



A TRADITIONAL THERAPEUTIC REVIEW OF DURALABHA (FAGONIA CRETICA) IN CLASSICAL AYURVEDIC TEXTS.

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ABSTRACT

Ayurveda is a holy science that has a broad scope in Indian Medical science. It has an important place in this world as the most ancient medical science of India, or we can say traditional Indian medical System. The drug *Duralabha* (*Fagonia Cretica*) is native to Zygophyllaceae Family. *Acharya Charaka* has mentioned *Duralabha* in *Kasahar Mahakashay*, *Arshoghna Mahakashay*, *Trushnanigrahana Mahakashay*, and *Hikka Nigrahana Mahakashay* in the 4th Chapter of *Charaka Samhita*. *Acharya Vagbhatta* mentioned it in *Ambasthadi Gana*. *Duralabha* is a medicinal plant described in *Ayurveda* with uncountable benefits. It possesses *Kashaya* (astringent), *Tikta* (bitter) *Rasa* (taste), *Madhura* (sweet) *Vipaka*, *Sheeta* (cold) *Veerya* (potency) and *Ruksha* (dry), *Laghu* (light) *Guna* (properties). In this review article, an attempt has been done to describe the traditional value of this drug and its importance of it in *Ayurveda* as well. Classical categorization, *Rasapanchaka*, *Paryaya*, *Morphology*, *Karma*, Pharmacological Actions, and Chemical Compositions have been described. In this review we can see that documentation and categorization of ayurvedic drugs are required in this modern era by this Non-Ayurvedic community also take the benefits of *Ayurveda* and its magical remedies, *Ayurveda* and its importance can be promoted by this type of efforts.

Keywords: *Duralabha*, *Fagonia Cretica*, Zygophyllaceae, *Ayurveda*

INTRODUCTION

Duralabha in Brihatrayi

Charaka Samhita:

In *Charaka Samhita*, *Duralabha* is described under the *Kasahara Mahakashaya*, *Arshoghana Mahakashaya*, *Trishnanigrahan Mahakashaya*, *Hikkani-grahan Mahakashaya*, and *Pureeshasanghaneeya Mahakashaya*; it is indicated in *Raktapitta*, *Jwara*, and *Kasa*; it is described as an ingredient of *Durlabhadya Ghrita*, *Durlabhasava*, *Katukadya Ghrita*, and *Chitrakadi Leha*.

Sushruta Samhita: In *Sushruta Samhita*, *Duralabha* is described in *Virechan Dravya*; it is indicated in *Kasa*, *Shwasa*, and *Pittaja Atisara*; it is described as an ingredient of *Pathadi Ghrita*, *Mahatiktaka Ghrita*, *Triphaladi Ghrita*, and *Patoladi Ghrita*, etc.

Ashtanga Hridayam: In *Asthanga Haridyam*, Acharya Vagbhatta mentioned the description of *Duralabha* in *Priyanguvambashthadi Gana*; it is indicated in *Arsh*.

Description of *Duralabha* in *Charaka Samhita*

Table 1. Showing Review of *Duralabha* in *Charaka Samhita*

Adhyaya & Shloka Sutrasthana ^[1]	Used as an ingredient of
4-12	<i>Arshoghana Mahakashaya</i>
4-29	<i>Trishna Nigrahan Mahakashaya</i>
4-30	<i>Hikka Nigrahan Mahakashaya</i>
4-31	<i>Pureesh Sangrhaneeya Mahakashaya</i>
4-36	<i>Kasahar Mahakashaya</i>
Chikitsasthana^[2]	
3-204	<i>Jwara Chikitsa</i>
3-207	Fever with constipation
3-211	<i>Sannipataja Jwara Chikitsa</i>
3-213	<i>Sannipataja Jwara Chikitsa</i>
3-224	<i>Jwarahar Kwatha</i>
4-75	<i>Rakta pitta Chikitsa</i>
5-119	<i>Trayamanadya Ghrita</i>
7-140	<i>Tiktasatpalakam Ghrita</i>
8-106	<i>Durlabhadya Ghrita</i>
8-100	<i>Kasa Chikitsa</i>
8-111	<i>Jivantyadi Ghee</i>
8-126	Used as Appetiser
15-134	<i>Kiratadya Churna</i>
15-152	<i>Durlabhasava</i>
15-186	Fourth Alkali
16-47	<i>Katukadya Ghrita</i>
17-14	<i>Hikka- swasahar Kwatha</i>
18-50	<i>Vataj Kasa Chikitsa</i>
18-51	<i>Kasa Chikitsa</i>
18-53	<i>Citrakadi</i>
18-63	<i>Kasa Chikitsa</i>
18-118	<i>Vatanugata Kaphaja Kasa Chikitsa</i>
18-127	<i>Kantakari Ghrita</i>
18-178	<i>Padmakadi Leha</i>
21-55	<i>Visarp Chikitsa</i>
24-166	<i>Madatyaya Chikitsa</i>
Kalpasthan^[3]	
7-52	<i>Hikka swasa Yoga</i>
7-57	<i>Virechana Dravya</i>

