INDICATION OF VEDIC PLANTS AVAILABLE IN THE PRESENT ERA

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ABSTRACT

Vedas which are four in number are actually derived from the voice of Lord Brahma deva heard by our ancient Rishis. They contain hymns about the many forms of Omnificent Lord of the universe. In Vedas, many references are available on many plants which are used in rituals, sacrifices and medicines. Many common and rare diseases were treated with the help of these plants. Some plants mentioned in Vedic literature are known with the same name even today and are under continuous utility since that period. Their therapeutic values are boundless and amazing. As all these plants are native to our country they are available readily in our near vicinity. Many plants have been mentioned in the Vedic literature. Some of them are Prishni parni, Shami, Udumbara, Apamarga, Ashikini, Aswattha, Rajani and Nyastika. Fifteen plants which are known for the therapeutic value and are easily available are studied and enumerated for their therapeutic values in the Vedic literature, Ayurvedic and latest scientific literature. Comparisop of the therapeutic uses from the Vedic literature to the ayurvedic literature is done and studied the similarities and differences. It is found that for most of the plants, the therapeutic uses are similar from the Vedic and Ayurvedic literature. This study helps to compare the past and present indications of Vedic plant drugs. Some new indications are found to be promising to pave a perfect way to cure some modern diseases also.

KEYWORDS: Lord Brahma, Vedas, Rishis, Vedic literature, Udumbara.

INTRODUCTION

The Vedas are a collection of hymns and other religious texts and composed in India long back. They are Rigveda, Yajurveda, Samaveda, and Atharvaveda. The Vedas are the first texts in the library of mankind. They are universally acknowledged to be the most precious Indian Heritage. The Vedas deal with knowledge, the knowledge of all sorts. They cover knowledge both physical and spiritual. Especially the Vedic views revolve around the concept of nature and life. The visions of the beauty of life and nature in the Vedas are extremely rich in poetic value[1]. The root meaning of “Vid”, from which, to word Veda is derived is to know, to think, to ponder and to attain. The final and eternal goal of attaining knowledge, which slowly converts to wisdom is to reach God and to know Him in His real form[2]. Rigveda, the oldest repositories of human knowledge mention the use of 67 plants for therapeutic use. Yajurveda enlists 82 plants whereas Atharvaveda describes 288 plants of medicinal value[3]. There is an important quotation in a Purana which says, ‘One tree is equal to ten sons’[4]. The knowledge about the origin and significance of plants can be traced out from Vedic literature in detail. In Rigveda one Aranyanisukta is addressed to the deity of forest. Aranyani, queen of the forest, received high praise from the sage, not only for her gifts to men but also for her charm. Forests should be green with trees and plants. Oshadhi Sutta of Rigveda addresses to plants and vegetables as mother, ‘O Mother! Hundreds are your birth places and thousands are your shoots’[5]. In Vedic period life style of people is mostly depended on plants, that are available in their surroundings, their for daily requirements such as food, and other uses like Brush, Preparing food, Chariot, Making bathing, Anulepan, Taila, Stri srungar sadhana preparations, Interior equipment like Paatra, Upakarana, for the purpose of writing Taala Patra, Performing Yagnas and construction of Yagna shala, Fumigation purposes etc., Plants are not only used to fulfill their daily needs but also used as medicine to cure various ailments and diseases in human beings and animals. Aja (Goat) and Aswa (Horse) were used in Yagna procedures. But if they are diseased, they were avoided in Yagna procedure. So those diseased animals were treated by using plants as medicines. In Vedic period people gained knowledge of plants (Vanaspathi gnana) by maintaining close relation of Prakruthi[6]. They gained Vanaspathi gnana to certain extent with the help of animals and birds. Diseased or wounded Birds and Animals use certain plants for treating their own diseases and the same plants were used by man in the beginning of civilization[7]. Plants are used as medicine for cure, treatment and to prevent the disease elements in both of the human kind and animal kind for attaining Chaturvvida purusharthas. Medicine is a permanent companion of man from the very beginning. It has taken the responsibility of protecting him from various ravages and thus regulated his life habit and customs daily routine food etc., according so as to enable him to adjust to environment properly. In this way it becomes a part and parcel of the culture of the people[8]. Here a trial has been made to compare the indications of Vedic plants as mentioned there with the present day indications. The present work is undertaken to study the indications of medical plants mentioned in Vedic literature and present day Ayurvedic literature. Considered most commonly used fifteen plants for the study and their
indication are collected from the Vedic literature and compared with Nighantus and other authentic Ayurveda texts. The following observations found during this study.

AIM AND OBJECTS
1. To study the medicinal plants used in the Vedic literature.
2. To identify the currently available and commonly used plants of the Vedic literature.
3. To study/compare its current indications of the identified Vedic plants.
   a. By studying their use from the Ayurvedic texts.
   b. By studying their use from the modern researchers.

MATERIAL
1. Critical study of Vedic literature.
2. Critical study of the medicinal uses from the Ayurvedic texts like Caraka samhita, Susruta samhita, Astanga hrudayam, Ashtanga sangraham etc., available literature.

METHODS
1. Identify presently available herbal drugs and uses plants of Vedic literature.
2. Identified uses of available plants in various books related to Vedic.
3. Validate the indication and uses of available plants in Ayurvedic texts.
4. Validate uses of available plants with modern recent works.

OBSERVATIONS AND RESULTS
Many plants have been identified from the Vedic literature, out of which fifteen plants are extensively used in Ayurveda in present day. Their medicinal uses as indicated in Vedas and Ayurveda. These fifteen drugs is being enumerated in following each plant information is mentioned in the form of
1. Vedic name/Ayurvedic name along with botanical name and family.
2. Vedic literature indication.
3. Ayurvedic text indication.
4. Any other important researches.

