

CRITICAL ANALYSIS of VARUNA (CRATAEVA NURVALA BUCH. HAM) FROM SAMHITA AND NIGHANTU (AYURVEDIC DRUG LEXICONS)

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ABSTRACT

Background: *Crataeva nurvala* Buch. Ham is known as *Varuna* in Sanskrit. *Varuna* belongs to the Capparidaceae family. In the Indian system of medicine, *Varuna* is widely used to treat various diseases. **Material and method-** *Charak, Sushruta, Vagbhata Samhita* and Various *Nighantus* were referred for data collection regarding *Varuna*. The e-book of *Nighantu* developed by the National Institute of Indian Medicine was also referred for this review. **Observation and result** synonyms of *Varuna* like *Setu, Kumaraka, Setudruma, Bilvapatri, Urumana* etc. Properties like *Tikta, Kashaya Rasa, Ruksha, Laghu guna, Ushna Virya, Katu Vipaka*, action like *Asmarighna, kushtaghna, Vidradhihara* are described in *Samhitas* and Different *Nighantus*. **Discussion-** The collection of Information along with its variation in synonyms, properties and action of medicinal plant *Varuna*. **Conclusion-** The present analysis reveals that the different types of synonyms, properties and actions described in *Samhitas* and *Nighantus* will assist in the retrospective study of the herbal drug *Varuna* with already proven indications.

Keywords: *Varuna, Crataeva nurvala . Buch. Ham, Samhita, Nighantu, Paryaya, Rasapanchaka.*

INTRODUCTION

Samhitas and *Nighantus* elaborately describe the herbal drug or Dravya. Detailed information on the herbal drug includes synonyms, basonyms, and properties. Synonyms indicate the different characteristic features of herbal drugs based on habit, habitat, morphology, therapeutic actions, etc. Synonym and Property of drug description in *Samhitas* and *Nighantus* gives a complete idea of the herbal drug and its utility in treatment. Critical analysis of synonyms and properties of the drug *Varuna* has been reviewed concerning *Samhitas* and *Nighantus*. *Varuna* is widely used in many diseased conditions. It has both nutritional and curative values. *Varuna* is effective as a single drug and in compound formulations. References to *Varuna* are available in *Samhitas* and *Nighantus*. *Varuna* (*Crataeva nurvala Buch. Ham*) belongs to the Capparidaceae family, whose most commonly used part is stem bark.

Vernacular Names^{1,2,3} –

Sanskrit – Varuna, Setuka

English – Three leaved caper, Holy garglic pear, Lengam tree.

Kannada – Adhiraja, Bilapatri, Bitusi.

Marathi – Nirvala, Haravarna, Karvan

Punjabi – Barna, Barnahi

Hindi – Baruna, Bila

Malayalam – Kili, Niravala

Gujarati – Varno, Vayavarno

Tamil – Nilluvam, Narvala

Telugu – Bilvaram

Tulu – Neernekki

Oriya – Boryno

Urdu – Barna

Ayurvedic classics have not mentioned any varieties of this drug.

Description of Varuna⁴ Habit – A small or medium sized tree. Branched corymbs of white flowers, which turn yellow soon after blooming.

Leaves –Digitatively trifoliate, petiole 3.8-7.6cm long, leaflet ovate, lanceolate entire, glabrous, pale beneath.

Flower – 2 inches in diameter, in corymbose cluster, White and pale yellow, on filiform pedicel, petals ovate or oblong, obtuse or acute.

Fruit – fruit is globose or ovoid, smooth or scurfy berry, 3.5cm in diameter, many seeded, pericarp hard, Seeds 6mm long, reniform immersed in yellow pulp.

Stem bark – 1-1.5cm thick, greyish to greyish brown, surface rough due to number of lenticles, shallow fissures and a few verticle or longitudinal ridges.

