigru	Kaphavataja Vidradhi	V.M.43/22
39.	Lepa	Shigru	Kaphavataja, Vidradhi	V.M.44/9
40.	Mahakasaya	Shigru	Krimi, Putipuya, Srava	V.M.51/227
41.	Taila Udavartana	Shigru	Sitapitta	V.M.52/19
42.	Lepa	Sobhanjana	Snayuka	V.M.55/18
43.	Lepa	Shigru	Vidarika	V.M.57/4
44.	Svarasa	Shigru	Karna Roga	V.M.59/3
45.	Taila	Shigru	Karna Shula	V.M.59/5
46.	Taila	Sobhanjana Mula	Karna Shula	V.M.59/6
47.	Kshara Taila	Shigru	Karna Shula	V.M.59/20
48.	Erandadi Taila	Shigru	Nada, Vadhira Shula	V.M.59/36
49.	Vyaghri Taila	Shigru	Puti Nasya	V.M.60/5
50.	Taila	Shigru	Puti Nasya	V.M.60/6
51.	Churna (Avapida)	Shigru	Puti Nasya	V.M.60/7
52.	Churna (Avapida)	Shigru	Pratishya	V.M.60/25
53.	Kvatha	Shigru	New Netraroga	V.M.61/6
54.	Lepa	Shigru	.....	V.M.61/12

55.	Varti	Shigru Mula	Sarv Akshiroga	V.M.61/28
56.	Dhupa	Shigru Pallava	Sotha, Ashr Vedana	V.M.61/52
57.	Varti	Shigru Bija	Sukraghni	V.M.61/11
58.	Shaka	Shigru	Netraroga Pathya	V.M.61/138
59.	Navan Nasya	Shigru Bija	Krimija Siroroga	V.M.62/34
60.	Kvatha	Shigru	Garbha Srava	V.M.65/4

**Chakradatta (11<sup>th</sup> cent AD) :** It is one of the important Chikitsa Grantha, all references are presented below in tabular forms <sup>[10]</sup>. (Table 1.8)

**Table 1.8 : Shown Doses Forms and Indications of Chakradatta**

S.N	Dosages Form	Name	Indication	Reference
1.	Churna	Shigru	Ajrna, Gulma, Pliha	C.D. 6/33
2.	Lepa Taila	Shigru	Visuchika	C.D. 6/90
3.	Mustadi Kasaya	Shigru	Krimi, Krimija Roga	C.D. 7/3
4.	Vidangadi Yavagu	Shigru	Krimi	C.D. 7/8
5.	Mahacaitas Ghrita	Shigru	Apasmara, Unmada	C.D. 21/23
6.	Kvatha	Shigru Mula	Khattasi Sodhan	C.D. 22/293
7.	Kalka	Shigru Phala	Vataja Shula	C.D. 26/7
8.	Kvatha	Shigru	Parshva Shula, Hridya Shula	C.D. 26/47
9.	Kshara Jala	Shigru	Gulma, Udara, Asthila	C.D. 30/48
10.	Sunthyadi Kvatha	Shigru	Ashmari, Mutrakricchra	C.D. 34/5
11.	Varunadi Gana	Shigru	Siro Shula, Gulma	C.D. 34/22
12.	Kvatha	Shigru Mula	Ashmari	C.D. 34/27
13.	Vyosadya Saktu	Shigru	Atisthaulya	C.D. 36/10
14.	Pradeha	Shigru	Udara Roga	C.D. 37/23
15.	Kvatha	Shigru	Udara Roga, Krimi Sotha	C.D. 37/47
16.	Kvatha	Sobhanjana	Pliha	C.D. 38/8
17.	Lepa	Shigru Tvaka	Kaphaja Sotha	C.D. 39/8
18.	Churna	Shigru	Brihana	C.D. 40/22
19.	Pralepa	Shigru Bija	Galganda, Granthi	C.D. 41/3
20.	Lepa	Sobhanjana	Apachi	C.D. 41/40
21.	Lepa	Krishnagandha	Vataja Granthi	C.D. 41/40
22.	Lepa	Shigru	Slipada	C.D. 42/5
23.	Kalka	Shigru	Slipada	C.D. 42/5
24.	Lepa	Shigru Mula	Vidradhi	C.D. 43/3
25.	Kashaya	Shigru	Kaphaja Vidradhi	C.D. 43/10
26.	Kvatha	Sobhanjana	Kaphaja Vidradhi	C.D. 43/12
27.	Svarasa	Shigru	Antah Vidradhi	C.D. 43/13
28.	Lepa	Shigru	Vataja Vrana	C.D. 44/9
29.	Taila Udvartana	Shigru	Kustha, Pidika, Kotha, Sotha	C.D. 50/15
30.	Lepa	Krishnagandha	Visarpa	C.D. 53/5
31.	Lepa	Sobhanjana	Snayuka Roga	C.D. 53/42
32.	Lepa	Shigru	Vidarika, Pansika	C.D. 55/6
33.	Svarasa	Shigru	Karna Shula	C.D. 57/3
34.	Svarasa	Sobhanjana	Karna Shula	C.D. 57/4
35.	Niryasa	Sobhanjana	Karna Shula	C.D. 57/5
36.	Kshara Taila	Shigru	Karna Shula	C.D. 57/17
37.	Vyaghri Taila	Shigru	Pinasa, Putinasa	C.D. 58/23
38.	Taila	Shigru	Putinasa	C.D. 58/6
39.	Churna Avapida	Shigru	Putinasa	C.D. 58/7
40.	Churna Avapida	Shigru Bija	Pratishya	C.D. 58/23
41.	Svarasa	Shigru Patra	Abhishyanda	C.D. 59/5
42.	Kvatha	Shigru	Vataja Abhishyanda	C.D. 59/13
43.	Varti	Shigru Mula	Vataja Abhishyanda	C.D. 59/17
44.	Svarasa	Shigru Patra	Netra Sotha, Asru-vedana	C.D. 59/34
45.	Varti	Shigru Bija	Sukra Vrana	C.D. 59/65
46.	Kalka	Shigru Bija	Krimija Siroroga	C.D. 60/35
47.	Kvatha	Shigru	Garba Srava	C.D. 63/3

