

A CRITICAL ANALYTICAL REVIEW OF DRUGS UTILITY OF HARITAKYADI VARGA OF BHAVA PRAKASH NIGHANTU WITH VIEW OF PROF.CHUNEKAR IN STREE VIVIDHA AVASTA

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ABSTRACT

Ayurveda has its own heritage because of its depth of wealth of herbs. It has enormous herbs for one common disease. Selection of herbs for particular disease condition for particular person is the task for Practitioner. Acharay's made the search easy by grouping the herbs into *Gana's*, *Varga's*. As women is prone for more wear and tear phenomenon throughout her life. It's a need of an hour to critical review of *Nighantu's* for thorough knowledge of Herbs. Hence an attempt is made to review of drugs utility of *Haritakyadi Varga* of *Bhava Prakash Nighantu* with view of Prof. Chunekar in *Stree vividha avastas*. Some of herbs of *Haritakyadi varga* are very specifically mentioned for *Stree Roga* and in *Prasuta avasta* with specific action like *Garbhashaya Shodhaka*, *Artava Stambhaka Stanya Shodhaka* etc. The collection of data from *Bhava Prakash Nighantu* with analytical view of Prof. Chunekar is done. Discussion and conclusion will be done on the basis of Reviewed and analysed collected data.

Keywords: *Haritakyadi varga*, *Stanya shodhaka*, *Bhava Prakash*, *Prasuta*

INTRODUCTION

Jagatevam anoushadam all the universal drugs are useful in one or the other way^{1,2}. Bhavamishra has explained drugs in form of *Varga* which makes us for easy usage of herbs for clinical aspect. Since ancient days most of the herbs are used for *Stree* in the routine form as a food for the purpose of health maintenances. After review of *Haritakyadi varga* of *Bhava Prakash Nighantu* of analytical view of Prof Chunekar, more number of medicine are mentioned for *Stree*

*vyadhi's*³. *Garbhini* and *Prasuta avasta* are such a love able phases of women life, where they are going to give new life. So, Physician should be very cautious while prescribing medicine to them.

Some of the drugs are explained as "*Garbhayshaya Shodhaka*, *Garbhashaya Sankochaka*, *Artava Pravartaka*, *Artava Sthambaka*, *Stanya Shodaka*, *Stanya Vardhaka* etc". *Jeeraka*, *Krishna Jeeraka*, *Chandrasura*, *Methika* etc are some drugs specially

mentioned and routinely used for *Prasuta stree for Garbhayshaya Shodhanartha, stanya vrudhi*, and for nutrients supplementation.⁴

Present sedentary and fast moving life style more of adolescents depends on fast food, *Virudha ahara, Avyayam, Ativyayam* make them more prone to suffer with one or the other menstrual problems. We have rich heritage of medicinal plants. Intention of enhancing the drug list for practise a critical review of *Hari-takyadi varga* of Bhava Prakash of Chuneekar commentary is undertaken.

Methodology:

It is a review research article so,

1. The collection of data from *Bhava Prakash Nighantu* with analytical view of Prof. Chuneekar.
2. Analysed the collected data from *Bhava Prakash Nighantu* with analytical view of Prof. Chuneekar.
3. Critical reviewed the Analysed the collected data from *Bhava Prakash Nighantu* with analytical view of Prof. Chuneekar.
4. Discussion and Conclusion will be done on the basis of Reviewed and analysed collected data.

Sl no	Drug name	Latin and Family name	Rasa Panchaka	View of Chuneekar
1	Haritaki	<i>Terminalia chebula</i> Combrataceae	R-Lavana Varjita Pancha rasa G-Laghu, Ruksha Vr-ushna Vp-Madhura Dg-tridosha	
2	Bibhitaki	<i>Terminalia bellirica</i> Combrataceae	R-Kashaya Vr-Ushna VpMadhura Dg-Kapha Pittahara	-
3	Amalaki	<i>Emblica officinalis</i> Euphorbiaceae	G-Ruksha Dg-Tridoshahara	-
	Triphala			Explained
4	Sunti	<i>Zingiber officinale</i> Zingiberaceae	R-Katu G-Laghu Vr-Ushna VpMadhura Dg-KV	-
5	Ardraka	<i>Zingiber officinale</i> Zingiberaceae	R-Katu G-Guru, Ruksha Vr-Ushna VpMadhura Dg-KV	-
6	Pippali	<i>Piper longum</i> Piperaceae	R-Katu Vr-Anushna VpMadhura Dg-VK	Prasuti Jwara, and Garbhasya suddhi.
7	Maricha	<i>Piper nigrum</i> Piperaceae	R-Katu Vr-Ushna Dg-KV	-
8	Pippali mula	<i>Piper longum</i> Piperaceae	R-Katu Vr-Ushna G-Laghu, Ruksha Dg-Pitta-kara, KV	Apara and Garbha sangha.
9	Chavya	<i>Piper chaba</i> Piperaceae	Same as Pippalimula	-
10	Gaja Pippali	<i>Scindapsus officinalis</i>	R-Katu Dg-VK	