Material

Samhitas and available *Nighantus* were referred for the collection of data regarding *Varuna*. Description of synonyms, properties and action of *Varuna* available in *Samhitas* and *Nighantus* are collected and arranged properly. The e-book of *Nighantu* developed by National Institute of Indian Medicine Heritage (NIIMH) New Delhi was also referred for this review.

Description of *Varuna* observed in following *Nighantu*. (Table no.01)

Table no.01

Sr. no	Nighantu and period	Varga	Abbreviation
1	Charak Samhita (4 th cent)	Not mentioned in Varga (Tikta Skanda)	CS
2	Sushruta Samhita ⁵ (5 th cent)	Varunadi gana	SS
3	Vagabhata (Ashtang samghraha) (6 th cent)	Varunadi gana	AS
4	Sushruta Nighantu ⁷ (5 th cent)	Varunadi gana	SN
5	Ashtanga Nighantu ⁸ (7 th cent)	Varunadi gana	AN
6	Paryayaratnamala (9 th cent)	Mulam	PR
7	Dhanwantari Nighantu ⁹ (10-13 th cent)	Amradi varga	DN
8	Dravyaguna Sangraha (11 th cent)	Mulam	DS
9	Hridayadipaka Nighantu ¹⁰ (13 th cent)	Dwinama varga	HN
10	Madhava dravyaguna ¹¹ (13 th cent)	Shakavarga	MD
11	Madanapala Nighantu ¹² (14 th cent)	Vatadi varga	MN
12	Kaiyadeva Nighantu ¹³ (15 th cent)	Aushadhi varga	KN
13	Bhavaprakasha Nighantu ¹⁴ (16 th cent)	Vatadi varga	BN
14	Raja Nighantu ¹⁵ (17 th cent)	Prabhadradi varga	RN
15	Rajavallabha Nighantu ¹⁶ (18 th cent)	Pushpashaka Gana	RVN
16	Nighantu Adarsha ¹⁷ (20 th cent)	Kareeradi varga	NA
17	Priya Nighantu ¹⁸ (20 th cent)	Haritakyadi varga	PN

The data related to synonyms, properties and action of *Varuna* were collected from above mentioned *Samhitas*, *Nighantus* and arranged in systemic manner. (Table no 02)

Result and observation –

Paryaya (synonyms) – Paryaya means words which are related to each other. Synonyms gives knowledge about identification, properties and action of drugs. 34 synonyms of *Varuna* found from *Samhitas* and *Nighantus* as mentioned below.

(Table no 02)

Synonyms	SS	CS	AS	BN	AN	SN	HN	RN	DN	KN	PN	AN
<i>Varuna</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>Varunaka</i>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗
<i>Setu</i>	✗	✗	✗	✓	✗	✓	✓	✗	✗	✓	✗	✗
<i>Tiktashaka</i>	✗	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓
<i>Kumaraka</i>	✗	✗	✗	✓	✗	✓	✓	✓	✓	✓	✗	✓
<i>Setuvruksha</i>	✗	✗	✗	✓	✗	✓	✗	✗	✓	✓	✗	✓

<i>Swetapushpa</i>	X	X	X	X	✓	X	X	✓	X	✓	X	X
<i>Setudruma</i>	X	X	X	X	X	X	X	X	✓	X	X	X
<i>Kapala</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Rohavruksha</i>	X	X	X	X	X	X	X	X	X	✓	X	X
<i>Shatavruksha</i>	X	X	X	X	✓	X	X	X	X	X	X	X
<i>Bilvapatri</i>	X	X	X	X	✓	X	X	X	X	X	X	X
<i>Mahaphala</i>	X	X	X	X	✓	X	X	X	X	X	X	X
<i>Barhapushpa</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Urumana</i>	X	X	X	X	X	✓	X	X	X	✓	X	X
<i>Shwetadru</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Marutapaha</i>	X	X	X	X	X	✓	X	✓	✓	X	X	X
<i>Kumara</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Ashmarighna</i>	X	X	X	X	X	✓	X	X	X	X	X	✓
<i>Setuka</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Varana</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Shikhimandala</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Shwetavrukshak</i>	X	X	X	X	X	✓	X	X	X	X	X	X
<i>Shwetadruma</i>	X	X	X	X	X	✓	X	✓	✓	X	X	X
<i>Sadhuvruksha</i>	X	X	X	X	X	✓	X	✓	X	✓	X	X
<i>Tamala</i>	X	X	X	X	X	✓	X	✓	✓	✓	X	X
<i>Vasa</i>	X	X	X	X	X	X	✓	X	X	X	X	X
<i>Arnavarna</i>	X	X	X	X	X	X	✓	X	X	X	X	X
<i>Shwetah</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Triparna</i>	X	X	X	X	X	X	X	X	X	X	✓	X
<i>Shakavriksha</i>	X	X	X	X	X	X	X	X	X	✓	X	X
<i>Shakadruma</i>	X	X	X	X	X	X	X	X	X	✓	X	X