**Vangasena Samhita (12<sup>th</sup> cent. A.D.) :** It is one of the important Samhita, all references are presented below in tabular forms <sup>[11]</sup>. (Table 1.9)

**Table 1.9: Shown Doses Forms and Indications of Vangasena Samhita**

S.N.	Dosage form	Name	Indication	Reference
1.	Nasya	Shweta Marica	Tandra	V.S. 4/491
2.	Pralepa	Shigruna	Sita jvara	V.S. 4/670
3.	Kulitthadhya Ghrita	Shigru	Dipana, Kapha-Vata Shmaka	V.S. 4/774
4.	Churna	Shigruna	Ajrna, Gulma Pliha Udar	V.S. 8/79
5.	Yayagu	Shigru	Krimi	V.S. 11/20
6.	Bhrngaraja taila	Shigruna	Vatashleshma, Kasa	V.S. 16/65
7.	Taila	Shigru	Apasmara	V.S. 27/14
8.	Pralepa	Shigru Patra	Apasmara Avabodhana	V.S. 27/30
9.	Mahacaitasa Ghrita	Shigru	Jvara, Apasmara	V.S. 27/60



10.	Sigru Taila	Shigru	Apasmara	V.S. 27/70
11.	Tilvaka Ghrita	Shigru Bija	Vatavyadhi, Gulma	V.S. 28/191
12.	Maricadi churna	Shigru	Apatantraka Vata-Kapha	V.S. 28/197
13.	Snehalavana	Shigru	Vata roga	V.S. 28/230
14.	Rasnadi Ghrita	Shigru	Vatarti Nashaka	V.S. 28/232
15.	Kvatha	Sobhanjana	Kha Shodhana	V.S. 28/405
16.	Mulakadi Taila	Shigru	Vedhna, Gridrasi, Pangutva	V.S. 28/526
17.	Kalka	Shigru	Vata Arti	V.S. 29/68
18.	Kvatha	Shigru	Urustambha	V.S. 30/23
19.	Tiktaka churna	Shigruna	Hridroga, Shula,	V.S. 37/29
20.	Kvatha	Shigru Mula	Ashmari Nashak	V.S. 40/62
21.	Kvatha	Shigru	Udara, Krimi, Sotha	V.S. 42/73
22.	Kvatha	Shigru	Plihodara	V.S. 42/135
23.	Kshara pippali	Shigru Mula	Yakrita Pliyahara, Gulma	V.S. 42/203
24.	Vrhatsarapippali	Shigru Mula	Yakrita Pliyahara, Gulma	V.S. 42/206
25.	Pralepa	Shigru	Sotha	V.S. 43/164
26.	Pralepa	Shigru Tvaka	Sotha	V.S. 43/167
27.	Panchamuladi taila	Shigru	Sotha	V.S. 43/111
28.	Pralepa	Shigru tvak	Antravedha by Kapha-Vata	V.S. 44/25
29.	Bilvadi Curna	Shigru	Bradhma	V.S. 45/9
30.	Lepa	Shigru Bija	Galaganda	V.S. 46/10
31.	Lepa	Shigru	Arbuda	V.S. 49/30
32.	Upanaha	Shigru Mula	Vidrathi	V.S. 53/30
33.	Kvatha	Shigru	Vidrathi by Kapha	V.S. 53/39
34.	Kvatha	Sobhanjana	Vidrathi	V.S. 53/42
35.	Svarasa	Shigru Mula	Vidrathi	V.S. 53/44
36.	Kvatha	Sobhanjana	Vidrathi	V.S. 53/46
37.	Pradeha	Shigruna	Vrana Shotha	V.S. 54/56
38.	Lepa	Shigru Mula	Snayuka	V.S. 65/11
39.	Kvatha	Shigru	Karna Shula	V.S. 69/39
40.	Erandadi taila	Shigru	Nada, Vadhirya Shula	V.S. 69/57
41.	Kshara Taila	Shigru	Karna Roga	V.S. 69/65
42.	Avapida	Shigru	Nasa Roga	V.S. 70/28
43.	Vyaghi Taila	Shigru	Puti Nasa	V.S. 70/32
44.	Trikatukadi Taila	Shigru	Puti Nasa	V.S. 70/33
45.	Sigru Taila	Shigru	Puti Nasa	V.S. 70/34
46.	Avapida	Shigru Bija	Pratishya	V.S. 70/80
47.	Nasya	Shigru	Nasa Roga	V.S. 70/102
48.	Svarasa	Shigru Mula	Nava Drika Roga	V.S. 71/35
49.	Svarasa	Shigru Pallava	Sarva Netraroga	V.S. 71/36
50.	Varti	Shigru Mula	Sarva Akshiroga	V.S. 71/65
51.	Dhupa	Shigru Pallava	Sotha, Ashruvedana	V.S. 71/138
52.	Varti	Shigru Bija	Sukra	V.S. 71/174
53.	Chandrodaya Varti	Shweta Marica	Pilla, Kandu, Sukra	V.S. 71/204
54.	Nasya	Shigru Bija	Siro Roga,	V.S. 72/73
55.	Nasya	Shigru Bija	Krimija Siro Roga	V.S. 72/84
56.	Nasya	Shigruna	Krimija Siro Roga	V.S. 72/87
57.	Jalapista	Shigru	Satapadavisha Nashaka	V.S. 75/203
58.	Churna	Shigru	Rasayana	V.S. 77/268
59.	Churna	Shigru	Rasayana for Kaphaja	V.S. 77/275
60.	Sarasvata Ghrita	Shigru	Rasayana	V.S. 77/501
61.	Vasti	Shigru	Dosas Sodhana	V.S. /158
62.	Nasya	Shigru	Sirobhighata, Svarabhangha	V.S. /18
63.	_____	Shigru	Katu, Madhura	V.S. /34
64.	Nasya	Shigru Phala	Samshodhana Samshamana	V.S. /4

**Sharangadhara Samhita (13 Cent. AD.)** : It is one of the important Samhita, all references are presented below in tabular forms <sup>[13]</sup>. (Table 2.0)

