



## A LITERARY REVIEW OF ASTERACANTHA LONGIFOLIA (KOKILAKSHA) W.R.T BRIHATRAYS AND NIGHANTUS.

<sup>1</sup>Kajal Sharma, <sup>2</sup>Suresh Chaubey, <sup>3</sup>Dushyant Pratap Singh

1P.G Scholar of Dravyaguna Department, Government P.G Ayurvedic Rishikul College

2Professor, P.G. Department of Dravyaguna, Government P.G Ayurvedic Rishikul College, Haridwar

3Uttaranchal Ayurvedic college and hospital, Dehradun.

Corresponding Author: [ks579331@gmail.com](mailto:ks579331@gmail.com)

<https://doi.org/10.46607/iamj04p70220223>

(Published Online: January 2023)

### Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 23/08/2022 - Peer Reviewed: 15/09/2022 - Accepted for Publication: 28/02/2023.



## ABSTRACT

The aim of *Ayurveda* is to maintain the health of the healthy person and to cure the diseased person. *Ayurveda* deals with the prolongation of healthy life in terms of the mental, physical, social, and spiritual health of a person. In the literature of *Ayurveda*, there are innumerable medicinal plants which are having a lot of benefits to health and these herbal medicines are having very minimal adverse effects. *Asteracantha longifolia (L.) Nees* is one of the most important herbs among the commonly used herbs in the traditional system of medicine. *Ayurvedic nighantus* clearly mentioned *Asteracantha Longifolia* in detail with specific synonyms and therapeutic indications. In this article, we try to assemble all the information about *Asteracantha Longifolia* mentioned in *ayurvedic nighantus*. scientific studies have provided enough evidence of its varied usefulness in urinary and other diseases. This article explores the Anti-Diabetic, Anti-Urolithic & Diuretic activity of *Asteracantha longifolia*. The present review of *Asteracantha Longifolia (L.) Nees* can be useful to know about the different formulation and their indication in various disorders.

**Key words:** *Ayurveda*, *Asteracantha Longifolia*, *Nighantus*

## INTRODUCTION

*Asteracantha Longifolia* belonging to the family Acanthaceae; is also known as *Hygrophilia auriculata* and commonly known as *Neermuli*, *Talmakhana*, *Kokilaksha*, and *Iksura* is a common plant growing in marshy and waterlogged areas. The plant is an important medicinal herb, widely distributed in India, and is used for different medicinal purposes. *Asteracantha longifolia* is an important medicinal herb and is used for different medicinal purposes. *Asteracantha longifolia* is an important medicinal herb and is used in traditional systems of medicine for various ailments like diuretics, jaundice, dropsy, rheumatism, hepatic, obstructions and dissolution of gall stones, kidney stones, liver dysfunction and disease of urogenital tracts. It contains lupeol, B-sitosterol, stigmasterol, butelin, fatty acids, and alkaloids<sup>1</sup>.

Knowledge of the chemical constituents of plants is desirable not only for the discovery of therapeutic agents but also because such information may be of great value in disclosing new sources of economic phytocompounds for the synthesis of complex chemical substances and for discovering the actual significance of folkloric remedies.

### Review of Literature from Samhita Grantha

- *Charaka Samhita* (1000 B.C. To 4th Century)

*Charaka Samhita* is Ayurveda's definitive treatise. The *Charaka Samhita* states that the content of the book was first taught by Atreya, and then subsequently codified by Agnivesa, revised by Charaka, and the manuscripts that survive into the modern era are based on one completed by Drdhabala.

**Table no.1**

S. No	Formulation	Indications	Uses	References
1.	<i>Dashemani</i>	<i>Stanyaroga</i>	Int.	<i>Ch.s.4/17</i>
2.	<i>Madhur skanda</i>	<i>Vataroga</i>	Int.	<i>Ch.s.8/139</i>
3.	<i>Brahini gutika</i>	<i>Kshya roga, vajikarna</i>	Int.	<i>Ch.chi.2/24</i>
4.	<i>Gokshuradhi yoga</i>	<i>Ashmari</i>	Int.	<i>Ch.chi.26/62</i>
5.	<i>Nishotha yog</i>	<i>Virechana</i>	Int.	<i>Ch.k.7/19</i>
6.	<i>Kurmaadhi vrishya basti</i>	<i>Basti in old people.</i>	Int.	<i>Ch.si.12/6</i>

- Dalhan Commentary on *Sushurat Samhita*

Dalhan was a medieval commentator on the *sushurat Samhita*, an early text on Indian medicine. Dalhan commentary is known as *Nibandha sangraha*. It compiles the views of a large no. of authors and commentators in the text who lived before dalhan.