			<i>Vr-Ushna</i>	
9	<i>Chitraka</i>	<i>Plumbago zeylanica</i> <i>Plumbaginaceae</i>	<i>Vp-Katu</i> <i>Dg-Tridosha</i> <i>Vr-Ushna</i> <i>G-Laghu, Ruksha</i>	<i>Garbhasya Sankochaka, Sutika Jwara, Makkala Shula</i>
10	<i>Rakta Chitraka</i>	<i>Plumbago rosea</i> <i>Plumbaginaceae</i>		-
11	<i>Neela Chitrka</i>	<i>Plumbago capensis</i> <i>Plumbaginaceae</i>		-
12	<i>Yavani</i>	<i>Trachyspermum ammi</i> <i>Apiaceae</i>	<i>R-Katu, tikta</i> <i>Vr-Ushna</i> <i>Vp- Laghu</i> <i>Dg-Pitta-Vardhaka, KV</i>	-
13	<i>Ajamoda</i>	<i>Apium graveolens</i> <i>Apiaceae</i>	<i>R- Katu</i> <i>Vr-Ushna</i> <i>Dg-KV</i>	<i>Nasta artava, and Garbhasya sankochaka</i>
14	<i>Ajawayan Jangali</i>	<i>Seseli indicum</i> <i>Apiaceae</i>		-
		<i>Thymus serpyllum</i> <i>Labiatae</i>		-
15	<i>Parasika yavani</i>	<i>Hyoscyamus niger</i> <i>Solanaceae</i>	<i>R- Katu</i> <i>Vr-Ushna</i> <i>Vp-Guru</i> <i>Dg-KV</i> <i>K- Pachaka, Ruchikara, Grahi, Madaka</i>	<i>Kasta artava, aniyamita artava.</i>
16	<i>Jeeraka</i>	<i>Cuminum cyminum</i> <i>Apiaceae</i>	<i>R-Katu</i> <i>G-Ruksha</i> <i>Vr-Ushna</i> <i>Vp-Laghu</i> <i>Dg-Kaphaghna</i> <i>K-Jwarghna, Sanghrahi, Pittala, Medhya, Vrushya, Pachana, Balaya, Ruchya, Chakshusya, Gulma Adhamana Chardi Atisarahrut</i>	<i>Garbhini vamana stanya vrudhi</i>
17	<i>Krishna Jeeraka</i>	<i>Carum carvi</i> <i>Apiaceae</i>	<i>Similar to Jeeraka</i>	<i>Stanya Janana, Stanya Vrudhi</i>
21	<i>Kalounji</i>	<i>Nigella Sativa</i> <i>Ranunculaceae</i>	<i>Similar to Jeeraka</i>	<i>Stanya Vrudhi, Sutika Arochaka, Kasta artava, Suthika Jwara, Vatanulomana, Deepana, Pachana.</i>
22	<i>Dhanyaka</i>	<i>Coriandrum sativum</i> <i>Apiaceae</i>	<i>R-Kashya, Katu, Tikta</i> <i>G-Laghu, Snigdha</i> <i>Vr-Ushna</i> <i>Vp-Madhura</i> <i>Dg- Tridoshagnata</i> <i>K-Avrushya, Agnideepaka, Pachaka, Mutrala, Jwaraghna, Rochaka, Grahi, Dahaghna, Vamana Kasa Swasa, Krusha Krimighna</i>	<i>Shweta Pradara</i>
23	<i>Shatapushpa</i>	<i>Anethum sowa</i> <i>Apiaceae</i>	<i>R-Katu</i> <i>G-Laghu, Tikshna</i> <i>Vr- Ushna</i> <i>Vp- Laghu</i>	<i>Garbhasya Utejaka, Stanaya Vardhaka, Prasuta Vamana, Anartava.</i>