1. APAMARGA- Achyranthes aspera Linn.-Amaranthaceae

Kshuda mara (Death caused by starvation) [9], Thrishna mara (Dying of thirst) [10], Anapathyatanasaka (Removing childlessness) [11], Rakshogna, Arshogna, Bhedana[12], Ojovardana, Rasayana, Medhya, Krimigna, Vishagna, Asmari nashana[13], Deepana[14], Kshetriya Nasana[15] (Removing chronic disease) [16], Dourbhagya nashana [17] (Ill luck) [18], Sarpa Vruchika Bhayahara[19], Dantadavana[20], Syavadanta (Having dark or discoloured teeth) [21], Kunaka [22] (Having ugly nails) [23],

Ayurvedic references
Kshuda mara: Intake of Apamarga seeds pacifies Hunger (Kshuda mara) [24],
Thrishna mara: Intake of Apamarga root controls Thirst (Thrishna mara) [25],
Arshas: Intake of paste of Apamarga with butter milk cures Piles (Arshas) [26],
Asmari nasana: Intake of Apamarga alkali with sheep urine removes Urinary calculi (Asmari nasana) [27],
Dantadhavana / Syavadanta: Fresh root of Apamarga used as brush to shine the teeth and avoid foul smelland toothache (Dantadhavana / Syavadanta) [28],
Vishagna/ Sarpa/ vruchika baya hara: External application of Apamarga root/seed/panchanga remove poison (Vishagna / Sarpa, Vruchika baya hara) [29],
Deepana: Intake of Apamarga powder promotes Digestive fire (Deepana) [30],
Rasayana: Intake of Apamarga as linctus form acts as Rejuvanative (Rasayana) [31],
Rakshogna: Apply Apamarga as collyrium to avoid Seizers of demons and the gods (Rakshogna) [32],

Other indications from Ayurvedic texts
Visucika: Intake of Apamarga root with water relieves from Gastroenteritis (Visucika).
Bhasmakagni: Intake of Apamarga seeds with milk and Iguana meat juice control the Excessive hunger (Bhasmakagni) [33],
Sidhma: External application of Apamarga ash cures Tinea versicolor (Sidhma).
Mutrakrrucha: Intake of Apamarga root with milk relieves Dysuria (Mutrakrrucha).
Kasta prasava: External application of Apamarga root paste avoids Difficult in labour (Kasta prasava).
Dusta prathisyaya: External application of Apamarga fruit paste relieves Sinusitis (Dusta prathisyaya).
Abhigataja vrana: External application of Apamarga leaves paste checks haemorrhage in Accidental wounds (Abhigataja vrana) [34],
Chakshu roga: Root of Apamarga used as collyrium alleviates inflammation in the eye (Chakshu roga) [35],
Shiro roga: External application of Apamarga fruits in the form of oil removes all types of Headache (Shiro roga).
Alarka visha: External application of Apamarga leaves juice on wound cures Poison (Alarka visha).
Rakta pradara: External application of Apamarga juice on head checks Excessive bleeding (Rakta pradara).
Kamala: Intake of Apamarga root with butter milk cures Jaundice (Kamala).
Yoni soola: External application of Apamarga root paste control the Pain in vagina (Yoni soola) [36],
Danta soola: Local application of Apamarga leaves juice decreases Joint swelling (Danta soola).
Sandhi sotha: External application of Apamarga panchanga decoction relieves Itching (Sandhi sotha).
Sadyakhshata: External application of Apamarga leaves juice cures Fresh injury (Sadyakhshata).
**Jeerna kapha:** Intake of *Apamarga kshara* with honey removes *Jeerna kapha*.[37]

**Rakta arsha:** Intake of *Apamarga* seed paste with rice water cures Bleeding Piles (*Rakta arsha*) [38].

**Novel indication:** *Anapathyayanasaka*

**Recent Research Works**
- Antimicrobial and Antifungal activity[39], Diuretic activity[40]. Antioxidant activity[41]. Anti-venom[42]. Bleeding piles, Tooth brushes, Tranquilizing properties [43].

2. **ASWATTHA: Ficus religiosa** Linn. -Moraceae

**Vedic indication**
- *Satur nasaka*[44] (Destroying enemies)[45], *Rajayakshma, Kustadi roga hara*[46], *Pumsavana, Takma nasana*[47] (Fever)/(Removing no. of diseases)[48], *Unmada*[49], *Japakarma* (Muttering, Whispering)[50], *Senakarma*[51] (Managing of army).[52].

**Ayurvedic references**

**Kusta:** Intake of *Aswattha* in asava form cures Skin diseases (*Kusta*) [53].

**Takmanasana:** External application of *Aswattha* in oil form cures Fever (*Takma nasana*) [54].

**Other indication from Ayurvedic texts**
- *Vrana:* External application of *Aswattha* barks powder cures Wound (*Vrana*).
- *Nila meha:* Intake of *Aswattha* root bark decoction cures Bluish micturition (*Nila meha*).
- *Asthi bagna:* External application of *Aswattha* tender bark useful in Fracture (*Asthi bagna*).
- *Karna roga:* Instillation of *Aswattha* puta paka swarsa in ears cures Ear disease (*Karna roga*).
- *Sopha:* External application of *Aswattha* powder cures Oedema (*Sopha*) [55].
- *Garbha Prada Yoga:* Intake of *Aswattha* kshira paka used for Induce conception (*Garbha Prada Yoga*) [56].
- *Atisara:* Intake of *Aswattha* srunga with ghee control Diarrhoea (*Atisara*) [57].
- *Soola:* Intake of *Aswattha* root bark decoction with salt and Jaggery cures Colic (*Soola*).
- *Vatarkaka:* Intake of *Aswattha* bark decoction with honey cures Gout (*Vatarkaka*).
- *Vrushya:* Intake of *Aswattha* fruit, root, bark, leaf bud *Kshira paka* with sugar and honey acts as Aphrodisiac (*Vrushya*).
- *Chardi:* Intake of *Aswattha* bark with water cures Vomiting (*Chardi*).
- *Dagdha vrana:* External application of *Aswattha* bark powder cures Burns (*Dagdha vrana*) [58].
- *Mukha paka:* External application of *Aswattha* bark / leaves cures Stomatitis (*Mukha paka*).
- *Kita visa:* External application *Aswattha* paste useful in Insect bite (*Kita visa*).