(Table no.2)

S. No	Formulation	Indications	Uses	References
1.	<i>Kshar</i>	<i>Plihaodhar</i>	Int.	<i>S.ch.14/13</i>
2.	<i>Churna</i>	<i>Kshya</i>	Int.	<i>S.ch.26/27-36</i>
3.	<i>Balaghrit</i>	<i>Mutradosha</i>	Int.	<i>S.u.48/48-64</i>
4.	<i>Paniyekshar</i>	<i>Gulma</i>	Int.	<i>S.u.42/40-44</i>
5.	<i>Balaadhi taila</i>	<i>Mudgarbha</i>	Ext.	<i>S.chi.14/44</i>
6.	<i>Eranddavashakmah</i>	<i>Gulma</i>	Int.	<i>S.u.42/112-114</i>

• Ashtang Sangraha (6<sup>th</sup> Cent. A.D.)

Ashtang Sangraha was written by Maharshi Vridha Vagabhatta. He has mentioned kokilaksha 5 times in chikitsa sthana to be indicated in various diseases as described below.

(Table no.3)

S. No	Formulation	Indication	Uses	References
1.	<i>Peya</i>	<i>Kshatkshaykas</i>	<i>Int.</i>	<i>A.ch.5/5</i>
2.	<i>Vashishthharitiki</i>	<i>Rasayan</i>	<i>Int.</i>	<i>A.ch.5/18</i>
3.	<i>Sinhadhikalka</i>	<i>Ashmari</i>	<i>Int.</i>	<i>A.ch.13/12</i>
4.	<i>Kwath</i>	<i>Gulm</i>	<i>Int.</i>	<i>A.ch.16/17</i>
5.	<i>Ghee</i>	<i>Visarp</i>	<i>Int.</i>	<i>A.ch.20/3</i>

• Ashtang Hridya (700 A.D.)

It was composed by Acharya Vagbhatta. He has mentioned kokilaksha 5 times in this Samhita; tabulated below:

(Table no. 4)

S. No	Formulation	Indications	Uses	References
1.	<i>Vataashmaribhedak paan</i>	<i>Ashmari</i>	<i>Int.</i>	<i>A.h.11/21</i>
2.	<i>Pleehanashak tail</i>	<i>Pleehavidhi</i>	<i>Int.</i>	<i>A.h.15/15</i>
3.	<i>Kokilaksha kwath</i>	<i>Vatrakta</i>	<i>Int.</i>	<i>A.h.22/18</i>
4.	<i>Vidaryadhileha</i>	<i>Vajikarn</i>	<i>Int.</i>	<i>A.h.40/21</i>
5.	<i>Vashishtha haritki</i>	<i>Rasayan</i>	<i>Int.</i>	<i>A.h.3/135</i>

• Bhavprakash Samhita (16<sup>th</sup> Century A.D.)

Bhavprakash Samhitawas written by Bhavmishra. He has described kokilaksha 9 times in this samhita, as tabulated.

(Table no. 5)

