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## RESEARCH ARTICLE

### A REVIEW ON PHALINI DRAVYA IN CHARAK SAMHITA

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#### ABSTRACT

Charak samhita is believed to be written around 400-200 BCE. It is one of the most ancient and authoritative writings of Ayurveda. Acharya Charaka mentioned nineteen plant drugs of which fruit is the useful part (Charak Samhita, 2011). These drugs are mainly indicated for Vaman, Asthapan, Virechan and shirovirechan karma (Charak Samhita, 2011). Among these phalini drugs Dhamargava, Ekshvaku, Jimut, Krutavedhan, Madanphala, Kutaj, Trapush and Hastiparni are indicated for vaman, and Aasthapan karma. Apamarga is indicated for Nasya karma. Remaining drugs from Phalini group are indicated for Virechan Karma. Acharya Charaka mentioned only names, useful part and karma of these dravyas. Some of them became controversial later. It is tried to describe the drug which is similar in properties for controversial drugs. Now also most of the drugs are available and their useful part is fruit. Acharya Charaka mentioned the name of medicinal plant, useful part and karma. Here in the present article properties of these herbs are studied collectively.

#### INTRODUCTION

Charak samhita is one of the most ancient texts in Ayurveda. The first chapter is named as Dirghajivitiya adhyaya. Dirgha means long and Jivit means life. The main purpose of Ayurveda is longevity of life as well as treatment of diseases. All the things which increase the longevity of life are described in this chapter. Here in this chapter the basic classification of drugs is given. The drugs are classified as follows (Charak Samhita, 2011):

- Moolini (16)
- Phalini (19)
- Mahasneha (4)
- Lavan (5)
- Mootra (8)
- Doogdha (8)
- Shodhan vruksha (6)

This classification includes varieties of substances which were used as medicine. This includes roots and fruits of plants, fats, salts, urine as well as milk of various animals. This article deals with the detail review of 19 phalini dravyas mentioned in charak samhita.

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The efforts have been made to give the detail information of each plant.

#### Review of literature

In Sanskrit Phal means fruit. Phalini includes the medicinal plants of which fruits were used as medicine. The 19 drugs which are described under Phalini are as follows

- Shankhini
- Vidanga
- Trapush
- Madanphal
- Dhamargava
- Ekshvaku
- Jimut
- Krutavedhan
- Aanup Klitak
- Sthalaj Klitak
- Prakirya
- Udakirya
- Apamarga
- Haritaki
- Antakotarpushpi
- Hastiparni
- Kampillak
- Aaragvadha
- Kutaj

### Information of plants

**Shankhini** (Dravyagun vigyan, 2017) It is a controversial drug .Here Euphoria dracunculoides is considered as Shankhini according to Aacharya Priyavrat Sharma. Aacharya Charak indicated the use of Shankhini phala for Virechana karma. It is also included in Bhedaniya Mahakashaya of charak Samhita. It is mentioned with Saptala herb in Charak kalpasthana .It is also mentioned in Phalasavayoni. The use of Shankhini pallav (young leaves) is mentioned in Udar roga. The use of Shankhini is mainly mentioned in Vrushik visha. In Sushrut Samhita Shankhini is mentioned under Shodhan kashay. In shyamadi Gana Saptala and Shankhini both are mentioned .Both herbs are mentioned in Adhobhaghara and ubhayatobhagahar Gana .shankhini is also mentioned in tikta varga. Sushruta mentioned the use of Taila of both Saptala and Shankhini as Adhobhag doshahar, Krumi, kapha, Kushtha ,vata har and dushtavrana shodhan. Shankhini beeja Mashi beneficial in Nadivrana. The Taila Prepared with Saptala and Shankhini swarasa was used for Parisheka in Apatanak Vyadhi.

