

A REVIEW ON PRIYA-NIGHANTU**Harmander Singh^{1*}, Naresh Kumar Garg², Om Prakash Sharma³ and Monika⁴**

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ABSTRACT

The word Nighantu in Ayurveda implies the group of drugs, synonyms, properties, and their description of part used. Ayurveda treatment possesses herbal, mineral, animal origin products which mainly take part in the treatment of various health ailments. Priya Nighantu is one of them and is a 21st-century lexicon in Ayurvedic materia medica. The author of this lexicon is Acharya Shri PriyaVrit Sharmaji. Among all the classical Nighantus the Priya Nighantu is very simple and easy to understand. It clarifies many doubts which were come across in the classical Nighantus. For example, some drugs have the same synonyms which confuse with the other genuine one and the author removed the same synonyms and put single meaning synonyms to the drugs. This Nighantu explains only the applied aspect of the medicinal plants. The

Nighantu is divided into 13 sections or Vargas, viz; Haritakyadi Varga, Pippalyadi Varga, Shatapushpadi Varga, Sharadi Varga, Kasturyadi Varga, Suvarnadi Varga, Shaka Varga, Phala Varga, Mamsa Varga, Dhanya Varga, Kritanna Varga, Drava Varga, Dravyadi Varga. Here an attempt is made to elaborate on each drug and its therapeutic application in various health ailments. Further scope of the study is to critically analyze the book with the help of modern parameters.

KEYWORDS:- Ayurveda, Acharya Priya Vrit Sharmaji, Nighantu, Vargas, Priya Nighantu,

etc.

INTRODUCTION

Priya Nighantu is one of them and is the 21st century an important lexicon in Ayurvedic materia medica. The author of this lexicon is Acharya Shri PriyaVrit Sharmaji. Among all the classical Nighantus the Priya Nighantu is very simple and easy to understand. It clarifies many doubts which were come across in the classical Nighantus. The author has removed such controversial aspects. While screening the lexicon it has been noted that the author has covered all aspects of the medicinal plants, animal origin, and mineral origin drugs. The book is divided into 13 sections. Each section is named Vargas. Viz; Haritakyadi Varga comprises 115 drugs, Pippalyadi Varga comprises 38 medicinal plants, Shatapushpadi Varga contains 114 drugs, Sharadi Varga contains 78 drugs, Kasturyadi Varga contains animal origin products viz; 17, the Suvarnadi Varga contains all the metals origin drugs viz; 36, the Shaka Varga is for vegetable section contains 54 vegetables. The Phala Varga is a fruit section contains 46 types of fruits. The Mamsa Varga is for the medicinal value of the meat which can be seen in day to day life. It contains 6 Mamsas. The Dhanya Varga in these cereals and pulses were explained. Viz; 29 bowls of cereal and pulses. The Kritanna Varga 47 medicinal recipes were explained. The Drava Varga 22 types of liquids were enumerated. The last Varga Dravyadi Varga explains various aspects of Dravyaguna Vijanan and the derivations of the pharmacological actions like Lekahana, Rasayana, Vajikarana, Deepana, etc.

DISCUSSION

I. Haritakyadi varga^[1]

In this Varga small to medium size trees were explained. It covers total of 115 medicinal trees. Viz; Haritaki (*Terminalia chebula* Retz), Amalaki (*Emblica officinalis* Gaertn), Vibhitaki (*Terminalia bellirica* Roxb), Triphala (Haritaki, Bibhitaki, Amalaki), Bilva (*Aegle marmelos* Corr), Kashmarya (*Gmelina arborea* Linn), Patala (*Stereospermum suaveolens* DC), Shyonaka (*Oroxylum indicum* Vent), Agnimantha (*Premna mucronata* Roxb), Brihatpanchamoola (*Aegle marmelos* Corr, *Gmelina arborea* Linn, *Stereospermum suaveolens* DC), *Oroxylum indicum* Vent, *Premna mucronata* Roxb), Shalaparni (*Desmodium gangeticum* DC), Prishni parni (*Uraria picta* Desv), Brihati (*Solanum indicum* Linn), Kantakari (*Solanum surattense* Burm f.), Gokshura (*Tribulus terrestris* Linn), Laghu panchamoola (*Desmodium gangeticum* DC, *Uraria picta* Desv, *Solanum indicum* Linn, *Solanum surattense* Burm f.), *Tribulus terrestris* Linn), Dashamoola (Brihat Pachamula and Laghupanchamula), Aragwadha

