

Literary Review on Punarnava w.s.r to Clinical Aspects

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Abstract- Dravya (drug) has always considered as most essential one of the four basic factors of the treatment in chikitsa chatushpada. Acharya Charka mentioned that the efficacy of the drug totally depends on habitat, nature, preservation and its administration & route. ⁽¹⁾ Herbal drugs are widely used as medicines for the treatment of wide range of diseases. Medicinal plants have played very important role in world health. In spite of recent advancement in modern medicine, plants still have an important contribution to health care of people. While reviewing this traditional knowledge of Ayurvedic medicine, one comes across a very important herb Punarnava (*Boerhavia diffusa*). It is very potent herb which is found throughout India. This herb has gained its importance in various formulations and it is effective in diseases like Shotha (inflammation) and Pandu (Anemia).

Key words - Punarnava, Boerhaavia diffusa, Hepatic, Ayurveda.

I. INTRODUCTION

Punarnava, scientifically known as *Boerhaavia diffusa* Linn., belongs to the family Nyctaginaceae. It is commonly referred to as Punarnava in Ayurvedic medicine, and also known as spreading hog weed in English. Punarnava is extensively used in Ayurveda to treat various ailments such as oedema (swelling), cardiac disorders, anaemia. Punarnava as its name suggest which literally means tendency to rejuvenate. In Atharvaveda, Punarnava is described and its use as Tridoshaghna, Kustha ghna, Rasayana, Jvara ghana, Kasahara, Sothahara and as Rakta vardhaka. ⁽²⁾ In Charaka Samhita it comes in Vaya sthapana Mahakashaya⁽³⁾ and in Rasayana prakrana by name of Punarnava. In Sushruta Samhita it is explained in Vidari gandhadi Gana, ⁽⁴⁾ Vata sansamana and Tikta

varga. In Ashtanga Hridaya also it comes in Vidaryadi Gana. ⁽⁵⁾

Punarnava is nothing but the combination of two words i.e. Punar and nava which means becoming new, combined meaning of the word punarnava can be the herb that Rejuvenates. This is said because the aerial part of the plant dries up in summer and regenerates in rainy seasons, and as per Ayurveda Punarnava literally rejuvenates the whole-body part of the plant. Punarnava is of two types Shweta Punarnava and Rakt Punarnava. Punarnava is found in almost all regions of India. Punarnava belongs to family Nyctaginaceae, commonly known as Spreading Hogweed or Pigweed.

II. DRUG REVIEW

Botanical name	Boerhavia diffusa
Kingdom	Plantae
Division	Magnoliophyta
Class	Magnoliopsida
Order	Caryophyllales
Family	Nyctaginaceae
Genus	Boerhavia
Common names	santhi, moto, satado, ataki, sanadika etc.

III. LITERATURE REVIEW

1. Charak Samhita: Acharya Charak has mentioned Punarnava in Swedopaga dravya, Vayasthapan, Kshara varga, Anuvasanopaga Gana. The roots of punarnava are helpful in kushtha vyadhi⁽⁶⁾ The roots are used in combination with dadhi manda in kushta vyadhi.

2. Sushrut Samhita: Sushruta has mentioned this drug in Vidarigandhadhi gana⁽⁷⁾ and shaak Varga.⁽⁸⁾ Punarnava mool is used in the diseases like Pittaj

Asmari⁽⁹⁾ and shotha.⁽¹⁰⁾ In mooshaka visha⁽¹¹⁾ chikitsa Punarnava Mool kwath with shunthi is used, Shweta punarnava mool with honey is used in alarka chikitsa, Shweta punarnava mool with dhattur seeds powder and water is used in Jwara Chikitsa.

3. Ashtang Sangraha: Punarnava is mentioned in Kshaar Mahakashaya⁽¹²⁾ and Shaak Varga⁽¹³⁾, Vayasthapana Mahakashya⁽¹⁴⁾ Punarnava mool is effective in Madatyā, Ghrita which is prepared in decoction of punarnava, milk, and Yashtimadhu kalka is used as Rasayana.

4. Amarkosha (5th cent. A.D.)⁽¹⁵⁾ - The Author of the book amarkosha is Amar Singh. He has written this book in 3 Khanda. First Khanda have 10 chapters explained in it and Second Khanda have another 10 chapters explained in it and Third Khanda have 5 chapters explained in amarkosh. The whole subject has described the synonyms of punarnava. Punarnava is included in the „Vanausadhi Varga“ of Bhumyadi khanda with Synonyms Punarnava & Shothaghni.

