



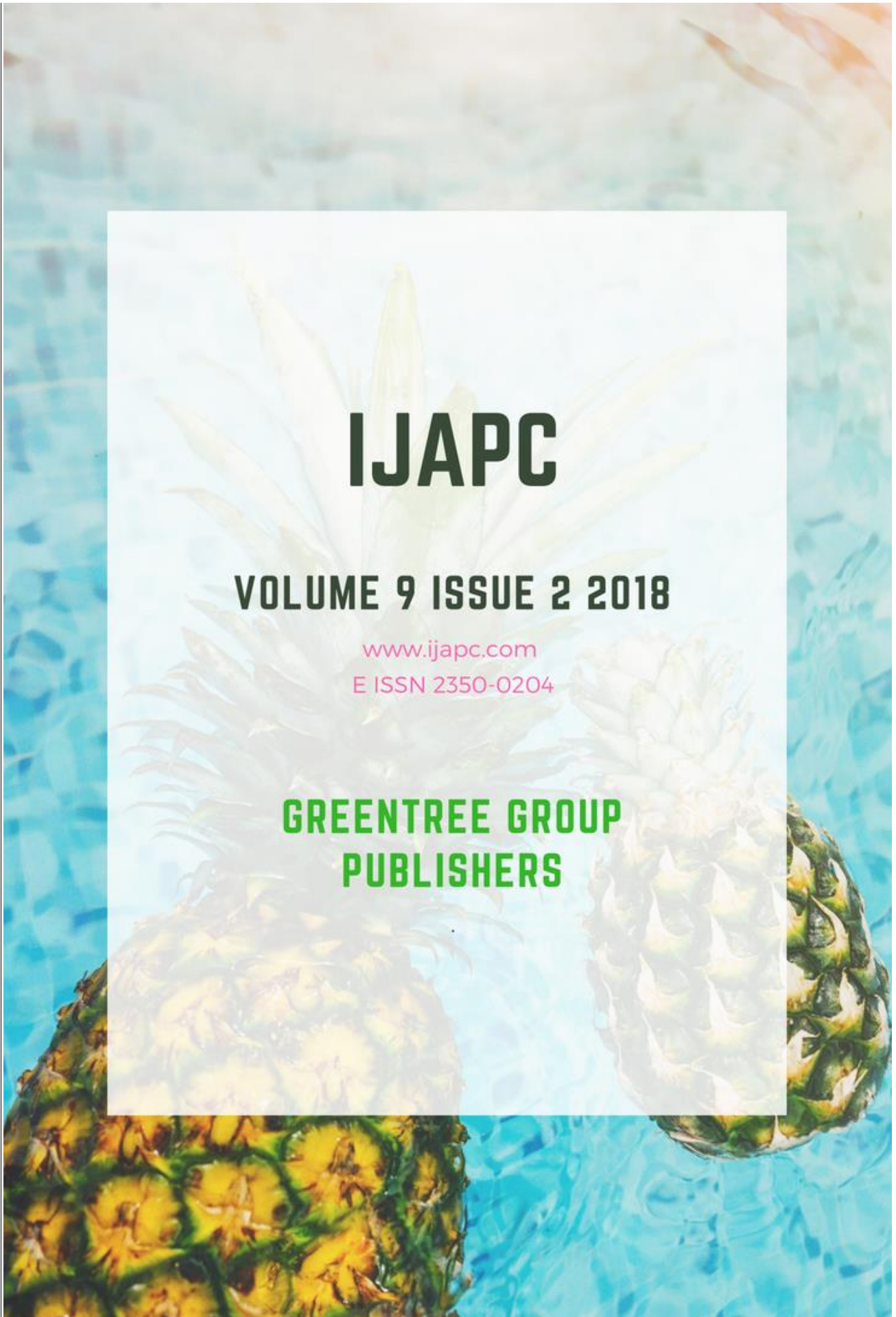
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Review of *Varuna* with special reference to *Kosha* and *Nighantus*

