

AYURVEDIC ASPECTS OF SUDARSHAN (*Crinum latifolium* Linn.): AN OVERVIEW

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ABSTRACT

Sudarshan is magical Ayurvedic herb mentioned in classics, scientifically known as *Crinum latifolium* Linn. of family Amaryllidaceae. It has multiple synonyms due to its several medicinal properties for example *Medhi* which means it is used to improve memory, *Raktavatahara* (useful in gout) etc. *Sudarshan* is extensively employed for its therapeutic properties in addressing painful swellings, fever of unknown origin, poisoning, and various skin ailments. It demonstrates a wide range of pharmacological activities, including anti-inflammatory, anti-diarrheal, hypoglycaemic, antioxidant, hepatoprotective, antipyretic and antimicrobial effects. The plant's various parts rich in bioactive compounds, making it valuable in treating various illness. Hence the plant exhibits a wide array of pharmacological actions. Consequently, this study aims at its description, various pharmacological activities, therapeutic uses and ensuring they can be safely utilised for different ailments.

KEYWORDS: *Sudarshan*, *Medhi*, fever, Hepatoprotective, antioxidants.

INTRODUCTION

C. latifolium Linn., a member of Amaryllidaceae family, is widespread in tropical, subtropical, and warm temperate regions. It comprises approximately 180 species. *Crinum* species are renowned for their beauty and versatility, often referred to as spider lily, trumpet flower and Swamp lily. They are significant in horticulture and are commonly used in

bouquets, gardens and decorative arrangements due to their striking appearance and variety of colours. It contains several chemical constituents, including alkaloids, flavonoids, terpenoids, and phenolic compounds. These compounds contribute to its various pharmacological activities, which includes antitumor, anti-inflammatory, antioxidant, and antidiabetic effects.

TAXONOMICAL CLASSIFICATION

Kingdom	Plantae
Phylum	Angiosperm
Class	Monocots
Order	Asparagales
Family	Amaryllidaceae
Genus	<i>Crinum</i>
Specie	<i>latifolium</i>

SANSKRIT SYNONYMS

- *Sudarshan*: Visually appealing
- *Balamota Bala*: The one which gives strength
- *Chakrawaha*: Arrangement of leaf in circular manner
- *Jambu*: Bulb resembles *Jambu Phala*
- *Kandali*: As it possesses bulb
- *Medhi*: Good for brain
- *Meshak*: Eaten by goats
- *Viphala, Vishamandala*: Acts against poison
- *Vritta pushpa*: Flowers are in *Vrittakara*

VERNACULAR NAMES

- Hindi: Sudarshan, Chindar
- English: Poison bulb, Spider lily, Giant crinum lily
- Bengali: Sukhdarshan
- Gujarati: Nagadamani
- Kannada: Sudarshana, visha biduru, visha mandala
- Malayalam: Pullatali BeluttaPolaali
- Marathi: Nagdaun, Gadambi kanda
- Tamil: Visha pungil, Visha mungil
- Telugu: Visha mugali, Kesara chettu

- Urdu: Nagadamana

CLASSICAL CATEGORIZATION

- *Bh vaprakash Nighantu* : *Guduchyadi varga*
- *Kaiyyadeva Nighantu* : *Oushadhi varga*
- *Nighantu Adarsha* : *Musali kandadi varga*
- *Ayurveda Dravyaguna Vigyan* : *Talamulyadi varga*
- *Brihat Davyaguna Adarsh* : *Krishnamushlayadi gana*
- *Shaligrama Nighantu* : *Guduchyadi varga*

CHEMICAL COMPOSITION

The Sudarshan plant contains a variety of bioactive compounds in its rhizome and leaves, which contribute to its medicinal properties. These compounds include glucans A and B, Alkaloides like zeylamine, crinoline, crinofoline, tazetine, flexinine, harmenthamine, ambelline and galanthamine in the rhizome, and alkaloids like latifine, cherilline, 3-o-acetamine, crinoline, and crinine in the leaves. Bulb contains lycorine. These compounds are known for their antioxidant, anti-inflammatory, and antimicrobial properties, making the plant useful in treating various ailments.