5. Nighantu Sushruta (6th Cent. A.D.)⁽¹⁶⁾ - Nighantu sushruta is formulated on Sushruta samhita. In this Nighantu, Punarnava“ is included in Vidharigandhadi Gana“ with the synonyms as Punarnava, Vrishchiva, Dirghavarshabhu, Shvetamula, Raktavrīnta, Kathillaka, Vaishakha, Shinati, Kshudravarshabhu, Rishabhketu, Mahavarshabhu.

6. Nighantu Ashtanga (8th Cent. A.D.)⁽¹⁷⁾ - Nighantu Ashtanga is written by Acharya Vagbhata. On the foundation of ancient granthas i.e. Ashtanga sangraha and ashtanga hridaya, Acharya Vagbhata have explained many groups of drugs among which some of the drugs are explained in Viprakirna Varga. In Nighantu Ashtanga, Punarnava is included in Vidarigandhadi Gana which has mentioned synonyms as Punarnava, Vrishchiva, Shvetamulaka, Dirghapatra, Vikasa, Kathillaka, Sunadik, Raktapushpa, Vishakha, Mandalacchada, Varshaketu, Varshabhu.

7. Sharangdhara (13th cent. A.D.)⁽¹⁸⁾: Punarnava Rasanjan is mentioned to be used in Netra Kandu, Netrastrava, Timir roga and Ratundhi.

8. Dhanvantari Nighantu (10th - 13th Cent. A.D.)⁽¹⁹⁾: In this Nighantu Punarnava is included in guduchyadi Varga with the synonyms Punarnava, krura, Saddho mandalapatraka, Shvetamula, Varshaketu &

Mahavarshabhu. It has following properties i.e. Rasa - Tikta, dosha-karma Pitta nashaka, Saraka, in guna-karma, and indicated in Shotha, Raktapradar, Pandu roga.

9. Nighantu Shodhala (12th Cent. A.D.)⁽²⁰⁾: Shodhala Nighantu is written by Acharya Shodhala. Nighantu Shodhala is explained into 2 parts.

1. Nama sangraha- which consist of synonyms of the drugs.

2. Guna sangraha- which deals with action and properties of the drugs.

In Shodhala Nighantu Punarnava is included in Guduchyadi Varga with synonyms in Nama sangraha part i.e. Punarnava, Shophaghni, Viksa, Rakta pushpika, Varshaketu, Varshabhu, Mahavarshabhu, Shivatika, Sarini, Pravrsayani and Guna in Gunasangraha i.e. Ushna in virya, Kapha & Vata nashak dosha-karma, Bhedana & Rasayana in guna-karma, and it indicated in Durnama (Hemorrhoids), Vardhama, Shopha, Udara rog.

10. Nighantu Hridayadipaka (13th Cent. A.D.)⁽²¹⁾ The writer of this book is Bopadeva who is the son of Keshava. Hridayadipaka is divided into eight Vargas. In this Nighantu, Punarnava has been mentioned in Dvipadi Varga, with its synonyms Punarnava, Vrishchiva, Varshabhu, Shivatika.

11. Shadrasa Nighantu or Abhidhanaratnamala (13th Cent. A.D.)⁽²²⁾ - In Abhidhanaratnamala Punarnava is described in Katudravya Skandha. Following are paryay of punarnava i.e. Varshabhu, Dirghapatra, Vikasa, Kathillaka, Sunadika, Raktapushpa, Visala, Mandalacchada.

12. Madhava-dravyaguna (13th Cent. A.D.)⁽²³⁾ - In Madhava dravyaguna „Punarnava“ is described in „Vividh-aushadi Varga“. Punarnava is Ushna virya and Rasayana in guna- karma. 13. Madanpala Nighantu (14th Cent. A.D.)⁽²⁴⁾ Punarnava is mentioned in Pratham Varga of “Abhayadi varga”. Madanapala has mentioned following synonyms i.e. Aruna, Tikta, Raktapushpa, Katillaka, Kruraka, Kshudravarshabhu, Varshaketu & Shivatika. It has following properties mentioned - Katu, Tikta in rasa, Katu in vipaka, & Shita in virya, Vata karaka & rakta-pitta nashaka in dosh- karma, and has Shopha-anilavrīna-shleshma har, Ruchya, Rasayana, , Grahi guna-karma.