(Cassia fistula Linn), Bhallataka (Semicarpus anacardium Linn), Vidanga (Embelia ribes Burm), Tumburu (Zanthoxylum armatum DC), Kutaja (Holarrhena antidysenterica (Linn) Wall), Madanaphala (Randia spinosa Poir), Kampillaka (Mallotus philippinensis Muell-arg), Karpura (Cinnamomum camphora Nees & Eberm), Chandana (Santalum album Linn), Agaru (Aqualria agallocha Roxb), Devadaru (Cedrus deodara (Roxb) Loud), Padmaka (Prunus cerasoides D. Don), Guggulu (Commiphora mukul (Hook ex stocks) Engle), Jatiphala (Myristica fragrans Houtt), Jatipatri (Myristica fragrans Houtt), Lavanga (Syzigium aromaticum (Linn) Merr & Perr), Twak (Cinnamomum zeylanicum Breyn), Ela (Elettaria cardamomum Maton), Patra (Cinnamomum tamala Nees & Eberm), Brihad Ela (Amomum subulatum Roxb), Nagakeshara (Mesua ferrea Linn), Trijataka (Twak, Ela, Patra), Chaturjataka (Twak, Ela, Patra, Nagakeshara), Talisa (Abies webbiana Lindle), Udumbara (Ficus glomerata Roxb), Vata (Ficus bengalensis Linn), Ashwattha (Ficus religiosa Linn), Plaksha (Ficus lacor Buch-Ham), Parisha (Thespepsia populnea Soland ex Correa), Kshiri Vriksha Panchakam, or Pacha Valkala (Udumbara, Vata, Ashwattha, Plaksha, Parisha), Kakodumbara (Ficus hispida Linn. f.), Shirisha (Albizia lebeck Benth), Shala (Shorea robusta Gaertn), Shala Nirya (Shorea robusta Gaertn), Shallaki (Boswellia serrata Roxb), Kunduru (Boswellia serrata Roxb), Sarala (Pinus roxburghii Sargent), Shinshipa (Dalbergia sissoo Roxb), Arjuna (Terminalia arjuna (Roxb) W. & A), Asana (Pterocarpus marsupium Roxb), Khadira (Acacia catechu Willd), Tuvarka (Hydnocarpus laurifolia (Dennst) Sleumer), Rohitaka (Tecomella undulata G. Don), Babboola (Acacia arabica Willd), Putranjiva (Putranjiva roxburghii Wall), Ingudi (Balanites aegyptiaca (Linn) Delile), Lodhra (Symplocos racemosa Roxb), Aralu (Ailanthus excelsa Roxb), Karkata Shringi (Pistacia integerrima Stewart ex Brandis), Katphala (Myrica esculenta Buch-Ham), Hingu (Ferula narthex Boiss), Bhurja (Betula utilis D. Don), Rudraksha (Elaeocarpus ganitrus Roxb), Palasha (Butea onosperma (Linn) Kuntze), Shalamali (Salmalia malabarica Schott & Endle), Shakhotaka (Streblus asper Lour), Varuna (Crataeva nurvala Buch-Ham), Shami (Prosopis cineraria Druce), Saptaparna (Alstonia scholaris R.Br), Bakula (Mimusops elangi Linn), Ashoka (Saraca asoka Roxb. De Wilde), Jayanti (Sesbania sesban Merril), Karavira (Nerium indicum Mill), Nimba (Azadirachta indica A. Juss), Panchatikta (Nimba, Amruta, Vasa, Patola, Kantakari), Apar Panchatikta (Guduchi, Vasa, Katuki, Kirata Tikta, Nimba), Mahanimba (Melia azedarach Linn), Paribhadra (Erythrina indica Lam), Parijata (Nyctanthes arbortristis Linn), Kanchanara (Bauhinia variegata Linn), Kovidara (Bauhinia pupurea Linn), Shigru (Moringa oleifera Lam), Nirgundi (Vitex negundo Linn), Kusthagna (Alectra parasitica A. Rich), Karanja (Pongamia pinnata Pierre), Kantaki Karanja (Caesalpinia crista