			<i>Dg-Pittakaraka VK</i> <i>K-Jwaraghna, Vrana, Ropaka Shulagna Rg-Netra roga Nashaka</i>	
24	<i>Saunf</i>	<i>Foeniculum vulgare</i> <i>Apiaceae</i>		<i>Anartava</i>
25	<i>Methika</i>	<i>Vana methika</i>	<i>Medicago sativa</i> <i>leguminosae</i>	<i>Garbhashaya Sankochaka, Artava Sudhi, Stanya Janana, Shweta Pradara</i>
26	<i>Chandra sura</i>	<i>Lepidium sativum</i> <i>Cruciferae</i>	<i>Dg- Vata Kaphahar</i> <i>K-Hikka, Atisara, Ashrikga-vata hara, Bala Pushiti Vardhaka</i>	<i>Stanya Janana, Prasutavasta-Katishula, Shweta Pradara, Garbha Pata</i>
27	<i>Hingu</i>	<i>Ferula narthex</i> <i>Apiaceae</i>	<i>Vr- Ushna</i> <i>G-Tikshna</i> <i>Dg- VK</i> <i>K-Pachaka, Ruchikara, Shulahara, Krimighna.</i> <i>Rg- Gulmahara, Udara-roghara.</i>	<i>Garbhashaya sankochaka, artava sudhi,</i>
28	<i>Vacha</i>	<i>Acorus calamus</i> <i>Araeace</i>	<i>R-Tikta, Katu</i> <i>Vr-Ushna,</i> <i>G-Tikshna</i> <i>Dg-Vata</i> <i>K-Vaman</i> <i>karaka, Agnijanaka, Vibhandha- Adhmana nasaka, Shulaghna, Shakrut-Mutra Vishodhini, Apasmara, Kaphonamada, Bhutabhada and Kriminghan</i>	-
29	<i>Parasika vacha</i>	<i>Paris polyphylla</i> <i>Araeace</i>	<i>Similar to Vacha</i>	-
30	<i>Mahabhari vacha</i>	<i>Alpinia galanga</i> <i>Zingiber aceae</i>	<i>Similar to Vacha Alpa gunayukta</i>	-
31	<i>Kulinjan</i>	<i>Zingiber zerumbet</i> <i>Zingiber aceae</i>	<i>Dg-Kapha</i> <i>K-Kasa, Hrut-Kantha-Mukha Vishodhini</i>	-
32	<i>Chopa chini</i>	<i>Smilax china</i> <i>Liliaceae</i>	<i>R-Tikta</i> <i>Vr-Ushna</i> <i>Dg-Vata</i> <i>K- Shulaghna Shakrut-Mutra Vishodhini, Vatavyadhi, Deepaka</i> <i>Rg-Vibhanada Adhamana Naska, Apasmara- Unamada- Vedhanhara</i>	
33	<i>Hapusha</i>	<i>Juniperus communis</i> <i>Cupressaceae</i>	<i>R-Tikta, Kashya</i> <i>Vr-Ushna</i> <i>Vp- Guru</i> <i>Dg-Pitta</i> <i>K-Agnideepaka, Grhani- Udara- Arsha- Gulmahara.</i>	<i>Artava</i> <i>Janaka, Shweta Pradara, Kasta artava, Anartava. Garbhashaya Sankochaka, Kshena artava dushti.</i>
34	<i>Vidanga</i>	<i>Embelia ribes</i> <i>Myrsinaceae</i>	<i>R-Katu</i> <i>G-Tikshna</i> <i>Vr-Ushna</i> <i>Dg- Kapha</i> <i>Rg-Adhmana- Udara- Krimi-Vata-Vibhandha hara</i>	-
35	<i>Vidanga Bheda</i>	<i>Tsjeriam cottam</i> <i>Myrsinaceae</i>	<i>Similar to Vidanga</i>	-
36	<i>Nadi Hingu</i>	<i>Gardenia gummifera</i> <i>Rubiaceae</i>		-

