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Amradiphala Varga of Bhavaprakasha Nighantu: A Review

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ABSTRACT

Fruits have been a part of the human diet since the earliest. Ayurveda mentions fruits under the classification of *Phala varga*. Description regarding *Rasa Panchaka*, its uses in disease, *Dosha Karma* have been mentioned in classics. Currently the world is facing exposure to many diseases and many of them are due to nutritional deficiency and lifestyle disorders. Hence thorough knowledge about *Phala* (fruits) and its application in diseases could be a solution to the emerging health issues. This paper aims to review drugs of *Amradi Phala Varga* of *Bhavaprakasha Nighantu*.

Key Words *Phala varga, Bhavaprakasha Nighantu, Rasapanchaka*

INTRODUCTION

Bhavaprakasha is an important work of Ayurveda which is enumerated one among “*Laghutrayi*”¹. It is one of the classical works of *Bhavamishra* written in 16th century². The *Madhyamakhandha* of *Bhavaprakasha* treatise is the *Nighantu* Portion which is popularly known as *Bhavaprakasha Nighantu* and it is the most appreciated text among all *Nighantu*. It includes explanation of 426 drugs in 23 *Vargas*³. The *Nighantu* is been commentated by K.C.Chunekar⁴

and edited by Gangasaheb pandey. Commentator has added chemical constituents, *Amayika Prayoga*, dosage with substitute and adulterant of the drug.

Amradhiphala Varga being the sixth *Varga* includes explanation of 57 drugs, where *Amra* is the first drug explained and the last drug being *Vrukshmla*⁵. At the end of *Varga*, author explains about *Chaturamla*, *Panchamla* and *Phala Vishaya Paribhasha*. The author has included the explanation of *Rasapanchaka*, *Doshagnata* and



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Roghagnata of different forms(Unripe and ripen)
of Phala with its varieties.

To review the drugs of Amradiphala varga of
Bhavaprakasha Nighantu.

OBJECTIVES

Table 1 Conceptual study⁶:

SI No	Sanskrit/ English Name	Botanical Name/ Family	Synonyms	Rasapanc haka	Doshakarma/ Rogagnata	Special Points
1.	Amra / Mango	Mangifera indica Linn. Anacardiaceae	Rasaala Athisourabha	Pakwaam ra phala Madhura, Kashaya Guru, Snigdha Sheeta Madhura	Vatahara Apittala Balya Hrudya Varnya Shukrala	Amra Atiyoga causes <ul style="list-style-type: none"> • Agnimandya • Vishamajwara • Raktaamaya • Mala avarodha
				Apakwaam ra phala Kashaya, Amla Taruna Apakawa phala Atyantha Amla Ruksha	Ruchikara Vatapittakara Tridoshakara Rakta Prakopakara	Amra pushpa Sheeta guna Kaphapittahara Vatala Atisara Prameha Amra beeja Kashaya, Madhura, Amla Atisara, Vamana
2	Amrathaka/ Indian Hog Plum	Spondias mangifera Willd. Anacardiaceae	Markatamra Kapeetana	Apakwa Phala Amla Rasa Guru, Sara Ushna	Vatakara Ruchikara	For treatment purpose Dried and unripe fruits are used
				Pakwa Phala Kashaya, Madhura Guru, Snigdha Sheeta Madhura	Kaphakara Vatapittahara Brhmana Rakta vikara	One more source – <i>Spondias dulcis</i>
3	Rajaamra		Tanka Amraatah	Kashaya, Madhura Vishada, Guru, Ruksha Sheeta	Vatakara Kaphapittahara	
4	Koshamra/ Ceylon Oak	Schleichera trijuga Willd. Sapindaceae	Kshudraamra Krimivruksha	Amla rasa Guru Ushna Pakwa phala Laghu Ushna	Pittajanaka Grahi Vatahara Ruchikara	