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ABSTRACT

As the use of medicinal plants in the world is increasing, it is the time to carry on *Ayurvedic* literature explanation of these particular medicines or plants as without information of their proper uses and properties; it is not beneficial for us. Many of these plants have valuable effects on long-term health when consumed by humans and to effectively treat human ailments also. The present work was carried to evaluate the description of the *Varuna* (*Crataeva nurvala* Buch. Ham.) in the *Kosha* and various *Nighantus*, to rule out the exact properties, action and make use of *Varuna* in different diseases. The result suggests that *Varuna* is having medicinal virtue in the treatment of *ashmari*, *mutrakricchra*, *vidhradhi* and *sotha*. This review provides the different properties of *Crataeva nurvala* (*Varuna*), which could be helpful to treat *ashmari*, *mutrakricchra* etc. and for the further study of their constituent action.

KEYWORDS

Varuna, *Crataeva nurvala*, *Kosha*, *Nighantus*, *Mutrakricchra*



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INTRODUCTION

Ayurveda considers all substances of medicinal value if they are used for specific indications and appropriate formulations means with the help of 'Yukti'. In Charaka Samhita mentioned that every substance is formed by panchmahabhuta, based on the principle of five-elemental composition (panchabhautika siddhanta). The five-elemental composition of material is identified on the basis of their *rasa* (taste), *guna* (physical property), *virya* (biopotency), *vipaka* (taste or pharmacodynamics after drug assimilation) etc. some drugs have special property irrespective of this principle i.e. *prabhava*¹. Each medicinal plant has their specific properties so, it would be helpful in the treatment of diseases. In the time period of *Nighantus*, discussed about the various synonyms of plants and verify their synonyms with properties and their uses. One of them is Varuna, an important plant which is commonly known as 'Three leaved caper'. Varuna is botanically known as *Crataeva nurvala* Buch. Ham. (Fam. Capparidaceae), useful medicinal plant of *Ayurvedic* system of medicine has been studied mainly with the stem bark part for obstructive and non-obstructive uropathies. It is also helpful in the

treatment of prostate enlargement and problems related to bladder. The Phytochemical studies of *Crataeva nurvala* (varuna) showed that it contained lupeol, betulinic acid, b-sitosterol, stigmasterol and cabadicine as major chemical constituents. Lupeol had been reported to reduce the deposition of calcium oxalate, the most common stone forming constituent². *Ayurvedic* properties of Varuna (*Crataeva nurvala*) includes –

Rasa: kashaya-tikta

Guna: laghu-ruksha

Virya: usna

Vipaka: katu

Doshaghnata: kaphavata shamaka & pittavardhaka.

Rogaghnata: vranashotha(wound), *vidradhi*(abscess), *gandamala*, *agnimandya*(indigestion), *shula*(pain), *gulma*, *yakrtavikara*(liver disorders), *krimi*(worms infestation), *vatarakta*(gout), *ashmari*(renal stone), *mutrakricchra*(burning micturition), *bastishula*(bladder pain), *jvara*(fever).

Karma: bhedana, *krimighna*, *raktashodhaka*, *mootrala*, *ashmaribhedana*, *jvaraghna*³.

1. Amarkosha (5th Cent. A.D.)

This is written by Amara Singh. Varuna has been mentioned here in *Svarga varga* of *prathama kanda*. In this *Kosha*, only five synonyms are given which are as

follows – Pracheta, varuna, pashi, yaadsampati and aappati⁴.

2. Saushruta Nighantu (6th Cent. A.D.)

This is probably the oldest *Nighantu* and found as an appendix of Sushruta Samhita as stated in the preamble of Kashyapa Samhita by Pt. Hemraja Sharma. This *Nighantu* has been published from Nepal. Varuna is mentioned at in *Varunadi gana*. Varuna is described here with synonyms like shvetapuspa, tikta, shakdruma, setudrum, rohavriksh, kapala⁵.

3. Astanga Nighantu (8th Century A.D.)

This *Nighantu* has been written by Vahatacharya, a south Indian, and is different from Vagbhata. The plants given in the *gana* of Astanga Hridaya are described here by synonyms. Varuna is mentioned in *Varunadi gana*. Shvetapuspa and varana are the synonyms of Varuna⁶.

