



Review Article

A CRITICAL REVIEW ON *BHARANGI* (*CLERODENDRUM SERRATUM*. LINN) WITH SPECIAL REFERENCE TO *BRIHATTRAYI* (*CHARAK SAMHITA, SUSHRUTA SAMHITA AND ASHTANGA SAMHITA*)

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ABSTRACT

*Bharangi* (*Clerodendrum serratum*) holds a significant place in Ayurvedic medicine, with extensive references in classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Samhita*, collectively known as the *Brihat Trayi*. This critical review delves into the traditional uses and therapeutic applications of *Bharangi* as documented in these ancient texts, alongside an examination of contemporary scientific research. Emphasizing its role in managing respiratory ailments, inflammatory diseases, and other health conditions, the review aims to explore the use of *Bharangi* in *Samhita kala* and enlighten the different formulations where *Bharangi* is used as one of the Ingredients. This paper seeks to provide a comprehensive understanding of *Bharangi's* medicinal potential and enlist the formulations that include *Bharangi* in it.

INTRODUCTION

*Bharangi* (*Clerodendrum serratum*) is a prominent medicinal plant in the Ayurvedic system of medicine, renowned for its diverse therapeutic applications. Its significance is deeply rooted in ancient Indian medical literature, specifically in the *Brihat Trayi*, which includes the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Samhita*. These classical texts extensively describe the medicinal virtues of *Bharangi*, particularly emphasizing its efficacy in treating respiratory disorders, inflammation, and various other health conditions.

The traditional uses of *Bharangi* in Ayurveda encompass a range of therapeutic properties, such as expectorant, anti-inflammatory, and antimicrobial activities. These traditional applications are now being corroborated by contemporary scientific research, which seeks to understand the pharmacological mechanisms and bioactive compounds responsible for *Bharangi's* medicinal effects. Despite its historical importance and emerging scientific validation, a

comprehensive analysis that integrates classical Ayurvedic knowledge with modern research is lacking. This critical review aims to fill this gap by providing a thorough examination of *Bharangi's* medicinal properties as documented in ancient texts. By exploring the historical context, traditional applications, and recent pharmacological findings, this review intends to offer a holistic understanding of *Bharangi* and its potential role in modern healthcare. Through this synthesis, we hope to highlight the enduring relevance of *Bharangi* in Ayurvedic practice and its promise in contemporary medicine.

MATERIALS AND METHODS

Literature Review

Classical Ayurvedic texts to gather information on the traditional uses and therapeutic applications of *Bharangi* (*Clerodendrum serratum*), an extensive review of the *Brihat Trayi*, which includes the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Samhita*, was conducted. These texts were examined to identify references to *Bharangi*, its descriptions, indications, formulations, and modes of preparation. Relevant verses and commentaries from these texts were systematically documented and analyzed.

Data from classical Ayurvedic texts and modern scientific research were compiled and synthesized to provide a cohesive understanding of

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*Bharangi's* therapeutic potential. The information was categorized based on traditional uses.

**Inclusion and Exclusion Criteria**

**Inclusion Criteria**

**Ayurvedic texts:** References to *Bharangi* in *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Samhita*.

**Scientific studies:** Peer-reviewed articles, clinical trials, and reviews focusing on *Clerodendrum serratum*.

**Exclusion Criteria**

**Ayurvedic texts:** References not directly related to the therapeutic applications of *Bharangi*.

**Scientific studies:** Articles lacking peer review, anecdotal reports, and studies with inconclusive or ambiguous results.

**Formulations**

**Charak Samhita**

**RESULTS**

**Gana/ Varga (Group)**

**Charak Samhita:** *Pureeshasangrahaneeya Gana* (bowl binder group of drugs), *Shaka Varga* (vegetable group).

**Sushruta Samhita:** *Rodhradi Gana*, *Arkadi Gana*, *Sursadi Gana*, *Pippalyadi Gana*, *Vatasanshamana Gana*.

**Astanga Hridayam Samhita:** *Arkadi Gana*, *Sursadi Gana*, *Vatsakadi Gana*, *Priyangvadi Gana*.

**Ashtanga Sangraham Samhita:** *Vidgrahana Gana*, *Arkadi Gana*, *Sursadi Gana*, *Vatsakadi Gana*, *Priyangvadi Gana*, *Pippalyadi Gana*, *Vatasanshamana Gana*, *Shirovirechana Gana*.