**Prameha:** Intake of *Aswattha* seeds with butter milk cures Diabetics (*Prameha*) [59].

**Vajikarana:** Intake of *Aswattha* fruit, root with ghee and honey acts as Aphrodisiac (*Vajikarana*).

**Vrana Prakshalana/Uttara Vasti/Gandusha:** Local application of *Aswattha* decoction useful in Wound cleaning/ Urethral enema/ Gargling (*Vrana Prakshalana/ Uttara Vasti/ Gandusha*) [60].

**Novel indication:** *Takmanasana*

**Recent Research Works**
- Antibacterial activity[61]. Induce conception[62]. Anti-amnesic effect[63].

3. **ASHIKNI/ NEELI: Indigofera tinctoria** Linn. -Fabaceae

**Vedic indication**
- *Kilasa*[64] (A white leprous spot) [65]. *Palithya*[66] (Greyness of hair) [67].

**Ayurvedic reference**

**Kilasa:** External application of *Neeli* leaf juice cures Vitiligo (*Kilasa*) [68].

**Palithya:** External application of *Neeli* in the oil form cures Greying of hair (*Palithya*) [69].

**Other indications from Ayurvedic texts**
- *Gulma:* Intake of *Neeli* with ghee cures Abdominal lump (*Gulma*).
- *Mutrakruchi:* Intake of *Neeli* root powder with goat milk cures Dysuria (*Mutrakruchi*) [70].
- *Sarpa visha:* Intake of *Neeli* root with rice water useful in Snake poison (*Sarpa visha*) [71].
- *Pakvasayagata visha:* Intake of *Neeli* fruit with ghee removes Enteric poison (*Pakvasayagata visha*).
- *Kshaya:* Intake of *Neeli* root with cow milk cures Wasting (*Kshaya*).
- *Krimi danta:* Chewing of *Neeli* root cures Dental caries (*Krimi danta*) [72].
- *Yakrit/Pleeha vrudddi/Jalodara:* Intake of *Neeli* root relieves from Hepatomegaly/Spleenomegaly/ Ascitis (*Yakrit/ Pleeha vrudddi/ Jalodara*).
- *Arsha:* External application of *Neeli* leaves paste cures Piles (*Arshas*).
- *Alarka visha:* Intake of *Neeli* leaves juice 100ml and external application of leaf paste useful in Dog bite (*Alarka visha*).
- *Dagdha vrana/ Jeerna vrana:* External application of *Neeli* paste cures (*Dagdha vrana/ Jeerna vrana*).
- *Jantu damstra:* External application of *Neeli* paste useful in Animal bite (*Jantu damstra*) [73].

**Novel indication:** *Palithya*

**Recent Research Works**
- Various skin diseases, Induce hair growth, Hepatoprotective, Hypoglycaemic activity[74].

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4. AVAYA/ SARSAPA: Brassica nigra Linn. - Cruciferae

Vedic indication
Chakshu[79], Pumsavana, Jatakarma, Rakshavidhi, Santhi karma[80], (Any action for averting evil) [77],

Ayurvedic references
Pumsavana: Intake of Sarsapa useful to beget a male child (Pumsavana) [78],
Jatakarma: On 10th day in naming ceremony child was bathed with Sarsapa boiled water [79],
Santhi karma: Powder of Sarsapa sprinkled all around child to Protective against evil spirits (Santhi karma) [80],
Raksha vidhan: Fumigation of Sarsapa used as Protective rite (Raksha vidhan) [81],
Chakshu roga: External application of Sarsapa paste as collyrium relieves Eye disease (Chakshu roga) [82],

Other indications from Ayurvedic texts
Visucika: Intake of Sarsapa with warm water cures Gastroenteritis (Visucika).
Sosha: External application of Sarsapa relieves Consumption (Sosha).
Kusta: External application of Sarsapa oil cures Kusta (Skin disease).
Udara: External application of Sarsapa paste cures Abdominal enlargement (Udara).
Sotha: External application of Sarsapa paste relieves Oedema (Sotha) [83],
Slipada: External application Sarsapa paste cures Filari (Slipada).
Apachi: External application of Sarsapa paste cures Scrofula (Apachi).
Vrana: Fumigation of Sarsapa alleviate Wound (Vrana).
Danta roga: Gargling of Sarsapa decoction relieves Diseases of teeth (Danta roga).
Seethada: Local application of Sarsapa powder cures Spongy gums (Seethada).
Jihvakantaka: Gargling of Sarsapa removes Jihva kantaka.
Karna ksweda: Usage of Sarsapa oil cures Tinmitus (Karna ksweda).
Prathisyaya: External application of Sarsapa cures Coryza (Prathisyaya).
Kita visha: Fumigation of Sarsapa alleviates Insect poison (Kita visha).
Pleehodara: Sarsapa oil used for Splenomegaly (Pleehodara).
Urusthamba: External application of Sarsapa cures Paraplegia (Urusthamba) [84],
Vicharchika: External application of Sarsapa cures Eczema (Vicharchika) [85],
Amavata: External application of Sarsapa oil cures Rheumatoid arthritis (Amavata) [86],

Vataraka: Externally application of Sarsapa powder cure Gout (Vataraka) [87],

Recent Research Works
Antiviral activity, Amylase activity, Counter irritation in neuralgia [88], Antibacterial activity [89],
Antidepressant Effect [90],

Novel indication: Pumsavana

5. UDUMBARA: Ficus racemosa Linn. - Moraceae

Vedic indication

Ayurvedic references
Balya, Urja dayaka [91], (causing strength) [92], Unmada rogahara[93], Krimignha[94], Yakshmadi roga, Medho janani[95], Rakshoghna, Poushika, satrughna, Amivachathana[96], (Drawing away pains) [97], Viswa bhesaja, Tamoghna, Duswapna nasana [98],

Other indications from Ayurvedic texts
Rakta pitta: Intake of Udumbara root promotes Strength/Nurishment (Balya/Poushika).
Krimignha: Intake of food items on Udumbara leaves acts as Vermicide (Krimignha) [99],

