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## A LITERARY REVIEW OF 'ARAGVADHA' FROM KOSA AND NIGHANTU

Kanhaiya Agrawal<sup>1</sup> and V. K. Joshi<sup>2</sup>

<sup>1</sup>Ph.D Scholar and <sup>2</sup>Professor, Department of Dravyaguna, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, E-mail: drkanahiyaagrawal@gmail.com, Corresponding Author: Kanhaiya Agrawal

**Abstract:** Plants have been in use as food fodder and medicine since times immemorial. In our country, the recorded documentation on use of plants as medicinal substance is found from ancient times. The first authentic source of the use of plant is, "ausadhi sukta" of Rigveda. Latter on more and more use of plants as medicine is seen in Atharvaveda. Though, the rationale use of plants is seen in Atharvaveda and latter on in Samhita. But in Kosa and Nighantu a sizable number of plants, based on their action and therapeutic uses are recorded. Many Kosa and Nighantu written from 5<sup>th</sup> century A.D. till 20<sup>th</sup> century A.D. in which medicinal uses properties and synonyms with its meaning of different plant has been described. Looking to this, one of the medicinal plant substances i.e. Aragvadha has been selected from Kosa and Nighantu for its review.

**Keywords:** Kosa, Nighantu, Aragvadha.

**Introduction:** After Samhita period, emergence of nighantu-a branch of literature came into existence that deals with the study of medicinal plants in various aspects with special reference to their use in various disorder through synonyms only and latter on properties and actions were added individually while Samhita period properties and action of drug along with their uses in various or specific disorder were mentioned. In view of the above stated facts and looking to the use of fruit pulp of Aragvadha even today in our country, a comprehensive review of Kosa and Nighantu was done.

**1. Amarkosa (5<sup>th</sup> Cent.):** Aragvadha has been mentioned in the Vanosadhi Varga of Bhumyadi kanda. Following synonyms of Aragvadha are mentioned here i.e. Rajavrksa, Sampaka, Caturangula, Araveta, Vyadhighata, Kritamala and Svarnaka. (Ka.2/Varga4/23)<sup>[1]</sup>

**2. Sausruta Nighantu (6<sup>th</sup> Cent.):** In this Nighantu Aragvadha has been described in Aragvadhadi gana. All above synonyms as described in Amaekosa are included. (Sloka.. 34&53)<sup>[2]</sup>

**3. Astanga Nighantu (8<sup>th</sup> Cent.):** In Astanga Nighantu Aragvadha has been described in Aragvadhadi gana. Following synonyms of

Aragvadha are included here, Rajavrksa, Samyaka, Caturangula, Araveta, Vyadhighata, Pragraha and Kritamalaka have been mentioned. It alleviates chardi, Visa, Jvara, Kustha, Prameha, Kandu and Dusta-vrana. (Sloka.. 9)<sup>[3]</sup>

**4. Dhanvantari Nighantu (10<sup>th</sup> – 13<sup>th</sup> Cent.):** Aragvadha has been placed in "Guducayadi Varga" and Dirghaphala, Vyadhiha, Caturangula, Araveta, karni, Karniknra and Recana have been given as its synonyms. Regarding its properties it has been said as tikta in rasa, guru in guna & usna in virya. It is indicated in krimi, Udararoga, Prameha, Gulma and as tridosa Samaka. (Guducayadi Varga/ Sloka219-222)<sup>[4]</sup>

**5. Sodhala Nighantu (12<sup>th</sup> Cent.):** The following synonyms are given in Sodhala Nighantu i.e. Karnikara Pragraha, Kritamalaka, Arogyasimba, Sampaka, Vyadhighata, Vyathantaka, Dirghaphala, Amaha, Caturangula, Araveta, Parni, Svarnasthali, Revat, Kundali, Hemapuspa, Kariviyadha, jvarapah, Svarnasefalika, Koka, Svarnavriksa & Duryotpala. Again it is mentioned in the "Guducayadi Varga" Guducayadi / Sloka236-238)<sup>[5]</sup>

**6. Hridayadipaka Nighantu (13<sup>th</sup> Cent.):**

Vopadeva has placed this drug in 'chatusapada Varga'. The following synonyms of *Araghvadha* are given by him- *Vyadhighata*, *Sampaka*, *Caturangula*, *Araveta*, *Rajavriksha*, *Devahva* & *Surahvyam*. (chatusapada Varga / Sloka 24) [6].