**Table 2.0: Shown Doses Forms and Indications of Sharangdhara Samhita**

S.N.	Dosages Form	Name	Indication	Reference
1.	Triphaladi Kvatha	Shigru	Krimi Roga	Ā.S.M.Kh. 2/75
2.	Kvatha	----	Madhya Vidradhi	Ā.S.M.Kh. 2/129
3.	Varunadi Kvatha	Shigru	Kaphamedohara, Gulma	Ā.S.M.Kh. 2/130
4.	Sudarsana Churna	Shigru Bija	Sarva Jvara	Ā.S.M.Kh. 6/29
5.	Kshara taila	Shigru	Puya Srava, Karna Nada, Shula	Ā.S.M.Kh. 9/173
6.	Vyagri taila	Shigru	Puti Nasa	Ā.S.M.Kh. 9/180
7.	Dhaturadi taila	Sobhanjana	Vata Vyadhi, Asthi Sandhi	Ā.S.M.Kh. 9/201
8.	Pralepa	Shigru	Sotha	Ā.S.U.Kh. 11/3
9.	Krishnadi lepa	Shigru tvaka	Kaphaja Sotha	Ā.S.U.Kh. 11/81
10.	Sanadi lepa	Shigru Phala	Vrana Sotha	Ā.S.U.Kh. 11/84
11.	Lepa	Shigru	Vataja Vidradhi	Ā.S.U.Kh. 11/93
12.	Lepa	Shigru	Vataja Galaganda	Ā.S.U.Kh. 11/97



13.	Lepa	Shigru Bija	Gandamala, Arbuda, Ganda	Ā.S.U.Kh. 11/99
14.	Dhaturadi lepa	Shigru	Slipada	Ā.S.U.Kh. 11/103
15.	Kvatha	Shigru	Vata Abhisyaanda	Ā.S.U.Kh. 13/17
16.	Pinditaka	Shigru Patra	Kaphaja Abhisyaanda	Ā.S.U.Kh. 13/27
17.	Varti	Shigru Bija	Sukra Roga	Ā.S.U.Kh. 13/76
18.	Varti	Shigru Bija	Tandra	Ā.S.U.Kh. 13/81

**Yogaratanakara (17<sup>th</sup> Cent. A.D.):** It is one of the important Chikitsa Grantha, all references are presented below in tabular forms <sup>[14]</sup>. (Table 2.1 & 2.2)

**Table 2.1 Shown Doses Forms and Indications of Yogratnakara**

S.N.	Dosages Form	Name	Indication	Page No
1.	Kvatha	Shigru Tvaka	Dhatuja Visam Jvara Ekahika	227
2.	Sudarsana Churna	Shigru Bija	Dhatuja Visam Jvara Ekahika	232
3.	Sudarsana Churna	Shigru Bija	Dhatuja Visam Jvara Ekahika,	233
4.	Bhairava Rasa	Shigru Bija	Dhatuja Visam Jvara Ekahika	242
5.	Kvatha	Shigru Bija	Krimi	334
6.	Yusha	Sobhanjana	Hikka, Svasa	424
7.	Pathya Ahara	Sobhanjana	Apasmara	502
8.	Putpaka Svarasa	Shigru		520
9.	Taila	Sobhanjana	Sarva Vata Vyadhi	531
10.	Taila	Shigru	Urustambha, Suptavata	541
11.	Ahara Pathya	Sobhanjana	Urustambha	564
12.	Lepa Sveda	Shigru	Vata Roga	543
13.	Salavana Yoga	Shigru	Vata Roga	543
14.	Sveda (Pottali)	Shigru	Vata Roga	544