37	<i>Tumburu</i>	<i>Zanthoxylum alatum</i> Rutaceae	<i>R-Tikta, Katu</i> <i>G-Ruksha, Tikshna</i> <i>Vr-Ushna</i> <i>Vp-Katu</i> <i>Dg-VK</i> <i>K-Shula-hara</i> <i>Rg-Netra,</i> <i>Karna, Oshta, Shira, Kushta,</i> <i>Krimi, Aruchi, Swasa,</i> <i>Mutrkruchrahara.</i>	-
38	<i>Thera phala</i>	<i>Zanthoxylum rhesta</i> Rutaceae		-
39	<i>Vamsalochana</i>	<i>Bambusa arundinacia</i> Poaceae	<i>R-Kashya</i> <i>G-Sheetala</i> <i>K-Bhruhaneeya, Balya, Vrushya,</i> <i>Rg-Trishna, Kasa, Swasa, Jwara, Kshaya, Kamala,</i> <i>Kushta, Vruna, Pandu, Mutra-kruchrahara</i>	<i>Garbhashaya Sankochaka, Prasuta artva Sudhi, Artava Vikara.</i>
40	<i>Samudraphena</i>	<i>Sepia officinalis</i> Cephalopoda	<i>R-Kashya</i> <i>G-Sara</i> <i>K-Chakshushya,</i> <i>Lekhana</i> <i>Dg-PK</i> <i>Rg-Karna roga</i>	-
41	<i>Astavarga</i>			
42	<i>Yasti -madhu</i>	<i>Glycyrrhiza glabra</i> Fabaceae	<i>R-Madhura</i> <i>G-Guru</i> <i>Vr-Sheeta</i> <i>K- Chakshushya, Balya, Varnya, Sukrala, Swarya,</i> <i>Vishagna</i> <i>Dg-PV</i> <i>Rg- Vruna, Kshaya, Shotha, Chardi, Trushna, Glani</i>	<i>Stanya Vardhaka</i>
43	<i>Kampillaka</i>	<i>Mallotus philippensis</i> Euphorbiaceae	<i>R-Katu</i> <i>G-</i> <i>Vr-Ushna</i> <i>K-Rechaka</i> <i>Dg-K</i> <i>Rg-Raktapitta, Krimi, Gulma, Udara, Prameha,</i> <i>Anaha, Asmari.</i>	-
44	<i>Araghwa-da</i>	<i>Cassia fistula</i> Leguminosae	<i>R-Madhura</i> <i>G-Sheeta, Guru</i> <i>K-Mrudu Rechaka, Ruchikara</i> <i>Dg-PK</i> <i>Rg-Kushta, Jwara</i>	<i>Garbhini Jwara, Garbhini Mrudu Rechaka</i>
45	<i>Katuki</i>	<i>Picrorhizia kurroa</i> Scrophulariaceae	<i>R-Tikta</i> <i>G-Ruksha, Sheet, Laghu</i> <i>Vp-Katu</i> <i>K-Mala Bhedaka, Deepaka</i> <i>Rg-Hrudaroga, Jwara(KP), Prameha, Swasa, Kasa,</i> <i>Raktadosha, Daha, Kushata, Krimi.</i>	-
46	<i>Trayamana</i>	<i>Gentian kurroo</i> Gentianaceae		-
47	<i>Kurasani</i>	<i>Helleborus niger</i>		<i>Artava Vrudhikar</i>