S. No	Formulation	Indications	Uses	References
1.	<i>Brhatkasisadhitailmah</i>	<i>Abhyanga</i>	<i>Ext.use</i>	<i>B.p.4/60</i>
2.	<i>Bragnimukagvchurnamah</i>	<i>Jatharvikar</i>	<i>Int.use</i>	<i>B.p.6/48</i>
3.	<i>Brihatkushmandavleh</i>	<i>Raktapitta</i>	<i>Int.use</i>	<i>B.p.9/62</i>
4.	<i>Mahanarayantailmah</i>	<i>Vatvyadhi</i>	<i>Ext.use</i>	<i>B.p.24/296</i>
5.	<i>Amritadgritmah</i>	<i>Vatrakta</i>	<i>Int.use</i>	<i>B.p.29/103</i>
6.	<i>Mayurshikhakalk</i>	<i>Mutraaghat</i>	<i>Int.use</i>	<i>B.p.36/34</i>
7.	<i>Avleh</i>	<i>Mutraaghat</i>	<i>Int.use</i>	<i>B.p.36/61</i>
8.	<i>Ikshubalika kwath</i>	<i>Ashmarirog</i>	<i>Int.use</i>	<i>B.p.37/71</i>
9.	<i>Apvaritradhi taill</i>	<i>Basti</i>	<i>Int.use</i>	<i>B.p.37/92</i>

## **KOKILAKSHA IN CHIKITSA GRANTHA**

- **Chakradutta (11<sup>th</sup> Century A.D.)**

In Chakradutta, the drug has been mentioned 7 times in different formulations as described below :  
(Table no.6)

<b>S. No</b>	<b>Formulation</b>	<b>Indications</b>	<b>Uses</b>	<b>References</b>
1.	Ashmari shavdanshtraadipank	Ashmari rog	Int.	C.d.34
2.	Savguptadhi churna	Ashmari	Int.	C.d.33/17
3.	Kevashadhiadhichrna	Stamban karma	Int.	C.d.67/6
4.	Gokshuradhi churna	Vajikarn	Int.	C.d.67/9
5.	Neelkanth ras	Rasaysan	Int. Use	C.d.73/68
6.	Datrayadhi kwath	Kaphvatarakta	Int.use	C.d.23/15
7.	Amritaadhya ghrít	Vatrakta	Int. use	C.d.23/27
8.	Brihdagnimukh churnam	Agnimandya	Int. Use	C.d. 6/33
9.	Shothadhi yog	Shotha	Int. Use	C.d.39/22

- **Yogaratanakar (17<sup>th</sup> Century A.D.)**

The Chikitsa grantha Yogaratanakar was composed by Vaidya Sri Laxmipatti Ayurvedacharya. He has described kokilaksha in ashmari yoga. The description is given below:

(Table no. 7)

<b>S.no.</b>	<b>Formulation</b>	<b>Indications</b>	<b>Uses</b>	<b>References</b>
1.	Erandadhi kalk	Ashmari	Int. use	Y.r.1
2.	Pashanadhi kwath	Ashmari	Int. use	Y.r.1
3.	Rativridhikaro modak	Vajikarn	Int.use	Y.r.1
4.	Rativalabhakhyapugpak	Vajikarn	Int.use	Y.r.2

- **Bhaishajya Ratnavali (18<sup>th</sup> Century.A.D.)**

This important Chikitsa granthwas composed by Shri Govind das Ji. He has mentioned kokilaksha 18 times in this treaty. Kokilaksha has been indicated in various diseases in various formulations as tabulated below:

(Table no. 8)

<b>S. No</b>	<b>Formulation</b>	<b>Indications</b>	<b>Uses</b>	<b>References</b>
1.	Mahakameshvar modak	Vajikarana	Int.use	B.r.74/189
2.	Avaleha	Vajikarna	Int.use	B.r.74/371
3.	Pratinidhi dravya	Abhav dravya	Int.use	B.r.4/33
4.	Maharajvati	Jawar	Int.use	B.r. 5/1011
5.	Shrikameshwar modak	Grahnirog	Int. use	B.r.8/157
6.	Panchamritlohmandur	Pandurog	Int.use	B.r.12/55
7.	Pandurogpathya	Pandurog	Int.use	B.r.12/144
8.	Kushmandavleh brihat	Raktpitta	Int. use	B.r.13/115
9.	Chandramritras	Rajyayakshma	Int. use	B.r.14/113
10.	Shalwanswedha	Vatvyadhi	Ext. use	B.r.16/86,87,88,90