Linn), Chirabilva (*Holoptelia integerifolia* Planch), Karanjadwaya (*Naktamaala*, Putika), Karanjatraya (*Naktamaala*, Putika and *Latakaranja*), Goraksha (*Dalbergia lanceolaria* Linn), Hijjala (*Barringtonia acutangula* Gaertn), Ankota (*Alangium salvifolium* (Linn.f) Wang), Muchakunda (*Pterospermum acerifolium* Willd), Japa (*Hibiscus rosa-sinensis* Linn), Agastya (*Sesbania grandiflora* Pers), Madhuka (*Madhuca indica* J.F.Gmel), Kadali (*Musa paradisiaca* Linn), Narikela (*Cocos nucifera* Linn), Kapittha (*Feronia limonia* (Linn) Swingle), Tinduka (*Diospyros peregrina* (Gaertn) Guerke), Jambu (*Syzygium cumini* (Linn), Skeels), Parushaka (*Grewia asiatica* Linn), Dadima (*Punica granatum* Linn), Beejapura (*Citrus medica* Linn), Nimbuka (*Citrus aurantifolia* (Christm) Swingle), Amlika (*Tamarindus indica* Linn), Amlavetasa (*Garcinia pedunculata* Roxb), Vrikshamla (*Garcinia indica* chois), Changeri (*Oxalis corniculata* Linn), Chukra (*Rumex vesicarius* Linn), Panchamla (Badara, Dadima, Vrikshmla, Changeri, Chukrika), Shleshmataka (*Cordia dichotoma* Forst f), Kataka (*Strychnos potatorum* Linn), Pooga (*Areca catechu* Linn), Aristhaka (*Sapindus trifoliatu* Linn).

II. Pippalyadi varga^[2]

In this group, some creepers are explained. Viz; Pippali (*Piper longum* Linn), Maricha (*Piper nigrum* Linn), Shunthi (*Zingiber officinale* Roxb), Ardraka (*Zingiber officinale* Roxb), Trikatu (Maricha, Pippali, Shunthi), Chavya (*Piper chaba* Hunter), Chitraka (*Plumbago zeylanica* Linn), Panchkola (Pippali, Pippalimoola, Chavya, Chitraka, Shunthi), Kankola (*Piper cubeba* Linn), Guduchi (*Tinospora cordifolia* Willd Miers ex Hook. f. & Thoms), Patha (*Cissampelos pareira* Linn), Rajapatha (*Cyclea arnotii* Miers), Patalgarudi (*Cocculus hirsutus* (Linn) Diels), Tambuli (*Piper betel* Linn), Arkaparni (*Tylophora indica* Burm f. Merrill), Sariva (*Hemidesmus indicus* R. Br), Krishna Sariva (*Cryptolepis buehanani* Roem & Schult), Indravaruni/Vishala (*Citrullus colocynthis* Schrad), Trivruttha/Shyama (*Operculina turpethum* (Linn), Silva Manso), Shatavari (*Asperagus racemosus* Willd), Maha Shatavari (*Asperagus sarmentosa* Linn), Vidari (*Pueraria tuberosa* DC), Kshira Vidari (*Ipomoea digitata* Linn), Varahi (*Dioscorea bulbifera* Linn), Kapikacchu (*Mucuna prurita* Hook), Aparajita (*Clitorea ternatea* Linn), Patola (*Trichosanthes dioica* Roxb), Gandhaprasarini (*Paederia foetida* Linn), Asthishrinkhala (*Cissus quadrangularis* Linn), Devadali (*Luffa echinata* Roxb), Masha (*Vigna mungo* (Linn), Hepper), Kullatha (*Dolichos biflorus* Linn), Vanyakulattha (*Cassiaabsus* Linn), Draksha (*Vitis vinifera* Linn), Trapusa (*Cucumis sativus* Linn), Karavellaka (*Momordica charantia* Linn), Vanabimbi (*Coccinia indica* W.&A.), Kushmanda (*Benincasa hispida* (Thumb) Cogn, Jyotishmati (*Celastrus*

panniculatus Willd), Manjistha (*Rubia cordifolia* Linn), Ishwari (*Aristolochia indica* Linn), Jati (*Jasminum officinale* Linn.forma).