Other indications from Ayurvedic texts
Rakta pitta: Intake of Udumbara fruit juice checks Haemorrhage (Rakta pitta).
Nasarakta: Intake of Udumbara fruit with jaggary/honey cures Epistaxis (Nasarakta).
Atisara: Intake of Udumbara tender leaves control Diarrhoea (Atisara) [100],
Grahani roga: Intake of steamed tender fruits of Udumbara with curd cures Irritable bowel syndrome (Grahani roga).
Atyagni: Intake of Udumbara bark paste with woman’s breast milk control Excessive digestion (Atyagni).
Hikka: Intake of Udumbara bark ash with honey and ghee cures Hiccough (Hikka).
Thrisna: Intake of Udumbara ripe fruit decoction with sugar removes Thirst (Thrisna).
Chakso roga: External application of Udumbara fruit paste removes Eye diseases (Chakso roga).
Garbarsrava: Intake of Udumbara fruit decoction with sugar and honey checks Miscarriage (Garbarsrava).
Prameha pidaka: External application of Udumbara latex cures Diabetic boils (Prameha pidaka).
Pichila vivrutha yoni: External application of Udumbara latex removes Slimy and laxicity of yoni (Pichila vivrutha yoni) [101],
Madhumeha: Intake of Udumbara fruit/ root Swarasa cures Diabetics (Madhumeha) [102],
Atisara/ Chardi: Intake of Udumbara10 drops of latex with milk control Diarrhoea/Vomiting (Atisara/Chardi) [103],
Rakta pradara: Intake of Udumbera fruit juice with honey control Excessive bleeding (Rakta pradara) [104].
Garbha pata nivaran: Intake of Udumbera decoction with Misri avoids Abortions (Garbha pata).
Aparapatana: Intake of Udumbera bark with rice water useful in Removal of placenta (Aparapatana) [105].
Novel indication: Balya
Recent Research Works
Anthelmitic activity [106], Antibacterial activity [107], Antifungal activity [108], Antifertility [109],
6. KUSTA: Saussurea lappa C. B. Clarke - Asteraceae
Vedic indication

Soolahara, Vishagna [110], Garbha brimhana [111] (Nourishing foetus) [112], Vasikarana [113] (The act of making subject/Subjugating) [114], Siroroga, Rajayakshma, Kusta, Sarvanga Vedhana [115], Takmanasana [116] (Fever) / (Removing number of diseases) [117], Viswa Beshajya [118] (Containing all remedies) [119], Thritiyaka Jwara [120] (Tertian fever) [121],
Ayurvedic references
Soolahara: Intake of Kusta in Ghrita form cures Colic (Soolahara) [122],
Vishagna: Intake of Kusta churna cures different types of Poison (Vishagna) [123],
Vasikarana: Use of Kusta in oil form used as The act of making subject/Subjugating purpose (Vasikarana) [124],
Siro roga: External application of paste of Kusta relieves Headache (Siro roga) [125],
Rajayakshma: Intake of Kusta in Ghrita form cures Tuberculosis (Rajayakshma) [126],
Kusta: External application of Kusta paste alleviates Skin diseases (Kusta) [127],
Takmanasana: Usage of Kusta in oil form alleviates all types of fever (Takmanasana) [128],
Other indications from Ayurvedic texts
Gulma: Intake of Kusta orally with oil/warm water/cow urine cures Abdominal lump (Gulma),
Khallisoolaa: External application of paste of Kusta cures Cramps (Khallisoolaa),
Sotha: External application of Kusta relieves Oedema (Sotha),
Arumsika: External application of Kusta powder cures Vesicles on scalp (Arumsika) [129],
Medhya: Intake of Kusta with honey and ghee Promoting intellect (Medhya) [130],
Sarpa visha: Intake of Kusta with honey in snuff form relieve from Snake poison (Sarpa visha),
Manasa roga: Intake of Kusta in ghee form cures Mental diseases (Manasa roga) [131],
Tamakaswasa: Intake of madhya sariya pravahi Kusta satva 2-8ml relieves Asthma (Tamakaswasa) [132],
Ajeerna/Soola/Atisara/Visucika: Intake of Kusta powder 1-3gm with Sura cures Indigestion / Colic/ Diarrhoea/ Gastroenteritis (Ajeerna/Soola/Atisara/Visucika).
Visucika: Intake of Kusta with Elachi cures Gastroenteritis (Visucika).
Amavata: Intake of Kusta powder with castor cures Rheumatoid arthritis (Amavata),
Rasayana: Intake of Kusta powder with honey and ghee acts as Rejuvative (Rasayana),
Hikka: Inhalation of smoke of Kusta cures Hiccough (Hikka),
Vrana: External application of Kusta cures Wound (Vrana),
Mukha kanthi vridddhi: External application of paste of Kusta enhances Facial fairness (Mukha kanthi vridddhi),
Udara vridddhi: External application of paste of Kusta relieves Enlargement abdomen (Udara vridddhi),
Danta soola: Local application of paste of Kusta cures Toothache (Danta soola) [133],
Kusta: External application of paste of Kusta cures Skin disease (Kusta).
Arsha: External application of Kusta oil cures Piles (Arshas) [134],
Graha bada: Intake of Kusta with honey and ghee cures Effects of evil spirits (Graha badha),
Twak roga: External application of Kusta cures Skin diseases (Twak roga) [135],
Novel indication: Takmanasana
Recent Research Work
Cell mediated and humoral immune response [136], Synergistic antimycobacterial activities [137], Antitumor activity, Anti mutagenic activity, Antiulcer activity, Antinematodal properties [138],
7. KHADIRA: Acacia catechu Wild. - Mimosae
Vedic indication

