

**RELEVANCE OF MEDA (ONE AMONG ASTAVARGA) IN VARIOUS
AYURVEDIC NIGHANTU AND KOSH GRANTHA****Vij Divya*¹, Mishra Rajesh Kumar² and Shalini³**

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ABSTRACT

The knowledge about medicinally useful plants in the early age is scientifically documented, and systematically organized in Ayurveda Samhitas, Nighantus and other texts. The ancient nomenclature of ayurvedic herbs was not only useful for their identification but also to know their medicinal values. Wearing the shoes of taxonomic aspects of nomenclature along with the torch of synonyms coined by ancient seers one may be able to preserve the treasury traditional medicinal knowledge. Medā which has been mentioned as one of the Aṣṭavarga plants. It also been documented in the various Saṁhitā and Nighaṇṭu. Description of Medā along with its Sanskrit synonyms, habit, habitat and medicinal properties has also been mentioned in different Nighaṇṭu. The main objective of this study was to critically review the

sanskrita name of Medā described in classical ayurvedic literature along with medicinal properties.

KEYWORDS: Nighaṇṭu. Āyurveda, Meda, Aṣṭavarga, *Polygonatum verticillatum* (L.) All.

INTRODUCTION

Āyurveda is one of the oldest extant health systems in the world with fundamental principles and theory based practices. Ācārya Caraka, The Father of Indian Medicine, mentioned the sole purpose of Āyurveda in his quotes, i.e., 'to protect health of the healthy and alleviate disorders in the diseased'^[1] Āyurveda believes that success of any treatment totally depends on Cikitsā Catuspāda (Bhīṣaga, Dravya, Upasthātā and Rogī) where after the physician,

Dravya or drug is said to be the second most important part. Aṣṭavarga comes under polyherbal formulations. 'Aṣṭa' means eight and 'Varga' means group. According to Ācārya Śāraṅgadhara, Aṣṭavarga means group of eight medicinal plants i.e. Medā, Mahāmedā, Kākoli, Kṣīrakākoli, Jīvaka, Rṣabhaka, Riddhī and Vṛddhī.^[2,3,4,5] According to ancient Materia Medica dealing with, Aṣṭavarga has been assigned various medicinal properties such as Jīvanīya (drugs strengthening vitality, immunity system etc.), Bṛhaṇīya (increase flesh in the body by activating cell regeneration even in old age) and Vayasthāpana (metabolic processes especially anabolism become active and leads to youthful body complexion).

For the first time, Medā [*Polygonatum verticillatum* (L.) All.] was introduced under the Śukrajanana mahākṣāya and Snehopaga mahākṣāya Jīvanīya Daśemāni in Caraka-Saṁhitā.^[6] and Kākolyādi Varga in Suśruta-saṁhitā.^[7] Description of Medā along with its synonyms, habit, habitat and medicinal properties has been mentioned in different nighaṇṭu.

Morphological description

Annual or perennial, tall and an erect glabrous herb upto 120 cm in height with grooved and angled stem, root fibers are thick and fleshy. Leaves are sessile, in whorls of 4-8 and are linear or narrow. leaves-in whorls of 4-8, sessile, linear or linear-lanceolate, 7.5-15 cm long and 0.4-2.5 cm broad, tip usually acute, sometimes obtuse or slightly enrolled to the midrib, membranous, green above, glaucous beneath, often ciliolate on the margins and nerves; flowers-in whorls of 2-3 flowered axillary raceme, flowers pendulous, 6-8 mm long, greenish-white or lilac; rhizomes Thick, creeping, like ginger, shortly branched, white or dull white in colour, flesh inside is white. Flowering: July-August. Fruiting: September-October.^[8,9,10,11,12,13,14,15]

Distribution

Found around the world in Europe, Turkey, North and Central Asia, Afghanistan, Tibet and Pakistan, upto an elevation of 4500 m. In India found in the Temperate Himalayas from Jammu & Kashmir (at an altitude of 2000-3600 m), Himachal Pradesh, and Uttarakhand (at an altitude 1600-3500 m), to Sikkim (at an altitude of 2600-4000 m).^[11,12,14]

Distribution according To Ayurveda- According to Bhāvaprakāśa nighaṇṭu Medā is found in Moraṅga deśa i.e. south-east Nepal.^[16]

Vernacular Names

Name in Indian Languages^[11]: **Hindi-** Meda; **Gujarati-** Meda; **Malayalam-** Meda; **Punjabi-** Shakakul; **Tamil-** Meda; **Telugu-** Meda; **Nepali-** Khirangalo, Khirlong, Setak chini, Khinraula.