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4	<i>Panasa</i> / <i>Jackfruit</i>	<i>Artocarpus</i> <i>integrifolia</i> Linn.f. Moraceae	<i>Kantakiphala</i> <i>Atibruhat</i> <i>phala</i>	Pakwa Phala <i>Madhura</i> <i>Snigdha</i> <i>Sheeta</i>	<i>Kaphakara</i> <i>Balya</i> <i>Shukrala</i> <i>Kshatha</i> <i>Mamsala</i>	Person suffering from <i>Gulma</i> and <i>Mandagni</i> should avoid consumption of Panasa Majja Panasa Beeja <i>Madhura rasa</i> <i>Guru</i> <i>Vrishya</i> <i>Mala avarodha</i> <i>Shrusta mutra</i> Panasa Majja- Vrishya <i>Tridoshahara</i>
6	<i>Lakucha</i> / <i>Monkey Jack</i>	<i>Artocarpus</i> <i>lakoocha</i> Roxb. Moraceae	<i>Kshudrapanas</i> <i>a</i> <i>Likucha</i>	Apakwa Phala <i>Madhura,</i> <i>Amla</i> <i>Guru</i> <i>Ushna</i>	<i>Tridoshakara</i> <i>Raktakrut</i> <i>Shukrala</i> <i>Agninashana</i>	
7	<i>Kadhali</i> / <i>Plantain</i>	<i>Musa</i> <i>sapientum</i> Linn. Musaceae	<i>Ambusaara</i> <i>Moocha</i>	Apakwa Phala <i>Madhura</i> <i>Guru,</i> <i>Snigdha</i> <i>Sheeta</i>	<i>Kaphakara</i> <i>Pittavatahara</i> <i>Kshaya</i> <i>Daha</i>	Types • <i>Manikyā</i> • <i>Marthyā</i> • <i>Amruthā</i> • <i>Champakā</i>
8	<i>Chirbhitam</i> / <i>Indian</i> <i>Snapmelon</i>	<i>Cucumis</i> <i>momordica</i> Roxb. Cucurbitaceae	<i>Gokshurakark</i> <i>ati</i> <i>Dhenudugdha</i>	Pakwa Phala <i>Madhura</i> <i>Sheeta</i> <i>Madhura</i> <i>Vipaka</i>	<i>Vatakaphahara</i> <i>Kaphakara</i> <i>Vrishya</i> <i>Jataragni</i> <i>vardana</i>	<i>Pittakaphahara</i> <i>Grahi</i> Pakwa Phala • <i>Pittajanaka</i> • <i>Ushna</i>
9	<i>Naarikela</i> / <i>Coconut</i>	<i>Cocus nucifera</i> Linn. Arecaceae	<i>Drudaphala</i> <i>Sadhaphala</i>	Phala <i>Sheetala</i>	<i>Vatapittahara</i> <i>Brihmana</i> <i>Bastishodaka</i>	<i>Durjara</i> <i>Vishtamba</i>
10	<i>Kaalindham</i> / <i>Watermelon</i>	<i>Citrullus</i> <i>vugaris</i> Schrad Cucurbitaceae	<i>Krishnabeeja</i> <i>Kaalinga</i>	Komal phala Purana Phala <i>Guru</i>	<i>Pittahara</i> <i>Pittajwara</i> <i>Pittakaraka</i> <i>Vidaahi</i> <i>Vishtambakara</i>	Naarikela Jala <i>Madhura</i> <i>Laghu</i> <i>Sheeta</i> <i>Pittahara</i> <i>Hridya</i> <i>Shukrala</i>
				Guru Sheetala	<i>Pittanashaka</i> <i>Shukranashaka</i>	