4. Dhanvantari Nighantu (10th-13th Century A.D.)

This *Nighantu* was written by Mahendra Bhogika. Varuna has been placed in *Aamradi varga*. Shvetapuspa, tiktashaka, kumaraka, shvetadruma, gandhavriksha, tamal and marutapaha have been given as its synonym. Regarding its properties, it has been said as *tikta, katu* in *rasa* and *usna virya*. It is used here for *sheeta vatashamaka*. It is indicated for vidradhi, krimi and raktavikara⁷.

5. Sodhala Nighantu (12th Century A.D.)

This is written by Sodhala. It is in two parts. In Part-I, Varuna are stated in *Aamradi varga*. The synonyms of Varuna are - shvetapuspa, tiktasara, kumaraka, shvetavriksha, bodhivriksha, tamal and marutapa⁸.

6. Abhidhana Ratnamala (13th century)

Varuna has been placed in “*Kashayadravyaskandhah*” and Varuna, shvetapuspa, tiktashaka, kumarka, Setudruma, pitapuspa, varuna and marutapaha are the synonyms⁹.

7. Hridayadipaka Nighantu (12th Century A.D.)

This *Nighantu* is written by Acharya Keshava. Nighantukara has placed this drug in *Ekanama Varga*. The following synonyms are given in this *Nighantu* – palevat, munjat and vishdusika¹⁰.

8. Siddhamantra Prakasha (13th Century A.D.)

This is the commentary on the book Hridayadipaka Nighantu of Keshava by his son Bopadeva. Varuna is mentioned in this book with *pittavardhaka* and *kaphavataghna* property¹⁰.

9. Madanapala Nighantu (14th Century A.D.)

This *Nighantu* is written by Madanapala. Varuna is mentioned in the *Vatadi varga*. The synonyms of Varuna are- varuna, shveta, shakavriksha and kumaraka. Varuna is helpful to treat Arsha, shotha

and regarding its properties it is *pittakaraka*, *bhedak*, *kaphashamaka* and *agnidipaka*. It is indicated in *mutrakricchra*, *raktavata*, *gulma*, *vatarakta*, *krimi* and *sotha*¹¹.

10. Raja Nighantu (15th Century A.D.)

This *Nighantu* is written by Narahari Pandit. It is based especially on synonyms. In *Prabhadradi gana*, synonyms of Varuna are *shvetapuspa*, *tiktashaka*, *kumaraka*, *shvetadruma*, *sadhuvriksha*, *tamala* and *marutapaha*. Its *virya* has been mentioned *usna*, *katu* in *rasa* and *snigdha*, *agnidipaka*. It is indicated in *raktadosha*, *vidradhi* and *vataja vikara*¹².

11. Sarasvati Nighantu (14th Cent)

Varuna has been placed in *Mahavrkshevargah* and Varuna, *setu*, *tiktasaka*, *kumaraka*, *shvetapuspa*, *lodhravriksha*, *tikta* and *sadhudruma* are the synonyms given to it¹³.

12. Kaiyadeva Nighantu (15th Century A.D.)

The other name of this *Nighantu* is “*Pathyapathyavibodhaka*” which is written by Kaiyadeva. In *Ausadhi varga*, synonyms of Varuna are- *varana*, *setu*, *urumana*, *kumaraka*, *shakadruma*, *shetuvriksha*, *rodhravriksha*, *tamalaka*, *sadhuvriksha* *shvetapuspa*, *tiktashaka* and *chalapaha*. It has following properties *madhura*, *tikta*, *kashaya* and *katu rasa*, *laghu ruksha* and *usna virya*,

kaphavatashamaka, *agni dipaka*, *pittavardhaka* and *ashmaribhedhaka*. It is used in *krimi*, *vatarakta*, *mutraghata*, *raktaja vikara* and *hridaya vikara*. The flower of varuna is *raktapittashamaka* and *grahi* in nature. The properties of Varuna fruits are *madhura rasa*, *madhura vipaka* and *snigdha*, *saraka*, *guru*, *usna* and *vatapittakaphanasaka*¹⁴.