Sanskrit- Medā; Medodbhavā; Madhurā; Jīvnā; Śyāmamedā; Surmedā; Samudbhavā; Śalyaparnī; Mañicchidrā; Medkodabhavā; Medasamudbhavā; Śalyā; Prāṇadharā; Mañicchidrā; Devamañi; Surmedā; Medasamudabhavā; Dharā; Śalaparnī; Mahāmedā; Vasucchidrā; Vṛṣyā; Tridantā; Vasā; Jīvanī; Śalyaparnīkā; Nakhchedhyā; Himā; Raṅgā; Medasārā; Snehavatī; Medinā; Snigdha; Varā; Medodravā; Sādhavī; Puruṣadantikā; Śreṣṭhā; Śyāmā; Mahapuruṣadantikā; Adhvarā; Dhīrā; Rasā (**Table 1**).^[18,21,22,23,26,27,30,33,35,36,37,38,42,43]

Table 1: Sanskrit Name of Medā.

Sr.	Synonyms	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1.	Medā	+	+	+	-	-	+	+	+	+	-	+	+	+	+
2.	Medodbhavā	+	-	-	-	-	-	-	-	-	+	+	+	-	-
3.	Madhurā	+	-	-	-	+	-	-	-	+	-	-	-	+	+
4.	Jīvnā	+	-	-	-	-	-	-	-	-	-	-	-	-	-
5.	Śyāmamedā	+	-	-	-	-	-	-	-	-	-	-	-	-	-
6.	Surmedā	+	-	-	-	-	-	-	-	-	-	-	-	-	-
7.	Samudbhavā	+	-	-	-	-	-	-	-	-	+	-	-	-	-
8.	Śalyaparnī	-	+	-	+	-	+	-	-	-	+	+	+	-	-
9.	Mañicchidrā	-	+	-	-	+	-	-	-	+	-	+	+	+	+
10.	Medkodabhavā	-	+	-	-	-	-	-	-	-	-	-	-	-	-
11.	Medasamudbhavā	-	+	+	-	-	+	-	-	-	-	-	-	-	-
12.	Śalyā	-	-	+	-	-	-	-	-	-	-	-	-	-	-
13.	Prāṇadharā	-	-	+	-	-	-	-	-	-	-	-	-	-	-
14.	Mañicchidrā	-	-	+	+	-	+	-	+	+	-	-	-	-	-
15.	Devamañi	-	-	+	-	-	-	-	-	-	-	-	-	-	-
16.	Surmedā	-	-	+	-	-	-	-	-	-	-	-	-	-	-
17.	Medasamudabhavā	-	-	+	-	-	-	-	-	-	-	-	-	-	-
18.	Dharā	-	-	-	+	-	-	-	-	-	-	-	-	-	-
19.	Śalaparnī	-	-	-	-	+	+	-	-	-	-	-	-	-	-
20.	Mahāmedā	-	-	-	-	-	-	-	+	-	-	-	-	-	-
21.	Vasucchidrā	-	-	-	-	-	-	-	+	-	-	-	-	-	-
22.	Vṛṣyā	-	-	-	-	-	-	-	+	-	-	-	-	-	-
23.	Tridantā	-	-	-	-	-	-	-	+	-	-	-	-	-	-
24.	Vasā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
25.	Jīvanī	-	-	-	-	-	-	-	-	+	-	-	-	+	+
26.	Śalyaparnīkā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
27.	Nakhchedhyā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
28.	Himā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
29.	Raṅgā	-	-	-	-	-	-	-	-	+	-	-	-	-	-