	<i>Katuki</i>	<i>Ranunculaceae</i>		
48	<i>Kirta-tikata</i>	<i>Swertia chirata</i> <i>Gentianaceae</i>	<i>R-Tikta</i> <i>G-Ruksha, Sheetala, Laghu,</i> <i>Rg- Vruna, Sannipata Jwara, Kasa, Swasa, Kushta,</i> <i>Shohta, Trushna, Sosha,</i> <i>Krimi.</i>	<i>Garbhini Vamana</i>
49	<i>Indrayava</i> <i>(Kutaja beeja)</i>	<i>Holarrhena anti-</i> <i>dysenterica</i> <i>Apocynaceae</i>	<i>R-Katu.</i> <i>G-Sheeta,</i> <i>Dg-Tridosha</i> <i>K-Deepana, Shulaghna</i> <i>Rg- Jwara, Atisara, Arsha, Vaman, Visarpa, Kushta,</i> <i>Vatarakta.</i>	-
50	<i>Madan Phala</i>	<i>Randia dumetorum</i> <i>Rubiaceae</i>	<i>R-Madhura, Tikta</i> <i>G-Laghu,</i> <i>Vr-Ushna</i> <i>Dg- K</i> <i>K-Lekhana,</i> <i>Rg-Pratishyaya, Vidradhi, Vruna, Kushta, Anaha,</i> <i>Shohta, Gulma, Kshata.</i>	<i>Vandhyatava, Garbhshaya</i> <i>sothara, kasta artava, Aniyamita</i> <i>artava,</i>
51	<i>Rasna</i>	<i>Pluchea lanceolata</i> <i>Asteraceae</i>	<i>R-Tikta</i> <i>G-Guru</i> <i>Vr-Ushna</i> <i>Dg-KV</i> <i>K-Amapachaka,</i> <i>Rg-Shohta, Swasa, Vatarakta, Vatashoola, Udara,</i> <i>Kasa,</i> <i>Jwara, Visha,</i> <i>Sidhma Kushta,</i> <i>80 types of Vataroga</i>	<i>Prasuta srava sudhi</i>
52	<i>Sarpa Gandha</i>	<i>Rauwolfia serpen-</i> <i>tina Apocynaceae</i>	<i>R-Kashya, Tikta, Katu</i> <i>Vr-Ushna</i> <i>K-Vishaghna</i> <i>Rg-Jwara, Krimi, Vruna</i>	<i>Garbhashaya Utejaka, Avi</i> <i>Vrudhi</i>
53	<i>Ishwari Mula</i>	<i>Aristolochia indica</i> <i>Aristolochiaceae</i>		<i>Garbhashaya Utejaka, Avi</i> <i>Vrudhi, anartva, Kasta artava,</i> <i>Garbha patina.</i>
54	<i>Machika</i>	<i>Tamarix ariculata</i> <i>Tamaricaceae</i>	<i>R-Amla, Vp-Kashya</i> <i>G-Sheeta, Laghu,</i> <i>Dg- K</i> <i>Rg- Pakwaatisara,</i> <i>Kanta roga, Rakta pitta.</i>	<i>Shweta Pradara</i>
55	<i>Tejovati</i>	<i>Zanthoxylum ala-</i> <i>tum Rutaceae</i>	<i>R-Katu, Tikta</i> <i>Vr-Ushna</i> <i>K-Ruchikara, Deepaka, Pachaka.</i> <i>Dg-KV</i> <i>Rg-Swasa, Kasa, Mukha roga</i>	-
56	<i>Jyothismati</i>	<i>Celastrus panicu-</i> <i>latus Celastraceae</i>	<i>R-Katu, Tikta</i> <i>G-Tikshan</i> <i>Vr-Atyushna</i> <i>Dg-KV</i> <i>K-Saraka, Vamaniya, Vanhi-Budhi-Smruthiprada</i>	-
57	<i>Kushta</i>	<i>Saussurea lappa</i> <i>Asteraceae</i>	<i>R-Katu,</i> <i>Tikta</i>	<i>Artava janana, Nasta artava,</i> <i>Kasta artava</i>