Kilasha, Visha hara [139],
Ayurvedic references
Khilasa: Internal and external usage of Khadira kashaya cures Vitiligo (Khilasa) [140],
Visha hara: Intake of Khadira root with hot water relieves Poison (Visha hara) [141],
Other indications from Ayurvedic texts:
Kusta: External and internal usage of Khadira decoction cures (Kusta),
Rasayana/ Kusta: Intake of Khadira with ghee, Amlaka juice, honey acts as Rejuvenative (Rasayana) and destroy Skin diseases (Kusta) [142],
Charma roga: Decoction of Khadira used externally and internally cures Skin diseases (Charma roga).
Masurika: Intake of Khadira decoction cures Pox (Masurika).
Bhagandhara: Khadira Decoction cures Fistula in ano (Bhagandhara).
Kasa: Intake of heart wood powder of Khadira with wine or curd water cures Cough (Kasa).
Rakta pitta: Intake of Khadira flowers powder with water /with honey cures Intrinsic haemorrhage (Rakta pitta).
Sanaih/ Madhu meha: Intake of decoction of Khadira cures very slowly urination/ Diabetics.
Danta roga: Decoction of Khadira removes Diseases of teeth (Danta roga) [143].
Rasayana: Intake of Khadira decoction with ghee and honey acts as Rejuvenative (Rasayana).
Vrana prakshalana: Externally application of decoction of Khadira acts as Wound cleaner (Vrana prakshalana).
Visha: Intake of Khadira root with hot water control the Poison (Visha).
Swara bheda: Intake of Khadira with Tila taila cures Hoarseness of voice (Swara bheda).
Visphota: Usage of Khadira decoction cures Eruptive boils (Visphota).
Slipada: Intake of Khadira heartwood paste with cow urine cures Filaria (Slipada) [144].
Novel indication: Kilasa
Recent Research Works
Vitiligo, Antibacterial, Antifungal, Oral contraceptive, Scabies, Chronic skin problems, [145]
8. TAGARA: Valeriana wallichii DC. - Velarianaceae

Vedic indication

Sri Vasikarana [146].

Ayurvedic references
Sri Vasikarana: Use of Tagara collyrium acts as The act of making subject/Subjugating (Vasikarana) [147].

Other indications from Ayurvedic texts
Sandhi vata: Intake of Tagara mula paste with butter milk relieves Arthritis (Sandhivata).
Pilla: Local application of Tagara cures Chronic eye disease resulting in watering and itching of eyes and blurred vision (Pilla) [148].
Apanatanraka /Atatvabhinivesha/Kampavata: Intake of Tagara with Yashada bhasma cures Fits of convulsion with loss of consciousness/Psychological disorders/ Parkinson (Apanatanraka /Atatvabhinivesha/ Kampavata).

Murcha: Intake of 2-5 drops of Tagara taila with Dalchini phanta cures Palpitations/ Syncope (Murcha).
Tamaka swasa/Pidayukta vrana/ Asthi bhagna/ Amavata/ Sotha yukta Sandhi Soola: Intake of Tagaraphanta cures Asthma/ Painful wound/ Fracture/ Rheumatoid arthritis/ Swelling and pain in joints (Tamaka Swasa/ Pidayukta Vrana/ Asthi Bhagna/ Amavata/ Sotha Yukta Sandhi Soola).
Madhumeha/Bahumutra: Intake of Tagara with Aphim cures Diabetics/ Polyuria (Madhumeha/Bahumutra)
Vishama jwara: Intake of Tagara with betel leaf juice cures Fever (Vishama Jwara).
Sirasoola/ Udarasoola: Intake of Tagara with Yasada bhasma cures Headache/Stomachache (Sira/ Udarasoola) [150].

Novel indication: Sri Vasikarana

Recent Research Work
Improves sleep quality [150], Analgesic action [151], Stress management[152], Antioxidant properties [153], Antimicrobial and Anti-Inflammatory activities [154].

9. NAYAGRODHA/ VATA: Ficus bengalensis Linn. - Moraceae

Vedic indication

Pumsavana [155],

Ayurvedic references
Pumsavana: Vata leaf bud dissolved in milk instilled in nose used for to beget a male child (Pumsavana) [156].

Evidences from Ayurvedic texts
Atisara: Intake of Vata aerial prop roots paste with cow's butter milk control Diarrhoea (Atisara).
Chardi/Thrishna: Intake of Vata leaf bud with rice water control Vomiting/ Thirst (Chardi/Thrishna).
Adhyaasthi: External application of Vata latex paste useful in Bony growth (Adhyaasthi) [157].
Mukha dushika/Vyanga: External application of Vata tender leaves/ leaf bud paste remove Pimples/ Freckles (Mukha dushika/Vyanga).
Garbha stapana: Intake of Vata leaf bud with water used For Conception (Garbha stapana).
Pradara: Intake of Vata bark decoction with Lodhra cures Leucorrhoea (Pradara).
Rakta pitita: Intake of Vata aerial proproots/ leaf bud in form of Kshiropaaka cures Haemorrhage (Rakta pitita).
Vrana: External application of Vata latex/ tender leaves paste/ decoction cures Wound (Vrana) [158].
Chakshu roga: Application of Vata latex paste as collyrium relieves from Corneal opacity (Chakshu roga).
**Daha jwara:** Intake of Vata aerial prop roots decoction with ghee cures Fever with burning sensation (Daha jwara) [159].

**Kashi/Sandhi peeda:** External application of Vata latex cures Waist/Joint pain (Kashi/Sandhi peeda).

**Bahumutra/Madhumeha:** Intake of Vata bark decoction cures Polyuria/Diabetes (Bahumutra/Madhumeha).

**Atisara/pravahika:** Usage of Vata bark cures Diarrhoea/Dysentery (Atisara/Pravahika).

**Sotha/ Chardi:** Vata jata used to cure Oedema/ Vomiting (Sotha/Chardi).

**Charma roga:** External application of Vatotata paste cures Skin diseases (Charma roga) [160].

**Raktatisara:** Intake of Vata srunga ghṛta paka with honey and ghee checks Diarrhoea with blood (Raktatisara).

**Vranaropana:** External application of Vata tender leaves paste used for Wound healing (Vranaropana) [161].

**Rakta pradara:** Intake of Vata aerial prop roots in the form of Ghrita cures Excessive bleeding (Rakta pradara).

**Vyanga:** External application of Vata aerial prop roots cures Freckles (Vyanga).

**Garbha stapanā:** Intake of Vata aerial prop roots powder with water Useful For conception (Garbha stapanā) [162].

**Novel indication:** Pumsavana

**Recent Research Work**

Hypoglycaemic action [163], Antitumor, Vermicide. Acute or chronic blood dysentery, Antibacterial [164].