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				Pakwa Phala Ushna Kshara	Pittajanaka	
11	Kharboja/ Melon	Cucumis melo Linn. Cucurbitaceae	Dashangula	Madhura Guru, Snigdha Sheeta	Pittavatahara Vrishya Koshtha Suddhikara	In Mutrakrichra, Kharboja Beeja can be given
12	Trapusa/ Cucumber	Cucumis sativus Linn. Cucurbitaceae	Kantakiphala Susheetala	Nava Laghu Neela Phala Madhura Sheeta	Pittahara Daha Trishna Raktapitta	Beeja Ruksha Sheetala Pittahara Mutrajanaka Mutrakrichra
				Phala Amla rasa Ushna	Pittajanaka	
13	Puga/ Betel nut palm	Areca catechu Linn. Arecaceae	Kramuka Pugi	Kashaya Guru, Ruksha Sheeta	Kaphapittahara Mohajanaka Agnidipaka	Ardra Phala Guru, Abhisyandhi Vahnidushtikara Swinna Phala Tridoshanashaka
14	Thala/ Palm	The Borassus flabellifer Linn. Aracaceae	Trunaraja Lekhyapatra	Pakwa Phala	Pitta Rakta Kaphakara Durjara Abhisyandha Shukrala	Thala Majja Madhura Laghu, Sara Kaphajanaka Madakaraka
15	Bilwa/ Bael fruit	Aegle marmelos Corr. Rutaceae	Shailusha Maaloor	Apakwa Phala	Kaphavatahara Shoolahara Amahara	Fruits like <i>Draksha</i> (<i>Vitis vinifera</i> Linn.), <i>Bilwa</i> (<i>Aegle marmelos</i> Corr.), <i>Haritaki</i> (<i>Terminalia chebula</i> Retz.) in dried form will have more therapeutic properties.
				Bala Bilwa Phala Katu, Tikta, Kashaya Laghu, Snigdha Ushna	Kaphahara Pachaka Agnideepaka	
				Pakwa Phala Madhura Guru Vidahi	Tridoshajanaka Durjara Puthimarutha Agnimandya	
16	Kapitha/ Elephant apple	Feronia elephantum Correa Rutaceae	Kaphipriya Dantashata	Apakwa phala Kashaya Laghu	Sangrahi Lekhana	
				Pakwa Phala Amla, Kashaya Guru	Vatapittahara Grahi Hikka Durjara	
17	Naranga/ Orange	Citrus reticulate Blanco Rutaceae	Twaksugandh a Mukhapriya	Madhura, Amla	Vatahara Rochaka	One more variety • Amla rasa • Atyanta Ushna • Durjara • Vatahara



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18	Tinduka/Gaub Persimon	Diospyros embryopteris Pers. Ebenaceae	Kaalaskanda Atisitakaraka	Apakwa Phala Laghu Sheeta Pakwa Phala Madhura Guru	Vatajanaka Grahi Pittakaphahara Prameha	D. melanoxyton is considered as Tinduka as per Dr Balawanth singh
19	Kupilu/Poison nut tree	Strychnos nux-vomica Linn. Loganiaceae	Kakatinduka Vishatindu	Tikta rasa Laghu Sheeta	Vatajanaka Madakaraka Grahi	
20	Rajajambu / Jambul tree	Eugenia jambolana Linn. Myrtaceae	Mahajambu Phalendra	Madhura Guru	Vishtamba Rochaka	Among various types of Jambu, Rajajambu is said to be best
21	Jalajambu/Wax apple	Eugenia heyneana Wall. Myrtaceae	Kshudrajambu Jalajambuka	Ruksha	Kaphapittahara Raktavikarahara Sangrahi	In Mumbai there is one more variety sold, Syzygium malaccense
22	Unnava/Jujube	Zizyphus sativa Gaertn. Rhamnaceae		Madhura Snigdha	Kaphashamaka	Twak(Bark)-Vranaropaka, Vranashodana Grahi,
23	Badara/Plum	Zizyphus jujube Lam. Rhamnaceae	Badari Kola	Phala	Vatahara Snehana Raktastambaka Pachana Hridya	Beeja • Netrya • Hikkani-grahana • Patralepa • Jwara • Dahanashaka Twak • Atisara • Visphota shamaka
24	Karkandhu/Jujube	Zizyphus nummularia W.&A. Rhamnaceae		Phala Sheeta	Pittashamaka Grahi	Leaves are externally used for application in Pama
25	Prachinaamalaka/Puneala Plum	Flaucortia cataphracta Roxb. Flacourtiaceae	Paaniyaamala ka		Pittashamaka Jwara	
26	Lavali/Star gooseberry	Cicca acida (Linn.) Merrill Euphorbiaceae	Komalavalkala Sugandamula	Madhura, Amla, Kashaya Vishada, Guru, Ruksha	Kaphapittahara Arshas	PV Sharma considers Luvanga scandens Ham. As Lavali which are sold in Bengal by the name Lavangalatha
27	Karamarda/Carandus plum	Carissa carandas Linn. Apocyanaceae	Sushenna Krishnapaaka phala	Apakwa Phala Amla Ushna Guru Paka Pakwa Phala Madhura Laghu	Kaphavardaka Trishnanasaka Ruchijanaka Raktapittavardaka Pittavatahara Ruchijanaka	
28	Priyala/Chirauli nut	Buchanania latifolia Roxb. Anacardiaceae	Raajadhana Kharaskandha	Phala Madhura Guru, Snigdha	Vatapittahara Jwara Daha	Majja Madhura Snigdha Pittavatahara