**Table No. 2.2 Shown Doses Forms and Indications of Yogratnakara**

S.N.	Dosages Form	Name	Indication	Page No.
1.	Lepa	Shigru	Shula	5
2.	Kvatha	Shigru	Parsva Vasti Shula	8
3.	Churna	Shigru	Vatagulma Puspa Rodha	33
4.	Churna	Shigru Tvaka	Urograha	50
5.	Kvatha	Shigru	Vataasmani Mutrakricchra	70
6.	Kvatha	Shigru Tvaka	Kaphaja Ashmari	71
7.	Churna	Shigru	Pliha Roga	111
8.	Churna	Sobhanjana	Pliha Roga	112
9.	Kvatha	Shigru	Plihodara	112
10.	Kvatha	Shigru	Plihodara	115
11.	Kvatha	Shigru	Krimi, Sopha, Udara	116
12.	Ghrita	Shigru	KRImi, Sopha, Udara	118
13.	Ghrita	Shigru	Krimi, Sopha, Udara	119
14.	Ahara	Shigru Phala	Udar Roga	121
15.	Pralepa	Shigru	Sotha	133
16.	Pralepa	Shigru Tvaka	Sotha	133
17.	Taila	Shigru	Vata Kaphaja Sotha	132
18.	Ahara	Shigru	Sotha	134
19.	Punarvadi Tail	Shigru	Kapha Vata Shula Antra-vriidhi	139
20.	Bilvadi Churna	Shigru Phala	Vardhma	140
21.	Ahara	Shigru Phala	Vardhma	142
22.	Lepa	Shigru Bija	Ganda, Granthi, Gandamala	148
23.	Lepa	Sobhanjana	Apachi	152
24.	Pralepa	Krishnagandha	Apachi	153
25.	Upanaha	Shigru Mula	Vataja Vidradhi	165
26.	Kvatha	Shigru	Kaphaja Vidradhi	165
27.	Kvatha	Shigru	Antah Vidradhi	166
28.	Kvatha	Shigru	Jvara, Vidradhi, Sopha	166
29.	Kvatha	Sobhanjana	Vidradhi	167
30.	Krishnadi Lepa	Shigru	Sleshma Sotha	173
31.	Snadi Lepa	Shigru	Sleshma Sotha	175
32.	Ahara	Shigru	Bhagandara	199
33.	Lepa	Shigru Mula	Snayuka	257
34.	Lepa, Pana	Shigru	Tantukita	258
35.	Pathya Ahara	Shigru	Masurika, Sitara	268
36.	Svarasa	Shigru	Karna Roga	313
37.	Taila	Shigru Mula	Vadhira Karna Shula	314
38.	Kshara Taila	Shigru	Vadhira Karna Prasad	315
39.	Tail	Shigru	Vadhira, Krimi Karnanada	315
40.	Pathya	Shigru	Karna Roga	319
41.	Vyaghri Taila	Shigru	Putinasa	326
42.	Taila	Shigru	Putinasa	326
43.	Churna Avapida	Shigru Bija	Pratisyaya	327
44.	Pathya	Shigru	Nasaroga	330

45.	Karanjadi nasya	Shigru Bija	Siro roga	340
46.	Pathya	Shigru Bija	Siro roga	340
47.	Svarasa	Shigru Bija	All Kind of Netra Roga Shula	364

**Bhasajyaratnavali (18<sup>th</sup> Cent. A.D.)** : It is one of the important Chikitsa Grantha, all references are presented below in tabular forms <sup>[15]</sup>. (Table 2.3)