Rasapanchaka – Rasapanchaka of drug indicate Action and Property of rasa. They are described as below.(Table no 03)

<i>Nighantu</i>		DN	RN	KN	BN	NR	PN	RVN	PR
<i>Rasa</i>	<i>Madhura</i>	X	X	✓	✓	✓	X	X	X
	<i>Tikta</i>	✓	✓	✓	✓	✓	✓	X	✓
	<i>Kashaya</i>	X	X	✓	✓	✓	X	X	X
	<i>Katu</i>	✓	✓	✓	✓	✓	X	X	X
<i>Guna</i>	<i>Snigdha</i>	X	✓	✓	X	✓	X	X	X
	<i>Ruksha</i>	X	X	X	✓	X	X	X	X
	<i>Laghu</i>	X	X	✓	✓	✓	X	X	X
	<i>Grahi</i>	X	X	X	X	X	X	✓	X
<i>Virya</i>	<i>Ushna</i>	✓	✓	X	✓	✓	✓	X	X
<i>Vipaka</i>	<i>Katu</i>	✓	✓	✓	✓	✓	✓	X	X

Doshagnata	–	Vata shamaka	Vatahara	Kapha vata shamaka	Kapha vata shamaka	–	Kapha shamaka	Grahi	–
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Action and Indication of Varuna- Action and indication of drug are listed from *Samhitas* and various *Nighantus*. (Table no 04)

Karma	CS	SS	AS	KN	BN	RN	DN	PN	NR	MD	HN
Pittala	X	X	X	✓	✓	X	X	X	✓	X	X
Bhedi	X	X	X	✓	✓	X	X	✓	✓	X	X
Deepana	X	X	X	✓	✓	✓	✓	X	✓	X	X
Krimighna	X	✓	X	✓	X	✓	X	X	✓	X	X
Hridya	X	X	X	✓	X	✓	X	X	✓	X	X
Grahi	X	X	X	✓	X	✓	X	X	✓	✓	X
Mutrala	X	✓	X	✓	✓	✓	X	✓	✓	X	X
Ashmarighna	X	✓	✓	X	✓	✓	X	✓	✓	X	X
Raktashodhak	X	X	X	✓	X	✓	✓	X	✓	X	X

DISCUSSION

The ancient text is glossary for the knowledge of medicinal drug with detailed description about its identification and action. *Samhitas* clearly described about drugs and their properties and indications. *Nighantus* are Compendium of drug from different places and different time period, this is the reason of variation in description of same drugs. This review article has been made for collection of various information of drugs *Varuna* from *Samhitas* and *Nighantus*. After collection, comparison of their variation by synonyms, properties and action has been done. Accord-

ing to further search there are 34 synonyms of *Varuna* found. *Rasapanchaka* analysis reveals property and indication of drug. *Varuna* has *Tikta*, *Katu Rasa*, *Katu Vipaka* and *Ushna Virya*. Synonyms also denote the action and properties of drug. Eg- *Ashmarighna* is synonym used for *Varuna* which indicates action of *Varuna*. According to *Samhitas* and *Nighantus* *Varuna* is used in treatment of diseases like *Kushta*, *Visarpa*, *Karna rogas*, *Arsha*, *Ashmari*, *Prameha*, *Vidradhi*, *Visha*, *Mutrakrichra*.