13. Bhava Prakasha Nighantu (16th Century A.D.)

This *Nighantu* is a part of the Bhava Prakasha Samhita and written by Bhava Mishra. Varuna is described in *Vatadi varga*. Synonyms of Varuna are – *varana*, *setu*, *tiktashaka* and *kumaraka*. Varuna has following properties i.e. *pittavardhaka*, *bhedaka* and *vatashamaka*. It is used in *gulma*, *vatarakta*, *krimi*, *ashmari*, *mutrakricchra*, *kaphaja* and *vataja vikara*¹⁵.

14. Haritakyadi Nighantu (16th Century A.D.)

This *Nighantu* is a part of Bhava Prakasha Samhita of Bhava Mishra and commented by Vaidyaratna Shiv Sharm Vaidya Shastri. Varuna is described in the *Vatadi varga*. Synonyms of Varuna are – *varana*, *setu*, *tiktashaka* and *kumaraka*. Varuna has following properties like *kashaya-madhura-tikta-katu rasa*, *ruksha* and *laghu*¹⁶.

15. Shaligrama Nighantu(19th Cent.A.D.)

This *Nighantu* is written by Shaligrama

Vaisya. Varuna is described in *Vatadi varga*. Brhampuspa, tiktashaka, kumaraka, urumana, setuvriksha, svetadruma and marutapaha are the synonyms of Varuna described in this *Nighantu*. The properties of varuna are similar to described in Raja nighantu, Nighnatu ratnakara and bhavaprakash nighantu. Varuna is effective in the treatment of mutrakricchra, ashmari, gulma, shula, vatarakta, krimi and aamvata¹⁷.

16. Nighantu Adarsha (20th Cent.A.D.)

This *Nighantu* is written by Vaidya Bapalala. In this *Nighantu*, Varuna is described in *Kariradi varga* and synonyms are tikta, triparna, bhramarpriya, bilvapatra, vrittaphala, brhampuspa and kasayaka. He gave same name and properties as Dhanwantari Nighantu, Raja Nighantu, and Bhavaprakasha Nighantu¹⁸.

17. Mahausadha Nighantu (20thCent.A.D.)

The other name of this *Nighantu* is Dravyanamaguna Hasta Pustika. Here, no description about Varuna is available¹⁹.

18. Priya Nighantu (20th Century)

This *Nighantu* was written by Acharya Priyavrata Sharma. In this Nighantu; the synonyms of varuna is tiktashaka. According to author of this *Nighantu*, Varuna has three leaflets, *tikta rasa*, red flowers, fruit like lemon and become red on ripe. It has following properties like *usna virya*, *tikta rasa*, *kaphamedonasaka*,

which increases the frequency of urination and its specific effect is ashmari bhedana. It is used in mutrakricchra, ashmari, gulma and abhyantar vidradhi²⁰.

19. Sodashangahridaya (20th Century)

This *Nighantu* is written by Acharya Priyavrata Sharma. Varuna is mentioned in *Dravya gunam* chapter. Flower of Varuna is red in colour and leaves have *tikta rasa*. It has *usna virya* and effective in mutrakricchra, ashmari, medoroga, vidradhi and gulma roga²¹.

20. Madhava-Dravyaguna(20th Century)

Madhava-Dravyaguna *Nighantu* is written by Dr. Priya Vrat Sharma. Properties of Varuna are *usna virya*, bhedi, ashmarinasaka, vatahara and shulahara²².

21. Puspayurveda (20th Century)

Puspayurveda is written by Prof. Priya Vrat Sharma. In this book described about the flowers, their uses, properties and internal use of different flowers. In *Puspagunakarmani* chapter discussed properties of flower of Varuna are *tuvar* (astringent), *tikta* (bitter), *laghu* (light), *kapha-pitta-asrajitta* (checking pacify kapha-pitta-rakta) and *Aampachana* (digestion improves)²³.

CONCLUSION

On the basis of above descriptive study in various *Nighantus*, it can be concluded that

Varuna (*Crataeva nurvala* Buch. Ham.) will be effective in *mutrakricchra* (burning micturition), urinary disorders specially in *ashmari* because it having properties like *bhedana*, *vatashamaka* and *kaphashamaka*. The medicinal plant, Varuna (*Crataeva nurvala*) can also be further investigated to identify all constituent and authenticate their property with their chemical constituent in animal studies.

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