**Table 1: Formulations in Charak samhita Chikitsa stana**

Disease	Formulations	Reference
<i>Kasa</i>	<i>Kanthakari Ghrut</i>	C.Chi.18/125-128
	<i>Jivantiadi leha</i>	C.Chi.18/176-179
	<i>Katphaladi kwath</i>	C.Chi.18/112-113
	<i>Dusparhaadi leha</i>	C.Chi.18/51
	<i>Agatsya haritaki</i>	C.Chi.18/57-62
<i>Hikka- Swasa</i>	<i>Dashamooladi yavagu</i>	C.Chi.17/102
	<i>Sauvarchaladi churna</i>	C.Chi.17/109
	<i>Bharginagaradi yoga</i>	C.Chi.17/110
<i>Pratishyaya</i>	<i>Bhargyadi taila</i>	C.Chi.26/153-154
<i>Jwara</i>	<i>Bhruhatyadi kwath</i>	C.Chi.3/213-214
<i>Kushta</i>	<i>Kanakshiri tail</i>	C.Chi.7/114-116
	<i>Mahavajra taila</i>	C.Chi.7/81-82
<i>Prameha</i>	<i>Madhyavasava</i>	C.Chi.6/41-44
<i>Apasmara</i>	<i>Mahapanchagavya ghrut</i>	C.Chi.10/18-24
<i>Pandu</i>	<i>Vyushadhya ghrut</i>	C.Chi.16/119-120
<i>Shiroroga</i>	<i>Mahamayuradi ghrut</i>	C.Chi.26/166-174
<i>Visha chikitsa</i>	<i>Rhushabhakadi agad</i>	C.Chi.23/95

**Sushruta Samhita**

**Table 2: Formulations in Sushruta samhita Uttar stana and Sushruta Samhita Chikitsa stana**

Disease	Formulation	Reference
<i>Swasa</i>	<i>Shrungyadi ghrut</i>	S.U.51/21-22
	<i>Suvahaadi ghrut</i>	S.U.51/23-24
	<i>Bharangyadi leha</i>	S.U.51/32
	<i>Swasahara yoga</i>	S.U.51/38
	<i>Gosakudrasa yoga</i>	S.U.51/43
<i>Kasa</i>	<i>Kasahara yoga, varti</i>	S.U.52/21
	<i>Khajuradi churna</i>	S.U.52/34

	<i>Agatsya avleha</i>	S.U.52/42-46
	<i>Pathadi ghrut</i>	S.U.52/30-32
<i>Jwara</i>	<i>Nagaradi kashaya</i>	S.U.39/192-193
	<i>Pitta kapha jwar kashaya</i>	S.U.39/194-197
	<i>Kalashyadi ghrut</i>	S.U.39/222-224
<i>Prameha pidaka</i>	<i>Dhanvantar ghrut</i>	S.Chi.12/5
<i>Apasmar</i>	<i>Panchagavya ghrut</i>	S.U.69/34-37
	<i>Bhargi sura</i>	S.U.69/38-40
<i>Arochak</i>	<i>Arochakhar leha</i>	S.U.57/10
<i>Muda garbha</i>	<i>Dosha nirharan, vedanahara yoga</i>	S.Chi.15/20-21
<i>Stanaroga</i>	<i>Stanashodhan kashaya</i>	S.Chi.17/44
<i>Granti</i>	<i>Lepa</i>	S.Chi.18/5
<i>Arbuda</i>	<i>Vranropana taila</i>	S.Chi.18/40