**10. PARNA / PALASA: Butea monosperma Lam. - Fabaceae**

**Vedic indication**

Unmada rogakara [165], Bala, Ayu [166], Jalodhara, Krimigna, Medho janana [167], Sarva roga bhaisajya [168].

**Ayurvedic references**

**Bala/Ayu:** Intake of Palasa in linctus form promote Strength/Longevity (Bala/Ayu) [169].

**Unmada:** Intake of Palasa kshara cures Insanity (Unmada) [170].

**Medha janana:** Intake of Palasa with ghee Promote intellect (Medha janana) [171].

**Jalodhara:** Intake of Palasa kshara cures all types of Udara (Abdominal enlargement) [172].

**Krimigna:** Intake of Palasa seed paste/ decoction with rice water/ butte milk destroy Worms (Krimigna).

**Other indications from Ayurvedic texts:**

**Jwara:** External application of Palasa tender leaves paste on body control Fever (Jwara).

**Atisara:** Intake of Palasa fruits/seeds decoction with warm milk control Diarrhoea (Atisara).

**Rakta pitta:** Intake of Palasa flowers 160gm with sugar and honey checks Haemorrhage (Rakta pitta).

**Soola:** Intake of Palasa soup with sugar control Colic (Soola) [173].

**Kasa:** Intake of Palasa seeds relieves Cough (Kasa).

**Slipada:** Intake of Palasa root juice with Mustard oil cures Filariav (Slipada).

**Pumsavana:** Intake of Palasa leaf with milk acts as to beget a male child (Pumsavana).

**Pittabhisyanda:** Palasa flowers/exudate used as collyrium cures Conjunctivitis (Pittabhisyanda).

**Pīl:** Palasa flowers used as collyrium cures Chronic eye disease resulting in watering and itching of eyes and blurred vision (Pīl).

**Cornial opacity:** Palasa Seeds/flowers used as collyrium cures Cornial opacity.

**Cataract:** Palasa juice used as collyrium to cure cataract.

**Vruchika damsa:** External application of Palasa seeds cures Scorpion bite (Vruchika damsa).

**Rasayana:** Intake of Palasa seeds with honey and ghee acts as Rejuvenative (Rasayana) [174].

**Garbha nirodham:** External application of Palasa seeds acts as Contraceptive (Garbha nirodham) [175].

**Charmaroga:** External application of Palasa seed paste cures Skin diseases (Charmaroga).

**Mutravarodha:** Intake of Palasa flowers Phanta removes Retention of urine (Mutravarodha) [176].

**Twak roga/ Kusta:** External application of Palasa root cures Skin diseases (Twak roga/ Kusta).

**Arsha:** Intake of Palasa petioles in ghṛta form with curd cures Piles (Arsha).

**Atisara:** Intake of Palasa fruit/seeds decoction with milk control Diarrhoea (Atisara).

**Jwara daha:** External application of Palasa juice control jwara daha.

**Asmari/sarkara:** Intake of Palasa kshara with Avi mutra remove Urinary calculi/ Gravels (Asmari/Sarkara).

**Gula/ Pleeha:** Intake of Palasakshara cures Abdominal lump/Splenomegaly (Gula/ Pleeha) [177].

**Antravriddhi:** Intake Palasa of bark decoction cures Antravriddhi.

**Nakthandya:** Palasa root/ flower Swarasara used as collyrium cures Night blindness (Nakthandya).

**Sithila yoni:** External application of Palasa fruit/seed removes Laxity of vagina (Sithila yoni) [178].

**Novel indication:** Krimigna

**Recent Research Works**

Antimicrobial activity, Antifungal activity [179], Anthelmintic activity [180], Antiviral activity [181], Immuno-modulatory activity [182].

11. **PRISHNI PARNI:** Uraria picta Desv. - Fabaceae

**Vedic indication**

Available online at: http://ijapr.in
Promoting intellect (Medhya) of hair (Palithya) and extracting Sarpavisha hara (Vedic indication) activities and recent research checks Haemorrhage (Raktapitta) and Asthma (Swasa).

Ayurvedic references

Rakshognya: Intake of Prishniparni in Ghrita form Destroy sins and evil spirits (Rakshognya) [180],
Bala: Intake of Prishniparni in linctus form induces Bala [189],
Charmaroga: Intake of Prishniparni cures Skin diseases (Charmaroga) [190],
Pachana: Intake of Prishniparni in Ghrita form helps in The digestion of the undigested food (Pachana) [191],
Deepana: Intake of Prishniparni in Arista form acts as Appetizer (Deepana) [192],
Rakshograha/Pisacha nasanam: Intake of Prishniparni in Ghrita form acts as Bhuta yaksaka raksha haran [193],
Kusta: Intake of Prishniparni powder cures Skin disease (Kusta) [194],

Other indication from Ayurvedic texts

Atisara: Intake of Prishniparni cures Diarrhoea (Atisara).
Vatarakta: Intake of Kshirapaka of Prishniparni with sugar and honey cures Gout (Vatarakta).
Bhagna: Intake of Prishniparni root powder with meat soup cures Fracture (Bhagna) [195],
Rakta arsas: Intake of Prishnaparni cures Bleeding Piles (Rakta arsas).
Thrishta: Intake of Prishnaparni relieves Thirst (Thrishta).
Raktapitita: Intake of Prishniparni with sugar and honey checks Haemorrhage (Raktapitita) [196],
Pilla: External application of root as collyrium cures Chronic eye disease resulting in watering and itching of eyes and blurred vision (Pilla) [197],

Novel indication: Charmaroga

Recent Research Works

Acaricidal activity [198], Antioxidant and anticholinesterase activities [199], Antianxiety activity [200],