30.	Medasārā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
31.	Snehavatī	-	-	-	-	-	-	-	-	+	-	-	-	-	-
32.	Medinā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
33.	Snigdha	-	-	-	-	-	-	-	-	+	-	-	-	-	-
34.	Varā	-	-	-	-	-	-	-	-	+	+	-	-	-	-
35.	Medodravā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
36.	Sādhavī	-	-	-	-	-	-	-	-	+	-	-	-	-	-
37.	Puruṣadantikā	-	-	-	-	-	-	-	-	+	-	-	-	-	-
38.	Śreṣṭhā	-	-	-	-	-	-	-	-	-	+	-	-	-	-
39.	Śyāmā	-	-	-	-	-	-	-	-	-	+	-	-	-	-
40.	Mahapuruṣadantikā	-	-	-	-	-	-	-	-	-	+	-	-	-	-
41.	Adhvarā	-	-	-	-	-	-	-	-	-	-	-	+	-	-
42.	Dhīrā	-	-	-	-	-	-	-	-	-	-	-	-	+	+
43.	Rasā	-	-	-	-	-	-	-	-	-	-	-	-	+	+

1. Sauśruta-nighaṇṭu; 2. Aṣṭāṅga-nighaṇṭu;; 3. Mādhava-dravyaguṇa; 4. Candranighaṇṭu\Madnādi -nighaṇṭu; 5. Dhanvantari-nighaṇṭu; 6. Nighaṇṭuśeṣa; 7. Abhidhānaratnamālā; 8. Madanpāla-nighaṇṭu; 9. Rāja-nighaṇṭu; 10. Kaiyadeva-nighaṇṭu; 11. Bhāvaprakāśa-nighaṇṭu; 12. Guṇaratnamālā; 13. Paryāyamuktāvalāi; 14. Śaligrāma-nighaṇṭu;

Table 2: Ayurvedic properties of Medā.

Sr.	Nighaṇṭu	Rasa	Guṇa	Vīrya	Vipāka	Doṣakarma	Other Properties
1.	Madanādi Nighaṇṭu ^[23]	Madhura	Guru	Śīta	-	Vāta-Pittaghna, pitta-raktahara,	Stanyavardhinī
2.	Dhanvantri Nighaṇṭu ^[26]	Madhura		Śīta	-	Pittaśāmaka, Kapha-śukra vardhana,	Kṣaya, dāha nāśaka
3.	Mādhavadravya-guṇa ^[29]	Madhura	Guru	Śīta	-		Raktapitta, Śoṣa nāśaka
4.	Śodhala Nighaṇṭu ^[28]	Madhura	Guru, snigdha	Śīta	-		Vṛṣya, Bṛhmhaṇa
5.	Madanapāla Nighaṇṭu. ^[32]	Madhura	Guru	Śīta	-		
6.	Rāja Nighaṇṭu ^[35]	Madhura		Śīta	-	Pittahara, Vātaghna	Kāsa, dāha nāśaka
7.	Kaiyadeva Nighaṇṭu ^[36]	Madhura	Guru	Śīta	-	Kaphavardhaka	Stanyajanana, Śukrajanana, Bṛhmhaṇa
8.	Bhāvaprakāśa Nighaṇṭu ^[37]	Madhura	Guru	Śīta	-		Vīryavardhaka, dhātuvardhaka and Jwara nāśaka
9.	Guṇaratnamālā ^[38]	Madhura	Guru	Śīta	-		Vṛṣya, Bṛhmhaṇa
10.	Śaligrāma Nighaṇṭu ^[43]	Madhura		Śīta	-		Kāsa, rājayakṣamā and jwara nāśaka

Table 3: Medā in Nighaṇṭu.