RASA PANCHAK

<i>Rasa</i> (Taste)	<i>Madhura</i> (Sweet), <i>Tikta</i> (Bitter)
<i>Guna</i> (Qualities)	<i>Teekshna</i> (pungent), <i>Ruksha</i> (Dry)
<i>Virya</i> (Potency)	<i>Ushna</i> (Hot)
<i>Vipaka</i>	<i>Madhura</i> (undergoes sweet taste after digestion)
<i>Doshakarma</i> (Action on Doshas)	<i>Kaphavatashamak</i> (Reduces vitiated <i>Kapha</i> and <i>Vata Dosh</i>)

PROPERTIES AND ACTION

Karma: *Shothaghna, Kusthaghna, Vedanasthapana, Vidradhipachana, Jantughna, Kandughna, Vamak-rechak, Swedjanan, Jwaraghna.*

Roga: *Shotha-Vedana Pradhan vikara, Sandhivata, Arsha, Vidhradhi, Jantughna, Charmavikara, Visha, Shotharoga, Kustha-Rakta-Vikara, Jwara, Karnashula, Karnasrav, Karnaroga, Pradar, Krimiroga.*

MORPHOLOGY

Sudarshan is a herbaceous perennial plant that grows from an underground bulb and forms robust, stoloniferous clusters.

LEAVES: Leaves are smooth fleshy simple linear lanceolate and coriaceous with entire margins. They are around 45-100 cm long and 3-6cm wide, resembling the hood of a snake.

FLOWERS: Flowers are large, white with a reddish tinge, and flowering stems are thick and long. The perianth tube of the flowers is funnel shaped, 4-5 cm long, white with frequent purple tinges, and has a short, acuminate apex. Anthers are linear, 1.2-1.8 cm long, with six stamens having filaments shorter than the perianth. The carpels are three in number, and there are a few ovules.

FRUITS: Fruits are round, 2-3 inches in diameter, and contains 8-10 seeds.

Flowering season lasts from May to June. *Crinum latifolium* belongs to lily family and shares similarities with common garden lilies. Interestingly, it does not require insect pollination to reproduce, unlike the most lilies, which are typically pollinate by insets and birds.

CLASSICAL DESCRIPTION

- ***Kaiyadeva Nighantu***

Mentioned some of the synonyms like *Sudarshana Somavalli Madhhuparni* etc. and its *Guna Karmas* i.e. it is *Madhur Tikta Ushna Virya and Kapha Shotha and Vata Nasahak*.

- ***Bhavaprakash Nighantu***

Described *Sudarshan* as *Madhur, Ushna Virya*, and mitigate *Kapha, Shotha*, and *Raktavata*. Mentioned synonyms like *Sudarshana, Somavalli, Maddhuparni* etc.

- ***Chakradatta***

Acharya uses its root in *Dadru Kustha. Chakramrda beeja*, and *Jeerak* taken in equal quantity and some amount of *Sudarshan moola*, grind them well and applied on *Dadru* lesions.

- ***Raja Martanad***

Used in *Pradar*. When women experiencing intense pain from *Pradar*, consume a mixture of *Sudarshan* root ground in milk can help alleviate their discomfort.

PHARMAOLOGICAL ACTIVITIES

C. latifolium exhibits a wide range of pharmacological activities, making it valuable in treating various human diseases. It is frequently used in traditional medicinal system i.e.

Ayurveda Unani and Siddha. Research has demonstrated its antioxidants, cytotoxic, antidiabetic, antitumor, anti-inflammatory, antimicrobial, anthelmintic, thrombolytic and analgesic activities. This plant's extensive pharmacological potential underscore its importance in both traditional and modern medicine.

THEERAPEUTIC USES

The Sudarshan plant has numerous traditional medicinal uses. Here are some:

- Eczema and fungal infections: Leaf paste applied to the affected skin.
- Poisoning: Fresh juice (in a dose of 10 ml) is given to induce vomiting and purgation.
- Fever and joint pain: Rhizome powder (2 to 3 gms) taken with honey or hot water.
- Joint pain and swelling: Slightly heated leaves are tied around the painful joints.
- Earache and discharge: Slightly heated fresh leaf juice used as ear drops.
- Haemorrhoids: crushed, slightly heated rhizome applied to the pile mass.
- Pustules: Leaf paste applied to the pustules.

PART USED

Leaves, rhizome,

DOSAGE

Rhizome Powder: 1 to 3 gms

Leaf juice: 5 to 10 ml

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