Synonyms- Tiktala, Yavatikta, Akshipidak. (charak)  
Shwetabudhna, Shwetbhallataki (chakrapani)  
Yavatikta, Yavatiktabheda (sudugdha, Bruhatpatra),  
Shwetashriphalika, Saptalabheda (Dalhan)  
Latin Name- Euphoria dracunculoides  
Family- Euphorbiaceae  
Part used-Beeja (seeds)

### Vindang (Bhavprakash Nighantu, 2010)



Latin Name- Embelia ribes  
Family- Myrsinaceae

### Part used- Phal

Rasa- Katu  
Guna-Tikshna, Ruksha, Laghu  
Doshagnata- Vatahar, Kaphahar  
Karma-Agnivardhak  
Rogagnata- Shool, Adhman, Udar, Krumi, Vatarog, Vibandha

### Trapush (Bhavprakash Nighantu, 2010)

Latin Name- Cucumis sativus  
Family- Cucurbitaceae  
Part used- Fruit, Seeds  
Properties of Immature fruit,



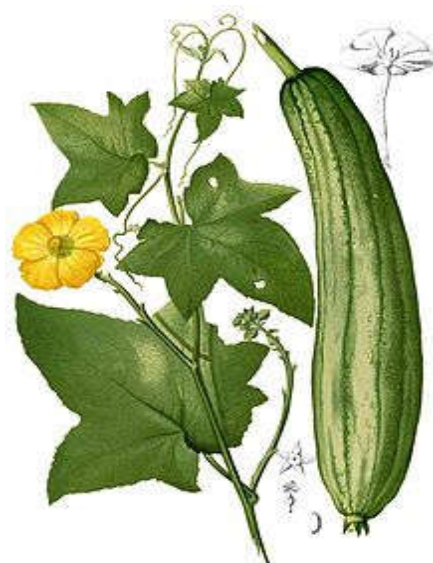
Mature fruit and seeds are different .Those are enclosed in the table below.

### Madanphal (Bhavprakash Nighantu, 2010)



Latin Name- Randia dumetorum  
Family- Rubiaceae  
Part used- Fruit, Seeds, pulp  
Rasa- madhur, Tikta  
Guna-Ushna,Ruksha,Laghu  
Doshagnata- Vatahar, Kaphahar  
Karma-Vamak,Lekhan  
Rogagnata- Vidradhi, Pratishtay, Vran, Kushtha, Aanah,  
Shotha, Gulma, Kshata

### Dhamargava (Bhavprakash Nighantu, 2010)



Latin Name-Luffa aegyptica  
Family- Cucurbitaceae  
Part used- Fruit, Seeds, leaves

	Rasa	Guna	Doshagnata	Rogagnata
Immature fruit	Madhur	Sheeta,laghu	pittashamak	Trushna, klam, Raktapitta, Dahashamak
Mature fruits	Amla	ushna	Pittajanak,kapha, vatanashak.	
Bija	Madhur	Sheeta,Ruksha.	pittashamak	Mutrakruccha, Raktavikar,

Rasa-Tikta  
 Vanya Dhamargava Karma-Beeja- Vamak .Virechak  
 Guna-snigdha  
 Doshagnata-vata,pittashamak  
 Rogagnata- Raktapita

### Ekshvaku (Bhavprakash Nighantu, 2010)

Latin Name- Lagenaria vulgaris  
 Family- Cucurbitaceae  
 Part used- Phal (Fruit)  
 Rasa- Tikta  
 Guna-Sheeta  
 Doshagnata- Vata Pitta nashan  
 Karma-Vamak .Virechak  
 Rogagnata- Pttajwar, vatajwar, vishaghna, kasahar



### Jimut<sup>10</sup>

Latin Name- Luffa echinata  
 Family- Cucurbitaceae  
 Part used- Phal (Fruit), Panchang  
 Rasa- Tikta  
 Guna-Tikshna, Ushna  
 Karma-Vamak  
 Rogagnata- Kaphaj Arsha, Shofa, Pandu,, Kshay, Krumi,  
 Hikka.  
 Matra-125-250ml