Description of *Duralabha* in *Sushruta Samhita*

Table 2. Showing Review of *Duralabha* in *Sushruta Samhita*

Adhyaya & Shloka	Used as an ingredient of
Sutrasthana ^[4]	
44-26	<i>Virechan Dravya</i>
Chikitsasthana ^[5]	
9-8	<i>Mahatiktaka Ghrita</i>
9-9	<i>Tiktaka Ghrita</i>
Uttartantra ^[6]	
39-247	<i>Triphaladi Ghrita</i>
39-250	<i>Patoladi Ghrita</i>
40-63	Pittatisara Chikitsa
40-64	Pittatisara Chikitsa
51-33	Management of Dyspnoea
51-40	Management of Dyspnoea
52-31	Pathadi Ghrita in <i>Kasa</i>

Description of *Duralabha* in *Nighantus*

1. *Dhanvantri Nighantu* (10th A.D.):

In *Dhanvantari Nighantu*, *Duralabha* has been described under *Guduchyadi Varga*.

Paryaya ^[7] & Guna-Karma ^[8]

धन्वयासो दुरालम्भा मोहविनाशिनी ॥१९-२१॥

Dhanvayasa, *Duralambha*, *Tamrmuli*, *Kacchura*, *Duralabha*, *Duhsparsha*, *Yasah*, and *Dhanvayavasakah* are synonyms. *Duralambha* is *Madhura* and *Tikta* in *Rasa*, *Sheeta Virya*, and useful in *Daha* and *Jwarahara*, *Trishna*, *Chhardi*, *Meha*, and *Moha*.

2. *Shodhala Nighantu* (12th A.D.):

Acharya Sodhala kept *Duralabha* under *Guduchyadi Varga*.

Paryaya (Nama Sangraha) ^[9]:

धन्वयासे दुरालंभा विशारदः ॥१०९-१११॥

Dhanvayasa, *Duralambha*, *Tamrmuli*, *Kacchura*, *Duhsparsha*, *Sukshmpatra*, *Viksa*, *Dhanvayavasakah*, *Mriduparna*, *Kashaya*, *Grahini*, *Prabodhini*, *Phanirida*, *Grahyaja*, *Bhaksha*, *Vipandu*, *Charvighrah*, *Marujanm*, *Ushtrbhaksha*, *Marutnut*, *Shwasnut*, *Atisaarnut*, *Prarodini*, *Virupa*, *Phanihari*, and *Visharada* are synonyms.

Guna-Karma (Guna Sangraha) ^[10]:

कषायानुरसः शीतो विषहृद्धो धकृत्परम् ॥१२४॥ *Dhanvayasa* has *Kashaya* as *Anurasa* and *Sheeta Virya*. It mitigates *Vata*. It cures *Visha* and *Shwasa*.

3. *Madanpala Nighantu* (14th A.D.):

This *Nighantu* is also known as " *Madana Vinoda*". *Madanpala* has kept this drug in *Abhayadi Varga*.

Paryaya ^[11]:

धन्वयासस्ताम्रमूली ताम्रमाली धन्वयवासक ॥१०१॥

Dhanvayasa, *Tamramuli*, *Duhsparsha*, *Duralabha*, *Yasak*, *Kacchura*, *Tamramali*, and *Dhanvayavasakah* are synonyms.

Guna-Karma ^[12]:

यासः स्वादुरसस्तिक्तो भ्रान्तीस्तद्वद्धन्वयवासकः ॥१०२॥

The properties of *Dhanvayasa* are *Madhura* and *Tikta Rasa*, *Sheeta Virya*, *Laghu Guna*, and *Pittahara*. It is beneficial in the case of *Raktavikara*, *Kaphavikara*, and *Bhrama*.