			<i>G-Laghu, Vr-Ushna K-Sukrajanaka Rg-Kasa, Raktapitta, Visarpa, Kushta</i>	
58	<i>Pushakar mula</i>	<i>Inula racemosa Asteraceae</i>	<i>R-Katu, Tikta Dg-VK Rg-Parshwa shula, Jwara, Shotha, Aruchi, Swasa.</i>	<i>Artava janana, Nasta artava, Kasta artava</i>
59	<i>Katu Parni</i>	<i>Argemone mexi- cana Papav- eraceae</i>	<i>R-Tikta Dg- KP K-Bhedaka Rechaka, Utkleshakara, Vishanashaka Rg-Krimi, Kandu, Anaha, Rakta Vikara, Kushata</i>	<i>Phiranga</i>
60	<i>Karkata Shrunji</i>	<i>Pistacia integer- rima Anacardi- aceae</i>	<i>R-Kashaya, Tikta Vr-Ushna Dg-KV Rg- Kshya, Jwara, Urdwavata, Trushna, Kasa, Hikka Aruchi, Vaman</i>	-
61	<i>Kata Phala</i>	<i>Myrica esculenta Myricaceae</i>	<i>R-Kashaya, Tikta, Katu Dg- VK Rg-Jwara, swasa, Prameha, Arsha, Kasa, Kantaroga Aruchi.</i>	<i>Garbhashaya Sankochaka, Kasta artava</i>
62	<i>Bharangi</i>	<i>Clerodendrum serratum Verbenaceae</i>	<i>R-katu, Kashaya, Tikta G-Ruksha, Laghu Vr-Ushna Dg-KV K-Ruchikara, Pachaka, Deepaka Rg-Gulma, Raktadosha, shota, kasa, Swasa, Peensa, Jwara</i>	-
63	<i>Pashana Bheda</i>	<i>Aerva lanata Amaranthaceae</i>	<i>R-Tikta, kashaya G-Sheeta Vr- K-Bhedhaka, Basti shodhaka. Rg-Arsha, Gulma, Mutrakruchra, Hrid roga, Yoni roga, Prameha, Pleeha, Shula</i>	
64	<i>Dhataki</i>	<i>Woodfordia flori- bunda Lythraceae</i>	<i>R-Katu, Kashaya, G-Sheeta, K-Mrudukaraka Rg-Atisara, Raktapitta, krimi, Visarpa</i>	<i>Rakta Pradara, Shweta Pradara.</i>
65	<i>Manjishta</i>	<i>Rubia cordifolia Rubiaceae</i>	<i>R- Madura, Tikta, Kashaya G-Guru Vr-Ushna, Dg-K K-Swara, Varna Rg-Netra, Karna, Raktatisara, Kushta, Visarpa, Vruna, Prameha, Raktadosha.</i>	<i>Garbhashaya Sankochaka, Ar- tava vikara, Anartava, Prasva avasta, Garbhashaya Sudhi.</i>
66	<i>Kushumbha</i>	<i>Carthamus tincto- rius Asteraceae</i>	<i>Rg-Raktapitta, Mutrakruchra, Dg-K</i>	<i>Kshina artava, Suthika makkala.</i>
67	<i>Laksha</i>	<i>Laccifer lacca Lacciferidae</i>	<i>R-Kashaya G-Sheetala, Snigdha, Vr-Anushna Rg-Jwara, Visarpa, Rakatapitta, Krimi, Kushta, Vruna, Hikka, kasa, Speccially Vyangya</i>	<i>Rakta Pradara.</i>

68	Haridra	<i>Curcuma longa</i> Zingiberaceae	R-Katu, Tikta, Vr-Ushna, G-Ruksha, Dg-KP K- varnya, Rg-Twak Dosha, Shotha, Pandu, Prameha, Vruna, Rakta Vikara	Pradara
69	Karpura Haridra	<i>Curcuma amada</i> Zingiberaceae	R-Madhura, Tikta G-Sheetala Dg-P K-Sarva Kandunashaka	
70	Vana Haridra	<i>Curcuma aro-</i> <i>matica</i>	Rg-Kushta, Vatarakta	
71	Daruharidra	<i>Berberis aristata</i> Berberidaceae	Similar to Haridra. Specific for Netra, Karna and Mukha rogas.	Pradara, Atyartava, Garbhini vama
72	Rasanjana	Extratrum of berberis	R-Katu, Tikta Vr-Ushna Dg-K K-Rasayana Chedaka Rg-Visha, Netra, Vruna.	
73	Bakuchi	<i>Psoralea corliyafo-</i> <i>lia</i> Fabaceae	R-Madhura, Tikta G-Ruksha Vp-Katu Vr-Ushna K-Rasayan, Saraka, Ruchiya, Rg-Kushta, Swasa, Jwara, Prameha, Krimi. Bakuchi Beeja- Dg-Pittakar, KVhara. Rg-Krimi, Kushta, Pandu, Shotha, Ama, Kasa, Swasa.	
74	Chakar marda	<i>Cassia tora</i> Caesalpiniaceae	R-Madhura G-Laghu, Ruksha Vr-Sheeta Dg-Tridosha K-Hrudya, Rg-Kushta, Dadru, Swasa. Phala Guna- R-Katu Vr-Ushna, Rg-Kushta, Kandu, Visha, Gulma, Kasa, Swasa.	
75	Ativisha	<i>Aconitum hetero-</i> <i>phyllum</i> Ranunculaceae	R-Katu, Tikta Vr-Ushna Dg-KP K-Pachaka, Deepaka Rg-Atisara, Ama, Visha, Vamana, Krimi.	Prasuta atisara
76	Lodhra	<i>Symplocos ra-</i> <i>cemosa</i> Symplocaceae	R-Kashaya Dg-K P G-Laghu, Grahi Vr-Sheeta Rg-Raktapitta, Raktavikara Jwara, Atisara, Shotha.	Rakta Pradara, Atyartava, Shweta Pradara, Garbhashaya Sankochaka, in excessive fetal movements.
77	Lasuna	<i>Allium sativum</i> Liliaceae	R-Amla Varjit pancharasa Vr-Ushna K-Kantya, varnaya, Netraya, Rasayan Dg-K	Artava pravartaka, Anartava, Kasta artava.