Sr	NIGHAṆṬU	GAṆA/VARGA	REFERENCE
1.	Sauśruta-Nighaṇṭu ^[18]	Kākolyādi- gaṇa	Kākolyādi gaṇa: 210
2.	Aṣṭanga-Nighaṇṭu ^[21]	Padamakādi gaṇa	Padamakādi gaṇa: 46 (pg. 05)
3.	Paryāyaratnamālā ^[22]	Madhura-gaṇa	Madhura-gaṇa : 290 (pg. 98)
4.	Camatkāra -Nighaṇṭu ^[24]	Saptamo - gaṇa	Saptamo - gaṇa.: pg.21
5.	Dhanvantari-Nighaṇṭu ^[26]	Guḍūcyādi-varga	Guḍūcyādi-varga: 124(pg. 38)
6.	Sodḍhala-Nighaṇṭu ^[28]	Guḍūcyādi-vargaḥ	Guḍūcyādi-varga:161-162(pg.206)
7.	Mādhava-Dravyagaṇa ^[29]	Vividhauśadhi varga	Vividhauśadhi varga:79 (pg.6)
8.	Abhidhānaratnamālā ^[30]	Swāduskandha	Swāduskandha: 17(pg.6)
9.	Siddhamantra and Prakāśa ^[31]	Vātapittaghana-varga	Vātapittaghana-varga:61(pg.30)
10.	Madanapāla-Nighaṇṭu ^[33]	Abhayādivarga	Abhayādivarga : 80 (pg.49)
11.	Rāja-Nighaṇṭu ^[35]	Parpatādi -varga	Parpatādi -varga: 22-24 (pg. 108)
12.	Kaiyadeva-Nighaṇṭu ^[36]	Ośadhi varga	Ośadhi varga: 96 (pg. 20)
13.	Bhāvaprakāśa-Nighaṇṭu ^[37]	Haritakyādi-varga	Haritakyādi-varga: 129 (pg.59)
14.	Guṇaratnamālā ^[38]	Haritakyādi-varga	Haritakyādi-varga (pg. 57, 58)
15.	Paryāyamuktāvalī ^[42]	Karkaṭākhyādi-hīna Gandhavarga	Karkaṭākhyādi-hīna Gandhavarga:3 (pg.25)
16.	Śāligrāma-Nighaṇṭu ^[43]	Aṣṭavarga	Aṣṭavarga (pg. 124)
17.	Nighaṇṭu-Ādarśa ^[44]	Aṣṭavarga	Aṣṭavarga (pg. 184) 92
18.	Śankara-Nighaṇṭu ^[45]	Aṣṭavarga	Aṣṭavarga (pg. 13)
19.	Priya-Nighaṇṭu ^[48]	Śatpuṣpādi-varga Jīvanīya-gaṇa	Śatpuṣpādi-varga: 89 (pg. 92) Jīvanīya-gaṇa: 99 (pg. 93) 98.

Name in Foreign Languages^[11]

English- Whorled leaf Solomon Seal; **China-** Lun ye huang jing, yang jiao shen; **Dutch-** Quirlblattriges Salomonossiegel, Krans salomons siegel; **French-**Sceau de salomon verticille; **German-**Quirlblattrige weibwurz; **Swedish-**Krans rams.

Ayurvedic properties: (Book)

Madhura Rasa; Madhura Vipāka; Guru Guṇa; Vātapittaśāmaka, Stanyakāraka, Śukrakāraka, Kaphavardhaka, Snigdha, Medavardhaka, Jīvanīya, Śukrajanana, Snehopaga. Rājanyakṣmā, Jvara, Kṣaya, Raktapitta, Dāha and Kāśaśāmaka (Table 2).^[11]

Description of Medā in Different Nighaṇṭu

Meda is a very important medicinal plant and described in various Nighaṇṭu (Table 3).

Vedic-Nighaṇṭu: The history of nighaṇṭu literature is very old. The Nighaṇṭu is the collection of rare and difficult words gathered by earlier sages for easier understanding. The Vedic nighaṇṭu is the oldest grammatical work in the sanskrit, which has been commented on by Yāska in his Nirukta. The author of this nighaṇṭu is unknown but Yaska, Skanda and Devaraja have written their commentaries. This nighaṇṭu consists of three kāṇḍa, the first of

which is called Naighaṇṭuka-kāṇḍa. The second is known as Naigama-kāṇḍa and the last is called DaiVāta-kāṇḍa. In this nighaṇṭu etymology of 1770 vaidika words are found. Out of them 1341 words in Naighaṇṭuka-kāṇḍa, 278 words in Naigama-kāṇḍa and 151 words are found in DaiVātakāṇḍa. But unfortunately description of Medā is not found.^[17]