III. Shatapushpadi varga^[3]

In this group, some aromatic plants, poisonous plants, and small shrubs were explained. Viz; Shatapushpa (*Anethum sowa* Kurze), Madhurika (*Foeniculum vulgare* Mill), Jeeraka (*Cuminum cyminum* Linn), Krishna Jeeraka (*Carum bulbocastanum* W. Koch), Aranya Jeeraka (*Centratherum anthelminticum* Kuntze), Upakunchika (*Nigella sativa* Linn), Yavani (*Trachyspermum ammi* (Linn) Sprague), Ajamoda (*Carum roxburghianum* (DC) Craib), Parasika Yavani (*Hyoscyamus niger* Linn), Yavani Tritayam (Yavani, Ajamoda, Parasika Yavani), Parna Yavani (*Coleus amoinicus* Lour), Dhanyaka (*Coriandrum sativum* Linn), Methika (*Trigonella foenum-graecum* Linn), Putiha (*Mentha spicata* Linn), Rasona (*Allium sativum* Linn), Palandu (*Allium cepa* Linn), Priyangu (*Callicapra macrophylla* Vahl), Kustha (*Saussurea lappa* C.B. Clarke), Pushkara (*Inula racemosa* Hook. f), Jatamansi (*Nordostachys jatamansi* DC), Tagara (*Valeriana wallichii* DC), Kumkuma (*Crocus sativus* Linn), Ushira (*Vetiveria zizanioidis* (Linn) Nash), Mustha (*Cyperus rotundus* Linn), Vacha Chatusthaya (Vacha, Haimavati, Kulinjana, Dwipantara Vacha), Vacha (*Acorus calamus* Linn), Haimavati (*Iris ensata* Thumb), Kulanjana (*Alpinia galanga* Willd), Dwipantara Vacha (*Smilax china* Linn), Akarakarbha (*Anacyclus pyretherum* DC), Sharapunkha (*Tephrosia purpurea* Pers), Swarna Kshiri (*Argemone mexicana* Linn), Danti (*Baliospermum montanum* Muell-Arg), Jayapala (*Croton tiglium* Linn), Swarnapatri (*Cassia angustifolia* Vahl), Krishna Beeja (*Ipomoea nil* (Linn) Roth), Ashwagola (*Plantago ovata* Forsk), Mandara/ Arka (*Calotropis gigantea* (Linn) R. Br. Ex. Ait), Snuhi (*Euphorbia neriifolia* Linn), Eranda (*Ricinus communis* Linn), Durva (*Cynodon dactylon* Pers), Dhataki (*Woodfordia fruticosa* Kurz), Lajjalu (*Mimosa pudica* Linn), Mayaphala (*Quercus infectoria* Oliv), Padma (*Nelumbonucifera* Gaertn), Utpala (*Nymphaea nouchali* Burm f.), Pashanabheda (*Bergenia ligulata* Wall Engle), Gorakshaganja (*Aerva lanata* Juss), Trinapanchamoola (Kusha, Kasha, Shara, Darbha, Ikshu), Asthavarga (Jivaka, Rishabhaka, Meda, Mahameda, Riddhi, Vriddhi, Kakoli, Kshira Kakoli), Madhuka (*Glycyrrhiza glabra* Linn), Jivanti (*Leptadenia reticulata* W & A.), Mudgaparni (*Phaseolus trilobus* Ait), Mashaparni (*Teramnus labialis* Spreng), Jivaniyagana (Asthavarga, Madhuka, Jivanti, Mudgaparni, Mashaparni), Parni Chatusthaya (Shalaparni, Prishniparni, Mudgaparni, Mashaparni), Balapanchaka (Bala, Atibala, Mahabala, Nagabala, Rajabala), Kokilaksha (*Astercantha longifolia* Nees), Ashwagandha (*Withania somnifera* Linn Dunal), Taalamooli (*Curculigo orchioides* Gaertn), Tila (*Sesamum indicum*