Total no of synonym Observed in *Samhita* and different *Nighantu*.

<i>Nighantus</i>	Total number of synonyms
<i>Sushruta Samhita</i>	02
<i>Charaka Samhita</i>	02
<i>Ashtang Samgraha</i>	02
<i>Bhavaprakash Nighantu</i>	05
<i>Ashtang Nighantu</i>	05
<i>Hridayadipaka Nighantu</i>	06
<i>Raja Nighantu</i>	08
<i>Dhanvantari Nighantu</i>	08
<i>Kaiyadeva Nighantu</i>	12
<i>Priya Nighantu</i>	03
<i>Nighantu Adarsh</i>	05
<i>Madanapala Nighantu</i>	04

Amayika prayoga of Varuna –

Sr. no	Preparation	Indication	Ref
01	<i>Mahanila ghrta</i>	<i>Bhagandar Krimi, Arsha</i>	Su.chi
02	<i>Dhanvantar ghrta</i>	<i>Prameha, Pidaka</i>	Su.chi
03	<i>Mahasugandhi Agadaraja</i>	<i>Sarpavisha</i>	Su.kalpa
04	<i>Varunadi kwath choorna</i>	<i>Ashmari, Mutavikara</i>	Su.sutra
05	<i>Triphaladi ghrta</i>	<i>Mutrakrichra.</i>	<i>Nighantu Adarsha</i>
06	<i>Ashmarihara Kashaya churna</i>	<i>Ashmari, Mootra Vikara</i>	Su. sutra
07	<i>Agurvadi Taila</i>	<i>Jwara</i>	Cha. chi
08	<i>Kanchanara Guggulu</i>	<i>Gulma, Gandamala, Arbuda, Granthi</i>	Sa. sam
09	<i>Mahamanjishthadyarishta</i>	<i>Vatarakta, kushta, Upadamsha, Shlipada</i>	Sa. sam
10	<i>Varuna Twak Kwatha</i>	<i>Gandamala, Kikkisa, Vatajavedana, Visarpa</i>	Sa. Sam
11	<i>Varunadi Taila</i>	<i>Ashmari, Mutrakrichra</i>	<i>Chakradutta (Ashmari Rogadhikara)</i>
12	<i>Varunadi Ghrta</i>	<i>Ashmari</i>	<i>Chakradutta (Ashmari Rogadhikara)</i>

The preliminary phytochemical like Varunol, Lupenone, 4-Teraxasterol, Cadabice, and diacetate, kaempferol-3-glycoside detected as a major phytoconstituent of *Varuna*.

CONCLUSION

According to Present search we may observe different types of synonyms of drugs according to specific character of plant, morphology, feature, action, properties and Indication. For this search *Charak Samhita*, *Sushruta Samhita*, *Vagbhata Samhita* and *Nighantus* were considered as a main source of information.

Varuna is mentioned in Samhitas and more than 12 *Nighantu* with different synonyms 34. According to DN, RN, KN, BN, NR, PN *Varuna* possess *tikta rasa*. According to KN, BN, NR *kashaya rasa and Katu rasa* according to DN, RN, KN, BN, NR. According to RN and KN *Varuna* having *snigdha guna*, BN highlighted *ruksha guna*, According to KN, BN, NR *Varuna* has *laghu guna*, *Raja Vallabh Nighantu* mentioned *grahi guna* of *Varuna*. DN, RN, BN, NR, PN quoted *Varuna* as *ushna virya*, according to DN, RN, KN, BN, NR, PN *Varuna* is of *katu vipaka* and *Varuna* act as *Vata* and *kapha shamaka*.

This study indicates various synonyms of *Varuna* which indicate property, action and indication. Details of *Varuna* helps to identify and authenticated the medicinal plant and their indication in treatment of diseases will become base for retrospective study.

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