4. *Kaiyadeva Nighantu* (14th A.D.):

It is also known as " *Pathyapathyavibodhaka*" written by *Acharya Kaiyadeva*. *Duralabha* has been described under *Aushadhi Varga*.

Paryaya ^[13] & Guna-Karma ^[14]:

दुरालम्भा दुरालम्भा वमिज्वरान् ॥९८३-९८६॥

Duralabha, *Duralambha*, *Dhanvayasa*, *Marudbhav*, *Durmool*, *Dirghamula*, *Smudranta*, *Nikantaka*, *Yasah*, *Yavasa*, *Duhsparsha*, *Kacchura*, *Tamrmoolika*, *Gandharika*, *Baalpatra*, *Ananata*, and *Dhanvayavasakah* are synonyms. *Duralabha* has *Tikta*, *Kashaya* and *Madhura Rasa*, *Sara* and *Laghu Guna*. It is indicated in *Raktapitta*, *Kapha Roga*, *Medo Roga*, *Shram*,

Visarpa, Kushtha, Vatarakta, Trisha, Kasa, Vaman and Jwara.

5. *Bhavaprakasha Nighantu* (16th A.D.):
Acharya Bhavamishra described Duralabha in *Guduchyadi Varga*.

Paryaya & Guna-Karma^[15]:

दुरालभा दुरालम्भा दुरालभा ॥२१३-२१६॥

Duralabha, *Duralambha*, *Smudranta*, *Rodin*, *Gandhari*, *Kacchura*, *Ananata*, *Kashaya*, and *Harivighra* are synonyms. It is *Madhura*, *Tikta* and *Kashaya* in *Rasa*; *Laghu Guna*; *Sheeta Virya*. It is indicated in *Kaphaja Roga*, *Medoroga*, *Madatyaya*, *Bhranti*, *Raktapitta*, *Kushtha*, *Kasa*, *Trishna*, *Visarpa*, *Chhardi* and *Jwara*.

6. *Raj Nighantu* (17th A.D.):

It is also known by the names "*Nighantu Raja*" and "*Abhidhana Chudamani*". *Narhari Pandit* described *Duralabha* under *Satahvadi Varga*.

Paryaya^[16]:

धन्वयासो संज्ञका ॥५३-५४॥

Dhanvayasa, *Duralambha*, *Tamramuli*, *Kacchura*, *Duralabha*, *Duspradharsha*, *Dhanvi*, *Dhanvayasa*, *sakah*, *Prabodhini*, *Sukshmadala*, *Virupa*, *Durabhighrah*, *Durlabha*, and *Duspradharsha* are synonyms.

Guna-Karma^[17]:

दुरालम्भा कटुस्तिक्तासोष्णा प्रमेहजित् ॥५५॥

Duralabha is *Katu*, *Tikta*, *Amla*, *Kshaar* and *Madhura* in *Rasa*; *Ushna* in *Virya*. It is *Vatashamak*, *Pit-tashamak*, *Jwarhara*, *Gulmanashaka* and *Pramehanashaka*.

Synonyms of *Duralabha*

The synonyms suggest the different morphological features along with the therapeutic properties of the plant as enlisted in classical texts are mentioned:

Table 3. Showing *Paryaya* (Synonyms) of *Duralabha*

<i>Paryaya</i>	<i>D.N.</i> [18]	<i>S.N.</i> [19]	<i>M.P.N.</i> [20]	<i>K.N.</i> [21]	<i>Bh.N.</i> [22]	<i>R.N.</i> [23]
<i>Durlabha</i>	-	-	-	-	-	+
<i>Duralabha</i>	+	-	+	+	+	+
<i>Dirghamula</i>	-	-	-	+	-	-
<i>Ananata</i>	-	-	-	+	+	-
<i>Duralambha</i>	+	+	-	+	+	+
<i>Smudranta</i>	-	-	-	+	+	-
<i>Rodini</i>	-	-	-	-	+	-
<i>Ushtrbhaksha</i>	-	+	-	-	-	-
<i>Gandhari</i>	-	-	-	-	+	-
<i>Kacchura</i>	+	+	+	+	+	+
<i>Kashaya</i>	-	+	-	-	+	-
<i>Gandharika</i>	-	-	-	+	-	-
<i>Marudbhav</i>	-	-	-	+	-	-
<i>Durmool</i>	-	-	-	+	-	-
<i>Nikantaka</i>	-	-	-	+	-	-
<i>Yasah</i>	+	-	-	+	-	-
<i>Yavasa</i>	-	-	-	+	-	-
<i>Duhsparsha</i>	+	+	+	+	-	-
<i>Tamrmoolika</i>	-	-	-	+	-	-
<i>Baalpatra</i>	-	-	-	+	-	-
<i>Dhanvayavasakah</i>	+	+	+	+	-	+
<i>Dhanvayasa</i>	+	+	+	+	-	+
<i>Tamramuli</i>	+	+	+	-	-	+
<i>Sukshmpatra</i>	-	+	-	-	-	-