**Table 2.3: Shown Doses Forms and Indications of Bhasajyaratnavali**

S.N	Dosages Form	Name	Indication	Reference
1.	Kvatha	Shigru	Jirna Jvara, Bhutaja Jvara	B.R.5/355
2.	Churna	Shigru	Jvara, Pliha, Gulma, Yakrita Roga	B.R.5/447
3.	Churna	Sobhanjana	Jvara, Pliha, Pandu, Udara	B.R.5/457
4.	Churna	Shigru Bija	Jvara, Jirna-Visaja Jvara	B.R.5/467
5.	Lauha	Sobhanjana	Sarva Jvara, Jirna Jvara, Pliha	B.R.5/1171
6.	Taila	Shigru Bija	Visama Jvara, Pliha, Yakrita	B.R.5/1374
7.	Churna	Shigru	Sangrahani, Mandagni	B.R.8/115
8.	Churna	Shigru	Agnimandya, Udara, Antravidhi	B.R.10/70
9.	Agni Ghrita	Sobhanjana	Agnimandya Arsha, Gulma	B.R.10/292
10.	Kvatha	Shigru	Krimi	B.R.11/4
11.	Yavagu	Shigru	Krimi	B.R.11/9
12.	Pathya Ahara	Sobhanjana	Arochaka	B.R.18/52
13.	Rasa	Sobhanjana	Unmada, Apasmara, Karshya	B.R.24/43
14.	Ghritha	Shigru	Apasmara, Unmada, Svasa Kasa	B.R.25/43
15.	Taila	Sobhanjana	Vata Vyadhi, Karna Nada	B.R.26/597
16.	Tail	Shigru Bija	Vata Sonita	B.R.27/167
17.	Pralepa	Shigru Bija	Urustambha	B.R.28/18
18.	Pathya	Sobhanjana	Urustambha	B.R.28/28
19.	Lepa	Shigru	Amavata	B.R.29/11
20.	Pathya	Shigru	Amavata	B.R.29/233
21.	Churna	Shigru Phala	Vataja Shula	B.R.30/15
22.	Pathya	Sobhanjana	Shula Roga	B.R.30/280
23.	Kvatha	Shigru	Gulma, Siro Shula, Abhayantara	B.R.32/39
24.	Kvatha	Shigru	Ashmari	B.R.36/6
25.	Kvatha	Shigru	Ashmari, Mutrakricchra	B.R.36/7
26.	Kvatha	Sobhanjana	Sarpimeha	B.R.37/43
27.	Saktu Yoga	Shigru	Santarpana Roga, Prameha	B.R.39/5
28.	Lepa	Shigru	Udara Roga	B.R.40/61
29.	Lauha	Shigru	Sotha, Udara Roga, Pandu, Kamala	B.R.40/120
30.	Rasona Taila	Shigru	Udara, Krimi, Parsva Shula	B.R.40/152
31.	Pathya	Shigru Phala	Udara Roga	B.R.40/158
32.	Kvatha	Sobhanjana	Yakrita-Pliha Roga	B.R.41/6
33.	Lepa	Shigru Tvaka	Kaphaja Sotha	B.R.42/15
34.	Lepa	Shigru	Sarva Sotha	B.R.42/42
35.	Taila	Shigru	Sotha	B.R.42/155
36.	Taila	Shigru	Sotha, Kamala, Pandu, VarnaSotha	B.R.42/161
37.	Pathya	Shigru	Sotha	B.R.42/200
38.	Bilvadi Churna	Shigru	Vridhi Roga	B.R.43/58
39.	Pathya	Shigru	Vridhi	B.R.43/115