			<i>Rg-Hruda roga, Jeerna Jwara, Kushishula, Gulma, Aruchi, Arsha, Kushta, Agnimandhy, Krimi, Swasa,</i>	
78	<i>Ekaputi Lasuna</i>	<i>Allium ascalonicum Liliaceae</i>		<i>Artava Sudhi.</i>
79	<i>Palandu</i>	<i>Allium cepa Liliaceae</i>	<i>R-Madhura Vp-Madhura G-Guru Vr-Anushna Dg-Kaphakarka, vatahar. K-Balya, Veerya Vardhaka</i>	<i>Artava janaka.</i>
80	<i>Jangala Palandu</i>	<i>Urginea indica</i>		
81	<i>Bhalataka</i>	<i>Semecarpus anacardium Anacardiaceae</i>	<i>R-Madhura, Kashaya G-Laghu, Tikshna, Snigdha Vr-Ushna Vp-Madhura K-Bhedaka, Chedaka, Medhya, Deepaka Dg-KV Rg-Udara, Kushta, Gulma, Shotha, Anaha, Krimi, Jwara.</i>	<i>Artava Vikara,</i>
82	<i>Bhanga</i>	<i>Cannabis sativum Cannabinaceae</i>	<i>R-Tikta G- Grahi, Laghu, Tikshna Dg-Kaphara Pittkaraka. Vr-Ushna K-Pachaka Rg-Mada, Moha, Swara and Jataragni Vardhaka.</i>	<i>Garbhashaya Sankochaka, Menopausal syndrome, Prasava avi Vruddhi, Pidita artava, Beeja Kosha pida.</i>
83	<i>Ahiphena (Khakhasa)</i>	<i>Papaver somniferum Papaveraceae</i>	<i>R-Tikta, Kashaya G-Laghu, Ruksha Dg-Vatkaraka, Kaphahar K-Madakaraka Mohakararak, Ruchikarak, Sukrahar, Dhatu-Soshaka</i>	<i>Shweta Pradara, Garpata Shulalar.</i>
84	<i>Saindhava Lavana</i>	<i>Chloride of Sodium</i>	<i>R-Madhura G-Laghu, Snigdha, Sukshama Vr-Sheeta K-Pachaka, Deepaka, Vrushya, Netraya</i>	
85	<i>Sambhara Lavana</i>		<i>Vp-Katu G-Laghu, Tikshna Dg-Vatahar, Pittajanaka Vr-Ushna K-Bhedaka, Abhishyandi</i>	
86	<i>Samudra Lavana</i>	<i>Sodii muras</i>	<i>R-Tikta-Madhura Vp-Madhura G-Guru, Kshara, Avidhahi, Tikshna Vr-Ushna Dg-Kaphakararak</i>	
87	<i>Bida Lavana</i>		<i>G-Kshara K-KV anulomana,</i>	
88	<i>Sourchala Lavana</i>	<i>Unaqua Sodium Chloride</i>	<i>G-Laghu, Vishada, Sneha K-Deepaka, Rochaka, Bhedaka, Udgarasudhi, Sukshmasrotogami.</i>	

			<i>Rg-Anaha, Shula, Vibhandha</i>	
89	<i>Kanija Lavana</i>		<i>G-Kshara, Snigdha, Sheetala R-Katu Dg-V</i>	
90	<i>Yava Kshara</i>	<i>Potassii carbonas</i>	<i>G-Laghu, Snigdha, Suksham K-Deepaka Dg-VK Rg-Swasa, Gala, Pandu, Arsha, Shula, Sangrahi, Anaha, Pleeha, Gulma, Hridarogas.</i>	
91	<i>Suvarchhika</i>	<i>Potassii Nitras</i>	<i>Similar to Yavakshara</i>	<i>Shweta pradara.</i>
92	<i>Tankana</i>	<i>Sodium Borax</i>	<i>G-Ruksha K-Agnikaraka Dg-Vata-pittakaraka, Kaphanashaka</i>	<i>Artava Pravataka, Rakta Pradara, Anartava, Kasta artava, Prasva Avi Vruddhi, Shweta pradara.</i>
93	<i>Chukra</i>		<i>Vr-Ushna K-Deepaka, Pachaka Rg- Trishna, Vibahnda, Amavata, Vamana, Mukhavirasya, Hrudaya shula.</i>	