Viksa	-	+	-	-	-	-
Mriduparna	-	+	-	-	-	-
Grahini	-	+	-	-	-	-
Prabodhini	-	+	-	-	-	+
Phanighrida	-	+	-	-	-	-
Grahyaja	-	+	-	-	-	-
Bhaksha	-	+	-	-	-	-
Vipandu	-	+	-	-	-	-
Charvigraha	-	+	-	-	-	-
Marujanm	-	+	-	-	-	-
Marutnut	-	+	-	-	-	-
Shwasnut	-	+	-	-	-	-
Atisaarnut	-	+	-	-	-	-
Dhanvi	-	-	-	-	-	+
Virupa	-	+	-	-	-	+
Sukshmadala	-	-	-	-	-	+
Duspradharsha	-	-	-	-	-	+
Durabhigraha	-	-	-	-	-	+
Tamramali	-	-	+	-	-	-
Yasaka	-	-	+	-	-	-
Prarodini	-	+	-	-	-	-
Phanighari	-	+	-	-	-	-
Visharada	-	+	-	-	-	-
Harivigraha	-	-	-	-	+	-

Interpretation and etymology of synonyms ^[24]

- **दुरालभा -दुरालम्भा-** 'दुःखेन लभ्यते इति । कण्टकित्वात् दूरवर्तित्वाच्च ।
- Difficult to collect.
- **समुद्रान्ता** - 'समुद्रोऽन्तोऽस्याः, समुद्रं यावत् विस्तृतत्वात् ।
- It is of spreading nature and runs up to the sea coast.
- **रोदिनी** - 'रोदयति कण्टकित्वात् ।
- Causes of crying due to plenty of thorns.
- **उष्ट्रभक्ष्या** - 'उष्ट्रैः भक्ष्यते इति उष्ट्रभक्ष्या ।
- Camels eat this plant.
- **गान्धारी** - 'गान्धारदेशे भवा ।
- Grows in Gandhaara region (presently Kandhara).
- **कच्छुरा**- 'कच्छुं राति ददाति इति ।
- Causes pruritus.
- **अनन्ता** - 'न विद्यते अन्तः, दूरमूलत्वात् यस्याः सा अनन्ता ।

Its roots go deeper into the soil and spread in all directions.

Rasapanchak of Duralabha

- **कषाया-** 'स्वादे कषायप्राया ।

Having astringent taste.

Vernacular name ^[25]:

Sanskrit	:	Duhsparsha,
Duralambha, Dhanvyasakah		
Bengali:		Duralabha
English:		Khorasan thorn
Gujrati:		Dhamaaso
Hindi	:	Damahan,
Dhamaasa, Hinguaa, Dhanhare		
Malayalam	:	Kodittuva
Marathi:		Dhamaasaa
Punjabi:		Dama, Dhamah,
Dhamaha		
Tamil:		Tulganari
Telugu	:	Chittigava,
Gilaregati		

Table 4. Showing *Rasapanchaka* of *Duralabha*

<i>Rasa Panchaka</i>	<i>D.N.</i> [26]	<i>S.N.</i> [27]	<i>M.P.N.</i> [28]	<i>K.N.</i> [29]	<i>Bh.N.</i> [30]	<i>R.N.</i> [31]
<i>Madura Rasa</i>	+	-	+	+	+	+
<i>Amla Rasa</i>	-	-	-	-	-	+
<i>Katu Rasa</i>	-	-	-	-	-	+
<i>Kashaya Rasa</i>	-	+	-	+	+	-
<i>Tikta Rasa</i>	+	-	+	+	+	+
<i>Sara Guna</i>	-	-	-	+	+	-
<i>Laghu Guna</i>	-	-	+	+	+	-
<i>Sheeta Virya</i>	+	+	+	-	+	-
<i>Ushna Virya</i>	-	-	-	-	-	+