40.	Lepa	Shigru Bija	Vataja Galganda	B.R.44/4
41.	Lepa	Shigru Bija	Vataja Gandamala	B.R.44/8
42.	Lepa	Sobhanjana	Apachi	B.R.44/28
43.	Pathya Taila	Rakta Shigru	Galganda, Apachi, Gandamala	B.R.44/83
44.	Lepa	Shigru	Slipada	B.R.45/2
45.	Lepa	Shigru	Slipada	B.R.45/5
46.	Pathya	Sobhanjana	Slipada	B.R.45/59
47.	Lepa	Shigru mula	Vidradhi	B.R.46/3
48.	Kvatha	Shigru	Kaphaja Vidradhi	B.R.46/11
49.	Kvatha	Shigru	Vidradhi	B.R.46/13
50.	Kvatha	Shigru Mula	Antah Vidradhi	B.R.46/14
51.	Pathya	Rakta Shigru	Vidradhi	B.R.46/14
52.	Lepa	Shigru	Kapha-Vataja, Vrana Sotha	B.R.47/11
53.	Upanaha	Shigru	Vrana Sotha	B.R.47/20
54.	Pathya	Shigru Phala	Upadansa	B.R.52/90
55.	Lepa	Shigru Mula	Kustha, Dadru	B.R.54/18
56.	Roga	Sobhanjana	Kustha, Vatarakta, Sitapitta	B.R.54/126
57.	Ghritha Lepa	Krishnagandha	Vataja Visarpa	B.R.57/6
58.	Svarasa	Shigru	Karna Shula	B.R.62/3
59.	Svarasa	Sobhanjana	Karna Shula	B.R.62/5
60.	Svarasa	Sobhanjana	Karna Shula	B.R.62/6
61.	Kshara Taila	Shigru	Mukha Danta Roga	B.R.62/18
62.	Taila	Sobhanjana	Karna Srava, Kandu Paka, Krimi	B.R.62/66
63.	Taila	Shigru	Apinasa, Putinasya	B.R.63/6
64.	Churna nasya	Shigru Bija	Pratisyaya	B.R.63/23

65.	Vyaghrei Taila	Shigru	Puti Nasa	B.R.63/30
66.	Taila	Shigru	Puti Nasa	B.R.63/31
67.	Varti	Shigru Mula	Vataja Netra Roga	B.R.64/19
68.	Anjana	Shigru	Netra Sotha, Ashru Vedana	B.R.64/36
69.	Anjana	Shigru	Netrasukra	B.R.64/70
70.	Varti	Shigru Bija	Netra Kandu, Timira	B.R.64/193
71.	Taila	Shigru	Siro Roga Shula Karna-Netra Shula	B.R.65/101
72.	Taila	Shigru	Siro Roga Sotha, Kapha-Pitta Roga	B.R.65/126
73.	Rudra Taila	Shigru	Siro Roga, Slipada, Galaganda	B.R.65/126
74.	Taila	Shigru	Sarna Sotha, Siro Roga, Netra	B.R.65/134
75.	Taila	Shigru	Sarna Sotha Siro Roga, Jvara, Shula	B.R.65/144
76.	Kinkini Taila	Shigru	Puti Karna, Karna Srava, Nada	B.R.65/155
77.	Kvatha	Shigru	Garbha Srava	B.R.68/32
78.	Pathya	Shigru	Sutika Roga	B.R.69/134
79.	Ghritha	Shigru	Sarvagraha, Unmada Kustha	B.R.71/161
80.	Ghritha	Shigru	Rasayana	B.R.73/58
81.	Pralepa	Shigru Mula	Snayuka Roga	B.R.96/10