12. RAJANI / HARIDRA: Curcuma longa Linn. - Zingiberaceae

Vedic indication

Kilasha, Palithya [201], Medhya [202], Hrudroga, Kamala [203], Sarpavisha hara [204],

Ayurvedic references

Kilasa/Swittra: External application of Haridra in oil form cures Vitiligo (Kilasa) [205],
Palithya: External application of Haridra cures Greyness of hair (Palithya) [206],
Medhya: Intake of Haridra in Lehya form useful for Promoting intellect (Medhya) [207],

Sarpa visa: Intake of Haridra with human urine removes Snake poison (Sarpa visa) [208],
Hrudroga: Intake of Haridra in Lehya form cures Heart disease (Hrudroga) [209],
Kamala: Intake of Haridra in ghee form cures Jaundice (Kamala) [210],

Other indications from Ayurveda

Arsas: External application of Haridra paste cures Piles (Arsas).
Pandu: Intake of Haridra with ghee and honey cures Anaemia (Pandu).
Kasa: Intake of Haridra powder with fatty layer of milk cures Cough (Kasa).
Swasa: Intake of 2gm of Haridra ash with honey cures Asthma (Swasa) [211],
Thrishta: Intake of Haridra with honey and sugar relieves Thirst (Thrishta).
Prameha: Intake of Haridra powder with Amlaka juice control Diabetics (Prameha).
Kusta: Intake of Haridra powder 40gm with urine cures Skin disease (Kusta).
Soola: Intake of Ghrita paka of Haridra relieves from Colic (Soola).
Masurika: Intake of piece of Haridra with cold water cures Pox (Masurika).
Visarpa: local application of Haridra paste cures Erysipelas (Visarpa).
Slipada: Intake of Haridra with cow urine cures Filaria (Slipada).
Vatarakta: Intake of Haridra decoction with honey cures Gout (Vatarakta).
Asamari: Intake of Haridra with sour gruel removes Urinary calculi (Asamari) [212],
Chippa: External application of Haridra cures Whitlow (Chippa).
Visha: Intake of Haridra with ghee relieves from Poisoning (Visha).
Vyanga: External application Haridra paste removes Freckles (Vyanga) [213],
Prathissyaya/Kasa/Prameha/Netra Abhisyandha: Intake of Haridra kshira paka with jaggery relieves from Coryza/ Cough/ Diabetics/ Conjunctivitis (Prathissyaya/ Kasa/ Prameha/ Netra Abhisyandha).
Netrabhisyandha: External application of Haridra relieves from Conjunctivitis (Netrabhisyandha).
Sira soola: External application of Haridra cures Headache (Sira soola).


Novel indication: Kilasa

Recent Research Work

Jaundice, Antileptototoxicity [215], Prevent oxidative organ damage against Naja naja [216], Alzheimer’s disease [217].
13. SHAMI: Prosopis cineraria Druce. -Mimosaceae

Vedic indication

Pumsavana\(^{[218]}\), Sarpavisha hara\(^{[219]}\), Kesapatana, Mada\(^{[220]}\), Bhuta rakshograh\(^{[221]}\).

Ayurvedic references

Kesapatana: External application of Shami seed paste acts as Depilatory action (Depilatory action) \(^{[222]}\).

Sarpa visa: Shami kshara smeared on drums, flags and bunting by its sound, sight and touch, they become free of poison and used in all manners in all kind of poison (Sarpa visa) \(^{[223]}\).

Other indications from Ayurveda

Arshas: Shami leaves fumigation cures Piles (Arshas).

Amatisara: Intake of Shami leaves cures Diarrhoea (Amatisara).

Granthi: External application of Shami seed paste removes Cyst (Granthi).

Akshi gharasa/Vedhana: External application of Shami leaves removes Irritation/Pain of Eye (Akshi gharasa/Vedhana).

Daha/srava/raga akshi ruk: Fumigation of Shami leaves removes Burning pain/Lacrimation pain/Redness of Eye (Daha/srava/raga akshi ruk).

Akshi sopha/ soola: Fumigation of Shami leaves cures Swelling and pain of Eye (Akshi sopha/soola) \(^{[224]}\).

Garbha stapanas: Intake of Shami flowers with misri (sugar) used For Conception (Garbha stapanas) \(^{[225]}\).

Novel indication: Pumsavana

Recent Research Work

Detoxifying action\(^{[226]}\), Antihyperglycemic and Antihyperlipidemic activity\(^{[227]}\), Antidepressant and Skeletal muscle relaxant effects \(^{[228]}\).

14. NYASTIKA / SANKAPUSPI: Convolvulus pluricaulis Chois. - Convolvulaceae

Vedic indication

Soubhagyakaran, Vasikarana\(^{[229]}\), Medhya\(^{[230]}\), Sarvousadhi\(^{[231]}\).

Ayurvedic References

Medhya: Intake of paste of Sankapusi Improves intellect (Medhya) \(^{[232]}\).

Soubhagyakaranam: Intake of Sankapusi acts as Soubhagyakaranam\(^{[233]}\).

Other indications from Ayurvedic texts:

Unmada/Apasmara: Intake of Sankapusi in ghee form cures Insanity/ Epilepsy (Unmada/Apasmara) \(^{[234]}\).

Unmada: Intake of 20-40ml of Sankapuspi swarasa cures Insanity (Unmada).

Jwara/Nidra/Pralapa: Intake of Sankapusi plant cures Fever/ Induce sleep/Incoherent speech (Jwara/Nidra/Pralapa).

Jeerna Kasa/Swasa: Dhunra pana of Sankapusi leaves cures Cough/Asthma (Swasa/Jeerna Kasa).

Raktasrava/Raktavamana: Intake of Sankapuspi swarasa cures Blood vomiting (Rakta vamana) \(^{[235]}\).

Bala danta roga: Sankapuspi moola tie on shoulder of childcures Child teeth diseases (Danta roga).

Udha raktapitta: Intake of Sankapuspi powder with Misri relieves Haemorrhage (Raktapitta) \(^{[236]}\).

Novel indication: Medhya.

Recent Research Work: Memory improving drug, Reduce mental tension, Antiepileptic \(^{[237]}\).