Drugs with specific Quality:

1. Contraindicated in Garbhani: Haritaki¹, Ajamoda, Bhalataka
2. Garbhashya Sudhhikara: Jeeraka, Krishna Jeeraka, Kalounji,
3. Atyartava: Amlaki
4. Shweta Pradara: Triphala
5. Phiranga roga: Chopachini
6. Stana sotha and Andha kosha sotha: Parashika Yavani.
7. Yoni roga: Pashana Bheda, Manjishta
8. Rakta Vikara: Lodhra
9. Contra-indicated during Breast Feeding: Ahiphena

DISCUSSION

In *Haritakyadi varga* includes 98 numbers of drugs. Some herbs are concise in group for better understanding and easy to remember their properties.

Like – *Triphala, Shadushana, Panchakola, Astavarga, Chaturbeeja, Jeeraka traya, Kshara dwaya, Kshara Traya* etc.

Initial 4 drugs have *Madhura Vipaka*,

Most of the herbs of this *Varga* are having *Katu Rasa Katu Vipaka, Tikshna Ushna, Laghu, Guna and Deepaka, Ama Pachaka, Vata and Kaphahara*.

Astavarga herbs are endangered species. They all have *Rasayana* property. Their substitutes explained by Chunekarji.

1. Contraindicated in *Garbhani: Haritaki*: because of its *Ruksha Guna, Ushna Vr, K-Sonithsthapana, & Anulomaka*. Clinical trial showed Haemostatic activity, so it may be contraindicated. *Bhalataka and Ajamoda: Ushna Vr Teekshna Guna shows Garbhashya Uttejaka. Bhalataka had abortifcent action and it has toxic effect hence they may be contraindicated.*⁷
2. *Garbhashya Sudhhikara: Jeeraka, Krishna Jeeraka, Kalounji* all these 3 herbs have *Katu R, Ushna Vr, Katu Vp Garbhashya Sodhana* because of their volatile oils (Cymene, Carvone, Thymol)
3. *Atyartava- Amalaki* bcoz of its *Sheeta -Vr, Vp-Madhura, K-Shonitasthapana, Stambhana*. Contains excess of amount of tannins which shows Haemostatic action.
4. *Yoni roga: Pashana Bheda* being *Kashya, Tikta rasa and Sheet Virya* helpful in Menorrhagia conditions. *Manjishta* is having *Teekshna* property, *Ushna Vr Artavajnana*, and *Garbhashya Uttejaka* trial showed haemostatic action⁷.
5. *Stana sotha and Andha kosha sotha: Parashika Yavani: Shothahara* Anti-inflammatory action

6. Contra-indicated during Breast Feeding: *Ahiphena*: it contains Morphine, codeine, narcotine toxic principles which have *Vyavayi* guna hence it may be contra indicated during Breast Feeding⁶.
7. *Jeeraka, Krishna Jeeraka, Dhanyak, Hingu, Shatapushpa, Ajamoda, Yavani* these herbs belong to Apiaceae Family of *Haritakyadi Varga* has their specific effect on uterus because of their essential oils volatile oil & sitosterol, estrodial chemical composition.
8. Most of the herbs in this group contain beta-sitosterol. A plant food-based diet modifies the serum beta-sitosterol concentration in hyperandrogenic postmenopausal women⁸. This finding indicates that beta-sitosterol can be used as a biomarker of exposure in observational studies or as a compliance indicator in dietary intervention studies of cancer prevention. beta-Sitosterol induces apoptosis and activates key caspases in MDA-MB-231 human breast cancer cells⁹.

CONCLUSION

Haritakyadi varga includes most commonly available herbs which will improve area of practical utility in routine.

Some Apiaceae group of drugs have uterine tonic effect because of their essential oils within it.

Review of *Sastras* and updating is the need of an hour to enhance knowledge

Knowing the herbs will give option for more researches in Ayurvedic field. Further study of all *Vargas* can be carried by scholars to know their effect in *Stree*. Literary works and clinical trials can be done for documenting the herbs mentioned in *Bhavaprakash Nighantu* for the purpose of women health.

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Abbreviations:

R- Rasa, G-Guna, Vr-Veerya, Vp-Vipaka, K-Karma, Rg-Rogaghnata, Dg-Doshaghnata

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