14. Kaiyadev Nighantu (Pathyapathya Vibodhaka) (15th Cent. A.D.):⁽²⁵⁾ Punarnava is described in “Aushadhi Varga” with following synonyms i.e. Punarnava, Punarbhu, Sada, Mandalapatraka, Shvetamula, Varshabhu, Raktapatraka, Shophaghni, Jatila, Saddhyovishoshi, Dirghapatraka. Regarding its properties i.e. Madhur, Tikta, Kashaya, Katu & Kshariya in rasa, Ushna in virya, Ruksh in guna, Vatakapha nashaka in dosha-karma, Saraka, Shotha nashaka in guna-karma and indicated in Arsha, Vrina, Pandu, Visha, & Udar rog.

15. Bhavaprakasha Nighantu (16th Cent. A.D.):⁽²⁶⁾ This book is written by Bhavamishra. „Punarnava“ is mentioned in „Guduchyadi Varga“ with synonyms. Two varieties of punarnava have been mentioned separately in Bhavprakash Nighantu. These are shveta punarnava and rakta punarnava. Synonyms of both the types are mentioned. i. Shveta Punarnava synonyms are shvetamoola, shothagni, dirghapatrika. It has katu kashaya taste and used in pandu roga, shotha, udarog. ii. Rakta punarnava synonyms are Raktapushpa, Shilatika, Shothghni, Kshudravarshabhu, Varshaketu, Kathillaka. It is Tikta in rasa, Katu in vipaka, Shita in virya & Laghu karma, Vata-karaka, Kapha-PittaRakta-Vikar Nashaka in dosha-karma in guna, Grahi in guna. It is Malasangrahaka in action and is used in kapha, pitta, rakta disorder. It is also mentioned to be used in sandhivata. Punarnava kwath with kalka of kapur and shunthi is given for 7 days in eye disorder.

17. Raj nighantu (Nighantu Raja, Abhidhana Chudamani) (17th Cent. A.D.):⁽²⁷⁾ This book is written by Narhari Pandit. This book is particularly based on the Dhanwantari nighantu. It has 23 chapters in it. Punarnava is described in Parpatadi varga with the Synonyms Rakta punarnava, Krura, Mandal patrika, Raktakanda, Varshketu, Lohita, Raktapatrika, Vaishakhi, Raktavarshabhu, Shophaghni, Raktapushpika, Viksvara, Vishaghni, Pravrishenya, Sarini, Varshabhav, Shorapatra, It is Tikta in rasa & pitta Nashaka in dosha-karma, Sarana in guna-karma and indicated in Shopha, Raktapradara Pandu rog.

18. Adhunika Kala: Punarnava is explained in text books of modern periods such as Dravya guna vigyan by Dr.P.V.Sharma, Priya nighantu, Shankar nighantu, Ayurvedic material medica, Wealth of India and other books written by recent Acharyas, which provide

information about its habit, habitat, morphology, chemical composition etc.

19. Adarsha Nighantu (20th Cent. A.D.):⁽²⁸⁾ This book was published in Gujarat, its author, is Vaidya Bapalalji. In Adarsa nighantu Punarnava is described in „Punarnavadi Varga“ with the synonyms Raktapunarnava, Vishakha, Katilla, Kathila, Shothaghni, Mahavarsabhu. It is Katu, Tikta, Kashaya in ras, Katu in vipaka Ushna in virya & Kapha-Vata nashaka in doshakarma. Upukta anga is mentioned as Mool, Patra, and Panchanga. The dose evaluated is 1-2 tola (1 tola = 12 gms) used in shoth and jalodara.

20. Priya Nighantu (20th Cent. A.D.):⁽²⁹⁾ Acharya P.V. Sharma in his book Priya Nighantu has described Punarnava in Shatpushpadi Varga & indicated in Shotha, Pandu, Kamla, Hridayoga, Mutrakriccha & Udar rog.

IV. CONCLUSION

Ayurveda, the ancient science of life has classified the drugs as per their medicinal properties and remarkable work carried out by the Charaka Samhita and Sushruta Samhita for use and research. Punarnava classified the drug as per the properties mainly as hepatoprotective and diuretic as well as in the treatment of cough as expectorant. Traditionally, in marketed Ayurvedic medicines, Punarnavadi guggulu⁽³⁰⁾ (for low back ache, Sciatica and gout treatment), Narayan Oil⁽³¹⁾ (as neuromuscular and skeletal-muscular conditions as arthritis), Amritaprasha Ghrita⁽³¹⁾ (in burning sensation, fever, bleeding disorders, cough, etc), Punarnava Mandoor Tablets⁽³²⁾ (Iron based tablets with punarnava for the anaemic patients, piles & fever). These tablets formulations are useful in children due to good swelling accumulation properties.⁽³³⁾

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