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						Hridya Durjara
29	Rajadhana/ Ceylon iron wood	Mimusops hexandra Roxb. Sapotaceae	Raajanya Kshirika	Snigdha Guru Sheeta	Tridoshahara Trishna Murcha	
30	Vikankata/ Governor's plum	Flacourtia ramontchi L' Herit Flacourtiaceae	Swadhukantak a Sruvavrruksha	Pakwa Phala Madhura	Tridoshahara	Few consider Gymnosporia montana(Royh.) Benth
31	Padmaaksha m/ Lotus	Nelumbo nucifera Nymphaeaceae	Padmabeeja Padmakarkati	Madhura, Kashaya, tikta Guru, Ruksha Sheeta	Kaphavatakara Garbha samstapaka Grahi Balya	
32	Makhana/ Fox nut	Euryale ferox Salisb. Nymphaeaceae	Padmabeejaa bha Paaniyaphala	Similar to Padmabeej a	Balya Vajikara Grahi	Can be used in the form of food
33	Sringataka/ Water chestnut	Trapa bispinosa Roxb. Trapaceae	Jalaphala Trikonaphala	Madhura, Kashaya Guru Sheeta	Vatakaphakara Grahi Vrishya Raktavikara	Beneficial in Pitta Prakruthi and Garbhini
34	Kairavinniph ala/		Kumudhabeej a	Madhura Ruksha Sheeta Guru		
35	Madhuka/ Indian butter tree	Madhuca indica J.F.Gmel. Sapotaceae	Madhupushpa Madhusrava	Phala Madhura Sheeta Guru	Vatapittahara Shukrajanaka Hridya	Taila prepared from Madhuka is said have Vatanashaka property Madhuka Pushpa Madhura Sheeta Guru Vatapittahara Shukrala, Hridya
36	Jalamadhuk a/ Indian butter tree	Bassia longifolia (Koenig) Macbr. Sapotaceae	Properties are similar to Madhuka(Madhuca indica)			
37	Parushaka / Indian Phalsa	Grewia asiatica Linn. Tiliaceae	Parusha Alpashita	Apakwa Phala Kashaya, Amla Laghu	Pittakaraka	
				Pakwa Phala Madhura rasa Sheeta Madhura	Pittavatahara Hridya Brihmana Vishtambhaka	
38	Thutta/ Mulberry	Morus indica Griff. Moraceae	Pooga Brahmadharu	Apakwa Phala Amla Ushna Guru	Raktapittakara	One more variety Morus laevigata is used in Sikkim
				Pakwa Phala	Pittavatahara	