11.	Rohitakadhi vati	Plihayakritrogadhikar	Int.use	B.r.41/21
12.	Gudpippali	Plihayakritrog	Int.use	B.r.41/51
13.	Kokilakshabhasm	Shoatha	Int.use	B.r.42/33
14.	Apamarg put swedha	Shoatha	Ext. Use	B.r.42/36
15.	Takramandur	Shoatha	Int.use	B.r.42/121
16.	Rasguggulu	Updansh	Int.use	B.r.52/60
17.	Manjisthadhikwath	Kushath	Int. use	B.r.54/67
18.	Amalpitantak modak	Amalpitta	Int.use	B.r.56/105

### REVIEW OF KOKILAKSHA FROM VARIOUS NIGHANTUS (Table no. 9)

Dhanvantri Nighantu	Karveeradhi varga <sup>11</sup>
Kaidev Nighantu	Aushadhi varga <sup>12</sup>
Bhavprakash Nighantu	Guduchiadhivarga <sup>13</sup>
Madanpal Nighantu	Abhayadhi varga <sup>14</sup>
Rajnighantu	Shatahvayadhi varga <sup>15</sup>
Ashtang Nighantu	Viprakiran prakarn <sup>16</sup>
Abhidhan ratanmala	Swaduskand <sup>17</sup>
Nighantu shesh	Trinkand <sup>18</sup>
Sidhmantra	Vataghan varga <sup>19</sup>
Haridyadipika	Ekpadavarga <sup>20</sup>

### CONCLUSION

The present review on kokilaksha of different Nighantus can be useful to know about the different formulations of kokilaksha in which different parts of this plant are used. By this way, we can use kokilaksha in the treatment of different diseases. The whole plant of *Asteracantha longifolia* is used in traditional Ayurvedic medicine for the treatment of sexual disorders, inflammatory disorders, and urinary disorders. It has a significant role to destroy diseases of mutravaha srota as well as other systems. It possesses chemical constituents like lupeol, and stigmasterol which are responsible for its different pharmacological activities like anticancer activity, antidiabetic activity, antitumor activity, and anti-inflammatory activity. The history of the drug can be studied under Vaidic kala, Samhita kala, and Nighantu kala. Most of the nighantus have mentioned kokilaksha as a rasyan, vajikarak, ashmarighna, vataghna. So, this

review states that *Asteracantha longifolia* is a safe and therapeutically potential plant that has important medicinal values and benefits. *A. longifolia* has been used successfully in traditional Ayurvedic medicine for centuries, more clinical trials should be conducted to support its therapeutic use.

### REFERENCES

1. file:///C:/Users/MY/Downloads/Asteracantha\_longifolia\_L\_Nees\_Acanthaceae\_Chemist%20(3).pdf
2. M.S. Rukshana et al. (2017). Identification and properties of *Asteracantha longifolia* (L.) Nees by GC-MS analysis. J. of Advancement in Medical and Life Sciences. V5I1. DOI: 10.15297/JALS.V5I1.03
3. Agnivesha Maharishi, Charak Samhita Vol.1, Vol 2 with elaborated Vidyotini Hindi Commentary by Pt. Kashinatha Shastri, Edited by Dr. Gangasahaya pandeya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Edition Reprint: 2013
4. 2.dalhan commenytary-search
5. Acharya Vagbhata, Astanga Hridayam, Translated by Kaviraj Atrideva Gupta, Chaukhambha Prakashan Varansi: Edition: 2012