**7. Madanapala Nighantu (14<sup>th</sup> Cent.):**

*Aragvadha* has been present in "Abhyadi Varga. Madanapala has included following synonyms of *Aragvadha*:- *Rajavriksha*, *Sampaka*, *Kritamalaka*, *Vyadhighata*, *Karnikara*, *Pragraha*, *Caturangula*, *Arogyasimbi*, *Svarnata karni*, *Dirghaphala*, *Kundali*, *Himapuspa*, *Kalikhlyato*, *Nripadruma*, *Svarnasefalika*, *Syava*, *Kusthasudana*, *Pitala* and *Svarnadruma*. Regarding its properties it has been said as Svau in rasa, guru in guna sita in virya and mridu Virecana for its karma. It is indicated in Jvara, Hridaroga, Udavarta and Sula. Further there is separate description of its puspa and phalamajja. Puspa-It is tikta, vatala, grahi, pitta-kaphahar Phalamajja-It is madhura with pitta-vatasaman. (Abhyadi Varga 1/127) [7].

**8. Kaiyadeva Nighantu (15<sup>th</sup> Cent.):** In this Nighantu *Aragvadha* is described in "Ausadhi Varga" with following synonyms i.e. *Dirghaphala*, *Vyadhighata*, *Nradhipa*, *Araveta*, *Rajavriksha*, *Sampaka*, *Caturangula*, *Pragraha*, *Raivat*, *Parni*, *Karnikara*, *Apaghataka*, *Arogyasimbi*, *Kalpadru*, *Svarnadru* and *Kritamalaka*. Regarding its properties it has been said as tikta and madhura in rasa, guru in guna, hima in virya and mridu virecana in its Karma. Here *Aragvadha* has been mentioned for various disorders such as Jvara, gulma, Udara, Sula, Udavarta, Hridaroga, Vrana, Kacchu and Prameha. Further there is separate description of itsPuspa, Patra, Phala and phalamajja.

NIGHANTU	RASA	GUNA	VIRYA	DOSAKARMA
Dhanvantari	Tikta	Guru	Usna	Tridosasamaka
Madanpala	Madhura	Guru	Sita	Pitta samaka
Kaiyadeva	Madhura Tikta	Guru	Sita	Tridosasamaka
Bhavaprakasa	Madhura	Guru	Sita	Kapha Pitta samaka
Raja	Madhura	Guru	Sita	Kapha Pitta samaka

Therapeutic uses of *Aragvadha* in different Nighantu are presented below (Table 2).

Disease	Dhanvantari	Kaiyadeva	Bhavaprakasa	Raja	Priya
<i>Krimisula</i>	+				
<i>Udararoga</i>	+	+			
<i>Prameha</i>	+	+		+	
<i>Mutrakriccha</i>	+				
<i>Gulma</i>	+	+		+	
<i>Hridroga</i>			+		
<i>Raktapitta</i>			+		
<i>Udavarta</i>		+	+		
<i>Kustha</i>			+	+	+
<i>Udarakrimi</i>				+	
<i>Sula</i>		+	+	+	

Patra has been said as kapha-meda sosaka. Puspa has been said as Sisira, svadu, grahi, Kasaya and tikta. Patra has been said as kapha-meda sosaka; Phala as kusthghana, pittaghana & jvarahara. Its Phalamajja -madhura, agnivardhaka, vatapittanasaka. (Ausadi Varga / Sloka942-947) [8].