Sauśruta-Nighaṇṭu: It is considered to be one of the oldest nighaṇṭu. The author of this nighaṇṭu is not precisely clear but some scholars believed that it is written by Maharṣi Suśruta. In Sauśruta-nighaṇṭu the arrangement of dravyas is done in thirty five groups. Each group has its own specific indication for a particular disease. Therefore, the synonyms for each drug have been mentioned in every gaṇa. In this nighaṇṭu, Medā is mentioned in Kākolyādi- gaṇa: 210. In this gaṇa seven synonyms of Medā (medā, medodbhavā, madhurā, jīvanā, śyāmamedā, suramedā, medasamudbhavā are mentioned.^[18]

Siddhasāra-Nighaṇṭu or Sārottara-Nighaṇṭu (7th Century A.D.): The author of this Nighaṇṭu is Ravigupta. Hence, this work is named as Siddhasāra of Ravigupta. It also resembles to the other classical texts of Āyurvedic system and is named as Siddhasāra-Saṁhitā and at the end, it contains a nighaṇṭu portion known as Siddhasāra nighaṇṭu. In this nighaṇṭu only synonyms of medicinal plants are described. In this nighaṇṭu the description of Medā is not found.^[19]

Harmekhālā-Nighaṇṭu (8th Century A.D.): The author of this famous treatise is written by Mādhuka. It consists of seven pariccheda. This nighaṇṭu is also appended at the end of the text Harmekhālā. Unlike other nighaṇṭu it is in compiled form. But unfortunately description of Medā is not found in this nighaṇṭu.^[20]

Aṣṭāṅga-Nighaṇṭu (8th Century A.D.): Many scholars thought that this was the work of Ācārya Vāgbhaṭa or Vahatācārya. It is considered to be an appendix of Aṣṭāṅgaahridaya as it is mentioned as an oldest nighaṇṭu written by Vāhaṭa. Medā is placed under Padamakadi gaṇa: 46 (pg.5). In this gaṇa four synonyms are mentioned for Medā as śalyaparnī, maṇichidrā, medā and medāsamudbhavā.^[21]

Paryāyaratnamālā (9th Century A.D.): The author of Paryāyaratnamālā is Mādhava. The work of Indian Materia Medica known as one of the works of Indian Materia Medica is briefly known as Ratnamālā which implies the synonymous nature of this work. Nighaṇṭu

incorporates numerous words of common language. In this Nighaṇṭu one synonym of Medā named medkodbhavā is found (290, pg. 98).^[22]

Madanādi-Nighaṇṭu or Candra-Nighaṇṭu (10th Century A.D.): The author of Madanādi-nighaṇṭu or Candra-nighaṇṭu is Candranandana. Madanādi-nighaṇṭu is so called because it deals with drugs catalogued in the Madanādigaṇa of Aṣṭāṅghṛdaya. It also contains a section of miscellaneous dravya. Medā is described under Saptamo-gaṇa. In this nighaṇṭu the eight synonyms of Medā are found. These synonyms are Medā, Medāsamudbhavā, śalyaparnadharā, maṇichidrā, devamāṇi, surmedā, Medāsamudbhavā (pg. 21).^[23]

Camatkāra-Nighaṇṭu (10th Century A.D.): The author of this nighaṇṭu Raṅgācārya, the son of Rāghavācārya. The synonyms of medicinal plants are described in this Nighaṇṭu. In this classical text, some names have been used for more than one drug. But unfortunately, the description of Medā is not found.^[24]

Dravyagaṇa Saṁgrahaa (11th Century A.D.): This classical work is also named as Dravyagaṇa or Cakrapāṇidatta Dravyagaṇa Saṅgrahā. It is a work of Narayandatta. The identification of dravyas is given on the basis of morphological feature and habitat. In this nighaṇṭu the drugs have been described along with their properties and grouped in fifteen varga. But unfortunately description of Medā is not found.^[25]