15. JYESTIMADHU / YASTIMADHU: Glycyrrhiza glabra Linn. - Fabaceae

Vedic indication

Dourbhagya nasana, Garbha brimhana\(^{[238]}\), Jangama visha hara\(^{[239]}\), Sri Vasikarana\(^{[240]}\), Vruchika damsa\(^{[241]}\).

Ayurvedic references

Vruchika damsa: Intake of Yastimadhu cures Scorpion bite (Vruchika damsa) \(^{[242]}\).

Jangama visha: External application of Yastimadhu alleviates Animal poison (Jangama visha) \(^{[243]}\).

Sri vasikarana: Use of Yastimadhu in oil form acts as Vasikarana\(^{[244]}\).

Garbha brimhana: Intake of Kshirapaka of Yastimadhu promote Development of foetus (Garbha Brimhana) \(^{[245]}\).

Other indications from Ayurvedic texts

Arshas: External application Yastimadhu paste cures Piles (Arshas).

Sosha: External application of Yastimadhu decoction relieve from Consumption (Sosha).

Swara bheda: Intake of Yastimadhu with honey remove Hoarseness of voice (Swara bheda).

Hrudroga: Intake of Yastimadhu paste with sugar water cures Heart disease (Hrudroga).

Apasmara: Intake of Yastimadhu paste with Kusmanda juice cures Epilepsy (Apasmara).

Thrishna: Intake of Yastimadhu decoction relieve from Thirst (Thrishna) \(^{[246]}\).

Visarpa: External application of Yastimadhu decoction cures Erysipelas (Visarpa).

Pandu: Intake of Yastimadhu decoction / powder with honey cures Anaemia (Pandu).

Available online at: [http://ijapr.in](http://ijapr.in)
**Mutra ghata**: Intake of Yastimadhu with rice water cures Retention of urine.

**Vatarka**: Intake of Yastimadhu 10gm cures Gout (Vatarka).

**Abhigataja vrana**: External application of Yastimadhu relieves Accidental wounds (Abhigataja vrana).

**Vrana**: External application Yastimadhu paste cures Wound (Vrana) [237].

**Dagda vrana**: External application of Yastimadhu cures Burns (Dagda vrana).

**Chakshu roga**: External application of Yastimadhu decoction cures Eye diseases (Chakshu roga).

**Rakta pradara**: Intake of Yastimadhu 10gm with rice water cures Excessive bleeding (Rakta pradara).

**Stanya vardana**: Intake of Yastimadhu promotes Lactation (Stanya vardana).

**Rasayana**: Intake of Yastimadhu with milk acts as Rejuvenative (Rasayana).

**Raktapitta**: Intake of 10gms of Yastimadhu control Haemorrhage (Raktapitta). [236]

**Ardhava bedhaka**: Yastimadhu is given in form of pressed snuff relieve from Hemircanias (Ardhava bedhaka).

**Sira soola**: Yastimadhu Powder is given in the form of nasya cures all types of Headache (Sira soola).

**Sitapitta**: Intake of Yastimadhu cures Urticaria (Sitapitta).

**Udavarta**: Intake of Yastimadhu relieves Upward movement of Vayu (Udavarta) [249]

**Kasa/Swarabanga/Gala Sotha**: Intake of Yastimadhu decoction cures Cough/Hoarseness of voice/ Swelling of throat (Kasa/Swarabanga / Gala Sotha).

**Kasa**: Intake of Yastimadhu satva relieves from Cough (Kasa).

**Ksata ksheena/Rakta vanama/Hrudroga/Apasmara**: Intake of Yastimadhu with milk/ Madhu and honey cures Wasting/Blood vomiting/Heart diseases/Epilepsy (Ksata ksheena/ Rakta vanama/Hrudroga/Apasmara) [250].

**Adhoga raktapitita**: Intake of Yastimadhu decoction with honey control Haemorrhage (Adhoga raktapitita).

**Parinama soola**: Intake of Yastimadhu powder with sugar/ water cures Stomach ulcer (Parinama soola) [251].

**Vajikarana**: Intake of Itola Yastimadhu powder with milk acts like Aphrodisiac (Vajikaran).

**Upapakshma**: External application of Yastimadhu decoction relive from Upapakshma[252].

**Novel indication**: Garbha Brimhana

**Recent Research Works**

Ant tumour activity, Ulcer healing property, Hepatitis, Asthma, Bronchitis [253].

**DISCUSSION AND CONCLUSION**

From the above observations and results, it is evident that the medicinal uses of the plants mentioned in Vedas are almost similar to the indications mentioned in Ayurveda along with a few additions to their indications to the newly classified diseases.

Most of the indications from the Vedic literature were related to the Rakshakarma, Vishahara chikista, Medya karma, Pumsavana and other gynaecological disorders or the infertility disorders. During the Vedic period the sages were more concerned about the fitness for the Yagnas and Yagas; hence they concentrated only on the diseases mentioned above. But during the time of Samhita and Nighantu period many newer diseases have been identified and the commonly available drugs at that time were utilized for other indications also, which can be seen in the Ayurvedic literature. Hence apart from Vedic indications many other indications are added in Ayurvedic literature.

In the present day as the conditions and diseases are expanding and the demand to establish new drugs for those diseases have proved important giving way to research on the medicinal plants. The modern medical technology and the modern set of research methods are helped to derive various other ailment usage of the medicinal plants mentioned in Vedic literature.

So due to above factors some indications mentioned in Vedic literature not used as in due course some more advanced/effective medicines and formulas are discovered by the sages or modern researchers. Hence, some additions to the Vedic literature are incorporated based on the latest researches and findings.

**CONCLUSION**

From the above work it can be concluded that the drugs used in Vedic literature still has the same efficiency in relations to the indications mentioned in those days and are proved to be useful even in the present day. This gives an indications that many other drugs can be explored form the Vedic literature for their medicinal uses even today and can be proved with the present day clinical methods.

Thus from the above it can be concluded that not only the present day indications of the plants but also the indications mentioned in the Vedic literature also proves to be important in clinical applications.

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