Linn), Garjara (*Daucus carota* Linn), Shakhapushpi (*Convolvulus pluricaulis* Chois), Bramhi (*Centella asiatica* (Linn), Urban), Endri (*Bacopa monnieri* (Linn) Delile), Hilamochika (*Enhydra fluctuans* Lour), Sunishannka (*Marsilea minuta* Linn), Shitivara (*Celosia argentia* Linn), Bharangi (*Clerodendrum serratum* (Linn) Moon), Bhudugdhika (*Euphorbia thymifolia* Linn), Somakalpa (*Ephedra gerardiana* Wall), Shati (*Hedychium spicatum* Buch-Ham), Kirata Tikta (*Swertia chirayita* (Roxb ex Flem) Karst), Kalamegha (*Andrographis paniculata* Nees), Sahadevi (*Vernonia cineria* Less), Naahi (*Enicostema littorale* Blume), Parpata (*Fumaria vaillantii* Loisel), Vasa (*Adhatoda vasica* Nees), Bringaraja (*Eclipta alba* Hassk), Kakamachi (*Solanum nigrum* Linn), Tulasi (*Ocimum sanctum* Linn), Punarnava (*Boerhaavia diffusa* Linn), Kumari (*Aloe vera* Tourn. Ex Linn), Katuka (*Picrorrhiza kurroo* Royle ex Benth), Mundi (*Sphaeranthus indicus* Linn), Kandira (*Ranunculus scleratus* Linn), Sarpagandha (*Rauwolfia serpentina* Benth ex Kurz), Rasna (*Pluchea lanceolata* C.B. Clarke), Bakuchi (*Psoralea corylifolia* Linn), Chakramarda (*Cassia tora* Linn), Kasamarda (*Cassia occidentalis* Linn), Haridra (*Curcuma longa* Linn), Daruharidra (*Berberis aristata* DC), Ativisha (*Aconitum heterophyllum* Wall), Apamarga (*Achyrocline satureioides* Lam), Yavasa/Dhanvayasa (*Alhagi camelorum* Fisch), Akhuparni (*Ipomoea reniformis* Choisy), Kukundara (*Blumea lacera* DC), Bhumyamalaki (*Phyllanthus urinaria* Linn), Dronapushpi (*Leucas cephalotus* Spreng), Manaka (*Alocasia indica* (Roxb) Schott), Mulaka (*Raphanus sativus* Linn), Soorana (*Amorphophallus campanulatus* Blume), Tanduliya (*Amaranthus spinosus* Linn), Vatsanabha (*Aconitum ferox* Wall ex Seringe), Karaskara (*Strychnos nuxvomica* Linn f.), Ahiphena (*Papaver somniferum* Linn), Dhatura (*Datura metel* Linn), Bhang (*Cannabis sativa* Linn), Gunja (*Abrus precatorius* Linn), Langali (*Gloriosa superba* Linn), Kebuka (*Costus speciosus* (Koenig) Sm.), Sadampushpa (*Lochnera rosea* (Linn) Reichb), Vanatrapushi (*Podophyllum hexandrum* Royle).

IV. Sharadi varga^[4]

In this group, some ferns and small herbs were high lightened. Viz; Shara (*Saccharum munja* Roxb), Kasha (*Saccharum spontaneum* Linn), Kusha (*Desmostachya bipinnata* Stapf), Darbha (*Imereta cylindrica* Beave), Nala (*Arundo donax* Linn), Rohisha (*Cymbopogon martini* (Roxb) Wats), Bhutruna (*Hyptis suaveolens* Poit), Eraka (*Typha laxmannii* Lepech), Ashwabala (*Medicago sativa* Linn), Chandrashura (*Lepidium sativum* Linn), Hapusha (*Juniperus communis* Linn), Nadi Hingu (*Gardenia gummiifera* Linn. f.), Vamsha (*Bambusa arundinaceae* Willd), Vamsha Lochana (*Bambusa arundinaceae* Willd), Elavaluka (*Prunus cerasus* Linn), Sprikka (*Delphinium zalil* Aitch & Hensl), Sthauneyaka (*Taxus baccata* Linn),