Dhanvantari-Nighaṇṭu (11th Century A.D.): This Nighaṇṭu is one of the most important nighaṇṭu of dravyagaṇa, as it was very popular among scholars that time. The period of this nighaṇṭu is also an unknown factor. In several manuscripts, Mahendra Bhogika, son of Kṛṣṇabhogic has been considered as the author of this work. In Dhanvantari nighaṇṭu, Medā has been described under Guḍūcyādi-varga: 124. In this nighaṇṭu the three synonyms of Medā are found. These synonyms are maṇichidrā, śalyaparnī and dharā (pg. 38) According to dhanvantari nighaṇṭu, Medā is sweet (Svādu) in taste, śītavīrya, pacifies the pitta and Jwara. It is useful in burning sensation and increases śukra.^[26]

Nighaṇṭuśeṣa (11th Century A.D.): Hemacandrācārya sūrī is the author of this Nighaṇṭu. The author is also known as Jainācārya Hemachandra. This nighaṇṭu comprises the description of herbs along with their synonyms and medicinal properties. This work has been divided into six Kāṇḍa. Three synonyms named maṇichidrā, madhurā and śālparnī of medā are found in this Nighaṇṭu.^[27]

Soḍhala-Nighaṇṭu (12th Century A.D.): Soḍhala nighaṇṭu or Nighaṇṭusāra sangraha or Nighaṇṭusarvasva is based on Indian Materia Medica. The author of this Nighaṇṭu is Ācārya Sodhala. This nighaṇṭu is divided into two parts. First part is available by the name of Nāmasangraha and second part by the name of Guṇasaṅgrahā. In this nighaṇṭu the synonyms of Medā is found at Guḍūcyādi- vargaḥ: 184 (pg. 36) and the properties are described at Guḍūcyādi-vargaḥ: 161-162 (pg. 206).^[28]

Mādhava-Dravyaguṇa (1250 A.D.): The composition of this nighaṇṭu was done by Mādhava Kavi. This work is very extensive in comparison with other nighaṇṭus. This work is divided into 29 varga. In this nighaṇṭu the description of Medā is found under the Vividhauṣadhi varga: 79 (pg. 6). As per this nighaṇṭu, Medā is śīta, swādu and guru. It is used to treat raktapitta, śoṣa etc.^[29]

Abhidhānaratnamālā (12-13th Century A.D.): Abhidhānaratnamālā or Śaḍrasa nighaṇṭu is a nighaṇṭu of synonymous style. This nighaṇṭu is named Śaḍrasa because the contents mentioned in this nighaṇṭu are divided into six chapters according to taste. It is very important to classify the dravyas according to rasa. In this nighaṇṭu Medā is placed under Svāduskandha: 17 (pg. 6). Śālyaparnī, maṇichidrā, medā and medāsamudbhavā are four synonyms given for Medā.^[30]

Siddhamantra and Prakāśa (13th Century A.D.): This work is composed by Vaidyācārya Keśava. The commentary on Siddhamantra is known as Prakāśa. The author of this book is Bopadeva, the son of Keśava. The description of drugs in this work have been done according to their effect on doṣa, rasa, guṇa, vīrya and vipāka. In this book was mentioned under Vātapittaghana-varga: 61 (pg.30).^[31]

Hṛdayadīpaka-Nighaṇṭu (14th Century A.D.): Paṇḍita Bopadeva was the author of Hṛdayadīpaka nighaṇṭu. It is the most important and certified treatise which is classified into eight parts. In this book Medā has been described under ekapāda varga: 112 (pg.64).^[32]

Madanapāla-Nighaṇṭu (14th Century A.D.): Madanapāla-nighaṇṭu is also known as Madana-nighaṇṭu and Madanavinoda. The author of this Nighaṇṭu is known as Nṛpa Madanapāla. In this book Medā is described under Abhayādivarga: 80 (pg. 49). Medā, mahāmedā, śālaparnī, vasuchidrā, Vṛṣya and tridanta are the synonyms given for Medā.^[33]