**Conclusion:** The ancients Acharyas put their maximum effort to treat these conditions. The use of plants as food and medicine is used on initial observation on animals first and many times experience on human beings. In India, the first recorded use of plants for human welfare is seen in Veda. The study revealed that almost all parts of Shigru (*Moringa oleifera* Lam.) have immense medicinal potential; either the Shigru tvaka an essential constituents of many Ayurvedic preparation. Indigenously the tvaka have wider application in the treatment of Kustha, Kilasa, Kitibha, Kandu (Skin disease), Sopha (Inflammation), Sula (Pain), Vatavyadhi, Jvara (Fever).

#### References

1. Flora of the Upper Gangetic Plain and the adjacent Siwalik and sub-Himalayan Tracts vol. – I, p.268, JF Duthie, B.A., F.L.S. Reprinted under the authority of the Government of India. Botanical survey of India Reprinted edition 1960.
2. Glossary of Indian Medicinal Plants, R.N. Chopra, S.L. Nayar, I.C. Chopra, Council of Scientific and Industrial Research, New Delhi, 1956.
3. Tripathi, Brahmanand. (1994). *Charaka Samhita*, of Agnivesa, elaborated by Caraka and Dridhabala, (Ed) 'Caraka-Candrika' Hindi commentary along with special deliberation, Chaukambha Surbharati Prakashan, Varanasi, 3<sup>rd</sup> Edition.
4. Shastri, Kaviraja Ambika Dutta. (1982). *Sushruta Samhita* (Ed) Ayurveda Tattva-

5. Sandipika;Chaukambha Sanskrit Sansthan, Varanasi, 5<sup>th</sup> edition.
6. Gupta, Kaviraja Atrideva. (2000). *Astanga Hridaya, of Vagbhatta* (Ed) Vidyotini Hindi commentary, Chaukambha Sanskrit Sansthan, Varanasi, 13<sup>th</sup> Edition.
7. Mitra, Jyotir. (2008). *Ashtanga Sangraha of Vagbhata with Indu Vyakhya*, Chaukambha Sanskrit Series, Varanasi, 13<sup>th</sup> Edition.
8. Sharma, Pandit Hema Raj. (2010). *Kashyap Samhita*, Sanskrit introduction,Chaukhambha Sanskrit Sansthan, Varanasi.
9. Harita Samhita. (1985). Text with Asha Hindi commentary, Prachya Prakashan, Varanasi, 1<sup>st</sup> Edition.
10. Tiwari, Premvati. (2006). *Vrinda Madhava or Siddha Yoga*, Translated, Chaukhamba Visvabharti, Varanasi.
11. Shukla, G.D. (1953). *Bhela Sa hita with Hindi translation* (Ed), Chaukhambha Vidya Bhavan, Varanasi.
12. Tripathi, Indradeva. (1994). *Cakradatta with the 'Vaidayaprabha' Hindi commentry*, Chaukambha Sanskrit Sansthan, Varanasi, 2<sup>nd</sup> Edition.
13. Ray, Rajiva Kumara. (1983). *Vangsen Samhita* (Ed); 1<sup>st</sup> Edition, Prachya Prakashan, Varanasi.
14. Sharangadhara. (1933). Sharangadhara Samhita Master Kheladi Lal and Sons, Benaras City.
15. Sastri, Vaidya Laksmipati. (1999). *Yogaratanakara with Vidyotini Hindi Commentary* (Ed) Bhisagratna Brahmasankar Sastri; Chaukambha Sanskrit Sansthan, Varanasi, 7<sup>th</sup> edition.
16. Shastri, A.D. and Shastri, R.D. (1993). *Bhaisajya Ratnavali* with Vidyotini Hindi Commentary (11<sup>th</sup> ed.) Chaukhambha Sanskrit Sansthan, Varanasi.