Choraka (*Angelica glauca* Edgew), Patanga (*Caesalpinia sappan* Linn), Silhaka (*Liquidambar orientalis* Miller), Turushka (*Styrax officinale* Linn), Shaileya (*Parmelia perlata* Ach), Karchura (*Curcuma zedoaria* Rosc), Mura (*Selenium tenuifolium* Wall), Bhutakeshi (*Selenium* sp), Mamsarohini (*Soyimida febrifuga* A. Juss), Chilhaka (*Casearia tomentosa* Roxb), Vetasa (*Salix caprea* Linn), Jalavetasa (*Salix tetrasperma* Roxb), Karpasi (*Gossypium herbaceum* Linn), Mushali (*Asperagus adscendens* Roxb), Vriddhadaru (*Argyreia speciosa* Sweet), Trayamana (*Gentiana kurroo* Royle), Murva (*Marsdenia tenacissima* W & A.), Avartaki (*Cassia auriculata* Linn), Avartani (*Helicteres isora* Linn), Hamsapadi (*Adiantum lunulatum* Burm), Somavalli (*Sarcostemma brevistigma* W & A.), Akashavalli (*Cassytha filiformis* Linn), Vrindaka (*Dendrophthoe falcata* (Linn) f.), Matsyakshi (*Alternanthera sessilis* (Linn) R. Br), Sarpakshi (*Ophiorrhiza mungus* Linn), Tilaparni (*Veome viscosa* Linn), Jalapippali (*Lippia nodiflora* Mich), Gojivha (*Onosma bracteatum* Wall), Kshavaka (*Centipeda minima* (Linn) A. Br & Aschers), Mayurashika (*Adiantum caudatum* Linn), Jalakumbhi (*Pistia Stratiotes* Linn), Shaivala (*Ceratophyllum demersum* Linn), Gulaba (*Rosa centifolia* Linn), Mallika (*Jasminum sambac* Linn), Yuthika (*Jasminum auriculatum* Vahl), Kundam (*Jasminum pubescens* Willd), Champakam (*Michelia campaca* Linn), Madhavi (*Hiptaga madablota* Gaertn), Ketaki (*Pandanus odoratissimus* Roxb), Marubaka (*Majorana hortensis* Moench), Barbari (*Ocimum basilicum* Linn), Saireyaka (*Barleria prionitis* Linn), Bandhu Jeeva (*Pentapetes phoenicea* Linn), Buka (*Osmathus fragrans* Lour), Kadamba (*Anthocephalus indicus* Miq), Tilaka (*Wendlandia exerta* DC.), Kadara (*Acacia suma* Buch-Ham), Irimeda (*Acacia farnisiana* Willd), Jinghini (*Odina woodier* Roxb), Veerataru (*Dichrostachys cineria* W. & A.), Tamala (*Garcinia morella* Desr), Tooni (*Cedrela toona* Roxb), Dhava (*Anogeissus latifolia* Wall), Karira (*Capparis decidua* Edgew), Kinihi (*Albizzia procera* (Roxb) Benth), Mushkaka (*Schrebera swietenoides* Roxb), Tinisha (*Ougenia oojeinensis* (Roxb) Hochr), Shaka (*Tectona grandis* Linn. f), Charmi Vriksha (*Ehretia laevis* Roxb), Chaturushana (Maricha, Pippali, Shunthi, Pippali Moola), Shadushana (Pippali, Pippalimoola, Chavya, Chitraka, Shunthi, Maricha), Saptoshana (Pippali, Pippalimoola, Chavya, Chitraka, Shunthi, Maricha, Gaja Pippali), Chaturbeeja (Methika, Chandrashura, Yavani, Kalajaji).

V. Kasturyadi varga^[5]

In this group, animal products were explained. Viz; Kasturi (Musk), Laksha (Lac), Gandhamarjara Veerya (Civet), Gorochana (Cow's gall stones), Nakha (One of the products of sea animal), Mayurapiccha (Peacock's feather), Ambara (Ambergris), Mukta (Pearl),

Shukti (Oyster), Pravala (Coral), Shankha (Conch shell), Varatika (Cowrie), Shambooka (Snail), Samudraphena (Cattle fish), Kosha (Silk-Pod), Gomutra (Cow's urine), Panchagavya (Godugdha, Dadhi, Sarpi, Gomutra, Gomaya).

VI. Suvarnadi varga^[6]

This group dealt with minerals and their therapeutic application. Viz; Suvarna (Gold), Rajata (Silver), Tamra (Copper), Vanga (Tin), Naga (Lead), Yashada (Zinc), Loha (Iron), Mandura (Iron), Kashisha (Iron sulfate), Gairika (Red ochre), Shilajatu (Asphaltum), Abhraka (Mica), Sauviranjana (Galena), Makshika (Pyrite), Tutthya (Copper sulfate), Ratna (Precious tones), Haritashma (Jade), Raktashma/Akeeka (Agate), Trinakanta (Umber), Parada (Mercury), Hingula (Cinnabar), Gandhaka (Sulphur), Malla (White arsenic), Haritala (Orpiment), Manahshila (Realgar) Choorna (Lime), Godanti (Gypsum), Dugdhapashana (Talc), Badarashma (Hajral Yahoood Bhasma), Lavana (Salt), Panchalavana (Saindhava, Sauvarchala, Bida, Audbhida, Samudra), Saindhava (Rock salt), Yavakshara (Alkalies), Tankana (Borax), Sphatika (Alum), Soraka (Salt petre).