Āyurveda-Mahodadhi (14th Century A.D.): It is also named as Suṣeṇa-nighaṇṭu. The author of this book is Suṣeṇa deva. This is an ancient treatise of Āyurveda. It indicates the correct eating methods for healthy living. It includes amazing description of benefits offered by different ingredients of food in a very simple and interesting way. But unfortunately description of Medā is not found.^[34]

Rāja-Nighaṇṭu (14th Century A.D.): Rāja-nighaṇṭu name itself indicates that it is the king among all the nighaṇṭu. Abhidhānacūḍāmaṇi is the original name of Rāja-nighaṇṭu. It is also known as Nighaṇṭurāja and Dravyābhidhānagaṇa-saṅgrahā. The author of this book is Narhari Pandita. In this nighaṇṭu Medā has been described under parpatadi -varga: 22-24 (pg. 108). Medā, vasā, maṇichidrā, jīvanī, Śalyaparnīkā, nakhchedhyā, himā, raṅgā, medāsārā, snehaviṭī, medinī, madhurā, varā, snigdha, medodravā, sādhanī, puruṣadantikā are the nineteen synonyms found for Medā.^[35]

Kaiyadeva-Nighaṇṭu (1425A.D.): The author of this book is Kaiyadeva. The original name of this Nighaṇṭu is Pathyāpathya vibodhakaḥ. In this nighaṇṭu Medā has been described under Oṣhadhi varga: 96 (pg. 20). In this book eight synonyms of Medā are mentioned as medobhavā, śreṣṭhā, surmedā, medasamudbhavā, śalyaparnī, varā, śyāmā, mahā puruṣadantikā.^[36]

Bhāvaprakāśa-Nighaṇṭu (16th Century A.D.): It is the most important treatise of Āyurveda. It is one of the classical works of Bhāvamīśra. This nighaṇṭu is a bridge between medieval and modern period. Bhāvamīśra has described Aṣṭavarga with their morphology, habitat, etc. He has also given substitutes to be taken in place of the Aṣṭavarga. In this nighaṇṭu kākoli has been described under Harītakyaḍi-varga: 129 (pg.59). Śalyaparnī, maṇichidrā, medā, medobhavā and are the synonymous names given for Medā.^[37]

Guṇaratnamālā: This classical text is written by Bhāvamīśra. It is one of the famous book among the nighaṇṭu. In this book Kākoli has been described under Harītakyaḍi-varga (pg. 57, 58). Śalyaparnī, maṇichidrā, medā, medobhavā and adhvarā are the synonyms given for Medā.^[38]

Sarasvatī - Nighaṇṭu (16th Century A.D.): It is a noteworthy treatise of Āyurveda. The name, date and period of the compiler of this nighaṇṭu is not known exactly. This Nighaṇṭu is

branched into six chapters. It contains latest plants and their synonyms which are not found in other nighaṇṭu. But unfortunately description of Medā is not found.^[39]

Rājavallabha-Nighaṇṭu (18th Century A.D.): The author of this book is Vaidya Śiromaṇi Rājavallabhā. It has been divided into six chapters. The description of Medā is not found in this book.^[40]

Laghu-Nighaṇṭu (18th Century A.D.): As the name itself indicates that it is a small book. It consists of about 500 lines only. The author of this nighaṇṭu is Vyāsa Keśavarāma. It is written in the synonymous style. In this nighaṇṭu description of Medā is not found.^[41]

Paryāyamuktāvalī (1887 A.D.): The author of this book Haricaranasena. This book comprises of 23 chapters. In this book Medā has been described under Karkaṭākhyādhīna gandhavarga:3 (pg.25). Medā, dhīrā, maṇichidrā, madhurā, jīvanī and rasā are the synonyms given for Medā.^[42]

Śāligrāma-Nighaṇṭu (19th Century A.D.): The author of this book is Lala Śāligrāma Vaisya. In this book Medā has been described under Aṣṭavarga (pg. 124). Medā, dhīrā, maṇichidrā, madhurā, jīvanī and rasā are the six synonyms of Medā given in this book.^[43]

Nighaṇṭu-Ādarśa (1928 A.D.): The author of this book was Vaidya Bāpālāla. This book was published in two volumes. The basic principles of dravyaguṇa are described in the first volume. The description of Medā is found under Aṣṭavarga (pg. 184).^[44]