**9. Bhavaprakasa Nighantu (16<sup>th</sup> Cent.):**

*Aragvadha* has been present in haritkiyadi Varga and following synonyms are found in this Nighantu- *Rajavriksha*, *Sampaka*, *Caturangula*, *Araveta*, *Vyadhighata*, *Kritamala suvarnaka*, *Karnikara*, *Dirghaphala*, *Svarnaga*, and *Svarnbhusana*. Its Rasa has been mentioned as svadu, and Virya is sita. It is indicated in Jvara, Hridaroga, Udavarta, Sula and Kustha. (Haritkiyadi Varga 148-150) [9].

**10. Raja Nighantu (17<sup>th</sup> Cent.):** It is included in "prabhadradadi Varga" in this Nighantu Manthana, Recana, *Caturangula*, *Araveta*, *Dirghaphala*, *Vyadhighata*, *Nripadruma*, *Hemapuspa*, *Rajtaru*, *Kandughna*, *Jvarantaka*, *Aruja*, *Svarnapuspa*, *Svarandruma*, *Kusthasudana*, *Karnabharanaka*, *Maharajadruma*, *Karnikara* & *Mahadi* are the synonyms of *Aragvadha* are found.

Its Rasa has been mentioned as madhura in excess and indicated in, Jvara, Kustha, Kandu and Prameha. (*Prabhadradadi Varga/ Sloka44-47*) [10]

**11. Priya Nighantu (20<sup>th</sup> Cent.):** In this Nighantu *Aragvadha* phalamajja has been mentioned as best for mridu virecana karma and its patra with dadhi have been used for Kustha and skin disorder. (Sloka 50-52) [11]. The Guna-Karma of *Aragvadha* as referred in above cited nighantus are presented below (Table 1).

Vrana			+					+
Kacchu			+					
Jvara			+		+			
Vistambha								+
Krimisula		+						
Kandu								+

The synonyms of Aragvadha as found in Kosa and various Nighantuu are presented below (Table 3).

	Amar Kosa	Sausruta	Astanga	Dhanvantari	Sodhala	Madanala	Kaiyadeva	Bhavaprakasa	Raja
Amaha					+				
Apaghataka							+		
Areveta	+	+	+	+	+		+	+	
Arogyasimbi				+			+		
Caturangula	+	+	+	+	+	+	+	+	+
Dirghaphala							+	+	
Hemapuspa						+			
Jvarantaka									+
Kalikhyato						+			
Kalpadru							+		
Kandughna									+
Karnabharanaka									+
Karnikara				+	+	+	+	+	
Karivyadha					+				
Karnabharanaka									+
Karni				+					
Kritmala	+	+	+	+	+	+	+	+	
Koka					+				
Kundali					+				
Kusthasudana									+
Manthana									+
Nradhipa							+		
Nripadruma						+			
Parni							+		
Pitala						+			
Pragraha			+	+			+		
Rajvriksa	+	+	+	+	+	+	+	+	
Amaha					+				
Apaghataka							+		
Areveta	+	+	+	+	+		+	+	
Arogyasimbi				+			+		
Caturangula	+	+	+	+	+	+	+	+	+
Dirghaphala							+	+	
Hemapuspa						+			
Jvarantaka									+
Kalikhyato						+			
Kalpadru							+		
Kandughna									+
Karnabharanaka									+
Karnikara				+	+	+	+	+	
Karivyadha					+				
Vyathantaka				+					

**Discussion:** The description of drug Aragvadha is seen in kosa and Nighantu very frequently. There are so many synonyms of sigrū like Rajavrikria Sampaka, Kétamalaka Vyadhighata, Karnikara, Pragraha, Caturangula, Arogyasimbi, Svarnata karni, Dirghaphala, Kundali, Himapuspa, Kalikhyato, Nripadruma,

Svarnasefalika, Syava, Kusthasudana, Pitalla etc. After observation that the properties of Aragvadha is madhur, tikta, guru and kapha pitta samaka. Aragvadha is used in Jvara, gulma, Udara, Sula, Udavarta, Hridaroga, Vrana, Kacchu, Prameha etc.

**Conclusion:** Kosa and Nighantu are the basic literature of medieval period which deals with study of different medicinal plant. On review of Aragvadhā in different Kosa and Nighantu we find different synonyms, properties along with useful parts and their medicinal uses.

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