### Astanga Hridayam

**Table 3: Formulations in Astanga Hridayam Chikitsa Stana and Astanga Hridayam Uttar stana**

Disease	Formulations	Reference
<i>Swasa</i>	<i>Shatyadi churna</i>	A.H.Chi.4/46
	<i>Jeevantyadi churna</i>	A.H.Chi.4/43-45
	<i>Swasahara kashaya</i>	A.H.Chi.4/24
<i>Kasa</i>	<i>Vidangadi churna</i>	A.H.Chi.3/12
	<i>Dusparshadi yoga</i>	A.H.Chi.3/14-15
	<i>Kanthakari Ghrut</i>	A.H.Chi.3/59-62
	<i>Kanthakari avleha</i>	A.H.Chi.3/63-66
	<i>Amrutaprash ghrut</i>	A.H.Chi.3/94-101
	<i>Agatsyaharitaki rasayan</i>	A.H.Chi.3/127-132
	<i>Cavikadi ghrut</i>	A.H.Chi.3/159-161
<i>Jwara</i>	<i>Vata-Kapha jwar yoga</i>	A.H.Chi.1/63
<i>Rajyakshma</i>	<i>Vyoshadi Churna</i>	A.H.Chi.5/44
	<i>Arochakhara yoga</i>	A.H.Chi.5/50
<i>Prameha</i>	<i>Dhanvantar ghrut</i>	A.H.Chi.12/19-24
	<i>Lodhrasava</i>	A.H.Chi.12/25-28
<i>Gulma</i>	<i>Dadhik ghrut</i>	A.H.Chi.14/13-20
	<i>Bharangyadi churna</i>	A.H.Chi.14/121
<i>Pandu</i>	<i>Vyoshadi ghrut</i>	A.H.Chi.16/36-37
<i>Hrudroga</i>	<i>Mahasneha</i>	A.H.Chi.6/39-40
<i>Shiroroga</i>	<i>Mahamayuradi ghut</i>	A.H.U.24/47-55

### DISCUSSION

*Bharangi* (*Clerodendrum serratum*) has long been celebrated in Ayurvedic medicine for its extensive therapeutic applications. The classical texts of Ayurveda, such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Samhita*, provide detailed descriptions of its uses, particularly in treating respiratory conditions, inflammatory disorders, and

general debility. These traditional insights form the foundation for understanding *Bharangi's* medicinal potential and have guided contemporary scientific investigations into its pharmacological properties.

#### Traditional Uses vs. Modern Findings

The *Brihat Trayi* texts highlight *Bharangi's* role as an expectorant, anti-inflammatory, and antipyretic

agent. Modern pharmacological studies corroborate these traditional claims, demonstrating that *Bharangi* possesses significant expectorant, anti-inflammatory, and antimicrobial activities. For instance, the presence of active compounds such as flavonoids, terpenoids, and phenolic acids in *Bharangi* has been linked to its anti-inflammatory and antimicrobial properties. These findings provide a scientific basis for its traditional use in managing conditions such as asthma, bronchitis, and other respiratory ailments.

### Bioactive Compounds

Scientific research has identified several bioactive compounds in *Bharangi*, including flavonoids, saponins, and diterpenoids, which contribute to its medicinal properties. These compounds have been shown to exhibit various pharmacological activities, such as anti-inflammatory, antioxidant, and immunomodulatory effects. For example, studies have demonstrated that the flavonoid content in *Bharangi* can inhibit pro-inflammatory cytokines, thereby reducing inflammation. This aligns with the traditional use of *Bharangi* in treating inflammatory conditions and supports its potential as a natural anti-inflammatory agent.

### Therapeutic Potential

The therapeutic potential of *Bharangi* extends beyond its traditional uses. Modern research suggests that it may have applications in treating a broader range of conditions, such as cardiovascular diseases, due to its antioxidant properties. Additionally, the immunomodulatory effects of *Bharangi* indicate its potential in managing autoimmune diseases and enhancing overall immune function. These emerging applications underscore the need for further research to fully explore and validate *Bharangi's* medicinal properties.

### CONCLUSION

The review highlights the enduring relevance of *Bharangi* in Ayurvedic medicine and its promising potential in modern therapeutic applications. By synthesizing traditional knowledge with contemporary scientific research, we can gain a comprehensive understanding of *Bharangi's* medicinal properties and pave the way for its integration into modern

healthcare practices. Continued research and collaboration between traditional and modern medical systems are essential to unlock the full potential of this versatile medicinal plant.

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