Śakara-Nighaṇṭu (1935): The author of this nighaṇṭu is Rājavaidya Śankaradutta Gauda. He was the Adhyaksha of Vanaushadhi Bhandara, Jabalpur. This nighaṇṭu was published in 1935. Detailed description of medicinal plants, different types of puṭa, yantra and specific medicinal formulations along with Unani remedies are mentioned in this book. In the first part of this book Medā has been described under Aṣṭavarga (pg. 13) and substitute of Medā has also been mentioned (pg.13).^[45]

Mahauṣḍha-Nighaṇṭu (1971): This Nighaṇṭu was possessed by Shri I.P.Tripathi and the compilation was done in 1971 by Aryadas Kumar Singh. This Nighaṇṭu is also famous by the name “Dravya nāma guṇa hastapustikā”. It contains detailed description of synonyms, guṇa, karma, habitat and morphology of different plants. But unfortunately, description of Medā is not mentioned here.^[46]

Nighaṇṭu-Śiromaṇi: Rāghava kavi was the author of this Nighaṇṭu. It is a collection of various Sanskrit names and medicinal properties of various medicinal plants from different nighaṇṭu.^[47]

Priya-Nighaṇṭu 20th Century A.D.): Priya Vrat Sharma is the author of this Nighaṇṭu. He has named this book as Priya nighaṇṭu after his name. Providing the clear idea of plants is the main purpose of this Nighaṇṭu. In this nighaṇṭu he mentioned Medā under Śatpuṣpādi-varga under Aṣṭavarga: 89 (pg. 92) and Jīvanīya-gaṇa: 99 (pg. 93).^[48]

Meda in Koṣa -grantha

Amara-Koṣa (5th Century A.D.): Paṇḍita Amara Singh is the author of this Koṣa. In this book Medā is not mentioned under any varga.^[49]

Shiva Koṣa (1677 A.D.): Pt. Shivadatta Misra is the author of this book. The name of plants, trees and herbs are mentioned in this work. Medā is extensively described in this book (verse.254, 429).^[50]

Dravyaguna Koṣa (1997): The author of this kosa is Priya Vrata Sharma and published in 1997. It contains Ayurvedic terms relating to basonyms, synonyms, properties and actions of medicinal plants. In this koṣa (pg. 145) medā, medādvayam, medāyugam & medā are described.^[51]

Śabdakalpadrūma (20th Century A.D.): The author of this koṣa is Shree Rājā Rādhākānta Deva Bahādura. This koṣa includes synonym of meda along with their interpretation at various places. In this koṣa yaṣṭi(vol. 4, page 27), yugā (vol. 4, page 44), samudbhavā (vol. 6, page 36), sādhaṇī (vol. 6, page 66) & vṛṣyā (vol. 5, page 372) has been described.^[52]

Bedī-Vanaspati-Koṣa: Prof. Ramesh Bedi is the author of this unique book. The author has used the whole Indian literature including Vedic, Jain, Buddhista, Puranika and Epic works of Sanskrit literature along with Ayurvedic Nighaṇṭu. In this book medā (vol. 4, page 708), medādvayam (vol. 4, page 707), medāyugam (vol. 4, page 707), medā (vol. 4, page 707) & yaṣṭi (vol. 5, page 38) these terms are described.^[53]

Secrets of Aṣṭavarga Plants: The author of this unique book on Aṣṭavarga is Acharya Balkrishna. In this book these synonyms of meda has been described as medobhavā (page

61), dharā (page 61), maṇicchidrā (page 61), jīvanī (page 61), Śalyaparnīkā (page 61), himā (page 61), raṅgā (page 61),^[54]

CONCLUSION

In ancient times, when everyone was in close contact to nature and surroundings, the ancient seers did not felt the need of morphological description of plants and hence they provided a very basic and broad classification method in the form of Sanskrit names. On the basis of taxonomic aspects of nomenclature along with the sanskrita synonyms coined by ancient sages one may be able to preserve the treasure some traditional medicinal knowledge.

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