### Krutavedhan (Bhavprakash Nighantu, 2010)

Latin Name- Luffa acutangula  
 Family- Cucurbitaceae

Part used- Fruit  
 Rasa-Madhur  
 Guna-sheeta  
 Doshagnata-pittashamak,kaphavata vardhak  
 Karma- Beeja-Vamak ,virechak  
 Rogagnata- Shwas, kas,jwar,krumi



### Aanup Klitak<sup>12</sup>

It is a controversial drug .  
 Referances from samhitas

- **Charak** –Phalini Dravya (su.A.1), mentioned as Virechan dravya- Klitak kwatha ( Vi.A.8/16)
- **Sushrut**- In the treatment of Pittarbuda andJathar roga Klitak siddha grutha is indicated.(chi. 18/14), while counting Mulavisha Klitak is the first drug mentioned.
- **Ashtang Hriday**-Not mentioned may be because of its use had been stopped due to its toxicity.
- Klitak was a common word used for the drugs that were imported. According to Priyavrat Sharma's conclusion after critical reviewing it is not possible to decide which is the drug

### Aanup Klitaka

#### Sthalaj Klitak<sup>12</sup>

It is a controversial drug .  
 Referances from samhitas

**Charak** –Phalini Dravya (su.A.1), mentioned as Virechan dravya- Klitak kwatha ( Vi.A.8/16)

**Sushrut**- In the treatment of Pittarbuda andJathar roga Klitak siddha grutha is indicated.(chi. 18/14), while counting Mulavisha Klitak is the first drug mentioned.

**Ashtang Hriday**-Not mentioned may be because of its use had been stopped due to its toxicity.

Klitak was a common word used for the drugs that were imported. According to Priyavrat Sharma's conclusion after critical reviewing it is not possible to decide which the drug Sthalaj Klitak is.

### Prakirya (Bhavprakash Nighantu, 2010)

Charak mentioned prakirya as virechan dravya (vi A. 8).



Latin Name- *Holoptelia integrifolia*  
Family- Ulmaceae

Part used- Fruits, Bark, root  
Rasa- Tikta, Kashay  
Vipak-Katu  
Virya-ushna  
Karma- Bhedan  
Rogagnata-Shothahar,

**Udakirya** (Bhavprakash Nighantu, 2010) Charak mentioned prakirya as virechan dravya (vi A. 8). Latin Name- *Pongamia Pinnata*  
Family- Fabaceae



Part used- Fruits, seeds, seed oil, leaves  
Guna-Laghu  
Vipak-Katu  
Virya-ushna  
Karma- Bhedan  
Doshagnata- Kaphavatahar.  
Rogagnata-Prameha, Arsha,Krumi,Kushta

### Apamarga (Bhavprakash Nighantu, 2010)

Latin Name-*Achyranthus aspera*  
Family- Amaranthaceae  
Part used- Fruits, roots, seeds  
Rasa- Tikta,Katu  
Guna-Tikshna



Virya-Ushna  
Karma- Deepan,Pachan,Pittavirechan, Vamak, Mutrajanan,  
Kaphaghna,Vishaghna,Krumighna  
Matra-Roots, seeds-5-10g, Kshar-0.5-1g,mulakwath-15-50ml

### Haritaki (Bhavprakash Nighantu, 2010)



Latin Name- *Terminalia chebula*  
Family- Combretaceae  
Part used- Fruits,  
Rasa-, Kashay pradhan lavanvarjit pancharasa  
Vipak-Katu  
Virya-ushna  
Karma- Deepan, Medhya, Rasayan, Chakshushya,Aayushya,  
Bruhan, Anuloman,  
Rogagnata- Shwas, Kasa, Prameha, Arsha, Kushta, Shoth,  
Udar, Krumi, Grahani, Vibandh, Vishamjwara, Gulma,  
Aadhman, Trushna, Chardi, Hikka, Kandu, Kamala, Shul,  
Anah, Pliha rog, Yakrut rog, Ashmari, Mutrakruccha,  
Mutraghat.