6. Acharya Vagbhata, Astanga Samgraha, Translated by Kaviraj Atrideva Gupta, Vol. I to II, Chaukhambha Krishnadas Academy, Varanasi, Edition: 2007
7. Chakrapanidatta, Chakradatta, Commentary by Vaidya Jagdishwar Prasad Tripathi, Chaukhamba Sanskrit Series Office Varansi, Edition: 5<sup>th</sup> 1983.
8. Kaviraj Govind Das Sen, Bhaisajya Ratnawali, Commentary by Prof. Siddhi Nandan Mishra, Chaukhambha Surbharati Prakashan, Varanashi, Edition: 2007.
9. Acharya Bhavmisra, Bhavaprakasa, Edited by Pandit Shri Brahma Shankar Misra. Part II. Chaukhamba Sanskrit Sansthan, Edition: 2005.
10. Vaidya Laxmipati Sastri, Yogaratnakara, Edited by Brahmasankar Sastri, Chaukhambha Prakashan, Varanasi, Edition: 2010.
11. Dhanvantri Nighantu, e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, karveeradhi Varg.
12. Kaidev nighantu e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, aushadhi varga
13. Acharya Bhavmisra, Bhavprakasha Nighantu, Commentary by K.C. Chuneekar, Chaukhambha Bharati Academy, Varanasi, Reprint Edition: 2015, Haritakyadi Varg,
14. Upadhaya Ramprasad Pandit, Madanpal Nighantu, Chaukhambha, Krishna das Academy, 1st Edition 1954, Abhyadi varga,
15. Dr. Indradeva Tripathi, Raj Nighantu, Chaukhambha Krishna das Academy, Edition: 2006, Shatahvayadhi varga,
16. Astanga Nighantu, e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, Viprakiran prakarn
17. Prof. P.V. Sharma, Abhidhanratnamala, Chaukhamba Orientalia, Edition: 1977, Kashaya Skandh.
18. Nighantu Sessa, e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, trin kanda.
19. Sidh mantra e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, Vataghan varga
20. Hridayadipika e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012, Ekpadavarga
21. [https://www.researchgate.net/publication/225303958\\_Asteracantha\\_longifolia\\_L\\_Nees\\_Acanthaceae\\_Chemistry\\_traditional\\_medicinal\\_uses\\_and\\_its\\_pharmacological\\_activities](https://www.researchgate.net/publication/225303958_Asteracantha_longifolia_L_Nees_Acanthaceae_Chemistry_traditional_medicinal_uses_and_its_pharmacological_activities).
22. <https://www.scielo.br/j/rbfar/a/wd9mftV9RVVxrCgY7sbFJwWr/?lang=en>
23. <https://www.rsisinternational.org/journals/ijrias/DigitalLibrary/Vol.3&Issue3/07-08.pdf>
24. Nikam Dattatraya, Mundada Shreekant, Mishra Dayashankar. KOKILAKSH: A POTENTIAL AYURVEDIC HERB. Nikam Dattatraya et al/ IJRAP,2012, 3(6),780-782.
25. The ayurvedic pharmacopoeia of India part- i volume – ii, government of India ministry of health and family welfare department of Ayush, KOKILAKSHA (Whole Plant).
26. Mazumdar UK, Gupta M, Maiti S, Mukherjee D. Antitumor activity of *Hygrophila spinosa* on Ehrlich ascites carcinoma and sarcoma-180 induced mice. Indian J Exp Biol. 1997; 35:4737
27. Patra A, Murthy PN, Jha S, Aher VD, Chattopadhyay P, Panigrahi G, et al. Anti-inflammatory and antipyretic activities of *Hygrophila spinosa* T. Anders leaves (Acanthaceae) Trop J Pharm Res. 2009; 8:133–7 <http://dx.doi.org/10.4314/tjpr.v8i2.44521>
28. Haddian W, Kerpskar A. Bioassay of diuretics. J Pharmacol Exp Ther. 1943; 79:97–110. Ahmed N, Hussain KF, Sarfaraj M, Zaheen M, Ansari H. Preliminary studies on diuretic effect of *Hygrophila auriculata* (Schum) Heine in rats. Int J Health Res. 2009; 2:59–64
29. Vijayakumar M, Govindarajan R, Rao GM, Rao CV, Shirwaikar A, Mehrotra S, et al. Action of *Hygrophila auriculata* against streptozotocin-induced oxidative stress. J Ethnopharmacol. 2006; 104: 356–61. <http://dx.doi.org/10.1016/j.jep.2005.09.030> PMID: 16289604
30. Acharya Bhavmisra, Bhavprakasha Nighantu, Commentary by K.C. Chuneekar, Chaukhambha Bharati Academy, Varanasi, Reprint Edition: 2015, Haritakyadi Varg. page no.402.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Kajal Sharma et al: A Literary Review of *Asteracantha Longifolia* (Kokilaksha) w.r.t Brihatrayi and Nighantus. International Ayurvedic Medical Journal {online} 2023 {cited January 2023} Available from: [http://www.iamj.in/posts/images/upload/131\\_136.pdf](http://www.iamj.in/posts/images/upload/131_136.pdf)