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				<i>Madhura</i> <i>Sheeta</i> <i>Guru</i>		
39	<i>Dadima / Pomegranate</i>	<i>Punica granatum</i> Linn. Punicaceae	<i>Dantabeeja</i> <i>Lohithapushpa</i>	Madhura Dadima <i>Madhura,</i> <i>Kashaya</i> <i>Laghu,</i> <i>Snigdha</i>	<i>Tridosahara</i> <i>Tarpana</i> <i>Shukrala</i> <i>Hridya</i>	
40	<i>Bahuvaara/ Sebestan</i>	<i>Cordia myxa</i> Roxb. Boraginaceae	<i>Shleshmataka</i> <i>Pichila</i>	Apakwa Phala <i>Ruksha</i> Pakwa Phala <i>Madhura</i> <i>Snigdha</i> <i>Sheeta</i> <i>Guru</i>	<i>Pittakaphahara</i> <i>Vishtambha</i> <i>Mutrala</i> <i>Vishagna</i>	
41	<i>Kataka/ Clearing nut tree</i>	<i>Strychnos potatorum</i> Linn. Loganiaceae	<i>Payah</i> <i>Prashadi</i>	<i>Madhura,</i> <i>Kashaya</i> <i>Guru</i>	<i>Vatakaphahara</i> <i>Netrya</i>	Used in water purification
42	<i>Draksha / Grapes</i>	<i>Vitis vinifera</i> Linn. Vitaceae	<i>Swadhuphala</i> <i>Mridwika</i>	<i>Madhura,</i> <i>Kashaya</i> <i>Guru</i> <i>Sheeta</i> <i>Madhura</i>	<i>Kaphakara</i> <i>Netrya</i> <i>Swarya</i> <i>Swasa</i> <i>Raktapitta</i>	One more variety is Gosthani Draksha Viryavardaka Guru Kaphapittanashaka
43	<i>Kharjura/ Date</i>	<i>Phoenix sylvestris</i> Roxb. Arecaceae	<i>Swadhumastaka</i> <i>Mruduchada</i>	<i>Madhura</i> <i>Snigdha</i> <i>Sheeta</i> <i>Madhura</i>	<i>Vatakaphahara</i> <i>Balya</i> <i>Kasa, Swasa</i> <i>Murcha</i>	Types • <i>Kharjura</i> • <i>Pinda- Kharjura</i> • <i>Chuhara</i>
44	<i>Chuhara/ Date plum</i>	<i>Phoenix dactylifera</i> Linn. Arecaceae		<i>Sheetala</i> <i>Guru</i>	<i>Kaphanisharaka</i> <i>Vrishya</i> <i>Kasa, Swasa</i>	This variety is cultivated in Iran, Kaabul and also in areas of Punjab
45	<i>Pinda Kharjura/ Date Plum</i>	<i>Phoenix sylvestris</i> Roxb. Arecaceae	<i>Sulemani</i> <i>Mrudula</i>		<i>Srama</i> <i>Daha</i> <i>Murcha</i>	
46	<i>Vatada/ Almond</i>	<i>Prunus amygdalus</i> Batsch. Rosaceae	<i>Vatavairi</i> <i>Netropamaphala</i>	<i>Snigdha</i> <i>Ushna</i> <i>Guru</i>	<i>Vatanashaka</i>	Vatada Majja <i>Madhura</i> <i>Snigdha, Ushna</i> <i>Kaphakara</i> <i>Viryavardhaka</i>
47	<i>Sevam/ Apple</i>	<i>Pyrus malus</i> Linn. Rosaceae	<i>Mushtiphala</i> <i>Seva</i>	<i>Madhura</i> <i>Guru</i> <i>Sheeta</i> <i>Madhura</i>	<i>Kaphakara</i> <i>Brihmana</i> <i>Shukrala</i>	
48	<i>Amruthaphala/ Pear</i>	<i>Pyrus communis</i> Linn. Rosaceae	<i>Nashapathi</i>	<i>Madhura</i> <i>Laghu</i>	<i>Tridosahara</i> <i>Vrishya</i>	
49	<i>Peelu/ Toothbrush tree</i>	<i>Salvadora persica</i> Linn. Salvadoraceae	<i>Gudaphala</i> <i>Sheetaphala</i>	<i>Madhura,</i> <i>Tikta</i> <i>Naatiushna</i>	<i>Tridosahara</i> <i>Gulma</i>	One more Big variety of Peelu is <i>Salvadora oleoides</i>
50	<i>Akshota/ Walnut</i>	<i>Juglans regia</i> Linn. Juglandaceae	<i>Shailabhava</i> <i>Peelu</i> <i>Karparaala</i>	<i>Properties are similar to Vatada</i>	<i>Kaphapittakara</i> <i>Balya,</i> <i>Brihmana</i> <i>Amavata</i>	Wild variety of Akshota found in Assam and South is <i>Aleurites moluccana</i>