VII. Shaka varga^[7]

In this section, various types of vegetables, qualities, and their therapeutic application have been dealt with. The vegetables are; Vastuka (*Chenopodium murale* Linn), Upodika (*Basella rubra* Linn), Marisha (*Amaranthus bilatum* Duthie), Palankya (*Spinacia oleraceae* Linn), Patragobhi (*Brassica oleraceae* Linn), Kalambika (*Ipomoea aquatic* Forsk), Lonika (*Portulaca quadrifida* Linn), Brihalloni (*Portulaca oleraceae* Linn), Chanchuka (*Corchorus acutangulus* Linn), Hilamochika (*Enhydra fluctuans* Lour), Chanakashaka, Sateena Shaka, Triputa Shaka, Sarshapa Shaka, Mulakapatra, Putiha (*Mentha spicata* Linn. Emend. Nethh), Pushpagobhi (*Brassica sleraceae* Linn), Agastya Pushpa, Shigru Pushpa, Kumuda Pushpa, Kadali Pushpa, Kanchanara/Kovidara Pushpa, Shalmali Pushpa, Patola (*Trichosanthus dioica* Roxb), Alabu (*Lagenaria siceraria* (Mol) Standl), Chinchida (*Trichosanthus anguina* Linn), Mahakoshataki (*Luffa cylindrica* (Linn) M.J. Roem), Koshataki (*Luffa autangula* (Linn) Roxb), Bimbi (*Coccinia indica* W & A), Shimbi (*Dolichos lablab* Linn), Shami, Shobhanjana Phala, Vartaka (*Solanum melongena* Linn), Dindisha (*Citrullus vulgaris* Schrad), Jivanti (*Leptadenia reticulata* W & A), Bhindika (*Hibiscus esculata* Linn), Masha Shimbi (*Vigna unguiculata* (Linn), Walp), Gopa Shimbi (*Cyamopsis tetragonaloba* (Linn) Taub), Peeta Kushmanda (*Cucurbita maxima* Duchesne), Rakta Vrintaka (*Lycopersicon esculentum* Mill), Karkota (*Momordica dioica* Roxb. Ex Willd), Karchari (*Curcumis* sp), Soorana

(*Amorphophallus campanulatus* Blume), Alooka (*Solanum tuberosum* Linn), Alooki (*Colocasia esculenta* (Linn) Schott), Sitalooka (*Ipomoea batatas* (Linn), Lam), Moolaka (*Raphanus sativus* Linn), Garjara (*Daucus carota* Linn), Shalayam (*Brassica rapa* Linn), Kebuka (*Costus speciosus* (Koeing) Sm), Kasheruka (*Scirpus grossus* Linn. f), Shalooka (Lotus Root), Mrinala (Lotus stalk), Alooki Nala, Chatraka (Mushroom).

VIII. Phala varga^[8]

In this group, various types of fruits and their qualities are explained. The medicinal fruits are; Amra (*Mangifera indica* Linn), Amrataka (*Spondias pinnata* (Linn. f) Kurz), Koshamra (*Schleichera oleosa* (Lour) Oken), Panasa (*Artocarpus integra* (Thumb) Merrill), Lakucha (*Artocarpus lakoocha* Roxb), Naranga (*Citrus reticulata* Blanco), Ghonta (*Ziziphus xylopyra* Willd), Priyala (*Buchanania lanzan* Spreng), Rajadana (*Manilkara hexandra* Roxb), Vikantaka (*Flacourtia ramontchi* L'herit), Ankoladya (*Euryale ferox* Salisb), Shringataka (*Trapa natans* Linn), Tooda (*Morus alba*), Kharjura (*Phoenix sylvestris* Roxb), Vatada (*Prunus amygdalus* Batsch), Sevam (*Malus pumila* Mill), Tanka (*Pyrus communis* Linn), Peelu (*Salvadora persica* Linn), Akshota (*Juglans regia* Linn), Madhukarkati (*Citrus maxima* (Burm) Merr), Jambeera (*Citrus limon* (Linn) Burm.f), Nimbuka (*Citrus aurantifolia* (Christm) Swingle), Karmaranga (*Averrhoa carambola* Linn), Moshambi (*Citrus sinensis* (Linn) Osbeck), Phalgu (*Ficus carica* Linn), Aruka (*Prunus persica* Barsch), Urumana (*Prunus armeniaca* Linn), Bihi (*Cydonia oblonga* Mill), Pishita (*Pistacia vera* Linn), Nikochaka (*Pinus gerardiana* Wall), Kaajutaka (*Anacardium occidentale* Linn), Ananasa (*Ananas comosus* (Linn) Merr), Amaruta (*Psidium guajava* Linn), Erandakarkati (*Carica papaya* Linn), Sitaphalam (*Annona squamosa* Linn), Lichi (*Litchi chinensis* Gaertn), Bhavyam (*Dillenia indica* Linn), Badara (*Ziziphus mauritiana* Mill), Karkati (*Cucumis utilis* Linn), Chirbhita (*Cucumis momordica* Roxb), Kalindana (*Citrullus vulgaris* Schrad), Kharbuja (*Cucumis melo* Linn), Taala (*Borassus flabellifer* Linn), Prachinamalaka (*Flacourtia jangomas* Raeusch), Lavalī (*Cicca acida* (Linn), Merr), Karamarda (*Carissa carandus* Linn).