Karma of *Duralabha*

Table 5. Showing the *Karma* of *Duralabha*

<i>Karma</i>	<i>D.N.</i> [32]	<i>S.N.</i> [33]	<i>M.P.N.</i> [34]	<i>K.N.</i> [35]	<i>Bh.N.</i> [36]	<i>R.N.</i> [37]
<i>Rechan</i>	-	-	-	-	+	-
<i>Kaphashamaka</i>	-	-	+	+	+	-
<i>Medohara</i>	-	-	-	+	+	-
<i>Vishaghna</i>	-	+	-	-	+	-
<i>Trishnashamak</i>	+	-	-	+	+	-
<i>Bhrantinashak</i>	-	-	-	-	+	-
<i>Visarpnashak</i>	-	-	-	+	+	-
<i>Kushthanashak</i>	-	-	-	+	+	-
<i>Kasahara</i>	-	-	-	+	+	-
<i>Jwarhara</i>	+	-	-	+	+	+
<i>Raktavikarnashak</i>	-	-	+	+	-	-
<i>Vataraktnashak</i>	-	-	-	+	-	-
<i>Chardinigrahan</i>	+	-	-	+	+	-
<i>Bhramanashak</i>	-	-	+	+	-	-
<i>Pittashamak</i>	-	-	+	+	-	+
<i>Swasahar</i>	-	+	-	-	-	-
<i>Vatashamak</i>	-	+	-	-	-	+
<i>Mohanashaka</i>	+	-	-	-	-	-
<i>Mehanashaka</i>	+	-	-	-	-	+
<i>Gulmanashak</i>	-	-	-	-	-	+

Botanical Classification

Kingdom: Plantae

Order: Zygophyllales

Family: Zygophyllaceae

Genus: *Fegonia*

Species: *F. cretica*

Morphology [38]

Root: Tap root externally brownish green, rough, with longitudinal striations, core yellowish green; fracture, fibrous.

Stem: Stem pieces 0.5 to 1.5 cm thick, of variable lengths; young green, mature brown; spiny, two pairs of spines present at each node, spines sharp, slender, 1.5 to 2 cm in length; the external surface of stem green, whitish brown when dry, striated; transversely smoothed surface showing a thin bark and prominent wood, bark peeling from stem; fracture, short.

Leaf: Small, sessile, linear, oblong, leaflets entire, green or blackish brown, 0.5 to 1.5 cm in length and

0.05 to 0.1 cm in width, without any prominent midrib region projected above the level of the lamina.

Flower: Flowers small, pale rose or purple, pedicels slender, 6 to 12 mm long; sepals 3 to 4 mm long, ovate, aristate; petals twice as long as the sepals, spathulate, claw long; ovary hairy, style tapering.

Fruit: Pentagonous schizocarp, composed of five compressed, two valved cocci.

Chemical composition

Saponins I & II^[39] Alkaloids (Harmine), Aminoacids (Alanine, glycine, leucine, arginine, isoleucine, Lysine, Phenylalamine, proline, tyrosine, and valine), Terpenoids of oleanane group.^[40]

Pharmacological action

Antioxidant activity^[41], Anti-inflammatory activity^[42], Antiallergic^[43], Anti-microbial activity^[44], Antiviral^[45], Antitumor^[46], Analgesic activity^[47], Anti pyretic^[48], Wound healing effect^[49], Blood purifies^[50], Thrombolytic activity^[51].

Part used^[52]: Whole plant (Panchang).

Materials and methods

Charaka Samhita, Sushruta Samhita, Vagbhatta, Dhanwantari Nighantu, Shodhala Nighantu, Madanapala Nighantu, Kaiyadeva Nighantu, Bhavaprakash Nighantu, Raj Nighantu, Modern medical databases (PubMed, Scirus, Science Direct and Scopus).

CONCLUSION

In *Ayurveda*, *Duralabha* is used for treating *Kasa, swasa, Jwara, Trishna, Bhranti, Visarpa, Chardi, Meha, Moha, Vatarakta*, and *Gulma*. From the above observations, it is found that much research is performed to prove its pharmacological actions, it is a well-known drug of *Ayurveda* here an attempt has been made to describe this drug in a systemic way from our *Samhitas*, *Nighantus*, and modern literature as well. This type of review plays an important role to sensitized not only *Ayurvedic* but *Non-ayurvedic* communities also get informed about our traditional *Ayurvedic* drugs and their benefits to healthy and diseased persons as well.

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