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51	Bijapura / Citron	<i>Citrus medica</i> Linn. Rutaceae	Matulunga Phalapuraka	Madhura, Amla Laghu	Agnidipaka Hridya Swasa, Kasa Raktapitta	Varieties mainly • Madhura • Amla There is n number of subvarieties based on habitat
52	Madhukarkati/ Shaddock	<i>Citrus decumana</i> Watt. Rutaceae		Madhura Guru Sheeta	Rochani Raktapitta Swasa, Kasa	It is Madhura variety of Bijapura.
53	Jambira/ Lemon	<i>Citrus limon</i> (Linn.) Burm.f. Rutaceae	Dantashata Jambhala	Amla Guru Ushna	Vatakaphahara Shoola Kasa Agnidipaka	Small variety is known as Swalpajambirika, possess same quality as that of Jambira with special property like Trishnahara, Chardigna
54	Nimbuka/ Lime	<i>Citrus medica</i> var. <i>acida</i> of Watt Rutaceae	Nimbu	Amla Laghu Tikshna Kinchidushna	Vatanashaka Pachaka Hridya Krimighna	
55	Meetinimbuka/ Sweet lime	<i>Citrus limettioides</i> Tanaka Rutaceae	Meetinimbu	Madhura Guru	Vatapittahara Balya Raktavikara	
56	Mosambhi/ Mozambique Orange				Pittahara Jwara Trishna Atisara	It is not included by Bhavaprakasha, the commentator has included it has it is a native fruit of India
57	Karmaranga / Carambola	<i>Averrhoa carambola</i> Linn. Oxalidaceae	Shirraala Brihadamla	Madhura Amla Sheeta	Kaphavatahara Grahi Raktashodaka	
58	Amlika/ Tamarind	<i>Tamarindus indica</i> Linn. Caesalpiniaceae	Chukrika Tinthidika	Apakwa Amla Guru Pakwa Ruksha, Ushna	Vatanashaka Pittakaphakara Kaphavatahara	Synonym Tinthidika denotes another drug <i>Rhus parviflora</i> Roxb.
59	Amlavetasa/ Garcinia	<i>Garcinia pedunculata</i> Roxb Guttiferae	Chukra Shatavedhi	Atyanta Amla Laghu, Ruksha	Pittajanaka Malabhedaka Agnidipaka Swasa, Kasa Vataroga	It is a controversial drug. Rheum emodi Rumex vesicarius Hippophae salicifolia These sources are considered as Amlavetasa
60	Vrukshamla/ Kokkam butter tree	<i>Garcinia indica</i> Chois. Guttiferae	Chukra Amlavrukshaka	Apakwa Amla Ushna Pakwa Katu, Kashaya, Amla Guru Ushna	Vatanashaka Kaphavatakara Agnidipaka Sangrahi Arshas Gulma Grahani	

DISCUSSION

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Apart from individual drugs, *Ganas* and *Paribhasha* is explained at the end of the *Varga* are as follows:

*Chaturamla*⁷ – *Amlavetasa*(*garcinia pedunculata*), *Vrikshamla*(*Garcinia indica*), *Brihat Jambira*(*Citrus limon*), *Nimbuka*(*Citrus medica*).

*Panchamla*⁷ – To the combination of *Chaturamla*, *Bijapura* (*Citrus medica*) is added.

*Phala Vishaya Paribhaya*⁸ –

- Ripe fruits are considered potent except in the case of *Bilwa*(*Aegle marmelos*), where unripe fruit are potent.

- Fresh or succulent fruits are always advised expect fruits like *Draksha*(*Vitis vinifera*), *Bilwa*(*Aegle marmelos*) and *Haritaki*(*Terminalia chebula*), which are potent in dried form. The above said properties are applicable to the rind of the fruit.

- Fruits exposed to snow,heat, polluted air, insects or animals, grown in unseason and in unsuitable area should not be consumed. In the same way, over ripe fruits too should be avoided.

Addition of a drug has been done by commentator to the list of 57, with the total drugs being mentioned 60. The *Varga* is been named *Amradiphala varga* because of the drug mentioned first i.e. *Amra*, the author has followed similar pattern while naming all the *Vargas* e.g. *Haritakyadi* being named because of first drug *Haritaki*. Varieties of fruits with its therapeutic uses are discussed apart from considering fruits as

just edibles. These drugs are used in many *Ayurvedic* formulations and have greater affinity towards diseases due to its high medicinal property.

CONCLUSION

There are many lesser known fruits which are grown around us and also available in market, one should understand the importance of consumption of seasonal fruits and fruits grown in respective geographical location with their health benefits. Hence a thorough knowledge about fruits along with their health benefits can help in preventing many diseases and provide longevity.

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