### Antakotarpushpi (Dravyagun vigyan, 2017)

It is a controversial drug. It is mentioned only one time in charak samhita as a member of phalini varga. Chakrapani mentioned the drug as Nilabudhna. Antakotar (funnel shaped flower) flowers are seen in convolvulaceae family so it should be the drug of convolvulaceae family. Now days Krushnabeeja (*Ipomoea nil*) seeds are used as Antakotarpushpi. (P.Sharma)



**Hastiparni (Bhavprakash Nighantu, 2010):** It is mentioned as Nagdanti in bhavprakash nighantu. Nagadanti and Hastidanti are Sanskrit synonyms of the same plant.

Latin Name- *Croton oblongifolius*

Family- Euphorbiaceae

Part used- Root bark (moolatwak)

Rasa- Katu, Tikta

Guna- Ruksha

Doshagnata- Vatahar, Kaphahar

Karma- Medhavaradhak, Vishadoshanashana, Pachan, Sothanashan,

Rogagnata- Gulma, udar, Kustha.



### Kampillak (Bhavprakash Nighantu, 2010)

Latin Name- *Mallotus philippensis*

Family- Euphorbiaceae

Part used- phalaraj

Ras-Katu

Veerya- Ushna

Doshagnata- Kaphahar, pittahar

Karma- Rechan

Rogagnata- Raktapitta, Krumi, Gulma, Udar, Vran, Prameha, Visha, Ashmari.



### Aaragvadh (Bhavprakash Nighantu, 2010)

Latin Name- *Cassia fistula*

Family- Fabaceae

Part used- phalamajja

Ras-Madhur

Guna- Guru

Vipak- Madhur

Veerya- Sheeta

Doshagnata- pittahar, Kaphahar

Karma- Mrudu Rechan, Rochan

Rogagnata- Jwar, Hridrog, Udavarta, Shul, Kushtaghna

### Kutaj<sup>21</sup>



Latin Name- *Holarrhena antidysentrica*

Family- Apocynaceae

Part used- Bark, Seeds

Ras- Katu, Kashay

Guna- Ruksha

Vipak- Katu

Veerya- Sheeta

Doshagnata- pittahar, Kaphahar

Karma- Dipan,

Rogagnata- Arsha, Atisara, Trushna, Aamahar, Kushta

### DISCUSSION

Among these phalini drugs Dhamargava, Ekshvaku, Jimut, Krutavedhan, Madanphala, Kutaj, Trapush and Hastiparni are indicated for vaman, and Aasthapana karma. Apamarga is indicated for Nasya karma. Remaining drugs from Phalini group are indicated for Virechan Karma. Acharya charaka mentioned only names, useful part and karma of these dravyas. Some of them became controversial later. It is tried to describe the drug which is similar in properties for controversial drugs. Now also most of the drugs are available and there useful part is fruit. Among the nineteen phalini drugs Shankhini, Anup klitak, Sthalaj klitak, Antakotarpushpi are now controversial. Vidang fruit commonly used as krimighna, virechana. Trapush, Dhamargava, Ekshvaku, jimut, krutavedhan, prakirya, hastiparni are indicated for vaman and ashtapna but now not commonly used by practitioners. Udakirya, haritaki, kampillaka, aragvadh kutaj beeja, are indicated for virechan and are used commonly. Apamarg is used for nasy karma.

### Conclusion

Now days Panchakarma treatment has become very popular because of its assuring results in many diseases. People in the present era prefer Ayturvedic treatment. For Vaman treatment charak had indicated many drugs but today very few drugs are practically used. Ancients had introduced us to verity of drugs .So it is the scope to use and evaluate their results.

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