IX. Mamsa varga^[9]

This group explains day today consumable meat, Viz; Mamsam (Goat's meat), Chagamamsa (Sheep's meat), Kukkuta (Rooster meat), Chataka (Jacobin cuckoo bird's meat), Matsya (Fish meat), Anda (Egg).

X. Dhanya varga^[10]

This group contains various types of cereals and pulses. Viz; Shali (Variety of rice), Shasthika (Variety of rice), Yava (Barley), Godhuma (Wheat), Madhulika (Eleusine coracana Gaetn), Kangu (Setaria italica (Linn) Beauv), Chinaka (Panicum miliaceum Linn), Shyamaka (Echinochloa frument aceae Linn), Kodrava (Paspalum scrobiculate Linn), Gaveduka (Coix lachryma jobi Linn), Nivara (Hygroryza aristata Nees), Yavanala (Sorghum vulgare Pers), Vajranna (Pearl millet), Mahakaya (Maize), Varata/ Kusumba Beeja (Carthamus tinctorius Linn), Mudga (Green gram), Masha (Black gram), Rajamasha, Rajashimbi (Soyabean), Makusthaka (Mota bean), Masura (Lentil), Adhaki (Red gram), Chanaka (Bengal gram), Sateena (Pea), Kalaya (Lathyrus sativus Linn), Atasi (Linseed), Sarshapa (Mustard), Rajika (Brassica juncea Czern & Coss).

XI. Kritanna varga^[11]

This Varga explains various types of modern-day to day food recipes with the therapeutic application. The recipes are; Yavagu, Manda, Peya, Vilepi, Yusha, Mudgayusha, Patolayusha, Odana, Pulava, Krishara, Rotika, Padarotika, Vishakutta, Angara Karkati, Indarika, Adosha, Soopa, Rajyakta, Rasam, Leha, Ragashadavaha, Gudamra, Parpata, Vataka. Vati, Kwathita, Purika, Kachavati, Ghritapura, Sanyava, Poopa/Apoopa, Kshirika, Sevika, Lapsika, Palala, Dhana, Laja, Pruthuka, Kulmaasha, Saktava, Mantha, Rasala, Sitodaka Panakam, Chaya, Misthanna, Laavanakinam.

XII. Drava varga^[12]

This group enumerates all types liquids. Viz; Jala, Dugdha, Godugdha, Mahisha Dugdha, Ajadugdha, Aushttra Dugdha, Naari Dugdha, Santanika/Kilata, Dadhi, Takra, Navaneeta, Ghrita, Taila, Tila Taila, Sarshapa Taila, Madya, Kanjika, Shukta, Madhu, Ikshu, Guda, Sita/Sitopala.

XIII. Dravyadi varga^[13]

This group explains basic Ayurvedic pharmacology, and some pharmacological actions called Karmas. These are; Dravya, Guna, Rasa, Vipaka, Veerya, Prabhava, Karma, Deepana-Pachana, Anulomana, Bhedana, Grahi, Sangrahika, Krimighati, Sandhaniya, Shamanam, Shodhanam, Vamanam, Virechana, Shirovirechana, Chedana, Lekhana, Rasayana, Vayahsthapana, Vajikarana, Vrushya, Shukra Shodhana, Shukra Sthambhana, Medhya, Madakari, Abhishyandi, Pramathi, Vyavayi, Vikasi, Brimhana, Langhana, Rukshana,

Snehana, Swedana, Sthamabhana.

CONCLUSION

Acharya Priyavrit Sharmaji had took tremendous efforts to simplify the Nighantu. He also mentioned some day-to-day used products like biscuits, soups, Papad, puffed rice recipes, etc with their clinical application. At the end of this book, Acharya specified the Dravyaguna Vijnana and some of the Ayurvedic pharmacological definitions. These definitions can be considered as Chikista Upayogi Karmas as mentioned by Acharya Charaka in Paradi Gunas which are Chikitsa Upayogi Gunas. By these Gunas and Karmas, one can easily analyze the drug and its pharmacological actions in the body. Further scope of the study is to critically analyze the book with the help of modern parameters.

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